April 2005 \$3.00 320th Issue

Masters Soar at Mid-America Regional Meet

By CHRISTEL & JERRY DONLEY A national age-group record, top marks by athletes in their 80s, and an extensive pole vault performance were the story lines in the USATF Mid-America Regional Indoor Championships.

The meet, also the Colorado Association Championships, was held at the U.S. Air Force Academy track in Colorado Springs, Colo., on Feb. 27. The 138 entrants, ranging in age from 17 to 84, had the privilege of competing on brand new, state-of-theart field event facilities, which added to their enjoyment and results.

In her first hurdle effort as a 70year-old, Christel Donley set a pending U.S. record of 13.26 for the 27" 60mH.

After the meet, Donley said, "My record in the hurdles looks like the beginning of my sprinting again. I totaly gave up sprinting five years ago."

Venerable Colorado competitors, Willie Gatza, 80, Frank Bowles, 84, and Klaus Timmerhaus, 80, represented the 80-84 age group quite well.

Gatza had a 4.13 shot put and a 1.40 long jump. Considering she is just recovering from major back surgery, her results were amazing, and she continues to be an inspiration to all.

Bowles recorded a 7.88 shot put and 8.73 in the weight throw. Bowles, who has been competing for over 25 years, is also quite an inspiration to masters athletes in Colorado.

Timmerhaus racewalked the 3000 in 23:08. Although retiring from the U. of Colorado some years ago, he still teaches there. His fields of expertise are chemical engineering and cryogenics. He has been associated with the university for some 50 years.

Representing the "kids" was worldclass pole vaulter, Patrick Manson, 37, who easily cleared 5.20, but just missed with his efforts at 18 feet. Should he make 18 feet this year, he will have done so for 20 consecutive years, something no other vaulter has

In the sprints, Paul Edens, who set an M60 world record of 7.72 for the 60m here last year, ran a 7.91 60m and a 26.21 200. Bob Lida won the M65 60m (8.34) and 200 (27.25). Mike Pannell, M50, posted the fastest 400

Stacey Price won the M50 hurdles in 8.92. David Albo, M45, was first overall in the 1500 (4:56).

Hurdlers at the USA Masters Indoor Heptathlon Championships (I to r): Bob Zahn, 51, Stan Druckrey,

Donley, Raschker Set Records

Murray, Hawkins, Hirsimaki Tops in National Indoor Heptathlon

By JEFF WATRY
The USA Masters Indoor Heptathlon Championships produced four world bests and two records in the two-day event held at Carthage College, Kenosha, Wisc., March 5-6.

Bill Murray, M50, Birmingham, Ala., with a 5482 total; John Hawkins, M55, West Vancouver, B.C., 5580; Fred Hirsimaki, M80, Findlay, Ohio, 4581; and Christel Donley, W70, Colorado Springs, Colo., 5551, set new global standards.

Donley also set a W70 national record for the 27" 60mH with a 13.22. Phil Raschker equaled the W55 pole vault record of 2.70, held by Karin Forster, of Germany.

Ten of the scores - three by women and seven by men - were over 5000 points, led by Raschker's 6021.

The women's pole vault was scored for the first time using the new IAAF tables for the women's combined events that includes the pole vault and the HY-Tek age factors.

Raschker scored over 1000 points in the 60m (8.88/1075), high jump (1.41/1067), and 60mH (10.51/1143). Donley scored 1054 points for her 1.11 high jump. Her 13.22 U.S. record in the 60mH yielded 910.

The other women champions are Caren Ware, W40, Twin Peaks, Calif., 3235; Liz Johnson, W45, Charlotte, N.C., 2500; and Kay Glynn, Hastings, Iowa, W50, 5125.

Emil Pawlik, Jackson, Miss., M65 winner with 5112 points, earned 1046 of them in the hurdles (9.92). Hawkins was also in the 1000+ range with 1002 in the high jump, an age-graded 90.5%

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Pozdnyakova Turns 50 Runs 2:31:05 at L.A. Marathon



VICTOR SAILER / PHOTO RUN Tatyana Pozdnyakova, first W40+ in the L.A Marathon, shown here in the Suzuki Rock 'N' Roll Marathon.

She may be talking retirement, but Tatyana Pozdnyakova ain't dead yet. Two days after turning 50, the Ukrainian-Floridian jockeyed to a W50 world-best 2:31:05 at the 20th Los Angeles Marathon, March 6 (old record: Bev Lucas, AUS/2:44:12/

It may have been the swan song for the greatest masters runner in the world: "I'm not sure how long I will run, maybe a couple of races this sum-mer..." she told L.A.Times reporter

Even Pozdnyakova's son is telling her to "find a new job." "Maybe I would like to be an agent. I have a couple of runners I [already] work

Not that she's slowing down. Her 2:29:00 marathon PR came only three years ago. Pozdnyakova entered the race as a two-time defending champion (she won in 2003 and 2004), and,

Continued on page 9

Donostia San Sebastian

XVI World Masters
Athletics Championships





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www.wma-2005.com

We are looking forward to Seeing you in Spain!

April 2005

DEPARTME

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METRIC VS. FEET

In reference to the debate about inches/feet/yards vs. meters/centimeters, I totally agree with Avital Schurr (NMN, Feb.) that Mike Tymn fails to accept common-sense logic.

It's the age old problem called paradigms. Just because it used to be, doesn't mean it's right. If that were true, we'd still be driving cars that looked like the ones in the early 1900s and with the same lack of comforts, mileage, poor roads, etc.

Breaking paradigms is how we advance, such as exploring the moon and Mars, jumbo jets that take us half way around the world, etc.

Most importantly, the metric system is in 10s, not some weird fraction such as 17/39.

Mike, this is the 21st century! Do you still have a black and white TV? Yeah, I know, fractions came after the metric system, but in this case we find it was not an improvement.

I leave you with a sobering thought. Should we still be using stopwatches for timing wth each watch different from the person next to them?

Dick Glasgow Prescott, Arizona

A recent letter (NMN, Feb.) made a very important point that the metric system should be used by NASA scientists when sending probes to Mars.

Running around a track, however, does not fit into the same category. Americans, especially masters athletes, do not think (and will never think) metrically in the track or field

area

The mile (or even 1600) is four laps of a standard track, easily divisible by four for an understanding of pace. Split a 1500 into three laps and 300 meters, and the time for the latter has little meaning.

While many athletes run repeat 400s, I doubt anyone runs repeat 375s (1500 divided by four).

Giving U.S. field results in meters is even less understandable. For instance, I know that a 1.60 high jump is more than three feet and less than six, but have no concept of its actual height without a conversion table.

So, like probably most of your readers, who I assume are U.S. residents, I skip your field results listed in meters. (It makes more sense to one person in your office to make and list conversions than to expect every reader to look up every number.)

For your foreign readers, I do think it a good idea to list marks also in meters for *their* increased comprehension, but it makes no sense to not list all field marks in the standard system for *our* comprehension.

Furthermore, why is the 1500 called the "metric mile," but the mile is never called the "English mile?"

Again, the metric system is far superior for scientists, but, unless I'm mistaken, National Masters News is not published primarily for rocket scientists.

Joseph More Colorado Springs, Colorado (Converting meters to feet/inches in

Sustainers for April 2005

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

Special thanks this month go to:

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the results is more time-consuming (read costly), even with a program, than it appears. Secondly, applications for U.S. and world records are submitted with marks in meters. Thirdly, in the combined events, the points for scoring the individual events are based on meters. Fourthly,

and the most important for NMN, is that in our results, a line is a very tight 1 1/2 inches (38mm), and a throw of 14.00 meters with the 20# weight takes up five spaces, whereas its feet/inches equivalent of 45-11.75 takes up eight spaces, leaving less room for the athlete's first and last name. -- ed.)

Continued on page 8





Geoff Howard, 67, on his way Award 41:35 in the 1500, U Meet, March 5.

Some readers pritional support to the Masters News by ser butions of \$25, \$50 year.

If you are able, we join them.

All contributors w in the paper as Masters News sustain

Mid-America

Continued from page 1

Craig Levine, M45, the high jump. Chad was exceptional with 17.15. National M65 holder (14.01 in 2001), now 69, hit the 13.83 r

Rande Treece, M40 weight 14.73, and the 9.34. Tim Edwards, M with the 25# implemer M70, finished with a 16# weight, and wow tors with his solo r National Anthem.

Albert Liebold, M4 racewalk overall (14 Martino, W50, wa (17:38).

With the help of cials and numerous meet went off wi Athletes left the facil the day knowing they one of the finest tradand, pleased with the ward to coming back

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Geoff Howard, 67, on his way to an All-American Award 41:35 in the 1500, U. of Hawaii Sunset Meet, March 5.

Some readers provide additional support to the National Masters News by sending contri-butions of \$25, \$50, or \$100 a

If you are able, we urge you to join them.

All contributors will be listed in the paper as a National Masters News sustainer.

Mid-America Regionals

Continued from page 1

Craig Levine, M45, cleared 1.72 in the high jump. Chad Lindsay, M30, was exceptional with the 16# shot at 17.15. National M65 shot put record holder (14.01 in 2001), Gerald Vaughn, now 69, hit the 13.83 mark.

Rande Treece, M40, hurled the 35# weight 14.73, and the 56# superweight 9.34. Tim Edwards, M55, threw 14.95 with the 25# implement. Vern Spencer, M70, finished with a 13.17 with the 16# weight, and wowed the competitors with his solo rendition of the National Anthem.

Albert Liebold, M45, won the 3000 racewalk overall (14:57). Marianne Martino, W50, was first woman (17:38).

With the help of experienced officials and numerous volunteers, the meet went off without a glitch. Athletes left the facilities at the end of the day knowing they had competed on one of the finest tracks in the country and, pleased with their efforts, look forward to coming back next year.



24th ANNUAL HAYWARD CLASSIC

Oregon Association - USATF Championships



A STATE OF	SATU	JRDAY, June 18		(State of the state of	SUNDAY, June	10
RACK	TIM		FIELD	TRACK	TIME	FIELD
					8:30	
Racewalk	9:00	Long Jump	M 30-59 / Hammer M 30-59	5K All Women	9:00	Weight then Super Wt M 3
dccwalk	10:1	5	Long Jump W All & M60+	5K All Men (2 seeded heats)	9:40	
	10:3	0	fich lump M 30 64 6 W30 49	The state of the s	10:00	Pole Vault All / Triple Jump M 3
Graded Mi	ile11:0)	ngn Jump in 30-64 a W30-49	300 Motor Hurdler	10:15	Weight then Super Wt
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eeplechas	se11:4	0		800 Meters	11:15	Triple Jump All W & M
eter Hurd	iles12:0	5	Shot Put All W & M 30-59	1 Mile Race-walk	11:45	
Meter Hun	rdles12:1	5		200 Meters	12:05	
determine	dles				12:30	Discus M 3
icicis	1:15		THE RESERVE	4 X 1500 Relay	12:45	
				1500 Meters		San Maria
leters	2:10		Shot Put M60+	Relays		m; 4X400m; 4X800m)
	3:00	STATE OF THE PARTY	MANUTAL PROOF	ENTRANTS IN RUNNIN	ght and Super Weight are separate	LEAST 30 MIN. BEFORE EVENT.
	IN GENERAL WOMEN E	EFORE MEN, OLDER BEFORE YO	OUNGER	IMPLEMENTS MUST MEET W	MA STANDARDS. MUST BE CHEC	CKED IN 60 MIN. BEFORE THE EV
	GI GI	NERAL INFORMATI	ION	C.	innort our	Choncoro
ONS: 5	year age divisions for mer	and women age 30 and over	or Athletes and beauty			Sponsors:
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I waive all rights that I or my heirs or assigns have against OTCM, U of O, & sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event. I declare that I am in good health to participate in this event.

Sponsored by the Cities of Eugene and Springfield ≈ Presented by Oregon Track Club Masters



Third Wind

By MIKE TYMN

Rod Parker - No Longer a Benchwarmer

Roderick Parker had to pause and mull over the question when I asked him what motivates a man his age to train and compete so vigorously. Parker, an 86-year-old resident of Amity, Ark., was selected as the USA Track & Field masters athlete of the year for 2004. He also received the outstanding single performance award for his 34.41 M85 world record (an age-graded 98.8%) in the 200 at the nationals in Decatur and had number one age-graded times for the year in the 100 (16.22) and the 400 (1:24.18).

"I think sitting on the bench for four years was so belittling an experience that I welcomed competition in track so I could have the satisfaction of notching an occasional victory as an individual," Parker responded to my question, referring to his days on the Stanford University football team, a team that beat Nebraska 21-13 in the Rose Bowl on January 1, 1941.

Touchdown

But Parker, who still puts in 24-30 hours a week in his dentistry practice, recalled one game in which he got to carry the ball and scored a touchdown. It was against Oregon State in the next to last game of the regular 1940 season.

Wondering if there was any chance of getting into a game before the end of the season, Parker approached Clark Shaugnessy, the coach who introduced the T-formation to Stanford, and pointed out to him that he had sat on the bench for four years.

Shaugnessy replied that he had a winning combination in the backfield, one that included future pro great Frankie Albert at quarterback. "I turned to go away, when he said, 'All right, Parker, I'll use you.' He put me in the game. I think it was the third quarter and the score was close."

After a confusing bit of faking, the 5-8 1/2, 175-pound Parker took a handoff from Albert and ran for 10 yards. On the next down, the very same play was run and Parker went 18 yards for the score. In the Rose Bowl, Parker got into the game for about six minutes. "I took the ball on the one-yard line and couldn't score, but I was in mostly for blocking purposes," he said.

Parker did not compete in track at Stanford, although he had been on his high school's track team in Salinas, Calif., where he grew up, clocking 10.5 for 100 yards and leaping 19-10 in the broad (long) jump.

Just Fooling Around

"Our coach was strictly a football coach and didn't know anything about track," Parker explained his limited track experience. "We just fooled around until we got in shape. I didn't think I was fast enough to run track in college."

After Stanford, Parker went on to dental school, graduating in 1944, and then into the Navy during the final year of WWII. He was called back into the service for the Korean War.

It wasn't until Dr. Kenneth Cooper's book, Aerobics, and Frank Shorter's victory in the 1972 Olympic marathon that Parker got back to running, initially competing in short road races.



Rod Parker

"I was bothered by my inactivity and could foresee myself as a fat man with heart trouble, so I started jogging," he further explained.

Back on Track

It was at an annual conference of the American Dental Association in 1980 that Parker got back to the track, winning his age division against other dentists.

It wasn't until 1993, however, that he got serious about masters, winning the M75 60, 200, and 400 at the indoor nationals in Columbia, Mo.

"It was my first indoor meet and a great experience."

While competing in the 75-79 division, Parker, who now carries around 150 pounds on a 5-7 frame, had bests of 14.14 for 100 meters, 29.91 for 200 and 1:10.63 for 400.

In the 80-84 division, he improved his 100 time to 14.05, while recording 31.72 for 200 and 1:12.02 for 400. He credits the improved 100 time to plyometrics.

Parker won the M80 100 and 200 at the 1999 World Games in Gateshead, England, but he most treasures his participation in the M75 4 x 400 relay in that meet. Even though he was already in the M80 division, he was asked to be part of the M75 team.

Taking the Lead

"When the race started, the Aussies took an immediate lead and held it," Parker recalled. I took the baton several yards behind the Aussies and overtook their runner at the 200 mark. It was a joy to be able to help in the win."

In his current training regimen,

Parker alternates speed and stamina workout days. When his legs feel too tired, he slacks off and works on upper body strength.

"I'm fortunate to have a hill 35 feet from my house," he said. "It takes me 15 seconds to run up it – about a 35 to 40 degree incline. Off that, then, there is a half-mile road where there are several locations for speed work and/or stamina work.

Unorthodox Training

"When I'm not progressing fast enough, I drag a tire for 200 meters once or twice a week. My training is not as structured as many track competitors, but I am aware of what I need to do and concentrate on that."

Parker added that he focuses a lot on foot strength and stride length.

"The older men get, we tend to leave our feet out of the action and under-exercise our calf muscles as well, so our stride shortens and is not powerful."

Importance of Diet

Diet has also been an important factor for Parker. "I have taken Vitamin E since 1946, after reading Adele Davis' great book, Let's Eat Right to Keep Fit," he said.
"At that time, many MDs pooh-

"At that time, many MDs poohpoohed the Vitamin E dosage, but

AL WHERE

Adele Davis had substantiated her claims with dependable research references. I think her great tutelage has made possible much of my running capacity. I inherited good genes, also."

Still Working

While he doesn't do root canals or implants any longer, Parker still does routine dentistry work. "I just can't quite stand the idea of staying home and not having much to do."

How does he feel about aging? "Age has given me a respect and gratitude for the strengths and capacities God's great plan of heredity has bequeathed to me," he replied.

"Age has made me a better friend and neighbor and allowed me to experience actual joy in seeing and talking to other track and field competitors, whether they beat me or not.

"Age has allowed me to live out the truth of Benjamin Disraeli's thought, 'Everything comes if a man will only wait. I have brought myself by long meditation to the conviction that a human being with a settled purpose must accomplish it, and nothing can resist a will that will stay in existence for its fulfillment."

(Mike Tymn can be contacted at METGAT@aol.com)

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



A southern tradition for masters continues on Memorial Day

May 30, 2005

26th Mercedes-Benz Cotton Row Run Huntsville, Alabama

Herb Lorenz, Dan Conway, Shirley Matson, Barry Brown, Nancy Grayson, Wilson Waigwa, Tatyana Pozdnyakova, John Tuttle, Andrew Masai, Brian Pope, and Ramilia Burangulova have won here. You could be next!

Register online at <u>www.active.com</u>
Download entry from at <u>www.huntsvilletrackclub.org</u>

Mercedes-Benz of huntsville April 2005



Sayuri Kusutani, 45, of Hor Aloha Run 8.15 Mile in 48 ning in the Boston Maratho

National Hep

Continued from page 1 1.71.

Joe Johnston, Ap winner, with a 5565 ond-highest scorer 5580.

The remaining U. Rod Wilcox, M35, 3292; Mark Twedt, Iowa, 3816; Jim Russ N.C., 4509; Robe Metairie, La., 4 Jankovich, M70, Rac

The single even women in the hepta 60m, long jump, sh jump; (day 2) 60mF 800 for women and

A Masters Invita held around the hept ed a fairly good turn

FIVE YEAR April 2

•John Tuttle (4 Kim Stein (40 USA Masters 1

Joan Samuels
 Master (2:39:
 Trials Wome
 Columbia, S.C.

•Inaugural Sa lays Draws 2 Mission Viejo,



TESH TESHIMA Sayuri Kusutani, 45, of Honolulu, wins the Great Aloha Run 8.15 Mile in 48:38. She will be running in the Boston Marathon this month.

National Heptathlon

Continued from page 1

1.71.

Joe Johnston, Apopka, Fla., M60 winner, with a 5565 total, was the second-highest scorer behind Hawkins' 5580.

The remaining U.S. champions are Rod Wilcox, M35, Seattle, Wash., 3292; Mark Twedt, M40, Rockwell, Iowa, 3816; Jim Russ, M45, Charlotte, N.C., 4509; Robert Baker, M55, Metairie, La., 4753; and Bill Jankovich, M70, Racine, Wisc., 4933.

The single events for men and women in the heptathlon are (day 1) 60m, long jump, shot put, and high jump; (day 2) 60mH, pole vault, and 800 for women and 1000 for men.

A Masters Invitational Meet was held around the heptathlon and attracted a fairly good turnout.

FIVE YEARS AGO April 2000

- •John Tuttle (41, 37:45) and Kim Stein (40, 49:37) Win USA Masters 12K
- Joan Samuelson, 42, First Master (2:39:59) in Olympic Trials Women's Marathon, Columbia, S.C.
- Inaugural Saddleback Relays Draws 200 Masters to Mission Viejo, Calif.



Portland Masters Classic NW Regional Championships

June 25 & 26, 2005



Sanctioned Meet

Sponsored by the Portland Masters Track Club Held at Mt. Hood Community College 26000 SE Stark, Gresham OR Ages 30 & over - For more information, contact Paul Stepan, 503-666-8950

USATF Membership required to compete

Meet Headquarters: Best Western

Packets: Available at Best Western, 23535 NE Halsey St. I-84 exit 16, Fri. June 24th, 6-8 PM and at Mt. Hood C.C. starting at 9:00 AM both days of meet.

Concessions: Food concessions available during the meet.

Reception: PMTC invites you to share provided refreshments at the end of the events on Saturday 4:00 to 6:00 held at the Vista Dinning Room on the campus of Mt. Hood C.C. Please let us know if you plan to attend by signing up on entry Form.

A NW Regional Meeting will follow.

Custom made Meet Tshirts will be available at the meet.



For reservations call 503-907-0676 or 866-288-6800 toll free \$64/night one bed \$69/night two beds Rates are valid from hune 24-28, 2005 Plus Lodging Tax

Schedule for Saturday, June 25th Track Event Time Field Event 10,000m run- M&W 9:00 AM Pole Vault, All Women & M60+ Shot Put, All M&W Long Jump-M30-59 5,000m Racewalk-M&W 10:00 AM 2/3 K Steeple chase M&W 11:00 AM Javelin, All Women & M60+ Pole Vault, M30-59 80m High Hurdles-M&W 11:30 AM 100m High Hurdles-M&W 11:45 AM 110m High Hurdles-M&W 12:00 Weight Throw-All M&W, Noon Long Jump, All W & M60+ 100m Dash-M&W 12:30 PM Javelin, M30-59 1500m Run-M&W 1:15 PM Super Weight Throw-All M&W 1:45 PM 400m Dash M&W 3000m Run-M&W 2:30 PM Schedule for Sunday, June 26th 5000m Run-M&W 9:00 AM Hammer Throw, All W & M60+ Discus-M30-64 300m IM Hurdles-M&W 10:00 AM High Jump, All W&M60+ 400m IM Hurdles-Men 10:15 AM 200m Dash-M&W 10:45 AM 11:00 AM Hammer Throw-M30-59, Triple Jump-All M&W 1 mile Racewalk-M&W High Jump-M30-59 Discus-All W & M65+ \$00m Run-M&W 12-30 PM Relays-4x400m-4x400m-4x800m at 1:00 PM

Instructions:

- · Make checks to: Portland Masters Track Club
- · Send entry form and check to:

Don Kane 14239 NW Mason Hill Rd. North Plains, OR, 97133

- · Entries must be postmarked by June 15, 2005
- Entries Require USATF Membership Number.
- \$5.00 Late entry fee (based on space availability)
- . Entry packets must be picked up prior to competing
- Medals to first 3 places in each event, ribbons for 4th-6th places; 5 yr age div.

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

· Registration closed 1 hour prior to event

Date

 Implements for field events must be checked in 30 minutes prior to event.

Please Print Name	Age(6/25/05		5)Birth Date_	1_1_
Address			State2	
Phone	Club Afilliation	Male	FemaleUSAT&F#	Nt sent he
Events	Best '04-'05 Mark	a me a con a par	Entry Fee	S
1	Market Parketter Street, Stree	ttend Reception?	First event	\$15
2. 3.		es	Each additional event is	\$6
4	Line and the same of the same	ium. of people	Voluntary contribution	big E laio
5.			for officials	\$5
			Late fee after 6/17/05	\$5
			Total enclosed	\$

and/or Mt. Hood C.C. arising from any injury illness or accident that I may sustain in arriving to, participating in, or departing from this event. I declare my good health to participate in this event.

April 2005

L.A. Maratho

before the race, stated going for the win ag

deep women's field.

employed a familiar

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marathon in a leisurely

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20th overall and took

prize money and bonus

her treasure chest last

won the first-ever I

"Challenge," which women's field against

field by giving them

head start.

She placed fifth amo

(5:28 per mile).

Sunday,

Continued from patge 1



PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

Morton's Neuroma

ne of the more common injuries among veteran athletes is commonly known as Morton's neuroma, or traumatic neuroma. This is simply an inflammation of the nerve sheath that leads to an entrapment neuropathy of the foot, usually between the third and fourth metatarsal bones, although it can also develop in other areas of the forefoot.

Most athletes describe the pain as a shooting or burning pain between the third and fourth toes. Sometimes there is an accompanying numbness. As activity increases, so does the pain, which is usually relieved by removing the training flat and massaging the foot. One often sees this in marathon races, when the runner sits on the curb to massage the affected foot.

The condition is quite easy to diagnose by simply pressing between the metatarsal bones, where the athlete will experience soreness. Treatment starts with examination of the running shoe. In most cases, it will be too narrow and pinching the forefoot area. Symptoms can often be relieved by simply changing to a wider shoe.

However, if symptoms persist, place a 1/4 inch felt metatarsal pad in the shoe to raise the metatarsal head area. This spreads the toes and can relieve pressure on the nerve. The use of ice

and coaches!!!

after training is also recommended.

In severe cases, a corticosteroid injection is helpful. This can be performed with a 25 gauge needle using a mixture of steroids and Lidocaine.

One should have a biomechanical examination to determine if the foot is pronating excessively. This can place additional pressure on the forefoot during toe-off and aggravate the metatarsal head area. The use of an orthosis is recommended in this case. Physical therapy with ultrasound has met with some degree of success.

If all else, fails, the neuroma can be surgically removed under local anesthesia.

Neuromas are a common athletic injury and quite painful. Most athletes will be unable to continue with their athletic activity until some type of treatment is rendered.

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

Tom Petranoff's

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In this 60 minute video.

javelin legend Tom Petranoff reveals what

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appreciate this video! Also great for teachers

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Continued from page 4

SENIOR OLYMPICS

I started running in masters track and Senior Olympic meets about four years ago. When I started, I was very enthusiastic. That's not the case now.

From what I read, the number of participants is decreasing every year instead of increasing, and now I know why. There is just not much for the average athlete like me to enjoy at these meets, and I see no sign of

For example, in the Texas Senior Games in Lubbock a couple of years ago, we were forced to run sprints against the wind. A request was made to move the finish line so we could run with the wind. We were told that if we didn't like it, we could go home.

This was a qualifying year for the Senior Games Nationals. I had little chance of finishing in the top five, so I hoped to make the minimum qualifying time. Couldn't do it running into the wind. Just missed. I won't be going back to Lubbock any time soon. If the same bunch continues to run the Texas Senior Games, I won't be there.

Why should I pay entry fees, travel, spend motel money, and put up with this? I hear from some people, "Go for the fellowship." Oh yes, the vaunted fellowship of masters track. Mostly baloney, although some people are friendly.

I hear this from top performers who have no idea what it's like to finish last. No one shakes your hand when you finish last. What I have seen is cliques of top performers who associate with each other.

What to do? Most meets do not have an announcer. In my opinion, if the meet doesn't have an announcer, it is not worth going to. A little bit of recognition is all that most people like me need for encouragement. It feels good to hear your name called out before a race. But this hardly ever happens.

Also, award ribbons should be given for 4th, 5th and 6th places, so that the average folks have a chance of taking something home besides a bad memory. Now, all the attention is focused on top performers - much of it well deserved, but again, there isn't much for the average person.

Most meets are apparently run for the convenience of the meet organizers, not for the benefit of the athletes. I will continue to work out because of all the many benefits it brings me. But as for participating in meets, why should I bother?

> Michael Vaught Arlington, Texas

CHAMPIONS FOR LIFE

No one I know of has contributed



Timothy Goodman, 54, ran a 36:39, USA Masters 8K XC Championships, Ft. Vancouver,

more to our sport of Track and Field than Payton Jordan. In reviewing Champions for Life, the newly-published book about this remarkable man (authored by John Scott and James Ward), Mike Tymn's recent column superbly reflects the admiration so many of us feel toward him.

The book is a must read for anyone involved in sports of any kind. Jordan was a record-breaking collegiate champion, a career coach of champions and, afterwards, went back to set-ting world records himself as he moved up through the age groups in Masters Track and Field.

As Mike Tymn indicated so well, this and much more are all there in the book. After reading the book, no matter which coaches you may have known and competed under, you'll wish, as I do, that Payton Jordan had been one of them.

Joe King Central Point, Oregon

OUTSTANDING ATHLETE

Your paper is always welcome, with so much not available elsewhere. Since receiving the plaque for Outstanding Athlete in my age group, I have been hard to live with.

What an honor, and to think I started when I was 80 years old. I can't help wondering how many such plaques your Long Distance Running Committee gave out.

Since that award I have been running a 5K training distance about every day. I wonder if any of the older runners have written advice specifically for older runners and, if so, where can

Thanks for your effort in making National Masters News so interesting.

George Whitney Orange, Connecticut

Visit the National Masters News at www.nationalmastersnews.com



This year's "Challer \$75,000. New to the this year was the introd testing of some elites.

Race day conditi marathon were very fir L.A.'s catastrophical weather this winter, killer heat. Temperatu a.m. start were in the skies, rising only into was little wind.

The 20th edition of out the biggest field



SUN



A weekend

L.A. Marathon

Continued from patge 1

before the race, stated her intention of going for the win again amongst a deep women's field.

Sunday, Pozdnyakova employed a familiar negative-split tactic, taking the first half of the marathon in a leisurely 1:19:24 (6:03 per mile), before dropping the hammer and blasting through the tougher second half of the course in 1:11:41 (5:28 per mile).

She placed fifth among women and 20th overall and took home \$9500 in prize money and bonuses, down from her treasure chest last year, when she won the first-ever L.A. Marathon "Challenge," which pits the elite women's field against the elite men's field by giving them a handicapped head start.

This year's "Challenge" bonus was \$75,000. New to the L.A. Marathon this year was the introduction of drug testing of some elites.

Race day conditions for the marathon were very fine, considering L.A.'s catastrophically monsoony weather this winter, and last year's killer heat. Temperatures at the 8:15 a.m. start were in the 50s, with clear skies, rising only into the 70s. There was little wind.

The 20th edition of the race drew out the biggest field ever, with over

25,000 runners and another 18,000 bicyclists attempting the loop tour of the city. Unlike other races of its size, the field is overwhelmingly local (90% Californians), which produces stronglyfocused crowd support.

This neighborliness combined with the attentions of dozens of entertainers and marketers to make every runner feel appreciated.

Among the attentions, the race featured a tiendita's worth of "Official" products along the course, from the Official L.A. Marathon Water (Sparkletts) to the Official L.A. Marathon External Pain Reliever (Salonpas analgesic spray, available at

Nintendo even placed 50 costumed gorillas along the course to advertise its new version of Donkey Kong.

miles 16-20).

The top M40 was Ezequiel Hernandez, Rosemead, Calif., 2:44:39, who narrowly eclipsed Marco Arteaga, Colton, Calif., 2:44:47. John Araujo, Placentia, Calif., the top M45, was close on their heels, 2:45:49.

Up the age groups, Jimmy Toyama, Los Angeles, topped the M65 with a 3:19:04, while Luis Hidalgo, 90, Los Angeles, was the class of the deep M80+ field. Encino man Ernest Van Leeuwen, 92, 6:46:34, was the oldest runner to finish.

Hometowner Rikako Takai, 42, was the first masters woman (3:11:29) over the line behind Pozdnyakova, and ten minutes would go by before another



Janet Jordan, Bowerman AC, fourth W55 (41:56), USA Masters 8K XC Championships.

masters woman came in. The upper age groups fielded deep fields for both men and women, with 28 women over age 70 completing the race, for example. Margaret Davis, 82, Azusa, Calif., led this charge in 5:42:49.



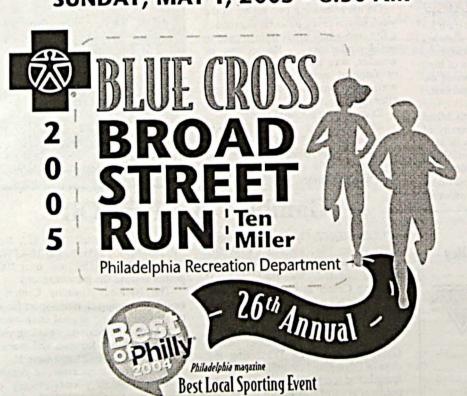
James Pryde, second M50 (62:05), 2004 Annapolis 10 Mile.

In spite of Southern California's abundance of talented masters runners, no masters prize money was offered.

-from reports by Helen Elliott et al, Los Angeles Times; and Dave Monti, Race Results Weekly

Run Philadelphia's Longest Street For 10 Miles

SUNDAY, MAY 1, 2005 • 8:30 AM



A weekend of fun for the country's second largest ten-mile run!

- Over 13,000 runners
- \$10,500 prize money
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- Team competition
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- Free baggage transportation to finish
- ChampionChip® Timing
- Music on the course
- Digital clocks at every mile
- Loads of fun for kids

HEALTH AND FITNESS EXPO:

Friday, April 29th and Saturday, April 30th at the Cruise Terminal Building with over 50 booths

TO REGISTER:

- · For an official entry form, send a self-addressed stamped envelope to:
- Blue Cross Broad Street Run P O Roy 18543 Philadelphia, PA 19129 or call 215-683-3594
- Register on the internet at: www.broadstreetrun.com
- · Pick up an official entry form at a participating













MetroKids Reebok





www.broadstreetrun.com



Masters Racewalking

By ELAINE WARD

Training Lore - Part II

gain, I want to acknowledge Neal Bascomb and his book, The Perfect Mile, as the source of the following article. As mentioned last month, this article and the next one are going to feature the training methods and racing strategies of the first two runners to break the 4-minute mile. Roger Bannister, an English medical student, was the first to break the 4-minute barrier in 3:59.4 on May 6, 1954. John Landy, an Australian agricultural science major, broke Bannister's record in 3:58 on June 21, 1954. The climax of Neal Bascomb's book captures the essence of these athletes' running careers as they raced against each other at the Empire Games in Vancouver, Canada, the same year.

What can be learned from these extraordinary athletes? They trained without synthetic tracks, high-tech shoes, engineered diets, high-altitude training, heart monitors, watches or financial incentives. Drug enhancement, hormone replacement, blood doping and gene tampering weren't yet on the sport's radar screen. They represent the "pure" amateur athlete.

It is my thought that Landy's and Bannister's achievements in many ways resemble those of dedicated masters more than today's elites. Similar to masters, they strived to become the best they could be by depending solely on their own natural abilities and their own intelligence.

Goal-Driven

They trained alone, though both had the advice of coaches and other athletes. They had severe limits on the amount they could train. But they knew they excelled as runners and were driven by the goal of being the first to break the 4 minute mile.

In masters terms, the components of their striving could be likened to training for a World Age-Group Record or, to a lesser degree, for a national Age-Group Record.

As you will see this month and next, Landy and Bannister chose different methods of training. Landy's attitude towards pain and gain may seem old-fashioned to some. However, in the process of their training and racing, they learned that "will" and "discipline" were the arbiters of athletic achievement.

How they dealt with their many disappointing and frustrating near-misses, and how they planned for their final successes make electrifying read-

John Landy

Returning from a failed effort in the 1952 Helsinki Olympics, John Landy set about improving his technique by watching his shadow as he ran.

He worked on balancing the rhythm of his legs with the movement of his arms and hips. He discovered that if he overextended any movement, he lost equilibrium in his stride and wast-

Working on keeping his head level, his center of gravity still, and his shoulder and hand muscles relaxed, he experienced the feel of effortless running.
- Pain and Gain

In contrast to his technique goal, his training regimen required maximum effort. According to Bascomb, after his disappointment in Helsinki, Landy never wanted to step to the starting line again unless he was the fittest person on the track.

He had learned from the great runner Zatopek that he needed to train for speed not just endurance. Zatopek told him that improvement came by subjecting the body to periods of high stress at a fast pace while reducing the recovery time between these periods.

Full Schedule

Landy's day started at 8 a.m. when he caught a train to the University of Melbourne. He took classes in subjects like soil science, bacteriology, and farm economics. After lunch, he attended more classes, returned home for dinner and then studied several

hours before going to the track to work out around 11:00 p.m.

After an hour-and-a-half of intense effort, he went back home, showered and collapsed into bed.

Many nights Landy felt too tired to work out and had to force himself to put on his shoes and go out.

Sometimes he entertained the idea of putting his workout off until the next day. At other times he simply felt he deserved a rest. But he never gave

Iron Determination

His resolve was ironclad. Once he got out and started running, he found it became easy. As he put it, "The mind is always willing the body.

A typical workout started with a series of alternating fast and slow laps around a 600-yard track. With only the sound of his footsteps on the gravel, he focused solely on how much faster he could push himself.

According to Bascomb, Landy didn't carry a watch. He measured his effort between feelings accompanying exhaustion and recovery. He would maintain a fast even pace for most of a lap, but not an all out effort. Then he would burst ahead at the end and sprint until his legs felt uneasy below

In between these exertions, he jogged a lap for four minutes, letting his breath return and the pain ebb. He felt that by stressing his legs and lungs to the extreme, he immunized himself to pain.

Pushing to the Limit

After an hour-and-a-half, Landy usually completed eight to twelve 600yard laps at a pace of roughly 90 seconds each (or a 65-second 440-yard lap). He repeated these workouts five nights a week, pushing himself to his physical limit.

On the remaining two nights in the week he ran seven miles on the road at a five-and-a-half to six minute pace to build endurance. Regardless of weather, sore tendons, blistered feet, or fatigued muscles, Landy trained with uncompromising discipline night after night, by himself.

Recognizing a Competitor

After Bannister ran the first subfour-minute mile (3:59.4), Landy mastered his huge disappointment and responded, "It's great, great, great. He's a great runner. I think the bril-



Kathy Frable, W55 winner (31:11.61), 5000 racewalk, 2004 USA National Masters Championships. Honolulu will host the 2005 championships on Aug. 4-7.

liant achievement will be bettered."

And so it was by Landy less than two months later with a time of 3:58.

(More on Roger Bannister next month. Elaine Ward can be contacted at narwf@sbcglobal.net.)

TEN YEARS AGO April 1995

- •700 Participants Set 37 Indoor WRs at USA Masters T&F Championships in Reno
- At age 48, Phil Raschker Competes in Women's PV in Indoor Open Nationals
- Doug Bell (44, 65:44) and Honor Fetherston 73:54) Win USA Masters Half-Marathon in Las Vegas

Gamble's Bet Pays Off

Sunday, May 22, 2005 - 4:00 pm Rose Bowl, Pasadena Jim Hanley, Meet Director

Pasadena Senior Olympics

5K & 10K Road Races/5K and 10K Race Walks



For more information or an Entry Application: Cynthia Rosedale (626) 685-6754 cpr@pasadenaseniorcenter.org Entry Application is also available at: www.pasadenaseniorolympics.com

CLERMONT, Fla. - John Gamble, Gainesville, Fla., entered the Winter Sun T&F series inaugural weight pentathlon hosted by the National Training Center at Clermont on Jan. 22, hoping his combined performances for five throwing events would pro-

Gamble, a charter member of the Gainesville's Florida TC during the days of Olympian Frank Shorter, anticipated the current record of 3142 points was "soft," as he put it.

duce a chance at the national record.

The USATF sanctioned event had two competitors, one in the M55 age

bracket and Gamble in the M80.

Gamble's results: 25.63 HT, 8.68 SP, 28.67 DT, 22.06 JT, and 11.48 WT, age-graded to a 4159 total, over 1000 points beyond the present record.

The National Training Center, a new fully equipped, multi-sport facility, will be hosting several track meets throughout the season, including outdoor pentathlons for men and women scheduled for May 21 and June 11.

See www.usat-ntc.com, or contact Don DeNoon, ddenoon@orhs.org, or R.L. Norton, corvus0486@aol.com, for additional information.

Robert L. Norton, Florida AC, and Don DeNoon, National Training Center April 2005



USDA and HE Masters

ietary Guidelin Human Services once every five recommendations about from the former 30-min dard (which had been th ommending much highe

While the new Gu endorse training for 1 competitions, the publi endorses the value of exercise and comprehe programs.

The new Dietary Gu cation is a great examp research findings and dated standards to at health problem head on

Standard of Practic Dietary Guidelin becomes the standard medical and health prof Guidelines will be use tive standards, which translated into stree about how to impro

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Events: 50

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Health & Fitness

By Phil Campbell M.S., M.S.A., FACHE

USDA and HHS Release New Dietary Guidelines Masters Athletes Ahead of the Game

ietary Guidelines is published by the U.S. Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) only once every five years. The publication contains dietary guidelines and recommendations about exercise. The most recent publication departs totally from the former 30-minutes-of-activity-a-day and everything will be okay standard (which had been the mainstay of medical advice for 20 years) to now recommending much higher levels of intensity.

While the new Guidelines don't endorse training for Masters T&F competitions, the publication clearly endorses the value of high-intensity exercise and comprehensive training programs.

The new Dietary Guidelines publication is a great example of applying research findings and changing outdated standards to attack a public health problem head on.

Standard of Practice

Dietary Guidelines typically becomes the standard of practice for medical and health professionals. The Guidelines will be used as authoritative standards, which ultimately get translated into street-level advice about how to improve health and reduce the risk for major chronic diseases:

 Engage in regular physical activity and reduce sedentary activities to promote health, psychological wellbeing, and a healthy body weight.

 To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.

 For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

 To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.

• To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

 Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises (weightlifting) or calisthenics (plyometrics) for muscle strength and endurance.

Government Done Right

This aggressive move by HHS and USDA should be applauded as a situation of "government done right." These large federal agencies, in essence, set up a fight between experiencing lifelong fitness versus living a life of obesity and being medically overweight.

The reason every battle against obesity and being overweight during the last 20 years sits in the lost column is because the former recommendations concerning exercise were based on namby-pamby standards of 30-minutes-of-daily-activity.

This level of exercise intensity has been shown to be ineffective in improving fitness.

High Intensity Recommended Researchers show in a new study that high-intensity exercise is superior to moderate-intensity exercise in improving fitness.

And this study proves that training for masters T&F events – win, place, or come-in-last – is the most productive form of exercise for adults. The researchers report:

These data suggest that high-intensity training is more effective in improving cardiorespiratory fitness than moderate-intensity training of equal energy cost.

These data also suggest that changes in coronary heart disease risk factors are influenced by exercise intensity. (Changes in cardiorespiratory fitness and coronary heart disease risk factors following 24 weeks of moderate- or high-intensity exercise of equal energy cost, O'donovan, G., J Appl Physiol. 2005 Jan 7)

Increasing activity is the perfect place to start ... for someone sedentary. A great place to start, but this level of exercise does little except prepare the body for higher intensities that will produce results.

Now it's time to get-it-on: progressively increase exercise intensity (after getting medical clearance), and land some knockout blows to obesity and being overweight by putting on gloves that have some real punch ... high-intensity exercise!

(Check out Phil Campbell's Sprint 8 program on the award winning home cardio equipment made by Vision Fitness – www.visionfitness.com)



Pasadena Senior Olympics
Track & Field Meet - Saturday, May 21, 2005
Pasadena City College - Robinson Stadium
1570 East Colorado Blvd., Pasadena, CA.
Meet Director: Christel Donley

Race Walk & Assistant Meet Director: Jim Hanley



THE REPORT OF THE PARTY OF THE	White the property of the	Sched	ule of Events		terms of or Physical Report of the
	Track				Field
9:00	5,000M Walk	1:00	400M Run	9:00	Softball Throw
10:00	5,000M Run	1:30	100M Dash	10:00	Pole Vault, Javelin
10:30	800M Walk	2:15	800M Run	11:00	Long Jump
11:00	50M Dash	3:00	200M Dash	11:45	Shot Put
11:45	1,500M Run		THE PARTY OF THE P	Concl. of SP	Discus
12:00	1,500M Walk			Concl. of LJ	Triple Jump
12:30	Grandparent Relay			1:30	High Jump
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Entry Fees: Divisions: Miscellaneous: \$30.00 Registration Fee, plus \$6.00 per event 5 year divisions, for men and women, age 50+

Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements not provided, except SP; Must bring own vaulting pole; PV for experienced vaulters only. 6 jumps for Long Jump; 6 throws for Javelin, Shot Put and Discus; 4 jumps for Triple Jump; 3 throws for Softball Throw.

Surface & Timing: All weather track; Automatic Timing System

For more information: Cynthia Rosedale - (626) 685-6754; cpr@pasadenaseniorcenter.org; FAX: (626) 577-4235

	Entry F	orm (please print)	
Last Name	First Name	Sex: M F	Age as of 5/21/05 DOB
Phone	E-Mail	The state of the state of	T-Shirt: S M L XL XXL
Events: 50M 100M _		M 5000M PV JT I 00M Walk 5,000M Walk	J TJ SP HJ DT SB_
Make che	cks payable & mail by May 15th to: I	asadena Senior Center, 85 E.	Holly, Pasadena, CA, 91103

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 the Pasadena Senior Center, Pasadena City College, the Meet Directors and all sponsors of the California Senior Games Championships, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held June 5, 2004 at Pasadena City College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature______ Date____



On The Run

By HAL HIGDON

Longevity Guaranteed

cientists now believe that by exercising regularly, and sometimes strenuously, we can extend our lives not two years, as previously thought, but six to nine years. And improve the quality of those lives. Why haven't scientists told us this yet? At least while under scrutiny of their peers, scientists grow cautious. They hedge their bets. They qualify their statements. For that reason, you may not see the six-to-nine warrantee headlined in peer-reviewed journals such as the New England Journal of Medicine for a while. But trust me, the proof is there. Keep running each day, entering the occasional 5K or marathon, and you'll outlive your sedentary neighbors.

Longevity research during the last half century has focused on British bus drivers, San Francisco longshoremen, Iowa farmers and Harvard alum-

In 1953, Professor Jeremy N. Morris matched sedentary drivers of London double-decker buses with their physically more active conductors, whose duties required them to continuously go up and down stairs. The conductors suffered fewer heart attacks than the drivers.

In studies of San Francisco longshoremen in 1972 by Stanford University's Ralph Paffenbarger, M.D., those working heavy jobs on the docks outlived those working cushier jobs in the office.

P.R. Pomrehn published a study in the Journal of the American Medical Association in 1982 comparing Iowa farmers and townsmen. The harderworking farmers had 10 percent lower coronary heart disease risk than their friends in town.

Mother of All Studies

The Mother of All Longevity Studies, the one most quoted by those promoting exercise, is that conducted by Dr. Paffenbarger on Harvard Alumni.

Dr. Paffenbarger's data suggested that if you started exercising at age 35, you extended your life 2.51 years. For all ages between 35 and 79, the extension averaged 2.15 years.

Also, longevity was dose related. As you increased energy expenditure from 100 to 3500 calories a week, your risk declined. How you exercised also affected longevity.

Take Heart

"The dose-response relationship of exercise vs. coronary disease," reported Dr. Pafffenbarger, "was not merely a matter of total energy output per week but also reflected intensity of exercise."

What is the best, most convenient and least expensive exercise for most individuals? One involving some intensity. Walking is good; running is better.

Higher Than Expected

How do you get from the two-plus years in the Harvard study to the sixto-nine years suggested above? Dr. Paffenbarger concedes his projections were conservative. As an epidemiological researcher following a paper trail, he dealt with numbers as much as

In contrast, at the Cooper Clinic in Dallas, Kenneth H. Cooper, M.D., has hands-on data involving 80,000 patients seen by his staff of 18 physicians over a span of three decades.

It was during a visit to Dr. Cooper

several years ago for a physical examination, that he suggested privately that exercise could improve longevity by six to eight years. I admit, I blinked. That number seemed incredibly high, almost audacious, so in a later visit to Dallas, while researching my latest book, Masters Running, I cornered Dr. Cooper's colleague, Steven N. Blair, P.E.D., a past president of the American College of Sports Medicine, asking him to confirm those numbers, expecting them to be down-

"The numbers are wrong," said Dr. Blair, pausing for effect. "It's six to nine years." And in a later conversation, Dr. Paffenbarger upped the ante to seven to ten years based on his reading of the Cooper research.

But you may not see those numbers in the New England Journal of Medicine immediately. Publication of peer-reviewed medical research - even when common sense tells us it is correct - takes years before being presented to doctors, then to the public, and before the public accepts it as fact and begins to act.

In the meantime, take my word that running is good for you - and may help you lead a long and active life. \Box

(Hal Higdon is a Contributing Editor for Runner's World. Rodale Press will publish his latest book, Masters Running, later this month. His Web site, halhigdon.com, features training programs for all distances.)



USATF Championship medals will be awarded to the first three competitors in each division. These divisions will be Open Men, Open Women, Masters Men, and Masters Women.

USATF-OREGON 2005 GRAND PRIX SERIES SCHEDULE

XIII	April 2	April Fools 15km	Eugene	
	April 24	Cascade Lakes 5km	Bend	
	June 3	Street Mile	Eugene	
	July 4	Foot Traffic Marathon-1/2 Marathon	Portland	
	July 17	Coburg Run in the Country 1/2 Marathon	Coburg	
	September 11	Oregon TC Masters Eugene Celebration 8km	Eugene	
	October 29	USATF/Willamette XC 8km	Salem	
	November 12	USATF Grand Prix Finale	Sandy	

Grand Prix Rules

- 1. You must be a 2005 member of the Oregon Association of USATF. Athletes can register on-line at www.usatf-oregon.org or call Harry Simonis at (541) 504-1077.
- 2. You must have completed at least two races in the Grand Prix Series in order to score in the final event, the USATF-Oregon Association Championships on November 12.
- 3. You may participate in as many races as you wish. A minimum of two races is required to be included in the Grand Prix scoring. Your best five scores will be compiled for your final point total. Beginning with the August/September issue of Race Center NW, the running point totals will be posted on the USATF-Oregon web site.
- 4. Grand Prix points are awarded by your place in your division according to the following scale: 1st place=20 points; 2nd=15 points; 3rd=12 points; 4th=10 points; 5th=9 points; 6th=8 points; 7th=7 points; 8th=6 points; 9th=5 points; 10th=4 points; 11th=3 points; 12th=2 points; all other finishers=1 point. Places in the USATF-Oregon Association Championships will score triple points and serve as the tiebreaker. If both tied competitors do not compete in the Championships, then the athletes will split the award of the two combined places. Masters' performances will be age-graded for scoring purposes. Theoretically, a 70 year old could beat a 40-year-old using the age/time formula.



and a monthly columnist for National Masters News, has written a book that every mas-

ters runner will want to own. Masters Running was written with the help of National Masters News readers, more than 500 of Jou who filled out questionnaires related to your training. Yes, we do need to train differently than younger runners. Interestingly, Higdon found that we often get injured less than those younger runners, perhaps because we have learned our lessons. But many more lessons remain to be learned.

Scheduled for publication toward the end March by Rodale Press, the 220 pages of Masters Running will tell you everything you need to know about our sport, beginning with the first masters mile and track & field meets, the brainstorms of San Diego attorney David H. R. Pain. Pain's unique concept of letting runners compete in separate age groups, Higdon claims, actually inspired the running boom of the 1970s as much as Frank Shorter's Olympic gold medal. Higdon cites research suggesting that by training and competing, we actually may extend our lifespan six to nine years-

and improve the quality of our lives.

It's all there in Masters Running. Order your advance collector's edition now. Until publication

date, Hal will personally autograph and number your copy of Masters Running. The price of the book \$15.95, less if you order through us. Call toll-free: 1-888-ON-A-RRUN (1-888-662-7786), or go to the Shopping Cart for books on www. halhigdon.com.

Here are the contents of Masters Running

Introduction. Motivation: We define our own goals and levels of success Beginnings: It is easy to improve as a runner. All you need to do is start

Aging: Exercise scientists take the measure of the masters

Longevity: Staying alive is the secret for those wanting success as masters

Competition: Masters running comes of age through the vision of a San Diego attorney Training: It sometimes takes a lifetime to learn how to train properly

Challenge: Plan properly, train correctly, and sometimes you get it perfectly right

Alternatives: For masters, multiple sports provide a means to an end Essentials: Strength training, stretching and common sense make you a better master

Errors: If you want to succeed as a masters runner, make sure you never get injured
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ing the perfect run To order your book, call toll-free:

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FIFTEEN YE April 1

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- John Campbe and Graziela 2:36:48) Are 7 L.A. Marathon
- •Hal Higdon's ning Guide Pu



Mike Ferreira, second N Hawaii-Kai course in the



Kelly Kruell, second W45 (33:48), USA Masters 8K XC Championships.

FIFTEEN YEARS AGO **April 1990**

- •Domingo Tibaduiza (40, 30:33) and Gabriele Andersen (44, 34:48) Win in Red Lobster 10K
- •John Campbell (41, 2:20:15) and Graziela Striuli (40, 2:36:48) Are Top Masters in L.A. Marathon
- •Hal Higdon's Masters Running Guide Published



Mike Ferreira, second M40 (38:05) over a hilly Hawaii-Kai course in the Bosetti 10K, Honolulu.

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The Weight Room

By JERRY WOJCIK

Summer Menu Offers Throws Galore

fferings for the U.S. masters track world may be diminishing with the disappearance this season of the Dan Aldrich Meet in Irvine, Calif., and the Northern California Striders Meet, but the menu specific to throwers is extensive, in addition to the opportunities in all of the regular meets.

Starting this month, for instance, throwers in the West can head for the Team Thor Thunder Series, La Jolla, Calif., on the 2nd, or the USATF New Mexico WP Championships, Albuquerque, on the 10th, while those in the Northwest have Ken Weinbel's Spring Fling Meet, West Seattle. Wash., on the 16th, which offers a novel weight pentathlon that substitutes the superweight for the javelin.

Southeast residents and tardy snowbirds can throw at Bob Voege's USATF Florida WP Championships on the 24th.

If April is a little early for Westerners, Pat Fahy is offering the USATF Arizona Throws Championships, which includes a WP, in Mesa, on May

Later in the summer, Ray Feick is staging a throw-a-thon, where you get to heave 15 implements of your choice on June 4 in Pennsylvania, followed the next day with a superweight and ultra weight extravaganza.

In the Lone Star State on June 25, Seth Brower and his pride stage the Lions Summer Throws Meet in Austin, followed by Mark Chapman's and Cheryl Mellenthin's loud and vigorous Cat Spring Grunt Meet on July

Meanwhile, the Team Thor Series goes on every month through July.

If you go to one of those meets, or all of them, it might not be a bad idea to bring as many of your implements as practical.

Supplying one of each specified implement is costly enough for meet organizers, and having more than one implement available for each age group, especially hammers and

weights, will facilitate the meet's progress.

This is all supposed to lead up to the USA National Championships in Hawaii, Aug. 4-7; the National WP Championships, Dallas, Texas, Aug. 13; and the National Weight & Superweight Championships, Seattle, Sept. 10, where, afterward, Weinbel provides an excellent lunch and a chance to throw 200# and 300# ultra weights.

For those internationally minded, the World Masters Games in Canada, July 22-31, offers all of the throws and a WP.

The World Masters Athletics Championships, San Sebastian, Spain, Aug. 22-Sept. 3, will include, for the first time since its adoption by WMA, the outdoor weight throw.

Other throw and complete-event meets will appear on the schedule before the season is over.

If you still can't find anything suitable before then, you might think about putting on your own throws event (not in your backyard with your friends and relatives as officials), or getting your association or region to produce a weight pentathlon.



Angelo Rinaldi, M55 shot putter, 2004 USA National Masters Championships. The 2005 championships are scheduled for Aug. 4-7 in

A Happy Easter to all our readers from the staff at NMN

20th ANNUAL MEET OF CHAMPIONS

SOUTHERN CALIFORNIA STRIDERS

TRACK & FIELD CLUB

SATURDAY, MAY 7, 2005

ENTRY FEES

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

2" model with red, white & blue ribbon for 1", 2", & 3" AWARDS:

FACILITIES

This event is sanctioned by USA Track & Field. 2005 registration required (available at meet for \$20).

CALIFORNIA STATE UNIVERSITY AT LONG BEACH

DIRECTIONS TO CSULB: Exit 405 freeway at Bellillower Blvd. Go south to Atherton Left (cast) 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.

Track Events
11:00 am 80/100/110 meter hurdles

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

11:00 am hammer throw, pole vault & high jump 12:00 pm discus throw & long jump

1:30 pm shot put & triple jump

ENTRY FORM (Please Print)

State Date of Birth_____Age on 5-7-05____Sex M F Phone____ Club? USAT&F No. __ Amount Enclosed Make checks payable to So. Calif. Striders and send to Hugh Cobb. 3180 Camino Arroyo, Carlsbad, CA 92009 – Phone 760-436-7696. Inquiries may also be directed to Al

WAIVER – In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators write and release forever any and all rights, claims or damages I may accrue against California State University at Long Beach, the Southern California Strices, USATAF, the next director and all apronous of the track & field meet, their successurs, 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 7, 2005—at California State University at Long Beach. I certify that I am free from hampering injuries or physical defects

DATE

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USA Masters Outdoor Championships August 4 - 7, Cooke Field, University of Hawaii, Honolulu

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For more information, go to www.hawaiichamps.com.

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Q. It's well-known international masters testing, along with a Europe. But even the skimpy - usually fev field of 5000. Is dru ters fair under these worth doing?

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Track & Field Report

By GEORGE MATHEWS
Chairman, USATF Masters Track & Field

Drug Testing Questions and Answers

en Stone asked me some questions for an article he is writing for Geezerjock Magazine. I thought it important to share my answers with our membership since not all my responses may be included in his article.

Q. It's well-known that only a few international masters events do drugtesting, along with a few nationals in Europe. But even these dope tests are sleimpy – usually fewer than 50 in a field of 5000. Is drug-testing of masters fair under these conditions? Is it worth doing?

A. I would be careful about quoting a number of drug tests. This number is confidential. The number isn't as important as the deterrent effect the threat of testing has on athletes. I believe that this is not only fair, but imperative, if we are to provide a level playing field for all athletes.

It is absolutely worth doing if we are to grow the way most of us would like.

Q. What would it cost to drug-test a majority of masters at WMA world meets or USATF nationals?

A. The cost is prohibitive at this time for the USATF Nationals. It runs

800-562-1268

about \$200 to \$400 per test, depending on what you are testing for and how quick a turn-around you need on the results.

Q. Do the waiver rules in WMA work? How many athletes avail themselves of the waiver to compete while taking "banned" drugs?

A. I hope that the WMA rules work. We need to understand that WMA uses IAAF rules. There is no waiver for "banned" drugs per se. Waivers are known as "therapeutic exemptions."

The U.S. athletes can apply for an exemption through USADA which will be accepted by IAAF and WMA. I have heard of athletes getting exemptions for things like asthma medications.

The information for these exemptions is provided to all U.S. athletes entering WMA World Championships.

The problem concerns certain medications that are taken in the normal

www.seniorgames.net

process of aging, such as hormone and testosterone replacement. These are not exempted, to my knowledge. This is the real challenge.

I have brought this up at WMA meetings in the past and have been told that there isn't the "science" to prove that these medications aren't "performance enhancers."

Is it fair for a man who loses "some" testosterone in the aging process to be able fix the problem with synthetic testosterone?

The answer from WMA and IAAF is that costly research must be done to prove that these substances are not performance-enhancing. They say the money isn't available for this research.

Maybe somewhere in the world some university might want to take this project on. I have challenged one known candidate for President of WMA to address this very important need.

Q. WMA supposedly has an appeals process for drug-testing. Has this process ever been used? If so, what were the upshots?

A. The appeals have been through IAAF in the past. There is only one U.S. case that we are all aware of. We know the result of that appeal. There is question as to what the outcome might have been if an exemption had been asked for.

Q. If a vote were taken on whether masters organizations should do extensive drug-testing – and add a sur-

charge to meet entry fees - how would the vote go?

A. I would hope that everyone would vote "yes," although I don't think a vote should be taken. We are part of USATF and should follow the rest of our organization. For information purposes, it should be known that USATF Youth Track & Field has drug testing.

I don't think athletes would want to pay. This should be an included cost in the entry fee.

Q. Since suspensions last only two years usually, banned athletes can still resume competition in another age group down the line. So suspensions have little bite. Should drug rules be stiffened for masters?

A. We should adopt a Zero Tolerance Lifetime Ban for steroid use as we have for our open athletes.

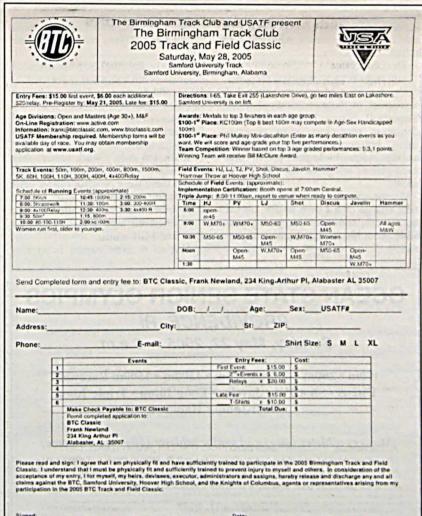
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Speaker's Corner

By JOE CHADBOURNE

Not for Throwers Only - It Could Happen to You

or over 20 years I have been a masters hammer and weight thrower. My wife, Mary, and I put a hammer pad in our backyard in 1983 when we moved to Bainbridge Township, Ohio, we liked throwing that much. All my life I have exercised routinely, and kept a normal body weight. Hammer throwing is a great physical and mental challenge; every throw is an experiment. I could never do the same one twice, and I never got it right, but it was fun. In May 2002 I turned 71-years-old. My only health concern? A long-standing, non-heart-related blood pressure issue.

But on June 10, 2002, my primary care physician faxed my latest lab results to me with this note: "Joe, your prostate screen is slightly abnormal – likely due to benign enlarged prostate, but I'd like you to see a urologist to play it safe." Three years earlier, my prostate specific antigen (PSA) was 2.7 nanograms per milliliter. On this day, it was 4.98. Over this time, I had been seeing my doctor quarterly, mainly to manage hypertension, but I hadn't had another PSA screen until now. My ignorance. My mistake.

A biopsy proved I had moderately aggressive prostate cancer, "Gleason score" of 7. My choices included watchful waiting, cryosurgery, radioactive seed implants, radical prostatectomy, radiation, hormone therapy, and/or combinations of these. Mary researched the Internet for months; I read dozens of manuals. And we consulted with doctors.

Decision Time

But what is an appropriate response to the diagnosis of prostate cancer? I was struck by these recent words from Stephen B. Strum, M.D.: "The tendency in medicine...is to generalize...," but generalization doesn't get at "the unique biological profile that each patient brings to the table, so to speak."

To me, this means each person must take charge of his own health, do his homework, and learn everything possible about his "unique biological profile." In retrospect, that's what I was learning to do. Had to do. By September 2002, I had elected a radical perineal prostatectomy – complete removal of the prostate gland. I wanted the source of cancer out of my body. the surgery halted my hammer throwing.

Yes, I feared incontinence and impotence following surgery – a fear powerful enough that many men do everything they can to avoid surgery or other treatment. In one book, Mia Prochnik tells her husband, Leon, who has prostate cancer and is terrified he will lose his sexuality, "You can't make love if you're dead." Indeed.

Setbacks

But within six months my PSA began to rise again. This meant that cancer cells had escaped from the prostate before surgery. What if I had known to have a PSA screen in those earlier years? This thought dogs me still

Quickly, my surgeon recommended external beam radiation – focused 5-10 second treatments from six angles to the prostate bed – five days a week for eight weeks. It didn't hurt, but I felt listless and did not want to start throwing again.

Radiation didn't work either. My PSA began to rise once more. This meant there were prostate cancer cells circulating somewhere else in my body other than the prostate bed, but their location was undetectable by CAT and MRI scans.

Not all prostate cancer is aggres-

sive, but mine is; my PSA quadrupled from December 2003 to March 2004.

My urological surgeon, and now my radiation oncologist, immediately started me on hormone therapy. Since prostate cancer cells thrive on testosterone – which is also needed by healthy tissues throughout the body – the goal was twofold; with one chemical, block the receptor sites in the cancer cells from accepting testicular testosterone, and with another chemical, block the production of testosterone precursors by the adrenal glands.

Doing More Homework

I had learned from many sources, including case histories presented on line by prostate cancer patients seeking help from doctors and, from those doctors' replies, that a much more aggressive hormone deprivation therapy might be more effective than what I was on.

And so I sought second opinions, for which my HMO would not pay, but Medicare covered about 80% of the costs. I went to the American Institute for Diseases of the Prostate in Earlysville, Va. (whose director also has prostate cancer) and, later, to the Memorial Sloan-Kettering Cancer Center in New York City.

At the former, Dr. Charles Myers examined me physically, reviewed my medical history, and then prescribed a comprehensive program: Androgen Deprivation Therapy (ADT3) with cancer blocks, medications to prevent bone loss and protect the liver, special supplements, and dietary requirements. Altogether, my ADT3 plan includes six prescription drugs and six supplements totaling 23 doses throughout each day.

At the latter, Memorial Sloan-Kettering, Dr. Howard Scher concluded that I was doing very well on the ADT3 plan.

As of today, I am scheduled to stop most of the ADT3 medications after a year, in May 2005. This "intermittent" approach will restore testosterone production and my physical quality-oflife.

My PSA is now 0.05. If it goes up when I come "off" drugs, I'll have to return to them. Some men on this regimen have survived 10-15 years. That's my plan. Right now, I am very well. And, I am active. When the snow clears, I'll be back hammer throwing.

Important Numbers

Insurance covered almost all of my costs for surgery – \$10,000, radiation – over \$20,000, and now hormone therapy (one is a three-month implant that costs \$1700 a shot). But consider this: a PSA screen costs about \$65.

And think about these facts: "Autopsy studies have shown that almost all men over 90 have prostate cancer that was never recognized." And, "Prostate cancer is the leading malignancy in men in the United States and is second only to lung cancer as a cause of death in men."

And, in addition, the "Estimated new prostate cancer cases and deaths



Russell Schlager, 46, ran a 31:53, USA Masters 8K XC Championships, Ft. Vancouver, Wash.

for 2005 are projected at 232,090 and 30,050, respectively." And worse, "For African-American men, prostate is the leading cancer killer."

Cautionary Tale

The point of this cautionary tale is to say three things to men and their families. Take charge of your own health – don't leave it to the medical or insurance industries. Help one another locate the best doctors, the best treatments, best hospitals. If you want a further reason for my statements, just subscribe to Prostate Pointers at http://www.prostatepoin ters.org/mlist/mlist.html. You will have almost daily reports about what happens when men don't take charge. You will learn a lot, fast, and at no cost.

For everyone, the most comprehensive book on prostate cancer I know is A Primer on Prostate Cancer: The Empowered Patient's Guide, by Stephen B. Strum and Donna Pogliana, 2002, available from The Life Extension Foundation, P.O. Box 229120, Hollywood, FL 33022-9120; Tel: 866-820-7457; see excerpts at http://www.phoenix5.org/books/Primer/PrimerMenu.html.

If you want to discuss my case history further, feel free to contact me: Joe Chadbourne, 18554 Haskin Road, Chagrin Falls, OH 44023-1823; Tel: 440-543-7303; Fax: 440-533-7160; e-mail: chadmail@net link.net.

Take care. And I look forward to seeing you at some masters meets this year.



New Outdo

In this issue are the five-year outdoor agerecords for men and marks are those comp

> THIS FORM IT MAY BE USED I

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To THE RECORI Application is hereby m

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OCEAN STATE SENIOR OLYMPICS

PROVIDENCE, RI Sunday, May 22, 2005 • 9 a.m.

100m • 200m • 400m • 800m • 1500m • 1500m Racewalk Discus • Shot Put • Javelin • Long Jump • Triple Jump High Jump • Hammer

Masters athletes (40+) and senior athletes (50+) are welcome!

For an entry booklet, or more information, call

401-431-5007 E-mail: MyLyons@weei.com



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



Masters Records

New Outdoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year outdoor age-group track and field records for men and women. The world marks are those compiled and approved as

of October 14, 2004, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of January 18, 2005,

(Address or USATF Official's Regis

(Signature of Referee or Chief Timekeeper

by the Masters Track and Field Records Subcommittee of USA Track & Field (USATF).

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records.

However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record. Non-U.S. athletes should use the WMA record form published in the WMA Handbook.

Racewalking Records

Also included here are world racewalking "bests" and USA official racewalking records as recognized by the IAAF, for each five-year age group compiled by Bev LaVeck, USATF Masters Racewalking



Monica Joyce, W45

Records Coordinator. The USATF application form for a raewalking record is printed on page 24.

Long Distance Records

The latest U.S. masters road marks were published in the November 2004 issue of NMN. U.S. road records are compiled by Road Running Information Center.

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

APPLICATION FOR RECORDS

Send to:

For U.S. age-group records, send to Sandy Pashkin 2525 Willakenzie, Apt. 4, Eugene, OR 97401 For WMA age-group records, send to Brian Oxley 259 McDougall Rd., Parry Sound, Ontario P2A 2W7, Canada

To	THE	RECORD	COMN	AITTEE:

Application is hereby made for a record in supp	ort of which th	e followin	ng information is submitted:
Description of Record:			The second
World American Association	Champion	shin	Collegiate
Junior Age Group Master			Concentration
(All applications for Junior, Age Group, or Masters records must	he accompanied by c	ony of birth o	ertificate or other proof of age)
			(Indicate)
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Event	its achieved)	Mark Pain	Indoor/Outdoor
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o. Name of compensor, class and country	or a Carling	STATE OF THE PARTY.	(print)
(If fully automatic timing was used, complete this section, 7. A fully automatic timing device, made by The time recorded was	, and this was	s the offic	ial time.
(Photo Evaluator)	(Address o	or USATF Offi	cial's Registration Number)
(Chief Timekeeper)	(Address o	w USATF Offi	cial's Registration Number)
TIMEKEEPEI 8. I, the undersigned official timekeeper of the time set opposite my signature was the exact by me has been certified and approved by my	ne event above time recorded b	mentione by my wa	tch, and that the watch used
Time	OF THE PARTY	10400	or USATF Official's Registration Number
	of Timekeeper)	(Address	or USAIF Official's Registration Number
Time	of Timekeeper)	(Address	or USATF Official's Registration Number
T		A PROPERTY AND A PROP	AND DESCRIPTION OF THE PARTY OF

(Signature of Timekeeper) I confirm that the above Timekeepers exhibited their watches to me and that the times as stated are correct

STARTER'S CERTIFICATE 9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules) (Address or USATF Official's Registration Number) (Signature of Starter) A newspaper clipping and marked program should be attached and made part of the application.

10. Measurers' Certificate for Track and Field Events (a or b) (Signature of Measurer) (Address or USATF Official's Registration Number) (Address or USATF Official's Registration Number) (Signature of Measurer)

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was: yards_ _____eentimeters, or _____miles ____ feet ____centimeters or ____yards ____ feet inches, the length of one lap was _____meters _ that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

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

THROWING EVENT IMPLEMENT CERTIFICATION

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

(Address or USATF Official's Registration Number) JUDGES' CERTIFICATE (FIELD EVENT) 12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape (Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications. (Address or USATF Official's Registration Number) (Distance or Height) (Address or USATF Official's Registration Number) (Signature of Judge) (Distance or Height) (Address or USATF Official's Registration Number (Signature of Judge) (Distance or Height)

CERTIFICATION OF FORM (Shot, Javelin, Walks)

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

(Address or USATF Official's Registration Number) (Event Chief Judge)

GUARANTEE BY REFEREE

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

> (Signature of Referee) (Address or USATF Official's Registration Number)

DECATHLON (2004 W

WORLD T&F OUTDOOR AGE-GROUP RECORDS

Approved by the Records Subcommittee of World Masters Athletics (WMA) (through performances verified as of October 14, 2004, unless indicated otherwise)

	Men's World Age-Group			7	5000 METERS M 35 13:07.4 M 40 13:43.15	Dieter Baumann Mohammed Ezzher	GER FRA	35 40	8-16-02 7-3-00	POLE VAULT M 35 5.30 M 40 5.50	K. Papanikolaou Larry Jessee	GRE USA USA	44 8-	9-77
DIV MARK	NAME		Y AGE DATE		M 45 14:23.6 M 50 14:53.2 M 55 15:41.72 M 60 16:12.57 M 65 16:38.8	Lucien Rault Martin Rees Ron Robertson Adriaan Heijdens Derek Turnbull	FRA GBR NZL NED NZL	46 50 55 60 65	6-19-82 5-10-03 2-15-97 7-3-99 3-13-92	M 45 5.10 M 50 4.73 M 55 4.26 M 60 3.90 M 65 3.77	Larry Jessee Wolfgang Ritte Hans Lagerqvist Herbert Schmidt Boo Morcom	GER SWE GER USA	51 5- 56 8- 61 10 65 8-	10-97 16-04 24-96 0-14-71 3-86
M 35 10.03 M 40 10.42 M 45 10.96 M 50 10.95 M 55 11.57 M 60 11.70	Linford Christie Troy Douglas Neville Hodge William Collins Ron Taylor Ron Taylor	GBR NED USA USA GBR GBR	36 7-26-9 40 6-1-03 45 4-27-0 51 4-13-0 57 8-3-91 61 6-4-94		M 70 18:33.38 M 75 20:00.13 M 80 21:57.88 M 85 25:47.54 M 90 31:25.45 M 95 50:23.53	Ed Whitlock James Todd Edward Benham Altred Funk Gordon Porteous Herb Kirk	GBR USA USA GBR USA	70 75 81 86 90 95	7-6-01 7-23-97 8-6-88 8-10-00 6-26-04 7-25-91	M 70 3.31 M 75 2.96 M 80 2.60 M 85 2.24 M 90 1.42 LONG JUMP	Robert Brown Bud Held William Bell Carol Johnston Vic Younger	GBR USA USA USA AUS	76 08 82 8- 85 8-	22-02 3-06-04 06-04 8-97 -5-03
M 65 12.62 M 65 12.5n M 70 12.91 M 75 13.4 M 80 14.35 M 85 16.16 M 90 18.08 M 95 24.01 M 100 30.86	Malcolm Pirie Bernard Hogan Payton Jordan Payton Jordan Payton Jordan Suda Giichi Kozo Haraguchi Erwin Jaskulski Philip Rabinowitz	AUS AUS USA USA JPN JPN AUT RSA	65 9-28-9 65 11-30- 74 6-22-9 75 4-25-9 80 5-10-9 85 8-23-9 90 9-17-0 96 5-1-99 100 7-10-0	95 	10,000 METERS M 35 27:17.48 M 40 28:30.88 M 45 30:02.56 M 50 30:56.08 M 55 32:46.5 M 55 32:38.92 M 60 34:14.88 M 65 34:42.2 M 70 38:04.13	(as of November 12, 20 Carlos Lopes Martti Vairnio Antonio Villanueva Ion Damian Ron Robertson Rolf Conzelmann Luciano Acquarone Derek Turnbull Ed Whitlock	POR FIN MEX BEL NZL FRG ITA NZL CAN	37 40 45 50 55 55 60 65 70	7-2-84 6-25-91 11-29-87 7-20-3 3-16-97 10-2-88* 7-20-91 3-15-92 7-9-01	M 35 8.50 M 35 8.50 M 40 7.68 M 45 7.27 M 50 6.84 M 55 6.35 M 60 6.07 M 65 5.47 M 70 5.19 M 75 4.78	Larry Myricks Carl Lewis Aaron Sampson Tapani Taavitsainen Tapani Taavitsainen Stig Backlund Tom Patsalis Lothar Fischer Melvin Larsen Mazumi Monta	USA USA FIN FIN USA GER USA JPN	35 7- 40 6- 46 8- 50 6- 55 7- 60 7- 65 9- 70 8-	15-91 29-96 21-02 21-90 18-94 21-95 10-82 1-01 12-94 30-88
200 METERS M 35 20.40 M 40 20.64 M 45 22.13 M 50 22.58 M 55 23.37	Linford Christie Troy Douglas Kevin Morning Stephen Peters Ron Taylor	GBR NED USA GBR GBR	36 7-3-96 40 8-27-0 46 8-15-0 50 7-6-03 56 7-5-90		M 75 41:47.31 M 80 44:29.4 M 85 52:50.80 M 90 69:27.5	Steve Charlton Edward Benham Max Raschke Gordon Porteous	GBR USA GER GBR	75 81 88 90	7-27-02 8-4-88 9-18-93 10-17-04	M 80 4.19 M 80 4.19 M 85 3.75 M 90 3.07 TRIPLE JUMP	Mazumi Morita Melvin Larsen Mazumi Morita Vittorio Colo	JPN USA JPN ITA	80 8- 85 7-	20-95 06-04 26-98 28-02
M 60 24.00 M 65 25.46 M 65 25.66 M 70 26.8 M 75 28.14 M 80 30.89 M 85 34.41 M 90 40.00 M 95 57.58 M100 77.59	Ron Taylor Guido Muller Bernard Hogan Payton Jordan Payton Jordan Payton Jordan Roderick Parker Vittorio Colo Erwin Jaskulski Philip Rabinowitz	GBR GER AUS USA USA USA USA ITA AUT RSA	61 6-10-9 65 7-31-0 65 12-6-8 70 6-20-9 80 8-10-9 85 8-07-0 90 8-24-0 96 7-17-9 100 12-17-0	4	ONE HOUR RUN M 35 20.774 M 40 19.149 M 45 18.862 M 50 18.576 M 55 17.261 M 60 16.854 M 65 15.892 M 70 15.474 M 75 13.699 M 80 12.130 M 80 12.130 M 85 10.088	Gaston Roelants Jozef Eyckmans Alain Mimoun Alain Mimoun Herman Peeters John Gilmour John Gilmour John Gilmour Edward Benham Paul Spangler Paul Spangler	BEL FRA FRA BEL AUS AUS USA USA USA	35 40 45 50 56 60 65 70 75 81 85	9-20-72 9-18-96 3-20-66 5-16-71 7-10-94 10-21-79 10-7-84 6-21-89 4-9-83 11-1-80 11-18-84	M 35 17.92 M 40 16.58 M 45 14.55 M 50 14.07 M 55 13.85 M 60 12.68 M 65 11.94 M 70 10.61 M 75 10.05 M 80 8.95 M 85 7.91	Jonathan Edwards Ray Kimble Willy Banks Stig Backlund Stig Backlund Stig Backlund Hermann Strauss Shoji Ito Mazumi Morita Mazumi Morita Mazumi Morita	GBR USA USA FIN FIN FIN GER JPN JPN JPN JPN	40 7-4 45 6-5 50 7-4 55 7-4 60 6-6 65 8-7 70 11 75 7-5 80 10 85 7-2	6-01 2-93 30-01 4-90 2-95 18-00 18-96 -3-00 31-88 1-13-93 26-98
M 35 46.38 M 40 47.82 M 45 50.20 M 50 51.39 M 55 52.24 M 60 53.88 M 65 56.37 M 70 61.01 M 75 65.34 M 80 72.85 M 85 84.18 M 90 98.69 M 95 2:38.64 M 100 344.97E	James King Enrico Saraceni Fred Sowerby Fred Sowerby Charles Allie Ralph Romain Guido Mueller Ralph Romain Wilhelm Selzer Mike Johnston Roderick Parker Friederich E Mahlo Erwin Jaskulski	USA ITA USA USA TRI GER TRI GER AUS USA GER AUT	35 5-25-84 40 7-28-0 45 8-12-9 50 8-27-9 55 7-12-0 63 7-22-9 65 6-13-0 70 7-12-0 75 8-21-0 80 4-1-02 85 8-06-0 98 9-24-0 98 9-24-0 100 3-13-0			: 35-39, 42"; 40-49, 39" Colin Jackson David Ashford Valbjorn Thorlaksson Watt Butter Courtland Gray Guido Muller James Stookey Melvin Larsen Mazumi Morita Kizo Kimura Kizo Kimura			8-10-02 7-11-03 7-8-79 7-5-91 8-22-96 8-06-04 7-30-04 5-13-00 8-29-99 10-9-93 8-18-96 7-29-01	M 90 6.59 SHOT PUT (35-4: M 35 22.19 M 40 21.41 M 45 20.77 M 50 18.45 M 55 17.50 M 60 18.20 M 65 15.12 M 70 14.80 M 75 13.84 M 80 12.27 M 85 10.42 M 90 7.59	Kizo Kimura 9: 16#; 50-59: 6kg; 60-69 Brian Oldfield Brian Oldfield Ivan Ivancic Klaus Liedtke Klaus Liedtke Klaus Liedtke Hal Smith T. Von Wachenfeldt Heiner Will Ross Carter Ross Carter Antonio Fonseca	JPN: 5kg; 70+: 4 USA USA YUG GER GER USA SWE USA USA USA USA USA	38 5-2 40 8-2 45 8-3 50 7-2 55 7-2 60 8-1 66 1-1 72 4-2 75 4-1 80 6-2 85 6-1	29-01 26-84 22-85 31-83 30-91 21-96 -01 9-02 9-00 3-02 25-94 19-99
800 METERS M 35 1.43.36 M 40 1.50.69 M 45 1.56.16	Johnny Gray Colm Rothery Ronaldo Mercelina	USA IRL NED	35 8-16-95 40 9-5-00 45 7-7-91		HURDLES (80m: M 70 p19.53 M 80 14.91 M 85 19.82		FIN JPN ITA	70 80 85	7-13-00 7-15-03 7-27-97	M 95 5.11 M100 4.12	Masami Okazaki Waldo McBurney 2Kg; 50-59: 1.5kg; 60+: 1 Rickard Bruch	JPN USA	95 10 100 7-4	-22-00 4-03
M 50 1:58.65 M 55 2:03.7 M 60 2:10.42 M 65 2:14.33 M 70 2:20.52 M 75 2:40.0 M 80 2:53.5 M 85 3:26.6 M 90 4:28.20	Nolan Shaheed Stan Immelman Alan Bradford Earl Fee Earl Fee Harold Chapson Harold Chapson Izou Satou Alexander Pittendrich	USA RSA AUS CAN CAN USA USA JPN AUS	50 5-13-00 55 12-1-0 60 8-3-99 66 7-18-9 70 6-17-9 75 5-14-7 80 7-11-8 87 5-10-0 90 3-30-9		LONG HURDLES M 35 48.93 M 40 52.7 M 45 55.18 M 50 58.1 M 55 58.92 M 60 42.31 M 65 43.89 M 70 49.07	(400m: 35-49, 36"; 50-1 Nat Page Stan Druckrey Guido Mueller Jack Greenwood Guido Mueller Guido Mueller Guido Mueller Earl Fee				M 40 69.48 M 45 66.12 M 50 68.40 M 55 64.58 M 60 66.36 M 65 55.62 M 70 49.34 M 75 45.68 M 80 37.86 M 85 30.81	Al Oerter Al Oerter Klaus Weiflenbach Klaus Liedtke Klaus Liedtke Konstantin Maksimczyk Kauko Jouppila Kauko Jouppila Osmo Renvall Ross Carter	USA USA GER GER GER	43 5-3 45 3-4 52 5-1 59 10 60 5-1 65 9-1 70 9-2 75 9-2 80 7-2	31-80 28-82 10-97 1-8-00 19-01 17-79 21-91 21-96 23-91 2-00
1500 METERS M 35 3:33.91 M 40 3:46.7 M 45 3:58.3 M 50 4:05.2	Mike Boit David Moorcroft Peter Molloy Tom Roberts	KEN GBR GBR AUS	36 8-21-8 40 6-19-9 46 8-9-95 50 3-22-8		M 75 55.33 M 80 62.61 M 85 89.11 LONG HURDLES	Dan Bulkley Dan Bulkley Bob Boal (300m: 60+, 27")	USA USA USA	77 82 85	10-2-94 8-1-99 10-12-97	M 90 22.06 M 95 13.56 M100 8.91 HAMMER (35-49	Lamberto Cicconi Waldo McBurney Everett Hosack : 16#; 50-59: 6kg; 60-69:	USA USA 5kg: 70+: 4	96 8-1 100 6-	16-95 3-99 1-02
M 55 4:12.5 M 60 4:27.65 M 65 4:39.87 M 70 4:57.65 M 75 5:22.7 M 80 6:04.28	Ron Robertson Ron Robertson Simon Herlaar Simon Herlaar Yoshimitsu Miyauchi Ed Benham	NZL USA NED NED JPN USA	55 2-9-97 60 7-13-0 65 7-16-9 70 8-28-9 75 10-24-9 80 12-5-8	9	M 70 50.78 M 75 56.95 M 80 63.09 M 85 94.72 STEEPLECHASE	Earl Fee Heinz Krenzer Pierre Darrot Reino Taskinen (3000m: 35-39, 36"; 20		74 76 80 85 86")	7-5-03 7-5-03 7-7-01 7-7-01	M 35 83.62 M 40 81.35 M 45 64.70 M 50 66.92 M 55 63.70 M 60 61.76	Igor Astapkovich Igor Astapkovich Dave McKenzie Christopher Black Hans Potsch Thomas Gage	BLR RUS USA GBR AUT USA	3 56 4 07 4 66 5 28 5 67 61 8-	5-20-98 7-10-03 5-4-95 3-18-02 7-5-90
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M 60 4:54.07 M 67 5:23.58 M 75 5:57.2 M 80 7:51.9 M 85 7:51.9 M 85 13:43.6 M 95 14:48.2	Joop Ruter Derek Turnbull Siem Herlaar Scotty Carter Henry Sypniewski Josef Galia Herb Kirk Herb Kirk	NED NZL NED USA USA GER USA USA	60 8-1-93 65 2-29-9 70 7-16-9 75 7-12-9 81 6-15-0 87 9-4-85 90 8-18-8 95 10-6-9		M 60 6:30.21 M 65 7:18.2 M 70 8:00.83 M 75 9:17.38 M 80 10:01.18 M 85 13:50.9	(2000m: 60+, 30") Ron Robertson Alan Bradford Francisco Vicente Soichi Tamoi Solichi Tamoi Ed Gamble	NZL AUS POR JPN JPN AUS	60 65 70 76 80 85	7-14-01 2-14-04 7-13-03 8-7-99 9-26-03 3-21-01	M 40 84.08 M 45 70.96 M 50 69.03 M 55 65.74 M 60 64.74 M 65 55.02 M 70 49.20 M 75 41.24	Peter Blank Jorma Markus Jorma Markus Larry Stuart Larry Stuart Bud Held Harje Noreborn Manuel White	GER FIN USA USA USA SWE USA	41 6- 49 7- 51 8- 57 4- 60 5- 65 5- 70 5-	29-03 25-02 -14-04 -8-95 -23-98 -15-93 -13-97
3000 METERS M 35 7:38.28 M 40 8:05.08 M 45 8:27.7 M 50 8:49.2	Abdellah Behar Martti Vainio Nigel Gates Michael Hager	FRA FIN GBR GBR	35 7-29-9 40 6-12-9 45 8-19-9 50 8-15-0		HIGH JUMP M 35 2.16, M 40 2.11 M 45 2.00 M 50 1.98 M 55 1.83	Viktor Bolshov Jim Barrineau Asko Pesonen Thomas Zacharas Jaroslav Hanus	URS USA FIN GER	35 40 45 50	6-20-74 7-19-95 9-3-88 5-17-97	M 80 33.84 M 85 27.34 M 90 18.96 M 95 13.92 M100 6.69	Manuel White Gerhard Schepe Kimio Nakajima Masami Okazaki John Whittemore	USA GER JPN JPN USA	80 6- 85 7- 90 9- 95 7-	14-96 -23-97 -26-03 -9-00 -18-00
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60	67.30	A
65	68.21	D
70	78.26	V
75	88.17	M
80	1:40.45	P
85	2:13.68	R
90	3:06.85	R
	-	

M	ETERS	
5	1:56.53	Lyut
0	1:59.25	Yeka
5	2:02.82	Yeka
0	2:16.62	Mau
5	2:22.47	Caro
0	2:36.94	Gerd
5	2:41.81	Dian
0	3:04.44	Jear
5	3:31.37	Nina
0	3:54.81	Joha
5	5:00.58	Ros
0	6:59.18	Ros
0 1	METERS	
	2-57 72	Mari

00 N	METERS	
35	3:57.73	M
40	3:59.78	Y
45	4:05.44	Y
50	4:40.92	M
55	4:57.4	C
60	5:18.14	C
65	5:43.61	L
70	6:14.52	N
75	6:42.13	N
80	7:32.22	J
85	10:33.40	IV
	3	

DECATU ON 10							Trational Wast	CISITEW	9						page 17
M 35 7778 M 40 8269 M 45 7502 M 50 7771 M 55 8390 M 60 8352 M 65 7754 M 70 8231	004 WMA Age-Graded S Werner Von Moltke Simon Poelman Rex Harvey Gary Miller Rolf Geese Phil Mulkey Knut Skramstad Gudmund Skrivervik	GER NZL USA USA GER USA NOR	35 41 45 51 55 60 66	5-12-72 6-26-04 7-18-91 7-27-89 7-29-99 10-7-93 7-2-03	W 65 W 70 W 75 W 80 W 85	5.48.94 6.19.04 7.26.0 8.59.4 9.00.52 11.54.3	Gerda Van Kooten Diane Palmason Pat Dixon Corrie Degroot Gerry Davidson Ivy Granstrom	NED CAN USA AUS USA CAN	60 65 70 75 80 86	7-6-99 6-4-03 6-24-89 2-27-03 5-27-01 6-27-98	W 50 3.25 W 55 3.05 W 60 3.05 W 65 2.32 W 65 2.32 W 70 2.16 W 75 1.90	Phil Raschker Phil Raschker Nadine O'Connor Midori Yarnamoto Becky Lynn Sisley Leonore McDaniels Leonore McDaniels	USA USA USA JPN USA USA USA	52 55 62 68 65 70 75	10-20-99 6-15-02 11-14-04 5-25-03 7-11-04 8-10-98 8-7-03
M 75 7915 M 80 4977 M 85 6242 M 90 4199 PENTATHLON (M 35 4003 M 40 4076	Pekka Penttila Takuro Miura Bob Boal Vic Younger 2004 WMA Scoring Table Silvio Hodos	FRA	70 75 81 85 90	7-18-91 7-29-99 7-29-99 9-20-97 2-23-03	W 40 W 45 W 50 W 55 W 60 W 65 W 70	8.27.83 9.11.2 9.17.27 10.08.83 10.38.8 11.41.91 12.17.49 13.27.53	Maricica Puica Joyce Smith Joyce Smith Yekatarina Podkopayev Paula Fudge Bernadine Portenski Gerda Van Kooten Lydia Ritter Melitta Czerwenka-Nag	GBR GER NED GER	35 40 45 50 57 60 65 71	9-7-85 4-30-78 6-22-97 8-3-02 1-22-05 6-20-9 6-10-04 6-28-01	W 35 6.99 W 40 6.41 W 45 5.59 W 50 5.40 W 55 5.01 W 60 4.75 W 65 4.64	Heike Drechsler Vera Olenchenko Karin Von Riewel Phil Raschker C. Schmallbruch C. Schmallbruch C. Schmallbruch	GER RUS GER USA GER GER GER	35 41 48 50 56 60 65	9-29-00 6-26-00 9-6-97 4-13-97 893 7-19-97 8-16-02
M 45 4009 M 50 4155 M 55 3994 M 60 4081 M 65 4245 M 70 4223	Werner Schallau Gary Miller Gary Miller Richmond Morcom Rudy Hochreiter Gudmund Skriverik Adolf Koch	GER USA USA USA AUS NOR GER	40 45 50 56 61 65 70	9-24-78 9-30-83 6-26-88 8-12-77 12-3-87 7-31-86 12-3-87	W 80 W 85 5000 M W 35	16:33.0 20:41.04 24:08.62 METERS 15:11.28 15:20.59	Berta Hielscher Gerry Davidson Ivy Granstrom Lynn Jennings Elena Fidatov	GER USA CAN USA ROM	77 83 86 35 40	8-13-86 10-17-04 6-28-98 7-10-95 8-7-00	W 70 4.15 W 75 3.77 W 80 2.78 W 85 2.19	Paula Schneiderhan Paula Schneiderhan Mary Bowermaster Ruth Frith	GER GER USA AUS	72 75 81 86	6-6-94 10-4-97 8-21-98 3-28-95
M 75 3917 M 80 3688 M 85 2973 M 90 2886 WEIGHT PENTA M 40 3817	Pierre Darrot Bill Carter Ken Carnine Karl Trei THLON (2004 WMA Scot Ken Jansson	FRA USA USA CAN	75 80 85 90	7-22-96 8-07-03 6-19-93 5-7-99	W 45 W 50 W 55 W 60 W 65 W 70	15.55.71 17:17.02 17:58.05 19:14.8 21:30.10 22:55.39 25:14.44	Nicole Leveque Jutta Pedersen Bernadine Portenski Marion Irvine Melitta Czarwenka-Nag Melitta Czarwenka-Nag Nina Naumenko	FRA SWE NZL USA elGER	45 50 57 60 65 71	6-1-96 7-25-97 2-6-05 10-19-89 5-14-95 5-19-01	W 35 14.42 W 40 12.48 W 45 11.98 W 50 11.45 W 55 10.20 W 60 10.03 W 65 9.51	Inessa Kravetz Conceicao Geremiur Akiko Oohinata Akiko Ohinata Margaret Taylor C. Schmallbruch C. Schmallbruch	UKR BRA JPN JPN AUS GER GER	35 41 45 52 55 60 65	7-10-03 7-23-97 7-16-95 8-30-02 4-30-03 7-23-97 8-22-02
M 45 4355 M 50 4444 M 55 4620 M 60 5152 M 65 5202 M 70 5364	Vasilis Manganas Tom Gage Klaus Liedtke Wladyslaw Kowalczyk Karl-Heinz Wendel Bob Ward	GRE USA GER GER GER USA	47 52 57 61 65 71	7-13-01 7-22-95 9-18-98 9-19-98 7-22-95 8-15-04	W 80 W 85 10,000 W 35 W 40	28:32.67 37:02.30 METERS 31:20.28 32:12.07	Johanna Luther Matsue Nishiyama Ingrid Kristiansen Nicole Leveque	GER JPN NOR FRA	75 80 86 35 42	7-12-00 10-11-93 10-10-93 8-10-91 8-13-94	W 70 8.09 W 75 6.95 W 80 5.65 W 85 5.50 SHOT PUT (35-4)	Audrey Lary Shirley Peterson Ruth Frith Ruth Frith 9: 4kg; 50+: 3kg)	USA NZL AUS AUS	70 75 84 86	08-07-04 11-15-03 10-13-93 3-25-95
M 75 4652 M 80 5135 M 80 p5163 M 85 4727 M 90 3281 M 90 p4768	Erik Erikkson Gerhard Schepe Pekka Pursiainen Kashimir Gassmann Claude Sterley Olavi Lehtinen	FIN GER FIN SUI RSA FIN	75 82 80 85 90	8-6-99 10-16-93 8-27-00 8-6-99 5-4-02 8-30-98	W 50 W 55 W 60 W 65 W 70	32:34:06 35:37:0 37:47:95 39:21:1 44:19:97 47:22:51 52:08:73	Evy Palm Valborg Ostverk Edeltraud Pohl Theresia Baird Melitta Czerwenka-Nagi Melitta Czerwenka-Nagi Nina Naumenko		46 50 55 60 65 70 75	9-4-88 7-26-81 5-6-92 10-27-01 4-2-95 9-23-00 7-8-00	W 35 21.46 W 40 19.05 W 45 16.95 W 50 14.85 W 55 14.47 W 60 13.20 W 65 12.21	Larisa Peleshenko Antonina Ivanova Denka Silhava Valerie Young Sigrin Kofink Sigrin Kofink Sigrin Kofink	RUS URS CZE NZL GER GER GER	36 40 45 50 56 62 65	8-26-00 8-28-73 6-26-99 11-29-87 7-21-91 8-16-97 8-19-00
٧	Vomen's World Age-Group F			MEET	W 85 ONE H	58:40.03 86:55.70 OUR RUN 16.521	Johanna Luther Ivy Granstrom	GER CAN	80 86	10-7-93 7-3-98	W 70 11.02 W 75 7.91 W 80 7.71 W 85 5.93 W 90 5.37	Rosemary Chrimes Anny Binder Masayo Kohno Olga Kotelko Ruth Frith	GBR GER JPN CAN AUS	70 77 81 85 91	6-7-03 6-5-92 9-15-95 8-28-04 4-13-01
100 METERS W 35 10.74	NAME Merlene Ottey	JAM	y AGE		W 45 W 50 W 55	15.844 14,688 15.052 14,275	Gerda Marie Dehaes Rosemary Longstaff Greet Warnaar Ros Tabor	BEL NZL NED GBR	43 45 51 55	10-4-96 11-14-96 9-16-93 9-1-04	W 95 4.72 DISCUS (1kg) W 35 69.60	Ruth Frith Faina Myelnik	AUS	95	9-9-80
W 40 11.09 W 45 12.25 W 50 12.50 W 55 13.30 W 60 13.89 W 65 14.29 W 70 15.16 W 75 15.91	Merlene Ottey Karin von Riewel Phil Raschker Phil Raschker Brunhilde Hoffmann Irene Obera Margaret Peters Paula Schneiderhan	SLO GER USA USA GER USA NZL GER	44 48 50 55 60 65 70 75	8-3-04 7-6-96 5-17-97 8-10-02 8-21-99 7-31-99 3-21-04 9-6-97	W 65 W 70 W 75 W 80 HURDI W 35	ES (35-39:	LaVania Petrie Berthilia De Preter Berthilia De Preter Corrie Degroot Mary Ames 100m, 33"; 40+: 80m, 3 Ludnilia Engquist	SWE	60 67 70 75 84	9-29-03 10-4-96 10-1-99 4-14-03 7-11-87	W 40 67.10 W 45 64.09 W 50 45.48 W 55 43.36 W 60 39.24 W 65 36.11 W 70 31.62 W 75 22.44	Ellina Zvereva Zdenka Silhava Ingrid Miller Tamara Danilova Karen Illgen Sirkka Kauppinen Rosemary Chrimes Annchen Reile	BLR CZE SWE RUS GER FIN GBR GER	40 45 50 57 61 65 70 76	8-11-01 8-11-99 9-6-92 8-10-96 6-15-02 8-31-02 6-8-03 8-3-91
W 80 18.42 W 85 21.18 W 90 23.18	Hanna Gelbrich Nora Wedemo Nora Wedemo	GER SWE SWE	80 86 90	10-15-93 8-21-99 8-9-03	W 45 W 50 W 55 W 60	11.25 11.51 12.68 12.31 13.89	Leslie Estwick Christine Muller Phil Raschker Helgi Lamp Corrie Roovers	SUI SU USA M EST M	40 46 50 55 60	7-12-01 7-22-04 7-20-97 7-17-99 6-15-96	W 80 20.50 W 85 15.21 W 90 12.10 W 95 9.85	Birgit Nyhed Olga Kotelko Ruth Frith Ruth Frith	CAN AUS AUS	80 86 90 95	6-26-92 8-19-04 4-22-00 10-2-04
W 35 21.93 W 40 22.86 W 50 25.72 W 55 27.39 W 60 28.87 W 65 30.46 W 70 31.45 W 70 34.40 W 80 41.11	Merlene Ottey Merlene Ottey Phil Raschker Phil Raschker Vivien Bonner Brunhilde Hoffmann Irene Obera Margaret Peters Paula Schneiderhan Polly Clarke	JAM SLO USA USA GER USA NZL GER USA CAN	35 43 47 50 55 60 65 70 75 82 85	8-25-95 8-10-03 6-20-94 7-23-97 7-31-04 7-14-00 8-3-99 3-21-04 7-23-97 8-15-92 9-4-04	W 70 W 75 HURDI W 60 W 65 W 70 W 75	14.27 16.10 20.04 HURDLES	Rietje Dijkman Isabella Hofmeyr Johnnye Valien 0m, 27") Mariane Maier Rietje Dijkman Asta Larsson Isabella Hofmeyr	NED RSA USA AUT NED SWE RSA	65 70 75 61 65 73 75	7-30-04 2-13-99 9-16-00 7-30-04 7-30-04 7-11-03	HAMMER (35-49 W 35 67.40 W 40 56.39 W 45 50.75 W 50 51.73 W 55 51.30 W 60 46.09 W 65 44.38 W 70 37.24 W 75 26.39	Alla Davydova Oneithea Lewis Margrith Druss MLeena Parviainen MLeena Parviainen Helen Searle Jutta Schaefer Jutta Schaefer Marianne Neubert	RUS USA SWI AUS AUS GER GER GER	35 43 45 53 58 60 65 70 75	7-13-02 7-26-03 7-25-04 4-9-98 10-10-02 9-29-01 8-17-97 8-17-02 6-13-04
W 90 82.29 400 METERS W 35 50.56	Olga Kotelko Rosario Iglesias Aurelia Penton Sara Montecinos	MEX CUB CHL	92 35 40	7-8-03 7-15-78 3-20-94	W 40 W 40 W 45 W 50	62.08 p61.02 64.09 47.01 49.14	Maria Sangous Espina Mary Ferreira Santos Jan Hynes Jan Hynes Phil Raschker	ESP BRA AUS AUS USA	40 40 49 50 55	6-22-95 7-7-01 4-3-94 10-2-94 8-11-02	W 80 22.60 W 85 18.62 W 90 13.13 W 95 11.37	Gwen Davidson Olga Kotelko Ruth Frith Ruth Frith	AUS CAN AUS AUS	80 85 90 95	9-4-04 4-24-04 9-25-05
W 40 53.68 W 45 56.15 W 50 58.51 W 55 62.40 W 60 67.30 W 65 68.21 W 70 78.26	Marie Lande Mathieu Marge Allison Avril Douglas Anne Stobaus Diane Palmason Veronica Welgemoed	PUR AUS CAN AUS CAN RSA	45 50 55 60 65 70	7-12-03 7-22-95 8-25-01 7-10-01 8-8-03 5-4-02	W 65 W 70 LONG W 60	68.35 HURDLES 54.25	Corrie Roovers Barbara Jordan Florence Meiler (300m: 60+, 27") Magdelena Tomlinson	NED USA USA	60 65 70 61	7-16-95 8-11-02 7-24-04	W 35 67.00 W 40 64.06 W 45 47.74 W 50 48.56 W 55 46.08 W 60 41.28	600g; 50+: 400g) Tuula Laaksala Tessa Sanderson Anneliese Gerhards Mary Thomas Gertraud Schonauer Gertraud Schonauer	FIN GBR GER AUS AUT AUT	35 40 45 51 55 60	9-10-88 7-12-96 5-30-81 7-21-95 8-29-92 7-12-97
W 75 88.17 W 80 1:40.45 W 85 2:13.68 W 90 3:06.85	Monica Shone Polly Clarke Rosario Iglesias Rosario Iglesias	GBR USA MEX MEX	76 80 86 90	8-21-02 8-3-90 7-26-97 7-13-01	W 70 W 75 2000m W 35	89.00	Riedtje Dijknan Florence Meiler Johnnye Valien CHASE 36") Veronica Boden Marietjie Ceronio	NED USA USA GBR RSA	65 70 75 35 40	7-25-04 8-08-04 7-7-01 7-17-94 8-8-97	W 65 36.79 W 70 28.20 W 75 23.02 W 80 19.86 W 85 18.56 W 90 10.58	Gertraud Schonauer Joan Ogden Hanna Gelbrich Hanna Gelbrich Olga Kotelko Irja Sarnama	AUT GBR GER GER CAN FIN	65 70 77 80 85 90	5-15-02 8-24-97 7-4-90 10-9-93 6-22-04 9-21-96
W 35 1:56.53 W 40 1:59.25 W 45 2:02.82 W 50 2:16.62 W 55 2:22.47 W 60 2:36.94	Lyubov Gurina Yekatarina Podkopayev Yekatarina Podkopayev Maureen de St.Croix Carolyn Oxton Gerda Van Kooten		36 42 46 50 55 60	7-30-94 6-30-94 6-26-98 6-17-03 8-30-98 8-3-99	W 45 W 50 W 55 W 60	7:38.08 7:43.99 8:13.4 10:29.91	Margaret Orman Margaret Orman Margaret Orman Nan Little	NZL NZL NZL NZL	49 51 55 61	7-27-91 3-13-93 3-15-97 4-2-88	W 95 8.13 JAVELIN (50-59 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	Ruth Frith 500g) Regina K. Stange N. Bezjak-Urbancic	GER JUG	95 50 56	9-18-04 8-21-02 8-21-02
W 65 2:41.81 W 70 3:04.44 W 75 3:31.37 W 80 3:54.81 W 85 5:00.58 W 90 6:59.18	Diane Palmason Jean Horne Nina Naumenko Johanna Luther Rosario Iglesias Rosario Iglesias	CAN CAN URS GER MEX MEX	65 70 75 80 86 90	8-9-03 7-17-03 7-14-00 10-10-93 7-22-97 7-9-01	W 35 W 40 W 45 W 50 W 55 W 60	6:30.83	CHASE 30") Leslie Lehane Elaine Cooper Julie Leonard Louise Fairfax Margaret Orman Marie Michelsohn Ana Tebes	USA AUS SWE AUS NZL USA ARG	35 40 45 51 55 60 67	7-31-98 1-13-00 8-1-04 2-19-03 7-27-97 8-9-02 11-10-00	HEPTATHLON (2 W 35 6799 W 40 5698 W 45 5481 W 50 6250 W 55 6152 W 60 5589	O04 WMA Scoring Table Jane Frederick Marie Kay Anne Jensen Phil Raschker Corrie Roovers Betty Vosburgh	USA AUS DEN USA NED USA	35 41 45 52 56 60	9-26-87 7-4-01 7-29-99 7-3-99 7-18-91 7-18-91
1500 METERS W 35 3:57.73 W 40 3:59.78 W 45 4:05.44 W 50 4:40.92	Maricica Puica Yekatarina Podkopaye Yekatarina Podkopaye Maureen de St.Croix	Va URS CAN	35 42 46 50	8-30-85 7-18-94 8-3-98 6-4-03	HIGH W	11:24.25	Shirley Brasher Inga Babakova Patricia Porter	UKR USA	73 35 41	4-22-00 6-3-03 6-6-04	W 65 5478 W 70 4930 W 70 p5449 W 75 p3147	Asta Larsson Johnnye Valien Isabel Hofmeyr Idia Mardones	SWE USA RSA CHL	65 71 71 75	7-17-97 7-17-97 7-29-99 7-29-99
W 55 4:57.4 W 60 5:18.14 W 65 5:43.61 W 70 6:14.52 W 75 6:42.13 W 80 7:32.22 W 85 10:33.40	Carolyn Oxton Corrie Keijsers Lydia Ritter Nina Naumenko Nina Naumenko Johanna Luther Ivy Granstrom	GBR NED GER URS URS GER CAN	55 60 65 71 75 80 85	8-26-98 6-16-02 6-5-04 7-25-95 7-10-00 10-16-93 7-26-97	W 45 W 50 W 55 W 60 W 65 W 70 W 75	1.76 1.57 1.46 1.41 1.34 1.26 1.15	Debbie Brill Weia Reinboud Renate Vogel Edith Graff Rietje Dijkman Rosemary Chrimes Leonore McDaniel	CAN NED GER BEL NED GBR USA	46 50 56 62 65 70 75	8-6-99 8-6-00 7-12-00 7-25-04 7-28-04 7-5-03 8-3-03	W 35 3946 W 40 4934 W 45 4960 W 50 4535 W 55 4858 W 60 5321	THLON (2004 WMA Sco Christine Schultz Oneithea Lewis Carol Finsrud Christine Schultz Evaun B. Williams Evaun B. Williams	USA USA USA AUS GBR GBR	36 43 46 50 55 60	12-7-87 7-11-03 7-11-03 7-13-01 10-16-93 9-17-98
MILE W 35 4:17.33 W 40 4:23.78 W 45 4:48.42 W 50 5:02.80	Maricica Pulca Yekatarina Podkopaye Yekatarina Podkopaye Maureen de St.Croix	ROM va URS va URS CAN	35 40 45 50	8-21-85 6-9-93 9-13-97 6-4-03	POLE W 35	VAULT 4.22	Olga Kotelko Olga Kotelko Gabriella Mihalcea	CAN CAN ROM	81 85 35 44	10-10-00 8-28-04 6-11-99	W 65 5548 W 70 4571 W 75 4539 W 80 4423 W 85 4528	Evaun B. Williams Heather Doherty Kaija Jortikka Gwen Davidson Ruth Frith	GBR AUS FIN AUS AUS	65 70 75 80 85	7-11-03 4-11-04 8-7-99 3-23-03 7-22-95
W 55 5:31.97	Bernadine Portenski	NZL	57	1-29-05	W 40 W 45		Dawn Hartigan Dawn Hartigan	AUS	45	3-19-01 3-19-02	W 90 5544	Ruth Frith	AUS	90	4-24-00

USATF OUTDOOR AGE-GROUP RECORDS

Approved by the Records Subcommittee of the USATF Masters T&F Committee (through performances verified as of January 18, 2005)

Men's USA Five-Year Age-Group Records	3000 METERS 35-39 7:56.69 Steve Scott CA (35) 5/25/91 40-44 8:16.94 Brian Pope MS (41) 6/5/04 45-49 9:04.05 Jon Waldron MA (45) 5/31/03	70-74 1.52 Bud Held CA (70) 11/8/97 75-79 1.32 Walter Dahlin CA (76) 7/26/97 80-84 1.22 Virgil McIntyre AZ (80) 6/28/91 85-89 1.15 Donald Pellmann AR (85) 7/16/01
DIV MARK NAME AGE DATE	50-54 8:53.8 Ray Hatton OR (50) 6/25/82 55-59 9:37.88 Ray Hatton OR (56) 6/26/88	90-94 1.04 Buell Crane ID (90) 7/28/90
100 METERS 35-39 10.3h Ruben Whitney TX (35) 6/14/80 40-44 10.87 Eddie Hart CA (40) 7/30/89 45-49 10.96 Neville Hodge MD (45) 4/27/01 50-54 10.95 Bill Collins 55-59 11.66 Ralph Summerlin AL (58) 7/14/90 60-64 11.8h Payton Jordan CA (61) 5/27/78	60-64 10:13.8 Don Gammie OH (60) 8/10/91 (65-69) 10:49.81 Paul Heitzman KS (67) 6/28/98 (70-74) 11:46.2 Harold Chapson HI (73) 3/28/76 (75-79) 12:04.0 Scotty Carter MA (75) 6/28/92 (80-84) 13:52.63 Ed Benham MD (82) 5/4/90 (85-89) 16:32.0 Paul Spangler CA (85) 5/4/84 (90-94) 20:08.4 Paul Spangler CA (90) 9/16/89	POLE VAULT 35-39 5.08 Gary Hunter IN (35) 7/6/91 40-44 5.5 Larry Jessee TX (44) 7/24/96 45-49 5.1 Larry Jessee TX (45) 8/10/97 50-54 4.57 Jerry Cash OR (51) 7/8/00 55-59 4.13 Dennis Phillips OR (55) 7/12/01 60-64 3.81 Terry Cannon CA (61) 5/30/99 65-69 3.77 Boo Morcom PA (65) 8/3/86
65-69 12.6h Payton Jordan CA (65) 6/12/82 70-74 12.91 Payton Jordan CA (74) 6/22/91 75-79 13.72 Payton Jordan CA (75) 5/30/92 80-84 14.35 Payton Jordan CA (80) 5/10/97 85-89 16.22 Roderick Parker AR (85) 8/7/04 90-94 20.69 Buell Crane ID (90) 7/27/90 95-99 38.66 Everett Hosack OH (98) 9/16/00 100-104 39.97 Waldo McBurney KS (100) 7/5/03	5000 METERS 35-39 13:26.03 Steve Plasencia MN (36) 6/5/93 40-44 14:17.36 Brian Pope MS (41) 6/12/04 45-49 15:12.25 Mike Manley OR (47) 8/1/89 50-54 15:41.67 Mike Heffernan OR (50) 7/25/91 55-59 16:27.1 James O'Neil CA (55) 1/12/81 60-64 17:19.0 Clive Davies OR (64) 8/2/80 65-69 18:07.04 Joe King CA (65) 7/25/91	70-74 3.16 Boo Morcom PA (71) 8/22/92 75-79 2.96 Bud Held CA (76) 8/5/04 80-84 2.6 William Bell AR (82) 8/5/04 85-89 2.24 Carol Johnston CA (85) 8/8/97 LONG JUMP 35-39 8.5 Larry Myricks MS (35) 6/15/91
200 METERS 35-39 20.8h Delano Meriwether PA (35) 6/9/78 40-44 21.86 Bill Collins TX (41) 8/15/92 45-49 22.13 Kevin Morning MI (46) 8/15/02 50-54 22.79 Bill Collins CA (52) 4/12/02 55-59 23.6h Alfred Guidet CA (55) 6/24/73	70-74 18:43.61 Warren Utes IL (70) 7/23/91 75-79 20:36.80 John Keston OR (77) 7/27/02 80-84 21:57.88 Ed Benham MD (81) 8/6/88 85-89 25:47.54 Alfred Funk MT (86) 8/10/00 90-94 37:39.38 Paul Spangler CA (90) 8/1/89 95-99 50:23.53 Herb Kirk MT (95) 7/25/91	35-39 8.5 Carl Lewis TX (35) 7/29/96 40-44 7.68 Aaron Sampson UT (40) 6/21/02 45-49 6.98 John Hartfield TX (46) 6/7/91 50-54 6.42 Shirley Davisson CA (50) 4/12/80 55-59 6.12 Edward Jones CA (59) 8/10/02 60-64 6.07 Tom Patsalis CA (60) 7/10/82 65-69 5.35 Dick Richards CA (65) 8/27/99
55-59 23.81 Charles Allie PA (57) 8/29/04 60-64 24.37 Don Neidig NM (60) 9/5/04 65-69 25.76 Paul Johnson TX (67) 9/15/01 70-74 26.8h Payton Jordan CA (70) 6/20/87 75-79 28.14 Payton Jordan CA (75) 6/20/92 80-84 30.89 Payton Jordan CA (80) 8/10/97 85-89 37.40 Frank Finger VA (85) 8/13/00 85-89 34.41 Roderick Parker AR (85) 8/7/04	10,000 METERS 35-39 28:02.41 Steve Plasencia MN (36) 6/18/93 40-44 30:37.94 Craig Young CO (40) 8/1/98 45-49 31:48 Ray Hatton OR (45) 6/11/77 50-54 32:10.4 Ray Hatton OR (51) 6/18/83 55-59 33:00.66 Norman Green PA (57) 7/29/89 60-64 35:19.8 Clive Davies OR (63) 8/19/78	70-74 5.19 Melvin Larsen IA (70) 8/12/94 75-79 4.32 Edwin Lukens NY (75) 7/19/97 80-84 4.19 Melvin Larsen IA (80) 8/6/04 85-89 3.08 Donald Pellmann AR (85) 7/15/01 90-94 2.44 Buell Crane ID (90) 4/21/90 95-99 1.78 Collister Wheeler OR (95) 7/22/88 TRIPLE JUMP
90-94 42.78 Anthony Castro CA (90) 9/18/99 95-99 62.28 Herb Kirk MT (95) 7/26/91	65-69 38:38.0 Norman Bright WA (66) 8/3/76 70-74 38:23.69 Warren Utes IL (70) 7/20/91 75-79 43:39.4 John Keston MD (77) 6/29/02 80-84 44:29.4 Ed Benham MD (81) 8/4/88	35-39 16.95 Ray Kimble CA (35) 8/12/88 40-44 16.58 Ray Kimble CA (40) 7/2/93 45-49 14.55 Willie Banks CA (45) 6/30/01
35-39 46.38 James King CA (35) 5/25/84 40-44 48.44 James King CA (40) 8/5/89 45-49 50.20 Fred Sowerby NV (45) 8/12/94 50-54 51.39 Fred Sowerby NV (50) 8/27/99 55-59 52.24 Charles Allie PA (55) 7/12/03 60-64 55.56 Don Neidig PA (66) 9/5/04 65-69 58.05 Paul Johnson TX (66) 6/2/01 70-74 62.2h John Alexander TX (70) 9/24/89 75-79 68.5h Josiah Packard CA (75) 6/23/79 80-84 75.4h Harold Chapson HI (80) 7/9/83	85-89 54:19.28 Alfred Funk MT (86) 8/12/00 90-94 1:11:40.78 Paul Spangler CA (90) 7/29/89 80m HURDLES (30") MD (70) 5/13/00 75-79 13.68 Melvin Larsen IA (75) 8/29/99 80-84 17.20 Dan Bulkley OR (81) 8/19/98 85-89 20.74 Bob Boal NC (85) 9/21/97 100m HURDLES (50-59: 36"; 60-69: 33")	50-54 13.19 Dave Jackson CA (50) 7/10/82 55-59 12.62 Gordon Farrell CA (57) 1/8/75 60-64 11.96 Tom Patsalis CA (60) 7/10/82 65-69 10.84 Tom Patsalis CA (65) 12/5/87 70-74 10.18 James Stookey MD (70) 9/17/00 75-79 9.3 Edwin Lukens NY (77) 8/4/99 80-84 8.12 Tom Kennell FL (80) 7/28/01 85-89 6.28 Winfield McFadden CA (85) 7/21/90 90-94 5.51 Buell Crane ID (90) 7/28/90
95-99 3:53.10 Everett Hosack OH (98) 9/16/00	50-54 13.57 Walt Butler CA (50) 7/5/91 55-59 14.49 Walt Butler CA (55) 8/22/96 60-64 14.62 Courtland Gray TX (60) 8/6/04 65-69 16.30 Jack Greenwood CO (65) 7/21/91	SHOT PUT (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg) 35-39 22.19 Brian Oldfield IL (38) 5/26/84 40-44 21.41 Brian Oldfield IL (40) 8/22/85 45-49 16.83 Ed Hill MD (45) 8/23/88
800 METERS 35-39 1:43.36 Johnny Gray CA (35) 8/16/95 40-44 1:52.5 Ken Popejoy IL (40) 5/31/91 40-44 1:52.42 Johnny Gray CA (40) 6/24/00 45-49 1:56.27 Don Parker CA (47) 5/12/90 50-54 1:58.65 Nolan Shaheed CA (50) 5/13/00 55-59 2:06.83 Nolan Shaheed CA (55) 7/25/04 60-64 2:12.71 Sidney Howard NJ (60) 8/2/99 65-69 2:21.14 Sidney Howard NJ (65) 8/7/04 70-74 2:26.14 Charles Rose NC (70) 8/8/03 75-79 2:40.0 Harold Chapson HI (75) 5/14/78 80-84 2:53.5 Harold Chapson HI (80) 7/11/82	110m HURDLES (35-39: 42"; 40-49: 39") 35-39	50-54 16.95 Tom Gage MT (51) 7/30/94 55-59 16.06 Ladislav Pataki CA (55) 9/29/01 60-64 16.46 Joe Keshmiri NV (60) 6/27/98 65-69 15.12 Hal Smith CA (65) 1/19/02 70-74 14.77 Amie Gaynor CA (70) 7/10/98 75-79 12.7 Amie Gaynor CA (75) 1/17/04 80-84 12.27 Ross Carter OR (80) 6/25/94 85-89 10.42 Ross Carter OR (85) 6/19/99 90-94 6.97 Buell Crane ID (90) 6/20/90 95-99 4.42 Tom Lane CA (97) 5/23/92 100-104 4.12 Waldo McBurney KS (100) 7/4/03
80-84 2:53.5 Harold Chapson HI (80) 7/11/82 85-89 3:28.15 Alfred Funk MT (86) 8/12/00 90-94 4:39.59 Paul Spangler CA (90) 6/10/89 95-99 6:02.94 Herb Kirk MT (95) 7/23/91	80-84 62.61 Dan Bulkley OR (82) 8/1/99 400m HURDLES (35-49: 36"; 50-59: 33") 35-39 48.93 Nat Page GA (35) 7/10/92 40-44 52.76 James King CA (40) 8/3/89	DISCUS (35-49: 2kg; 50-59: 1.5kg; 60+: 1kg) 35-39 71.24 John Powell CA (36) 6/9/84 40-44 69.48 Al Oerter FL (43) 5/31/80
1500 METERS 35-39	45-49 55.7h Jack Greenwood KS (46) 8/24/72 50-54 58.1h Jack Greenwood KS (50) 7/3/76 55-59 59.67 Courtland Gray LA (55) 6/18/99 2000m STEEPLECHASE (30") 60-64 8:00.59 Gale Ptueller WA (60) 7/13/03 65-69 8:19.63 Frank Haviland NJ (65) 8/11/00 70-74 8:39.25 Gunner Linde CA (71) 8/8/99 75-79 10:40.02 Avery Bryant CA (76) 8/11/00 75-79 9:48.9 Gunner Linde CA (75) 8/2/03 80-84 11:48.10 Dan Bulkley OR (82) 8/8/99 85-89 14:28.93 Dan Bulkley OR (87) 8/6/04	45-49 66.12 Al Oerter FL (45) 3/28/82 50-54 62.74 Al Oerter NY (52) 8/3/89 55-59 54.44 Larry Pratt DE (55) 10/25/96 60-64 59.52 Joe Keshmiri NV (60) 5/19/98 65-69 53.92 Wendell Palmer TX (65) 8/8/97 70-74 48.06 Wendell Palmer TX (70) 7/27/02 75-79 41.58 Harvey Lewellen OR (75) 6/27/04 80-84 37.08 Ross Carter OR (80) 6/26/94 85-89 30.81 Ross Carter OR (86) 7/2/00 90-94 20.56 Buell Crane ID (90) 6/20/90 95-99 13.56 Waldo McBurney KS (96) 8/2/99 100-104 8.91 Evertt Hosack OH (100) 6/1/02
90-94 9:25.2 Paul Spangler CA (90) 6/10/89 95-99 13:53.8 Herb Kirk MT (95) 10/6/90 MILE 35-39 3:54.13 Steve Scott CA (35) 7/1/91 40-44 4:09.61 Tony Young WA (40) 6/8/02 45-49 4:18.83 Ken Sparks OH (45) 4/24/90	3000m STEEPLECHASE (36") 35-39 8:38.8 Mike Manley OR (38) 40-44 9:18.6 Hal Higdon IN (44) 8/15/75 45-49 9:39.0 Hal Higdon IN (46) 8/11/77 50-54 9:45.38 Leonard Hill OR (50) 6/21/03 55-59 10:59.2 Ken Carman MI (56) 7/28/84	HAMMER (35-49: 16#; 50-59: 6kg; 60-69: 6kg; 70+: 4kg) 35-39 70.84 Harold Connolly CA (37) 7/20/69 40-44 74.34 Ed Burke CA (44) 4/28/84 45-49 64.7 Dave McKenzie CA (46) 6/4/95 50-54 63.76 Tom Gage MT (50) 5/16/93
50-54 4:25:04 Nolan Shaheed CA (52) 6/23/01 55-59 4:45.6 Victor Heckler IL (55) 8/17/97 60-64 4:58.2 James Sutton PA (60) 8/17/91 65-69 5:22 Monty Montgomery CA (65) 4/8/72 70-74 5:37.8 Charles Rose NC (70) 7/12/03 75-79 5:57.2 Scotty Carter MA (75) 7/12/92 80-84 7:51.9 Henry Sypniewski NY (81) 6/15/00 85-89 9:56.93 Bill Benson NY (85) 7/24/04 90-94 13:43.6 Herb Kirk MT (90) 8/18/86 95-99 14:48.2 Herb Kirk MT (95) 10/6/90	55-59 10:59.2 Ken Carman MI (56) 7/28/84 HIGH JUMP 35-39 2.15 Jim Barrineau VA (36) 6/6/92 40-44 2.11 Jim Barrineau VA (40) 7/19/95 45-49 1.98 Keith Nelson CA (45) 5/20/00 50-54 1.88 Herm Wyatt CA (51) 8/20/83 55-59 1.79 Herm Wyatt CA (55) 5/23/87 60-64 1.72 Phil Fehlen CA (63) 7/4/98 65-69 1.66 Phil Fehlen CA (65) 8/12/00	55-59 60.88 Tom Gage MT (55) 9/5/98 60-64 61.76 Tom Gage MT (61) 8/14/04 65-69 48.74 Bob Ward TX (69) 6/21/03 70-74 53.12 Bob Ward TX (71) 7/24/04 75-79 41.2 Harvey Lewellen OR (75) 4/10/04 80-84 30.45 Robert Chase ME (81) 8/10/02 85-89 24.34 Leon Joslin WA (85) 6/6/97 90-94 18.05 Trent Lane LA (92) 11/9/02 95-99 10.6 Everett Hosack OH (96) 10/18/98 100-104 8.86 Everett Hosack OH (100) 6/30/02

70-74 75-79	1.52	Walter Dahlin	CA (70) CA (76)	11/8/97 7/26/97
80-84	1.22	Virgil McIntyre	AZ (80)	6/28/91
85-89 90-94	1.15	Donald Pellmann Buell Crane	AR (85) ID (90)	7/16/01 7/28/90
30-34	1.04	Dueil Clane	10 (30)	1/20/90
POLE VA		A Property and the last		
35-39 40-44	5.08	Gary Hunter Larry Jessee	IN (35) TX (44)	7/6/91 7/24/96
45-49	5.1	Larry Jessee	TX (45)	8/10/97
50-54	4.57	Jerry Cash	OR (51)	7/8/00
55-59 60-64	4.13 3.81	Dennis Phillips Terry Cannon	OR (55) CA (61)	7/12/01 5/30/99
65-69	3.77	Boo Morcom	PA (65)	8/3/86
70-74 75-79	3.16 2.96	Boo Morcom Bud Held	PA (71)	8/22/92 8/5/04
80-84	2.6	William Bell	CA (76) AR (82)	8/5/04
85-89	2.24	Carol Johnston	CA (85)	8/8/97
LONG JU	IMP			
35-39	8.5	Larry Myricks	MS (35)	6/15/91
35-39	8.5	Carl Lewis	TX (35)	7/29/96
40-44 45-49	7.68 6.98	Aaron Sampson John Hartfield	UT (40) TX (46)	6/21/02 6/7/91
50-54	6.42	Shirley Davisson	CA (50)	4/12/80
55-59 60-64	6.12 6.07	Edward Jones Tom Patsalis	CA (59)	8/10/02
65-69	5.35	Dick Richards	CA (60) CA (65)	7/10/82 8/27/99
70-74	5.19	Melvin Larsen	IA (70)	8/12/94
75-79 80-84	4.32 4.19	Edwin Lukens Melvin Larsen	NY (75)	7/19/97 8/6/04
85-89	3.08	Donald Pellmann	IA (80) AR (85)	7/15/01
90-94	2.44	Buell Crane	ID (90)	4/21/90
95-99	1.78	Collister Wheeler	OR (95)	7/22/88
TRIPLE J	IUMP			
35-39	16.95	Ray Kimble	CA (35)	8/12/88
40-44 45-49	16.58 14.55	Ray Kimble Willie Banks	CA (40) CA (45)	7/2/93 6/30/01
50-54	13.19	Dave Jackson	CA (50)	7/10/82
55-59 60-64	12.62 11.96	Gordon Farrell Tom Patsalis	CA (57)	1/8/75 7/10/82
65-69	10.84	Tom Patsalis	CA (60) CA (65)	12/5/87
70-74	10.18	James Stookey	MD (70)	9/17/00
75-79 80-84	9.3 8.12	Edwin Lukens Tom Kennell	NY (77) FL (80)	8/4/99 7/28/01
85-89	6.28	Winfield McFadden	CA (85)	7/21/90
90-94	5.51	Buell Crane	ID (90)	7/28/90
			Service SERVICE	
SHOT PL	IT (35-49:	16#; 50-59: 6kg; 60)-69: 5kg;	70+: 4kg
35-39	22.19	Brian Oldfield)-69: 5kg; IL (38)	5/26/84
35-39 40-44	22.19 21.41	Brian Oldfield Brian Oldfield)-69: 5kg; IL (38) IL (40)	
35-39 40-44 45-49 50-54	22.19 21.41 16.83 16.95	Brian Oldfield Brian Oldfield Ed Hill Tom Gage	0-69: 5kg; IL (38) IL (40) MD (45) MT (51)	5/26/84 8/22/85 8/23/88 7/30/94
35-39 40-44 45-49 50-54 55-59	22.19 21.41 16.83 16.95 16.06	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki	0-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01
35-39 40-44 45-49 50-54	22.19 21.41 16.83 16.95	Brian Oldfield Brian Oldfield Ed Hill Tom Gage	0-69: 5kg; IL (38) IL (40) MD (45) MT (51)	5/26/84 8/22/85 8/23/88 7/30/94
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor	D-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) NV (60) CA (65) CA (70)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/19/02 7/10/98
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor	0-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) NV (60) CA (65) CA (70) CA (75)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/19/02
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 12.27 10.42	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amite Gaynor Amie Gaynor Ross Carter Ross Carter	0-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) NV (60) CA (65) CA (70) CA (75) OR (80) OR (85)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/19/02 7/10/98 1/17/04 6/25/94 6/19/99
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 12.27 10.42 6.97	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Arnie Gaynor Arnie Gaynor Ross Carter Ross Carter Buell Crane	0-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) NV (60) CA (65) CA (70) CA (75) OR (80) OR (85) ID (90)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/19/02 7/10/98 1/17/04 6/25/94 6/19/99 6/20/90
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 12.27 10.42	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane	0-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) NV (60) CA (65) CA (70) CA (75) OR (80) OR (85)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/19/02 7/10/98 1/17/04 6/25/94 6/19/99
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 12.27 10.42 6.97 4.42 4.12	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney	D-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) CA (70) CA (65) CA (70) OR (80) OR (85) ID (90) CA (97) KS (100)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/19/02 7/10/98 1/17/04 6/25/94 6/19/99 6/20/90 5/23/92
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 DISCUS	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 12.27 10.42 6.97 4.42 4.12 (35-49: 2k	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney 19; 50-59: 1.5kg; 60	D-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) CA (70) CA (65) CA (70) OR (80) OR (85) ID (90) CA (97) KS (100)	5/26/84 8/22/85 8/23/85 8/23/87 7/30/94 9/29/01 6/27/98 1/19/02 7/10/98 6/25/94 6/19/99 6/20/90 5/23/92 7/4/03
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 12.27 10.42 6.97 4.42 4.12	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Arnie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney 19; 50-59: 1.5kg; 60 John Powell Al Oerter	D-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) CA (70) CA (65) CA (70) OR (80) OR (85) ID (90) CA (97) KS (100)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/19/02 7/10/98 1/17/04 6/25/94 6/19/99 6/20/90 5/23/92
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 DISCUS 35-39 40-44 40-44	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 12.27 10.42 6.97 4.42 4.12 (35-49: 2k 71.24 6.6.12	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Arnie Gaynor Arnie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney g; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter	D-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) CA (70) CA (65) OR (80) OR (85) ID (90) CA (97) KS (100) +: 1kg) CA (34) FL (43) FL (45)	5/26/84 8/22/88 7/30/94 9/29/01 6/27/98 1/17/04 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/3/92 7/4/03
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 95-99 100-104 DISCUS 35-39 40-44 45-49 50-54	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 12.27 10.42 6.97 4.42 4.12 (35-49: 2k 71.24 69.48 66.12 66.12 66.74	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney 19; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter Al Oerter	D-69: 5kg; IL (38) IL (40) MD (45) MT (51) NV (60) CA (75) OR (80) OR (85) ID (90) CA (76) CA (70) CA (36) FL (43) FL (43) FL (43) FL (43) FL (43) FL (45)	5/26/84 8/22/88 8/23/88 7/30/94 9/29/01 6/27/98 1/17/04 6/25/94 6/19/99 6/20/90 5/23/92 7/4/03 6/9/84 5/31/80 3/28/82 8/3/89
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 DISCUS 35-39 40-44 45-49 50-54 50-64	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 10.42 6.97 4.42 4.12 (35-49: 2k 69.48 66.12 62.74 4.44 59.52	Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney g; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter Larry Pratt Joe Keshmiri	D-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) CA (70) CA (65) CA (70) CA (80) OR (85) ID (90) CA (97) CA (36) FL (43) FL (43) FL (45) NY (52) DNY (60)	5/26/84 8/22/88 7/30/94 9/29/01 6/27/98 1/19/02 7/10/98 1/17/04 6/25/94 6/25/94 6/25/94 6/25/94 6/3/99 6/20/90 5/23/92 7/4/03 6/9/84 5/31/80 3/28/82 8/3/89 10/25/96 5/19/98
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 95-99 100-104 DISCUS 35-39 40-44 45-49 50-54 55-59 60-64 65-69	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 12.27 10.42 6.97 4.42 4.12 (35-49: 2k 66.12 62.74 54.42 55.52 55.52 55.52	Brian Oldfield Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Arnie Gaynor Arnie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney g; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter Al Oerter Larry Pratt Joe Keshmiri Wendell Palmer	D-69: 5kg; IL (38) IL (40) MD (45) MT (51) CA (55) CA (70) CA (65) ID (90) CA (90) KS (100) +: 1kg) CA (36) FL (43) FL (45) NY (52) DE (55) NY (66) TX (65)	5/26/84 8/22/88 7/30/94 9/29/01 6/27/98 1/17/04 6/25/94 6/25/94 6/19/99 6/20/90 5/23/92 7/4/03 6/9/84 5/31/80 3/28/82 8/3/89 10/25/98 8/8/97
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35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 DISCUS 35-39 40-44 45-49 50-54 65-69 70-74 75-79 80-84 85-89 90-94 90-	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 10.42 6.97 4.42 4.12 35-49: 2k 66.12 62.74 4.12 35-49: 2k 59.52 53.92 48.06 41.58 37.08 30.81 20.56 8.91	Brian Oldfield Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney g; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter Al Oerter Al Oerter Al Oerter Vendell Palmer Wendell Palmer Wendell Palmer Wendell Palmer Wendell Palmer Harvey Lewellen Ross Carter Buell Crane Waldo McBurney Evertt Hosack 6#; 50-59: 6kg; 60- Harold Connolly	D-69: 5kg; IL (38) IL (40) MD (45) MT (51) NV (60) CA (65) OR (85) ID (90) KS (100) +: 1kg) CA (36) FL (43) FL (45) NY (65) TX (70) OR (86) ID (90) NY (65) TX (70) OR (86) OR (86) ID (90) NY (65) TX (70) OR (86) OR	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/17/04 6/25/94 6/25/94 6/19/99 6/20/90 5/23/92 7/4/03 6/9/84 5/31/80 3/28/82 8/3/89 10/25/91 6/26/94 7/27/02 6/26/94 6/26/94 7/20/69
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35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 DISCUS 35-39 40-44 45-49 50-54 65-69 70-74 75-79 80-84 85-89 90-94 90-	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 10.42 6.97 4.42 4.12 35-49: 2k 66.12 62.74 44.5 35.92 48.06 12.6 53.92 48.06 8.91 10.5 10.5 10.5 10.5 10.5 10.5 10.5 10.	Brian Oldfield Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney g; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter Al Oerter Al Oerter Larry Pratt Joe Keshmiri Wendell Palmer Wendell Palmer Harvey Lewellen Ross Carter Buell Crane Buell Crane Waldo McBurney Evertt Hosack 6#; 50-59: 6kg; 60- Harold Connolly Ed Burke Dave McKenzie Tom Gage Tom Gage Tom Gage Tom Gage Bob Ward Bob Ward	D-69: 5kg; IL (38) IL (38) IL (40) MD (45) MT (51) NV (60) CA (65) CA (75) OR (80) OR (85) ID (90) KS (100) +: 1kg) CA (36) FL (43) FL (45) NV (60) TX (65) OR (80) OR (86) OR (86) OR (87) OR (80) OR (86) OH (100) KS (96) OH (100) MT (55) MT (51) MT (55) MT (51) TX (71)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/17/04 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/3/180 3/28/82 8/3/89 10/25/94 5/31/80 3/28/82 8/3/89 10/25/94 6/26/94 7/27/02 6/26/94 7/27/02 6/26/94 7/20/69 4/28/84 6/4/95 5/16/93 9/5/98 8/14/04 7/20/69 4/28/84 6/4/95 5/16/93 9/5/98 8/14/04
35-39 40-44 45-49 50-54 55-59 60-65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 DISCUS 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 HAMMEF 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79	22.19 21.41 16.83 16.85 16.06 16.46 16.46 16.47 12.7 12.7 12.7 12.27 10.42 6.97 4.42 4.12 (35-49: 2k 4.12 (35-49: 2k 4.12 4.12 4.12 4.13 4.13 4.13 4.14 4.15 4.15 4.15 4.15 4.15 4.15 4.15	Brian Oldfield Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Arnie Gaynor Arnie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney g; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter Al Oerter Larry Pratt Joe Keshmiri Wendell Palmer Wendell Palmer Wendell Palmer Harvey Lewellen Ross Carter Buell Crane Waldo McBurney Evertt Hosack 6#; 50-59: 6kg; 60- Harold Connolly Ed Burke Dave McKenzie Tom Gage Tom	D-69: 5kg; IL (38) IL (40) MT (45) MT (55) NV (60) CA (75) OR (80) OR (80) OR (80) OR (80) CA (75) OR (80) OR	5/26/84 8/22/88 8/23/88 7/30/94 9/29/01 6/27/90 7/10/98 1/17/04 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/26/94 7/20/6 6/26/94 7/20/6 6/26/94
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 DISCUS 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 HAMMEF 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 10.42 6.97 4.42 4.12 (35-49: 24 4.12 (35-49: 24 4.15 8.37.08 30.81 37.08 37.08 37.08 37.08 37.08 37.08 37.08 37.08 37.08 37.08 37.08 37.08 41.58	Brian Oldfield Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor Ross Carter Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney g; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter Al Oerter Larry Pratt Joe Keshmiri Wendell Palmer Wendell Palmer Wendell Palmer Wendell Palmer Harvey Lewellen Ross Carter Buell Crane Waldo McBurney Evertt Hosack 6#; 50-59: 6kg; 60- Harold Connolly Ed Burke Dave McKenzie Tom Gage Tom Gage Tom Gage Tom Gage Tom Gage Bob Ward Harvey Lewellen Robert Chase Leon Joslin	D-69: 5kg; IL (38) IL (38) IL (40) MD (45) MT (51) NV (60) CA (65) CA (75) OR (80) OR (85) ID (90) KS (100) +: 1kg) CA (36) FL (43) FL (45) NV (60) TX (65) OR (80) OR (86) OR (86) OR (87) OR (80) OR (86) OH (100) KS (96) OH (100) MT (55) MT (51) MT (55) MT (51) TX (71)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/17/04 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/3/180 3/28/82 8/3/89 10/25/94 5/31/80 3/28/82 8/3/89 10/25/94 6/26/94 7/27/02 6/26/94 7/27/02 6/26/94 7/20/69 4/28/84 6/4/95 5/16/93 9/5/98 8/14/04 7/20/69 4/28/84 6/4/95 5/16/93 9/5/98 8/14/04
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 DISCUS 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94	22.19 21.41 16.83 16.85 16.06 16.46 15.12 14.77 12.7 10.42 6.97 4.42 4.12 35-49: 2k 35-49: 2k 371.24 6.97 4.42 4.12 35-49: 2k 66.12 62.74 41.58 37.08 30.81 20.56 8.91 3 (35-49: 1 3 (35-4	Brian Oldfield Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney g; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter Al Oerter Larry Pratt Joe Keshmiri Wendell Palmer Wendell Palmer Wendell Palmer Harvey Lewellen Ross Carter Buell Crane Waldo McBurney Evertt Hosack 6#; 50-59: 6kg; 60- Harold Connolly Ed Burke Dave McKenzie Tom Gage Leon Joslin Trent Lane	D-69: 5kg; IL (38) IL (38) IL (40) MD (45) MT (51) NV (60) CA (65) CA (75) OR (80) OR (85) ID (907) KS (100) +: 1kg) CA (36) FL (43) FL (45) NV (60) TX (76) OR (80) OR (85) ID (907) KS (100)	5/26/84 8/22/85 8/23/88 7/30/94 9/29/01 6/27/98 1/17/04 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/25/94 6/31/80 3/28/82 8/3/89 10/25/95 6/27/04 6/26/94 7/20/06 6/26/94 7/20/69 4/28/84 6/4/95 6/21/03 6/26/94 6/26/94 7/20/69 4/28/84 6/4/95 8/10/25/96 8/2/99 8/2/9 8/2/9 8/2/9 8/2/9 8/2/9 8/2/9 8/2/9 8/2/9 8/2/9 8/2/9 8/2/9 8/
35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 DISCUS 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 HAMMEF 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89	22.19 21.41 16.83 16.95 16.06 16.46 15.12 14.77 12.7 10.42 6.97 4.42 4.12 (35-49: 24 4.12 (35-49: 24 4.15 8.37.08 30.81 37.08 37.08 37.08 37.08 37.08 37.08 37.08 37.08 37.08 37.08 37.08 37.08 41.58	Brian Oldfield Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hal Smith Amie Gaynor Amie Gaynor Ross Carter Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney g; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter Al Oerter Larry Pratt Joe Keshmiri Wendell Palmer Wendell Palmer Wendell Palmer Wendell Palmer Harvey Lewellen Ross Carter Buell Crane Waldo McBurney Evertt Hosack 6#; 50-59: 6kg; 60- Harold Connolly Ed Burke Dave McKenzie Tom Gage Tom Gage Tom Gage Tom Gage Tom Gage Bob Ward Harvey Lewellen Robert Chase Leon Joslin	D-69: 5kg; IL (38) IL (38) IL (40) MT (45) MT (45) NV (60) CA (75) OR (80) OR (80) OR (80) ID (90) CA (36) FL (43) FL (43) FL (45) NV (60) OR (86) ID (90) KS (96) OR (86) ID (90) KS (96) OR (40) MT (50) MT (51) MT (61) TX (69) TX (75) ME (81) WA (85) LA (96)	5/26/84 8/22/88 8/23/88 7/30/94 9/29/01 6/27/94 6/19/99 6/25/94 6/19/99 6/20/90 5/23/92 7/4/03 6/9/84 5/31/80 3/28/82 8/3/89 10/25/98 8/8/97 7/27/02 6/27/04 6/26/94 7/2/06 6/26/94 6/26/94 6/4/95 5/16/98 8/14/04 6/26/97 1/2/06/97 1/2/06/97 1/2/06/97 1/2/06/97 1/2/06/97 1/2/06/97
35-39 40-44 45-49 50-54 55-59 60-65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104 DISCUS 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 78-84 85-89 90-94 95-99 100-104 HAMMEF 35-39 40-44 45-49 50-55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100-104	22.19 21.41 16.83 16.85 16.06 16.46 16.46 16.97 14.77 12.7 12.7 12.27 10.42 6.97 4.42 4.12 (35-49: 24 69.12 41.24 69.12 69.13 13.56 8.91 37.08 30.81 20.56 8.91 37.08 37	Brian Oldfield Brian Oldfield Brian Oldfield Ed Hill Tom Gage Ladislav Pataki Joe Keshmiri Hall Smith Arnie Gaynor Arnie Gaynor Ross Carter Ross Carter Buell Crane Tom Lane Waldo McBurney 19; 50-59: 1.5kg; 60 John Powell Al Oerter Al Oerter Al Oerter Larry Pratt Joe Keshmiri Wendell Palmer Wendell Palmer Harvey Lewellen Ross Carter Buell Crane Waldo McBurney Evertt Hosack 16#; 50-59: 6kg; 60- Harold Connolly Ed Burke Dave McKenzie Tom Gage Tom Gage Tom Gage Tom Gage Tom Gage Bob Ward Harvey Lewellen Robert Chase Leon Joslin Trent Lane Everett Hosack	D-69: 5kg; IL (38) IL (38) IL (40) MD (45) MT (51) NV (60) CA (65) CA (75) OR (80) OR (85) ID (907) KS (100) +: 1kg) CA (36) FL (43) FL (45) NV (60) TX (76) OR (80) OR (85) ID (907) KS (100)	5/26/84 8/22/88 8/23/88 7/30/94 9/29/01 6/27/94 6/19/99 6/25/94 6/19/99 6/20/90 5/23/92 7/4/03 6/9/84 5/31/80 3/28/82 8/3/89 10/25/98 8/8/97 7/27/02 6/27/04 6/26/94 7/2/06 6/26/94 6/26/94 6/4/95 5/16/98 8/14/04 6/26/97 1/2/06/97 1/2/06/97 1/2/06/97 1/2/06/97 1/2/06/97 1/2/06/97

April	2005	
JAVELI 80+: 40	N (35-49:	800g; 5
35-39	67.43	Ron
40-44	76.91	Thon
45-49 50-54	67.55	Mich
55-59	69.58 54.59	Mich Bob
60-64	64.74	Larry
65-69	55.02	Larry Bud I
70-74 75-79 80-84	42.17 40.7	Robe
80-84	30.87	Willia
85-89	25.59	Dona
90-94	17.02	Trent
100-104		John
WEIGH 70-79:	T THROW	(35-49
60-64	23.57	Tom
65-69	16#; 80+: 23.57 17.6	Bob '
70-74	18.83	Bob
75-79 80-84	15.32 13.23	Harv
85-89	8.65	Leon
90-94	9.55	Trent
SUPER	WEIGHT	(35-39:
45-49	11.67	Jim V
55-59 65-69	9.08 6.97	Bob I
70-74	11.43	Bob
75-79	9.05	Harv
80-84	4.9	Gord
85-89 90-94	5.15 4.12	Leon
95-99	2.78	Ever
PENTA		
35-39	3579 3510	Frank
40-44 45-49	4009	Micha
50-54	4155	Gary
55-59	3994	B00 I
60-64	4020	John
65-69 70-74	4148 3810	Boo I
75-79	3465	Milo I
80-84	3688	Bill C
85-89	2873	Ken (
	T PENTAT	HLON
35-39 40-44	3783 3972	Paul Ken
45-49	3903	Jim V
50-54	4588	Tom
55-59	4211	Richa
60-64 65-69	5062 4896	Tom (
70-74	5364	Bob V
75-79	4294	Hal W
75-79	4294	Phillip
80-84 85-89	3142 3610	Euge
90-94	4322	Trent

DECATHLON 35-39 7117 40-44 7326 45-49 7502 50-54 7771 55-59 7835 60-64 8352 65-69 7240 70-74 7524 75-79 6778 80-84 3868 85-89 6242 Rex I Stan Rex I Gary Dale Phil I Denv Boo Denv A.E. Bob Womer Age-

100 METERS 35-39 11.07 40-44 12.31 45-49 12.50 50-54 12.50 55-59 13.30	-50
35-39 11.07 40-44 12.31 45-49 12.50 50-54 12.50 55-59 13.30	NAN
40-44 12.31 45-49 12.50 50-54 12.50 55-59 13.30	
45-49 12.50 50-54 12.50 55-59 13.30	Evel
50-54 12.50 55-59 13.30	Phil
55-59 13.30	Phil
	Phil
CO C4 40 04	Phil
60-64 13.91	Iren
65-69 14.29	Iren
70-74 15.72	Aud
75-79 16.87	Poll
80-84 19.32	Poll
90-94 31.53	Zora
200 METERS	
35-39 22.47	Eve
40-44 24.84	Phil
	Phil
50-54 25.72	Phil
	Phil
60-64 29.09	Nac
65-69 30.46	Iren

April 2003	and the same of th		San Buch	1	vational Maste	rs New	S		The same		-	pag
JAVELIN (35-49:	800g; 50-59; 700g;	60-69: 600g; 70-79: 500	a: 1 400 M	ETERS	all the section is	The same	A PRINCIPAL PRIN	I HUBDI	ES /NEW	IMPLEMENTS: 60+:	80m 27'	The state of the s
80+: 400g)			35-39	55.60	Alethea Morris	NY (38)	7/12/03	65-69	17.07	Barbara Jordan	VT (67)	
35-39 67.43 40-44 76.91	Ron McConnell Thomas Petranoff	VT (37) 4/8/00	40-44	56.98	Lesia Batiste	LA (41)	4/19/03					
45-49 67.55	Michael Brown	RI (41) 6/12/99 FL (45) 5/8/99	45-49	56.82	Mary Libal	OR (45)				(35-49: 400m, 30";		
50-54 69.58	Michael Brown	FL (50) 4/10/04	50-54 55-59	61.89 65.29	Phil Raschker Kimi Solwazi	GA (50) CA (55)	7/26/97 4/8/95	35-39 40-44	63.13 65.03	Alethea Morris Phil Raschker	NY (38) GA (40)	7/4/03 12/5/87
55-59 54.59	Bob Powers	CA (55) 10/2/04	60-64	67.80	Irene Obera	CA (61)		45-49	71.20	Pamela Calvert	MO (45)	
60-64 64.74 65-69 55.02	Larry Stuart	CA (60) 5/23/98	65-69	71.45	Carolyn Cappetta	MA (65)		50-54	49.20	Phil Raschker	GA (50)	7/20/97
65-69 55.02 70-74 42.17	Bud Held Robert Youngs	CA (65) 5/15/93 CT (70) 8/6/04	70-74	82.52	Patricia Peterson	NY (72)	7/31/98	55-59	49.14	Phil Raschker	GA (55)	8/11/02
75-79 40.7	William Platts	ID (75) 8/7/03	75-79	89.62	Polly Clarke	CO (75)	8/25/85	60-64	56.80	Betty Vosburgh	GA (60)	7/5/91
80-84 30.87	Edward Chynowet	th CA (81) 10/17/04	80-84 90-94	1:40.45 3:45.62	Polly Clarke Bertha Holt	CO (80)		65-69	63.53	Barbara Jordan	VT (66)	8/11/02
85-89 25.59	Donald Pellmann	AR (85) 7/17/01	30 34	3.43.02	Defuta Fion	OR (90)	0/25/50	70-74	68.35	Flo Meiler	VT (70)	7/24/04
90-94 17.02 100-104 5.98	Trent Lane	LA (91) 3/15/03	800 MI	ETERS			1	LONG	HURDLES	(NEW IMPLEMENTS	S: 60+: 30	00m. 27")
100-104 3.90	John Whittemore	CA (100) 10/7/00	35-39	2:02.83	Ruth Wysocki	CA (35)	5/23/92	65-69	62.49	Barbara Jordan	VT (68)	6/27/04
WEIGHT THROV	/ (35-49: 35#; 50-59:	35#: 60-69: 20#:	40-44	2:09.85	Rose Monday	CA (40)	7/1/00	70-74	67.16	Flo Meiler	VT (70)	8/8/04
70-79: 16#; 80+:	12#)		45-49 50-54	2:18.72 2:21.98	DeeDee Grafius	CA (48)	7/12/97	75-79	89.00	Johnnye Valien	CA (75)	7/7/01
60-64 23.57	Tom Gage	MT (60) 6/28/03	55-59	2:30.53	DeeDee Grafius Jane Arnold	CA (50) CT (55)	4/17/99 6/8/96	HIGH J	LIMP			
65-69 17.6	Bob Ward	TX (69) 6/22/03	60-64	2:40.58	Diane Palmason	WA (62)		35-39	1.86	Jane Frederick	CA (36)	6/15/88
70-74 18.83 75-79 15.32	Bob Ward Harvey Lewellen	TX (70) 8/24/03 OR (75) 9/11/04	65-69	2:44.43	Jeanne Daprano	GA (65)	8/10/02	40-44	1.76	Patricia Porter	NM (41)	
80-84 13.23	Robert Horsley	WA (81) 6/22/03	70-74	3:15.63	Suzi MacLeod	OR (70)		45-49	1.6	Phil Raschker	GA (46)	8/11/93
85-89 8.65	Leon Joslin	WA (89) 4/18/01	75-79	3:37.19	Pearl Mehl	CO (75)		50-54	1.55	Phil Raschker	GA (50)	5/25/97
90-94 9.55	Trent Lane	LA (92) 11/9/02	80-84	4:09.77	Gerry Davidson	CA (80)	9/29/01	55-59	1.43	Phil Raschker	GA (55)	8/8/02
CHDEDWEIGHT	(35-39: 56#; 45-69: 5	C#. 70 95#\	1500 N	METERS				60-64 65-69	1.35	Kathy Bergen Evelyn Wright	CA (63) MD (66)	6/28/03 9/4/03
45-49 11.67	Jim Wetenhall	OH (47) 6/2/02	35-39	4:07.08	Ruth Wysocki	CA (38)	8/9/95	70-74	1.22	Leonore McDaniels		5/9/98
55-59 9.08	Bob Backus	MA (59) 7/6/86	40-44	4:32.73	Joan Nesbit	NC (40)		75-79	1.15	Leonore McDaniels		8/3/03
65-69 6.97	Bob Ward	TX (69) 6/22/03	45-49	4:48.19	Joan Colman	CA (45)	8/5/89	80-84	.95	Margaret Hinton	TX (80)	8/10/02
70-74 11.43	Bob Ward	TX (71) 9/11/04	50-54 55-59	4:52.55 5:14.2	Kathryn Martin Vicki Bigelow		8/11/02 6/13/92					
75-79 9.05 80-84 4.9	Harvey Lewellen Gordon Powell	OR (75) 6/27/04 FL (83) 10/3/92	60-64	5:32.8	Yvette LaVigne	CA (56) CA (60)	5/7/00	POLE V	3.53	Sue Dimarco	CA (35)	7/11/98
85-89 5.15	Leon Joslin	FL (83) 10/3/92 WA (87) 4/24/99	60-64	5:32.82	Marie Michelsohn	NY (60)	8/11/02	35-39 40-44	2.91	Pam Swan	ME (41)	7/31/04
90-94 4.12	Trent Lane	LA (93) 5/3/03	65-69	5:48.48	Jeanne Daprano		10/6/01	45-49	3.38	Phil Raschker	GA (47)	5/17/94
95-99 2.78	Everett Hosack	OH (97) 9/5/99	70-74	6:42.17	Pat Dixon	OR (70)		50-54	3.25	Phil Raschker	GA (50)	10/20/99
DENTATION ON			75-79	7:42.30	Bess James	CA (75)	6/29/85	55-59	3.05	Phil Raschker	GA (55)	6/15/02
PENTATHLON 35-39 3579	Frank Dailly	CA (20) 6/20/97	80-84 85-89	8:33.70	Gerry Davidson Mary Haines	CA (80)	9/29/01 8/7/99	60-64	3.05	Nadine O'Connor	CA (62)	11/14/04
35-39 3579 40-44 3510	Frank Reilly Michael Janusey	CA (39) 6/20/87 PA (40) 8/10/98	65-63	11.50.24	waly names	CT (85)	0/1/99	65-69	2.32	Becky Sisley	OR (65)	7/11/04 8/10/98
45-49 4009	Gary Miller	CA (45) 9/30/83	MILE					70-74 75-79	2.16	Leonore McDaniels Leonore McDaniels		8/7/03
50-54 4155	Gary Miller	CA (50) 6/26/88	35-39	4:26.10	Mary Slaney	OR (38)	4/26/97	13-13	1.0	Leonore McDames	** (13)	011103
55-59 3994	Boo Morcom	PA (56) 8/12/77	40-44	4:54.0	Laurie Binder	CA (43)	8/8/91	LONG	JUMP			
60-64 4020	John Alexander	TX (61) 5/8/81	45-49	5:07.76	Jeanne Lasee-Johnso		9/14/02	35-39	6.5	Willye White	IL (35)	10/26/74
65-69 4148 70-74 3810	Boo Morcom Boo Morcom	PA (66) 6/20/87 PA (70) 7/4/91	50-54 55-59	5:15.55 5:46.8	Kathryn Martin Shirley Matson	NY (50) CA (56)	9/1/02 7/26/97	40-44	5.68	Veronica Amarasekar		8/8/03
75-79 3465	Milo Lightfoot	OH (75) 7/20/89	60-64	5:57.39	Marie Michelsohn	NY (60)	9/1/02	45-49 50-54	5.36	Phil Raschker	GA (45)	8/11/93
80-84 3688	Bill Carter	OK (80) 8/7/03	65-69	6:32.47	Jeanne Daprano	GA (65)	5/4/02	55-59	5.4 4.82	Phil Raschker Phil Raschker	GA (50) GA (55)	4/13/97 8/9/02
85-89 2873	Ken Carnine	CA (85) 6/19/93	70-74	7:26.0	Pat Dixon	OR (70)	6/24/89	60-64	4.22	Barbara Cleveland		5/13/00
WEIGHT PENTA	THION		80-84	9:00.52	Gerry Davidson	CA (80)	5/27/01	65-69	3.94	Leonore McDaniels		5/7/94
35-39 3783	Paul Barrett	WY (36) 4/12/03	3000 N	ETERS				70-74	3.84	Audrey Lary	MD (70)	
40-44 3972	Ken Jansson	KS (40) 8/21/98	35-39	8:51.84	Francis Larrieu	TX (35)	9/11/88	75-79	3.33	Leonore McDaniel		7/9/03
45-49 3903	Jim Wetenhall	OH (47) 6/2/01	40-44	9:27.45	Carmen Troncoso		6/25/00	80-84	2.78	Mary Bowermaster	On (81)	8/21/98
50-54 4588	Tom Gage	MT (52) 7/22/95	45-49	9:57.27	Monica Joyce	MI (45)	4/16/04	TRIPLE	JUMP			
55-59 4211 60-64 5062	Richard Hotchkiss Tom Gage	CA (56) 7/22/95 MT (60) 8/24/03	50-54	10:19.3	Kathryn Martin		7/18/02	35-39	11.74	Regina Richardson	NC (38)	8/8/03
65-69 4896	Bob Ward	TX (65) 9/5/98	55-59	11:05.2	Shirley Matson	CA (55)	9/8/96 9/5/04	40-44	11.35	Phil Raschker	GA (42)	8/1/89
70-74 5364	Bob Ward	TX (71) 8/15/04	60-64	11:52.22 13:15.6	Marie Michelsohn Jaclyn Caselli	NY (61) CA (65)	7/6/86	45-49	10.8	Phil Raschker	GA (46)	8/12/93
75-79 4294	Hal Wallace	ID (75) 8/24/03	70-74	16:55.0	Jaclyn Caselli	CA (74)	9/2/95	50-54 55-59	10.49 9.66	Phil Raschker Phil Raschker	GA (50)	
75-79 4294	Phillip Brusca	MO (76) 8/24/03	75-79	17:37.2	Bess James	CA (75)	8/10/85	60-64	8.05	Betty Vosburgh	GA (55) GA (61)	8/11/02 8/14/92
80-84 3142 85-89 3610	Eugene Bradford John Pearce	(80) 7/22/95 TX (85) 8/24/96	80-84	20:41.04	Gerry Davidson	CA (83)	10/17/04	65-69	8.53	Audrey Lary	MD (68)	
90-94 4322	Trent Lane	LA (92) 11/9/02						70-74	8.09	Audrey Lary	MD (70)	
			35-39	IETERS	Francis Larrieu	TX (35)	7/2/88	75-79	6.66	Leonore McDaniels	VA (75)	8/9/03
DECATHLON	STATE OF THE STATE OF	Control Control	40-44		Carmen Troncoso	TX (40)	11/23/99					
35-39 7117 40-44 7326	Rex Harvey	IA (35) 6/20/82 CA (42) 9/20/97	45-49		Joan Colman	CA (45)	8/4/89	35-39	16.3	9: 4kg; 50+: 3kg) Jane Frederick	CA (35)	8/31/87
45-49 7502	Stan Vegar Rex Harvey	CA (42) 9/20/97 IA (45) 7/18/91	50-54	17:25.6	Shirley Matson	CA (50)	9/26/91	40-44	15.09	Oneithea Lewis	NY (42)	7/17/02
50-54 7771	Gary Miller	CA (51) 7/27/89	55-59		Shirley Matson	CA (55)	8/23/96	45-49	13.05	Carol Finsrud	TX (47)	8/14/04
55-59 7835	Dale Lance	OK (57) 7/14/95	60-64	19:14.8		CA (60)	10/19/89	50-54	12.99	Joanne Grissom	IN (52)	7/5/91
60-64 8352	Phil Mulkey	GA (60) 10/7/93	65-69 70-74	22:41.8	Jaclyn Caselli June Machala	CA (65) WA (72)	7/5/86 6/22/03	55-59	12.32	Joanne Grissom	IN (55)	9/12/93
65-69 7240	Denver Smith	OH (67) 9/11/93 PA (70) 6/23/91	75-79		Algene Williams	IL (75)	7/25/91	60-64	11.78	Joanne Grissom	IN (60)	8/12/98
70-74 7524 75-79 6778	Boo Morcom Denver Smith	PA (70) 6/23/91 OH (77) 7/2/03	80-84		Gerry Davidson	CA (80)	7/6/01	65-69 70-74	9.82 8.15	Cherrie Sherrard Edith Mendyka	CA (65) CA (72)	6/26/04 9/17/83
80-84 3868	A.E. Pitcher	IN (84) 7/27/86	85-89	55:24.60	Mary Haines	CT (86)	7/6/01	75-79	7.44	Edith Mendyka	CA (75)	7/18/86
85-89 6242	Bob Boal	NC (85) 9/20/97	40.000					80-84	6.86	Mary Bowermaster		8/12/98
			35-39	METERS	FrancieLarrieu	TX (38)	4/4/91	85-89	5.08	Juanita Brookover	NC (86)	7/25/01
W	omen's USA F	Five-Year	40-44		Madelyn Noe-Schlent		4/25/02	90-94	4.81	Margaret Evans	LA (91)	3/15/03
	Age-Group Re	ecords	45-49		Joan Colman	CA (47)	7/21/91	95-99	3.39	Margaret White	OK (98)	9/7/92
		Company of Francisco	50-54		Kathryn Martin	NY (52)	8/7/04	DISCUS				
NAME OF TAXABLE	DAMES - S	STATE MEET	55-59	40:03.46	Shirley Matson	CA (59)	8/12/00	35-39	54.52	Carol Finsrud	TX (36)	6/12/92
DIV MARK	NAME	AGE DATE	60-64		Marie Michelsohn	NY (61)	8/9/03	40-44	52.44	Carol Finsrud	TX (44)	5/19/01
100 METERS			65-69		Toshiko d'Elia	NJ (65)	7/18/95	45-49	50.62	Carol Finsrud	TX (47)	4/17/04
35-39 11.07	Evelyn Ashford	CA (35) 5/28/92	70-74 75-79		June Machala Algene Williams	WA (72) IL (75)	6/22/03 7/21/91	50-54	37.5	Vanessa Hilliard	FL (53)	5/7/94
40-44 12.31	Phil Raschker	GA (40) 12/1/87	80-84		Gerry Davidson	CA (80)	8/4/01	55-59	37.6	Vanessa Hilliard	FL (56)	4/5/97
45-49 12.50	Phil Raschker	GA (48) 9/2/95	85-89		Mary Haines	CT (85)	8/3/99	60-64 65-69	29.8 26.82	Vanessa Hilliard Bernice Holland	FL (60) OH (66)	7/27/01 6/12/93
50-54 12.50	Phil Raschker	GA (50) 5/17/97	University of the last of the		Mark Charles	W/675-49		70-74	22.54	Bernice Holland	OH (70)	7/22/97
55-59 13.30 60-64 13.91	Phil Raschker Irene Obera	GA (55) 8/10/02 CA (60) 8/13/94			CHASE (30")		7/04/00	75-79	19.35	Bernice Holland	OH (75)	8/9/02
65-69 14.29	Irene Obera	CA (65) 7/31/99	35-39 40-44	6:30.83	Leslie Lehane Karen Steen	MA (35) WA (40)	7/31/98 8/6/04	80-84	14.86	Betty Jarvis	NC (82)	8/8/97
70-74 15.72	Audrey Lary	MD (70) 6/26/04	45-49	7:11.97 8:18.11	Janet Martin	IL (48)	8/8/03	85-89	13.13	Juanita Brookover	NC (88)	5/3/03
75-79 16.87	Polly Clarke	CO (75) 8/31/85	50-54	8:54.19	Sharlet Gilbert	NY (52)	8/8/03	90-94	9.44	Margaret Evans	LA (91)	3/15/03
80-84 19.32	Polly Clarke	CO (82) 8/14/92	55-59	8:37.7	Marie Michelsohn	NY (59)	7/27/01	НАММ	ER (35-49-	4kg; 50+: 3kg)		
90-94 31.53	Zora Lux	WA (90) 6/10/95	60-64	8:47.67	Marie Michelsohn	NY (60)	8/9/02	35-39	48.04	Marilyn Senz	NC (37)	8/16/98
200 METERS			LILLIAN	EQ /25 20	100m, 33"; 40+: 80	m 20"		40-44	56.39	Oneithea Lewis	NY (42)	7/26/03
35-39 22.47	Evelyn Ashford	CA (35) 8/13/92	35-39	13.77	Jane Frederick	CA (35)	8/31/87	45-49	44.2	Carol Finsrud	TX (46)	8/23/03
40-44 24.84	Phil Raschker	GA (42) 8/3/89	40-44	11.78	Deby Sweezey	CA (40)	8/12/93	50-54	48.18	Vanessa Hilliard	FL (54)	4/13/96
45-49 25.56 50-54 25.72	Phil Raschker Phil Raschker	GA (47) 6/20/94 GA (50) 7/23/97	45-49	12.22	Phil Raschker	GA (47)	8/5/94	55-59 60-64	49.46 43.54	Vanessa Hilliard	FL (55) FL (60)	4/5/97 7/28/01
50-54 25.72 55-59 27.78	Phil Raschker	GA (55) 7/20/02	50-54	12.68	Phil Raschker	GA (50)	7/20/97	65-69	27.4	Vanessa Hilliard Evelyn Wright	MD (65)	8/11/02
60-64 29.09	Nadine O'Connor	CA (62) 9/5/04	55-59	13.19	Phil Raschker	GA (55)	8/8/02	70-74	24.67	Judy Fetherstone	HM (70)	7/7/02
65-69 30.46	Irene Obera	CA (65) 8/3/99	60-64	16.45 17.38	Betty Vosburgh Barbara Jordan	GA (60) VT (66)	7/21/91 8/9/02	75-79	20.66	Bernice Holland	OH (75)	8/11/02
70-74 33.90	Audrey Lary	MD/(70) 8/8/04	65-69 70-74	20.08	Johnnye Valien	TX (71)	8/22/96	80-84	15.52	Betty Jarvis	NC (80)	8/21/96
75-79 35.93 80-84 41.11	Polly Clarke Polly Clarke	CO (75) 8/31/85 CO (82) 8/15/92	75-79	21.11	Johnnye Valien	TX (75)	8/18/00	85-89	13.99	Betty Jarvis	NC (85)	8/19/00
90-94 70.99	Zora Lux	WA (90) 6/10/95			THE RESERVE			90-94	8.7	Margaret Evans	LA (91)	3/15/03
			73 70 71									

page 2	_	00g; 50-59: 500g; 6	20400a)	and the same	75-79	7.82	National N		(75) 8/14/0)4	WEIGHT PEN	TATHLON			April 200
35-39	62.06	Karin Smith	CA (35) 5/14/91		80-84	6.3	Melanie Re	ske Of	(81) 6/29/0 (91) 3/15/0	2	35-39 339 40-44 526	1 Oneithe	a Lewis	NY (43) 8	12/7/87 3/23/03
40-44 45-49		Kate Schmidt Monica Kendall	CA (40) 8/15/96 OR (48) 6/12/04		90-94	5.07	Margaret E	vans LA	(91) 3/13/0	,	45-49 523 50-54 413	3 Carol F 2 Vaness	insrud a Hilliard		3/23/03 7/22/95
0-54	37.95	Linda Cohn	CA (51) 4/25/04				(45-49: 35#; 5 Carol Finst		(47) 6/27/0	14	55-59 426	1 Mary H	artzler	OH (55) 8	3/14/04 11/18/00
5-59 0-64		Sharon Raham Becky Sisley	CO (58) 8/7/04 OR (60) 10/22/9	9	45-49 50-54	9.59 8.34	Joyce Taylo	r (54	9/11/0	14	65-69 429	9 Erika M	lessner	FL (67)	11/9/02
55-69	31.48	Becky Sisley	OR (65) 8/6/04		60-64	7.97	Carol Youn Erika Mess		(63) 7/26/0 (67) 5/2/03		70-74 409 75-79 357		Holland		9/11/99 7/11/03
70-74 75-79		Barbara Brandt Adele McCormick	WY (70) 2/2/02 AZ (76) 8/14/98		65-69 70-74	5.82 5.61	Lillian Snac	en SC	(71) 7/29/0	00	80-84 348	8 Margar	et Hintor	n TX (81) 8	3/23/03
80-84	13.54	Mary Bowermaster	OH (81) 8/14/98		80-84	3.82	Melanie Re Margaret E		(81) 6/22/0 (91) 3/15/0		85-89 355 90-94 468		et Evans		3/23/03 3/15/03
85-89 90-94		Juanita Brookover Margaret Evans	NC (86) 5/5/01 LA (91) 3/15/03		90-94	2.67	Margaret	ans D							
		No surference			PENTAT	HLON					HEPTATHLO 35-39 293	N O Irene T	hompsoi	n NY (39)	10/7/93
WEIGHT	THROW (40-49: 20#; 50-59:			(35-39: 6	500g; 50	-59: 500g; 604	400g)	(40) 8/8/02		40-44 330	 Skipper 	Clark	NY (43) 7	7/18/91
40-44 45-49		Oneithea Lewis Carol Finsrud	NY (42) 9/28/02 TX (47) 6/27/04		40-44 45-49	3712 4382	Caryl Senn Phil Raschl		(46) 8/11/9		45-49 532 50-54 625				10/7/93 7/3/99
55-59	12.65	Mary Hartzler	OH (55) 10/2/04	- 100	50-54	4022	Phil Raschi		(53) 8/10/0 (55) 8/8/02		55-59 619 60-64 558		schker osburgh		7/20/03 7/18/91
60-64 65-69		Georgia Cutler Erika Messner	OR (61) 8/14/04 FL (65) 5/5/01	The state of	55-59 60-64	4693 2435	Phil Raschl Flo Meiler		(64) 7/30/9		65-69 508	9 Becky	Sisley	OR (65) 8	3/22/04
0-74		Audrey Lary	MD (70) 9/4/04		65-69	3533	Barbara Jo	dan VT	(66) 8/8/02	1000	70-74 493	0 Johnny	e Valien	CA (71) 7	/17/97
- one is		Men's World	d Masters R	elay R	ecords			RIGHT		Men's	U.S. Mast	ers Rela	y Rec	ords	LE NEW
		(as of	December 3	1, 200	4)			4x100	40.00	DE RESPONSABLE				SANG.	5/0/04
x100	25 00	Market Control				T WALL	ak de	40-49 50-59	42.20 45.04	Fields, Be	tephenson, Berrell, Jones, Robbi	ns	USA	Irvine, CA Buffalo, NY	5/2/04 7/23/95
40-49 50-59	42.20 45.04	Strong; Stephen; Fields, Bell, Jones,		USA	7-23-95	5 Buffa	lo,NY	60-69 60-69	50.9 48.51	Dennis, S	Jordan, Killion, Comith, Sims, Tols	on	USA	Long Beach,	6/24/78 CA 6/24/00
60-69	48.17 54.69	Radke, Temme, Ga Larsen, Melville, Br	asper,Russ	GER USA	8-8-99		shead	70-79 80-89	54.69 77.37	Larsen, M	Melville, Brown, S ne, Hosack, Pito	Sochor	USA	Lisle, IL Indianapolis, I	7/18/98
70-79 80-89	65.75	Morita, Okazaki, Ta		JPN	7-10-96			4x400		The state of the					
400 40-49	3:20.83	Allah, Morning, Gor	nera,Blackwell	USA	4-28-01	Phila	delphia,PA	40-49 40-49	3:25.40 3:21.54	Thie, Brin	Stanford, Burne ker, Tucker, King	π, Hoberts	PM USA	Philadelphia, Eugene, OR	PA 4/30/83 8/6/89
50-59	3:35.88	Steffes, Mathis, Ada	amson,Colbert	USA	8-6-89	Euge	ne,OR shead	50-59 50-59	3:35.88 3:44.15	Steffes, N	Mathis, Adamson , Watley, Aiken,	Colbert	USA	Eugene, OR Philadelphia,	8/6/89
60-69 70-79	3:53.87 4:35.07		,Spnnseler,Weinac	nt USA	8-6-89	Euge	ne,OR	60-69	4:17.62	Kane, Ho	ffman, Hoffman,	Coy	PMTC	Eugene, OR	8/14/94
80-89 800	6:00.03	Miura, Aiki, Yabe, W	/atanabe	JPN	11-14-9	98 Okina	awa	60-69 70-79	3:53.87 4:35.07		, Stewart, Johns d, Jordan, Spons		USA	Gateshead (U Eugene, OR	K) 8/8/99 8/6/89
40-49	7:54.17	Hinton, Pope, Pau		USA	6-27-04			80-89 4x800	7:34.9		ingler, Hosack, F		USA	Indianapolis, I	N 8/24/85
50-59 60-69	8:41.55 9:33.95		n, Salazar, Clingan ergen,Zethof,Herlaa	USA	8-08-04 6-11-92			40-49	8:11.8		, Knocke, Elliot,		SCS	Commission Commission	7/3/83
70-79		Selby,Escobson,L per 31, 2003)	inde,Bryant	USA	8-2-98	Oron	o,ME	40-49 50-59	7:54.17 8:41.55		ope, Paulk, Your Barnum, Salaza		USA	Eugene, OR Decatur, IL	6/27/04 8/8/04
40-49	16:44.78	Faucheur, Crocher			7-3-02		goin-Jallieu	60-69 60-69			Stevenson,		USA	New Orleans,	7/23/89 LA 7/26/94
40-49 50-59		Grant, Molloy, Bedy Irvine, Combs, Sun		GBR USA			,CA	70-79	11:46.91	Valles, St	ewart, Jacques,	King	WVJS	San Jose, CA	8/10/97
			MANY SEE			onte		70-79		Personal	cobar, Linde, Br		USA	Orono, ME	8/2/98
	N	Vomen's Wo			40000000000000000000000000000000000	ds	A Part A	Service of the servic	or replie	vomen/ a/	's U.S. Ma s of Decei	sters Hei nber 31,	2004	ecoras)	61.211
		(as of	December 3	1, 200	4)	W. AK		4x100 30-39	50.28		, Seeley, Thomp		USA	Eugene, OR	8/6/89
100	49.63	Doemier Culter 4	drose Apove	EDA	0.000	E	no OP	40-49 50-59	50.21 53.39	Margerum	n, Iba, Amarasek ill, Hill-Hudgins,	ara, Sargis	USA	Baton Rouge, Durban (RSA)	LA 7/28/01
35-39 40-49	48.63	Desmier, Sulter, An Nanz, Gorling, Heit	tmann, Machill	FRA	8-25-0	2 Potds		60-69	61.85	Barnes, K	err, Miller, Obera	a walling the same	USA	Buffalo, NY	7/23/95
50-59 60-69	53.39 55.77	Tucker,Hill,Hill-Hu Schmalbrucht Rei	idgins,Raschker ichert,Hoffman,Hoff	USA		7 Durb Jyva:		70-79 4x400	70.59	Holland, \	/alien, Leonard,	Peterson	USA	Gateshead (U	K) 8/8/99
70-79	68.72		han,Haule,Mangler	GER			lo,NY	30-39 40-49	4:00.87 3:58.70	Murray, B	erg, Gilkey, Seel Thompson, Boa	ey rd Libal	USA USA	Eugene, OR Eugene, OR	8/6/89 8/24/96
35-39	3:50.80	Mitchell, Mathews,		GER			shead	40-49	4:39.80	Jeffers, W	loo, Brown, Kiml	per	FFS	Eugene, OR	8/10/03
40-49 50-59	3:57.28 4:24.92	Loizou, Kay, Smith, Perkins, Heagney,		AUS				50-59 60-69	4:36.85 4:56.74	Solwazi, I	l, Meadows, Hoa _aVigne, Cappet	ta, Daprano	USA	Eugene, OR Brisbane (AUS	8/6/89 S) 7/14/01
60-69	4:56.74	Solwazi, La Vigne,	Cappetta, Daprano	USA	7-14-0	1 Brisb	ane	70-79 4x800	6:33.91		nalley, Friedman		USA	Durban (RSA)	
70-79 800	6:33.91	Valien,Smalley,Fri	iedman,Peterson	USA	7-27-9	7 Durb	an	30-39			, Jefferson, Hop			Las Vegas, N	
35-39 140-49		Van de Van,Pos,F		HOL				40-49 40-49	10:13.61 9:51.58		loo, Brown, Kimi ene, Cassel, Jas		FFS USA	Decatur, IL Decatur, IL	8/8/04 8/8/04
150-59	10:33.26	Smith, Green, Ca Jonkers, Kooten, K	(eijsers,Brugman	NED	8-28-9	9 Valke	enswaard	50-59 50-59		Kerr, McC	cormick, Bigelow atson, Leone, St	Ottaway	USA	Eugene, OR Syracuse, NY	8/14/94
60-69	12:14.73	Michelsohn,LaVig	ne,Daprano,Ingalis	USA	8-11-02	2 Oron	o,ME	60-69			nn, LaVigne, Dar		USA	Orono, ME	8/11/02
KEY: CDM	Corona	a Del Mar TC	KHT	L	ing of the has Vegas L			PM PMTC	Portland	phia Maste Masters T	C	SCS		Calif. Striders California TC	to the
FFS		eet SAC	NTC	N	adia TC		William I	SC	Syracus	e Chargers	12 771.24	STC		edwest TC	139
	- Table	esses made in	Wor	ld Be	st Perf	orma	nces – Ra	cewalk	(as of N	ovemb	er 23, 2004	4)		April 1952 Sant	
000	462 ops	MEN	mand state	Designation of	20K	10:54	M. Damilana	ITA e l	0.02	100	M 45 4:00:49			R 19 Apr 80	
JUU	16.38 D.	Smith AUS 2	8 Nov 92 Brisba	HEAT.	M 35 1: M 40 1:		M. Damilano W. Sawall	AUS 4 Ju		ourne	M 50 4:14:37 M 55 4:25:21			R 28 Aug 83	

		a state switches	STATE OF THE PARTY	Leven and		estation repair to the		Budden School Service	PART CHIEF	कार्य होती हो।	
3000	5 A 446	MEN	100 M	20K M 35 1:18:5	M. Damilano	ITA 6 Jun 92	Coruna	M 45 4:00:49 M 50 4:14:37	G. Weidner G. Weidener	GER 19 Apr 80 GER 28 Aug 83	
	11:16.38	D. Smith AUS 28 Nov 92	Brisbane	M 40 1:21:3		AUS 4 Jul 82	Melbourne	M 55 4:25:21	G. Weidner	GER 19 Apr 92	Berlin
		W. Sawall AUS 21 Feb 82		M 45 1:25:0		AUS 27 Aug 88	Canberra	M 60 4:23:29	G. Weidner	GER 23 May 93	Kerpen
	12:06	G. Little NZL 23 Nov 9		M 50 1:26:3		NZL 16 Feb 92	Christchurch	M 65 5:32:55		GBR 7 Apr 90	Basildon
		G. Little NZL 23 Jan 93		M 55 1:35:1		NZL 18 Aug 01	Melbourne	M 70 5:33:21	C. Colman	GBR 5 May 91	Plymouth
	12:44.0	W. Sawall AUS 14 Dec 96		M 60 1:37:4		GER 28 Mar 93	Seelze-Letter	M 75 5:19:34		GBR 1 Aug 87	Brighton
	13:58.13	G. Little NZL 5 Mar 04	Hamilton	M 65 1:43:3		GER 23 May 98	Naumberg		J. Gillinado	abit Thug of	Diigition
M 65	15:12.9	G. Chaplin GBR 11 May 9		M 70 1:58:1		GBR 1 Aug 86	Malmo		wo	MEN	
M 70	15:51.0	T. Daintry AUS 10 Apr 82		M 75 1:55:1		GBR 29 Nov 87	Melbourne	3000	THE RESIDENCE	THE RESIDENCE	
M 75	16:19.5	J. Grimwade GBR 12 Jul 87	Corby	M 80 2:04:4		GBR 20 Jun 92	Sutton Coldfield	W 35 12:02.39	K Junna-Saxby	AUS 29 Feb 97	Melbourne
M 80	17:41.4	J. Grimwade GBR 20 Mar 93		M 85 2:26:0		AUS 21 Aug 82		W 40 13:19.7		FRA 22 Feb 87	Lievin
M 85	19:31.0	G. Theobald AUS 10 Apr 82		M 90 2:34:0		AUS 3 Apr 87	LAND SAME	W 45 13:57.43	L. Ventris	AUS 16 Mar 02	Perth
M 90	21:21.3	G. Theobald AUS 15 Apr 87		M 95 2:48:1		RSA 29 May 99	Port Elizabeth	W 50 14:25.3	S. Kramer	AUS 8 Dec 99	Adelaide
10K		A STATE OF THE PARTY OF THE PAR	Electric to the language	30K	POWER NO.	MINIST PRINCIPLE		W 55 15:58.47 i		GER 3 Mar 97	Birmingham
	39:30	J. Marin ESP 3 Jun 89	Coruna	M 40 2:10:2	J. Marin	ESP 22 Mar 92	Manresa	W 60 15:59.53 I		GER 2 Mar 03	Hanau
M 40	40:08	W. Sawalla AUS 28 Aug 82	The Market	M 45 2:18:4	G. Little	NZL 12 Oct 91	Napier	W 65 17:08.32		SWE	Charles I and
	42:18	W. Sawall AUS 2 Apr 88	THE PERSON	M 50 2:18:1	G. Little	NZL 10 Oct 92	Cambridge	W 70 18:05	B. Tibbling	SWE 5 Jul 89	Ostersund
	42:20	G. Little AUS 16 Feb 92	2 Christchurch	M 55 2:32:0	A. Jamieson	AUS 10 Nov 03	Melbourne	W 75 20:41.0	M. Gordon	SWE 10 Sep 00	Miami
	43:59.8	A. Liepaskalns URS 1 Oct Tr	Aluksne	M 60 2:47:5	D. Zschiesche	GER 26 May 02	Riccione	W 80 24:00	N. Jeffreys	SWE 3 Nov 90	Auckland
	49:22.7	G. Little NZL 17 Feb 03		M 65 2:51:2	G. Weidner	GER 28 Apr 01	Malta	W 85 27:11.02i			Boston
	50:40.9	G. Weidner GER 13 Jun 98		M 70 3:15:2	M. Green	USA 11 Jan 04	Chula Vista	5000	BENEVICE OF		Double
	54:17	T. Daintry AUS 9 May 81		M 75 3:20:3	C. Colman	GBR 30 Jun 96	Brugge	W 35 20:41	K. Junna-Saxby	AUS 6 Jun 96	Canberry
	55:01	J. Grimwade GBR 27 Sep 8		M 80 3:24.4	J. Grimwade	GBR 30 Jun 96	Brugge	W 40 22:49.4			Annecy
	61:25.4	J. Grimwade GBR 15 Aug 9	3 Solihull	50K			THE PARTY	W 45 23:56.62	L. Ventris	AUS 10 Apr 04	Melbourne
	82:44	G. Conway USA 8 Jul 90	Niagara	M 35 3:36:0		POL 27 Aug 03	Paris	W 50 25:01.6	H. Maeder	SUI 28 Jun 97	Berna
M 90	77:52	G. Theobald AUS		M 40 3:49:0	J. Marin	ESP 29 Mar 92	Badalona	W 55 25:28.0	O. Meyer	GER 26 May 85	Giessen

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April 2005

W 60	27:04	O. Me
W 65	27:57	J. Albi
W 70	29:16	B. Tib
W 75	32:44.76	B. Tib
W 80	37:41	P. Cla
W 85	44:43.85	D. Ro
10K		
W 35	42:52	K. Juni
W 40	47:07	S. Gri
W 45	46:35.65	L. Ver
W 50	50:40	S. Kra
W 55	54:24	W. Se
W 60	55:12	Brend

3000 mete M35-39	11:26.7	Jon
M40-44 M50-54	12 39 9 12 58 9 Do 15 35 73 15 56 2	Ste
M55-59	15:35.73	Jan
M60-64	15:56.2	Dav
M65-69 M70-74	16:44.6 17:59.80	Jan
5000 mete	ers	
M35-39 M40-44	20:07.6 21:29.31	Jor Ra
M45-49	21-27 0	Ray Lar Doi Doi Day Jac
M50-54 M55-59	22 02 3 23 29 51 24 11 9 26 01 93	Do
M55-59 M60-64	24:11.9	Da
M65-69	26:01.93	Jac
M70-74 M75-79	27:35.90 30:57.45	Jac
M80-84	34:44.0 38:38.77	Rv
M85-89	38:38.77	Jol
M90-94	43:51.0 eters	Pa
M90-94 10,000 m M35-39 M40-44 M45-49 M50-54 M50-54 M50-64 M70-74	43.51.0 eters 41.59.91 43.46.12 47.30.17 45.03.4 49.52.89	Joi Ra
M40-44	43:46.12	Ga
M50-54	45:03.4	Do
M55-59	49.52.89	Jai
M60-64 M70-74	49:41.48 63:50.0	Ja
M35-39 M35-39	1:14:15.9	Ste
M40-44	1:10:50.3	Wa
M45-49	1:10:50.3 1:19:12.2 1:17:08 p	Sta Sta
M50-54	1.17.08 p	Do
M55-59	1.08.54.1 1.17.49.7 1.21.43.0	Jan
M60-64	1:21:43.0	Da
M65-69 M70-74	1:38:59.0	Jac
20,000 m	1 38:59.0 eters 1:26:30:58 1:32:26.0 1:47:11.5	
M35-39 M40-44	1:32:26.0	lar
M45-49	1:47:11.5	Br
	1:44:27 p	Ste
M50-54	1:33:28.0	Ma Do Jan
M55-59	1:51:07.9	Jan Da
M60-64 M65-69	2.03.45.0	Ja
M70-74	2:03:15 p	Ja Ma Bo
M75-79 30,000 m	1:47:11.5 1:44:27 p 1:37:16 p 1:33:28.0 1:51:07.9 1:51:17.6 2:03:45.0 2:03:15 p 2:19:37.5 eters	
M35-39	eters 215:55:9 2:45:54 2:46:27:2	C
M40-44 M45-49	2.45.54	St
M50-54	248128	Ja
M55-59 40,000 m	2.52.51.4	Ja
M40-44	3:58:49	SI
M40-44 M45-49 M50-54	3.58:49 3.50:00.1 3.56:27	R
M50-54 50,000 m	3:56:27 leters	R
M40-44 M45-49	F-00-40	S
M45-49	4:58:39.7	R
One Hou M35-39	14,058m	J
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M55-59 M60-64	11494m	D
M65-69 M70-74	10,676m 10,199m	P
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M80-84 M85-89	7673m 6947m	G

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5K M35-39	20:12	Jo
M40-44	20:45	Jo
M45-49 M50-54	22:25	R
M55-59	23:32	Ď
M60-64	25:28	D
M65-69	26:52	P
M70-74	28:05	P Ji Ji K
M75-79	31:22	Ji
M80-84 M85-89	35:30 36:48	S
MO3-03	30.40	•
10K		
M35-39	42:31	J
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M60-64	50:05	č
M65-69	54:04	N
M70-74	58:14	N
M75-79	1:05:10	
M80-84	1:12:25	E
M85-89 M90-94	1:22:44	0
11130-34	1.29.50	

O. Meyer

GER 15 Oct 88 Gross-Gerau | W 65 58:41 B. Tibbling SWE 1 Aug 86 Malmo | W 65 2:06:41 J. Fijalkowska POL 26 May 02 Riccione

W W W	65 27:57 70 29:16 75 32:44 80 37:41 85 44:43	J. Albury B. Tibbling 76 B. Tibbling P. Clarke	AUS 6 Oct 95 M SWE 21 Jul 89 Sa SWE 16 Oct 93 M USA 1 Jul 91 Na	elbourne an Diego iyazaki aperville uffalo	W 70 W 75 W 80 W 85 W 90	60:18 67:46 75:41.7 83:49	B. Tibbling SW B. Tibbling SW J. Dana US	VE 26 Jun 88 VolvE 11 Oct 93 M VE 14 Apr 02 M VE Jul 97 D	almo erona liyazaki it Sac, Ca urbin	W 75 W 80 50K	2:06:41 2:27:57 2:39:46 3:25:09	U. Thune GE	A 12 Nov 95 R 30 May 97	Riccione ft. Lauderdale Den Haag Brugge
W W W	35 42:52 40 47:07 45 46:35 50 50:40 55 54:24 60 55:12	S. Griesbach 1 .65 L. Ventris S. Kramer W. Seiler	FRA AUS 9 Feb 02 Ca AUS 5 Jun 99 Ac GER 2 Jun 96 Or	delaide anberra delaide nsbach elbourne		1:3432 1:45:25 1:48:57 1:53:45	V. Heikkila FIN S. Kramer AU W. Seiler GE	A 9 May 04 Ke 8 85 S 25 Jul 99 Sa R 30 Jun 96 Be	aris enosha alisbury rugge	W 40 W 45 W 50 W 55 W 60	5:01:52 4:50:51 4:56:27 5:21:52 5:45:08 6:55:10	S. Brown GB S. Brown GB S. Brosnahan US E. Feldman AU V. Chesterton AU	R 13 Jul 92 E R 13 Sep 94 E A 1 Sep 02 C S 10-24-04 A S 8-10-02 C	fork Basildon Basildon Ocean Twnsp Joen Park, Aus Canberra
				THE RESERVE OF THE	The second secon		S. Brunner AU cewalking F		of Janu		6:31:12	R. Scott GB	R 2 May 93 E	Burrator
200	00 meters	Men -			15K M35-39	1:03:51				20,000 m	neters			
M3 M4 M5	5-39 11:2 0-44 12:3 0-54 12:5	9.9 Steve Pecinovsl 8.9 Don DeNoon	Cerritos, CA	5/31/98 6/27/93	M40-44 M45-49 M50-54	1:04:02 1:10:57 1:14:41	Jonathan Matthews Jonathan Matthews Larry Walker Jim Carmines	Eugene, OR Long Beach, CA Elk Grove, IL	5/23/9 • 6/27/99 4/30/89 5/24/98	F35-39 F40-44 F45-49 F50-54	1:36:38.38	6 Michelle Rohl Teresa Vaill Sherry Brosnahan Sherry Brosnahan	Palo Alto, CA Palo Alto, CA New London, CT Pt. Pleasant, NJ	6/21/03 6/21/03 10/16/99 5/19/02
M6	5-59 15:3 0-64 15:5 5-69 16:4 0-74 17:5	6.2 Dave Romansky 4.6 James McGrath	New London, CT Uniondale, NY	9/3/00 10/16/99 8/8/02	M55-59 M60-64 M65-69 M70-74	1:14:44 1:19:44 1:24:26 1:32:46	Don DeNoon Don DeNoon Max Green	Elk Grove, IL Evansville, IN Elk Grove, IL	5/23/99 6/1/03 5/24/9	F55-59 F60-64 30,000 m	2:09:17.1 2:14:62.0 neters	Janet Higbie Janet Higbe	New London, CT Point Pleasant, NJ	10/16/99 5/18/03
500 M3	00 meters 5-39 20:0 0-44 21:2	7.6 Jonathan Matthe	ews San Jose, CA	9/27/94 5/28/94 4/24/93	M75-79 M80-84 M85-89	1:40:45 1:52:22 2:09:18	Bob Mimm Giulio dePetra Tony Perona Tony Perona	Riverside, CA Eugene, OR Norwalk, CA Riverside, CA	5/17/98 8/16/87 5/27/90 5/21/95	F35-39 F40-44 50,000 m F40-44	3:02:30.4 neters	Cheryl Rellinger Heidi Hauch Anne Vanderhoff	Chula Vista, CA Chula Vista, CA Seattle, WA	1/25/03 1/25/03 2/10/80
M5	5-49 21:2 0-54 22:0 5-59 23:2	7.0 Larry Walker 2.3 Donald DeNoon	Los Angeles, CA Cerritos, CA	6/18/88 6/27/93 7/31/98	20K M35-39 M40-44	1:24:56 1:24:50	Jonathan Matthews Jonathan Matthews	Palo Alto, CA	5/23/93 6/27/99	F45-49 One Hou F35-39	5:31:54.0	Beverly LaVeck Joanne Dow	Arlington, VA Worcester, MA	11/5/83
M6: M6: M7:	0-64 24:1 5-69 26:0 0-74 27:3	1.9 Dave Romansky 1.93 Jack Bray 5.90 Jack Bray	Piscataway, NJ Orono, ME Decatur, IL	6/6/98 7/31/98 8/6/04	M45-49 M50-54 M55-59	1:32:21 1:33:38 1:43:09	Don DeNoon Don DeNoon James Carmines	Washington, DC Washington, DC Orono, ME	3/28/9 3/27/94 8/2/98	F40-44 F45-49 F50-54	12,244m 11,278m 10,484m	Teresa Vail JoAnn Nedelco Debbie Topham	California, PA Monterey Pk., CA Royal Oak, MI	7/20/03 12/17/89 9/28/03
M8	5-79 30:5 0-84 34:4 5-89 38:3	4.0 Byron Fike 8.77 John Hanna	Eugene, OR Indianapolis, IN Buffalo, NY	8/8/03 8/2/90 7/21/95	M60-64 M65-69 M70-74	1:48:20 1:52:44 2:06:34	Dave Romansky Max Green William Flick	Orono, ME Orono, ME San Jose, CA	8/2/98 8/2/98 8/10/97	F55-59 F60-64 F65-69	10,282m 9,701m 9,271m	Beverly LaVeck Ruth Eberle Ruth Leff	Edmonds, WA Clayton, MO Kenosha, WI	11/20/93 10/18/92 6/6/92
10,0 M3	0-94 43:5 000 meters 5-39 41:5 0-44 43:4	9.91 Jonathan Matthe		8/5/89 4/30/94 4/24/93	M75-79 M80-84 M85-89 25K	2:14:01 2:30:00 3:01:01	Giulio DePetra Giulio DePetra Bill Patterson	Eugene, OR Provo, UT Eugene, OR	8/16/87 8/14/93 8/13/00	F70-74 F75-79 F80-84	7,568m 8,140m 6,483m	Rose Kash Miriam Gordon Mary Lathram	Santa Monica, CA Plantation, FL Alexandria, VA	11/26/94 10/7/00 11/8/97
M4	5-49 47:3 0-54 45:0 5-59 49.5	0.17 Gary Null 3.4 Donald DeNoon	Philadelphia, PA Edwardsville, IL	4/24/93 7/10/94 4/24/99	M40-44 M45-49 M50-54	2:01:57 2:09:36 2:17:01	Jonathan Matthews Eugene Kitts Max Green	Palo Alto, CA Palo Alto, CA Overland Park, KS	2/16/97 1/8/95 4/6/86	5K		Women - F	oad	
M6	0-64 49:4 0-74 63:5 000 meters	1.48 Dave Romansky 0.0 Jack Starr		4/25/98 9/5/98	M55-59 M60-64 M65-69	2:17:23 2:19:20 2:42:01	Edward Whiteman Dave Romansky Robert Mimm	Albany, NY Albany, NY Lincroft, NJ	5/21/9 5/3/98 9/9/90	F35-39 F40-44	22:39 22:39 23:58	Victoria Herazo Debbi Lawrence Lyn Brubaker	Kingsport, TN Wilkes-Barre, PA Wilkes-Barre, PA	9/17/94 8/24/97 8/24/97
M3:	5-39 1:04 0-44 1:10	:50.3 Warrick Yeager	ews Bergen, NOR Alexandria, VA	7/10/94 5/7/94 11/7/98	M70-74 M75-79 30K	2:39:15 3:10:56	Robert Mimm Harry Drazin	Albany, NY Atlanta, GA	5/21/95 3/5/89	F45-49 F50-54 F55-59	25:28 26:21 28:03	JoAnn Nedelco Gayle Johnson Elton Richardson	Dearborn, MI Kingsport, TN New York, NY	9/24/89 10/14/ 9/21/97
M5	0-54 1:08	112.2 Stan Chraminsk 108 p Steve Pecinovsl 154.1 Donald DeNoon 149.7 James Carmine	ky Arlington, VA Edwardsville, IL	7/9/95 4/6/03 7/10/94	M35-39 M40-44 M45-49 M50-54	2:19:07 2:26:26 2:32:24 2:47:35	Curt Clausen Jonathan Matthews Mark Green Ed Whiteman	Chula Vista, CA Palo Alto Chula Vista, CA Atlanta, GA	1/11/04 2/16/97 1/11/04 10/31/93	F60-64 F65-69 F70-74 F75-79	29:02 31:23 32:59 35:33	Ruth Eberle Ruth Leff Miriam Gordon Jane Dana	Bridgeton, MO Kenosha, WI Ft. Lauderdale, FL	
M6 M6	0-64 1:21 5-69 1:47	:43.0 Dave Romansky :34.8 William Mathew :59.0 Jack Starr	Alexandria, VA	10/16/99 11/7/98 10/15/95 9/2/00	M55-59 M60-64 M65-69	2.45.01 2.50.32 2.59.12	Nick Bdera Dave Romansky Max Green	Chula Vista, CA Albany, NY Albany, NY	1/11/04 5/3/98 5/3/98	F80-84 F85-89 10K	37:28 46:57	Jane Dana Anna Ward	Long Beach, CA Kingsport, TN Liverpool, NY	3/16/97 9/22/01 7/1/91
20, M3 M4	000 meters 5-39 1:26 0-44 1:32	:30.58 Curt Clausen	Palo Alto, CA Ocean City, OR	6/20/03 5/6/00	M70-74 M75-79 M80-84	3:15:22 3:40:28 4:17:34p	Max Green Jack Starr Herb Appel	Chula Vista, CA Ocean Township, N Ft. Monmouth, NJ	1/11/01	F35-39 F40-44 F45-49	46:25 48:30 50:58	Victoria Herazo Lyn Brubaker Gayle Johnson	Beijing, CHI Orono, ME Washington, DC	4/29/95 8/2/98 3/28/95
	1:44 1:37	11.5 Brian Savilonis 127 p Steve Pecinovsk 116 p Mark Green	Long Beach, CA	10/11/96 4/6/03 3/14/04	40K M35-39 M40-44 M45-49	3:14:03 3:17:12 3:29:31	Jonathan Matthews Jonathan Matthews Eugene Kitts		2/14/93 2/16/97 1/8/95	F50-54 F55-59 F60-64 F65-69	54:18 56:59 59:30 1:02:07	Gayle Johnson JoAnn Nedelco Beverly LaVeck Ruth Eberle	Kenosha, WI Gateshead, ENG Eugene, OR Eugene, OR	5/12/01 7/24/99 8/23/96
M5 M6	5-59 1:51 0-64 1:51	3:28.0 Don DeNoon 1:07.9 James Carmine 1:17.6 Dave Romansky 3:45.0 Jack Starr		7/9/94 10/16/99 10/16/99 11/3/96	M50-54 M55-59 M60-64	3.51:06 3.45:49 4.02:22	Nick Bdera Nick Bdera Dave Romansky	Ocean Township, N Hauppauge, NY Ft. Monmouth		F70-74 F75-79 F80-84	1:07:38 1:12:05 1:17:08	Shirley Dockstader Miriam Gordon Jane Dana	Eugene, OR Eugene, OR Orono, ME	8/23/96 8/10/03 8/13/00 8/11/02
M7 M7	0-74 2:03	3.15 p Max Green 3.37.5 Bob Mimm	Long Beach, CA Pt. Pleasant, NJ	3/1`4/04 5/20/01	M65-69 M70-74 M75-79	4:27:50 4:41:25 5:01:25	Robert Mimm Robert Mimm Jack Starr	Atlanta, GA Ft. Monmouth, NJ Ocean Township, N	4/8/90 9/10/95	F85-89 15K F35-39	1:33:41	Fan Benno-Caris Michelle Rohl	Eugene, OR Evansville, IN	8/10/03 6/1/03
M4 M4	0-44 2:45 5-49 2:46	:27.2 Robert Keating	Alexandria, VA	1/26/03 9/7/91 11/11/9	M80-84 50K M35-39	6:04:04p	Curt Clausen	Chula Vista, CA	9/19/99	F40-44 F45-49 F50-54	1:17:03 1:21:44 1:26:23	Victoria Herazo Sally Richards Gayle Johnson	Elk Grove, IL Monterey, CA Kenosha, WI	5/21/00 10/23/99 6/25/00
M5		James Carmine James Carmine Stan Chraminsk	s Chula Vista, CA	11/11/95 1/23/00 10/29/89	M40-44 M45-49 M50-54	4:12:35 4:23:53 5:04:56 5:02:03p	Jonathan Matthews Eugene Kitts Max Walker Steve Pecinovsky	Palo Alto, CA Palo Alto, CA Manassas, VA Clermont, FL	2/16/97 1/8/95 3/31/01 2/13/05	F55-59 F60-64 F65-69 F70-74	1:27:18 1:35:04 1:37:59 1:59:21	JoÁnn Nedelco Joyce Decker Bev LaVeck Rose Kash	Kenosha, WI Elk Grove, IL Kenosha, WI Sacramento, CA Riverside, CA	5/23/99 9/25/94 5/5/02 5/24/92
M4 M5		:00.1 Robert Keating	Alexandria, VA Durham, NC	11/11/95 2/25/90	M55-59 M60-64 M65-69	4:44:10 5:09:20 5:40:51	Nick Bdera John Stowers Robert Mimm	Hauppauge, NY Atlanta, GA Atlanta, GA	10/19/03 3/5/89 4/8/90	F75-79 F80-84 20K	2:05:24 1:58:42	Adaline Crocker Jane Dana	Eugene, OR Riverside, CA	8/16/87 5/19/02
M4 M4 On	0-44 5:03 5-49 4:58 • Hour	:39.7 Robert Keating	Alexandria, VA	10/29/89 11/11/95	M70-74 M75-79	6:18:14 7:07:22	Cokey Daman Ed Gawinski	Atlanta, GA Hauppauge, NY	3/5/89 11/10/02	F35-39 F40-44	1:32:54 1:35:57 1:34:44p	Joanne Dow Teresa Vaill Joanne Dow	Chula Vista, CA Sacramento, CA Overland Park, KS	1/11/04 7/18/04 4/4/04
M4	5-39 14,0 0-44 1336 5-49 12,7	73m lan Whatley 73m Robert Keating	ews Los Altos Hills, CA Greenville, SC Cambridge, MA	11/14/93 11/18/00 10/18/92	3000 met F35-39 F40-44	15:30 6	Women - T Therese Iknoian Donna Chamberlain	San Francisco	5/15/93 9/3/00	F45-49 F50-54 F55-59	1:34:32p 1:50:16 1:50:12 1:58:41p	Teresa Vaill Sally Richards Gayle Johnson JoAnn Nedelco	Parkside, WI Monterey, CA Kenosha, WI	5/9/04 10/23/99 5/12/01 2/14/99
M5	0-54 12,1 5-59 11,7 0-64 1149 5-69 10,6	02m Dave Romansky 04m Dave Romansky	Alexandria, VA	11/8/97 11/8/97 10/4/98 9/29/02	F45-49 F50-54 F55-59	15:34.63 14:57.5 15:40.79 16:40.3	Gayle Johnson Gayle Johnson Bev LaVeck	Clayton, MO Edwardsville, IL Seattle, WA	4/24/94 8/10/01 3/19/94	F60-64 F65-69 F70-74	2 09 35 2 12 22 2 42 14	Bev LaVeck Bev LaVeck Joan Rowland	Sacramento, CA Sacramento, CA Sacramento, CA New York, NY	4/5/98 5/5/02 5/16/99
M7	0-74 10,1 10,2	99m Jack Starr 18m p Max Green 95m Tim Dyas	Cambridge, MA Royal Oak, MI Cambridge, MA	10/4/98 9/28/03 10/11/96	F60-64 F65-69 F70-74	16:51.1 18:39.0 19:42.8	Bev LaVeck Ruth Leff Miriam Gordon	Seattle, WA Kenosha, WI Miami, FL	5/11/96 8/4/93 9/17/95	F75-79 25K F35-39	2:49:18	Adeline Crocker Lynda Brubaker	Eugene, OR Atlanta, GA	8/16/87
M8	0-84 76 5-89 69	73m Tim Dyas 47m George Conway 97m George Conway	Worcester, MA Cambridge, MA	10/1/00 10/20/91 10/3/93	F75-79 F80-84 F85-89	20:41.0 24:11.2 27:14.0	Miriam Gordon Louise Swanson Fan Benno-Caris	Miami, FL Seattle, WA Coppell, TX	9/10/00 6/2/90 6/18/04	F40-44 F45-49	2:57:08 2:39:35p 2:37:27	Donna Cetrulo Dorit Attias Sherry Brosnahan	Lincroft, NJ Chula Vista, CA Manassas, VA	9/9/90 1/23/0 3/31/01
5K		Men -	Road		5000 met F35-39 F40-44 F45-49	22:49.79 23:28.15 25:09.47	Victoria Herazo Lyn Brubaker JoAnn Nedelco	Philadelphia, PA Orono, ME Indianapolis, IN	4/26/9 7/31/9 8/2/90	F50-54 F55-59 F60-64	2 33 43p 2 36 42 2 38 41 2 43 43	Heidi Hauch JoAnn Nedelco Bev LaVeck Bev LaVeck	Chula Vista, CA Sacramento, CA Palo Alto, CA Sacramento, CA	1/23/05 4/5/98 3/13/94 4/5/98
M3:	5-39 20:1: 0-44 20:4 5-49 22:2	5 Jonathan Matthe	ews Kingsport, TN ews Kingsport, TN Hamden, CT	9/17/94 9/14/96 10/4/92	F50-54 F55-59 F60-64	26:29:20 27:29:68 28:49:35	Lynn Tracy Elton Richardson Beverly LaVeck	Parkside, WI Eugene, OR Eugene, OR	6/21/04 8/12/94 6/28/97	F65-69 30K F35-39	2:57:47	Ruth Leff Michelle Rohl	Kenosha, Wi Chula Vista, CA	10/16/94
M5	0-54 21:4 5-59 23:3 0-64 25:2	1 Don DeNoon 2 Don DeNoon	Kingsport, TN Kingsport, TN	9/18/93 9/12/9 9/25/9	F65-69 F70-74 F75-79	29:29.72 32:40.97 34:47.11	Beverly LaVeck Shirley Dockstader Miriam Gordon	Brisbane, AUS Eugene, OR Eugene, OR	7/5/01 8/8/03 8/11/00	F40-44 F45-49	3:05:36 3:07:10 3:04:26p	Heidi Hauch Sherry Brosnahan Heidi Hauch	Kenosha, WI Ft. Monmouth, NJ Chula Vista, CA	7/22/01 9/19/99 1/23/05
M6: M7: M7:	5-69 26.5 0-74 28.0 5-79 31.2	Paul Johnson Jack Bray Jack Starr	Kingsport, TN Kingsport, TN Kingsport, TN	9/21/02 9/20/03 10/9/0	F80-84 F85-89 10,000 m		Polly Clarke Dorothy Robarts	Spokane, WA Buffalo, NY	8/14/92 7/21/95	F50-54 F55-59 F60-64	3 05 39 3 11 35 3 24 08	Jackie Reitz Elton Richardson Bev LaVeck	Flushing, MI Ft. Monmouth, NJ Palo Alto, CA	4/16/00 9/11/94 2/8/98
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M8	0-84 1:12 5-89 1:22 0-94 1:29	44 George Conway		5/19/9 7/7/90 7/10/93	F45-49 F55-59 F65-69	1:32:31.0 1:35:37.9 1:39:58.0	Janet Higbie Ruth Leff	New London, CT Kenosha, WI	10/16/99 9/19/93	F55-59 F60-64	6:50:15	Elizabeth Pettersen Marie Henry	Ocean Township, I Atlanta, GA Durham, NC	NJ 9/2/02 3/5/89 2/21/88

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD IN COOPERATION WITH THE IAAF



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

dentify appropriate category:		Indoor/Outdoor Track/Road
		icial USATF Record)
Event distance	Age Official time achiev	ved Date
Where held (name of track or co	ourse, town, state, country)	
Name of competitor, birthdate, a	address, phone #	
STATE OF THE PERSON NAMED IN COLUMN 1	The second second second second	***
	lease enclose photocopy of birth	
DESCRIPTION OF THE PARTY.	Verification (to be completed by	Event Referee):
Time recorded		The state of the state of
Watch #1	Watch #2	Watch #3
and at least one must have Mas ed.	ster or IAAF certification. For sing	ust have National judging certification or highe gle-age "bests" only 3 certified judges are need
List all judges	ALCOHOLD TO THE REAL	Certification # Level of Certification
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Judge #2	SINALITY REL	Charles and the Tale Age
Although the State State A		
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Judge #4		
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Course Certification #	Track 440y/400m/other	2-in. high continuous curb? yes no
course certification; 4) correct	ct matching of finish times to	fairness of start; 2) accuracy of lap counting; 3 competitors; 5) judging by certified (USATs by the athlete; 7) the race was a racewalk-oni
Signature, address, phone, US	SATF Certification # of Referee or	r Meet Director

WORLD MASTERS ATHLETICS

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

To: WMA Records Committee Regional Chairman

Application is hereby made for a World Masters Age-Group Record/World Masters Age-Group "Best Performance"/World Masters Age-Best Performance, in support of

	Age-Group _		Men/Women
Full Name of Competit	tor(s)		
Date(s) of Birth		A ROLL H	Manager Street
(For relays, full name	of each team member is required, in	n order of running.)	
Competitor's Country	Da	ite of Meeting:	
Name of Stadium	Town		Country
	three competitors and their times w		
1st		Time	
2nd		Time	
3rd		Time	
STARTER'S CERTIFIC	CATE e start of the race was in accordance	e with I.A.A.F. Rules.	
Name of Starter		Signature	
I, the undersigned offi	TIFICATES (HAND TIMING) icial Timekeeper of the race, hereby ed by my watch and that the watch		
	ody.		
National Governing Bo	ody. Name	Signature	
National Governing Bo Time		Market Street Control of the Control	ACCURATION AND DESCRIPTION OF THE PERSON NAMED IN COLUMN 2 IS NOT A RESIDENCE OF THE PERSON NAMED IN COLUMN
National Governing Bo Time Time	Name	Signature	
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WORLD MASTERS ATHLETICS

Application for World Masters Age-Group Record/World Masters **Age-Best Performance FIELD EVENT**

To: WMA Records Committee Regional Chairman

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

(Please type or use capitals throughout)

Full Name of Competitor Date of Birth Town

EQUIPMENT OFFICER'S CERTIFICATE

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

FIELD JUDGES' CERTIFICATE

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

(Distance or height)

(Distance or height)

Name of Operator

(Name of Field Judge)

(Name of Field Judge) (Signature)

(Name of Field Judge) (Distance or height)

WIND GAUGE (LONG AND TRIPLE JUMP ONLY) I hereby certify that wind speed in direction of running was

(Signature)

(Signature)

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

April 2005

Allie, S

Charles Allie, won the Exhibitio in the USA Ind held at the Regg

Boston, Feb. 26. Competing in ran a 54.47 to win 52, Maryland, 55 New York, 58.73 60, Massachusetts

Allie shares th of 53.20 with (JAM/NYC), set Reggie Lewis 1 Masters Champio

In the Maste Karen Steen, of won over a field o At the 200

Championships, broke the W40 2000m steeplecha

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 Derek Vau 4:13.8 Mile





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Allie, Steen Win in Masters Invitational

Charles Allie, 57, Pittsburgh, Pa., won the Exhibition Masters Men's 400 in the USA Indoor Championships, held at the Reggie Lewis Center in Boston, Feb. 26.

Competing in a field of four, Allie ran a 54.47 to win over Robert Bowen, 52, Maryland, 55.77, Rick Lapp, 55, New York, 58.73, and Roger Pierce, 60, Massachusetts, 59.22.

Allie shares the M55 world record of 53.20 with Alston Brown (JAM/NYC), set last year on the Reggie Lewis track in the USA Masters Championships.

In the Masters Women's Mile, Karen Steen, of Club Northwest, 40, won over a field of ten with a 5:08.12.

At the 2004 USA Masters Championships, Decatur, Ill., Steen broke the W40 U.S. record for the 2000m steeplechase with a 7:11.97.

TWENTY YEARS AGO April 1985

- •lan Hume Sets Four M70 World Records
- Christel Miller Breaks Three W50 World Records
- Derek Vaughn, 40, Runs 4:13.8 Mile

Mary Thane, 40, Mountain West TC, was second in 5:08.41. Sarah Kramer, 43, Ogden, Utah, finished third (5:09.03). Kathy Martin, 53, Northport TC, the 2004 BENGAY Masters Athlete of Year, was fourth (5:18.78).

The Masters Invitational Program is conducted by Mark Cleary.

The next exhibition event for masters runners will be a men's mile at the Drake Relays, April 28-30. Those interested in participating can contact Cleary at runnermark@cox.net; 949-589-0242.

We Welcome Letters

- The National Masters News welcomes letters on topics of general interest.
- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.

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NORTH AMERICA

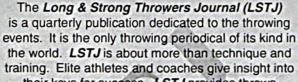
Brian Oxley 259 McDougall Road Parry Sound, Ontario Canada P2A 2W7 Phone: 705-746-4942 Fax: 705-746-9748 brianoxley@sympatico.ca

WMA Web site: http://www.world-masters-athletics.org

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3604 Green Street, Harrisburg, PA

17110; Thrower60@aol.com



WWW.LONGANDSTRONG.COM

THE TWENTIETH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY, JUNE 12, 2005 • RANDOLPH, NEW JERSEY

The GSAC/Randolph Classic is for Athletes of all ages

TRACK EVEN	TS	FIELD EVEN	TS	
5000 Meters High Hurdles Youth Mile Mile Run Youth 100 M Dash 100 Meter Dash Youth 400 M Dash 400 Meter Dash RW Mile 800 Meter 200 Meter Dash	10:00 am 10:45 am 11:15 am 11:30 am 11:45 am Noon 1:00 pm 1:15 pm 1:45 pm 2:15 pm 2:45pm	Pole Vault Shot Put, 60 & up followed by under Long Jump Javelin Discus, under 60 followed by 60 & u High Jump Weight Throw Triple Jump	10:00 am 10:00 am 60 10:00 am 10:00 am 10:00 am	The Garden State AC Randolph Classic is a USATF-NJ Masters T&F Grand Prix Event
4X400 Relay (incl Yo		Note: Some field	events may s	start later than listed.

Divisions: Open (Age 15-29), Submasters (Age 30-39), Masters (Age 40+) in 5 Year Age Groups, Youth (9-10, 11-12, 13-14) Athletes age 14 and under may only compete in Youth Events. All events will be run Youngest to Oldest, Males first. Times are approximate. Events may run ahead or behind schedule. Meet director may combine age divisions if the size of the fields warrant.

Registration Closes 30 Minutes Prior to Each Event. Don't be Shut Out! Pre-enter!

SPIKES ALLOWED – 1/4" or less.
HURDLE HEIGHTS & IMPLEMENTS – USATF Open and Masters Rules.
STARTING BLOCKS are permitted but are not provided by the meet director.
USATF MEMBERSHIP REQUIRED! Card must be presented. NO EXCEPTIONS!

FEES: Pre-registered – Received on or before June 8 – \$7 per event.

Post-entry (after June 8) – \$10 per event.

Relay Teams – Open and Masters Teams – \$16. Youth Teams – \$12.

AWARDS - Medals for First, Second, and Third place in each age division.

For an application send a self-addressed stamped envelope to
M. Bost, P O Box 458, Ironia, NJ 07845
or email request to madeline bost@att.net • For more information call 973-584-0679

Meet application can be downloaded from www.usatfnj.org at the Track & Field page.

Self-Protection Tips for Outdoor Runners

By JOHN WELCH SAN ANTONIO, Texas – Runners and other fitness enthusiasts are being attacked in increasing numbers each year across the United States. Some of these attacks are being committed by dogs, while some of the assaults are at the hands of our fellow man. Throw in rare attacks by cougars and bears, and the numbers are truly staggering.

Of the nearly five million dog attacks in the U.S. each year, 800,000 people need medical attention and 1000 dog-bite victims each day need treatment in hospital emergency rooms. And, sadly enough, somewhere between 15-20 individuals die from dog attacks each year. These numbers are viewed by many as evidence of an epidemic in our country.

Annual Statistics

Some runners, like 62-year-old Tom Burwell of San Antonio, unfortunately become part of the yearly statistical data. Burwell, who was out for a jog near his north side San Antonio home on May 7, 2003, was attacked and nearly killed by two roving pit bills, which, according to their owner, were gentle, loving animals.

The bites on Burwell's arm were so severe that doctors found several of the dogs' teeth embedded deeply in his arm. And several years earlier in Alamo City, ultra marathoner Sabine Brown was savagely attacked by a dif-ferent pit bull. Brown's close encounter on Jan. 25, 2000, with Man's Best Friend required 43 stitches in her right arm and a lengthy respite from running.

Brush With Death

And who can forget California mountain biker Anne Hjelle's near brush with death from a mountain lion attack on Jan. 9, 2004, in the rugged mountainous area northwest of San Diego? Several nearby bikers heard Hjelle's screams and caused the lion to lose its grip on Hjelle as it was dragging her down an embankment. The same lion is believed to have killed another mountain biker at the same location earlier in the day.

Then there are the attacks perpetrated by other humans. The famed Central Park jogger is perhaps the most familiar one to Americans. Others, like San Antonian Valerie McPherson, may not come to mind as quickly. McPherson, 32, was jogging with her 19-month-old daughter, Lauren, in an upscale Alamo City community when she was attacked and stabbed to death by an alleged homeless man. Her daughter was not harmed.

Avoiding Attacks

As runners who like to get outdoors and enjoy nature, what can we do to keep from becoming part of the yearly statistics? For one thing, we need to become more aware of our surroundings and keep an open eye - and ear for situations that can quickly escalate into danger. Remember to never run alone, and always tell someone where you're going and when you should return.

Arming Oneself

A more pro-active approach to personal safety is to equip yourself with something along the lines of self-defense. This can be as simple as pepper spray, or can be as drastic as taking a Concealed Handgun Safety Class and carrying a small, licensed handgun on your person while you run.

One drawback with pepper spray is that it is a close-range talternative, whose spray can often be affected by

A handgun, on the other hand, must be kept out of sight until you need to employ it.

Besides carrying a weapon that you can easily access, having the knowledge, the will and the desire to use it can be an entirely different matter, and these are topics typically covered in a weapons class.

There are currently 31 states in the U.S. where carrying concealed handguns is legal. Many of the states also have a reciprocal agreement with a number of other states wherein each



Jim Bordoni, M50, in the 2004 USA Masters Championships. This year's championships are scheduled for Aug. 4-7 in Honolulu.



Brian Spangenberg, M40, Team Runners High, 28:41, USA Masters 8K XC Championships.

www.nationalmastersnews.com

recognizes the other's concealed handgun license.

Carrying Devices

For fitness purposes, carrying a concealed handgun can only be feasible if it is comfortable to carry and it is easily accessible in the event you have to employ it. A number of fanny packs and belt-type carrying devices are currently on the market and in wide use today.

Another viable product for carrying concealed handguns is the Confidant Shirt from Kramer Handgun Leather, which is an undershirt made of mesh that is light enough to be worn under most fitness wear. The cost for this shirt is \$38 and information can be found at www.kramerleather.com.

Choices of Weaponry

Another factor in self-defense on the go is the type of handgun and its inherent weight. The Model 337 PD AirLite 5-shot Titanium and Scandium revolver by Smith and Wesson is a .38 caliber (the recommended minimum for self-defense) and weighs a mere 10.7-ounces. A more powerful .357 caliber in this model weighs in at 12-

If you want other self-protection alternatives, consider carrying a small club, one that you can employ and wield quickly and efficiently against either four-legged or two-legged attackers.

Another item that is particularly useful against dogs is a car antenna that can be telescoped and carried quite easily in your waistband. When you want it, just open it up to its desired length.

Whatever you choose to use for self-protection, become familiar with it and keep it with you at all times, especially when you are alone.

Don't miss the Memorial Day, May 30th celebration!



The Fred d'Elia Ridgewood Run Ridgewood, NJ

USATF-NJ Masters Women 5K Championship

EVENT SCHEDU	LE
HHK Wheelchair 10K	8:40am
Park Ave BMW 10K*	8:45am
Park Ave BMW 5K*	10:15am
Valley Hospital Masters Mile*	11:15am
Valley Hospital Elite Mile*	11:40am
Ridgewood YMCA Fun Run	12:00pm

Race Extras: *\$7300 in total prize money!!

- Flat & Fast course "Chip" Timing Refreshments Field Expo Baggage check • Massage Tent • Tribute to our Armed Forces • Goody Bags • Photographer • Raffle Tent • Discount hotel rate • Free Moonwalks & Balloons • Free cake and Ben & Jerry's ice cream • 5-year age group awards • Park Ave BMW mountain bike raffle · Finisher's medal for the Fun Run · DJ to keep you moving!
- INFORMATION: www.NJMasters.com or (201) 447-9750

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for 16t By PHIL GREE **USATF Masters**

Team Manager USATF has ann ing entry process going to the 16 Athletics Champ Sebastian, Spain, A

Entry informati the USATF Web s click on Masters A ing to Sherry Qu office (Sherry National Headqu Dome, Suite 140 46255).

U.S. citizens ne the Championship U.S. Supplementa them to the U Indianapolis by M charges.

Citizens of other ing U.S. residents ports) must contac Athletics member citizenship.

The USA Tear Greenwald (for Ti Charles DesJardin Running), noted similar to prior y send their entry USATF (in dollars the information an and fees (convert local organizing co

One change is viding an officia top, the charge is fees paid to USAT (shorts, warm-ups online from USAT

Greenwald not the 4x100 and 4x4 ed based on perfe and 400 at the ch the policy set by T&F Committee has discretion o there are not full t

By BRIDGET The 22nd In were held Feb. 1 of Wales Institut

The British n pate a big surge M35-39 age grou necessary in the Terence Stamp i

The current l pion, Anthony the M40 race Powell and Ma finished ahead c the M50 but th the 5th Europe Sweden.

The first Brit in the W45 2

USATF Announces Entry Process for 16th WMA Meet in San Sebastian

By PHIL GREENWALD USATF Masters T&F Team Manager

USATF has announced the following entry process for U.S. athletes going to the 16th World Masters Athletics Championships in San Sebastian, Spain, Aug. 22-Sept. 3

Entry information is available from the USATF Web site (www.usatf.org, click on Masters Athletics) or by writing to Sherry Quack at the USATF office (Sherry Quack, USATF National Headquarters, One RCA Dome, Suite 140, Indianapolis, IN

U.S. citizens need to complete both the Championship Entry Form and a U.S. Supplemental Form and return them to the USATF Office in Indianapolis by May 6 to avoid late charges.

Citizens of other countries (including U.S. residents with foreign passports) must contact the World Masters Athletics member in their country of citizenship.

The USA Team Managers, Philip Greenwald (for Track and Field) and Charles DesJardins (for Long Distance Running), noted that the process is similar to prior years: U.S. athletes send their entry forms and fees to USATF (in dollars), USATF validates the information and forwards the entry and fees (converted to Euros) to the local organizing committee in Spain.

One change is that USATF is providing an official USA competition top, the charge is included in the entry fees paid to USATF. Additional items (shorts, warm-ups, etc.) are available online from USATF.

Greenwald noted that the teams for the 4x100 and 4x400 relays are selected based on performances in the 100 and 400 at the championships. Under the policy set by the USATF Masters T&F Committee, the team manager has discretion only in cases where

there are not full teams or the perform-

ance in the 100 or 400 is clearly noncompetitive.

Under these circumstances, athletes may be shifted down to a younger age group and/or other performances (200, 800, hurdles, etc.) considered. Greenwald urged all those interested in running a relay to enter and compete in the 100 or 400.

DesJardins will be organizing the teams for the road racewalks, crosscountry, and marathon events. DesJardins noted that the issue is always knowing who will compete, so that, where necessary, he can stepdown an athlete for team scoring to assure a complete team in one age group rather than incomplete teams in two groups.

Greenwald recently announced that Frank Lulich and Marilyn Mitchell would be the Assistant Team Managers for track and field; their goal is to have a team manager on-site during all competitions at all three tracks.

Also, as in past years, there will be a USA team meeting on each competition day. The time and location will be announced by signs and announcements in the registration area.

> Visit the **National Masters News** Web Site at: www.nationalmastersnews.com

TWENTY-FIVE YEARS AGO April 1980

John Brennand (1:25:45) and Sandra Kiddy (1:43:38) Win National Masters 25K

 Sixteen Meet Records Set in East Indoor Masters Meet, Lehigh U., Bethlehem, Pa.



Competitors in the USA Masters Indoor Heptathlon Championships (I to r): John Hawkins, M55, CAN; Jeff Watry, M45, USA; and Ty Lewis, M55, GBR.

WMA Takes New Approach to WR Listings

By BRIAN OXLEY WMA Records Manager

Last November, a notice on the World Masters Athletics Web site announced: "From today, new records will be listed immediately, on the day they are confirmed." So began a new chapter in our records history.

Our aim is to report every new mark, when it is made. Not an impossible task. It should be very simple. If record breakers, or their friends, or their meet directors, or their national statisticians, e-mail me when a record is broken, a notice will immediately appear on our site, as it has for the past three months. We cannot rely on international media, only on ourselves.

A new mark is recognized as an official record when documentation reaches us through our regional statistician. The official world record list is updated that day.

We are also publishing short biographies. If a record breaker sends a short biography, in any language, with an action or still photograph, it is placed on our site for all the world to see - but only when the record is confirmed by our agreed rules.

In the three months since November, we have published 43 new marks, four short biographies, and 11 authenticated records. Of those new marks, interestingly, 15 were in the W35-59, eight in W60+, one in M35-59, and 19 in M60+. Older men and W50-59 are setting the pace.

Of the 43 new marks reported since

November, confirming documentation is still awaited for 32 (75%) of them. Our joint challenge is to reduce delay. Records can only be officially acknowledged when proof is received. The IAAF runs a tight ship in the matter of records documentation, and so should we.

The marathon has been added to our official lists, to be followed by road races at other distances, hopefully including "ultra" events.

Next steps, based on reaction during the past three months:

· alter the Web site to include a clear summary of records policy and procedure

· create new record application forms

· list information required if a WMA form is not used

· provide this information in several languages

· offer record certificates to new

· analyze record statistics

· provide a direct link to our agegrading system

· confirm or alter our records policies when we meet in San Sebastian

This is a work very much in progress. I'm glad folks out there are watching, but they should jump to no conclusions. I aim at nothing less than the IAAF level of authenticity and credibility. Don't we attach the same level of importance?

(Brian Oxley can be reached by email at: brianoxley@sympatico.ca)

Report from Britain

By BRIDGET CUSHEN

The 22nd Indoor Championships were held Feb. 19-20 at the University of Wales Institute in Cardiff.

The British masters did not anticipate a big surge in membership in the M35-39 age group, but two heats were necessary in the 60m dash, won my Terence Stamp in 7.04.

The current European 100m champion, Anthony Noel, decisively won the M40 race in 7.20 from Dalton Powell and Mark Baker. Viv Oliver finished ahead of Walwyn Franklyn in the M50 but they will clash again at the 5th European, March 10-13, in

The first British sprint record, 26.36 in the W45 200m, went to Averil McClelland, now happily recovered from her hamstring pull in the Europeans.

A further two records fell to Manndy Laing in this age group when she won the 60mH in 9.20, and the triple jump (10.39).

Over in the pole vault pit, Allan Williams raised his own British record

It was the older age categories who accounted for most of the records, however. The tall Jimmy Caddy raced off with the M80 800 in 3:48.54 and set a British record in the 1500 in

Rosemary Chrimes obliterated the current World and European W70 shot with a put of 9.79, and later set a

British high jump record of 1.18.

Kathleen Stewart, more familiar as a marathon runner, was delighted with her British record of 2:59.4 and a totally unexpected world record 6:03.01 in the W65 800/1500m.

James Crehan won the M75 high jump, clearing a record 1.17 and also taking the triple jump with 7.51. David Burton was also in a recordbreaking mood, clearing 4.17 in the M70 long jump.

The other records went to Iris Holder in the W60 long jump (3.94), and Betty Steedman clearing 3.10 in the W70 event.

An orthopedic surgeon has advised Martin Rees, following an operation, that he has a serious knee problem that means an abrupt halt to his glittering career since reaching masters age 11 years ago. He is the current M50 world record holder for the 5000 in 14:53.2, and holder of all the British bests from 5K through to the 2:23:17 marathon, which he ran at age 46.

Irie Hill, the European and British indoor and outdoor pole vault title holder, competed in the Australian senior championships, finishing third, clearing 4.05. If she had not decided to skip at 4.10, going instead for 4.15, she would have become the Australian champion.

The BMAF Indoor Pentathlon in Manchester attracted a large entry. Age-group winners were Andrew Waddington, M40, 3153 points; John Mayor, M45, 3580; Julian Kennedy, M50, 2916; Mike Corden, M55, 1600; Peter Clarke, M60, 2263; David Burton, M70, 3080 (a British record); and Norman Carter, M75, 2291 (also a British record).

Charmaine Johnson chalked up a 3562 in the W40 event.

Masters Scene

NATIONAL

On March 8, Arkansas Governor Mike Huckabee was named USA Track & Field's Athlete of the Week after running the Little Rock Marathon, Little Rock, Ark. in 4:38:31, nearly two years after he started a diet and exercise plan to lose 110 pounds. His efforts inspired others to run in the marathon, and race officials attributed the 30 percent increase in entrants this year to the participation of the 49-year-old governor.

EAST

 Anselm LeBourne broke the M45 WR for the 1500 with a 4:02.62 in the MAC Championships at the 168th St. Armory, NYC, March 4. Jon Potts, GBR, holds the record at 4:03.69 set in 1990. LeBourne, a resident of Maplewood, NJ, works as a Wall Street Stock Exchange analyst, and is coached by Rodney Wilshire, Sr.

James Stookey, M75, gathered five gold medals at the USATF Mid-Atlantic Indoor Championships, Ursinus College, Collegeville, PA, Feb. 26: 55m, 8.63; 55m hurdles, 9.75; long jump, 12-5.5; triple jump, 28-0; and high jump, 4-0.

• Don diDonato, M45, doubled in the

1500, 4:30.20, and the 3000, 9:53.70, at the USATF Long Island Indoor Championships, Suffolk Community College, Brentwood, NY, Feb. 13. Doubling in the sprints was Jim Reilly, M40, delivering a 55m 6.50, and a 200 24.70.

 Three American records were set at the USATF Potomac Valley Indoor Championships, Prince George's Sports & Learning Complex, Landover, MD, Feb. 20. Audrey Lary, W70, grabbed two: 60m, 10.20 (Mary Bowermaster, 10.36, 2001) and triple jump, 7.64 (Leonore McDaniels, 6.80, 1998). Gerald Vaughn, M65, took the other with a 14.17 in the shot to replace his own 14.01 mark set in 2001.

SOUTHEAST

· Luanne Coulter, 44, Charlotte, NC, 2:52:03, was the first woman and topped the whole masters field at the Myrtle Beach Marathon, Myrtle Beach, SC, Feb. 19. Jerry Johncock, 77, Grand Rapids, MI, pulled out the stops with an M70-winning

MID-AMERICA

• Mel Larsen, 80, Ames, IA, set an M80 60m indoor WR of 8.88 in Iowa St. U's "NCAA Qualifier" meet, March 5. The present record is held by Rod Parker, USA, at 9.39 in 1999. Steve Lynn, ISU t&f coach, encourages masters athletes to have one sprint event at each of ISU's indoor meets, feeling that those events show collegiate athletes what older athletes can do when they continue to train, and the masters events are crowd pleasers. Running with Larsen were Nate Sickerson, 32, Altoona, IA, 7.52; Tom Green, 34, Sioux City, IA, 8.19; and Bob Conzemius, 70, Ames, IA, 8.82.

SOUTHWEST

- . Don Neidig sped to an M60 24.72 in the 200 on an oversized track, and Christel Miller, a new W70, broke the US record for the SP with a 7.88, in the USATF SW Regional Masters Indoor Champion-ships, Lubbock, TX, Jan. 29. Larry Colbert, MD, has the 200 WR at 25.10 in 1998. Mary Bowermaster, OH, owns the SP record of 7.76 set in 1989.

 • Dave Bursler, 40,
- Delaware, 16:58:12, and Noora Alidina, 48, Florida,

22:36:59, scored masters firsts in the Rocky Raccoon 100 Mile, Huntsville, TX, Feb. 5. Frank Probst, 61, Virginia, finished early with a 21:34:35. In the 50 Mile, Barbara Hitzfeld, 43, Texas, was first woman overall (8:24:03), and Robert King, 43, Texas, was second man overall (7:13:09). Nick Bassett, 60, Arizona, checked in with a 9:36:06.

 Carmen Ayala-Troncoso, 45, Austin, TX, 35:26, was the second woman and top master overall at the ConocoPhillips Rodeo Run 10K in Houston, March 5. She stayed just ahead of men's master titlist, William Martin, 50, Dodge, TX, 35:34.

WEST

• From Don Rose: "To all track and field participants and judges, because of mat-ters beyond our control, the Northern California Seniors TC is not having its annual meet at Berkeley this year." If you have questions, contact Meet Director Rose at 415-457-8177, or DonRose 43262@aol.com.

· Jeff Atkinson, 42, Manhattan Beach, CA, in 32:42, and Rosalva Bonilla, 42, Big Bear, CA, with a sixth-place female 38:44 rushed to masters wins in the Super Bowl Sunday 10K, Redondo Beach, CA, Feb. 6. Debbie Richardson, 42, Palos Verdes CA, was seventh woman in 39:05. David Olds, 43, Los Angeles, took the second M40+ spot. Nolan Shaheed, 55, Pasadena, CA, won the M55 race in 35:13. In the 5K, Peter Magill, 44, 15:07, and Kelle Taylor, 41, Santa Monica, CA, 18:34, scored masters firsts. Richard Burns, 50, won the M50 title in 16:45.

 Former track star Ceci St. Geme, 42, Newport Beach, CA, 17:45, was the top woman and 8th overall at the Emerald Nuts 5K (the 5K of the LA Marathon), March 6. Gary Tuttle, 57, Ventura, CA,

18:01, was the top masters man.

• 1987 Napa Valley Marathon winner Dick Beardsley, 48, Detroit Lakes, MN, defended his masters title at Napa Valley with a 2:43:41, March 6, Napa, CA. Roberta McGraw, 43, Antioch, CA, led the W40+, 3:06:40. Claudia Kasen, Des Peres, MO, 3:10:33, was second W40+. Helen Klein, 82, Rancho Cordova, CA, set a pending single-age record, 4:57:12, while singing John Keston, 80, McMinnville, OR, graced the race with a 3:51:07 promenade.

NORTHWEST

· Gene Mowery, 45, Eugene, OR, with a 13:46, edged Rex Fox, 49, Eugene, 13:47 and Tom Jefferson, 56, Eugene, 13:47 for the M40+ title in the Boulder Options Truffle Shuffle 2 Mile, Eugene, OR, Feb. 13. Betsy Borchardt, 49, Pleasant Hill, OR, took the W40+ race (15:08). In the 4 Mile, Dale Londos, 49, Eugene, 20:46, and Kris Cunningham, 47, Eugene, 28:44, logged masters wins. Ed Wilson, 51, Eugene, took the M50 awards with a 23:19. Nearly 1100 participated in the runs and walks.

 Tony Young, 42, turned in an 8:17.69 3000 on the 307m oval in the UW Husky Classic, Feb. 12. The M40 US record is 8:32.52 by Craig Fram in 2004. Brian Pope, 42, has a pending 8:20.

CANADA

 The OMFTA Indoor Championships held in Toronto, Ontario, Feb. 26, produced two world records. Ed Whitlock, M70, blazed a 10:52.40 in the 3000, wiping out Enrique Moreno's 10:56.69 set in 2003, and Karla Del Grande, W50, circled the track in 1:01.38 to better her own 1:02.28

for the 400 set last year.

INTERNATIONAL

· Wolfgang Reuter, GER, broke M75 indoor WRs in the 60m (8.66) and LJ (4.58/15-1/4), and Guido Mueller, GER, lowered his M65 200 WR of 25.60 to 25.59 in the Austrian Masters Challenge, Linz, Feb. 12-13. Mel Larsen, USA, owns the M75 60m record at 8.67, set in 2000, and Heikki Simola, FIN, set the LJ record of 4.41/14-5 1/2 in 1987.

• In the German Masters Indoor Cham-pionships, Dusseldorf, Feb. 27, Reuter, ran the 60m in 8.62, the 200 in 28.98 (WR 29.11, Wilhelm Selzer, 2003), and long jumped 4.67. Christel Happ, W75, high jumped 1.13. Leonore McDaniels, USA, owns the WR at 1.12 in 2003.

· Enrico Saraceni, ITA, ran an M40 indoor WR 21.94 in the 200 in early February. The present WR is 22.19 by Bill Collins, USA, in 1995. Saraceni, who has run 21.59 outdoors, becomes the first M40+ to run under 22.00.

· Lucia Soranzo broke the W55 indoor 3000 WR with an 11:00.10 in the Italian Indoor Championships. The present record is 11:06.13 by Pat Gallagher, GBR, in 2001.

OBITUARY

· Russel McDaniels, 73, died of a heart attack on Feb. 15 at Bayside Hospital in Virginia Beach, Va. Born in New York City, he resided in Virginia Beach for the past 30 years. McDaniels served in the U.S. Army for 23 years, after which he worked as a field service engineer for EMI Medical and



Diane Fitzpatrick (I), second W35, and Barb Lauff, third W35, in the 5000, 2004 USA National Masters Championships. This year's championships will be held in Honolulu, Aug. 4-7.

for Siemens Corporation. After his second career, he and his wife, Leonore, competed in masters track and field on the national and international level. He was buried with full military honors at the Albert G. Horton, Jr., Memorial Veterans Cemetery, Suffolk, VA. He is survived by his wife and three children.

www.nationalmastersnews.com

CHAMPIONS FOR LIFE

A thoughtful book on the life of "Coach" Payton Jordan who became a champion beyond all others in masters competition by John Scott and James Ward

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& Superweight Char Hammer, Sept. 9, 5:3 Hillcrest Ave. SW. S 938-3895; kweinbel (

(Cleveland area), O

Hickory Dr., Lyndhu 0636; Rex Harvey, 4 August 4-7. 38th

Masters Champion Hawaii LOC, 2005 H

ships, 1493 Halekoa

www.hawaiichamps.

@hawaii.rr.com August 13. USA Pentathlon Champio

Lester Mount, 6750

Dallas, TX 75230; 2

September 10. USA

April 29-30. Franklin Field, Philad or W40+ or combo 4x400 M50+ or co 4x400 for M40+ champs). Phil Fe Princeton, NJ 085 ton@hotmail.com May 10-13. Washi pics. Ben Butler, 20 May 12-15. Virgin Beach. 757-474-849 May 19-22. Rhode Olympics, Providen

May 28. Vermo Junction. Barbara J May 27-29. Con Hartford. 860-528-May 31-June 5. I Brentwood, NY. 63 www.longislandsen June 4. 5th annua Throw-a-Thon, Alb 15 implements, Ray Gilbertsville, PA 19 @earthlink.net June 5. Philadelph

and Ultra Weight P See Ray Feick, Jun June 7, 14, 21, 28 Masters Meets. P Mecklenborg, 215 com; www.pmtf.ne June 8-13. New Games, Cortland. games.org
June 12. 20th ann

Meet, Randolph, N 0679, madeline.bo June 17-20. Ma: Springfield. 413-7 June 25-26. USA ships, Slippery Ro July 12. Phil Plymouth Meeting 215-393-1382; kr

Schedule

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

TRACK & FIELD

NATIONAL

June 3-18. National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com

July 2-3. USA National Masters Decathlon/ Heptathlon Championships, Mayfield HS (Cleveland area), OH. (s) Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124; 440-473-0636; Rex Harvey, 440-339-5688(cel).

August 4-7. 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiichamps.com; 808-732-8805; zeug @hawaii.rr.com

August 13. USA National Masters Weight Pentathlon Championships, Dallas, TX. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230; 214-766-2854.

September 10. USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:30 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

EAST

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

April 29-30. Penn Relays Masters Events, Franklin Field, Philadelphia. Fri. 4x100, M50+ or W40+ or combo; 100m M40+ to M70+; 4x400 M50+ or combo; Sat. 100m M75+; 4x400 for M40+ (USA vs. world & HS champs). Phil Felton, 413 Alexander St., Princeton, NJ 08540; 609-683-4115; pgfel ton@hotmail.com

May 10-13. Washington, DC, Golden Olym-

pics. Ben Butler, 202-282-0753. May 12-15. Virginia Senior Games, Virginia Beach. 757-474-8492; vwc.edu/vrps/home.htm May 19-22. Rhode Island Ocean State Senior Olympics, Providence. Mike Lyons, 401-228-

May 28. Vermont Senior Games, Essex Junction. Barbara Jordan, 802-658-4486. May 27-29. Connecticut Senior Games, Hartford. 860-528-4588; seniorgamesct.org May 31-June 5. Long Island Senior Games, Brentwood, NY. 631-361-6663; fax: 265-5239;

www.longislandseniorgames.org

June 4. 5th annual Philadelphia Masters AC Throw-a-Thon, Albright College, Reading, PA. 15 implements. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610 754-6007; ffeick @earthlink.net

June 5. Philadelphia Masters AC-Superweight and Ultra Weight Pentathlon. Gilbertsville, PA. See Ray Feick, June 4.

June 7, 14, 21, 28, and July 12. Philadelphia Masters Meets. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.

com; www.pmtf.net
June 8-13. New York Empire State Senior
Games, Cortland. 212-866-2794; empirestate

June 12. 20th annual GSAC/Randolph Classic Meet, Randolph, NJ. Madeline Bost, 973-584-0679, madeline.bost@att.net; www.usatfnj.org June 17-20. Massachusetts Senior Games, June 25-26. Wassachusetts Seinor Games, Springfield. 413-748-3810; maseniorgames.org June 25-26. USATF Three Rivers Championships, Slippery Rock, PA. 412-242-2333. July 12. Philadelphia Masters Meets. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols. com, www.pm

July 17 USATF East Regional Masters Championships, Cocalico Boosters Club/Long & Strong/Philadelphia Masters AC, at Cocalico HS, Denver, PA. East Regionals, 955 Daniel Dr., Stevens, PA. 17578; 717-484-2696; e-mail: skrall@clemensmkt.com

July 24 USATF Mid-Atlantic USATF Open & Masters Championships. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krm eck@erols.com; www.pmtf.net

SOUTHEAST

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

April 9. USAT-NTC Spring Fling #2, Clermont, FL. (s) 352-241-7144; www.usatntc.com; e-mail: noonwalk_99@yahoo.com April 15-16. USATF Georgia Association &

USATF Southeast Region Masters T&F Championships, Savannah State U., Ga. Out of state athletes welcome. Entry deadline April 12. Jim Hite, PO Box 717, Millen, GA 30442; 478-982-4881; jimjoyce34@bellsouth.net

April 23. USAT-NTC Spring Fling #3, Clermont, FL. (s) See April 9.

April 24. USATF Florida Masters/Open Weight Pentathlon Championships, Venice. Bob Voege, 941-493-4113.

May 6-8. 35th annual Southeastern Masters & Open Meet/NCUSATF Championships/ Masters 20K RW South Championships, Duke U., Durham, NC. Raleigh Parks & Recr., 2401 Wade Ave., Raleigh, NC 27607; southeastern masters.org

May 7-9. Alabama Senior Olympic Games, Montgomery. Ronnie Floyd, 334-242-4496. May 12-15. Virginia Senior Games, Virginia

Beach. Shannon Moore, 757-474-8492; Jane Jagodzinski, 757-427-2106.

May 14. USAT-NTC Spring Fling #4, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

Atlanta Senior Olympics, Georgia Tech. 12:30 pm. Entries due April 1 postmark. Opening night reception \$3 on May 14 at 8 pm. www.atlantaseniorolympics.com

May 18-21. South Carolina Senior Sports Classic, Francis Marion U., Florence. Carl Hust, 803-772-0363.

May 28. Furman Track Classic, Furman U. Greenville, SC. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-

Birmingham Track Club Classic, Samford U., Birmingham, AL. Frank New-land, frank@btcclassic.com; www.btcclassic.com

MID-AMERICA

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

April 28-30. USATF Masters Invitational Program/Drake Relays, Des Moines, IA. Men's mile. Mark Cleary, 949-589-0242; runnermark@cox.net

June 5. Jolly Jogathon Meet, Marysville, KS. 10-yr. divisions, 30+. Cleve Walstrom, 785-562-3050(h); 562-3021(w).

June 9-12. Iowa Senior Olympics, W. Des Moines. 515-633-5011; iowaseniorolympics

June 11-12. USATF Mid-America Regional Masters Championships/Ozark Association Meet, SIU-Edwardsville. Peggy & Ed Rowald, 314-469-0577; www.usatf.org/assoc/ ozark

June 25. Missouri Senior Games, Columbia Out-of-state welcome. Jack Miles, 573-882-1462; www.smsg.org/senior_games; email: milesjw@missouri.edu

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 2. Waterloo Lions Meet, Austin, TX. Seth Brower, 512-694-2037; www.waterloo trackandfield.org

April 9. Jackrabbit Relays, Masters/Open, Ratliff Stadium, Odessa, TX. 432-362-3180;

432-362-4640; gperry@nts-online.net April 23. El Paso Senior Games Track Meet, Irvin H.S., El Paso, Texas. Julie Belcher, 1800 Byron, El Paso, TX 79930; 915-562-4260.

May 19-21. Mississippi Senior Olympics, Hinds CC, Raymond. 601-925-7994; mssen

iorolym.org May 21. Lions 13th Annual Championships Charity Meet, Leander HS, Austin, TX. www.waterlootrackandfield.org. Meet Director Seth Brower, nalionstrack@sbcglobal.net;

512-694-2037.

June 25. Lions Summer Throws Meet, Lions Fields, Austin, TX. www.waterlootrackand field.org. Meet Director Seth Brower, nalions track@sbcglobal.net; 512-694-2037. Throws clinic on 26th.

July 9. Cat Spring Grunt VII Throwers Meet, Cat Spring, TX. Mark Chapman, 979-732-5591; k9luvrs@intertex.net

WEST

Arizona, California, Hawaii, Nevada, New Mexico

April 1. Phoenix Invitational (Open/Masters). Glendale CC. Pat Fahy, 480-946-7135; pfahy@cox.net

April 1-17. Mt. SAC Relays, Walnut, CA. 909-594-5611, x 4840; http://relays.mtsac.edu April 2. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444;

cybertgm@juno.com April 9. Reilly MacDonald Invitational, illow Canyon HS, Surprise, AZ. Pat Fahy, 480-946-7135; pafahy@cox.net April 10. USATF New Mexico Open/Masters

Weight Pentathlon. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com; www.usatf. org/assoc/nm

April 10. John Ward Spring Games, Santa Ana College, CA. \$20 for up to four events prior to April 6 postmark; \$25 after. Al Siddons, track coach, Santa Ana College, 1530 W. 17th St., Santa Ana, CA 92706. 714-564-6936; Siddons_Al@sac.edu

April 23. Arizona Flames Invitational Meet. Mesa CC. Pat Fahy, 480-946-7135: Pat Fahy, 480-946-7135; pfahy@cox.net

May 7. 20th annual Southern California Striders Meet of Champions, CSU-Long Beach. 11:00 am. Enter by April 30 to avoid penalties. Hugh Cobb, 3180 Camin Arroyo, Carlsbad, CA 92009. 760-436-7696; Al Escabosa, 714-528-1443.

May 7. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

May 7. USATF Arizona Throws Championships (Hammer, Weight, Superweight, Weight Pentathlon). Mesa CC. Pat Fahy, 480-946-

7135; pafahy@cox.net May 14. Visalia Classic. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030

May 21. Pasadena Senior Olympics. Pasadena CC, CA. Qualifier for the 2006 California Senior Games Championships. Meet Director: Christel Donley. 626-685-6754; cpr@pasad enaseniorcenter.org

May 28. San Clemente Masters Meet, San Clemente HS, San Clemente, CA. New track/ first-class results board. Dan Johnson, Track Coach, 949-492-4165, x2940; drjohnson@cap

June 18. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

June 19. USATF New Mexico Open/Masters Pentathlon. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com; www.usatf.org/assoc

ON TAP FOR APRIL

TRACK AND FIELD

Meets in the West include the Phoenix Invitational on the 1st; Team Thor Meet, La Jolla, CA, and the Waterloo Lions Meet in Texas on the 2nd; New Mexico Weight Pentathlon, Albuquerque, and John Ward Meet, Santa Ana, CA, on the 10th; and another Arizona meet on the 23rd. Florida action opens on the 9th and continues on the 18th and 23rd. The USATF Southeast Regional Masters/Georgia Association Championships are set for the 15th-16th in Savannah. The Northwest offers throwers the Spring Fling, Seattle, on the 16th.

LONG DISTANCE RUNNING

For openers, runners can head for the Cooper River Bridge Run, Charleson, SC, and Nationwide Insurance 10K, Plainview, NY, on the 2nd, or the Credit Union Cherry Blossom 10 Mile in DC, or the Carlsbad, CA, 5000, on the 3rd. The next weekend offers, on the 9th, the Papa John's 10 Miler, Louisville, KY; Ukrop's Monu-ment Ave. 10K, Richmond, VA; and Santa Anita Derby 5K; and the Pear Blossom Races, Medford, OR; and on the 10th, the More Marathon, NYC; St. Louis Marathon; and Mercury News 10K. San Jose, CA. The 109th Boston Marathon, on the 18th, Patriot's Day, reigns over the next weekend. The 23rd lists the Bill Robinson 10K Masters Championships, Albany, NY, and the 24th has the Oklahoma City Memorial Marathon. Races on the 30th range from the 1040K 5K, Baltimore, MD, to the Kentucky Derby Festival Marathon, Louisville, and the Get in Gear 10K, Minneapolis.

RACEWALKING

The USATF-FL 10K Championships hit Orlando on the 10th. The Northwest Regional Masters 10,000m Championships stride off on the 16th at West Seattle Stadium.

July 10. USATF New Mexico Open/Masters Meet. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com; www.usatf.org/assoc

July 16. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

NORTHWEST

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

April 16. Spring Fling Throws Meet, W. Seattle Stadium. 9:30 am. Ken Weinbel, 206-938-3895; for entry forms: weinbel@com cast net

Seattle Parks Meet, W. Seattle June 4. Stadium. Ken Weinbel, 206-938-3895; for

entry forms: weinbel@comcast.net
June 11. USATF Inland NW Championships, Pullman, WA. Mike Hinz, 509-332-1168.

classic.org
June 25-26. Portland Masters Classic/USATF Northwest Regional Masters Championships, Mt. Hood CC, Gresham, OR. Don Kane, 14239 NW Mason Hill Rd., North Plains, OR 97133. July 16. Seattle Masters Classic, W. Seattle Stadium. 9:30 am. July 15, HT at 5:50 pm. Ken Weinbel, 206-938-3895; for entry forms: weinbel@comcast.net

July 23. Inland Northwest Masters Classic Mooberry Track (WSU), Pullman, WA. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet .com; www.eteamz.com/cometstcm/news

October 3-15. Huntsman World Senior Games, St. George, Utah. M&W 50+. 800-562-1268; www.seniorgames.net

CANADA

June 25. 34th Annual Ontario Masters Championships, York U. Toronto. www3.sym patico.ca/ontario.masters; douglasj.smith@ sympatico.ca

July 9-10. Canadian Masters Championships, York U. Toronto, Ontario. Foreign athletes welcome. Doug Smith, 58 Newmarket Ave., Toronto, ON. M4C 1V9. canadianmastersathletics.com; douglasj.smith@sympatico.ca

INTERNATIONAL

April 29-30. Malaysian Veterans Championships, Malacca. hassanjefry@time.net.my. July 22-31. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005 worldmasters.com

August 10-12. Masters Athletics GP Meet/ IAAF Championships, Lahti, Finland. Hurdles /1500/JT/100/SP/HJ/400/LJ/ WT/XC. Registration deadline: July 1, 2005. Lahden Ahkera Office, Urheilukeskus 15110 Lahit, Finland. www.lahdenahkera.fi

August 22-September 3. 16th World Masters Athletics Championships, San Sebastian, Spain, www.wma-2005.com

March 15-20, 2006. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.

LONG DISTANCE RUNNING

NATIONAL

June 4. USA National Masters Women's Championships/Freihofer's 5K, Albany, NY. George Regan, 518-273-5552; www.freihofer

June 5. USA National Masters Championships/TEVA Vail 6.3 Spring Runoff, Vail, CO. www.usatf.org
June 18-19. USA National Masters 100 Mile

Trail Championships, Loudonville, OH. www.

usatf.org
July 30. USA National Masters 50 Mile Championships, Crystal Mountain, WA.

www.usatf.org
August 7. USA National Masters 8K Championships, Honolulu, HI. Held in conjunction with the Masters T&F Championships (see T&F above).

September 25. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org October 2. USA National Masters Champion-ships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org October 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George

Championships, saratoga springs, N. George Regan, george@usatfadir.org November 19. USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; www.gvh.net/feast-in-the-east

EAST

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

April 2. 28th Nationwide Insurance 10K for ASPIRE, Plainview, NY. 516-349-7646;

www.glirc.org April 3. HMRRC Delmar Dash 5 Mile, Delmar, NY. www.hmrrc.com

April 3. Credit Union Cherry Blossom 10 Mile, Washington, DC. 8000 limit/usually filled by early Jan. CB 10 Mile, PO Box 5366, Rockville, MD 20848. cherryblossom.org April 9. Springburst 8K, Greenbelt, MD. 301-

982-2457; www.pgrc.org April 10. 28th Emmaus 4 Mile, Emmaus, PA. 610-264-9255; www.lvrr.org

April 10. More Marathon, New York City.

212-860-4455; www.nyrr.org
April 13 (Wed). Main St. Mile, Westminster,
MD. 7:00 pm. 410-848-8332; www.carr.org

April 15. Firebirds Mile, Gaithersburg, VA

7:00 pm. Marty Horan, 301-208-0829. April 16. Jersey Shore 26 Mile Relay, Asbury Park, NJ. 732-542-6090; www.ksrc.org/

April 17. NYRR Niketown Run for the Parks 4 Mile, NYC. 212-860-4455; www.nyrrc.org April 17. New Jersey Marathon & 10 Mile, Long Branch. 732-578-1771; www.njmara thon.org

April 18. 109th BAA Boston Marathon.

www.baa.org
April 23. Bill Robinson 10K Masters Championships, Guilderland HS, Albany, NY.

Jim Tierney, runnerjmt@aol.com April 24. 22nd James Joyce Ramble 10K, Dedham, MA. 781-686-1500; www.ramble.org April 30. 1040K 5K, Baltimore, MD. www.charmcityrun.com

April 30. St. Peter's Keys 5K & 10K, Saratoga Springs, NY. 518-581-1278; www.saratoga stryders.org

May 1. Kingston 10K Classic, Kingston, NY.

518-678-3293; PineOrchardAC@aol.com May 1. Long Island Marathon & Half-Marathon, East Meadow, NY. LI Marathon. Eisenhower Park, East Meadow, NY 11554. www.thelimarathon.com

May 1. Broad Street 10 Miler, Philadelphia. 215-683-3594; www.broadstreetrun.com

May 14. Kennett Run 5K & 10K, Kennett Square, PA. 610-388-1556; www.kennettrun. kennett.net

May 21. USATF-NE 12K Championships, Bedford, NH. 617-283-6349.

May 29. Vermont City Marathon & Relay, Burlington, VT. 800-880-8149; www.vcm.org May 29. Nissan Buffalo Marathon. 716-694-5154; www.buffalomarathon.com
May 30. The Fred d'Elia Ridgewood Run/

USATF-NJ Women's Masters 5K Championship, Ridgewood, NJ. 5-yr. AG awards. 201-447-9750; www.NJMasters.com

SOUTHEAST

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

April 2. Cooper River Bridge Run, Charleston, SC. 843-937-4183; www.bridgerun.com

April 2. BayBears Homerun Trot 5K, Hank Aaron Stadium, Mobile, AL. 251-473-7223; www.pcpacers.org

April 9. Ukrop's Monument Avenue 10K, Richmond, VA. www.sportsbackers.org April 10. Queen City 5K, Clarksville, TN. 931-

645-7476; cityofclarksville.com/parksand rec April 16. Chase the Badger 5K, Springhill College, Mobile, AL. 251-473-7223; www.

pcpacers.org April 16. 31st Palace Saloon 5K, Tallahassee, FL. 850-894-5659; www.gulfwinds.org April 16. Grace Race 5K, Ocala, FL. 352-

637-2475; www.roadwarriorseries.com April 16. Charlotte RaceFest Half-Marathon & 10K, Charlotte, NC. 704-377-8786; www. charlotteracefest.com

April 23. Old Mobile 8K, Mobile, AL. 251-473-7223; www.pcpacers.org

April 30. Country Music Marathon & Half-Marathon, Nashville, TN. 615-742-1660; www.cmmarathon.com

May 7. Bulldog 2 Miler, UMS Wright School, Mobile, AL. 251-473-7223; www.pcpacers.org May 14. Do It in the Bush 5K, Cottage Hill Park, Mobile, AL. 251-473-7223; www.pcpa

May 15. Biltmore Estate 5K & 15K, Asheville, 828-645-0169; www.main.nc.us/kiwanis ca/race05.htm

May 21. Freedom Run 6K, Chickasaw, AL. 251-473-7223; www.pcpacers.org
May 30. Mercedes-Benz Cotton Row 10K &

5K, Huntsville, AL. 256-536-1603; www.hunts villetrackclub.org

MIDWEST

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

www.papajohns10miler.com; louisvilletriple

crown.com April 9. Papa John's 10-Miler/USA Champ-

ionship, Louisville, KY. www.papajohns.com /louisville April 10. Glass City Marathon & 5K, Toledo, OH. 419-360-3709; www.toledoroadrunners.

April 16. Tax Trot 5K, 10K & 15K, Flushing, MI. 810-659-6493; www.riverbendstriders.com April 17. Bricks to Bricks 10 Mile, Indianapolis. www.kenlongassoc.com April 27 (Wed). Fit 5K, Novi, MI. 7:00 pm.

734-769-5675; www.runningfit.com

April 30. Kentucky Derby Festival Marathon/ miniMarathon, Louisville. derbyfestivalmara thon.com

May 1. Cincinnati Flying Pig Marathon. 513-721-7447; flyingpigmarathon.com

May 7. Indianapolis Life 500 Festival Mini-Marathon. 800-638-4296; www.500festival.com May 22. Cleveland Marathon, Half-Marathon & 5K. Cleveland, OH. 800-467-3826: www.clevelandmarathon.com

May 22. Green Bay Marathon, Green Bay, WI. 1-800-889-1859; www.cellcomgreenbaymar athon.com

MID-AMERICA

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

April 3. 25th St. Louis Half-Marathon & 3000m, St. Louis, MO. 314-781-3926; www. stlouistrackclub.com

April 10. Spirit of St. Louis Marathon, St. Louis, MO. 314-727-0800; www.stlouis mara

April 17. Raintree Run Half-Marathon, Lawrence, KS. 785-842-4351; www.raintree

montessori.org
April 23. Trail Mix 25K & 50K, Bloomington,
MN. 763-588-1132; www.trailmixracemn.org April 30. Get in Gear 10K & 5K, Minneapolis. 612-722-9004; www.gettinggear10k.com June 4. Dam to Dam 20K & 5K, Des Moines,

IA. 515-247-5864; www.damtodam.com June 16-18. Grandma's Marathon Weekend,

Duluth, MN. Marathon, Half-Marathon & 5K. 218-727-0947; www.grandmasmarathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 9. Tyler Azalea 10K, Tyler, TX. 972-235-2513; www.tylerazalea10k.com April 9-10. Redbud Classic Half -Marathon, 10K & 5K, Oklahoma City. 405-842-8295;

www.redbud.org
April 24. Oklahoma City Memorial Marathon, Relay & 5K, Oklahoma City. www.okcmara

May 14. OG & E Sooner State Games Half-Marathon, 10K & 5K, Lake Overholser, OK. 405-236-5000; www.soonerstategames.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

April 2. 23rd Women's Run 5K, Newhall, CA. 661-252-6850; www.scrunners.org April 2. Ulis C. Williams 5K & 10K, Compton, CA. 714-841-5417; www.nealand.com/ finishline

Carlsbad 5000, Carlsbad, CA. April 3. www.eliteracing.com

April 9. Santa Anita Derby Day 5K, Arcadia,

CA. www.w2promo.com April 10. Mercury News 5K & 10K, San Jose, CA. 415-284-9653; www.mercuryrunwalk.com April 17. Jimmy Stewart Relay Marathon, Los Angeles. 310-829-8968; www.stjohns.org April 17. Embarcadaro 10K, San Francisco.

415-978-0837; www.dserunners.com

April 24. Big Sur International Marathon, Relay & 5K, Carmel, CA. 831-625-6226; www.bsim.org

May 1. Run for the Zoo 5K & 10K/New Mexico Association Championships, Albuquerque. 505-764-6227; www.run4zoo.org May 1. Avenue of the Giants Marathon, Half-

Marathon & 10K, Humboldt Redwoods St.

Park, CA. www.theave.org
May 22. Pasadena Senior Olympics. Bowl, Pasadena, CA. 5000m & 10,000m. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1829, jim@hanley.cc

June 5. Rock 'N' Roll Marathon, San Diego, CA. www.rnrmarathon.com

NORTHWEST

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

April 2. April Fools 15K, Eugene, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org April 3. Bridge2Bridge 5K & 10K, Portland, OR. www.t-events.com

April 9. 29th Pear Blossom 5K & 10 Mile, Medford, OR. 541-535-1205; www.pearblos somrun.com

April 10. Whidbey Island, WA, Marathon. www.whidbeyislandmarathon.com
April 16. USATF Inland NW 8K Champion-

ships, Connell, WA. Ken Sellereite, 509-234-8606

April 23. Cherry Festival 10K, The Dalles. OR. Bob Thouvenel, 541-298-1119.

April 24. Cascade Lakes 5K, Bend, OR. Harry Simonis, 541-504-1077; www.usatf-ore

April 24. Salt Lake City Marathon & 5K. 801-

412-6060; saltlakecitymarathon.com May 1. Bloomsday 12K/USATF Inland NW Championships, Spokane, WA. 509-838-1579; www.bloomsdayrun.org

May 1. Cinco de Mayo 5K & 10K, Portland, OR. www.t-events.com

May 15. Capital City Marathon, Half-Marathon, & 5 Mile, Olympia, WA. 360-786-1786; www.capitalcitymarathon.org May 22. Rhody Run 12K, Port Townsend,

WA. 877-463-9786; www.rhodyrun.com June 3. Street Mile, Eugene, OR. Harry. Simonis, 541-504-1077; www.usatf-oregon.org

CANADA

April 17. Vancouver Sun Run 10K, Vancouver, BC. 604-689-9441; www.sunrun.com May 8. OMTFA Championships/Forest City 10K, London, Ont. www3.sympatico.ca/on tario.masters; douglasj.smith@sympatico.ca May 28-29. ING Ottawa Marathon, Half-Marathon & 10K, Ottawa, Canada.

INTERNATIONAL

April 17. Flora London Marathon. www.lon

RACEWALKING

April 10. Bill Mathews Memorial/Florida Association 10K RW Championships, Orlando. Robert Carver, 407-898-8633.

April 16. Northwest Regional Masters 10,000m RW Championships, West Seattle Stadium. Bev LaVeck, 511 Lost River Rd., Mazama, WA 98833. 509-996-2423; bevlaveck@methow.com

May 15. USA National Masters 15K RW Championships, Riveside, CA. www. usatf.org May 21. Pasadena Senior Olympics, Pasadena CC, CA. 1500m & 5000m RWs. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1825, jim@hanley.cc

May 22. Pasadena Senior Olympics, Rose Bowl, Pasadena, CA. 5000m & 10,000m RWs. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1829, jim@hanley.cc June 13. MAC Association 10K RW

Championships, Central Park, NYC. Stella Cashman, 212-628-1317; Francicash@aol.com August 5 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above. September 11. USA National Open & Masters

40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usatf.org October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org

November 13. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; email: noonwalk_99@yahoo.com

December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

Steve Finley Jeffery Frerks

April 2005

John Casale PV Rory McDermed 20

U.S. MA 30-34 Event 100 11.0 200 22.4 400 800 51.5 2:02 1500 4:40 9:25 3000 5000 10000 15:45 32:30 60H 90 110H 15.4 100H BOH 58.0 10:10 1.90

400H 300H 2K-SC 6-24. PV 4.40 W 6.50 21-4 13.20 12 43-3% 14.50 14.0 47-7 44.80 42.8 147-0 140 155-0 145 62.00 56.0 203-5 183 35#WL 15.00 14.0 49-21/1 45-11 Weight 15.00 14.0 49-21/2 45-11 9.50 9.0 (56#) Pent. 31-2 29-6 2800 260 5500 Wt. Pent. 2800 270

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Notes:

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7:13 M50 7:33 8:05 M55 M60 8:13 8:51 M65 9:19 M70 9.08 9:50 M75 9:43 10:28 M80 10:26 11:14

M85 11:21 12:13 M90 12:41 13:39 Age-graded time/.8 fo

RECIPIENTS OF ALL-AMERICAN AWARDS

		All and the second					
M40-44				Brian Valley	J	49.28	6/19-20/04
Steve Finley	Mile	4:48.05	2/19-20/05				
Jeffery Frerks	55m	7.09	2/7/04	M50-54			
				Maure Weigel	TJ	10.44	10/1-3/04
M45-49							
John Casale	PV	3.96	2/20/05	M55-59			
Rory McDermed	200	24.53	6/12/04	Sherman Stanfo	rd 10K	37:47	2/5/05
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	Charles Brocato	60m	8.20	3/13/04	W35-39			
	Robert Norton	Pent	2657	2/5/05	Barb Lauff	5K 5000	19:46.64 20:02	2/19/05 1/8/05
	M65-69				W65-69			
	John Sloan	PV	8-6	1/30/05	Geri Barry	10K	57:24	12/11/04
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60		7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0		12.8	14.8
100		11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0		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	
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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	
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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		Thursday.	
60H		9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0			
110H		15.4	16.5	17.8	18.8	PERSONAL PROPERTY.			- Police					
100H		10.4	10.5		10.0	18.0	19.0	20.0	21.0					
80H						10.0	13.0	20.0	21.0	18.0	21.0	25.0	30.0	
400H		58.0	60.0	62.0	64.0	68.0	71.0			10.0	21.0	23.0	30.0	
7.2.2.1		38.0	60.0	62.0	04.0						70.0		05.0	
300H						48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
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2K-SC				1.00	1000			9:30	10:30	12:00	14:00		19:30	
н		1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15		0.80	
		6-2%	6-1/4	5-91/4	5-6	5-3	4-11	4-9	4-61/4	4-11/4	3-91/		2-71/2	
PV		4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00		1.30	
		14-51/4	13-51/4	12-111/2	12-11/2	11-7%	10-0	8-101/4	7-10%	7-61/2	6-6%	5-10%	4-31/4	
W		6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
		21-4	20-1/4	19-21/4	18-41/2	17-81/2	16-1/4	14-9	13-91/4	12-51/2	10-11%	9-41/	7-21/2	
TJ		13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
1915	07	43-3%	41-41/4	37-8%	35-51/4	34-11/2	31-2	29-21/2	26-11	22-10	21-4	19-6	18-1	
Shot	100	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%	39-41/2	42-0	37-81/4	36-11/4	29-61/	26-3	19-81/4	
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	72-21/4	50-0	
Hammer		47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00		17.07	
		155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9		56-0	
Javelin		62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00		14.02	
Daveilli		203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	1000	46-0	-
35#WL		15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00		Total St	
334111		49-21/2	45-11%	42-8	39-41/1	32-9%	29-61/2		APPL	19-81/4	16-4%			
Weight		15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75		8.75	6.00
weight		49-21/2	45-11%	43-5%	41-0%	46-9	43-51/4	45-11%	43-51/4	44-31/2	38-6%		28-81/2	19-81/4
Sup.Wt.		9.50	9.00	8.50		125-7	5.50	5.00	4.50	3.50	3.00		2.00	13-014
The state of the s				THE RESERVE	8.00	6.00								
(56#)		31-2		27-10%	26-3	19-81/4	18-1/2	16-41/4	14-9	11-51/4	9-10		6-61/4	
Pent		2800	2600	2600	2600	2600	2600	2600	2600	2600	2400		2000	
Decath.		5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	No.	2500	
Wt. Pent.		2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	
Notes:	1)	100 s	tandard	are for	automa	tic time; u	se stand	dard con	version i	for hand	time.			
	2)	Short	hurdles	30	1-49: 3	9";	50-	-59: 36'	; 60-	69: 33	": 7	0-79 30"	80+:	27"
	3)	Long	hurdles:	30	-49: 30	5";	50-	-59: 33'	; 60-	69: 30	"; 7	0+: 27"		
	4)	Shot				26k (16#);	50-	-59: 6k;		69: 5k	7	'0+: 27"		
	5)		s throw:			kg;		-59: 1.5			kg;			
	6)	Hamn				26k (16#);		-59: 6k;		69: 5k		0+: 4k		
	7)	Javel				00g;		-59: 700				0-79: 500		
	8)	Weigh			149: 3			-59: 254		69: 20		0-79: 16#	80+:	12#
	9)		weight:		-69: 50			79: 35		+: 25				
		Pen/F	ec/WLP	en: 30	-39 IA	AF pts.; 4	0+ WM/	. tactorin	0					

	U.S.	MA	151	EKS	AL		MER		AN:	SIA	NDA	KD	
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0	30.8	71200
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		44.00	46.00	50.00	32.00	36.00	80.00	00.00	76.00	83.00		
80H	17.2	18.2	15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	70.0			10.5	17.0	10.7	20.2	41	23.0	20.0		
	75.0	79.0	84.0	88.0		-	70.0			110.0	120.0		
300H			0.00	0.00	66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
н	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	3-21/4	3-0%	2-11	2-9		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
N 7 . 0	8-101/4	7-10/h	6-10%	5-10%	4-11	3-111/4	3-7/4	3-31/4	2-111/2	2-7/h	2-31/2		
W	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%	10-6	10-2	8-61/4	7-6%	6-10%	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		EXH
A SHEET WAY	31-2	29-10	27-8	24-7	23-0	21-0	20-41/4	19-81/4	18-1/2	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
Walnut.	33-91/2	30-7	27-11	27-61/4	26-3	25-6	24-7/4	21-8	19-8/4	17-1/4	14-1%		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
		109-11	91-10	82-0	75-5'h	72-8	65-7h	55-91/4	52-6	49-21/1	39-41/2		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
mot o	105-0	98-5	82-0	78-9	72-21/4	68-10%	59-1/4	52-6	45-11%	42-8	36-11/4	-	
lammer	· · · · · · · · · · · · · · · · · · ·	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	75-51/2	72-21/4		59-1/4	45-11%	39-41/4	29-6%		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9%	32-9%	29-61/4	26-3	29-61/2	26-3	31-2	28-8%	25-51/4	21-4	18-01/2	15-7	11-5%
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50			
174-15	21-4	19-81/4	18-1/2	16-4%	17-2%	16-4%	15-7	14-9	13-11/2	11-5%	100000		
Vt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300	A POST	41-
Votes:							time; u			conve		or nanc	time
			nurdle			3";	40-59 60+:	27		60+:	21		
		ong r Shot p	urdles			k;	50+:	3k					
		snot p Javelir				00g:	50-59	_	0g:	60+:	400a		
		damm				k;	50+:	. 3k		007.	Jug		
		Veight			49: 20		50-59		#:	60+:	12#		
			veight		49: 3		50-79			80+:			
							e the st					ted to	100

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30		7:47	14:50	25:38	42:04	52:43				2:59:15		5:37:30
	7:13							A STATE OF THE PARTY OF THE PAR				5:42:23
W35	7:22	8:03	15:18	26:27	43:11	53:56	A STATE OF THE STA	1:53:32			4:12:21	
W40	7:37	8:21	15:53		44:47	55:56		1:58:06			4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10		2:03:00		3:17:00		6:11:25
W50	8:25	9:05	17:15		48:36	1:00:41		2:08:30		3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14		1:03:33		TT0.5.570.00		3:36:33		
W60		10:01	19:01	32:51		1:06:50		2:21:54			5:17:54	
W65		10:35	20:06	34:43		1:10:37		2:30:12			5:37:25	
W70		11:15				1:15:01						
	11:10		22:51	39:28		1:20:14				4:37:46		8:49:2
	12:03		24:41			1:26:38				5:01:39		
	- T. T. T. T.	14:15				1:35:01			4:26:20	5:33:10	7:46:16	10:39:1
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18		3:51:12				
							MEN		1000			
M30	6:31	7:01		23:05	37:57		1:13:10					
M35	6:43	7:14	13:47		38:55	48:53				2:34:14		
M40	6:58	7:29	14:16	24:24	40:15	50:32				2:39:47		
M45	7:13	7:46	14:47		41:44	52:25		1:47:10			3:46:36	
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14					
M55	7:50	8:26	16:04	27:43	45:19	56:55		1:56:38				5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23			4:20:30	
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01			3:21:11		
M70	9:08	9:50	18:44	32:18		1:06:21	1:41:37		2:53:56		4:52:23	
M75	9:43	10:28	19:55	34:20	56:04	1:10:35						
M80	10:26	11:14	21:22	36:50	60:06	1:15:44				4:05:57		
M85	11:21	12:13	23:14	40:04			2:06:43					8:07:5
Man	12-41	13:39	25:58	44.45	72.52	1-32-08	2-21-52	3-11-28	4-06:38	5:03:17	6:57:43	9:11:3

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME	AGE-G	ROUP	
ADDRESS		_SEX: M	_F
CITY		STATEZII	P
MEET	DA	TE OF MEET_	
MEET SITE	ENGLY TO THE		Contractory.
EVENT	MARK		
HURDLE HEIGHT	WEIGHT OF	IMPLEMENT_	
1 CERTIFICATE	1 PATCH	1 PAT	CH TAG
1. If you have equaled or	bettered the standard of exc	ellence please i	fill out this an

- cation, completely.
- 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
- Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
 Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
 A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

PV 1000

Day1 60H

TRACK & FIELD RESULTS
Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mai
natmanews@aol.com. To keep information current, we generally do not publish result
more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our for-
mat receive preference. Deadline is the 10th of the month prior to issue date.

The state of			NATIO	ONAL				
Masters Invitat	ional Pr	rooram	Rick Lapp 55	NY	58.73	Kathy Martin 53	NRC	5:18.78
USA Indoor CI			Roger Pierce 60	MA	59.22	Sheri Wright 40	RRB	5:19.45
Boston, MA			Charles and the same of the sa			Lorraine Jasper43	SCR	5:19.77
Doston, MA	, reb. 2	0-21	Women's Mile			Terri Cassel 43	FFT	5:20.83
Maria 400-			Karen Steen 40	CNW	5:08.12	C StoneBorkowski43	una	5:21.81
Men's 400m	DA	54.47	Mary Thane 41	MWTC	5:08.41	Carla Hervert 46	OTCM	5:22.45
Charles Allie 57	PA	54.47	Sarah Kramer 43	una	5:09.03	Marge Belisle 49	una	5:24.87

	MD	55.77	Sarah Kramer	43 una	5:09.0)3 Ma	rge Belisle	49 una	5:24.87
Nation	al Maste	rs Indoor	Heptathlon	, Carthage	College	, Kenos	ha, WI; Ma	arch 3-6	
The same of the same	Points	60	LJ	SP	HJ	Day1	60H	PV	1000
M35 1 Wilcox, Rod		7.76	5.76m	8.74m	1.74m		9.73	NH	3:30.13
Seattle, WA Age-Graded Mark:		7.68	18-10.75 6.05m	28-08.25 8.74m	5-08.5 1.83m		9.88		3:28.56
Age-Graded Percent: M39 Team Points: 10		83.25% (656)	67.61% (597)	37.8% (410)	75% (653)	2316	73.9% (564)	(0)	63.28% (412)
M40	DESE		5.29m	9.93m	1.71m	Case	9.92	2.30m	3:23.78
1 Twedt, Mark Rockwell, IA		8.20	17-04.25	32-07	5-07.25			7-06.5	
Age-Graded Mark: Age-Graded Percent:		7.81 81.83%	5.87m 65.71%	10.19m 44.11%	1.89m 77.03%		9.49 76.92%	2.54m 41.37%	3:12.58 68.52%
M43 Team Points: 10 2 Ancelin, Andre	3816	(616) 8.37	(559) 4.87m	(497) 9.44m	(705) 1.53m	2377	(642) 11.60	(251) 2.70m	(546) 3:40.67
Jacksonville, FL			15-11.75	30-11.75	5-00.25			8-10.25	
Age-Graded Mark: Age-Graded Percent:		7.97 80.17%	5.41m 60.5%	9.69m 41.94%	1.69m 68.92%		11.10 65.78%	2.98m 48.56%	3:28.54 63.28%
M42 Team Points: 8 M45	3150	(568)	(463)	(467)	(536)	2034	(352)	(352)	(412)
1 Russ, Jim Charlotte, NC		8.02	5.33m 17-06	10.56m 34-07.75	1.56m 5-01.25		9.78	3.00m 9-10	3:26.88
Age-Graded Mark:		7.36	6.28m	11.75m	1.81m		8.83	3.53m	3:06.59
Age-Graded Percent: M48 Team Points: 10	4509	86.91% (759)	70.22% (648)	50.84% (591)	73.93% (636)	2634	82.72% (784)	57.58% (490)	70.72% (601)
2 Watry, Jeffrey Penfield, IL		8.60	4.66m 15-03.5	10.37m 34-00.25	1.59m 5-02.5		10.75	3.20m 10-06	3:28.05
Age-Graded Mark:		7.89	5.49m	11.54m	1.84m		9.70	3.77m	3:07.65
Age-Graded Percent: M49 Team Points: 8	4055	81.05% (592)	61.4% (479)	49.93% (579)	75.36% (661)	2311	75.26% (599)	61.42% (554)	70.32% (591)
M50 1 Murray, Bill		8.32	5.57m	12.11m	1.65m		9.65	3.80m	3:21.61
Birmingham, AL			18-03.25	39-08.75	5-05	PER	THE LABOR	12-05.5	
Age-Graded Mark: Age-Graded Percent:		7.36 86.78%	6.98m 78.12%	13.88m 60.07%	2.02m 82.5%		8.77 83.21%	4.80m 78.19%	2:53.89 75.89%
M51 Team Points: 10 2 Russell, Alan	5482	(759) 8.36	(809) 4.34m	(721) 10.82m	(822) 1.56m	3111	(797) 11.11	(849) 2.70m	(725) 3:33.98
Ames, IA			14-03	35-06	5-01.25			8-10.25	
Age-Graded Mark: Age-Graded Percent:		7.40 86.36%	5.44m 60.87%	12.40m 53.67%	1.91m 78%		10.10 72.28%	3.41m 55.56%	3:04.56 71.5%
M54 Team Points: 8 3 Meares, Kelly	4169	(745) 8.66	(469) 4.56m	(631) 8.85m	(723) 1.53m	2568	(522) 10.98	(459) 3.20m	(620)
Carl Junction, MO Age-Graded Mark:		7.67	14-11.5 5.72m	29-00.5 10.14m	5-00.25 1.87m		9.98	10-06 4.04m	3:26.55
Age-Graded Percent:	2000	83.37%	63.96%	43.9%	76.5%	0007	73.13%	65.84%	63.89%
M51 Team Points: 6 M55	3968	(659)	(527)	(494)	(687)	2367	(545)	(628)	(428)
1 Hawkins, John West Vancouver, BC		8.35	5.29m 17-04.25	12.20m 40-00.5	1.71m 5-07.25		11.19	3.50m 11-05.75	3:45.28
Age-Graded Mark: Age-Graded Percent:		7.14 89.58%	7.09m 79.31%	15.53m 67.22%	2.21m 90.48%		9.47 77.12%	4.76m 77.61%	3:06.18 70.88%
M55 Team Points: 10	5580	(833)	(835)	(822)	(1002)	3492	(646)	(837)	(605)
2 Lewis, Ty South Hampton, UK		8.05	5.36m 17-07	8.77m 28-09.25	1.50m 4-11		9.70	3.20m 10-06	3:20.14
Age-Graded Mark: Age-Graded Percent:		6.88 92.92%	7.19m 80.36%	11.16m 48.32%	1.94m 79.37%		8.21 88.97%	4.36m 70.95%	2:45.40 79.78%
M55 Team Points: 8	5552	(925)	(859)	(556)	(749)	3089	(930)	(719)	(814)
3 Baker, Robert Metaine, LA		8.41	4.57m 15-00	10.09m 33-01.25	1.44m 4-08.75		10.38	3.00m 9-10	3:52.52
Age-Graded Mark: Age-Graded Percent:		7.19 88.94%	6.13m 68.52%	12.85m 55.59%	1.86m 76.19%		8.78 83.14%	4.08m 66.52%	3:12.16 68.67%
M59 Team Points: 6 4 Reiter, Gordon	4753	(816) 9.03	(615) 4.46m	(658) 7.37m	(679) 1.41m	2768	(795) 16.54	(640) 2.30m	(550)
Unattached			14-07.75	24-02.25	4-07.5			7-06.5	
Age-Graded Mark: Age-Graded Percent:		7.72 82.84%	5.98m 66.87%	9.38m 40.61%	1.82m 74.6% 5	2.	13.99 3.	13m 51%	2:48.78 78.19%
M58 Team Points: 5 5 Moser, Mike	3529	9.62	(582) 3.94m	(448) 9.39m	(644) 1.39m	2317	(45) 14.53	(389) 2.20m	(778) 3:37.59
Egan, MN			12-11.25	30-09.75	4-06.75			7-02.5	2:59.82
Age-Graded Mark: Age-Graded Percent:		8.22 77.75%	5.28m 59.07%	11.95m 51.74%	1.79m 73.54%		12.29 59.39%	2.99m 48.78%	73.39%
M55 Team Points: 4 6 Schuster, Neal	3369	(498) 9.49	(437) 3.92m	(603) 7.60m	(619) 1.23m	2157	(192) 12.14	(354) 2.40m	(666) 4:21.59
Shorewood, WI Age-Graded Mark:		8.11	12-10.5 5.25m	24-11.25 9.67m	4-00.5 1.59m		10.27	7-10.5 3.27m	3:36.18
Age-Graded Percent:	2150	78.82%	58.77%	41.87%	65.08%	1000	71.09%	53.22%	61.04%
M57 Team Points: 3 M60	3150	(528)	(431)	(466)	(457)	1882	(491)	(423)	(354)
1 Johnston, Joe Apopka, FL		8.66	4.85m 15-11	9.94m 32-07.5	1.56m 5-01.25		9.95	3.60m 11-09.75	4:10.65
Age-Graded Mark: Age-Graded Percent:		7.16 89.26%	6.99m 78.1%	12.62m 54.62%	2.14m 87.64%		8.55 85.43%	5.32m 86.75%	3:18.82 66.37%
M61 Team Points: 10		(826)	(811)	(644)	(934)	3215	(848)	(1010)	(492)
2 Colliver, Ron Hominy, OK		8.67	4.48m 14-08.5	11.35m 37-03	1.44m 4-08.75		11.06	3.10m 10-02	3:59.75
Age-Graded Mark: Age-Graded Percent:		7.17 89.16%	6.45m 72.14%	14.41m 62.36%	1.97m 80.9%		9.50 76.85%	4.58m 74.7%	3:10.17 69.39%
M62 Team Points: 8	5029	(823)	(686)	(753)	(776)	3038	(639)	(784)	(568)
3 Starnes, Ray Plainfield, IN		8.27	4.96m 16-03.25	9.06m 29-08.75		2.5	11.16	2.20m	3:53.50
Age-Graded Mark: Age-Graded Percent:		6.84 93.47%	7.14m 79.87%	11.50m 49.78%	1.85m 75.84%		9.58 76.16%	3.25m 53.01%	3:05.22 71.25%
M60 Team Points: 6 M65	4688	(940)	(847)	(576)	(670)	3033	(623)	(418)	(614)
1 Pawlik, Emil		8.88	4.69m	10.32m	1.44m		9.92	NH	3:59.39
Unattached Age-Graded Mark		7.11	15-04.75 7.30m	33-10.25 15.19m	2.10m		7.75		3.02.56
Age-Graded Percent: M65 Team Points: 10		89.98% (844)	81.57% (886)	65.69% (801)	85.71% (896)	3427	94.25% (1046)	(0)	72.28% (639)
2 Fulton, Bob Fort Collins, CO	and the	9.39	4.28m 14-00.5	9.02m 29-07.25	1.35m	77.00	12.60	2.90m 9-06.25	3.48.74
Age-Graded Mark:		7.52	6.66m	13.27m	1.97m		9.84	4.68m	2 54 44
Age-Graded Percent: M65 Team Points: 8	5005	85.09% (706)	74.43% (734)	57.42% (684)	80.36% (776)	2900	74.21% (572)	76.32% (813)	75.65% (720)
The Party of the P		THE PERSON	-4						The second second

	CONTRACTOR OF THE PERSON NAMED IN COLUMN TO SECOND STREET, SALES AND ADDRESS OF THE PERSON NAMED IN COLUMN TO SECOND STREET, SALES AND SECOND STRE	The second second									
E	M70			4.01m	9.94m	1.15m 1	1 1 1 1 1	1.29	2.50m	4:28.21	
٦	1 Jankovich, Bill		9.17	13-02	32-07.5	3-09.25		,	8-02.5		
ı	Racine, WI		7.11	6.78m 1	2.93m	1.79m		8.86	4.44m	3:14.94	
1	Age-Graded Mark:		89.86%	75.8%	55.97%	73.25%		82.37%	72.46%	67.69%	
4	Age-Graded Percent:	4000	(844)	(762)	(663)	(619)	2888	(777)	(743)	(525)	
é	M71 Team Points: 10	4933	10.52	3.68m	8.80m	1.21m	2000	12.71	1.40m	6:41.31	
Ē.	2 Trinkner, Clarence		10.52	12-01	28-10.5	3-11.5			4-07		
ę,	Janesville, WI		8.16	6.22m	11.45m	1.88m		9.98	2.49m	4:51.68	
-	Age-Graded Mark:		78.33%	69.57%	49.55%	77.07%		73.17%	40.58%	45.24%	
£	Age-Graded Percent: M73 Team Points: 8	2214	(514)	(635)	(573)	(696)	2418	(545)	(240)	(11)	
	M80	3214	(514)	(055)	(5/5)	1000)					
,	1 Hirsimaki, Fred		10.97	3.32m	8.19m	1.18m		13.26	1.70m	6:59.19	
	Findlay, OH		10.07	10-10.75	26-10.5	3-10.5			5-07		
	Age-Graded Mark:		7.79	6.80m	14.59m	2.13m		8.57 3.	79m	4:20.66	
1	Age-Graded Percent:		82.04%	76.15%	63.1%	87.41%		85.29%	61.82%	50.63%	
8	M80 Team Points: 10	4581	(622)	(767)	(765)	(925)	3079	(843)	(560)	(99)	
)	Woo learn Forms, To	4501	(OLL)		Charlet and the	A Marine St.				Mary Service Co.	
ď.		Points	60	LJ	SP	HJ	Day1	60H	PV	800	
	W40										
Б.	1 Ware, Caren		9.20	4.30m	6.20m	1.29m 1		1.16	1.70m	2:56.64	
g.	Twin Peaks, CA			14-01.25	20-04.25	4-02.75		10.00	5-07		
8	Age-Graded Mark:		8.88	4.73m	7.26m	1.42m		10.65 72.22%	1.90m	2:51.73	
н	Age-Graded Percent:		78.04%	63.05%	31.44%	67.89%	4070		39.63%	65.96%	
ß.	W42	3235	(597)	(487)	(352)	(534)	1970	(595)	(224)	(446)	
É	W45		40.00	0.00-	0.00-			12.94	1.70m		
Н	1 Johnson, Liz		10.29	3.32m	6.96m	1.14m		12.94	5-07	3:57.10	
9	Charlotte, NC		0.00	10-10.75	22-10	3-08.75		44.00	2.05m	0.40.50	
8	Age-Graded Mark:		9.39	3.89m	9.16m	1.33m 63.69%		11.36 67.7%	42.82%	3:40.58	
Ğ,	Age-Graded Percent:	0500	73.76%	51.88%	39.66%		1667			51.36%	
Ŀ	W48	2500	(470)	(283)	(475)	(439)	1007	(479)	(272)	(82)	
	W50		9.12	4.66m	9.50m	1.32m		11.00	2.50m	3:20.19	
Н	1 Glynn, Kay		9.12	15-03.5	31-02	4-04		11.00	8-02.5	3.20.19	
r	Hastings, IA		7.89	5.85m 1	3.18m	1.64m		9.22	3.28m	2.58.53	
r	Age-Graded Mark: Age-Graded Percent:		87.72%	77.8%	57.02%	78.57%		83.45%	68.31%	63.45%	
8	W52	5125	(882)	(804)	(739)	(783)	3208	(865)	(673)	(379)	
Н	W55	3123	(002)	(004)	(133)	(100)	3200	(000)	(0/3)	(3/3)	
П	1 Raschker, Phil		8.88	4.27m	8.26m	1.41m		10.51	2.70m	3:32.58	
3	Marietta, GA		0.00	14-00.25	27-01.25			10.51	8-10.25	3.32.30	
g	Age-Graded Mark:		7.30	5.76m	12.54m	1.87m	Det	7.94	3.88m	2:57.64	
Ŀ	Age-Graded Percent:		94.82%	76.66%	54.27%	89.81%		96.86%	80.84%	63.77%	
E	W58	6021	(1075)	(777)	(697)	(1067)	3616	(1143)	(875)	(387)	
8	W70	002.	(1015)	1,,,,	(031)	(1007)	5010	(1145)	(0/3)	(307)	
	1 Donley, Christel		10.84	3.30m	7.76m	1.11m		13.22	1.30m	4:24.02	
	Colorado Springs, C			10-10	25-05.	5 3-07.75			4-03.25	7.24.02	
E	Age-Graded Mark:		7.77	5.74m	16.47m	1.86m	68777	9.00	2.60m	2:47.79	
	Age-Graded Percent:		89.11%	76.39%	71.26%	89.52%		85.48%	54.17%	67.51%	
	W70	5551	(920)	(771)	(960)	(1054)	3705	(910)	(449)	(487)	
			,/		(200)	1.00.7		(5.0)	(110)	(101)	

Points 60 LJ SP

EAST	
Syracuse Charger Manley Field Ho Syracuse, NY: Fo	ouse
55m	A STATE OF
W50 Linda Orlicz	9.1
M40 Joe Taro	8.2
M55 Bob Davis	7.2
M60 Dominic Rappazzo	7.9
M65 Tom Fondy	8.0
M75 Ed Cox	8.4
400m	
W40 JoAnn Healey	1:41.5
W50 LInda Orlicz	74.7
M40 Andri Goncarovs	65.5
M50 Don Healey	67.4
M60 Dominic Rappazzo	65.8
Paul Stelmaszyk	66.9
M65 Tom Fondy	70.5
Mile	
W30 MurpheeHayesFalls	5:19.9
M30 Javier Martinez	4:47.8
M35 Michael Boni	5:06.8
M40 Andri Goncarovs	6:28.6
M45 David Cole	4:46.0
M50 Scott Love	7:02.9
M60 Chip O'Reilly	7:10.3
M70 Roger Hahn	9:10.3
Pole Vault	3.10.2
M55 Jim Trott	9-0
Long Jump	3~
M30 Dave Eaton	20-7
M50 Rick Censullo	15-0.50
Shot Put	13-0.50
M40 Mark Palmer	20 10 75
M40 Mark Palmer M45 Mike Kinsella	36-10.75 31-11.25
M45 Mike Kinsella M50 Lee Dennis	31-11.25
M60 Gary Crawford	36-11.25
	36-11.25
Weight Throw	42 5 25
M40 Mark Palmer	42-5.25
M60 Gary Crawford	40-7.5
Mile Racewalk	2440
M55 Bob Nicholson	9:11.9

USATF Long Island Indoor 1	&F
Championships, Suffolk Co	C,
Brentwood, NY; Feb. 13	No.
55m	

- Ci	Brentwood, NY; Feb	
55m	and of the last of	
M40	Jim Reilly	6.50
	Mitchell Lovett*	6.50
	Dan Weiss	7.00
M45	Alex Young	7.20
	Charles de la Parra	7.30
114	Paul Augello	7.60
M50	Rolston Carryl	7.80
M55	David Molloy	8.10
1000	Stuart Deitel*	8.70
W55	Mary Trotto	10.40
250	Janis Henderson	12.60
200n	n	
M40	Jim Reilly	24.70
30000	Charles Weekes	25.10
ATTES	Dan Weiss	26.20
M45	Alex Young	25.80
1000	Donald Archer	27.30
		100

1	Charles de la Parra M55 David Molloy M80 John McManus M55 Mary Trotto Janis Henderson M40 Mitchell Lovett* Charles Weekes Dan Weiss M45 Donald Archer M55 Bill Indek M80 John McManus M85 Bill Benson M55 Mary Trotto M40 Fred Benlein M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus M55 Mary Trotto M60 Fred Benlein M40 Fred Benlein M50 Paul Mascali M50 Frank Wilson M60 Frank Wilson M60 Fred Benlein M40 Fred Benlein M50 Joe Fego Tom Allen M50 Joe Fego Tom Allen M60 Frank Wilson M60 Mary Trotto M60 M7	29.80 44.60 40.50 54.00 55.90 58.40 57.50 1:18.20 1:46.00 1:59.30 1:33.30 3:20.00 2:20.70 2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	W55 Gloria Nash* Mary Trotto Shot Put M55 Frank Monroe* Tom Rempe M65 Ed Joyce M70 Pete Barker W50 Gloria Nash* W55 Mary Trotto Joy Rempe Janis Henderson 1600m RW M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg* Non-Association Philadelphia Mas Meet, Albright Col M60
1	MS5 David Molloy M80 John McManus N55 Mary Trotto Janis Henderson 100m M40 Mitchell Lovett* Charles Weekes Dan Weiss M45 Donald Archer M55 Bill Indek M80 John McManus M85 Bill Benson N55 Mary Trotto 1000m M40 Fred Benlein M45 James McFarlane M55 Rick Lapp Bill Indek M56 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus N55 Mary Trotto	29.80 44.60 40.50 54.00 55.90 58.40 57.50 1:18.20 1:46.00 1:59.30 1:33.30 3:20.00 2:20.70 2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	Shot Put M55 Frank Monroe* Tom Rempe M65 Ed Joyce M70 Pete Barker W50 Gloria Nash* W55 Mary Trotto Joy Rempe Janis Henderson 1600m RW M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg* Non-Association Philadelphia Mas Meet, Albright Col M60
1	M40 Mitchell Lovett* Charles Weekes Dan Weiss M45 Donald Archer M55 Bill Indek M80 John McManus M55 Bill Benson M55 Mary Trotto M60 Fred Benlein M40 Fred Benlein M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus M55 Mary Trotto	54.40 55.90 58.40 57.50 1.18.20 1.46.00 1.59.30 2.20.70 2.16.70 2.24.40 2.55.90 3.21.80 4.13.00 3.40.00	Shot Put M55 Frank Monroe* Tom Rempe M65 Ed Joyce M70 Pete Barker W50 Gloria Nash* W55 Mary Trotto Joy Rempe Janis Henderson 1600m RW M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg* Non-Association Philadelphia Mas Meet, Albright Col M60
1	M40 Mitchell Lovett* Charles Weekes Dan Weiss M45 Donald Archer M55 Bill Indek M80 John McManus M55 Bill Benson M55 Mary Trotto M60 Fred Benlein M40 Fred Benlein M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus M55 Mary Trotto	54.40 55.90 58.40 57.50 1.18.20 1.46.00 1.59.30 2.20.70 2.16.70 2.24.40 2.55.90 3.21.80 4.13.00 3.40.00	Tom Rempe M65 Ed Joyce M70 Pete Barker W50 Glona Nash* W55 Mary Trotto Joy Rempe Janis Henderson 1600m RW M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col M60
1	M40 Mitchell Lovett* Charles Weekes Dan Weiss M45 Donald Archer M55 Bill Indek M80 John McManus M55 Bill Benson M55 Mary Trotto M60 Fred Benlein M40 Fred Benlein M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus M55 Mary Trotto	54.40 55.90 58.40 57.50 1.18.20 1.46.00 1.59.30 2.20.70 2.16.70 2.24.40 2.55.90 3.21.80 4.13.00 3.40.00	M65 Ed Joyce M70 Pete Barker W50 Gloria Nash* W55 Mary Trotto Joy Rempe Janis Henderson 1600m RW M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg* Non-Association Philadelphia Mas Meet, Albright Col M60
1	M40 Mitchell Lovett* Charles Weekes Dan Weiss M45 Donald Archer M55 Bill Indek M80 John McManus M85 Bill Benson M40 Fred Benlein M40 Fred Benlein M45 James McFarlane M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus M55 Mary Trotto	58.40 57.50 1.18.20 1.46.00 1.59.30 1.33.30 3.20.00 2.20.70 2.16.70 2.24.40 2.55.90 3.21.80 4.13.00 3.40.00	M70 Pete Barker W50 Gloria Nash* W55 Mary Trotto Joy Rempe Janis Henderson 1600m RW M40 Paul D'Elia M60 Seth Kaminsky M55 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg*Non-Association Philadelphia Mas Meet, Albright Col M60
100	Dan Weiss M45 Donald Archer M55 Bill Indek M80 John McManus M85 Bill Benson N55 Mary Trotto 1000m M40 Fred Benlein M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus N55 Mary Trotto	58.40 57.50 1.18.20 1.46.00 1.59.30 1.33.30 3.20.00 2.20.70 2.16.70 2.24.40 2.55.90 3.21.80 4.13.00 3.40.00	W50 Gloria Nash* W55 Mary Trotto Joy Rempe Janis Henderson 1600m RW M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col M60
1	Dan Weiss M45 Donald Archer M55 Bill Indek M80 John McManus M85 Bill Benson N55 Mary Trotto 1000m M40 Fred Benlein M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus N55 Mary Trotto	58.40 57.50 1.18.20 1.46.00 1.59.30 1.33.30 3.20.00 2.20.70 2.16.70 2.24.40 2.55.90 3.21.80 4.13.00 3.40.00	W55 Mary Trotto Joy Rempe Janis Henderson 1600m RW M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col M60
P P P P P P P P P P P P P P P P P P P	M45 James McFarlane M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus V55 Mary Trotto	2:20.70 2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	Janis Henderson 1600m RW M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col M60
M M M M M M M M M M M M M M M M M M M	M45 James McFarlane M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus V55 Mary Trotto	2:20.70 2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	Janis Henderson 1600m RW M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col M60
N N N N N N N N N N N N N N N N N N N	M45 James McFarlane M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus V55 Mary Trotto	2:20.70 2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	1600m RW M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg*Non-Association Philadelphia Mas Meet, Albright Col M60
1	M45 James McFarlane M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus V55 Mary Trotto	2:20.70 2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	M40 Paul D'Elia M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg*Non-Association Philadelphia Mas Meet, Albright Col M60
	M45 James McFarlane M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus V55 Mary Trotto	2:20.70 2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	M60 Seth Kaminsky M65 James McGrath M70 Bob Barett W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col M60
	M45 James McFarlane M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus V55 Mary Trotto	2:20.70 2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col M60
	M45 James McFarlane M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus V55 Mary Trotto	2:20.70 2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col M60
	M45 James McFarlane M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus M55 Mary Trotto 500m M40 Fred Benlein	2:20.70 2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	W40 Janine Stuart W45 Pat Motschwiller Maria Ferraro* W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col M60
	M50 Paul Mascali M55 Rick Lapp Bill Indek M60 Frank Wilson M55 Joe Cordero Charlie Watts M80 John McManus M55 Mary Trotto M500 M640 Fred Benlein	2:16.70 2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col
1	M55 Rick Lapp Bill Indek M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus V55 Mary Trotto 550 M60 Fred Benlein	2:24.40 2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	W60 Donna Ehrenberg *Non-Association Philadelphia Mas Meet, Albright Col
	Bill Indek M65 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus V55 Mary Trotto 500m M40 Fred Benlein	2:55.90 2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	*Non-Association Philadelphia Mas Meet, Albright Col
1	M60 Frank Wilson M65 Joe Cordero Charlie Watts M80 John McManus V55 Mary Trotto 500m M40 Fred Benlein	2:44.20 2:59.30 3:21.80 4:13.00 3:40.00	Philadelphia Mas Meet, Albright Col M60
!	M65 Joe Cordero Charlie Watts M55 John McManus W55 Mary Trotto 500m M40 Fred Benlein	2:59.30 3:21.80 4:13.00 3:40.00	Meet, Albright Col M60
!	Charlie Watts M80 John McManus V55 Mary Trotto I500m M40 Fred Benlein	3:21.80 4:13.00 3:40.00	Meet, Albright Col M60
1!	M80 John McManus W55 Mary Trotto IS00m M40 Fred Benlein	4:13.00 3:40.00	M60
	N55 Mary Trotto S00m N40 Fred Benlein	3:40.00	M60
1	500m A40 Fred Benlein	6.64.00	
1 1	A40 Fred Benlein		M30 Cardwell Wootter
1		0.51.00	M40 Bruce Mannon
1	M45 Don DiDonato	4:30.20	M45 Lovell Butler
	James McFarlane	4:49.00	M50 Terry McKechnie M55 Bruce Campelia
١.	Paul Salemi	5:20.40	M55 Bruce Campelia
1 '	150 Joe Fego	5:32.10	W35 Virginia Whitfield
١.	Iom Allen	5:48.80	M30 Adam Gardner M35 Keith Franks
1:	ACE Las Cardan	5.36.00	M30 Adam Gardner
1 "	Chadae Watte	5.55.60	M35 Keith Franks
1	VEE Many Trotte	7:45.60	M40 Curtis Witherspoo
1 3	000m	7.43.00	M45 Russ Patton
	O O O I I I		M55 Richard Brown
16	M45 Don DiDonato Michael Robles* M65 Joe Cordero Charlie Watts V5200 Mary Trotto	10:23 50	M60 Bob Fuhrman
1	165 Joe Cordero	13:21 40	W30 Jill Cypress-Turn W35 Virginia Whitfield
- 39	Charlie Watts	14:20:30	W40 Lorraine jasper
IV	V55 Mary Trotto	16:54 40	W40 Lorraine Jasper
1 4			W50 Diane McManus 440y
I	x200m Řelay /40 2nd Wind (Riley/ Weiss/Todd/Young) Bohemia TC (Mendez/Alfandor/	1:46.30	M30 Kyle Lanier
18	Weiss/Todd/Young)		M35 Keith Franks
- 1	Bohemia TC	2:21.00	M40 Dave Huttinger
			M45 Russ Patton
	Matsen/Deleo)		M55 Richard Brown
1	450 Bohemia TC/GLIRC	2:20.10	W40 Lorraine Jasper
19	(Cordero/Grossbard/		W50 Diane McManus
	Watts/David)		880v
1	V40 Bohemia TC	2:29.30	M30 Kareem Lanier
	(Trotto/Kretzmer/		M40 Ray Parker
1.5	McKeough/Clavin)		M45 Chuck Shields
1	ligh Jump		M60 Carl Landis
1	M40 Tim Dowling*	1.45	W40 Lorraine Jasper
١.	A40 Tim Dowling* Alex You A55 Mary Trotto	1.40	Mile
1 !	Mary Trotto	0.99	M30 Kareem Lanier
1	ong Jump	AL YOUR	M35 Eric Galosi
1	145 James McFarlane	4.77	M40 Rob Rimkie
١.	Tim Dowling*	4.70	M45 Dave Currie M50 John Furton M60 Carl Landis
1 !	VEO Cleria North	3.70 1.34	M50 John Furton
L	VSU Gioria Nash	1.34	M60 Carl Landis
1,	voo Mary Irotto	2.18	W50 Diane McManus
	riple lump		2 Mile
	Long Jump A45 James McFarlane Tim Dowling* A55 Gerald Dunne V50 Gloria Nash* V55 Mary Trotto Janis Henderson riple Jump A55 Gerald Dunne	0.00	M45 Frank Simpson
1	iss Geraid Dunne	8.26	M50 John Fulton

76.66%	54.27%	89.81%		96.86%	80 84%	63.77%
76.66% (777)	(697)	(1067)	3616	(1143)	80.84% (875)	(387)
				, , ,		
3.30m	7.76m	1.11m	77. 75	13.22	1.30m	4:24.02
10-10 a	25-05.	5 3-07.7	5	9.00	4-03.25	0.47.70
76 39%	71.26%	89 52%		9.00 85.48%	54 17%	2:47.79
3.30m 10-10 5.74m 76.39% (771)	960)	(1054)	3705	(910)	(449)	67.51% (487)
				1-1-1	1,	1
Charles de M55 David Mollo M80 John McMa N55 Mary Trotto Janis Hende	la Parra	27,50	W55	Gloria Nas	sh*	4.35
M55 David Mollo	y	29.80	0	Mary Trott	0	5.19
M80 John McMa	nus	44.60	Sho	Put	The same of	100
Nob Mary Trotto	1	40.50 54.00	M55	Frank Mor	nroe"	941 8.71 9.30 10.30 3.38 6.86 6.26 5.23
Janis Hende	erson	54.00	MEE	Ed Joyce	pe	8.71 9.30
			M70	Poto Bark	or	10.30
Charles Me	okoe	55.00	W50	Gloria Nas	h*	10.30 3.38
Dan Weiss M45 Donald Arch M55 Bill Indek M80 John McMai M85 Bill Benson W55 Mary Trotto M00m	CVC3	58.40	W55	Mary Trott	0	6.86
M45 Donald Arch	ner	57.50		Joy Remp	e	6.26
155 Bill Indek	No. 17. 14	1:18.20		Janis Hend	derson	5.23
180 John McMai	nus	1:46.00	1600	m RW		
485 Bill Benson		1:59.30	M40	Paul D'Elia		9:57.40
V55 Mary Trotto		1:33.30	M60	Seth Kami	nsky	9:24.60
MAO Fred Benlei MA5 James McF M50 Paul Masca M55 Rick Lapp Bill Indek M60 Frank Wilso M65 Joe Corder Charlie Wat M80 John McMa W55 Mary Trotto 500m		2.20.0	M65	James Mo	Grath	9:57.40 9:24.60 10:13.00 8:59.70 9:13.80 8:59.20 10:17.50 11:33.00
MAD Fred Benlei	orlane	3:20.0	M/0	Bob Baret	l l	0.59.70
MAS James MCF	ariane	2:20.7	0 W40	Dat Moteo	builler	9:13.80
MSS Rick Lans	"	2:10./	0 445	Maria For	aro*	10:17:50
Rill Indek		2:55 0	0 Wen	Donna Fh	renbem	11:33.00
460 Frank Wilso	n	2:44 20	Nor	-Associatio	n	11.55.00
165 Joe Cordero		2:59.30	0	7.0000.000	-	
Charlie Wat	ts	3:21.8	0 PI	niladelphi	a Master	s Indoor
480 John McMa	nus	4:13.0	0 Me			e, Feb. 13
V55 Mary Trotto		3:40.00	M60	,		
500m		A PARTY	M30	Cardwell \	Nootten	7.7
A40 Fred Benlein	1	6:51.80	M40	Bruce Mar	nnon	8.1
M45 Don DiDona	ito	4:30.20	M45	Lovell But	ler	7.8
James McF	arlane	4:49.00	M50	Terry McK	echnie	8.0
500m M40 Fred Benlei M45 Don DiDona James McF. Paul Salemi M50 Joe Fego Tom Allen M60 Frank Wilso M65 Joe Cordero Charles Wa' V55 Mary Trotto M600m		5:20.40	M55	Bruce Mar Lovell But Terry McK Bruce Car Virginia W	npelia	9.0
Tom Allen		5.48.80	W35	Virginia W	hitfield	9.1
A60 Frank Wilson	0	5:38 O	220y			
165 Joe Corder		5-55.80	M30	Adam Gar	dner	25.9 32.7
Charles Wat	tts	6:54.80	M35	Custin Man	KS	32.7
V55 Mary Trotto	(Take	7:45.60	M40	Pues Patt	nerspoon	32.1
000m			M55	Richard R	rown	30.5
M45 Don DiDona	ito	9:53.70	M60	Bob Fuhr	nan	31.4
Michael Rot	oles*	10:23.50	W30	Jill Cypres	s-Turner	28.3
165 Joe Cordero	,	13:21.40	W35	Virginia W	hitfield	32.2
Charlie Wat	S	14:20.30	W40	Lorraine ja	sper	32.3
Modern Modern Michael Rot Michael Rot Modern		16:54.40	W50	Diane Mcl	Manus	32.7 32.1 29.4 30.5 31.4 28.3 32.2 32.3 51.8
M40 2nd Wind (F	luuli	1.40 0	440y	Kyle Lanie		
Weise/Todd	Young	1.40.30	M30	Kyle Lanie	r	56.7
Weiss/Todd/ Bohemia TO	(July)	2:21 N	M35	Keith Fran	ks	1:14.6
			M40	Dave Hutt	inger	1:08.9
Matsen/Dele	90)		M45	Russ Patt	on	1:01.1
Matsen/Dele M50 Bohemia TO (Cordero/Gr Watts/David V40 Bohemia TO	GLIRC	2:20.10) MSS	Lorraine	OWN	56.7 1:14.6 1:08.9 1:01.1 1:09.5 1:09.8 1:54.6
(Cordero/Gr	ossbard/		WED	Diana Mal	dapus	1:09.8
Watts/David)		880y	Diane MC	vialius	1.54.6
V40 Bohemia TO	THE REAL PROPERTY.	2:29.30	M30	Kareem I	anier	2402
(Trotto/Kretz	mer/		M40	Ray Parke	er	2-18.0
McKeough/(Clavin)		M45	Chuck Sh	ields	2.10.9
v40 Bohemia TC (Trotto/Kretz McKeought/ tigh Jump M0 Tim Dowling Alex You 55 Mary Trotto ong Jump M5 James McF. Tim Dowling M55 Gerald Duni V50 Gloria Nash V55 Mary Trotto Janis Hende	THE PARTY	SOFT BY	M60	Carl Land	is	2:10.2 2:18.9 2:12.4 2:38.0 2:38.9
140 Tim Dowling	1 7 100	1.45	W40	Lorraine J	asper	2:38.9
Alex You		1.40	Mile	2	A	2.00.3
155 Mary Trotto		0.99	M30	Kareem L	anier	4:43.8
M5 James McF	adana	-	M35	Eric Galos	si	4.43.8 5.13.4 5.09.2 5.43.0 5.37.2 5.59.7 8.24.4
Tim Dowling	anane	4.77	M40	Bob Rimk	is	5:09.2
455 Gerald Dung	00	3.70	M45	Dave Cun	ne	5:43.0
V50 Gloria Nash		13/	M50	John Furt	on	5:37.2
V55 Mary Trotto		2 15	M60	Carl Land	IS	5:59.7
Janis Hende	erson	2.10	W50	Diane Mc	Manus	8:24.4
riple lump			2 Mi	e		

						-	
A	-	•	ш	'n	n	5	
H				·	v	J	

High Jump M40 Bruce Mannon Long Jump
M30 Cardwell Wootten
M40 Bruce Mannon
Triple Jump
M30 Cardwel Wootten M30 Cardwel Wootten M40 Bruce Mannon Shot Put M50 Sal Adamo M55 Craig Shumaker M55 Bill Duegler M70 Ray Feick 2 Mile RW M45 Larry Schiller M60 James Carmines M70 William May

USATF-NJ Indoor T&I ionships, Fairleigh D U., Hackensack; F

55m M30 Lyndell Pittman* Sherwin Tann M35 Clinton Aurelien* M40 Howard Lindsay* William Marshall* Jim Scensney M45 Rick Evans Phil Bujalski Sidney Milden M50 Rockdale Hudson Don Passman

David Gritz M55 Steve Zwick M65 Roosevelt Weaver M70 William Clark Jim Duncan* M80 Jim Manno M90 Warren Tashian W40 Denise Jones*

W50 Nancy King Gloria Nash* W55 Isabel Keeley 200m M30 Adam Gardner

M35 Clinton Aurelien*
M40 Howard Lindsay*
Jim Scesney
M45 Keith Toyster
Rick Evans
M50 Rockdale Hudaon

M50 Rockdale Hudaon Don Passman Larry Zwick M60 Rich Jones* Tom Hartman David Siegfried M65 John MacDonald M70 W Richardson Walter Desind Charles Wrixon M80 John McMannus* W30 Nkechi Nwakanma* W35 Lisa Daley* W35 Lisa Daley* W40 Denise Jones* W55 Isabel Keeley

400m M30 Adam Gardner M45 Phil Bujalski M50 Larry Zwick Don Passman

Rodrigo Alvarez M55 Jose Vallejo Bill Indek M60 David Siegfried Tom Hartman M65 John Mac Donald M70 W Richardson Walter Desind

Charles Wrixon M75 Ray Cherniak M80 John McManus* W30 Nkechi Nwakanma* W30 Nkechi Nwakanm W40 Ligia Vallejo W50 Nancy King 800m M30 Gary Rosenberg Jose Gonzalez M35 John Gouveia

M40 Marty Doherty
Gerard Pearlberg
Fred Benlein*
M45 Nick Paolazzi
Emil Estok

Doug Bogerg M50 Joe Lanzalotto Rodrigo Alvarez Thomas Allen M55 Jose Vallejo Bill Indek

M60 Johathon Tetherty John Kuhi John Saarmann M65 Dave Gerridge

Dick Hill
M70 Walter Desind
Paul Roedell
M75 Ra Cherniak M80 John McManus* W40 Ligia Vallejo W45 Wendy Glassman

17:40.9 12:15.6

1500m M30 Gary Rosenberg

High Jump		Jose Gonzalez	4:58.3	M40 Jeff Gold	6.90	Keith Mathis	4.69	Jim Scesney	2:21.01	W45 Julie Hayden	30.1
M40 Bruce Mannon Long Jump	1.48	John Hanlon M35 Mark Rider	4:58.6 4:20.2	Darnell Smith M45 Neville Hodge	7.30	M55 Terry Martin	4.09	David Lond	2:21.20	M60 Meta Jane Mortenser	
M30 Cardwell Wootten	18-10.50	Paul Mascali	4:26.9	Lovell Butler	7.10 7.40	M65 George LaBelle Bill Germany	3.31 2.57	M45 Chuck Shields Russ Patton	2:10.91	M55 Robert Weiner	1:11.0
M40 Bruce Mannon Triple Jump	15-10.50	John Gouveja Angelo Harasts	4:39.4 4:48.1	Kinldy Hill M50 Bill Collins	8.00 7.36	M70 James Stookey W40 Regina Richardson	4.07	Allen Peffer	2:12.56	M60 Bill Wooden	1:13.0
M30 Cardwel Wootten	40-6	M40 Marty Doherty	4:25.0	Thomas Jones	7.49	W45 D Bowden-Barrett	4.68 3.06	M50 Thomas Allen Larry Hart	2:52:09 2:59:96	W40 Terri Rath 800m	1:12.0
M40 Bruce Mannon Shot Put	28-1.50	Larry Glazer Bob Rimkis	4:31.0 4:41.4	Anthony Searles	8.08	W55 Hillen von Maltzahn	3.89	M55 Bill Indek	2:52.67	M35 Eric Jackson	2:10.8
M50 Sal Adamo	10.40	M45 Dave Zurheide	4:52.8	M55 Melvin Fields Samuel Hall	8.11 8.21	W60 Patti Palmer W65 Evelyn Wright	2.43 3.18	M60 Carl Landis M90 Frank Levine	2:44.29 6:08.67	M40 Leslie Wright M45 Curtis Davis	2:18.3
M55 Craig Shumaker M65 Bill Duegler	12.63 11.62	M50 Bill Scholl	5:01.5	M65 Marion Harrison	8.58	W70 Audrey Lary	3.30	W45 Joan Affleck	2:56.18	M50 Joe Burno	2:19.0
M70 Ray Feick	11.37	M55 Roger Price Douglas Brown	5:14.6 5:16.2	Larry Colbert M70 Wilton Gordon	8.88 9.97	Triple Jump M45 John Casale	9.80	Mile M30 Kareem Lanier	4:37.35	M55 J J Wind Masters Mile	3:19.4
2 Mile RW	40.40.0	Jose Vallejo	5:25.6	W30 Teniko White	7.70	M50 Michael Graham	10.67	M35 Bart Wasiolek	4:38.50	M40 Stuart Pineo	5:03.9
M45 Larry Schiller M60 James Carmines	18:19.2 17:23.9	M60 Pat Cosgrove M65 Dick Dedham	5:52.0 7:42.0	W40 Regina Richardson Sharon Dailey	8.30 9.30	Bobby Terrell Keith Mathis	10.02	M40 John Kelly Bob Rimkis	5:00.47 5:02.21	M45 Al Salerno M50 Alan Parris	5:56.0 5:24.0
M70 William May	18:41.0	M70 Joseph LaBruno	7:23.3	W50 Michelle Freeman	9.60	M65 George LaBelle	6.95	Ted Poulos	5:02.66	M55 Robert Weiner	5:56.3
USATF-NJ Indoor T&F	Champ.	M90 Dudley Healy W40 C Stone-Barkowski	15:29.8 5:01.5	W55 Hillen von Malatzahn W70 Audrey Lary AR	9.30	M70 James Stookey W40 Regina Richardson	9.04	M45 Mark Yelli David Hiestand	5;15.66 5:38.61	M60 Bill Wooden W40 Terri Rath	5:58.0 5:53.6
ionships, Fairleigh D		Barbara Brennan	5:27.9	(Mary Bowermaster/10.36/200		W55 Hillen von Maltzahn	7.61	M50 Nicodemo Ricci	6:10.36	3200m	3.33.0
U., Hackensack; Fo		W45 Wendi Glassman 3000m	6:26.4	200m	25.20	W65 Evelyn Wright	6.89	Thomas Allen	6:13.54	M35 N McVey-Finney	10:29.0
55m M30 Lyndell Pittman*	6.7	M35 Angelo Harasts	10:31.5	M40 Darnell Smith James Higgins	25.20 33.00	W70 Audrey Lary AR (Lenore McDaniels/6.80/1988)	7.64	Larry Hart M55 Bob Richey	6:31.11 6:33.87	M40 Rodney Timpson M55 J J Wind	10:26.7 13:28.3
Sherwin Tann	6.9	M40 Mark Mellea	10:08.5	M45 Ben James	24.30	Shot Put	AL DE	M60 Carl Landis	6:02.90	High Jump	
M35 Clinton Aurelien* M40 Howard Lindsay*	6.9 6.8	Jeff Benjamin M45 Maurice Pointer*	10:21.6 10:26.5	M50 Thomas Jones Herman Belcher	24.20 25.50	M30 Tony Sunface M35 Joseph Williams	7.35 11.33	Louis Coppens Tom Kushinka	6:14.37 6:28.29	M45 John Casale M50 Keith Mathis	4-8
William Marshall*	7.0	M50 Bill Scholl	10:50.9	Garry Crawford	26.80	M40 Daniel Mack	8.70	M65 Lawrence Harvey	7:01.07	Long Jump	
Jim Scensney	7.5	Thomas Allen M55 Harold Nolan	12:53.0 10:24.5	M55 Charlie Allie Samuel Hall	25.50 27.40	M50 Gary Sutton M55 J Bookin-Weiner	10.55	M90 Frank Levine W40 Kelly Dworak	13:05.67 5:38.23	M50 Keith Mathis Triple Jump	4.62
M45 Rick Evans Phil Bujalski	7.1 7.2	Doug Brown	11:15.9	M65 Larry Colbert	28.60	Terry Martin	8.90	W45 Joan Affleck	6:26.80	M50 Keith Mathis	9.38
Sidney Milden	7.4	M65 Dick Hall M70 Joseph LaBruno	13:47.8 14:06.6	Marion Harrison M70 Gordon Wilton	29.20 36.80	M65 Gerald Vaughn AR (Gerald Vaughn/14.01/2001)	14.17	W50 Coreen Steinbach T Mullis Dobow	5:54.35 7:29.15	Shot Put M50 Gene Hoffman	26-0.25
M50 Rockdale Hudson Don Passman	7.4 7.5	Paul Roedell	16:53.9	W30 Teniko White	26.50	Bill Germany	10.31	3000m		W60 Meta Jane Mortenser	19-7
David Gritz	7.6	Short Hurdles M45 Phil Bujalski	8.8	W35 Charmaine Roberts W40 Sharon Dailey	28.50 33.10	George LaBelle M70 James Condell	9.56 9.30	M35 Bart Wasioiek Gene Tung	9:16.25 9:43.18	W70 Sharon Good 3000m RW	14-7
M55 Steve Zwick M65 Roosevelt Weaver	8.9 8.1	M50 Al Cestero	9.4	W45 Julie Hayden	31.30	Weight Throw		M40 John Kelly	9:48.88	M65 Roger Webb	23:24.3
M70 William Clark	8.2	Bob Kortmann* Ed Mose	10.0	W50 Michelle Freeman W55 Hillen von Maltzahn	34.10 31.70	M50 Gary Sutton	13.09	Kevin Forde	10:07.00	F	
Jim Duncan* M80 Jim Manno	8.9 10.2	M60 Jacques Lebel	11.6	W70 Audrey Lary	37.20	M55 J Bookin-Weiner M60 Michael Valle	12.70 5.87	M45 David Currie M50 Nicodemo Ricci	11:05.40 12:50.93	MIDWES	
M90 Warren Tashian	12.6	M70 William Clark	9.6	400m		M65 Bill Germany	12.79	M55 Carl Grossman	13:00.37	USATF Illinois Master	rs Indoor
W40 Denise Jones*	9.8 9.0	W40 Denise Jones High Jump	15.3	M40 Darnell Smith Daniel Mack	58.00 1:01.50	George LaBelle W65 Carol Young	7.19 13.03	Phil Krachun M90 Frank Levine	13:57.45 27:07.3h	Meet, Sterling, IL; I	
W50 Nancy King Gloria Nash*	12.3	M45 Tim Carr	1.60	M45 Ben James	54.00	Evelyn Wright	10.71	W40 Kelly Dworak	10:54.42	55m M40 Mike Alvarez	7.15
W55 Isabel Keeley 200m	11.7	Mark Brassard* Mark Peppe	1.51 1.37	John Dyer Paul Allen	56.50 59.20	W70 Audrey Lary Sharon Good	9.86 6.08	W50 Coreen Steinbach T Mullis Dubow	11:42.89 14:57.79	M45 Bob Snyder	8.03
M30 Adam Gardner	25.7	M50 Al Cestero Bob Kortmann*	1.43 1.32	M50 Alan Creveling Anthony Baker	1:07.90 1:08.10	LICATE Mid Atlantia Inda	TOF	Short Hurdles M55 Gerald Dunne	12.36	Steve Kaiser M50 Keith Petranek	8.50 7.18
M35 Clinton Aurelien* M40 Howard Lindsay*	25.9 24.7	David Friedman	1.12	M60 Larry Colbert	1:05.40	USATF Mid-Atlantic Indo Championships, Ursinu		M75 James Stookey	9.75	Robert Zahn	7.48
Jim Scesney	26.3	M55 Eddie Harris Gerard Dunne*	1.27	W35 Charmaine Roberts W45 Julie Hayden	1:03.80 1:06.50	ege, Collegeville, PA; F		High Jump M55 Gerald Dunne	4-0	M55 Larry Gunn W30 Kristi Wolfe	7.62 8.99
M45 Keith Toyster Rick Evans	25.5 26.7	M60 Jacques Lebel	1.27	W55 Hillen von Maltzahn	1:12.60	55m M30 Dan Murdock	6.96	M75 James Stookey	4-0	W35 Lori Schutt	7.41
M50 Rockdale Hudaon	27.8	Jerry Sullivan M65 John MacDonald	1.01	800m M45 Chuck Shields	2:10.10	Durell Johnson	7.27	W50 Gloria Nash Pole Vault	3-1	200m M40 Mike Alvaeez	26.67
Don Passman Larry Zwick	27.9 28.9	M70 Leon Trout	1.17	John Dyer	2:13.60	Ted Diehl M35 Ed Winslow	7.58 7.05	M40 Duncan Littlefield	4.42	M45 Steve Kaiser	31.49
M60 Rich Jones*	28.9	W50 Gloria Nash Pole Vault	0.92	Mark Malander M50 Duane Green	2:14.10 2:24.20	M40 Leon Winder	7.58	M45 Donald Severn Peter Hischmann	3.51 3.36	M60 Larry Gunn W30 Kristi Wolfe	27.15 35.18
Tom Hartman David Siegfried	33.5 35.2	M40 Duncan Littlefield	4.40	Rick Hower	2:28.70	Michael Evans Curtis Witherspoon	7.60	Mark Peppe	3.05	W35 Lori Schutt	27.96
M65 John MacDonald	31.4	M45 Don Severn*	3.50 3.05	Peter Blank M55 Robert Weiner	2:43.60 2:45.30	M45 Lovell Butler	7.13	M55 Gerald Dunne Carl Grossman	3.05 1.67	400m M45 Bob Snyder	1:06.07
M70 W Richardson Walter Desind	36.2 39.0	M50 Bob Reese	2.44	W45 Julie Hayden	2:43.00	Rick Evans Tony DiSalvo	7.22	Shot Put		M60 Larry Gunn 800m	1:03.23
Charles Wrixon M80 John McMannus*	42.6 44.1	M55 Gerard Dunne* Long Jump	2.89	W60 Patti Palmer 1600m	4:26.50	M50 Steve McDermott	8.30 8.46	M35 Rafael Suarez M50 George Castelli	12.32 12.68	M35 Keith Mulhollon	2:23.59
W30 Nkechi Nwakanma*	33.2	M30 Sherwin Tann	5.69	M40 Alan Thatcher	5:09.10	Mark Lacy John Silan	8.47	Dennis Hansen	12.47	M55 Joseph Pettorini W45 Carol Pratt	3:13.82 2:59.99
W35 Lisa Daley* W40 Denise Jones*	28.1	M50 Al Cestero Bob Kortmann*	5.03 4.73	Ted Poulos M45 Mark Malander	5:10.10 4:47.00	M55 Bruce Campelia	8.49	John Mattei M55 Craig Shumaker	11.59 14.06	1500m	
W55 Isabel Keeley	42.7 47.0	Eddie Mose	4.17	Curtis Davis	5:10.90	M60 Fred Edelstein Jim Kenney	8.36 8.38	Charles Roll	13.58	M35 Keith Mulhollon Kurt Krutsinger	4:37.33 6:15.45
M30 Adam Gardner	54.7	M65 Bob O'Brien M70 Jim Duncan*	3.75 3.55	M50 Joseph Burno Peter Blank	5:25.70 5:57.70	M65 Bill Bittner	8.23 8.73	Joe DeStefano M65 Ray Rakowski	11.39 11.20	M40 Dan Gray	4:24.66
M45 Phil Bujalski	59.8	W50 Gloria Nash*	1.90	M55 Robert Weiner	6:47.70	M70 Walter Palmer M75 James Stookey	8.63	Edmund Joyce	9.09	M45 Steve Kaiser M50 David Book	5:43.74 6:52.12
M50 Larry Zwick Don Passman	1:04.8 1:06.3	Triple Jump M30 Sherwin Tann	11.57	W45 Julie Hayden W60 Patti Palmer	6:04.50 9:27.30	M85 Champion Goldy	11.15	M70 Ray Feick M85 Champion Goldy	11.60 6.42	M55 Joseph Pettorini	6:34.56
Rodrigo Alvarez	1:14.7	M50 Jim Clark* Fred Clark*	10.21	3200m		W35 Virginia Whitfield W40 Monika Caldwell	8.98 8.58	W40 Heather Scanlon	8.68	W30 Kristi Wolfe W45 Carol Pratt	6:48.40 5:55.02
M55 Jose Vallejo Bill Indek	1:15.1 1:16.6	Al Cestero	9.80 9.34	M40 Ted Poulos Alan Thatcher	10:34.80 10:41.40	W45 Cheryl Bellaire	8.90	Gloria Nash Weight Throw	3.30	3000m	
M60 David Siegfried	1:16.7	Shot Put		M45 Keith Davies	10:28.90	W50 Gloria Nash W70 Audrey Lary	13.03 9.54	M50 Nick Helfrich	11.47	M40 Dan Gray M50 Glenn Herold	9:35.66 10:54.44
Tom Hartman	1:21.8	M45 Dennis von Linden Michael Rubin*	12.76 10.28	M50 Peter Blank Short Hurdles	13:19.80	200m	All books	M55 Terry Shuman Dian Diehl	12.35 9.00	M55 Joseph Pettorini	13:32.64
M65 John Mac Donald M70 W Richardson	1:09.7	M50 Dennis Hansen	12.59	M40 Mack Daniel	10.90	M30 Dan Murdock Adam Gardner	23.84 24.68	M65 Bill Kuegler	12.57	5000m M40 Tom Shipp	19:15.68
Walter Desind	1:38.3	John Mattei Sal Adamo	11.30 9.74	M50 Anthony Searles M60 George LaBelle	15.60 11.70	Durell Johnson	27.92	Jack McDonald M70 Ray Feick	9.84 14.55	W35 Barb Lauff	19:46.64
Charles Wrixon M75 Ray Cherniak	1:43.9 1:30.2	M55 Charles Roll	13.10	M70 James Stookey	10.30	M35 Ed Winslow M40 Leon Winder	24.06 26.78	Long Jump	ATTEN STATE	High Jump M50 Kim Brokaw	5-3
M80 John McManus*	1:46.6	Frank Monroe Rich Dunphy	9.34 9.24	W40 Regina Richardson 4x200m Relay	9.60	Michael Evans	27.01	M30 Dan Murdock Durell Johnson	20-4.25 17-4.50	Robert Zahn	5-2
W30 Nkechi Nwakanma* W40 Ligia Vallejo	1:15.9 1:44.7	M60 Jacques Lebel	10.39	M30 Maryland Masters A	1:39.50	Curtis Witherspoon M45 Tony DeSalvo	31.28 25.24	Ted Diehl	17-2	W30 Anitha Saravanan	4-9
W50 Nancy King	1:12.8	Jerry Sullivan M70 Jim Duncan*	8.32 10.92	M50 Maryland Masters A 4x400m Relay	1:41.90	Paul Allen	26.52	M55 Gerald Dunne M70 Burt Hughes	12-8 8-0.25	Pole Vault M40 Dave Gilbert	12-6
M30 Gary Rosenberg	2:07.8	Pete Barker*	10.53	M50 Houston Elite A	3:45.49	Rick Evans M50 John Silan	26.85 31.33	M75 James Štookey	12-5.50	M50 Keith Petranek	10-0
Jose Gonzalez	2:35.9	Leon Trout M75 Saul Reichbach*	7.65	High Jump	1.85	M55 Bruce Campelia	30.93	W50 Gloria Nash W70 Audrey Lary	7-6.25	Long Jump M65 Pete Stopoulos	12-0
M35 John Gouveia M40 Marty Doherty	NTA 2:07.3	W40 Denise Jones*	5.52 7.44	M45 Jim Barrineau John Casale	1.50	Richard Brown M60 Bob Fuhrman	31.00 30.70	Triple Jump	11-8.25	W30 Anitha Saravanan	13-4.50
Gerard Pearlberg	2:11.1	W50 Gloria Nash* 1500m RW	3.21	M50 Michael Graham Keith Mathis	1.70 1.55	M65 Nate Byrd	30.71	M55 Gerald Dunne M70 Burt Hughes	26-11 19-2	Triple Jump M50 Kim Brokaw	27-6.50
Fred Benlein* M45 Nick Paolazzi	3:40.1 2;15.4	M40 Bruce Logan*	7:39.4	M55 Terry Martin	1.30	John MacDonald M70 Walter Palmer	31.19 31.85	M75 James Štookey	28-0	Shot Put	
Emil Estok	2:31.0	M45 Larry Schiller* M50 Dave Friedman	7:58.6 13:08.4	M65 George LaBelle Bill Germany	1.20	M85 Champion Goldy	47.93	W30 Jill Cypress-Turner W50 Audrey Lary	36-2.50 24-5	M50 Ron Summers Paul Shiaras	15.65 12.38
Doug Bogerg M50 Joe Lanzalotto	2:35.9 2:43.3	M65 Dave Romansky	9:41.7	M70 James Stookey	1.25	W30 Jill Cypress-Turner Laquieshae Sonnier	27.29 31.59	3000m RW		Willis Garland	10.77
Rodrigo Alvarez	2:45.0	M70 Bob Barrett* Joseph LaBruno	7:59.7 11:14.5	James Condell W55 Hillen von Haltzahn	1.20	W35 Virginia Whitfield	34.26	M45 Larry Schiller M55 John Albert	16:53.68 19:39.31	M60 Ed Johnson M65 Stephen Cohen	8.77 11.26
Thomas Allen M55 Jose Vallejo	2:57.6 2:39.6	W40 Janine Stuart	8:36.2	W65 Evelyn Wright	1.00	W40 Monika Caldwell W45 Cheryl Bellaire	31.12 32.25	M60 James Carmines	15:56.82	Weight Throw	
Bill Indek	2:51.9	W55 Panseluta Geer	8:44.8	Pole Vault M45 John Casale	3.96	W55 Barbara Leighton	37.94	Tom Kushinka Joel Dubow	19:03.56 20:43.39	M50 Willis Garland Frank St. Martin	11.66 11.09
M60 Johathon Tetherly* John Kuhi	2:43.4 2:47.1	Isabel Keeley *Non-Association	10:39.9	Lew Affront	3.35	M30 Dan Murdock	53.96	M65 Carl Kane	19:31.18	Blake O'Dell	9.45
John Saarmann	2:47.5		u ledos-	M50 Michael Graham M65 Taylor Goode	3.35 1.26	Kyle Lanier	54.41	James Jacono M70 William May	22:42.58 17:32.51	5000 RW W0 Andrea Frazier	35:37.48
M65 Dave Gerridge Dick Hill	2:58.2 3:02.4	USATF Potomac Valle T&F Championships		M70 James Condell	2.13	Ted Diehl M45 Pat Good	1:03.56	W35 B McNulty	20:47.01	-	
M70 Walter Desind	3:57.3	George's Sports Co	mplex	W55 Hillen von Maltzahn W65 Evelyn Wright	2.60 1.62	M55 Richard Brown	1:06.69	W55 Panseluta Geer W65 Lana Kane	18:01.73 21:45.65	MID-AMERI	CA
Paul Roedell M75 Ra Cherniak	3:59.1 3:30.6	Landover, MD; Fel	b. 20	Long Jump		M60 Bob Fuhrman M65 John MacDonald	1:11.95	AREA STREET, THE PARKET OF	and the same of the same of	USATF Mid-America	Regional
M80 John McManus*	4:10.9	M30 Brian Willis	7.00	M45 Lovell Butler John Casale	5.44 4.77	W30 Laquieshae Sonnier	1:11.35	Prince George's Sp		Indoor, Champion	ships
W40 Ligia Vallejo W45 Wendy Glassman	4:02.2 3:15.5	Anthony Battle M35 Dan Davis	7.10 7.20	Robert McIntosh	4.59	W40 Monika Caldwell W55 Barbara Leighton	1:13.79	Indoor Meet, Lando Feb. 27	ver, MU	Colorado Springs, CC); Feb. 27
1500m		Lawrence Kennedy	7.60	M50 Michael Graham Bobby Terrell	4.95 4.84	800m M40 Tom Stroman	2:15.57	200m M50 Rick Hower	20.5	M30 Hil Benzon	8.64
M30 Gary Rosenberg	4:22.2					I III OU OII OU OII OII OII OII OII OII	2.13.37	mou nick nower	28.5	M35 Michael Gesner	8.71

W60 Nadine O'Connor

M30 Creed Stary

M40 Bernie Miller

M45 Charlie Brown

M50 Mike Hogan

M75 Bud Held

10:59

Darrell Gobble

M40 Chris Benjamin

M50 John Carmony

Gary Garrett M55 Jim Scott

M65 Bob Fulton

M75 Jerry Donley

Garry Cox

M70 Ray Graves

Steve Bowles

Lowell Thompson

M65

2.75

2.90

W55 Phyllis Ruoho

W60 Nedra Darnell

W75 Rose McCourt

Dina Brady Diane Hall

W90 Estelle Frendberg

3:22.4

6:41.8

Judith Oakes

Nancy Lupton

W65 Joyce Freeman W70 Claire Elkins

April 2005 W65 Jean Doench M35 Nick Zero John Rendeiro Donald Air M45 Richard Raaflaub Doug Kennedy Gary Hutchinson M50 Fred Robbins George Aitkin Tim Payne M55 John de Finney John Pickard Gary Cassel M60 Chris Mackie Jim Prince Robert Moore M65 Jim Irons Hugh Wilson W40 Lynn O'Malley Karen Millson W45 Faith Nesdoly Karen Kennedy Katherine Willis 3000m M35 Brian Lovshin M40 Jamie Black Steven Blostein Andy Whittaker M45 Peter Wallace Raymond Pacque Jonathan Black M50 George Aitkin Fred Robbins Doug Smith

M55 John de Finney **Hugh Connolly** Gary Cassel M60 Robert Moore David Sheridan M65 Paul Yerich

Hugh Wilson M70 Ed Whitlock WR (Enrique Moreno/10:56.6) Dave Wilson Richard Graves Short Hurdles M50 Ralph Cilevitz Roy Chubb M65 Bob Land

righ Jump M35 Ted Biglow M40 Alain Gallant March de Chellis M45 Kevin Saniari M50 Bob Davidson

Ralph Cilivitz M55 Andre Poine M60 Rob Campbell W45 Roshani Gunaseker Pole Vault M45 Mark Schaber M55 Matti Kilpelainen

Long Jump M35 Ted Biglow M40 Alain Gallant Kenny Jackman M45 Kevin Sanjari Tom Black M50 Ralph Cilevitz M55 Richard Lech

Andre Poirie M80 Jack Hipple W45 Roshani Gunaseke W50 Maria Mallia Triple Jump M35 Phil Russo M40 Kenny Jackman

Alain Gallant M45 Kevin Sanjari Bruce Campbell M50 Ralph Cilevitz W45 Roshani Gunaseki Shot Put

M40 Richard Parkinson M45 Peter St. Pierre M50 Jim Wetenhall Bill Pearson

Ray Bzibziak M60 Ron Nastiuk **Bob Numiston** M65 David Morris M70 Eric Malmstrom M75 Evalds Viskers

M80 Garry Bachman Peder Nielsen W35 Dia Jaam Shahri W45 Monica Thornton W50 Kathy Wetenhall

W70 Doreen Carmicha W75 Velta Tomsons Weight Throw M40 Richard Parkinson M45 Peter St. Pierre M50 Jim Wetenhall

2:41.31

2:24.51

2:53.89

M65 Hugh Wilson

W30 Shari Boyle

W40 Annie Bunting

W45 Faith Nesdoly

Katherine Willis

3.64

4.24

4.09

Bill Pearson Rudy Boghina M60 Bob Burniston Ron Nastiuk

April 2005	100 1100			Natio	onal M	asters News				p	age 35
W65 Jean Doench	3:48.25	M65 David Morris	10.99	W60 M Maier AUT	1.30	M60 Peter Tabenor	5:17.41	W35 Geraldine Finegal	10.67	W35 J Drummond PAK	12.27
1500m	4.00 77	M70 Eric Malmstrom	6.36	W75 C Happ GER	1.10	M65 John Berratt	5:22.69	W40 Wendy Laing	10.33	W40 Anne Goulter NSB	19.82
M35 Nick Zero John Rendeiro	4:33.77 4:22.94	M80 Garry Backman Peder Nielsen	13.29 9.77	Pole Vault	200	M70 Peter Dibb	5:54.65	W45 Manndy Laing	10.43	W50 Tui Ashe PAP	23.38
Donald Air *	5:12.52	3000m RW	5.11	M35 C Schiefermayer AUT M40 W Kiem AUT	3.80 4.00	M75 Ron Franklin M80 James Caddy	7:26.79 7:21.57	W55 Barbara Terry W60 Elizabeth Sissons	8.88 9.66	W55 Anne Hunter NSB W80 Pauline Purser GE	21.12
M45 Richard Raaflaub	4:37.95	M45 Peter Lee	18:17.8h	M45 G Schwab AUT	3.40	W35 Bernadine Pritchett	4:47.56	W70 Rosemary Chrimes	9.79	Hammer	9.79
Doug Kennedy	4:38.79	M55 Patrick King	17:36.6h	M55 H Hubi AUT	3.40	W40 Jane Pidgeon	4:53.59			M40 Mark Cumming GE	45.56
Gary Hutchinson M50 Fred Robbins	4:44.25 5:04.20	Don Krueger M65 Patrick Farrelly	17:55.6h 19:23.9h	M65 H Diehm GER M70 H Andrecs AUT	2.70	W45 Denise Farnham	5:02.85	Auckland Masters		M50 Jos Pols PAK	33.60
George Aitkin	5:06.99	M70 S Summerhayes	18:24.1h	W40 S Anzinger AUT	2,40	W50 Nancy Hitchmough W55 Patricia Gallagher	5:13.42 5:29.77	Championships, Tower		M65 Rex Billington GE M70 Ray Laurie GE	34.29 28.94
Tim Payne	5:19.09	M75 S Brancaccio	23:05.9h	Long Jump	2.00	W60 Johanna Jay	6:00.63	New Zealand; Feb.	26	M75 Laurie Carter GE	20.09
M55 John de Finney	4:57.24	M80 Peter Fellowes	23:08.7h	M35 H Binna AUT	6.03	W65 Kathleen Stewart	6:03.01	M35 Craig Wood GE	12.8	W40 Ann Goulter NSB	36.69
John Pickard Gary Cassel	5:01.52 5:17.96	W30 Rachel Robichaud W35 Laura Houston	14:59.4h 20:08.3h	M40 B Himerlajh SLO M45 G Kantor HUN	5.90 5.77	3000m	9:23.48	M40 Mark Cumming GE	12.4	W55 Vivienne Keohane GE	
M60 Chris Mackie	5:19.78	W40 Kitty Cashman	16:15.2h	M50 D Pipan SLO	4.94	M40 Ian Aunger M45 Bernie Jones	9:13.55	M50 Bob Burden NSB	13.3	W80 Pauline Purser GE Weight Throw	12.06
Jim Prince	5:24.09	W45 Nanci P Sweazey	15:17.0h	M60 J Schwarzler AUT	4.48	M50 David Wilcock	9:35.27	M55 Peter Taylor GE M70 Trevor Cowley PAK	13.4 14.8	M35 Deon Wagner PAP	12.92
Robert Moore M65 Jim Irons	5:39.64 5:38.37	Wendy Santi	19:11.0h	M65 H Steurer AUT	4.41	M55 Peter Hamilton	10:21.05	M86 Syd Taylor GE	21.4	M40 Mark Cumming GE	14.84
Hugh Wilson	6:07.91	W50 Lily Whalen W55 Nancy Leo	19:09.3h 18:10.0h	M75 W Reuter GER Triple Jump	4.58	M60 John Garber M65 John Perratt	12:26.43 11:22.23	W44 Hilda Davidson ACA	18.6	M50 Jos Pols PAK M55 Peter Taylor GE	12.90 9.92
W40 Lynn O'Malley	5:07.54	W60 Ann M Rosenitsch	18:59.9h	M45 G Werthner AUT	12.41	M70 Peter Dibb	13:03.03	W60 Chris Waring NSB	15.0	M65 Rex Billington GE	10.11
Karen Millson	5:16.35	Eileen Sarkar	19:43.0h	Shot Put		M75 Ron Franklin	15:56.79	W70 Margaret Peters NSB 200m	15.3	M70 Ron Johnson PAK	11.81
W45 Faith Nesdoly Karen Kennedy	5:05.80 5:08.99	W65 Joan Christensen Jeannie McKeighan	19:28.9h 22:13.3h	M35 E Schadl AUT M40 W Layr AUT	13.51 11.38	M80 James Caddy	16:02.19	M35 Craig Wood GE	25.5	M75 Laurie Carter GE	8.72
Katherine Willis	5:57.37	Jeannie Wickelghan	22.13.311	M45 K Killer AUT	12.64	W35 Nicki Nealson W40 Jane Pidgeon	10:18.59 10:28.13	M40 Gregory Goodsell ACA	27.5	W40 Anne Goulter NSB W55 Anne Hunter NSB	9.00
3000m	Property and	INTERNATION	VAL	M50 S Zdenek AUT	12.00	W45 Denise Farnham	10:30.81	M50 Chris Day PAP M55 Peter Taylor GE	36.7 27.6	W80 Pam Spiers AMA	5.32
M35 Brian Lovshin	10:11.13 9:53.16			M55 J Pink AUT	12.66	W50 Anne Darby	12:03.24	M70 Trevor Cowley PAK	31.5	Javelin	****
M40 Jamie Black Steven Blostein	10:06.37	Austrian Masters Cha	llenge	M60 A Hermanns GER M65 F Ratzer AUT	13.60 13.60	W55 Patricia Gallagher W65 Pamela Jones	11:49.85 14:11.84	M85 Syd Taylor GE	47.0	M40 Mark Cumming GE M50 Jos Pols PAK	27.95 29.78
Andy Whittaker	10:23.76	Linz; Feb. 12-13		M70 M Sluga SLO	10.80	Short Hurdles	14.11.04	W40 Anne Goulter NSB	30.5	M70 Ron Johnson PAK	35.62
M45 Peter Wallace	9:55.99	60m M35 G Krifka AUT	7.28	W35 S Spendelhofer AUT	12.97	M40 Des Wilkinson	8.83	W60 Chris Waring NSB W70 Margaret Peters NSB	31.1 32.5	M75 Laurie Carter GE	16.33
Raymond Pacque Jonathan Black	9:57.61 10:07.65	M40 B Himerlaih SLO	7.73	W40 M Sterlekar SLO W50 S Plammer AUT	12.44 8.89	M45 Tennyson James M50 Phil McIlfatrick	9.41	W35 L Giudici ITA	4.92	W50 Tui Ashe PAP	19.12
M50 George Aitkin	10:54.99	M45 R Schrammel AUT	7.36	W55 E Klotzmann AUT	9.11	M55 Tony Wells	8.93 9.44	W40 Z Peto AUT	4.90	W55 Hilda Davidson ACA W80 Paulilne Purser GE	14.30 9.02
Fred Robbins	11:31.83	M50 H Kreiner AUT	7.72	W60 M Maier AUT	10.87	M60 Barry Ferguson	10.88	W45 L Vives ESP W60 J Wladika AUT	4.74 3.92	3000m RW	
	11:58.59	M55 A Rossi ITA M60 K Muller AUT	7.84 9.23	DWAF N	- 745	M65 Tony Bowman	10.83	W75 C Happ GER	2.86	M50 Rodney Thorne AMA	16:35.1
M55 John de Finney Hugh Connolly	10:45.13 11:08.20	M65 A Hamaekers GER	8.23	BMAF National Indoo		M70 Peter Field W35 Geraldine Finegan	12.24 9.55	400m		M60 Gary Little NSB W45 Julie Helean	14:28.0 17:56.0
Gary Cassel	11:37.59	M75 W Reuter GER	8.66	Indoor, Championsh Cardiff, Wales; Feb.		W40 Wendy Laing	9.44	M35 Craig Wood GE M40 Terry Robinson WAI	57.9 59.9	10,000m RW	
M60 Robert Moore	11:41.06	W35 C Rabeder AUT W40 A Grissmer	9.47 8.33	60m	.3-20	W45 Manndy Laing	9.20	M55 Wolfgang Schenk PAK		M60 Gary Little NSB	52:10.8
Jim Prince David Sheridan	11:42.78 11:43.78	W45 L Vives ESP	8.37	M35 Terence Stamp	7.04	W50 Emily McMahon W60 Jackie Charles	10.31 12.68	M60 Barry Jones Tak	1:07.7	W45 Julie Helean	1:02:19.9
M65 Paul Yerich	11:43.78	W50 S Fritsche GER	8.68	M40 Anthony Noel	7.15	High Jump	12.08	M70 Trevor Cowley PAK	1:16.7	LONG	100
Hugh Wilson	13:10.20	W60 M Maier AUT	9.52 12.21	M45 Eric Smart M50 Viv Oliver	7.50 7.60	M35 Stuart Caudery	1.85	M85 Syd Taylor GE W40 Rita Paton GE	2:05.2 1:39.2	LONG	
M70 Ed Whitlock WR	10:52.40	W75 C Happ GER 200m	12.21	M55 Robert Fraser	7.86	M40 Steve Linsell	1.80	W50 Tui Ashe PAP	1:16.0	DISTANC	TF.
(Enrique Moreno/10:56.69/20 Dave Wilson	14:37.06	M35 T Ganger AUT	24.55	M60 John Steede	8.26	M45 Chris Hesketh M50 Duncan Talbot	1.70	W60 Chris Waring NSB	1:15.1		
Richard Graves	15:18.36	M40 B Himerlajh SLO	25.83	M65 John Tunks M70 Alan Mellett	8.66 8.71	M55 Geoffrey Kitchener	1.30	800m M40 Chris Walker ACA	2:13.1	RUNNIN	G
Short Hurdles	44.00	M45 G Kantor HUN M50 H Kreiner AUT	26.10 25.00	M75 Alfred Woods	11.53	M60 Sean Power	1.51	M55 Steve McOnie AMA	2:26.8	The state of the s	100
M50 Ralph Cilevitz Roy Chubb	11.33 12.27	M55 A Rossi ITA	26.67	M80 Frank Copping	14.59	M65 Tony Crocker M70 Jim Day	1.48	M60 Barry Jones Tak	2:29.1	FACT	The state of
M65 Bob Land	14.24	M65 G Muller GER	25.59	W35 Geraldine Finegan	8.4h 8.53	M75 James Crehan	1.17	M70 Hector Mein WBP W40 Rita Paton GE	3:13.2	EAST	
High Jump	4.00	M75 W Reuter GER W35 M Kaltenberger AUT	29.18 33.22	W40 Angela Fudge W45 Averil McClelland	8.20	W35 Geraldine Finegan	1.51	W50 Tui Ashe PAP	3:40.0 3:03.0	Martha's Vineyard	20M
M35 Ted Biglow M40 Alain Gallant	1.60 1.70	W45 A Grissmer GER	26.98	W50 Emily McMahon	8.96	W40 Wendy Laing W45 Teresa May	1.66 1.45	W70 Isabel Foley Presby	3:53.0	Vineyard Haven, Edg	
March de Chellis	1.50	W50 S Fritsche GER	28.34	W55 Valerie Parsons	8.83	W50 Pam Garvey	1.30	1500m		and Oak Bluffs, MA;	
M45 Kevin Sanjari	1.50	W60 G Seibert GER	33.32 45.83	W60 Iris Holder W65 Mary Webb	9.82 10.70	W70 Rosemary Chrimes	1.18	M40 Terry Robinson WAI M55 Steve McOnie AMA	5:07.6 4:26.7	Overall	
Nikolai Kotikov	1.50	W65 M Puhar SLO 400m	43.03	W70 Rosemary Chrimes	10.41	Pole Vault	200	M60 Barry Jones Tak	5:14.9	Dave Conforto 26 Caroline Dobbyn 25	1:55:57
M50 Bob Davidson Ralph Cilivitz	1.40	M35 P Rabenseifner GER	54.52	W75 Brenda Green	12.96	M35 Stuart Caudery M40 John Andrews	3.80 3.80	M70 Hector Mein WBP	6:31.0	M35 Geof Newton	2:02:57
Roy Chubb	1.30	M40 J Neudorfer GER	55.51	W80 Mary Wixey 200m	14.83	M45 Gary Walker	2.90	W40 Rita Paton GE W55 Diane Spiers AMA	7:35.0 7:16.3	M40 David Saltmarsh	2:05:56
M55 Andre Poirier	1.25	M50 J Littwin GER M65 G Muller GER	55.48 57.71	M35 Chris Millard	23.23	M50 Allan Williams	4.02	5000m	7.10.5	Rick Pacheco Todd Brown	2:12:17 2:13:35
M60 Rob Campbell M65 Bob Land	1.25 1.20	W50 I Schier GER	1:11.00	M40 Warren Fraser	24.90	M55 Bruce Hendrie M60 John Bradley	2.80 3.00	M35 D Drummond PAK	16:56.5	Scott Spence	2:15:53
W45 Roshani Gunasekera	1.23	W60 G Seibert GER	1:22.09	M45 Eric Smart M50 Viv Oliver	23.98 24.85	M70 Jim Day	2.60	M45 Trevor Ashe PAP M55 Jimmy Huggins GE	17:56.1 19:34.8	Thomas Foley	2:20:48
Pole Vault	Land to the	M35 M Orthacker AUT	2:04.66	M55 Robert Fraser	26.02	W45 Teresa May	2.10	M60 Alan Galbraith Uni	17:20.8	M45 Errol Yudelman Donald Burke	2:06:53
M45 Mark Schaber M55 Matti Kilpelainen	3.65 3.65	M40 G Kroll AUT	2:02.84	M60 Terry Bissett	26.98	W50 Sue Yeomans	2.60	M65 John Lucas PAP	22:39.8	Ed Buckley	2:19:14 2:21:57
Long Jump	3.03	M45 W Kuck GER	2:09.20	M65 Anthony Treacher M70 David Burton	28.36	Long Jump M35 Robert Peers	4.78	W40 Rita Paton GE W55 Judith Stewart AMA	28:04.4	Chris Spaight	2:24:09
M35 Ted Biglow	6.03	M50 B Grissmer GER M60 J Kutnohorsky AUT	2:09.07 2:18.15	M75 James Crehan	29.04 37.16	M40 Trevor Sinclair	6.02	W70 Isabel Foley Presby	22:00.0 26:12.6	Rich Clark	2:29:18
M40 Alain Gallant Kenny Jackman	5.56 5.47	W35 P Schmidt GER	2:23.41	W35 Geraldine Finegan	28.23	M45 Trevor Wade	6.15	10,000m		M50 William Romito John Ninteau	2:15:06 2:20:57
M45 Kevin Sanjari	5.26	W45 A Pichler AUT	2:24.73	W40 Wendy Laing	28.06	M50 Paul Pinnington M55 Brian Williamson	5.36 4.93	M45 Trevor Ashe PAP	37:59.2	Joseph Kvilhaug	2:21:54
Tom Black	4.98	W60 S H Trontelj SLO W65 M Puhar SLO	3:54.55	W45 Averil McClelland W50 Fiona Argent	26.36 30.80	M60 Mike Garvey	4.76	M55 Jimmy Huggins GE M60 Rex Charlton GE	40:14.0 52:33.6	Paul Grogan	2:23:30
M50 Ralph Cilevitz	4.96	3000m	4:29.35	W55 Valerie Parsons	29.64	M65 John Tunks	4.41	M65 John Jucas PAP	45:56.0	Bill Moginnis M55 Duke Hutchinson	2:25:26 2:29:31
M55 Richard Lech Andre Poirier	5.42 4.06	M35 J Beyer AUT	9:10.55	W60 Iris Holder	33.04	M70 David Burton M75 Ajitsingh Kalirai	4.17 2.86	M70 John Wood	1:01:48.8	Ron Rembaum	2:31:16
M80 Jack Hipple	2.28	M40 T Marohn GER	9:24.03	W65 Mary Webb W70 Betty Steedman	37.50 39.23	M80 Hugh Gallagher	1.53	W55 Judith Stewart ACA 2000m Steeplechase	44:46.9	Richard Connnor	2:31:58
W45 Roshani Gunasekera	3.98	M45 G Flexeder GER M50 M Krempl SLO	9:36.86 9:43.92	W75 Brenda Green	47.27	W35 Catherine Goddard	5.35	M70 Hector Mein WBP	10:06.1	Brad Powers Wayne White	2:34:06 2:42:32
W50 Maria Mallia Triple Jump	4.16	M55 M Kotnik SLO	9:46.11	400m	Service Services	W40 Wendy Laing W45 Manndy Laing	4.89 4.81	W55 Diane Spiers AMA	11:20.0	M60 Louis Duval	2:58:29
M35 Phil Russo	8.28	W35 A Weiss GER	10:07.82	M35 Michael Osunsami M40 Darrell Maynard	55.65 51.44	W50 Emily McMahon	3.96	High Jump M50 Jos Pols PAK	1.35	George Graeber	2:59:56
M40 Kenny Jackman	11.46	W40 A Pichler AUT W50 P Schoffmann GER	10:13.69 11:38.42	M45 Ludwig Ramsey	53.27	W55 Daphne Marler	2.61	M55 Wolfgang Schenk PAK	1.15	John Rancourt	3:04:22
Alain Gallant M45 Kevin Sanjari	10.97	Short Hurdles	11.30.42	M50 Steve Lang	54.88	W70 Betty Steedman W60 Iris Holder	3.10 3.94	M70 Ron Johnson PAK	1.15	Steve Moland Brian Kelly	3:04:40 3:06:11
Bruce Campbell	7.51	M35 C Schiefermayer AUT	9.16	M55 Paul Anthony	59.32 1:03.90	W80 Mary Wixey	1.77	W40 Anne Goulter NSB W5 Anne Hunter NSB	1.20	M65 Herb Cunha	3:34:59
M50 Ralph Cilevitz	9.09	M40 A Bergtauer AUT	10.79	M60 Cameron Sealey M65 Anthony Treacher	1:03.90	Triple Jump	-	Long Jump	1.10	Thomas Mcintosh	3:55:38
W45 Roshani Gunasekera Shot Put	8.10	M50 H Kreiner AUT M55 H Hubl AUT	8.99 9.83	M70 Geoffrey Feast	1:18.69	M35 Ian Bridgeman	11.67	M55 Wolfgang Schenk PAK	4.21	W35 Claire Gadrow W40 Dora Rex	2:25:55 2:30:30
M40 Richard Parkinson	11.33	M65 G Muller GER	10.91	W35 Sally Read-Cayton	58.97	M40 David Richards M45 Albert Earle	12.37 12.17	M70 Trevor Cowlsy PAK	3.86	Jeanne Guerin	2:31:41
M45 Peter St. Pierre	8.86	W40 Z Peto AUT	9.84	W40 Colette Hurley	1:07.00	M50 Paul Pinnington	11.09	W55 Hilda Davidson ACA Triple Jump	3.01	Maureen Larkin	2:34:28
M50 Jim Wetenhall	14.05	W50 S Plammer AUT	13.09	W45 Lynn Talbert W50 Barbara Lock	1:03.40 1:05.35	M55 Robert Cutler	9.96	M50 Chris Day PAP	9.47	Marylee Schroeder	2:35:06
Bill Pearson	12.07	W60 M Maier AUT 3000m Steeplechase	11.39	W60 Marjorie Hocknell	1:19.39	M60 Sean Power	11.46	M70 Trevor Cowley PAK	7.99	Kris Gleason W45 Maureen Desena	2:35:11 2:52:13
Ray Bzibziak M60 Ron Nastiuk	10.63 10.34	M35 J Norbert AUT	13.36.10	800m	TO THE	M65 Tony Crocker M70 John Evans	9.27 8.25	W40 Anne Goulter NSB	8.34	Darlene Murray	2:58:24
Bob Nurniston	10.00	M45 S Wogerbauer AUT	14.41.41	M35 Stephen Mulrine M40 Stephen Toogood	2:07.66 2:01.30	M75 James Crehan	7.51	W55 Anne Hunter NSB Shot Put	8.73	Robin Stone	3:01:48
M65 David Morris	9.69	M50 F Ruzzier SLO M55 Nuiestelberger AUT	13:15.33 15:02.01	M45 Ludwig Ramsey	2:07.79	W35 Dawn Jones	10.27	M40 Mark Cumming GE	10.21	Sandra Comeau Mickey Piscitelli	3:05:18
M70 Eric Malmstrom M75 Evalds Viskers	8.68 8.90	M60 H Strieder AUT	17:48.58	M50 David Wilcock	2:05.16	W40 Gaye Clarke W45 Manndy Laing	8.98 10.39	M50 Jos Pols PAK	9.73	W50 Luz Maria Davila	3:06:19 2:38:57
M80 Garry Bachman	9.96	W35 G Winkler AUT	14:56.19	M55 Ed Connolly M60 Richard Somers	2:24.70 2:26.36	W50 Lyn Ahmet	8.59	M55 Peter Taylor GE M65 Rex Billington GE	8.48 9.21	Derdre Bird	2:51:01
Peder Nielsen	7.42	W45 A Zirknitzer AUT	18:01.72	M65 John Newcombe	2:26.36	W55 Daphne Marler	4.92	M70Ron Johnson PAK	9.21	Jean C-Cochrane	3:00:37
W35 Dia Jaam Shahriari	10.40	W50 M Schwantzer AUT W60 S H Trontelj SLO	NTA 24:32.58	M70 Peter Dibb	2:54.20	W60 Jackie Charles	7.61	M75 Laurie Carter GE	6.53	Mary Connolly Lisa Loprinzo	3:00:38 3:10:39
W45 Monica Thornton W50 Kathy Wetenhall	6.73 9.07	W65 M Puhar SLO	22:25.17	M80 James Caddy	3:48.54	W70 Betty Steedman Shot Put	6.69	M85 Syd Taylor GE	4.53	W55 Janet Kelly	2:58:57
W70 Doreen Carmichael	5.31	High Jump		W35 Sally Read-Cayton W40 Carol-Ann Gray	2:18.56 2:31.41	M35 Joseph Nagle	10.28	W50 Rui Ashe PAP W55 Anne Hunter NSB	7.47 7.51	Kris Tholke	3:07:40
W75 Velta Tomsons	6.41	M35 H Binna AUT M40 M Segatel ITA	1.65 1.90	W45 Kate Rogers	2:36.51	M40 Steve Whyte	15.36	W80 Pauline Purser GE	4.26	Liz Waldman Betsy Gladfelter	3:15:07 3:17:11
Weight Throw M40 Richard Parkinson	12.26	M45 G Werthner AUT	1.65	W50 Barbara Lock	2:17.17	M45 Guy Perryman M50 Mike Small	13.45 15.22	Discus		Jean Rainwater	3:17:13
M45 Peter St. Pierre	7.36	M55 H Hubni AUT	1.60	W65 Kathleen Stewart	2:59.41	M55 Neil Griffin	13.92	M35 Deon Wagner PAP M40 Mark Cumming GE	37.95 31.04	TO VERSON AND ASSOCIATION	
M50 Jim Wetenhall	20.20	M60 J Schwarzler AUT	1.43	M35 Robert Peers	4:54.69	M60 Garry Negus	12.32	M50 Jos Pols PAK	31.04	NYRR Snowflake 4	
Bill Pearson Rudy Boghina	13.45 11.53	M65 H Steurer AUT M70 H Andrecs AUT	1.22	M40 Kofi Agyei	4:10.80	M65 Eric Kitney M70 Gordon Hickey	9.63 11.57	M60 Stuart Williams	38.74	Central Park, NYC; F	eb. 26
M60 Bob Burniston	11.35	M75 A Stoppel AUT	1.19	M45 Bernie Jones	4:17.16 4:15.99	M75 Jaroslav Hanus	9.51	M65 Rex Billington GE M70 Ron-Johnson PAK	26.74	Overall	
Ron Nastiuk	8.23	W55 M Pece Cad SLO	1.16	M50 David Wilcock M55 Peter Molloy	4:15.99	M80 Hugh Gallagher	6.53	M75 Laurie Carter GE	33.06 21.31	Matt Downin 28	20:12

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M75 Lwo Schonhaut 39:55 M50 RICHARD MANGOI M80 Sab Koide 40:15 RANDY STROBLE	D 2:56:52 3:00:28	CONNIE WALDREP 30:35 AULEEN CONAN 31:12	WINSTON SAUNDERS 1:13:12 M70 DICK ROWE 1:37:15	SAM NORMAN 38:07	Luis Guerrero 18:01:53 John Dove 18:11:53
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M70 Bob Romer 2:11:59 JANE RAMSEUR	8:10:58	Half-Marathon	Larry Goldfarb 1:26:59	Bay to Bay 12K/5K	Kimberly Pitcher 9:23:54 W45 Carol Schmidt 8:57:26
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M35 Rowly Brucken 2:53:17 WAD MAD CAPET BOZGO	2:09:56 Z 1:32:41	M40 Mike McKellip 21:11 Keith Howard 22:21	Anne Gwynn 2:02:38	BOB RANTA 1:15:29 PAUL MCPARTLAND 1:17:41	James Brooks 3:38:25 M65 Bill Macy 3:42:11
MAU John Geesler 3:05:42 SUANNE HALL	1:33:31	Pierre Oulevey 23:00 M45 Gaylen Edwards 19:39	Penelope Gray 2:07:37 W60 Annie Fillare 2:23:00	M75 AL TREICHEL 58:49	Andrew Kotulski 4:04:20
Scott Suba 3:25:03 WAS DENIES DICKARD	1:34:02 1:32:55	Wayne Broadhead 21:21	W70 Pat Ewell 2:27:25	PAT FITZGERALD 1:06:27 LARRY YOST 1:08:57	Paul Debiasi 4:26:46 M70 Daniel Shuff 4:13:13
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M80 Sab Koide 30:50 M45 ROBERT PASQUAL DAVID GEE DAVID GEE	18:35 18:55	Prabha Patel 56:44	W35 MELLY SANCHEZ 37:49 W40 CAROL POSTIGO 31:43	M35 RUSS HARDIE 21:30 M40 DAVID OMEARA 16:37	M35 Ulf Andre 1:20:06 M40 Brian Baresch 1:25:58
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M70 Ed Mote
M80 Ted Brewer
W35 Liesl Inglish
W40 Ginna Getto
Christine Mueller Valerie Yoakam W45 Pam Sn eed Joni Michael Shelley Gluck
W50 Kim Dennis
Pam Barron
Deborah Ruiz
W55 Sherill Easterling Norma Cousin Fara Raines Fara Raines
W60 Heather Rasmusse
Sally Sims
Telal Isik
W65 Margaret Thrash
W70 Betty Forsvall
Clara Bennett 10K Overall
Dave Ray 37
Sheila Natho 39
M40 Robert Smith M40 Robert Smith
Todd Johnson
M45 Bob Scully
Bobby Gathright
M50 Dan Wilder
Douglas Hinds
M55 Frank Pendleton
Donald Sieve
M60 Ed Craighead
Arthur Salazar
M65 Fred Hurd
Clyde Deloach Clyde Deloach M70 Robert Coffey Lovell Bolle M75 Donald Hartz Sam Baker M80 Robert Dowden W40 Kelly Hucklebridge Kathy Vetter W45 Bev Dehart

W45 Bev Denart
Jean Mykietyn
W50 Ellen Kohn
Lorene England
W55 Merisa Quinones
Gienda Johnson W60 Lynne Caruso

W60 Lynne Caruso
Nancy Cole
W65 Beverly Torres
Margaret Blakely
W70 Phyllis Provost
Twyla Stanford
W75 Jan Richards
Ina Bartel

Jan Richar Ina Bartel

5K Overall Eliud Njubi 25 Mary Kinyanjui 25 M35 Mark Thompson M40 Tony Jacobson M45 Bradley Gardner M50 Tom Sessions M55 Kir Kirkell M50 Tom Sessions M55 Kit Kittrell M60 Jeph Abara M65 EddieCantu M70 William Puls M75 Jack Gray M80 RobertMcadam W35 Cora Turner W40 RuthieTate W45 DebbieSanders W50 Anna Treadway W55 MartaWhite W60 SharonSmith W65 Harriett Borger W70 ThelmaSellers W75 NancyRaitz

ConocoPhillips Ro Houston, TX; Fo Noverall
Sean Wade
Kelly Keane
M40 David Lord
Dave Quirk
Matthew Nicol
M45 Craig Calmes
Ken Yanowski Larry Tidwell
M50 William Martin
Osbaldo castillo

Chip Tyme Miguel Lopez M55 Paul Daniels Ben Harvie **David Chester** M60 Emmett faulkner

Ignacio Ybarra Jr Victor Franco M65 Rich Siemens Dennis Matheso Jim Braden M70 Harold Wilson

Julian Gomez Lloyd Joyce M75+ Dan Allensworth Tony Lopez

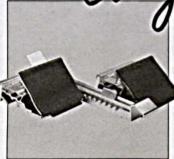
Harry Rike	1:57:29	Zeno boehmer	55:57	Isabel Rivera	2:04:11	Jerome Wirz	3:46:35	M70 Allen Warren	25:00	Ron Kaufman	19:18
M70 Ed Mote	3:17:09	W40 Allison Le Compte	39:04	W65 Kay Duplichan	2:15:51	Myung Park	3:50:09	John Harper	25:00 26:08	Rob Neufeld	20:53
M80 Ted Brewer	2:46:36	Joy Smith	39:13	Gloria Tracy	3:08:44	M65 John Downing	3:58:12	Bill O'Connor	28.55	M50 Mark Galeazzi	19:19
W35 Liesl Inglish	1:30:25	Helen Grant	40:15	Norma Boll	3:30:48	Philo Short	4:16:29	M80+Al Perotti	38:04	Steven Owen	19:43
W40 Ginna Getto	1:39:36	W45 Carmen Ayala-Tronco	oso 35:26	37	0.00.10	Michael Pang	4:36:26	Jim Coon	52:51	James Baker	20:25
Christine Mueller	1:39:52	Christie Lammers	39:32	WEST		John Williams	4:43:17	Ki Lee	1:20:14	M55 Bill Sumner	19:14
Valerie Yoakam	1:40:18	Suzanne Day	41:14			Raymond Prizgintas	4:43:27	W35 Christine Onufrak	19:24	Mike Rouhas	20:37
W45 Pam Sn eed	1:28:48	Cindy Lane	44:46	Super Band Sunday	40V 9 FV	M70 Gordon Watson	3:53:24	W40 Sherri Ellerby	19:42	Bob Norris	21:50
Joni Michael	1:39:23	W50 Eva Luckey	44:25	Super Bowl Sunday 1		Paul Straub	4:42:39	Stacy Blaugrund	21:51	M60 Bill Hollingshead	19:02
Shelley Gluck	1:41:10	Billie-Kay Melanson	44:42	Redondo Beach, CA	i; Feb. 6	. George Border	5:21:56	Adriana Simon	22:37	Bob Mcgeough	19:21
W50 Kim Dennis	1:44:18	Cindy Sosa	48:05	Overall		John Strand	5:28:42	W45 Laura Weissert	22:13	Dennis Lockhart	20:19
Pam Barron	1:57:05	W55 Marcella Paull	46:43	Christian Hersh 26	30:36	W35 Lauren Kearney	3:24:00	Beverly Andrew	23:15	M65 Art Kitze	24:35
Deborah Ruiz	1:57:41	Alice Keelin	50:51	Sarah Bouchard 30	35:17	Carolyn Sion	3:31:43	Joy Campbell	24:51	Andrew Bailey	24:58
W55 Sherill Easterling	1:53:39	Angela Oltean	51:57	M35 Hector Lopez	32:25	Lori Heinselman	3:43:56	W50 Kathy Stahl	25:35	Harold Lyons	27:02
Norma Cousin	1:54:49	W60 Ursula Spilger	53:35	M40 Jeff Atkinson	32:42	Olivia Gill	3:47:13	Tineke S-Clayton	25:51	M70 Richard Freeman	38:22
Fara Raines	2:08:26	Leona Devine -	58:16	David Olds Brent Griffith	33:19	Dawn Silva	3:47:16	Lisa Koestner	26:49	Larry Kirchmann	42:23
W60 Heather Rasmussen	2:00:42	Carol Mcclelland	1:02:02	M45 John Arauj	34:07 35:31	W40 Tracy Thomas	3:28:44	W55 Jodie Kinney	24:17	Jack Davis	49:20
Sally Sims	2:10:36	W65 Mona Keffer	56:21	Rich Gust	36:48	Cynthia Demarco	3:33:01	Mary Meline	26:32	M75 Ollie Harker	28:53
Tela Isik W65 Margaret Thrash	2:43:17	Judy Loy	58:13	Peter Glassman	39:08	Lynda Luce	3:35:57	Faith Wells	27:43	Ronald Macdonald	30:51
	2:29:50	Eileen Perlmutter	1:11:34	M50 Margarito Hemandez		Mary Garnett	3:40:39	W60 Diann Heyer	27:35	Grant Yule	38:31
W70 Betty Forsvall Clara Bennett	3:01:35	W75+Marcie Mccaskill	30:10	Nabor Gomez	37:40	Susan Gibbs	3:43:00	Meedie Younger	32:45	M80+Bill Hutchinson	32:25
10K	3:21:11	Verna Jasso	41:29	Harry Perry	42:20	W45 Liz Downing	3:07:44	Barbara Osterkamp	35:24	Emilio Melilli	42:26
Overall		Natio Consultand Ma		M55 Nolan Shaheed	35:13	Lucrecia Jacobson	3:29:12	W65 Lois Austin	29:08	Donald Sutherland	59:05
Dave Ray 37	33:41	Nokia Sugarbowl Mai		Harold Jesse	38:48	Nancy Ottmann	3:42:45	Anna Mattson	29:26	W35 Lisa Henkle	26:21
Sheila Natho 39	40:01	Marathon & Half-Ma		Chuck Foote	40:38	Sena Hoodman Linda Zander	3:43:06 3:48:22	Colleen Golden W70 Wilh. Schertzing	46:12 43:22	W40 Jacqui Vaskovich Catherine Arnold	21:24 26:27
M40 Robert Smith	38:04	New Orleans, LA; F	eb. 27	M60 Pat Wicken	43:31	W50 Alfreda Iglehart	3:37:30	Elsa Ramirez	43:26	Abby Craig	26:34
Todd Johnson	38:43	Overall		Jesse Rascom	43:44	Janice Webb	3:50:00	Beverly Stunden	43:51	W45 Sherry Kaufman	27:53
M45 Bob Scully -	38:17	Meyer Friedman 25	2:30:59	M65 Luis Gorordo	44:14	Denise Deporter	4:04:45	W80+Jean Coon	46:28	Gabriela Javier	28:49
Bobby Gathright	38:56	Una Broderick 38	3:07:20	Ken Gaal	44:17	Lorraine Gersitz	4:07:48	Kyu Lee	1:20:15	Betsy Hitchcock	29:19
M50 Dan Wilder	39:55	M35 Scott Fortner	2:54:57	M70 Dick Windishar	53:26	Olivia Kirchmann	4:23:25	Nyo zoe	1.20.10	W50 Blanca Sanchez	22:46
Douglas Hinds	40:58	M40 Ross Shales	2:51:05	John Rudberg	54:13	W55 Myung Kim	3:53:21	President's Day 51	(Linda Fuller	31:20
M55 Frank Pendleton	43:01	Forrest Pearson Jon Docs	2:52:51 2:57:47	M75 Bud Switzer	67:40	Sue Fauerbach	4:38:34	Las Vegas, NV; Feb.		Edith Balbach	31:38
Donald Sieve	43:22	M45 Leonard Vergunst	2:40:46	Loren Leonard	70:51	Karen Aydelott	4:39:20	Overall		W55 Carol Fitzgerald	28:27
M60 Ed Craighead	42:52	Jim George	2:52:14	W35 Mary Schena	43:05	Zenaida Tan	4:43:57	Men 1 Dustin Hudspeth	15:56	Lynn Story	30:28
Arthur Salazar	46:57	Scott Gove	2:59:46	W40 Rosalva Bonilla	38:44	Cassandra Johnson	4:54:09	2 David Olshan	16:09	Trish Fallon	34:03
M65 Fred Hurd	44:33	M50 Michael Alexander	3:07:00	DebbieRichardson	39:05	W60 Julia Dunphy	4:43:24	3 Martin Garcia	16:43	W60 Marilyn Pobanz	31:29
Clyde Deloach	45:29	Luigi Montagna	3:10:07	Vickie Ford	45:24	Judith Koob	5:33:02	Women 1 Erica Schramm	18:56	Carolyn Martin	31:45
M70 Robert Coffey	53:00	John Walker	3:11:42	W45 CandiceParagone	47:40	Ginger Lassy	5:34:55	2 Danielle Menlove	19:59	Beth Betz	41:38
Lovell Bolle	1:02:35	M55 Richard Nagel	3:29:04	Safa Hormati Andrea Madenwald	48:07	W65 Dorothy Strand	5:28:42	3 Tanya French	20:09	W65 Carole Davis	31:04
M75 Donald Hartz	1:10:52	Steven Borchert	3:36:52		48:42 40:49	W70 Kathleen Callaway	6:22:39	M35 Mike Schramm	17:05	Wanda Whitmire	31:13
Sam Baker	1:16:14	Raoul Gagne	3:41:18	W50 Debra Sharp Nasrin Farokhi	40:49	Half-Marathon	San Printer	M40 Dan Kempf	18:14	Claudean Weeks	35:59
M80 Robert Dowden	1:35:39	M60 John Stephens	3:30:30	Ann Weichbrod	49:38	Overall		M45 Bruce Falk	19:27	W70 Jean Yule	38:31
W40 Kelly Hucklebridge	42:06	Francesco Criniti	3:40:17	W55 Jinny Blandford	48:21	Chris Ronan 30	1:11:24	M50 Gregorio Bravo	20:35	Barbara Logan	44:13
Kathy Vetter	45:40	Larry Lindeen	3:40:56	Pat Bates	50:06	Laura Knight 35	1:25:25	M55 Aurelio Herrera	20:04	P Joyce Allen	44:15
W45 Bev Dehart	45:39	M65 George Pothier	3:29:12	W60 Joanie Stahura	42:43	M35 Juan Ramirez	1:14:22	M60 Clive Bevan	21:49	W75 Dee Thomas	45:33
Jean Mykietyn	45:48	James Michie	3:53:54	Mary Mitchell	54:22	M40 Mark Donaldson	1:18:00	M65 John Brazinsky	25:22	Jody Sutherland	58:43
W50 Ellen Kohn	51:11	David Clark	5:05:38	W65 Shirley Blush	49:20	Kevin Herbert	1:19:45	W35 Barbara Graham	24:53		
Lorene England	53:36 50:38	M70 Bruce Worley	4:18:44	Char Brose	73:09	Jorge Marquez	1:20:57	W40 Lori Olafson	24:53	AM Good Mornin	
W55 Marisa Quinones Glenda Johnson	56:04	Jules Johnson	6:07:57	W70 Jean Saunders	76:08	M45 Charles Sanchez	1:20:44	W45 Diana Jonas	23:14	Manhattan Beach, Ca	A; Feb. 26
W60 Lynne Caruso	51:35	Sudyong Toprasert	6:27:29	Anne Allen	77:09	Leon Laub	1:24:50	W55 Linda Doyle	30:02	Overall	THE PERSON
Nancy Cole	1:13:08	W35 Sarah Guttery	3:15:04	5K		Dan Clemens M50 James Jeffrey	1:25:28	W60 Joyce Cook	33:44	Jeff Atkinson 42	17:46
W65 Beverly Torres	1:04:19	W40 Lisa Sherak	3:28:22	Overall		Kirk Daley	1:22:27	W65 Marie Lacy	37:45	Carrie Schmidt 41	21:31
Margaret Blakely	1:16:50	Susann Millen	3:32:06	Christian Hersh 26	14:53	David Wilson	1:30:46			M35 Jeffrey Reesing	19:24
W70 Phyllis Provost	1:13:11	Stacy Reed	3:36:43	Erika Aklufi 20	17:00	M55 Marshall Randolph	1:31:37	Palm Springs Half-Mara		M40 Jeff Atkinson	17:46
Twyla Stanford	1:19:44	W45 Lynda Deboer	3:20:02	M35 Vidal Estrada	17:54	Agust Lim	1:31:46	5K, Palm Springs, CA;	Feb. 20	Jake Courtney	17:59
W75 Jan Richards	1:13:49	Linda Smith	3:43:24	M40 Peter Magill	15:07	Pete Boisineau	1:33:32	Overall		Jim Nelson	19:28
Ina Bartel	1:16:25	Renate Linden	3:45:33	Andy DiConti	15:53	M60 Juan Cabeza	1:30:57	J. Rivera Gutierrez 32	1:07:57	Jim Newman	19:51 21:08
5K		W50 Kristine Guderyon	3:23:35	M45 Dennis Nivens	18:41	Mike Lopez	1:31:08	Diane Daruty 41	1:25:03	Randy Kendall M50 Robert Kawamoto	23:35
Overall		Joann Heap	3:36:41 3:46:24	Robert Kessler	19:03	Dennis Campbell	1:38:53	M35 Michael Conover	1:16:35	Mike Brandin	24:10
Eliud Njubi 25	15:18	Toni Cruz W55 Tillie Clark	4:27:54	M50 Richard Burns	16:45	M65 Klaus Halle	1:41:50	M40 Jon Cowles	1:20:55	Randy Beatty	
Mary Kinyanjui 25	16:45	Deb Reinemann	4:30:34	Hugo Velazquez	19:08	Ronald Crichton	1:42:37	Anthony Saglembeni	1:24:57	Cliff Allman	25:06
M35 Mark Thompson	18:06	Sue Fauerbach	4:46:59	M55 Ascuncion Martinez	22:45	Ted Seely	1:43:50	Victor Mendoza	1:25:23	Mark Costopoulos	26:05
M40 Tony Jacobson	17:52	W60 Judith Koob	5:22:03	Dennis Ogren	23:02	M70 Stanley Polski	1:52:19	M45 Eugenio Flores Michael Nelson	1:26:16	M60+Michael Moore	22:56
M45 Bradley Gardner	17:43	Janet Newburgh	5:22:56	M60 Lee Baca M65 Frank Greene	20:17	David Ballantyne	1:57:16	Pete Kirkham	1:31:57	Paul Dorr	27:29
M50 Tom Sessions	18:49	Mary Yabroff	6:28:52	M70 Robert Lyons	22:08 24:09	Joseph Bruney	1:57:38	M50 Greg Wilson	1:19:37	Robert Merritt	30:43
M55 Kit Kittrell	19:46	W65 Sandra Webber	5:42:29	M75 Milo Sather	29:03	M80+Sid Jones	3:08:53	Kirk Daley	1:28:57	George Newburn	31:10
M60 Jeph Abara M65 EddieCantu	21:37 24:04	Ardis Wright	6:59:26	M80+Joe Fleischmann	35:07	W35 Laura Knight	1:25:25	David Polow	1:31:48	Ross Latimer	31:56
M70 William Puls	26:42	Suzanne Myers	7:08:56	W35 Tania Fischer	18:06	W40 Christien d.Stefano	1:28:16		1:29:05		23:25
M75 Jack Gray	24:16	Half-Marathon						Moo Dana Henderson		W35 Patty Trapnell	
M80 RobertMcadam	35:51		Mary Mary	W40 Kelle Taylor	18:34	Debra Okano	1:32:01	M55 Dana Henderson David Parker		W40 Carrie Schmidt	21:31
W35 Cora Turner		Overall	-	W40 Kelle Taylor Susanne Quick	18:34 22:02	Debra Okano Caroline Mcandrews	1:33:03	David Parker Alan Remele	1:34:51 1:37:07	W40 Carrie Schmidt Noelle Merritt	21:31 22:02
W40 RuthieTate	1947	Overall Timothy Vandervlugt 39	1:12:39		22:02 22:04	Debra Okano Caroline Mcandrews W45 Talya N-Hacohen	1:33:03 1:33:17	David Parker Alan Remele M60 Bill Fallon	1:34:51 1:37:07 1:39:39	W40 Carrie Schmidt Noelle Merritt Carol Ecker	21:31 22:02 24:25
	19:47 20:48	Overall Timothy Vandervlugt 39 Leslie Minnix Wolfe 43	1:27:07	Susanne Quick W45 Charlotte Senseny Mary Sloane	22:02 22:04 23:13	Debra Okano Caroline Mcandrews W45 Talya N-Hacohen Allison Raap	1:33:03 1:33:17 1:37:25	David Parker Alan Remele M60 Bill Fallon Everard Robinson	1:34:51 1:37:07 1:39:39 1:40:41	W40 Carrie Schmidt Noelle Merritt Carol Ecker Nancy Humbarger	21:31 22:02 24:25 25:52
	20:48	Overall Timothy Vandervlugt 39 Leslie Minnix Wolfe 43 M35 Tim.Vandervlugt	1:27:07 1:12:39	Susanne Quick W45 Charlotte Senseny Mary Sloane W50 Sharon Lotesto	22:02 22:04 23:13 21:34	Debra Okano Caroline Mcandrews W45 Talya N-Hacohen Allison Raap Kim Meggison	1:33:03 1:33:17 1:37:25 1:38:52	David Parker Alan Remele M60 Bill Fallon Everard Robinson Marty Freedman	1:34:51 1:37:07 1:39:39 1:40:41 1:56:42	W40 Carrie Schmidt Noelle Merritt Carol Ecker Nancy Humbarger Anne Ozer	21:31 22:02 24:25 25:52 26:07
W45 DebbieSanders W50 Anna Treadway	20:48 21:03	Overall Timothy Vandervlugt 39 Leslie Minnix Wolfe 43 M35 Tim.Vandervlugt M40 Michael Streff	1:27:07 1:12:39 1:17:40	Susanne Quick W45 Charlotte Senseny Mary Sloane W50 Sharon Lotesto W55 Yoko Eichel	22:02 22:04 23:13 21:34 22:21	Debra Okano Caroline Mcandrews W45 Talya N-Hacohen Allison Raap Kim Meggison W50 Marie Wickham	1:33:03 1:33:17 1:37:25 1:38:52 1:30:31	David Parker Alan Remele M60 Bill Fallon Everard Robinson Marty Freedman M65 Frank A Vasquez	1:34:51 1:37:07 1:39:39 1:40:41 1:56:42 1:52:03	W40 Carrie Schmidt Noelle Merritt Carol Ecker Nancy Humbarger Anne Ozer W50 Kelly Stark	21:31 22:02 24:25 25:52 26:07 27:57
W45 DebbieSanders W50 Anna Treadway W55 MartaWhite	20:48 21:03 26:09 29:02	Overall Timothy Vandervlugt 39 Leslie Minnix Wolfe 43 M35 Tim.Vandervlugt M40 Michael Streff Tom Luongo	1:27:07 1:12:39 1:17:40 1:19:24	Susanne Quick W45 Charlotte Senseny Mary Sloane W50 Sharon Lotesto W55 Yoko Eichel W60 Susan Stevens	22:02 22:04 23:13 21:34 22:21 28:59	Debra Okano Caroline Mcandrews W45 Talya N-Hacohen Allison Raap Kim Meggison W50 Marie Wickham Valerie Pinocci	1:33:03 1:33:17 1:37:25 1:38:52	David Parker Alan Remele M60 Bill Fallon Everard Robinson Marty Freedman M65 Frank A Vasquez Gordon Davis	1:34:51 1:37:07 1:39:39 1:40:41 1:56:42 1:52:03 1:57:54	W40 Carrie Schmidt Noelle Merritt Carol Ecker Nancy Humbarger Anne Ozer W50 Kelly Stark Roxana Davison	21:31 22:02 24:25 25:52 26:07 27:57 35:17
W45 DebbieSanders W50 Anna Treadway W55 MartaWhite W60 SharonSmith	20:48 21:03 26:09 29:02 33:35	Overall Timothy Vandervlugt 39 Leslie Minnix Wolfe 43 M35 Tim.Vandervlugt M40 Michael Streff Tom Luongo Pen Clark	1:27:07 1:12:39 1:17:40 1:19:24 1:22:58	Susanne Quick W45 Charlotte Senseny Mary Sloane W50 Sharon Lotesto W55 Yoko Eichel W60 Susan Stevens W65 Shirley Denton	22:02 22:04 23:13 21:34 22:21 28:59 39:03	Debra Okano Caroline Mcandrews W45 Talya N-Hacohen Allison Raap Kim Meggison W50 Marie Wickham Valerie Pinocci Judy Chang W55 Jeanie Leitner	1:33:03 1:33:17 1:37:25 1:38:52 1:30:31 1:37:55 1:47:44 1:43:52	David Parker Alan Remele M60 Bill Fallon Everard Robinson Marty Freedman M65 Frank A Vasquez Gordon Davis Kenton Pattie	1:34:51 1:37:07 1:39:39 1:40:41 1:56:42 1:52:03 1:57:54 2:04:08	W40 Carrie Schmidt Noelle Merritt Carol Ecker Nancy Humbarger Anne Ozer W50 Kelly Stark Roxana Davison Donna Nicholsen	21:31 22:02 24:25 25:52 26:07 27:57 35:17 37:00
W45 DebbieSanders W50 Anna Treadway W55 MartaWhite W60 SharonSmith W65 Harriett Borger	20:48 21:03 26:09 29:02 33:35 37:27	Overall Timothy Vandervlugt 39 Leslie Minnix Wolfe 43 M35 Tim. Vandervlugt M40 Michael Streff Tom Luongo Pen Clark M45 Luis Diaz	1:27:07 1:12:39 1:17:40 1:19:24 1:22:58 1:23:11	Susanne Quick W45 Charlotte Senseny Mary Sloane W50 Sharon Lotesto W55 Yoko Eichel W60 Susan Stevens W65 Shirley Denton W70 Chieko Allwein	22:02 22:04 23:13 21:34 22:21 28:59 39:03 27:58	Debra Okano Caroline Mcandrews W45 Talya N-Hacohen Allison Raap Kim Meggison W50 Marie Wickham Valerie Pinocci Judy Chang W55 Jeanie Leitner Chu Young Shin	1:33:03 1:33:17 1:37:25 1:38:52 1:30:31 1:37:55 1:47:44 1:43:52 1:52:01	David Parker Alan Remele M60 Bill Fallon Everard Robinson Marty Freedman M65 Frank A Vasquez Gordon Davis Kenton Pattie M70 Ed Klassen	1:34:51 1:37:07 1:39:39 1:40:41 1:56:42 1:52:03 1:57:54 2:04:08 1:33:42	W40 Carrie Schmidt Noelle Merritt Carol Ecker Nancy Humbarger Anne Ozer W50 Kelly Stark Roxana Davison Donna Nicholsen Bridget Batkin	21:31 22:02 24:25 25:52 26:07 27:57 35:17 37:00 39:00
W45 DebbieSanders W50 Anna Treadway W55 MartaWhite W60 SharonSmith W65 Harriett Borger W70 ThelmaSellers	20:48 21:03 26:09 29:02 33:35 37:27 38:20	Overall Timothy Vandervlugt 39 Leslie Minnix Wolfe 43 M35 Tim. Vandervlugt M40 Michael Streff Tom Luongo Pen Clark M45 Luis Diaz Bill Kaemmer	1:27:07 1:12:39 1:17:40 1:19:24 1:22:58 1:23:11 1:23:32	Susanne Quick W45 Charlotte Senseny Mary Sloane W50 Sharon Lotesto W55 Yoko Eichel W60 Susan Stevens W65 Shirley Denton	22:02 22:04 23:13 21:34 22:21 28:59 39:03	Debra Okano Caroline Mcandrews W45 Talya N-Hacohen Allison Raap Kim Meggison W50 Marie Wickham Valerie Pinocci Judy Chang W55 Jeanie Leitner Chu Young Shin Sandy Montgomery	1:33:03 1:33:17 1:37:25 1:38:52 1:30:31 1:37:55 1:47:44 1:43:52 1:52:01 1:55:12	David Parker Alan Remele M60 Bill Fallon Everard Robinson Marty Freedman M65 Frank A Vasquez Gordon Davis Kenton Patite M70 Ed Klassen Don Moore	1:34:51 1:37:07 1:39:39 1:40:41 1:56:42 1:52:03 1:57:54 2:04:08 1:33:42 1:51:39	W40 Carrie Schmidt Noelle Merritt Carol Ecker Nancy Humbarger Anne Ozer W50 Kelly Stark Roxana Davison Donna Nicholsen	21:31 22:02 24:25 25:52 26:07 27:57 35:17 37:00 39:00 40:54
W45 DebbieSanders W50 Anna Treadway W55 MartaWhite W60 SharonSmith W65 Harriett Borger	20:48 21:03 26:09 29:02 33:35 37:27	Overall Timothy Vandervlugt 39 Leslie Minnix Wolfe 43 M35 Tim. Vandervlugt M40 Michael Streff Tom Luongo Pen Clark M45 Luis Diaz	1:27:07 1:12:39 1:17:40 1:19:24 1:22:58 1:23:11 1:23:32 1:25:03 1:22:48	Susanné Quick W45 Charlotte Senseny Mary Sloane W50 Sharon Lotesto W55 Yoko Eichel W60 Susan Stevens W65 Shirley Denton W70 Chieko Allwein W75 Pat Burschinger	22:02 22:04 23:13 21:34 22:21 28:59 39:03 27:58 35:52	Debra Okano Caroline Mcandrews W45 Talya N-Hacohen Allison Raap Kim Meggison W50 Marie Wickham Valerie Pinocci Judy Chang W55 Jeanie Leitner Chu Young Shin Sandy Montgomery W60 Karen Evans	1:33:03 1:33:17 1:37:25 1:38:52 1:30:31 1:37:55 1:47:44 1:43:52 1:55:12 2:11:06	David Parker Alan Remele M60 Bill Fallon Everard Robinson Marty Freedman M65 Frank A Vasquez Gordon Davis Kenton Pattie M70 Ed Klassen Don Moore Bruce Worley	1:34:51 1:37:07 1:39:39 1:40:41 1:56:42 1:52:03 1:57:54 2:04:08 1:33:42 1:51:39 1:56:40	W40 Carrie Schmidt Noelle Merritt Carol Ecker Nancy Humbarger Anne Ozer W50 Kelly Stark Roxana Davison Donna Nicholsen Bridget Batkin Sandy Allegan	21:31 22:02 24:25 25:52 26:07 27:57 35:17 37:00 39:00
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Marie Fremont	24:35 21:33	Gonzalo Samaniego	2:58:17	Jean Schlesinger Alma A. De Rodrique	4:12:31 4:12:49	28th Annual Couples (Classic	Florida State Championships	Douglas Johns		14:07.00
W50 Lynn Swanson Debbie Gallo	22:50	Shigy Suzuki Chuck Teixeira	2:59:45 3:03:52	Patty Giebel	4:13:01	5K, Eugene, OR; Fel		Coconut Creek; Feb. 27	Linda Swonder M40 Douglas		18:52.19 14:07.00
Teri Saffon	23:01 23:08	Jong Ho Moon	3:03:56	Rosanne Stacey Kayoko Narita	4:21:04 4:21:37	Overall		Overall John Fredericks 57 28:34	Drew Sw	onder	14:11.00
Debbie Shea Catherine Holl	23:21	Anthony Peng Frank Tai	3:03:57 3:04:58	W60 Karen Haycraft	3:45:34	John Mackay 31 Tiffany Beechy 28	14:52 17:24	Sandra DeNoon 49 30:20	M50 Bob Hear Mike Hud		17:28.93 20:02.00
W55 Willie Mundt	23:46	Ruben Acuna	3:05:57	Erika Freund	4:23:10 4:36:34	M35 Larry Jackson	16:08	M40 John Kealty 35:48 M55 Juan Yanes 28:46	M70 Cedric H	ustace	17:55.08
Pauline Waggett Candy Shepard	28:20 28:47	M50 Romeo Iraheta Mark Bradbury	2:56:59 2:59:02	Marie Stevenson Ria Rugg	4:39:35	M40 Jeff Knowlton Randy Hilliard	17:51 18:47	M60 Gary Null 29:56	M75 Robert C W40 Linda Sw		19:03.15 18:52.19
Cathy Perry	30:19	Margarito Hernandez	3:00:01	Ann Tack	4:41:08	John Pravel	19:34	Jay Caplen 39:45	1140 Liliua SW	Olide!	10.32.19
Nancy Morris W60 Ursula Rains	30:26 25:42	Armando Hernandez Chien-Hsiung Lee	3:02:16 3:05:45	Darlene Galindo Julia Dunphy	4:46:58 4:48:27	M45 Dan Wojcik Steve Dinatale	16:42 18:50			103-24	THE REAL PROPERTY.
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Coralee Gocken Eileen Innecken	37:08 39:18	Jorge Fletes	3:07:44 3:08:40	Rose Casamassa Gertraud Bornhoff	4:49:27 4:58:51	M50 Rick Russell Craig Weinerman	20:19 22:40	THIS MONTH	I - APRIL 20		
W65 Martha Walker	29:07	Mario Tamayo Toby Salazar	3:09:13	W65 Yasuko Furushima	4:29:08	Merlyn Hough	23:24	ATHLETE NAME (RESIDENCE		E GROU	
Barbara Camp Pattie Kopcho	35:53 36:59	Jose Cervantes	3:09:35 3:13:06	Marilyn Clark Mary Dugan	4:36:07 5:11:37	M55 Tom Heinonen	19:59 20:57	LINFORD CHRISTIE(GBR)		-60 45-49	
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Nama Vallay Marath	Name of Street	Jussi Hamalainen	3:12:41	Mary Hack Elaine Murphy	5:27:51 5:43:14	M60 Tom Balcom	21:38	MARTINA KRONER(GER)	4-17	-60 45-49	
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M65 Philo Short	4:00:29	Sergyo Cruz	4:32:32	Overall Konrad Wojcik 17	10:58	M60 JERRY GRAHAM	1:27:24	GUDELIEVE ROGGEMAN(BEL) LOUIS VINK(NED)	4-5		William Control of the Control of th
John Quinton Fred Fiala	4:03:57	Stan Lisiewicz Michael Pang	4:40:35 4:44:15	Tiffany Beechy 28	11:13	M65 LARRY CARROLL	1:37:44	BETTY PAPPAS(EL DORADO,K		-35 70-74	
Merv Giacomini	4:31:24	Orin Scandrett	4:52:02	M35 Glen Coblenz M40 Wally Harms	12:06 15:46	M70+KEITH WOOD W35 JANE HEWETT	2:03:41 1:23:10	SIGRIN KOFINK(GER) LOUISE REED(CAN)	4-23		
Ron Vertrees M70 Glenn Unsicker	4:48:30 4:57:11	Paul Straub Stephen Bland	4:55:09 5:12:28	Mark Zima	16:22	W40 KATHLEEN HATCH	1:43:56	RON MORRIS(LOS ANGELES,C	(A) 4-27	-35 70-74	
Jim Kambur	5:15:44	Asencion Munoz	5:21:10	Gary Oldham M45 Gene Mowery	17:01 13:46	W45 JILL BANISTER W50 MELODIE GRIGSBY	1:31:39 2:20:31	JANICE BAUM(LOS ANGELES) FANI TSABARLI(GRE)	4-0		
M75 James Ray Harry Daniell	4:54:06 5:02:34	M75 Tom McKiernan George Thompson	5:10:10 5:28:28	Rex Fox	13:47	W55 MARGARET NOREN	2:08:48	HECTOR MEIN(NZL)	4-12	-30 75-79	A PERSONAL PROPERTY AND A PERS
Richard Laine	5:28:26	Flavio Bisignano	5:35:25	Mehmet Kupeli M50 Bob Hacker	14:12 13:51	W60 SHARON CARROLL	2:07:32	AINA PULINA(URS) WALTER BOEHM(ARLINGTON,	4-15 (A) 4-18		
M80 John Keston 80 W35 Monica Ochs	3:51:07 3:19:21	Cruzsanhez Ubaldo John Alarcon	5:40:38 5:49:52	John Anderson	13:54	RACEWALKI	NG	COLLEEN HILL(NZL)	4-21	-30 75-79	
W40 Roberta McGraw	3:06:40	Yoshitaka Sakazaki	6:06:50	Frank Gaddini M55 Tom Jefferson	16:32 13:47		- 1	LOIS FILREIS(SPRINGFIELD,N. GEORGE VERNOSKY(BETHES			
Kathy Millich Anne Coyle	3:15:34 3:22:18	Sam Langholz	6:26:29	Steve Johnson	15:56	WCLA 10-Mile & 5K Rad Rose Bowl, Pasaden		RUTH HUNKEL(GER)	UA,MD) 4-26 4-29		
Betsy Cooper	3:25:55	Jae Yang Romeo Tomassini	6:36:41 6:36:46	M65 Tom Alexander	20:40	Jan. 16	a, CA	MELITTA CZERWENKA-VOGEL			
Dana Hayse	3:29:49	Luis Marroquin	6:43:53	W35 Karen Church W40 Erin Reilly	16:17 17:09	10-Mile		AXEL JOHNSSON(SWE) HELEN LACHMAN(PORTLAND,	OR) 4- 8-		A STREET WATER TO SERVICE A STREET
W45 Claudia Kasen Lynne Dunsmuir	3:10:33 3:17:07	M80+Luis Hidalgo Sal Avila	4:22:25 5:02:49	BillieRathbunMoser	17:37	Overall Joe Nieroski 42	1:25.30	INGRID LORENZ(GER)	4-8	25 80-84	THE REAL PROPERTY.
Siew Chuah	3:43:06	Eliot Shimer	6:11:39	Amy Harter W45 Betsy Borchardt	18:21 15:08	Jolene Steigerwalt 61	1:48:27	NINA NAUMENKO(URS) AXEL RYDSTROM(SWE)	4-15		The second secon
Rita Helen Hogan Angie Pozzi	3:43:38 3:45:23	Peter H Lang Ernest Van Leeuwen	6:33:12 6:46:34	Nancy Pattison	16:46	M40 Joe Nieroski M45 Pedro Santoni	1:25:30 1:34:09	WILLIAM SORLINGAS(YONKER	(S,NY) 4-7		The second secon
W50 Donna Anderson	3:45:20	Robert Hauffen	7:23:37	Christine Butler W50 Debra George	17:45 16:23	M50 David Ciccone	1:18:57	GEORGE ETHERINGTON(SALI		-20 85-89	
Marilyn Payne Philomena Chandra	3:45:22	Albert Pugliese Graham Tyson	7:44:15 8:04:03	Shannon Miles	19:59	M55 Rick Campbell	1:39:47 1:38:14	WALTER SLOVENSKI(LEWISTO HILDEGARD GROTH(GER)		-20 85-89 -20 85-89	
Kyong Martin	3:53:13	Abe Stein	8:09:01	W55 JuneAnnLocklear -4 Mile	21:47	M60 Zdenek Gonsiorovsky M75 William Moremen	1:53.20	TOINI RAUNISTO(FIN)	4-1	15 90-94	
Barbara Rivers W55 Susan Love	3:56:16 3:43:17	W35 Tatiana Titova W40 Rikako Takei	2:37:51	Overall	HE ROS	M80 Masashi Noritake	2:09:59	JUANITA BROOKOVER(ASHEB AINO KORKEILA(FIN)	ORO,NC) 4-2 4-9		
Angela Jerman	3:59:14	Katie Tapia	3:11:29 3:21:23	Steve Laurie 24	19:15 22:06	W40 Brandye Smith W55 Carol Bertino	2:01:55 1:51:58	MAYNE B'DERA(MEW YORK,N'	0 4-10	-15 90-94	100
Sandy Montgomery	4:07:12	Kricia Garcia	3:22:37	Liz Wilson 36 M35 Craig Godwin	20:28	W60 Jolene Steigerwalt	1:48:27	ANNY BINDER(GER) FRANK FINGER(CHARLOTTES		-15 90-94 -15 90-94	the state of the s
Marian Lyons Martha Carlson	4:17:21	Dee Dee Glass Rossana Robinson	3:24:16 3:26:34	M40 D Londos	20:46	W70 Patti Kennedy 5K	2:16:01	LUCILLE MONROE(WEBSTER	GROVE,MO) 4-21		The second secon
W60 Bonnie McElwee	4:03:28	Sharon Burke	3:26:58	Craig Thomley Mike Black	22:01 23:34	Overall		SHIELA EVANS(INDIANAPOLIS	IN) 4-24	-15 90-94	A CONTRACTOR OF THE PARTY OF TH
Mercedes Escobedo Lynne Rosser	4:35:26 4:48:34	Patricia Fasola Michelle Kobrin	3:28:21 3:33:45	M45 T-Bone Williams	24:32	Alan Ede 65 Donna Cunningham 58	29:49 29:49	ALOIS BRHLUK(CZE) MAX RASCHKE(GER)	4-6		
Sharon Pegg	4:54:57	Carrie Biakemore	3:34:26	Ben Coutant Galen Martin	25:29 25:45	M60 Stuart Ray	34:07				
W65 Trudi Hofmann	5:03:42 4:16:53	Carolyn Scott W45 Christa Koot	3:35:02 3:25:35	M50 Ed Wilson	23:19	M65 Alan Ede M70 Carl Acosta	29:49 32:27	Compiled by	Pete Mundle		The same
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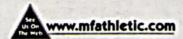


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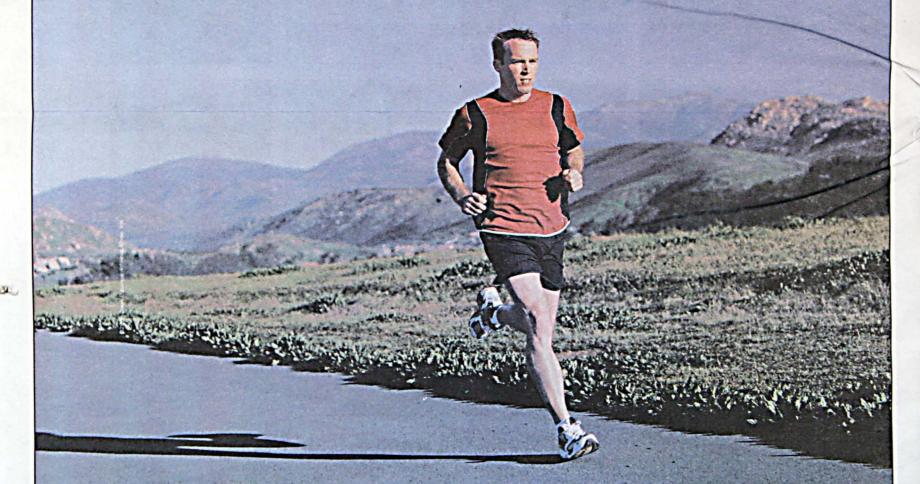


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