

NATIONAL MASTERS NEWS

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

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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-the-art field event facilities, which added to their enjoyment and results.

In her first hurdle effort as a 70-year-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 totally 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 con-

tinues 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 world-class 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 done.

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 (57.12).

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

Continued on page 5

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/2:44:12/1997).

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 summer..." she told L.A. Times reporter Helene Elliott.

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 with..."

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



KAREN HUFF

Hurdlers at the USA Masters Indoor Heptathlon Championships (l to r): Bob Zahn, 51, Stan Druckrey, 56, and Emil Pawlik, 66.

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%

Continued on page 7

INSIDE:

- Outdoor AG Records – pp. 17-24
- Spain Entry Info – p. 27

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CONTENTS

DEPARTMENTS

USATF Officers ...
Letters to the Editor ...
NMN Sustainers ...
Third Wind ...
Five Years Ago ...
The Foot Beat ...
Racewalking ...
Ten Years Ago ...
Health & Fitness ...
On the Run ...
Fifteen Years Ago ...
The Weight Room ...
Track & Field Report ...
Speaker's Corner ...
Twenty Years Ago ...
WMA Officers ...
Report from Britain ...
Twenty-Five Years Ago ...
Masters Scene ...
Schedule ...
All-American Athletics ...
Results ...
New Age-Group Athletics ...

FEATURES

Mid-America Regional ...
L.A. Marathon ...
National Indoor Heptathlon ...
Winter Sun Meet ...
Outdoor Age Record ...
Masters Invitational ...
Self-Protection Tips ...
WMA Entry Process ...
World Record Protection ...

ENTRY FORMS
PRODUCTS

WMA - San Sebastian ...
World Games - Canada ...
NMN Subscription ...
Hayward Classic ...
Cotton Row Run ...
Portland Classic ...
Petranoff - Javelin ...
Broad Street Run ...
Pasadena Sr. Olympian ...
Pasadena Sr. Olympian ...
Grand Prix Series ...
Publications Order ...
Meet of Champions ...
Nationals - Hawaii ...
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CONTENTS DEPARTMENTS

USATF Officers	3
Letters to the Editor	4
NMN Sustainers	4
Third Wind	6
Five Years Ago	7
The Foot Beat	8
Racewalking	10
Ten Years Ago	10
Health & Fitness	11
On the Run	12
Fifteen Years Ago	13
The Weight Room	14
Track & Field Report	15
Speaker's Corner	16
Twenty Years Ago	25
WMA Officers	25
Report from Britain	27
Twenty-Five Years Ago	27
Masters Scene	28
Schedule	29
All-American Athletes	31
Results	32
New Age-Group Athletes	38

FEATURES

Mid-America Regionals	1
L.A. Marathon	1
National Indoor Heptathlon	1
Winter Sun Meet	10
Outdoor Age Records	17
Masters Invitational	25
Self-Protection Tips	26
WMA Entry Process	27
World Record Protocol	27

ENTRY FORMS/RACE & PRODUCT INFO

WMA - San Sebastian	2
World Games - Canada	4
NMN Subscription Form	4
Hayward Classic	5
Cotton Row Run	6
Portland Classic	7
Petrantoff - Javelin Video	8
Broad Street Run	9
Pasadena Sr. Olympics - RW	10
Pasadena Sr. Olympics - T&F11	10
Grand Prix Series	12
Publications Order Form	13
Meet of Champions	14
Nationals - Hawaii	14
Huntsman Senior Games	15
BTC Classic	15
Ocean State Sr. Olympics	16
Long & Strong Journal	25
GSAC/Randolph Classic	25
Ridgewood Run	26
Track & Field News	26
StressX	28
Champions for Life	28
M-F Athletic	39
New Balance	40

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ON!**


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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 with 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.

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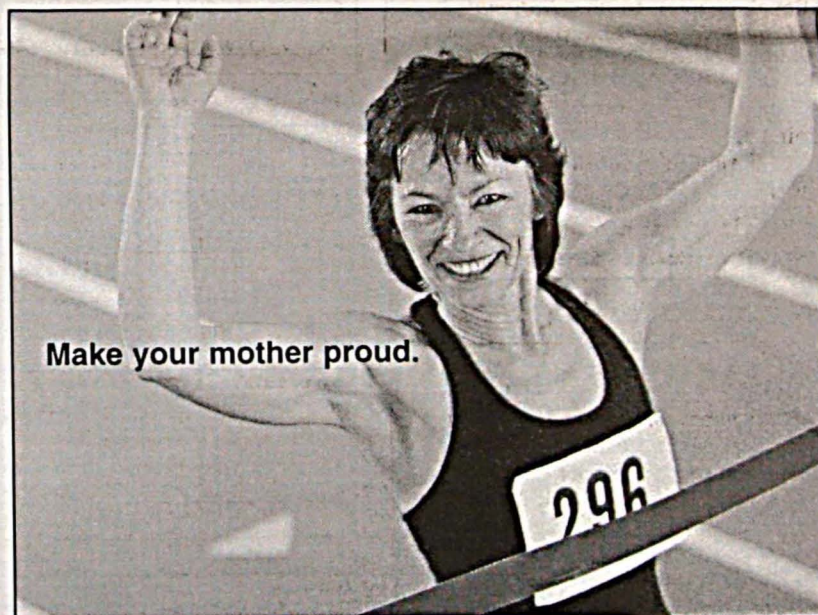
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the results is more time-consuming (read costly), even with a program, than it appears. Secondly, applications for U.S. and world records are submitted with marks in meters. Thirdly, in the combined events, the points for scoring the individual events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



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9.34. Tim Edwards, M
with the 25# implement
M70, finished with a
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Albert Liebold, M4
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TESH TESHIMA

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 contributions of \$25, \$50, or \$100 a year.

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
Eugene, OR - June 18 & 19, 2005



SATURDAY, June 18			SUNDAY, June 19		
TRACK	TIME	FIELD	TRACK	TIME	FIELD
10K	8:30	Javelin All W	5K All Women	8:30	Discus All W & M 70+
5K Racewalk	9:00	Long Jump M 30-59 / Hammer M 30-59	5K All Men (2 seeded heats)	9:00	Weight then Super Wt M 30-59
	10:15	Long Jump W All & M60+		9:40	
	10:30	Javelin M 60+ / Hammer All W		10:00	Pole Vault All / Triple Jump M 30-59
	10:30	High Jump M 30-64 & W30-49		10:15	Weight then Super Wt All W
Age Graded Mile	11:00		300 Meter Hurdles	10:45	Discus M 60-69
2K Steeplechase	11:20		400 Meter Hurdles	11:00	
3K Steeplechase	11:40		800 Meters	11:15	Triple Jump All W & M 60+
80 Meter Hurdles	12:05	Shot Put All W & M 30-59	1 Mile Race-walk	11:45	
100 Meter Hurdles	12:15	Hammer M 60+	200 Meters	12:05	Weight then Super Wt M 60+
110 Meter Hurdles	12:25			12:30	Discus M 30-59
100 Meters	1:00		4 X 1500 Relay	12:45	
	1:15	Javelin M30-59	1500 Meters	1:00	
400 Meters	1:30	High Jump M60+ & W50+	Relays	1:20	(4X100m; 4X400m; 4X800m)
3K	3:00	Shot Put M60+			

IN GENERAL WOMEN BEFORE MEN, OLDER BEFORE YOUNGER

GENERAL INFORMATION

DIVISIONS: 5 year age divisions for men and women age 30 and over. Athletes must compete at the time their age group is scheduled.

ENTRY FEES: \$15 first event (no t-shirt); \$7 second event; \$4 each additional event.

ENTRY DEADLINE: Postmarked by Friday, June 10, 2005.

LATE ENTRY: \$10 LATE FEE AFTER JUNE 10. NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15.

RELAYS: Held in 10 year age groups; must wear distinguishable tops. Relay entry fees will be collected day of the race only, no later than 11:00AM Sunday June 19, 2005.

AWARDS: Medals awarded for 1st, 2nd, 3rd. Oregon Association Championship patches for those registered with USATF-Oregon.

FACILITY: All-weather track and runways (max. 1/4" spikes allowed).

IMPLEMENTS: OTCM will have some throwing implements available.

MEET HEADQUARTERS: Phoenix Inn, 850 Franklin Blvd., Eugene, OR, 97403. Call 1-800-344-0131 for reservations. Special rate if reserved by June 1 (mention Hayward Classic). Pool and Jacuzzi.

PACKET PICKUP: Phoenix Inn, 6-8 pm, Friday, June 17 or Hayward Field after 7:30 am, Saturday, June 18.

RECEPTION: Sponsored by OTCM, Saturday, June 18, 4:30 to 6PM at the Phoenix Inn.

Light refreshments provided at this free social event.

www.haywardclassic.org

eMAIL: johnnyfaerber@hotmail.com

Support our Sponsors:

SPORT HILL

DUNCAN & BROWN, Inc.



MINISULTS



Oregon Assoc. Member? ☐ Yes ☐ No

Club

Affiliation

☐ Yes, I will need ADA accommodation. Documentation must be submitted by May 4, 2005

First Name _____ Birth Date: ____/____/____

Last Name _____ Age (as of 6/18/05) _____

Address _____ Male _____ Female _____

_____ USATF # _____

Phone(____) _____ EMAIL _____

EVENT ENTRY

Best 04/05 Time
(running events only)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____



\$10 Late Fee after June 10th.
Late entries accepted until 5PM
Wednesday, June 15th.

T-SHIRT - \$10.00

☐ small ☐ med ☐ large
☐ x-large ☐ XXL (\$2 EXTRA)

MAKE CHECKS PAYABLE TO OTCM

ENTRY FEES: 1 Event \$15 - 2 Events \$22 - 3 Events \$26 - 4 Events \$30 - 5 Events \$34 - etc.

ENTRY TOTAL \$ _____

Late Entry Fee \$ _____

T-Shirt Total \$ _____

Voluntary Contribution to the Officials fund \$ _____

TOTAL ENCLOSED \$ _____

Relay entries and fees will be collected on the day of the race only

This is a USATF sanctioned meet. Entrant agrees to abide by all USATF rules

SEND ENTRY WITH PAYMENT TO: OREGON TRACK CLUB MASTERS, C/O RUTH BREMILLER, 590 W. 29TH AVE, EUGENE, OR 97405 PHONE: (541) 687-9675

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.

Signed _____

Date _____

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-poohed the Vitamin E dosage, but

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

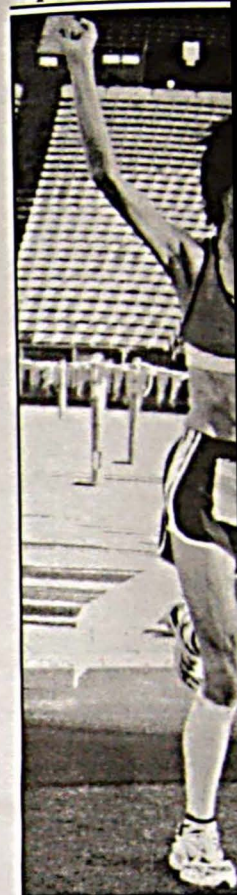
26th Mercedes-Benz Cotton Row Run
Huntsville, Alabama

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 www.active.com

Download entry from at www.huntsvilletrackclub.org

Sponsored by
Mercedes-Benz
OF HUNTSVILLE



Sayuri Kusutani, 45, of Honolulu, Hawaii, won the Aloha Run 8.15 Mile in 48:11, setting a new record in the Boston Marathon.

National Herald

Continued from page 1

1.71.

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

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

The single even... women in the hepta... 60m, long jump, sh... jump; (day 2) 60mH... 800 for women and 1...

A Masters Invita... held around the hepta... ed a fairly good turn...

FIVE YEAR April 2

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

•Joan Samuels... Master (2:39:... Trials Women... 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 Dining 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 T-shirts will be available at the meet.

Host Hotels

Gresham Area Hotels



For reservations call
503-907-0676 or
866-288-6800 toll free
\$64/night one bed
\$69/night two beds
Rates are valid from June 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
5,000m Racewalk-M&W	10:00 AM	Long Jump-M30-59
2/3 K Steeple chase M&W	11:00 AM	Javelin, All Women & M60+
80m High Hurdles-M&W	11:30 AM	Pole Vault, M30-59
100m High Hurdles-M&W	11:45 AM	
110m High Hurdles-M&W	12:00 Noon	Weight Throw-All M&W, 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
400m Dash, M&W	1:45 PM	
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	12 Noon	High Jump-M30-59 Discus-All W & M65+
800m Run-M&W	12:30 PM	
Relays-4x400m-4x400m-4x800m at 1:00 PM		

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

Instructions:

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

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.
- Registration closed 1 hour prior to event
- Implements for field events must be checked in 30 minutes prior to event.

Entry Form - Portland Masters Classic - 2005

Please Print

Name _____ Age(6/25/05) _____ Birth Date ____/____/____
Address _____ City _____ State _____ Zip _____
Phone _____ Club Affiliation _____ Male _____ Female _____ USATF # _____

Events _____ Best '04-'05 Mark _____

1. _____
2. _____
3. _____
4. _____
5. _____

Attend Reception?

Yes _____

No _____

Num. of people _____

Entry Fees

First event	\$15 _____
Each additional event is	\$6 _____
Voluntary contribution for officials	\$5 _____
Late fee after 6/17/05	\$5 _____
Total enclosed	\$ _____

Waiver: Must be signed to compete

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

Signed _____

Date _____

Revision 4, 03/08/05



PAGLIANO'S PODIATRIC POINTERS
The Foot Beat
 By JOHN W. PAGLIANO, D.P.M.

Morton's Neuroma

One 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

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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 Instructional Video

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\$30 includes shipping ground usps

Special 3 video package – Come to Practice Javelin, Medball and Cross-Training

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ORDER BY SENDING CHECK TO:

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Write On

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 change.

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



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

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 setting 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 I find it?

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

George Whitney
 Orange, Connecticut

Continued from page 1

before the race, stated going for the win against deep women's field.

On Sunday, employed a familiar tactic, taking the first marathon in a leisurely pace (5:28 per mile), before dropping the pace and blasting through the second half of the race (5:28 per mile).

She placed fifth among 20th overall and took prize money and bonus her treasure chest last year won the first-ever "Challenge," which women's field against field by giving them head start.

This year's "Challenge" \$75,000. New to the series this year was the introduction of some elites.

Race day conditions for the marathon were very fine. L.A.'s catastrophic weather this winter, a killer heat. Temperatures a.m. start were in the 60s, rising only into the 70s, was little wind.

The 20th edition of the marathon was the biggest field yet.

SUN



2
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0
5

Visit the National Masters News at
www.nationalmastersnews.com

A weekend

L.A. Marathon

Continued from page 1

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

On 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 strongly-focused 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 tienda'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 miles 16-20).

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

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.

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



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



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

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.

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

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SUNDAY, MAY 1, 2005 • 8:30 AM

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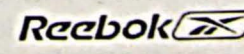
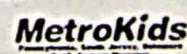
- Over 13,000 runners
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TO REGISTER:

- For an official entry form, send a self-addressed stamped envelope to:
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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



www.broadstreetrun.com

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



Masters Racewalking

By ELAINE WARD

Training Lore – Part II

Again, 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-miss-

es, and how they planned for their final successes make electrifying reading.

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 wasted energy.

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 in.

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 him.

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 600-yard 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 sub-four-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-



JERRY WOJCIK
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 (40, 73:54) Win USA Masters Half-Marathon in Las Vegas

Gamble's Bet Pays Off

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 produce a chance at the national record.

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.

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

Pasadena Senior Olympics 5K & 10K Road Races/5K and 10K Race Walks

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



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



USDA and HHS Masters

Dietary Guidelines for Americans, once every five years, recommends about 30 minutes of moderate-intensity physical activity (which had been the standard for much higher levels of activity).

While the new Guidelines endorse training for masters competitions, the public endorses the value of exercise and comprehensive programs.

The new Dietary Guidelines is a great example of research findings and updated standards to address health problem head on.

Standard of Practice

Dietary Guidelines becomes the standard of medical and health professions. Guidelines will be used to translate standards, which translated into street-level about how to improve

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Signature _____



Health & Fitness

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

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

Dietary 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 well-being, 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



Schedule of Events

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			Concl. of SP	Discus
12:00	1,500M Walk			Concl. of LJ	Triple Jump
12:30	Grandparent Relay			1:30	High Jump

Entry Fees: \$30.00 Registration Fee, plus \$6.00 per event

Divisions: 5 year divisions, for men and women, age 50+

Miscellaneous: 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@pasadenaseniorecenter.org; FAX: (626) 577-4235

Entry Form (please print)

Last Name _____ First Name _____ Sex: M ____ F ____ Age as of 5/21/05 ____ DOB _____
Address _____
Phone _____ E-Mail _____ T-Shirt: S ____ M ____ L ____ XL ____ XXL ____
Events: 50M ____ 100M ____ 200M ____ 400M ____ 800M ____ 1500M ____ 5000M ____ PV ____ JT ____ LJ ____ TJ ____ SP ____ HJ ____ DT ____ SB ____
800M Walk ____ 1,500M Walk ____ 5,000M Walk ____

Make checks payable & mail by May 15th to: Pasadena 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

Scientists 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 alumni.

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 harder-working 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. Paffenbarger, "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 six-to-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 people.

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-sized.

"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.

Don't Wait

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. □

(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.)

Masters Running

A Guide to Running and Staying Fit after 40

By Hal Higdon

Finally, a running book for you. Hal Higdon, Contributing Editor for *Runner's World* and a monthly columnist for *National Masters News*, has written a book that every masters runner will want to own. *Masters Running* was written with the help of *National Masters News* readers, more than 500 of you 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.

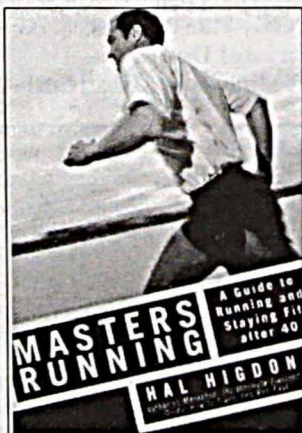
Scheduled for publication toward the end March by Rodale Press, the 220 pages of *Masters Running* will tell you everything you need to know about our sport, beginning with the first masters mile and track & field meets, the brainstorms of San Diego attorney David H. R. Pain. Pain's unique concept of 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*

1. Beginnings: Motivation: We define our own goals and levels of success
 2. Aging: Exercise scientists take the measure of the masters
 3. Longevity: Staying alive is the secret for those wanting success as masters
 4. Competition: Masters running comes of age through the vision of a San Diego attorney
 5. Training: It sometimes takes a lifetime to learn how to train properly
 6. Challenge: Plan properly, train correctly, and sometimes you get it perfectly right
 7. Alternatives: For masters, multiple sports provide a means to an end
 8. Essentials: Strength training, stretching and common sense make you a better master
 9. Errors: If you want to succeed as a masters runner, make sure you never get injured
 10. Programs: Do masters runners need to train differently than others? Yes, we do
- Epilogue: Endless Autumn: Masters dedicate the last decades of their lives to finding the perfect run

To order your book, call toll-free:
1-888-ON-A-RRUN (1-888-662-7786)
www.halhigdon.com



2005 GRAND PRIX SERIES

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

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.



Kelly Kruell, second W45 (3:48) 8K XC Championships.

FIFTEEN YEARS April 1

•Domingo Tib
30:33) and G
sen (44, 34:48
Lobster 10K

•John Campbell
and Graziela
2:36:48) Are T
L.A. Marathon

•Hal Higdon's
ning Guide Pu



Mike Ferreira, second M
Hawaii-Kai course in the



THOM WEDDLE

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



TESH TESHIMA

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

PUBLICATIONS ORDER FORM

Masters Age Records (2003 Edition)

Men's and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.

Masters Track & Field Rankings Book (2002)

Men's and women's 2002 U.S. outdoor track & field 5-year age-group rankings. Coordinated by Jerry Wojcik. All T&F events, including mile, relays, weights, racewalks, and combined events. \$4.00.

Masters Track & Field Rankings (2004)

Men's and women's 2003 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

Masters Track & Field Indoor Rankings

Indoor rankings for 2004. 4 pages. \$2.00.

Masters Age-Graded Tables

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

Masters 5-Year Outdoor Age-Group Records

Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$4.00.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA), 4 pages. \$2.00.

Competition Rules for Athletics (2005 Edition) - (BACK ORDERED)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

WMA Handbook (2003-2005)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00

Running Encyclopedia, The Ultimate Source for Today's Runner

Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95

Champions for Life, by John B. Scott and James S. Ward. The remarkable life of Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track & field. \$34.95

How to be A Champion from 9 to 90. Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US \$19.25/CAN \$28.50, plus postage & handling.

USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

2005 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

Back Issues of National Masters News

Issues: \$3.00 each.

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The Weight Room

By JERRY WOJCIK

Summer Menu Offers Throws Galore

Offerings 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 Voegel'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 7.

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 9.

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.

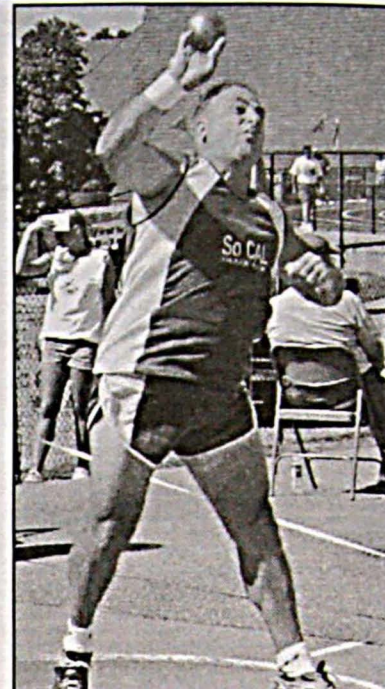
This is all supposed to lead up to the USA National Championships in Hawaii, Aug. 4-7; the National WP Championships, Dallas, Texas, Aug. 13; and the National Weight & Superweight Championships, Seattle, Sept. 10, where, afterward, Weinbel provides an excellent lunch and a chance to throw 200# and 300#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



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

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

Still Thinking About Hawaii?

Consider this:

Hawaii is fun. Hawaii is Aloha.

Hawaii is value -- in US \$.

Hawaii is family-friendly.

Hawaii is where your friends will be.

Hawaii is organized and ready for you!

There's much to see and do in Hawaii

Luau, Pearl Harbor, Battleship Missouri, Waikiki, Diamond Head, Maui, Kauai, Molokai, Big Island, volcanos, beaches, snorkeling, diving, hiking, relaxing.

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808-732-8805

1493 Halekoa Drive
Honolulu, HI 96821

20th ANNUAL MEET OF CHAMPIONS

SOUTHERN CALIFORNIA STRIDERS
TRACK & FIELD CLUB

CALIFORNIA STATE UNIVERSITY AT LONG BEACH

SATURDAY, MAY 7, 2005

ENTRY FEES: \$25 first event (includes T-shirt; additional events \$5. Relay teams free. After deadline, or at meet \$35 first event (includes T-shirt). \$5 per additional event.

DEADLINE: April 30, 2005

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

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

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

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

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

Schedule

Track Events

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

Field Events

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

ENTRY FORM (Please Print)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age on 5-7-05 _____ Sex M F Phone _____

USATF No. _____ Club? _____

Events _____

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 Escabosa at 714-528-1443.

WAIVER - In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against California State University at Long Beach, the Southern California Striders, USATF, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns for any and all injuries which I may suffer while traveling to and participating in the MEET OF CHAMPIONS to be held May 7, 2005 at California State University at Long Beach. I certify that I am free from hampering injuries or physical defects.

SIGNATURE _____ DATE _____



Drug T

Ken Stone asks
Geezerjock M
our membersh

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

A. I would be careful a number of drug tests confidential. The more important as the detection threat of testing has believe that this is more imperative, if we are playing field for all athletes. It is absolutely worth to grow the way like.

Q. What would it majority of masters meets or USATF nat

A. The cost is time for the USATF

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Track & Field Report

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

Drug Testing Questions and Answers

Ken 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 drug-testing, along with a few nationals in Europe. But even these dope tests are skimpy – 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

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

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 to 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. □

NATIONAL MASTERS NEWS

The *National Masters News* now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site:

www.nationalmastersnews.com

This enables foreign athletes to subscribe without having to convert foreign currency to U.S. currency.

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The Birmingham Track Club and USATF present
The Birmingham Track Club
2005 Track and Field Classic
Saturday, May 28, 2005
Samford University Track
Samford University, Birmingham, Alabama



Entry Fees: \$15.00 first event, \$6.00 each additional.
\$20.00 relay. Pre-Register by May 21, 2005. Late fee: \$15.00

Age Divisions: Open and Masters (Age 30+), M&F
On-Line Registration: www.active.com
Information: frank@btcclassic.com, www.btcclassic.com
USATF Membership required. Membership forms will be available day of race. You may obtain membership application at www.usatf.org.

Track Events: 50m, 100m, 200m, 400m, 800m, 1500m, 5K, 60H, 100H, 300H, 400H, 4x400m Relay

Schedule of Running Events (approximate)

7:00 500m	10:45 1500m	2:15 200m
8:00 5K roadwalk	11:30 100m	3:00 300-400H
9:00 4x100m Relay	12:30 400m	3:30 4x400 H
9:30 50m	1:15 800m	
10:30 80-100-110H	2:00 4x100m	

Women run first, older to younger.

Directions: I-65, Take Exit 255 (Lakeshore Drive), go two miles East on Lakeshore. Samford University is on left.

Awards: Medals to top 3 finishers in each age group.
\$100-1* Place: KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m)
\$100-1* Place: Phil Mulkey Mini-decathlon (Enter as many decathlon events as you want. We will score and age-grade your top five performances.)
Team Competition: Winner based on top 3 age graded performances: 5,3,1 points. Winning Team will receive Bill McCune Award.

Field Events: HJ, LJ, TJ, PV, Shot, Discus, Javelin, Hammer
*Hammer Throw at Hoover High School

Schedule of Field Events (approximate)

Implementation Certification: Booth opens at 7:00am Central.

Triple Jump: 8:50-11:00am, report to venue when ready to compete.

Time	HJ	PV	LJ	Shot	Discus	Javelin	Hammer
8:00	open-M45						
9:00	W M70+	WM70+	M50-60	M50-65	Open-M45		All ages M&W
10:30	M50-65	M50-65	Open-M45	W M70+	Women M70+		
Noon		Open-M45	W M70+	Open-M45	M50-65	Open-M45	
1:30						W M70+	

Send Completed form and entry fee to: BTC Classic, Frank Newland, 234 King-Arthur Pl, Alabaster AL 35007

Name: _____ DOB: ____/____/____ Age: ____ Sex: ____ USATF# _____

Address: _____ City: _____ St: _____ ZIP: _____

Phone: _____ E-mail: _____ Shirt Size: S M L XL

Events	Entry Fees:	Cost:
1 First Event	\$15.00	\$
2 2nd-4th Events	\$ 6.00	\$
3 Relays	\$20.00	\$
4		\$
5 Late Fee	\$15.00	\$
6 T-Shirts	\$10.00	\$
Total Due:		\$

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2005 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns, hereby release and discharge any and all claims against the BTC, Samford University, Hoover High School, and the Knights of Columbus, agents or representatives arising from my participation in the 2005 BTC Track and Field Classic.

Signed: _____ Date: _____

Speaker's Corner

By JOE CHADBOURNE

Not for Throwers Only – It Could Happen to You

For 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 aggressive,

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-of-life.

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



JERRY WOJCIK
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.prostatepointers.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@netlink.net.

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

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



WALLA WORLD



New Outdoor

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

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To THE RECORD
Application is hereby m

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NATIONAL MASTERS NEWS

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

WMA
WORLD MASTERS
ATHLETICS



Masters Age 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,

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 racewalking 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 COMMITTEE:

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

Description of Record:

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

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

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

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

AUTOMATIC TIMING

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

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

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

TIMEKEEPER'S CERTIFICATES

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

Time _____

(Signature of Timekeeper)

(Address or USATF Official's Registration Number)

Time _____

(Signature of Timekeeper)

(Address or USATF Official's Registration Number)

Time _____

(Signature of Timekeeper)

(Address or USATF Official's Registration Number)

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

(Signature of Referee or Chief Timekeeper)

STARTER'S CERTIFICATE

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

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

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

(Signature of Measurer)

(Address or USATF Official's Registration Number)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

- (a) Track Events

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

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

- (b) Field Events

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

THROWING EVENT IMPLEMENT CERTIFICATION

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

(Checker of Implements)

(Address or USATF Official's Registration Number)

JUDGES' CERTIFICATE (FIELD EVENT)

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

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

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

CERTIFICATION OF FORM (Shot, Javelin, Walks)

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

(Event Chief Judge)

(Address or USATF Official's Registration Number)

GUARANTEE BY REFEREE

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

(Signature of Referee)

(Address or USATF Official's Registration Number)

WORLD T&F OUTDOOR AGE-GROUP RECORDS

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

Men's World Five-Year Age-Group Records

DIV	MARK	NAME	COUNTRY	AGE	MEET DATE
100 METERS					
M 35	10.03	Linford Christie	GBR	36	7-26-96
M 40	10.42	Troy Douglas	NED	40	6-1-03
M 45	10.96	Neville Hodge	USA	45	4-27-01
M 50	10.95	William Collins	USA	51	4-13-02
M 55	11.57	Ron Taylor	GBR	57	8-3-91
M 60	11.70	Ron Taylor	GBR	61	6-4-94
M 65	12.62	Malcolm Pirie	AUS	65	9-28-94
M 65	12.5n	Bernard Hogan	AUS	65	11-30-85
M 70	12.91	Payton Jordan	USA	74	6-22-91
M 75	13.4	Payton Jordan	USA	75	4-25-92
M 80	14.35	Payton Jordan	USA	80	5-10-97
M 85	16.16	Suda Giichi	JPN	85	8-23-98
M 90	18.08	Kozo Haraguchi	JPN	90	9-17-00
M 95	24.01	Erwin Jaskulski	AUT	96	5-1-99
M100	30.86	Philip Rabinowitz	RSA	100	7-10-04
200 METERS					
M 35	20.40	Linford Christie	GBR	36	7-3-96
M 40	20.64	Troy Douglas	NED	40	8-27-03
M 45	22.13	Kevin Morning	USA	46	8-15-02
M 50	22.58	Stephen Peters	GBR	50	7-6-03
M 55	23.37	Ron Taylor	GBR	56	7-5-90
M 60	24.00	Ron Taylor	GBR	61	6-10-94
M 65	25.46	Guido Muller	GER	65	7-31-04
M 65	25.6n	Bernard Hogan	AUS	65	12-6-85
M 70	26.8	Payton Jordan	USA	70	6-20-92
M 75	28.14	Payton Jordan	USA	75	6-20-92
M 80	30.89	Payton Jordan	USA	80	5-10-97
M 85	34.41	Roderick Parker	USA	85	8-07-04
M 90	40.00	Vittorio Colo	ITA	90	8-24-02
M 95	57.58	Erwin Jaskulski	AUT	96	7-17-99
M100	77.59	Philip Rabinowitz	RSA	100	12-17-04
400 METERS					
M 35	46.38	James King	USA	35	5-25-84
M 40	47.82	Enrico Saraceni	ITA	40	7-28-04
M 45	50.20	Fred Sowerby	USA	45	8-12-94
M 50	51.39	Fred Sowerby	USA	50	8-27-99
M 55	52.24	Charles Allie	USA	55	7-12-03
M 60	53.88	Ralph Romain	TRI	63	7-22-95
M 65	56.37	Guido Mueller	GER	65	6-13-04
M 70	61.01	Ralph Romain	TRI	70	7-12-03
M 75	65.34	Wilhelm Selzer	GER	75	8-21-02
M 80	72.85	Mike Johnston	AUS	80	4-1-02
M 85	84.18	Roderick Parker	USA	85	8-06-04
M 90	98.69	Friedrich E Mahlo	GER	90	8-21-02
M 95	238.64	Erwin Jaskulski	AUT	98	9-24-00
M100	340.97E	Erwin Jaskulski	AUT	100	3-13-03
800 METERS					
M 35	1:43.36	Johnny Gray	USA	35	8-16-95
M 40	1:50.69	Colin Rothery	IRL	40	9-5-00
M 45	1:56.16	Ronald Mercelina	NED	45	7-7-91
M 50	1:58.65	Nolan Shaheed	USA	50	5-13-00
M 55	2:03.7	Stan Immanuel	RSA	55	12-1-01
M 60	2:10.42	Alan Bradford	AUS	60	8-3-99
M 65	2:14.33	Earl Fee	CAN	66	7-18-95
M 70	2:20.52	Earl Fee	CAN	70	6-17-99
M 75	2:40.0	Harold Chapson	USA	75	5-14-78
M 80	2:53.5	Harold Chapson	USA	80	7-11-82
M 85	3:26.6	Izou Satou	JPN	87	5-10-03
M 90	4:28.20	Alexander Pittendrich	AUS	90	3-30-97
1500 METERS					
M 35	3:33.91	Mike Boit	KEN	36	8-21-85
M 40	3:46.7	David Moorcroft	GBR	40	6-19-93
M 45	3:58.3	Peter Molloy	GBR	46	8-9-95
M 50	4:05.2	Tom Roberts	AUS	50	3-22-84
M 55	4:12.5	Ron Robertson	NZL	55	2-9-97
M 60	4:27.65	Ron Robertson	USA	60	7-13-01
M 65	4:39.87	Simon Herlaar	NED	65	7-16-94
M 70	4:57.65	Simon Herlaar	NED	70	8-28-99
M 75	5:22.7	Yoshimitsu Miyauchi	JPN	75	10-24-99
M 80	6:04.28	Ed Benham	USA	80	12-5-87
M 85	7:03.38	Longino Perez	MEX	85	12-5-87
M 90	8:40.0	Petter Green	NOR	90	8-21-02
M 95	13:53.8	Herb Kirk	USA	95	10-6-90
M100	16:46.41	Leslie Amey	AUS	100	4-1-00
MILE					
M 35	3:52.48	John Walker	NZL	36	7-2-88
M 40	4:02.53	David Moorcroft	GBR	40	6-19-93
M 45	4:16.75	David Sirl	NZL	45	12-6-87
M 50	4:27.9	Nolan Shaheed	USA	50	5-13-00
M 55	4:40.4	Jack Ryan	AUS	55	12-15-77
M 60	4:54.07	Joop Ruter	NED	60	8-1-93
M 65	4:56.4	Derek Turnbull	NZL	65	2-29-92
M 70	5:23.58	Siem Herlaar	NED	70	7-16-99
M 75	5:57.2	Scotty Carter	USA	75	7-12-92
M 80	7:51.9	Henry Sypniewski	USA	81	6-15-00
M 85	8:04.7	Josef Galia	GER	87	9-4-85
M 90	13:43.6	Herb Kirk	USA	90	8-18-86
M 95	14:48.2	Herb Kirk	USA	95	10-6-90
3000 METERS					
M 35	7:38.28	Abdellah Behar	FRA	35	7-29-98
M 40	8:05.08	Martti Vainio	FIN	40	6-12-91
M 45	8:27.7	Nigel Gates	GBR	45	8-19-98
M 50	8:49.2	Michael Hager	GBR	50	8-15-01
M 55	8:57.28	Ron Robertson	NZL	55	2-8-97
M 60	9:29.47	Adriaan Heijdens	NED	60	6-27-00
M 65	9:47.4	Derek Turnbull	NZL	65	2-8-92
M 70	10:42.40	Siem Herlaar	NED	70	7-2-99
M 75	12:00.94	Yoshimitsu Miyauchi	JPN	76	10-2-00
M 80	13:12.6	Ed Benham	USA	80	4-29-88
M 85	16:04.6	Petter Green	NOR	85	6-18-97
M 90	18:36.0	Petter Green	NOR	90	6-19-02

5000 METERS					
M 35	13:07.4	Dieter Baumann	GER	35	8-16-02
M 40	13:43.15	Mohammed Ezzher	FRA	40	7-3-00
M 45	14:23.6	Lucien Rault	FRA	46	6-19-82
M 50	14:53.2	Martin Rees	GBR	50	5-10-03
M 55	15:41.72	Ron Robertson	NZL	55	2-15-97
M 60	16:12.57	Adriaan Heijdens	NED	60	7-3-99
M 65	16:38.8	Derek Turnbull	NZL	65	3-13-92
M 70	18:33.38	Ed Whitlock	CAN	70	7-6-01
M 75	20:00.13	James Todd	GBR	75	7-23-97
M 80	21:57.88	Edward Benham	USA	81	8-6-88
M 85	25:47.54	Alfred Funk	USA	86	8-10-00
M 90	31:25.45	Gordon Porteous	GBR	90	6-26-04
M 95	50:23.53	Herb Kirk	USA	95	7-25-91
10,000 METERS (as of November 12, 2004)					
M 35	27:17.48	Carlos Lopes	POR	37	7-2-84
M 40	28:30.88	Martti Vainio	FIN	40	6-25-91
M 45	30:02.56	Antonio Villanueva	MEX	45	11-29-87
M 50	30:56.08	Ion Damian	BEL	50	7-2-03
M 55	32:46.5	Ron Robertson	NZL	55	3-16-97
M 55	32:38.92	Rolf Conzelmann	FRG	55	10-2-88*
M 60	34:14.88	Luciano Acquarone	ITA	60	7-20-91
M 65	34:42.2	Derek Turnbull	NZL	65	3-15-92
M 70	38:04.13	Ed Whitlock	CAN	70	7-9-01
M 75	41:47.31	Steve Charlton	GBR	75	7-27-02
M 80	44:29.4	Edward Benham	USA	81	8-4-88
M 85	52:50.80	Max Raschke	GER	88	9-18-93
M 90	69:27.5	Gordon Porteous	GBR	90	10-17-04
ONE HOUR RUN					
M 35	20:77.4	Gaston Roelants	BEL	35	9-20-72
M 40	19:14.9	Jozef Eyckmans	BEL	40	9-18-96
M 45	18:86.2	Alain Mimoun	FRA	45	3-20-66
M 50	18:57.6	Alain Mimoun	FRA	50	5-16-71
M 55	17:26.1	Herman Peeters	BEL	56	7-10-94
M 60	16:85.4	John Gilmour	AUS	60	10-21-79
M 65	15:89.2	John Gilmour	AUS	65	10-7-84
M 70	15:47.4	John Gilmour	AUS	70	6-21-89
M 75	13:69.9	Edward Benham	USA	75	4-9-83
M 80	12:13.0	Paul Spangler	USA	81	11-1-80
M 85	10:08.8	Paul Spangler	USA	85	11-18-84
HURDLES (110m: 35-39, 42"; 40-49, 39"; 100m: 50+, 36")					
M 35	13.11	Colin Jackson	GBR	35	8-10-02
M 40	13.73	David Ashford	USA	40	7-11-03
M 45	14.7y	Valbjorn Thorkildsen	ISL	45	7-8-79
M 50	13.57	Walt Butler	USA	50	7-5-91
M 55	14.49	Walt Butler	USA	55	8-22-96
M 60	14.62	Courtland Gray	USA	60	8-06-04
M 65	15.61	Guido Muller	GER	65	7-30-04
M 70	12.99	James Stookley	USA	70	5-13-00
M 75	13.68	Melvin Larsen	USA	75	8-29-99
M 80	16.98	Mazumi Morita	JPN	80	10-9-93
M 85	18.06	Kizo Kimura	JPN	85	8-18-96
M 90	22.76	Kizo Kimura	JPN	90	7-29-01
HURDLES (80m: 70+, 27")					
M 70	p19.53	Ilmari Koppinen	FIN	70	7-13-00
M 80	14.91	Juul Tanaka	JPN	80	7-15-03
M 85	19.82	Vittorio Colo	ITA	85	7-27-97
LONG HURDLES (400m: 35-49, 36"; 50-59, 33"; 300m: 60+, 30")					
M 35	48.93	Nat Page	USA	35	7-10-92
M 40	52.7	Stan Druckrey	USA	40	7-8-89
M 45	55.18	Guido Mueller	GER	47	8-1-86
M 50	58.1	Jack Greenwood	USA	50	7-3-76
M 55	58.92	Guido Mueller	FRG	56	7-16-95
M 60	42.31	Guido Mueller	FRG	60	8-1-99
M 65	43.89	Guido Mueller	GER	65	7-25-04
M 70	49.07	Earl Fee	CAN	70	8-28-99
M 75	55.33	Dan Bulkeley	USA	77	10-2-94
M 80	62.61	Dan Bulkeley	USA	82	8-1-99
M 85	89.11	Bob Boal	USA	85	10-12-97
LONG HURDLES (300m: 60+, 27")					
M 70	50.78	Earl Fee	CAN	74	7-5-03
M 75	56.95	Heinz Krenzer	GER	76	7-5-03
M 80	63.09	Pierre Darrot	FRA	80	7-7-01
M 85	94.72	Reino Taskinen	FIN	85	7-7-01
STEEPLECHASE (3000m: 35-39, 36"; 2000m: 60+, 36")					
M 35	8:22.98	Angelo Carosi	ITA	35	8-4-99
M 40	8:41.5	Gaston Roelants	BEL	40	7-6-77
M 45	9:16.1	Nils Undersaker	NOR	45	9-12-84
M 50	9:38.8	Nils Undersaker	NOR	50	6-10-89
M 55	9:55.05	Ron Robertson	NZL	56	7-27-97
M 60	7:03.8	Maurice Morrell	GBR	60	6-8-93
M 65	7:53.00	John Eccles	NZL	65	11-2-90
M 70	8:38.17	Dan Bulkeley	USA	71	8-5-88
M 75	9:28.78	Dan Bulkeley	USA	76	7-17-93
M 80	11:11.20	Dan Bulkeley	USA	80	6-28-97
STEEPLECHASE (2000m: 60+, 30")					
M 60	6:30.21	Ron Robertson	NZL	60	7-14-01
M 65	7:18.2	Alan Bradford	AUS	65	2-14-04
M 70	8:00.83	Francisco Vicente	POR	70	7-13-03
M 75	9:17.38	Soichi Tamoi	JPN	76	8-7-99
M 80	10:01.18	Soichi Tamoi	JPN	80	9-26-03
M 85	13:50.9	Ed Gamble	AUS	85	3-21-01
HIGH JUMP					
M 35	2.16	Viktor Bolshov	URS	35	6-20-74
M 40	2.11	Jim Barmineau	USA	40	7-19-95
M 45	2.00	Asko Pesonen	FIN	45	9-3-88
M 50	1.98	Thomas Zacharas	GER	50	5-17-9

DECATHLON (2004 WMA Age-Graded Scoring Tables)

M 35	7778	Werner Von Moltke	GER	35	5-12-72
M 40	8269	Simon Poelman	NZL	41	6-26-04
M 45	7502	Rex Harvey	USA	45	7-18-91
M 50	7771	Gary Miller	USA	51	7-27-89
M 55	8390	Rolf Geese	GER	55	7-29-99
M 60	8352	Phil Mulkey	USA	60	10-7-93
M 65	7754	Knut Skramstad	NOR	66	7-2-03
M 70	8231	Gudmund Skriverik	NOR	70	7-18-91
M 75	7915	Pekka Penttila	FIN	75	7-29-99
M 80	4977	Takuro Miura	JPN	81	7-29-99
M 85	6242	Bob Boal	USA	85	9-20-97
M 90	4199	Vic Younger	AUS	90	2-23-03

PENTATHLON (2004 WMA Scoring Tables)

M 35	4003	Silvio Hodos	FRA	35	4-17-83
M 40	4076	Werner Schallau	GER	40	9-24-78
M 45	4009	Gary Miller	USA	45	9-30-83
M 50	4155	Gary Miller	USA	50	6-26-88
M 55	3994	Richmond Morcom	USA	56	8-12-77
M 60	4081	Rudy Hochreiter	AUS	61	12-3-87
M 65	4245	Gudmund Skriverik	NOR	65	7-31-86
M 70	4223	Adolf Koch	GER	70	12-3-87
M 75	3917	Pierre Darrot	FRA	75	7-22-96
M 80	3688	Bill Carter	USA	80	8-07-03
M 85	2973	Ken Carmine	USA	85	6-19-93
M 90	2886	Karl Trei	CAN	90	5-7-99

WEIGHT PENTATHLON (2004 WMA Scoring Tables)

M 40	3817	Ken Jansson	USA	41	8-6-99
M 45	4355	Vasilis Manganas	GRE	47	7-13-01
M 50	4444	Tom Gage	USA	52	7-22-95
M 55	4620	Klaus Liedtke	GER	57	9-18-98
M 60	5152	Wladyslaw Kowalczyk	GER	61	9-19-98
M 65	5202	Karl-Heinz Wendel	GER	65	7-22-95
M 70	5364	Bob Ward	USA	71	8-15-04
M 75	4652	Erik Eriksson	FIN	75	8-6-99
M 80	5135	Gerhard Schepe	GER	82	10-16-93
M 85	p5163	Pekka Pursiainen	FIN	80	8-27-00
M 85	4727	Kashmir Gassmann	SUI	85	8-6-99
M 90	3281	Claude Sterley	RSA	90	5-4-02
M 90	p4768	Olavi Lehtinen	FIN	90	8-30-98

Women's World Five-Year Age-Group Records

DIV	MARK	NAME	COUNTRY	AGE	MEET DATE
100 METERS					
W 35	10.74	Merlene Ottey	JAM	36	9-9-96
W 40	11.09	Merlene Ottey	SLO	44	8-3-04
W 45	12.25	Karin von Riewel	GER	48	7-6-96
W 50	12.50	Phil Raschker	USA	50	5-17-97
W 55	13.30	Phil Raschker	USA	55	8-10-02
W 60	13.89	Brunhilde Hoffmann	GER	60	8-21-99
W 65	14.29	Irene Obera	USA	65	7-31-99
W 70	15.16	Margaret Peters	NZL	70	3-21-04
W 75	15.91	Paula Schneiderhan	GER	75	9-6-97
W 80	18.42	Hanna Gelbrich	GER	80	10-15-93
W 85	21.18	Nora Wedemo	SWE	86	8-21-99
W 90	23.18	Nora Wedemo	SWE	90	8-9-03
200 METERS					
W 35	21.93	Merlene Ottey	JAM	35	8-25-95
W 40	22.89	Merlene Ottey	SLO	43	8-10-03
W 45	25.46	Phil Raschker	USA	47	6-20-94
W 50	25.72	Phil Raschker	USA	50	7-23-97
W 55	27.39	Vivien Bonner	GBR	55	7-31-04
W 60	28.87	Brunhilde Hoffmann	GER	60	7-14-00
W 65	30.46	Irene Obera	USA	65	8-3-99
W 70	31.45	Margaret Peters	NZL	70	3-21-04
W 75	34.40	Paula Schneiderhan	GER	75	7-23-97
W 80	41.11	Polly Clarke	USA	82	8-15-92
W 85	48.36	Olga Kotelko	CAN	85	9-4-04
W 90	82.29	Rosario Iglesias	MEX	92	7-8-03
400 METERS					
W 35	50.56	Aurelia Penton	CUB	35	7-15-78
W 40	53.68	Sara Montecinos	CHL	40	3-20-94
W 45	56.15	Marie Lande Mathieu	PUR	45	7-12-03
W 50	58.51	Marge Allison	AUS	50	7-22-95
W 55	62.40	Avril Douglas	CAN	55	8-25-01
W 60	67.30	Anne Stobaus	AUS	60	7-10-01
W 65	68.21	Diane Palmason	CAN	65	8-8-03
W 70	78.26	Veronica Welgemoed	RSA	70	5-4-02
W 75	88.17	Monica Shone	GBR	76	8-21-02
W 80	1:40.45	Polly Clarke	USA	80	8-3-90
W 85	2:13.68	Rosario Iglesias	MEX	86	7-26-97
W 90	3:06.85	Rosario Iglesias	MEX	90	7-13-01
800 METERS					
W 35	1:56.53	Lyubov Gurina	RUS	36	7-30-94
W 40	1:59.25	Yekatarina Podkopyayeva	URS	42	6-30-94
W 45	2:02.82	Yekatarina Podkopyayeva	URS	46	6-26-98
W 50	2:16.62	Maureen de St.Croix	CAN	50	6-17-03
W 55	2:22.47	Carolyn Oxtan	GBR	55	8-30-98
W 60	2:36.94	Gerda Van Kooten	NED	60	8-3-99
W 65	2:41.81	Diane Palmason	CAN	65	8-9-03
W 70	3:04.44	Jean Horne	CAN	70	7-17-03
W 75	3:31.37	Nina Naumenko	URS	75	7-14-00
W 80	3:54.81	Johanna Luther	GER	80	10-10-93
W 85	5:00.58	Rosario Iglesias	MEX	86	7-22-97
W 90	6:59.18	Rosario Iglesias	MEX	90	7-9-01
1500 METERS					
W 35	3:57.73	Marica Puica	ROM	35	8-30-85
W 40	3:59.78	Yekatarina Podkopyayeva	URS	42	7-18-94
W 45	4:05.44	Yekatarina Podkopyayeva	URS	46	8-3-98
W 50	4:40.92	Maureen de St.Croix	CAN	50	6-4-03
W 55	4:57.4	Carolyn Oxtan	GBR	55	8-26-98
W 60	5:18.14	Corrie Keijzers	NED	60	6-16-02
W 65	5:43.61	Lydia Ritter	GER	65	6-5-04
W 70	6:14.52	Nina Naumenko	URS	71	7-25-95
W 75	6:42.13	Nina Naumenko	URS	75	7-10-00
W 80	7:32.22	Johanna Luther	GER	80	10-16-93
W 85	10:33.40	Ivy Granstrom	CAN	85	7-26-97
MILE					
W 35	4:17.33	Marica Puica	ROM	35	8-21-85
W 40	4:23.78	Yekatarina Podkopyayeva	URS	40	6-9-93
W 45	4:48.42	Yekatarina Podkopyayeva	URS	45	9-13-97
W 50	5:02.80	Maureen de St.Croix	CAN	50	6-4-03
W 55	5:31.97	Bernadine Portenski	NZL	57	1-29-05

W 60	5:48.94	Gerda Van Kooten	NED	60	7-6-99
W 65	6:19.04	Diane Palmason	CAN	65	6-4-03
W 70	7:26.0	Pat Dixon	USA	70	6-24-89
W 75	8:59.4	Corrie Degroot	AUS	75	2-27-03
W 80	9:00.52	Gerry Davidson	USA	80	5-27-01
W 85	11:54.3	Ivy Granstrom	CAN	86	6-27-98

3000 METERS

W 35	8:27.83	Marica Puica	ROM	35	9-7-85
W 40	9:11.2	Joyce Smith	GBR	40	4-30-78
W 45	9:17.27	Yekatarina Podkopyayeva	URS	45	6-22-97
W 50	10:08.83	Paula Fudge	GBR	50	8-3-02
W 55	10:38.8	Bernadine Portenski	GER	57	1-22-05
W 60	11:41.91	Gerda Van Kooten	NED	60	6-20-9
W 65	12:17.49	Lydia Ritter	GER	65	6-10-04
W 70	13:27.53	Melitta Czerwenka-Nagel	GER	71	6-28-01
W 75	16:33.0	Berta Hielscher	GER	77	8-13-86
W 80	20:41.04	Gerry Davidson	USA	83	10-17-04
W 85	24:08.62	Ivy Granstrom	CAN	86	6-28-98

5000 METERS

W 35	15:11.28	Lynn Jennings	USA	35	7-10-95
W 40	15:20.59	Elena Fidatov	ROM	40	8-7-00
W 45	15:55.71	Nicole Leveque	FRA	45	6-1-96
W 50	17:17.02	Jutta Pedersen	SWE	50	7-25-97
W 55	17:58.05	Bernadine Portenski	NZL	57	2-6-05
W 60	19:14.8	Marion Irvine	USA	60	10-19-89
W 65	21:30.10	Melitta Czarwenka-Nagel	GER	65	5-14-95
W 70	22:55.39	Melitta Czarwenka-Nagel	GER	71	5-19-01
W 75	25:14.44	Nina Naumenko	URS	75	7-12-00
W 80	28:32.67	Johanna Luther	GER	80	10-11-93
W 85	37:02.30	Matsue Nishiyama	JPN	86	10-10-93

10,000 METERS

W 35	31:20.28	Ingrid Kristiansen	NOR	35	8-10-91
W 40	32:12.07	Nicole Leveque	FRA	42	8-13-94
W 45	32:34.06	Evy Palm	SWE	46	9-4-88
W 50	35:37.0	Valborg Ostverk	NOR	50	7-26-81
W 55	37:47.95	Edeltraud Pohl	GER	55	5-6-92
W 60	39:21.1	Theresa Baird	AUS	60	10-27-01
W 65	44:19.97	Melitta Czerwenka-Nagel	GER	65	4-2-95
W 70	47:22.51	Melitta Czerwenka-Nagel	GER	70	9-23-00
W 75	52:08.73	Nina Naumenko	URS	75	7-8-00
W 80	58:40.03	Johanna Luther	GER	80	10-7-93
W 85	86:55.70	Ivy Granstrom	CAN	86	7-3-98

ONE HOUR RUN

W 35	16:52.1	Catharina Segers	BEL	39	11-13-99
W 40	15:84.4	Gerda Marie Dehaes	BEL	43	10-4-96
W 45	14:68.8	Rosemary Longstaff	NZL	45	11-14-96
W 50	15:05.2	Greet Warneer	NED	51	9-16-93
W 55	14:27.5	Ros Tabor	GBR	55	9-1-04
W 60	13:82.3	LaVania Petrie	AUS	60	9-29-03
W 65	12:46.7	Berthilia De Preter	BEL	67	10-4-96
W 70	11:42.5	Berthilia De Preter	BEL	70	10-1-99
W 75	10:05.0	Corrie Degroot	AUS	75	4-14-03
W 80	7:04.9	Mary Ames	USA	84	7-11-87

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

W 35	12.47	Ludmila Engquist	SWE	35	8-21-99
W 40	11.25	Leslie Estwick	CAN	40	7-12-01
W 45	11.51	Christine Muller	SUI	46	7-22-04
W 50	12.68	Phil Raschker	USA	50	7-20-97
W 55	12.31	Helgi Lamp	EST	55	7-17-99
W 60	13.89	Corrie Roovers	NED	60	6-15-96
W 65	14.27	Rietje Dijkman	NED	65	7-30-04
W 70	18.91	Isabella Hofmeyr	RSA	70	2-13-99
W 75	25.56	Johnnye Valien	USA	75	9-16-00

HURDLES (60+: 80m, 27")

W 60	13.78	Mariane Maier	AUT	61	7-30-04
W 65	14.27	Rietje Dijkman	NED	65	7-30-04
W 70	16.10	Asta Larsson	SWE	73	7-30-04
W 75	20.04	Isabella Hofmeyr	RSA	75	7-11-03

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

W 35	52.94	Marina Stepanova	URS	36	9-17-86
W 40	62.08	Maria Sangous Espina	ESP	40	6-22-95
W 45	p61.02	Mary Ferreira Santos	BRA	40	7-7-01
W 45	64.09	Jan Hynes	AUS	49	4-3-94
W 50	47.01	Jan Hynes	AUS	50	10-2-94
W 55	49.14	Phil Raschker	USA	55	8-11-02
W 60	53.05	Corrie Roovers	NED	60	7-16-95
W 65	63.53	Barbara Jordan	USA	65	8-11-02
W 70	68.35	Florence Meier	USA	70	7-24-04

LONG HURDLES (300m: 60+, 27")

W 60	54.25	Magdalena Tomlinson	RSA	61	7-5-03
W 65	59.58	Rietje Dijkman	NED	65	7-25-04
W 70	67.16	Florence Meier	USA	70	8-08-04
W 75	89.00	Johnnye Valien	USA	75	7-7-01

2000m STEEPLECHASE 36")

W 35	7:05.76	Veronica Boden	GBR	35	7-17-94
W 40	7:47.56	Marietje Ceronio	RSA	40	8-8-97
W 45	7:38.08	Margaret Orman	NZL	49	7-27-91
W 50	7:43.99	Margaret Orman	NZL	51	3-13-93
W 55	8:13.4	Margaret Orman	NZL	55	3-15-97
W 60	10:29.91	Nan Little	NZL	61	4-2-88

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

DIV	MARK	NAME	STATE	AGE	MEET DATE
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	TX (51)	4/13/02	
55-59	11.66	Ralph Summerlin	AL (58)	7/14/90	
60-64	11.8h	Payton Jordan	CA (61)	5/27/78	
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	
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	23.61	Alfred Guidet	CA (55)	6/24/73	
55-59	23.8h	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	
90-94	42.78	Anthony Castro	CA (90)	9/18/99	
95-99	62.28	Herb Kirk	MT (95)	7/26/91	
400 METERS					
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	NM (60)	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	1:24.18	Roderick Parker	AR (85)	8/6/04	
90-94	2:00.2	Paul Spangler	CA (90)	9/16/89	
95-99	3:53.10	Everett Hosack	OH (98)	9/16/00	
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	
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	
1500 METERS					
35-39	3:40.83	Steve Scott	CA (35)	6/14/91	
40-44	3:50.85	John Hinton	NC (40)	4/5/03	
45-49	4:00.53	Ken Sparks	OH (45)	4/24/90	
50-54	4:05.8	Ray Hatton	OR (50)	7/8/82	
55-59	4:20.76	Nolan Shaheed	CA (55)	7/24/04	
60-64	4:32.09	James Sutton	PA (60)	7/27/91	
65-69	4:56.31	Joe King	CA (65)	7/27/91	
70-74	5:12.40	Charles Rose	NC (70)	8/11/03	
75-79	5:28.5	Scotty Carter	MA (75)	6/28/92	
80-84	6:04.28	Ed Benham	MD (80)	12/5/87	
85-89	7:19.80	Alfred Funk	MT (86)	8/13/00	
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	
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	

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	
50-54	8:53.8	Ray Hatton	OR (50)	6/25/82	
55-59	9:37.88	Ray Hatton	OR (56)	6/26/88	
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	
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	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	
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	
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	
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")					
70-74	12.99	James Stookey	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	13.57	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	
110m HURDLES (35-39: 42"; 40-49: 39")					
35-39	13.26	Greg Foster	NJ (36)	7/22/94	
40-44	13.73	David Ashford	IL (40)	7/11/03	
45-49	14.79	Tom Gilliard	GA (45)	7/23/95	
300m HURDLES (30")					
60-64	43.49	Jack Greenwood	CO (63)	8/3/89	
65-69	45.20	Jack Greenwood	CO (65)	7/25/91	
70-74	50.22	James Stookey	MD (70)	9/17/00	
75-79	55.33	Dan Bulkley	OR (77)	10/2/94	
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	
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 Pueller	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	
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	
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	

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
90-94	1.04	Buell Crane	ID (90)	7/28/90
POLE VAULT				
35-39	5.08	Gary Hunter	IN (35)	7/6/91
40-44	5.5	Larry Jesse	TX (44)	7/24/96
45-49	5.1	Larry Jesse	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
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
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
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				
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
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
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
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
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
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)	10/25/99
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
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
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)	10/18/99
100-104	8.86	Everett Hosack	OH (100)	6/30/03

JAVELIN (35-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g; 80+: 400g)

35-39	67.43	Ron McConnell	VT (37)	4/8/00
40-44	76.91	Thomas Petranoff	RI (41)	6/12/99
45-49	67.55	Michael Brown	FL (45)	5/8/99
50-54	69.58	Michael Brown	FL (50)	4/10/04
55-59	54.59	Bob Powers	CA (55)	10/2/04
60-64	64.74	Larry Stuart	CA (60)	5/23/98
65-69	55.02	Bud Held	CA (65)	5/15/93
70-74	42.17	Robert Youngs	CT (70)	8/6/04
75-79	40.7	William Platts	ID (75)	8/7/03
80-84	30.87	Edward Chynoweth	CA (81)	10/17/04
85-89	25.59	Donald Pellmann	AR (85)	7/17/01
90-94	17.02	Trent Lane	LA (91)	3/15/03
100-104	5.98	John Whittemore	CA (100)	10/7/00

WEIGHT THROW (35-49: 35#; 50-59: 35#; 60-69: 20#; 70-79: 16#; 80+: 12#)

60-64	23.57	Tom Gage	MT (60)	6/28/03
65-69	17.6	Bob Ward	TX (69)	6/22/03
70-74	18.83	Bob Ward	TX (70)	8/24/03
75-79	15.32	Harvey Lewellen	OR (75)	9/11/04
80-84	13.23	Robert Horsley	WA (81)	6/22/03
85-89	8.65	Leon Joslin	WA (89)	4/18/01
90-94	9.55	Trent Lane	LA (92)	11/9/02

SUPERWEIGHT (35-39: 56#; 45-69: 56#; 70+: 35#)

45-49	11.67	Jim Wetenhall	OH (47)	6/2/02
55-59	9.08	Bob Backus	MA (59)	7/6/86
65-69	6.97	Bob Ward	TX (69)	6/22/03
70-74	11.43	Bob Ward	TX (71)	9/11/04
75-79	9.05	Harvey Lewellen	OR (75)	6/27/04
80-84	4.9	Gordon Powell	FL (83)	10/3/92
85-89	5.15	Leon Joslin	WA (87)	4/24/99
90-94	4.12	Trent Lane	LA (93)	5/3/03
95-99	2.78	Everett Hosack	OH (97)	9/5/99

PENTATHLON

35-39	3579	Frank Reilly	CA (39)	6/20/87
40-44	3510	Michael Janusey	PA (40)	8/10/98
45-49	4009	Gary Miller	CA (45)	9/30/83
50-54	4155	Gary Miller	CA (50)	6/26/88
55-59	3994	Boo Morcom	PA (56)	8/12/77
60-64	4020	John Alexander	TX (61)	5/8/81
65-69	4148	Boo Morcom	PA (66)	6/20/87
70-74	3810	Boo Morcom	PA (70)	7/4/91
75-79	3465	Milo Lightfoot	OH (75)	7/20/89
80-84	3688	Bill Carter	OK (80)	8/7/03
85-89	2873	Ken Carmine	CA (85)	6/19/93

WEIGHT PENTATHLON

35-39	3783	Paul Barrett	WY (36)	4/12/03
40-44	3972	Ken Jansson	KS (40)	8/21/98
45-49	3903	Jim Wetenhall	OH (47)	6/2/01
50-54	4588	Tom Gage	MT (52)	7/22/95
55-59	4211	Richard Hotchkiss	CA (56)	7/22/95
60-64	5062	Tom Gage	MT (60)	8/24/03
65-69	4896	Bob Ward	TX (65)	9/5/98
70-74	5364	Bob Ward	TX (71)	8/15/04
75-79	4294	Hal Wallace	ID (75)	8/24/03
75-79	4294	Phillip Brusca	MO (76)	8/24/03
80-84	3142	Eugene Bradford	(80)	7/22/95
85-89	3610	John Pearce	TX (85)	8/24/96
90-94	4322	Trent Lane	LA (92)	11/9/02

DECATHLON

35-39	7117	Rex Harvey	IA (35)	6/20/82
40-44	7326	Stan Vegar	CA (42)	9/20/97
45-49	7502	Rex Harvey	IA (45)	7/18/91
50-54	7771	Gary Miller	CA (51)	7/27/89
55-59	7835	Dale Lance	OK (57)	7/14/95
60-64	8352	Phil Mulkey	GA (60)	10/7/93
65-69	7240	Denver Smith	OH (67)	9/11/93
70-74	7524	Boo Morcom	PA (70)	6/23/91
75-79	6778	Denver Smith	OH (77)	7/2/03
80-84	3868	A.E. Pitcher	IN (84)	7/27/86
85-89	6242	Bob Boal	NC (85)	9/20/97

Women's USA Five-Year Age-Group Records

DIV	MARK	NAME	STATE	MEET
			AGE	DATE
100 METERS				
35-39	11.07	Evelyn Ashford	CA (35)	5/28/92
40-44	12.31	Phil Raschker	GA (40)	12/1/87
45-49	12.50	Phil Raschker	GA (48)	9/2/95
50-54	12.50	Phil Raschker	GA (50)	5/17/97
55-59	13.30	Phil Raschker	GA (55)	8/10/02
60-64	13.91	Irene Obera	CA (60)	8/13/94
65-69	14.29	Irene Obera	CA (65)	7/31/99
70-74	15.72	Audrey Lary	MD (70)	6/26/04
75-79	16.87	Polly Clarke	CO (75)	8/31/85
80-84	19.32	Polly Clarke	CO (82)	8/14/92
90-94	31.53	Zora Lux	WA (90)	6/10/95
200 METERS				
35-39	22.47	Evelyn Ashford	CA (35)	8/13/92
40-44	24.84	Phil Raschker	GA (42)	8/3/89
45-49	25.56	Phil Raschker	GA (47)	6/20/94
50-54	25.72	Phil Raschker	GA (50)	7/23/97
55-59	27.78	Phil Raschker	GA (55)	7/20/02
60-64	29.09	Nadine O'Connor	CA (62)	9/5/04
65-69	30.46	Irene Obera	CA (65)	8/3/99
70-74	33.90	Audrey Lary	MD (70)	8/8/04
75-79	35.93	Polly Clarke	CO (75)	8/31/85
80-84	41.11	Polly Clarke	CO (82)	8/15/92
90-94	70.99	Zora Lux	WA (90)	6/10/95

400 METERS

35-39	55.60	Alethea Morris	NY (38)	7/12/03
40-44	56.98	Lesia Batiste	LA (41)	4/19/03
45-49	56.82	Mary Libal	OR (45)	7/22/95
50-54	61.89	Phil Raschker	GA (50)	7/26/97
55-59	65.29	Kimi Solwazi	CA (55)	4/8/95
60-64	67.80	Irene Obera	CA (61)	7/22/95
65-69	71.45	Carolyn Cappetta	MA (65)	7/13/01
70-74	82.52	Patricia Peterson	NY (72)	7/31/98
75-79	89.62	Polly Clarke	CO (75)	8/25/85
80-84	1:40.45	Polly Clarke	CO (80)	8/3/90
90-94	3:45.62	Bertha Holt	OR (90)	6/29/96

800 METERS

35-39	2:02.83	Ruth Wysocki	CA (35)	5/23/92
40-44	2:09.85	Rose Monday	CA (40)	7/1/00
45-49	2:18.72	DeeDee Grafius	CA (48)	7/12/97
50-54	2:21.98	DeeDee Grafius	CA (50)	4/17/99
55-59	2:30.53	Jane Arnold	CT (55)	6/8/96
60-64	2:40.58	Diane Palmason	WA (62)	8/18/00
65-69	2:44.43	Jeanne Daprano	GA (65)	8/10/02
70-74	3:15.63	Suzi MacLeod	OR (70)	7/11/04
75-79	3:37.19	Pearl Mehl	CO (75)	9/2/89
80-84	4:09.77	Gerry Davidson	CA (80)	9/29/01

1500 METERS

35-39	4:07.08	Ruth Wysocki	CA (38)	8/9/95
40-44	4:32.73	Joan Nesbit	NC (40)	5/11/02
45-49	4:48.19	Joan Colman	CA (45)	8/5/89
50-54	4:52.55	Kathryn Martin	NY (50)	8/11/02
55-59	5:14.2	Vicki Bigelow	CA (56)	6/13/92
60-64	5:32.8	Yvette LaVigne	CA (60)	5/7/00
65-69	5:32.82	Marie Michelson	NY (60)	8/11/02
70-74	5:48.48	Jeanne Daprano	GA (65)	10/6/01
75-79	6:42.17	Pat Dixon	OR (70)	6/30/89
80-84	8:33.70	Bess James	CA (75)	6/29/85
85-89	11:50.24	Gerry Davidson	CA (80)	9/29/01
		Mary Haines	CT (85)	8/7/99

MILE

35-39	4:26.10	Mary Slaney	OR (38)	4/26/97
40-44	4:54.0	Laurie Binder	CA (43)	8/8/91
45-49	5:07.76	Jeanne Lasee-Johnson	CA (45)	9/14/02
50-54	5:15.55	Kathryn Martin	NY (50)	9/1/02
55-59	5:46.8	Shirley Matson	CA (56)	7/26/97
60-64	5:57.39	Marie Michelson	NY (60)	9/1/02
65-69	6:32.47	Jeanne Daprano	GA (65)	5/4/02
70-74	7:26.0	Pat Dixon	OR (70)	6/24/89
80-84	9:00.52	Gerry Davidson	CA (80)	5/27/01

3000 METERS

35-39	8:51.84	Francis Larrieu	TX (35)	9/11/88
40-44	9:27.45	Carmen Troncoso	TX (43)	6/25/00
45-49	9:57.27	Monica Joyce	MI (45)	4/16/04
50-54	10:19.3	Kathryn Martin	NY (50)	7/18/02
55-59	11:05.2	Shirley Matson	CA (55)	9/8/96
60-64	11:52.22	Marie Michelson	NY (61)	9/5/04
65-69	13:15.6	Jaclyn Caselli	CA (65)	7/6/86
70-74	16:55.0	Jaclyn Caselli	CA (74)	9/2/95
75-79	17:37.2	Bess James	CA (75)	8/10/85
80-84	20:41.04	Gerry Davidson	CA (83)	10/17/04

5000 METERS

35-39	15:15.2	Francis Larrieu	TX (35)	7/2/88
40-44	16:02.27	Carmen Troncoso	TX (40)	11/23/99
45-49	17:45.03	Joan Colman	CA (45)	8/4/89
50-54	17:25.6	Shirley Matson	CA (50)	9/26/91
55-59	18:43.65	Shirley Matson	CA (55)	8/23/96
60-64	19:14.8	Marion Irvine	CA (60)	10/19/89
65-69	22:41.8	Jaclyn Caselli	CA (65)	7/5/86
70-74	23:28.76	Jane Machala	WA (72)	6/22/03
75-79	27:10.76	Algene Williams	IL (75)	7/25/91
80-84	29:30.02	Gerry Davidson	CA (80)	7/6/01
85-89	55:24.60	Mary Haines	CT (86)	7/6/01

10,000 METERS

35-39	31:28.92	Francis Larrieu	TX (38)	4/4/91
40-44	34:58.54	Madelyn Noe-Schlentz	NJ (41)	4/25/02
45-49	38:10.89	Joan Colman	CA (47)	7/21/91
50-54	37:12.23	Kathryn Martin	NY (52)	8/7/04
55-59	40:03.46	Shirley Matson	CA (59)	8/12/00
60-64	41:43.64	Marie Michelson	NY (61)	8/9/03
65-69	47:09.40	Toshiko d'Elia	NJ (65)	7/18/95
70-74	48:11.29	Jane Machala	WA (72)	6/22/03
75-79	56:59.33	Algene Williams	IL (75)	7/21/91
80-84	62:59.2	Gerry Davidson	CA (80)	8/4/01
85-89	1:46:57.50	Mary Haines	CT (85)	8/3/99

2000m STEEPLECHASE (30")

35-39	6:30.83	Leslie Lehane	MA (35)	7/31/98
40-44	7:11.97	Karen Steen	WA (40)	8/6/04
45-49	8:18.11	Janet Martin	IL (48)	8/8/03
50-54	8:54.19	Shari Gilbert	NY (52)	8/8/03
55-59	8:37.7	Marie Michelson	NY (59)	7/27/01
60-64	8:47.67	Marie Michelson	NY (60)	8/9/02

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

35-39	13.77	Jane Frederick	CA (35)	8/31/87
40-44	11.78	Deby Swezey	CA (40)	8/12/93
45-49	12.22	Phil Raschker	GA (47)	8/5/94
50-54	12.68	Phil Raschker	GA (50)	7/20/97
55-59	13.19	Phil Raschker	GA (55)	8/8/02
60-64	16.45	Betty Vosburgh	GA (60)	7/21/91
65-69	17.38	Barbara Jordan	VT (66)	8/9/02
70-74	20.08	Johnnie Valien	TX (71)	8/22/96
75-79	21.11	Johnnie Valien	TX (75)	8/18/00

HURDLES (NEW IMPLEMENTS: 60+: 80m, 27")

65-69	17.07	Barbara Jordan	VT (67)	8/8/03
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LONG HURDLES (35-49: 400m, 30"; 50+: 300m, 30")

35-39	63.13	Alethea Morris	NY (38)	7/4/03
40-44	65.03	Phil Raschker	GA (40)	12/5/87
45-49	71.20	Pamela Calvert	MO (45)	7/6/91
50-54	49.20	Phil Raschker	GA (50)	7/20/97
55-59	49.14	Phil Raschker	GA (55)	8/11/02
60-64	56.80	Betty Vosburgh	GA (60)	7/5/91
65-69	63.53	Barbara Jordan	VT (66)	8/11/02
70-74	68.35	Flo Meiler	VT (70)	7/24/04

LONG HURDLES (NEW IMPLEMENTS: 60+: 300m, 27")

65-69	62.49	Barbara Jordan	VT (68)	6/27/04
70-74	67.16	Flo Meiler	VT (70)	8/8/04
75-79	89.00	Johnnie Valien	CA (75)	7/7/01

HIGH JUMP

35-39	1.86	Jane Frederick	CA (36)	6/15/88
40-44	1.76	Patricia Porter	NM (41)	6/6/04

JAVELIN (35-49: 600g; 50-59: 500g; 60+: 400g)

35-39	62.06	Karin Smith	CA (35)	5/14/91
40-44	43.58	Kate Schmidt	CA (40)	8/15/96
45-49	41.57	Monica Kendall	OR (48)	6/12/04
50-54	37.95	Linda Cohn	CA (51)	4/25/04
55-59	26.53	Sharon Raham	CO (58)	8/7/04
60-64	32.45	Becky Sisley	OR (60)	10/22/99
65-69	31.48	Becky Sisley	OR (65)	8/6/04
70-74	25.58	Barbara Brandt	WY (70)	2/2/02
75-79	20.06	Adele McCormick	AZ (76)	8/14/98
80-84	13.54	Mary Bowermaster	OH (81)	8/14/98
85-89	11.46	Juanita Brookover	NC (86)	5/5/01
90-94	9.78	Margaret Evans	LA (91)	3/15/03

WEIGHT THROW (40-49: 20#; 50-59: 16#; 60+: 12#)

40-44	19.09	Oneitha Lewis	NY (42)	9/28/02
45-49	14.59	Carol Finsrud	TX (47)	6/27/04
55-59	12.65	Mary Hartzler	AZ (55)	10/2/04
60-64	13.18	Georgia Cutler	OR (61)	8/14/04
65-69	12.43	Erika Messner	FL (65)	5/5/01
70-74	11.32	Audrey Lary	MD (70)	9/4/04

75-79	7.82	Lillian Snaden	SC (75)	8/14/04
80-84	6.3	Melanie Reske	OR (81)	6/29/02
90-94	5.07	Margaret Evans	LA (91)	3/15/03

SUPERWEIGHT (45-49: 35#; 50+: 25#)

45-49	9.59	Carol Finsrud	TX (47)	6/27/04
50-54	8.34	Joyce Taylor	(54)	9/11/04
60-64	7.97	Carol Young	MI (63)	7/26/03
65-69	5.82	Erika Messner	FL (67)	5/2/03
70-74	5.61	Lillian Snaden	SC (71)	7/29/00
80-84	3.82	Melanie Reske	OR (81)	6/22/02
90-94	2.67	Margaret Evans	LA (91)	3/15/03

PENTATHLON (35-39: 600g; 50-59: 500g; 60+: 400g)

40-44	3712	Caryl Senn	NY (40)	8/8/02
45-49	4382	Phil Raschker	GA (46)	8/11/93
50-54	4022	Phil Raschker	GA (53)	8/10/00
55-59	4693	Phil Raschker	GA (55)	8/8/02
60-64	2435	Flo Meiler	VT (64)	7/30/98
65-69	3533	Barbara Jordan	VT (66)	8/8/02

WEIGHT PENTATHLON

35-39	3399	Joan Stratton	CA (35)	12/7/87
40-44	5261	Oneitha Lewis	NY (43)	8/23/03
45-49	5233	Carol Finsrud	TX (46)	8/23/03
50-54	4132	Vanessa Hilliard	FL (54)	7/22/95
55-59	4261	Mary Hartzler	OH (55)	8/14/04
60-64	3914	Carol Young	MI (60)	11/18/00
65-69	4299	Erika Messner	FL (67)	11/9/02
70-74	4091	Bernice Holland	OH (72)	9/11/99
75-79	3573	Bernice Holland	OH (76)	7/11/03
80-84	3488	Margaret Hinton	TX (81)	8/23/03
85-89	3555	Betty Jarvis	NC (88)	8/23/03
90-94	4682	Margaret Evans	LA (91)	3/15/03

HEPTATHLON

35-39	2930	Irene Thompson	NY (39)	10/7/93
40-44	3301	Skipper Clark	NY (43)	7/18/91
45-49	5324	Phil Raschker	GA (46)	10/7/93
50-54	6250	Phil Raschker	GA (52)	7/3/99
55-59	6199	Phil Raschker	GA (56)	7/20/03
60-64	5589	Betty Vosburgh	GA (60)	7/18/91
65-69	5089	Becky Sisley	OR (65)	8/22/04
70-74	4930	Johnnye Valien	CA (71)	7/17/97

Men's World Masters Relay Records
(as of December 31, 2004)

4x100					
M40-49	42.20	Strong, Stephen; Berry, Gault	USA	5-02-04	Irvine
M50-59	45.04	Fields, Bell, Jones, Robbins	USA	7-23-95	Buffalo, NY
M60-69	48.17	Radke, Temme, Gasper, Russ	GER	8-8-99	Gateshead
M70-79	54.69	Larsen, Melville, Brown, Sochor	USA	7-18-98	Lisle, IL
M80-89	65.75	Morita, Okazaki, Tateishi, Suda	JPN	7-23-95	Buffalo, NY
4x400					
M40-49	3:20.83	Allah, Morning, Gonera, Blackwell	USA	4-28-01	Philadelphia, PA
M50-59	3:35.88	Steffes, Mathis, Adamson, Colbert	USA	8-6-89	Eugene, OR
M60-69	3:53.87	Adamson, Stewart, Johnson, Colbert	USA	8-8-99	Gateshead
M70-79	4:35.07	Bloomfield, Jordan, Spnnseier, Weinacht	USA	8-6-89	Eugene, OR
M80-89	6:00.03	Miura, Aiki, Yabe, Watanabe	JPN	11-14-98	Okinawa
4x800					
M40-49	7:54.17	Hinton, Pope, Paulk, Young	USA	6-27-04	Eugene
M50-59	8:41.55	Shaheed, Barnum, Salazar, Clingan	USA	8-08-04	Decatur
M60-69	9:33.95	Majoor, Ravensbergen, Zethof, Herlaar	HOL	6-11-92	Beverwyk
M70-79	11:09.87	Selby, Escobson, Linde, Bryant	USA	8-2-98	Orono, ME
4x1500 (as of October 31, 2003)					
M40-49	16:44.78	Faucheur, Crochemore, Bourdet, Ramdani	FRA	7-3-02	Bourgoin-Jallieu
M40-49	16:41.0	Grant, Molloy, Bedwell, Wilcock	GBR	4-30-97	
M50-59	19:12.67	Irvine, Combs, Sumner, Shapiro	USA	5-26-02	Irvine, CA

Women's World Masters Relay Records
(as of December 31, 2004)

4x100					
M35-39	48.63	Desmier, Sulter, Andreas, Apavou	FRA	8-6-89	Eugene, OR
M40-49	49.18	Nanz, Goring, Heitmann, Machill	GER	8-25-02	Potsdam
M50-59	53.39	Tucker, Hill, Hill-Hudgins, Raschker	USA	7-27-97	Durban
M60-69	55.77	Schmalbrucht, Reichert, Hoffman, Hoffman	GER	7-9-00	Jyväskylä
M70-79	68.72	Lorenz, Schneiderhan, Haule, Mangler	GER	7-23-95	Buffalo, NY
4x400					
M35-39	3:50.80	Mitchell, Mathews, Beadhall, Gabriel	GER	8-8-99	Gateshead
M40-49	3:57.28	Loizou, Kay, Smith, Cearnas	AUS	7-14-01	Brisbane
M50-59	4:24.92	Perkins, Heagney, Casey, Blurton	AUS	7-14-01	Brisbane
M60-69	4:56.74	Solwazi, LaVigne, Cappetta, Daprano	USA	7-14-01	Brisbane
M70-79	6:33.91	Valien, Smalley, Friedman, Peterson	USA	7-27-97	Durban
4x800					
M35-39	9:37.29	Van de Van, Pos, Ruyter, Verhoef	HOL	9-25-92	Dordrecht
M40-49	9:51.58	Smith, Green, Cassel, Jasper	USA	8-07-04	Decatur
M50-59	10:33.26	Jonkers, Kooten, Keijzers, Brugman	NED	8-28-99	Valkenswaard
M60-69	12:14.73	Michelsohn, LaVigne, Daprano, Ingalls	USA	8-11-02	Orono, ME

Men's U.S. Masters Relay Records
(as of December 31, 2004)

4x100					
40-49	42.20	Strong, Stephenson, Berry, Gault	STC	Irvine, CA	5/2/04
50-59	45.04	Fields, Bell, Jones, Robbins	USA	Buffalo, NY	7/23/95
60-69	50.9	Morales, Jordan, Killion, Guidet	CDM		6/24/78
60-69	48.51	Dennis, Smith, Sims, Tolson	USA	Long Beach, CA	6/24/00
70-79	54.69	Larsen, Melville, Brown, Sochor	USA	Lisle, IL	7/18/98
80-89	77.37	Lum, Crane, Hosack, Pitcher	USA	Indianapolis, IN	8/25/85
4x400					
40-49	3:25.40	Abayomi, Stanford, Burnett, Roberts	PM	Philadelphia, PA	4/30/83
40-49	3:21.54	Thie, Brinker, Tucker, King	USA	Eugene, OR	8/6/89
50-59	3:35.88	Steffes, Mathis, Adamson, Colbert	USA	Eugene, OR	8/6/89
50-59	3:44.15	Peterman, Watley, Aiken, Allie	NTC	Philadelphia, PA	4/28/00
60-69	4:17.62	Kane, Hoffman, Hoffman, Coy	PMTC	Eugene, OR	8/14/94
60-69	3:53.87	Adamson, Stewart, Johnson, Colbert	USA	Gateshead (UK)	8/8/99
70-79	4:35.07	Bloomfield, Jordan, Spnnseier, Weinacht	USA	Eugene, OR	8/6/89
80-89	7:34.9	Lum, Spangler, Hosack, Pitcher	USA	Indianapolis, IN	8/24/85
4x800					
40-49	8:11.8	Montenez, Knocke, Elliot, Cohen	SCS		7/3/83
40-49	7:54.17	Hinton, Pope, Paulk, Young	USA	Eugene, OR	6/27/04
50-59	8:41.55	Shaheed, Barnum, Salazar, Clingan	SCTC	Decatur, IL	8/8/04
60-69	10:09.10	Stewart, Stevenson, Stevens, King	USA		7/23/89
60-69	10:40.9	Lee, Riecke, Fuselier, Wimberly	KHTC	New Orleans, LA	7/26/94
70-79	11:46.91	Valles, Stewart, Jacques, King	WVJS	San Jose, CA	8/10/97
70-79	11:09.87	Selby, Escobar, Linde, Bryant	USA	Orono, ME	8/2/98

Women's U.S. Masters Relay Records
(as of December 31, 2004)

4x100					
30-39	50.28	Drumgole, Seeley, Thompson, Gilkey	USA	Eugene, OR	8/6/89
40-49	50.21	Margerum, Iba, Amarasekara, Sargis	USA	Baton Rouge, LA	7/28/01
50-59	53.39	Tucker, Hill, Hill-Hudgins, Raschker	USA	Durban (RSA)	7/27/97
60-69	61.85	Barnes, Kerr, Miller, Obara	USA	Buffalo, NY	7/23/95
70-79	70.59	Holland, Valien, Leonard, Peterson	USA	Gateshead (UK)	8/8/99
4x400					
30-39	4:00.87	Murray, Berg, Gilkey, Seeley	USA	Eugene, OR	8/6/89
40-49	3:58.70	Foreman, Thompson, Board, Libal	USA	Eugene, OR	8/24/96
40-49	4:39.80	Jeffers, Woo, Brown, Kimber	FFS	Eugene, OR	8/10/03
50-59	4:36.85	Fitzgerald, Meadows, Hoagland, Obara	USA	Eugene, OR	8/6/89
60-69	4:56.74	Solwazi, LaVigne, Cappetta, Daprano	USA	Brisbane (AUS)	7/14/01
70-79	6:33.91	Valien, Smalley, Friedman, Peterson	USA	Durban (RSA)	7/27/97
4x800					
30-39	9:58.48	Archuleta, Jefferson, Hoppie, Ledbetter	LVL	Las Vegas, NV	6/13/99
40-49	10:13.61	Jeffers, Woo, Brown, Kimber	FFS	Decatur, IL	8/8/04
40-49	9:51.58	Smith, Greene, Cassel, Jasper	USA	Decatur, IL	8/8/04
50-59	11:25.8	Kerr, McCormick, Bigelow, Ottaway	USA	Eugene, OR	8/14/94
50-59	11:33.1	Orlicz, Watson, Leone, Steinbach	SC	Syracuse, NY	7/19/04
60-69	12:14.73	Michelsohn, LaVigne, Daprano, Ingalls	USA	Orono, ME	8/11/02

KEY:		KHTC	King of the Hill TC	PM	Philadelphia Masters	SCS	So. Calif. Striders
CDM	Corona Del Mar TC	LVL	Las Vegas Lizards	PMTTC	Portland Masters TC	SCTC	So. California TC
FFS	Fleet Feet SAC	NTC	Nadia TC	SC	Syracuse Chargers	STC	Speedwest TC

World Best Performances - Racewalk (as of November 23, 2004)

MEN						20K						M 45 4:00:49 G. Weidner GER 19 Apr 80					
3000						M 35 1:18:54 M. Damilano ITA 6 Jun 92	Coruna					M 50 4:14:37 G. Weidner GER 28 Aug 83					
M 35 11:16.38 D. Smith AUS 28 Nov 92 Brisbane						M 40 1:21:36 W. Sawall AUS 4 Jul 82 Melbourne						M 55 4:25:21 G. Weidner GER 19 Apr 92	Berlin				
M 40 11:28.21 W. Sawall AUS 21 Feb 82 Melbourne						M 45 1:25:03 W. Sawall AUS 27 Aug 88 Canberra						M 60 4:23:29 G. Weidner GER 23 May 93	Kerpen				
M 45 12:06 G. Little NZL 23 Nov 91 Auckland						M 50 1:26:32 G. Little NZL 16 Feb 92 Christchurch						M 65 5:32:55 L. Creo GBR 7 Apr 90	Basildon				
M 50 12:18 G. Little NZL 23 Jan 93 Auckland						M 55 1:35:12 A. Jamieson NZL 18 Aug 01 Melbourne						M 70 5:33:21 C. Colman GBR 5 May 91	Plymouth				
M 55 12:44.0 W. Sawall AUS 14 Dec 96 Geelong						M 60 1:37:46 G. Weidner GER 28 Mar 93 Seelze-Letter						M 75 5:19:34 J. Grimwade GBR 1 Aug 87	Brighton				
M 60 13:58.13 G. Little NZL 5 Mar 04 Hamilton						M 65 1:43:34 G. Weidner GER 23 May 98 Naumburg											
M 65 15:12.9 G. Chaplin GBR 11 May 96 Coventry						M 70 1:58:10 J. Grimwade GBR 1 Aug 86 Malmo											
M 70 15:51.0 T. Daintry AUS 10 Apr 82 Perth						M 75 1:55:19 J. Grimwade GBR 29 Nov 87 Melbourne											
M 75 16:19.5 J. Grimwade GBR 12 Jul 87 Corby						M 80 2:04:49 J. Grimwade GBR 20 Jun 92 Sutton Coldfield											
M 80 17:41.4 J. Grimwade GBR 20 Mar 93 Cosgrove						M 85 2:26:07 A. Theobald AUS 21 Aug 82											
M 85 19:31.0 G. Theobald AUS 10 Apr 82 Perth						M 90 2:34:01 A. Theobald AUS 3 Apr 87											
M 90 21:21.3 G. Theobald AUS 15 Apr 87 Murrumbidgee						M 95 2:48:19 P. Rabinowitz RSA 29 May 99 Port Elizabeth											
10K						30K						WOMEN					
M 35 39:30 J. Marin ESP 3 Jun 89 Coruna						M 40 2:10:26 J. Marin ESP 22 Mar 92 Manresa						3000					
M 40 40:08 W. Sawalla AUS 28 Aug 82						M 45 2:18:41 G. Little NZL 12 Oct 91 Napier						W 35 12:02.39 K. Junna-Saxby AUS 29 Feb 97 Melbourne					
M 45 42:18 W. Sawall AUS 2 Apr 88						M 50 2:18:14 G. Little NZL 10 Oct 92 Cambridge						W 40 13:19.7 S. Griesbach FRA 22 Feb 87 Lievin					
M 50 42:20 G. Little AUS 16 Feb 92 Christchurch						M 55 2:32:05 A. Jamieson AUS 10 Nov 03 Melbourne						W 45 13:57.43 L. Ventris AUS 16 Mar 02 Perth					
M 55 43:59.8 A. Liepaskalns URS 1 Oct Tr Aluksne						M 60 2:47:58 D. Zschiesche GER 26 May 02 Riccione						W 50 14:25.3 S. Kramer AUS 8 Dec 99 Adelaide					
M 60 49:22.7 G. Little NZL 17 Feb 02 Auckland						M 65 2:51:29 G. Weidner GER 28 Apr 01 Malta						W 55 15:58.47 W. Seiler GER 3 Mar 97 Birmingham					
M 65 50:40.9 G. Weidner GER 13 Jun 98 Letter						M 70 3:15:22 M. Green USA 11 Jan 04 Chula Vista						W 60 15:59.53 W. Seiler GER 2 Mar 03 Hanau					
M 70 54:17 T. Daintry AUS 9 May 81						M 75 3:20:38 C. Colman GBR 30 Jun 96 Brugge						W 65 17:08.32 B. Tibbling SWE 10 Sep 89 Ostersund					
M 75 55:01 J. Grimwade GBR 27 Sep 87 Wolverhampton						M 80 3:24:40 J. Grimwade GBR 30 Jun 96 Brugge						W 70 18:05 B. Tibbling SWE 5 Jul 89 Miami					
M 80 61:25.4 J. Grimwade GBR 15 Aug 93 Solihull												W 75 20:41.0 M. Gordon SWE 10 Sep 00 Auckland					
M 85 82:44 G. Conway USA 8 Jul 90 Niagara												W 80 24:00 N. Jeffreys SWE 3 Nov 90 Boston					
M 90 77:52 G. Theobald AUS												W 85 27:11.02 F. Benno-Caris USA 28 Mar 04					
						50K						5000					
						M 35 3:36:03 R. Korzeniowski POL 27 Aug 03 Paris						W 35 20:41 K. Junna-Saxby AUS 6 Jun 96 Canberra					
						M 40 3:49:06 J. Marin ESP 29 Mar 92 Badalona						W 40 22:49.4 S. Griesbach FRA 9 Aug 87 Annecy					
												W 45 23:56.62 L. Ventris AUS 10 Apr 04 Melbourne					
												W 50 25:01.6 H. Maeder SUI 28 Jun 97 Berna					
												W 55 25:28.0 O. Meier GER 26 May 85 Giesen					

W 60	27:04	O. Meyer	GER	15 Oct 88	Gross-Gerau
W 65	27:57	J. Albury	AUS	6 Oct 95	Melbourne
W 70	29:16	B. Tibbling	SWE	21 Jul 89	San Diego
W 75	32:44.76	B. Tibbling	SWE	16 Oct 93	Miyazaki
W 80	37:41	P. Clarke	USA	1 Jul 91	Naperville
W 85	44:43.85	D. Robarts	USA	21 Jul 95	Buffalo
10K					
W 35	42:52	K. Junna-Saxby	AUS	26 Jan 98	Adelaide
W 40	47:07	S. Griesbach	FRA		
W 45	46:35.65	L. Ventris	AUS	9 Feb 02	Canberra
W 50	50:40	S. Kramer	AUS	5 Jun 99	Adelaide
W 55	54:24	W. Seiler	GER	2 Jun 96	Onsbach
W 60	55:12	Brenda Riley	AUS	9-19-04	Melbourne

W 65	58:41	B. Tibbling	SWE	1 Aug 86	Malmö
W 70	60:18	B. Tibbling	SWE	26 Jun 88	Verona
W 75	67:46	B. Tibbling	SWE	11 Oct 93	Miyazaki
W 80	75:41.7	J. Dana	USA	14 Apr 02	Mt Sac, Ca
W 85	83:49	M. Lindgren	SWE	Jul 97	Durbin
W 90	92:41	N. Jeffreys	AUS		
20K					
W 35	1:26:52	Y. Nikolayeva	RUS	24 Aug 03	Paris
W 40	1:34:32	T. Vaill	USA	9 May 04	Kenosha
W 45	1:45:25	V. Heikkilä	FIN	85	
W 50	1:48:57	S. Kramer	AUS	25 Jul 99	Salisbury
W 55	1:53:45	W. Seiler	GER	30 Jun 96	Brugge
W 60	1:57:43	S. Brunner	AUS	23 May 04	Melbourne

W 65	2:06:41	J. Fijalkowska	POL	26 May 02	Riccione
W 70	2:27:57	M. Gordon	USA	12 Nov 95	Ft. Lauderdale
W 75	2:39:46	U. Thune	GER	30 May 97	Den Haag
W 80	3:25:09	J. Luther	GER	30 Jun 96	Brugge
50K					
W 35	5:01:52	L. Millen	GBR	16 Apr 83	York
W 40	4:50:51	S. Brown	GBR	13 Jul 92	Basildon
W 45	4:56:27	S. Brown	GBR	13 Sep 94	Basildon
W 50	5:21:52	S. Brosnahan	USA	1 Sep 02	Ocean Twnsp
W 55	5:45:08	E. Feldman	AUS	10-24-04	Albert Park, Aus
W 60	6:55:10	V. Chesterton	AUS	8-10-02	Canberra
W 65	6:31:12	R. Scott	GBR	2 May 93	Burrator

U.S. Masters Outdoor Racewalking Records (as of January 23, 2005)

Men - Track

3000 meters					
M35-39	11:26.7	Jonathan Matthews	San Francisco, CA	5/15/93	
M40-44	12:39.9	Steve Pecinovskiy	Arlington, VA	5/31/98	
M50-54	12:58.9	Don DeNoon	Cerritos, CA	6/27/93	
M55-59	15:35.73	James Carmine	Alexandria, VA	9/3/00	
M60-64	15:56.2	Dave Romansky	New London, CT	10/16/99	
M65-69	16:44.6	James McGrath	Uniondale, NY	8/8/02	
M70-74	17:59.80	Donald Gladding	Brisbane, AUS	9/27/94	
5000 meters					
M35-39	20:07.6	Jonathan Matthews	San Jose, CA	5/28/94	
M40-44	21:29.31	Ray Funkhouser	Philadelphia, PA	4/24/93	
M45-49	21:27.0	Larry Walker	Los Angeles, CA	6/18/88	
M50-54	22:02.3	Donald DeNoon	Cerritos, CA	6/27/93	
M55-59	23:29.51	Donald DeNoon	Orono, ME	7/31/98	
M60-64	24:11.9	Dave Romansky	Piscataway, NJ	6/6/98	
M65-69	26:01.93	Jack Bray	Orono, ME	7/31/98	
M70-74	27:35.90	Jack Bray	Decatur, IL	8/6/04	
M75-79	30:57.45	Jack Starr	Eugene, OR	8/8/03	
M80-84	34:44.0	Byron Fike	Indianapolis, IN	8/2/90	
M85-89	38:38.77	John Hanna	Buffalo, NY	7/21/95	
M90-94	43:51.0	Paul Spangler	Eugene, OR	8/5/89	

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

15,000 meters					
M35-39	1:14:15.9	Steve Pecinovskiy	Edwardsville, IL	7/10/94	
M35-39	1:04.25	Jonathan Matthews	Bergen, NOR	5/7/94	
M40-44	1:10:50.3	Warrick Yeager	Alexandria, VA	11/7/98	
M45-49	1:19:12.2	Stan Chraminski	Seattle, WA	7/9/95	
	1:17:08.9	Steve Pecinovskiy	Arlington, VA	4/6/03	
M50-54	1:08:54.1	Donald DeNoon	Edwardsville, IL	7/10/94	
M55-59	1:17:49.7	James Carmine	New London, CT	10/16/99	
M60-64	1:21:43.0	Dave Romansky	Alexandria, VA	11/7/98	
M65-69	1:47:34.8	William Mathews	Atlanta, GA	10/15/95	
M70-74	1:38:59.0	Jack Starr	Alexandria, VA	9/2/00	

20,000 meters					
M35-39	1:26:30.58	Curt Clausen	Palo Alto, CA	6/20/03	
M40-44	1:32:26.0	Ian Whitley	Ocean City, OR	5/6/00	
M45-49	1:47:11.5	Brian Savionis	Cambridge, MA	11/11/96	
	1:44:27.6	Steve Pecinovskiy	Arlington, VA	4/6/03	
	1:37:16.9	Mark Green	Long Beach, CA	3/14/04	
M50-54	1:33:28.0	Don DeNoon	Edwardsville, IL	7/9/94	
M55-59	1:51:07.9	James Carmine	New London, CT	10/16/99	
M60-64	1:51:17.6	Dave Romansky	New London, CT	10/16/99	
M65-69	2:03:45.0	Jack Starr	Alexandria, VA	11/3/96	
M70-74	2:03:15.9	Max Green	Long Beach, CA	3/14/04	
M75-79	2:19:37.5	Bob Mimm	Pl. Pleasant, NJ	5/20/01	

30,000 meters					
M35-39	2:15:55.9	Curt Clausen	Chula Vista, CA	1/26/03	
M40-44	2:45:54	Stan Chraminski	Bellevue, WA	9/7/91	
M45-49	2:46:27.2	Robert Keating	Alexandria, VA	11/11/99	
M50-54	2:48:12.8	James Carmine	Alexandria, VA	11/11/95	
M55-59	2:52:51.4	James Carmine	Chula Vista, CA	1/23/00	

40,000 meters					
M40-44	3:58.49	Stan Chraminski	Seattle, WA	10/29/89	
M45-49	3:50:00.1	Robert Keating	Alexandria, VA	11/11/95	
M50-54	3:56:27	Ray McKinnis	Durham, NC	2/25/90	

50,000 meters					
M40-44	5:03.10	Stan Chraminski	Bellevue, WA	10/29/89	
M45-49	4:58:39.7	Robert Keating	Alexandria, VA	11/11/95	
One Hour					
M35-39	14:05.8m	Jonathan Matthews	Los Altos Hills, CA	11/14/93	
M40-44	13:36.7m	Ian Whitley	Greenville, SC	11/18/00	
M45-49	12:77.3m	Robert Keating	Cambridge, MA	10/18/92	
M50-54	12:16.4m	James Carmine	Alexandria, VA	11/8/97	
M55-59	11:70.2m	Dave Romansky	Alexandria, VA	11/8/97	
M60-64	11:49.4m	Dave Romansky	Worcester, MA	10/4/98	
M65-69	10:67.6m	Paul Johnson	Long Island, NY	9/29/02	
M70-74	10:19.9m	Jack Starr	Cambridge, MA	10/4/98	
	10:21.8m	Max Green	Royal Oak, MI	9/28/03	
M75-79	8:59.5m	Tim Dyas	Cambridge, MA	10/11/96	
M80-84	7:57.3m	Tim Dyas	Worcester, MA	10/1/00	
M85-89	6:47.7m	George Conway	Cambridge, MA	10/20/91	
M90-94	6:47.7m	George Conway	Cambridge, MA	10/3/93	

Men - Road

5K					
M35-39	20:12	Jonathan Matthews	Kingsport, TN	9/17/94	
M40-44	20:45	Jonathan Matthews	Kingsport, TN	9/14/96	
M45-49	22:25	Robert Keating	Hamden, CT	10/4/92	
M50-54	21:41	Don DeNoon	Kingsport, TN	9/18/93	
M55-59	23:32	Don DeNoon	Kingsport, TN	9/12/9	
M60-64	25:28	Dave Romansky	Kingsport, TN	9/25/9	
M65-69	26:52	Paul Johnson	Kingsport, TN	9/21/02	
M70-74	28:05	Jack Bray	Kingsport, TN	9/20/03	
M75-79	31:22	Jack Starr	Kingsport, TN	10/9/0	
M80-84	35:30	Kurt Strauss	Liverpool, NY	7/1/91	
M85-89	36:48	Sam Gadless	Lake Worth, FL	3/28/92	

10K					
M35-39	42:31	Jonathan Matthews	Palo Alto, CA	5/23/93	
M40-44	42:44	Jonathan Matthews	Eugene, OR	6/27/99	
M45-49	45:00	Larry Walker	Walnut, CA	4/22/90	
M50-54	45:00	Don DeNoon	Niagara Falls, NY	7/16/94	
M55-59	49:28	James Carmine	Niagara Falls, NY	7/13/98	
M60-64	50:05	Dave Romansky	Niagara Falls, NY	7/13/98	
M65-69	54:04	Max Green	Niagara Falls, NY	7/13/9	
M70-74	58:14	Max Green	Dearborn, MI	10/26/03	
M75-79	1:05:10	Jack Starr	Eugene, OR	8/10/03	
M80-84	1:12:25	Bill Tallmadge	Niagara Falls, NY	5/19/9	
M85-89	1:22:44	George Conway	Niagara Falls, NY	7/7/90	
M90-94	1:29:56	George Conway	Niagara Falls, NY	7/10/93	

15K					
M35-39	1:03:51	Jonathan Matthews	Palo Alto, CA	5/23/9	
M40-44	1:04:02	Jonathan Matthews	Eugene, OR	6/27/99	
M45-49	1:10:57	Larry Walker	Long Beach, CA	4/30/89	
M50-54	1:14:41	Jim Carmine	Elk Grove, IL	5/24/98	
M55-59	1:14:44	Don DeNoon	Elk Grove, IL	5/23/99	
M60-64	1:19:44	Don DeNoon	Evansville, IN	6/1/03	
M65-69	1:24:26	Max Green	Elk Grove, IL	5/24/9	
M70-74	1:32:46	Bob Mimm	Riverside, CA	5/17/98	
M75-79	1:40:45	Giulio dePetra	Eugene, OR	8/16/87	
M80-84	1:52:22	Tony Perona	Norwalk, CA	5/27/90	
M85-89	2:09:18	Tony Perona	Riverside, CA	5/21/95	
20K					
M35-39	1:24:56	Jonathan Matthews	Palo Alto, CA	5/23/93	
M40-44	1:24:50	Jonathan Matthews	Eugene, OR	6/27/99	
M45-49	1:32:21	Don DeNoon	Washington, DC	3/28/9	
M50-54	1:32:38	Don DeNoon	Washington, DC	3/27/94	
M55-59	1:43:09	James Carmine	Orono, ME	8/2/98	
M60-64	1:48:20	Dave Romansky	Orono, ME	8/2/98	
M65-69	1:52:44	Max Green	Orono, ME	8/2/98	
M70-74	2:06:34	William Flick	San Jose, CA	10/10/97	
M75-79	2:14:01	Giulio dePetra	Eugene, OR	8/16/87	
M80-84	2:30:00	Giulio dePetra	Provo, UT	8/14/93	
M85-89	3:01:01	Bill Patterson	Eugene, OR	8/13/00	

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

30K					
M35-39	2:19:07	Curt Clausen	Chula Vista, CA	1/11/04	
M40-44	2:26:26	Jonathan Matthews	Palo Alto, CA	2/16/97	
M45-49	2:32:24	Mark Green	Chula Vista, CA	1/11/04	
M50-54	2:47:35	Ed Whiteman	Atlanta, GA	10/31/93	
M55-59	2:45:01	Nick Bdera	Chula Vista, CA	1/11/04	
M60-64	2:50:32	Dave Romansky	Albany, NY	5/3/98	
M65-69	2:59:12	Max Green	Albany, NY	5/3/98	
M70-74	3:15:22	Max Green	Chula Vista, CA	1/11/01	
M75-79	3:40:28	Jack Starr	Ocean Township, NJ	9/14/03	
M80-84	4:17:34p	Herb Appel	Ft. Monmouth, NJ	9/19/99	

40K					
M35-39	3:14:03	Jonathan Matthews	Palo Alto	2/14/93	
M40-44	3:17:12	Jonathan Matthews	Palo Alto	2/15/97	
M45-49	3:25:11	Jonathan Matthews	Palo Alto, CA	1/8/95	
M50-54	3:51:06	Nick Bdera	Ocean Township, NJ	9/14/03	
M55-59	3:45:49	Nick Bdera	Hauppauge, NY	10/19/03	
M60-64	4:02:22	Dave Romansky	Ft. Monmouth	9/19/99	
M65-69	4:27:50	Robert Mimm	Atlanta, GA	4/8/90	
M70-74	4:41:25	Robert Mimm	Ft. Monmouth, NJ	9/10/95	
M75-79	5:01:25	Jack Starr	Ocean Township, NJ	9/14/03	
M80-84	6:04:04p	Herb Appel	Ft. Monmouth, NJ	9/19/99	

WORLD MASTERS ATHLETICS

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD
IN COOPERATION WITH THE IAAFWMA
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2004-2005

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

Identify appropriate category: Age-group (e.g. 40-44) _____ Indoor/Outdoor _____ Track/Road _____
Single-age "Best" (not an official USATF Record) _____
Event distance _____ Age _____ Official time achieved _____ Date _____
Where held (name of track or course, town, state, country) _____
Name of competitor, birthdate, address, phone # _____

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

Verification (to be completed by Event Referee):

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

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

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

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

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

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

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

WORLD 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 which the following is submitted:
(Please type or use capitals throughout)Event _____ Age-Group _____ Men/Women _____
Full Name of Competitor(s) _____Date(s) of Birth _____
(For relays, full name of each team member is required, in order of running.)Competitor's Country _____ Date of Meeting _____
Name of Stadium _____ Town _____ Country _____

RESULT OF RACE

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

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

STARTER'S CERTIFICATE

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

Name of Starter _____ Signature _____

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

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

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

CHIEF TIMEKEEPER

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

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

ELECTRICAL TIMING

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

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

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

WIND GAUGE

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

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)

Event _____ Age-Group _____ Men/Women _____

Full Name of Competitor _____ Date of Birth _____

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

EQUIPMENT OFFICER'S CERTIFICATE

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

Name _____ Signature _____

FIELD JUDGES' CERTIFICATE

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

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

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

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

Name of Operator _____ Signature _____

RESULT OF COMPETITION

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

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

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

Allie, S

Charles Allie, won the Exhibition in the USA Indoor held at the Reggie Boston, Feb. 26.

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

Allie shares the of 53.20 with (JAM/NYC), set Reggie Lewis t Masters Champion

In the Master Karen Steen, of won over a field o

At the 200 Championships, broke the W40 2000m steeplecha

TWENTY Y
April•Ian Hume
World Reco•Christel Mill
W50 World•Derek Vau
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WWW

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.

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.

TWENTY YEARS AGO April 1985

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

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

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Four issues (1 year): \$20 (U.S.) or \$35 for two years (1 issue free); \$24 (foreign, U.S. funds) or \$48 (two years). All available back issues (17) plus future issues through July 2005 for \$100 (2 issues free), \$125 for foreign subscribers (2 issues free);
c/o Glenn Thompson,
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 EVENTS		FIELD EVENTS	
5000 Meters	10:00 am	Pole Vault	10:00 am
High Hurdles	10:45 am	Shot Put, 60 & up	10:00 am
Youth Mile	11:15 am	followed by under 60	
Mile Run	11:30 am	Long Jump	10:00 am
Youth 100 M Dash	11:45 am	Javelin	10:00 am
100 Meter Dash	Noon	Discus, under 60	10:00 am
Youth 400 M Dash	1:00 pm	followed by 60 & up	
400 Meter Dash	1:15 pm	High Jump	10:30 am
RW Mile	1:45 pm	Weight Throw	1:00 pm
800 Meter	2:15 pm	Triple Jump	2:00 pm
200 Meter Dash	2:45 pm		
4X400 Relay (incl Youth)	3:15 pm	Note: Some field events may 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 bulls, 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 different 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 alternative, whose spray can often be affected by wind and rain.

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



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



JERRY WOJCIK
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-ounces.

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 SCHEDULE

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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USA for 16th

By PHIL GREEN
USATF Masters
Team Manager

USATF has announced entry process going to the 16th Athletics Championships, Sebastian, Spain, A

Entry information the USATF Web site click on Masters Athletics going to Sherry Quinlan office (Sherry Quinlan National Headquarters, Suite 140, 46255).

U.S. citizens need the Championship U.S. Supplemental to the U.S. Indianapolis by M charges.

Citizens of other U.S. residents (ports) must contact Athletics membership citizenship.

The USA Team Greenwald (for Team Charles DesJardins Running), noted similar to prior years send their entry USATF (in dollars) the information and fees (converted local organizing cost).

One change is providing an official top, the charge is in fees paid to USATF (shorts, warm-ups) online from USATF.

Greenwald noted the 4x100 and 4x400 based on performance and 400 at the championship the policy set by T&F Committee, has discretion on there are not full t

By BRIDGET

The 22nd International were held Feb. 1 of Wales Institute The British national pate a big surge M35-39 age group necessary in the Terence Stamp i

The current European, Anthony the M40 race Powell and Ma finished ahead of the M50 but the 5th European Sweden.

The first British 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 46255).

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 non-competitive.

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, cross-country, and marathon events. DesJardins noted that the issue is always knowing who will compete, so that, where necessary, he can step-down 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.



KAREN HUFF

Competitors in the USA Masters Indoor Heptathlon Championships (l 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 holders
- analyze record statistics
- provide a direct link to our age-grading 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 e-mail 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 by 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 Sweden.

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 to 4.02.

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 7:21.57.

Rosemary Chimes 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 record-breaking 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 4:44:45.

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 tri 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 Championships, 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 matters 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 DonRose43262@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 Londres**, 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 Championships, 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



JERRY WOJCIK
Diane Fitzpatrick (l), 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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USA track and field wise noted. Senior Ga open to all age groups ed to men and women 35. Entry blanks for per 30-60 days prior to Eugene, OR 97405.

TRACK

NAT

June 3-18. National PA. National Senior Box 82059, Baton www.nsga.com

July 2-3. USA Nat Heptathlon Champ (Cleveland area), OH Hickory Dr., Lyndhu 0636; Rex Harvey, 4 August 4-7. 38th Masters Champion Hawaii LOC, 2005 H ships, 1493 Halekoa www.hawaiiichamps. @hawaii.rr.com

August 13. USA Pentathlon Champ Lester Mount, 6750 Dallas, TX 75230; 2 September 10. USA & Superweight Cham Hammer, Sept. 9, 5:30 Hillcrest Ave. SW, 938-3895; kweinbel@

Connecticut, Del Maryland, Main New Jersey, New Pennsylvania, RI

April 29-30. Penn Franklin Field, Philad or W40+ or combo 4x400 M50+ or co 4x400 for M40+ champs). Phil Fel Princeton, NJ 085 ton@hotmail.com

May 10-13. Washi pics. Ben Butler, 20 May 12-15. Virgin Beach. 757-474-845 May 19-22. Rhode Olympics, Providen 8622.

May 28. Vermo Junction. Barbara J May 27-29. Co 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 1 @earthlink.net

June 5. Philadelph and Ultra Weight P See Ray Feick, Jun June 7, 14, 21, 28 Masters Meets. Pl Mecklenburg, 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; kn

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. (s) 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; pgfelton@hotmail.com
May 10-13. Washington, DC, Golden Olympics. 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, 401-228-8622.
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; rfeick@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; krmack@erols.com; www.pmtf.net
June 8-13. New York Empire State Senior Games, Cortland. 212-866-2794; empirestategames.org
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, 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; krmack@erols.com; www.pmtf.net

tf.net

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; krmack@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.usat-ntc.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 Voegel, 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 & Rec., 2401 Wade Ave., Raleigh, NC 27607; southeasternmasters.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
May 15. Atlanta Senior Olympics, Georgia Tech. 12:30 pm. Entries due April 1 postmark. Opening night reception \$3 on May 14 at 8 pm. www.atlantaseniolympics.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. 864-233-0333.
May 28. Birmingham Track Club Classic, Samford U., Birmingham, AL. Frank Newland, 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; iowaseniolympics.org
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; mseniorolymp.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.waterlootrackandfield.org. Meet Director Seth Brower, nations-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; k9luvsr@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, Willow Canyon HS, Surprise, AZ. Pat Fahy, 480-946-7135; pfahy@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; 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 Camino 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; pfahy@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@pasadenaseniorcenter.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@capousd.org
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/nm

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, Charleston, 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 Monument 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/nm
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@comcast.net
June 4. Seattle Parks Meet, W. Seattle 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.

June 18-19. Hayward Classic/OR Association Masters Championships, Eugene. Contact: johnnyfaerber@hotmail.com; www.haywardclassic.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. www.3sympatco.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.2005worldmasters.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 Lahti, 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.com/eng

LONG DISTANCE RUNNING

NATIONAL

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

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 Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org

October 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfdir.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. HMRRRC 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/~wrrc

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/relay.htm

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.com

April 18. 109th BAA Boston Marathon. www.baa.org

April 23. Bill Robinson 10K Masters Championships, Guildford 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.saratogastryders.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.kennetttrun.com

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.NJMAstern.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/parksandrec

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.pcpacers.org

May 15. Biltmore Estate 5K & 15K, Asheville, NC. 828-645-0169; www.main.nc.us/kiwanis/ra/05.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.huntsvilletrackclub.org

MIDWEST

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

www.papajohns10miler.com; louisvilleletriple crown.com

April 9. Papa John's 10-Miler/USA Championships, Louisville, KY. www.papajohns.com/louisville

April 10. Glass City Marathon & 5K, Toledo, OH. 419-360-3709; www.toledoroadrunners.org

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. derbyfestivalmarathon.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.cellcomgreenbaymarathon.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 marathons.com

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.com

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. Uli's C. Williams 5K & 10K, Compton, CA. 714-841-5417; www.nealand.com/finishline

April 3. Carlsbad 5000, Carlsbad, CA. 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. Embarcadero 10K, San Francisco. 415-978-0837; www.dserunners.com

April 24. Big Sur International Marathon, Relay & 5K, Carmel, CA. 831-625-6226; www.bsirun.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. Rose 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.rnmrathon.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.pearblossomrun.com

April 10. Whidbey Island, WA. Marathon. www.whidbeyislandmarathon.com

April 16. USATF Inland NW 8K Championships, 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-oregon.org

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/ontario.masters; douglasj.smith@sympatico.ca

May 28-29. ING Ottawa Marathon, Half-Marathon & 10K, Ottawa, Canada.

INTERNATIONAL

April 17. Flora London Marathon. www.londonmarathon.co.uk

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, Riverside, 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. 805-496-1829, 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; Franciscash@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.usatf-ntc.com; e-mail: noonwalk_99@yahoo.com

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

M40-44
Steve Finley
Jeffery Frerks

M45-49
John Casale
Rory McDermed

U.S. MA

Event	30-34	35-39
55	6.8	6.8
60	7.4	7.4
100	11.0	11.0
200	22.4	22.4
400	51.5	51.5
800	2.02	2.02
1500	4.20	4.20
3000	9.25	9.25
5000	15.45	15.45
10000	32.30	32.30
55H	8.6	8.6
60H	9.0	9.0
110H	15.4	15.4
100H		
80H		
400H	58.0	58.0
300H		
3K-SC	10:10	10:10
2K-SC		

HJ	1.90	1.90
PV	4.40	4.40
LJ	6.50	6.50
TJ	13.20	13.20
Shot	14.50	14.50
Discus	44.80	44.80
Hammer	47.24	47.24
Javelin	62.00	62.00
35#Wt.	15.00	15.00
Weight	15.00	15.00
Sup.Wt.	9.50	9.50
(56#)	31-2	29-6
Penit.	2800	2600
Decath.	5500	5200
Wt. Pent.	2800	2700

RECIPIENTS OF ALL-AMERICAN AWARDS

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
Rory McDermed	200	24.53	6/12/04	
M55-59	Sherman Stanford	10K	37:47	2/5/05

Charles Brocato	60m	8.20	3/13/04	
Robert Norton	Pent	2657	2/5/05	
M65-69				
John Sloan	PV	8-6	1/30/05	

W35-39	Barb Lauff	5K	19:46.64	2/19/05
		5000	20:02	1/8/05
W65-69				
Gerl Barry	10K	57:24	12/11/04	

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	14.8
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6-1 1/2	5-9 1/2	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9 1/2	3-3 1/2	2-7 1/2	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-0	8-10 1/2	7-10 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1 1/2	19-2 1/2	18-4 1/2	17-8 1/2	16-1 1/2	14-9	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/2	39-4 1/2	42-0	37-8 1/2	36-1 1/2	29-6 1/2	26-3	19-8 1/2	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/2	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00			
	49-2 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2	19-8 1/2	16-4 1/2					
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
	49-2 1/2	45-11 1/2	43-5 1/2	41-0 1/2	46-9	43-5 1/2	45-11 1/2	43-5 1/2	44-3 1/2	38-6 1/2	32-9 1/2	28-8 1/2	19-8 1/2
Sup.Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
(56#)	31-2	29-6 1/2	27-10 1/2	26-3	19-8 1/2	18-1 1/2	16-4 1/2	14-9	11-5 1/2	9-10	8-2 1/2	6-6 1/2	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 8) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#
 9) Superweight: 30-69: 56# 70-79: 35# 80+: 25#
 10) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WMA factoring.
 11) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	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		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	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		
	8-10 1/2	7-10 1/2	6-10 1/2	5-10 1/2	4-11	3-11 1/2	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1	14-6	13-3	12-6	11-1 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/2	19-8 1/2	18-1 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		
	33-9 1/2	30-7	27-11	27-6 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17-1 1/2	14-1 1/2		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
	114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-2 1/2	68-10 1/2	59-1 1/2	52-6	45-11 1/2	42-8	36-1 1/2		
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-10 1/2	59-1 1/2	45-11 1/2	39-4 1/2	29-6 1/2		
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 1/2	32-9 1/2	29-6 1/2	26-3	29-6 1/2	26-3	31-2	28-8 1/2	25-5 1/2	21-4	18-0 1/2	15-7	11-5 1/2
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50			
	21-4	19-8 1/2	18-1 1/2	16-4 1/2	17-2 1/2	16-4 1/2	15-7	14-9	13-1 1/2	11-5 1/2			
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		

TRACK & FIELD RESULTS

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

NATIONAL

Masters Invitational Program Rick Lapp 55 NY 58.73 Kathy Martin 53 NRC 5:18.78
USA Indoor Championships Roger Pierce 60 MA 59.22 Sheri Wright 40 RRB 5:19.45
 Boston, MA; Feb. 26-27 Lorraine Jasper 43 SCR 5:19.77
 Terri Cassel 43 FFT 5:20.83
 C StoneBorkowski 43 una 5:21.81
 Carla Hervet 46 OTCM 5:22.45
 Marge Belisle 49 una 5:24.87

Men's 400m Charles Allie 57 PA 54.47
 Robert Bowen 52 MD 55.77
Women's Mile Karen Steen 40 CNW 5:08.12
 Mary Thane 41 MWTC 5:08.41
 Sarah Kramer 43 una 5:09.03

National Masters Indoor Heptathlon, Carthage College, Kenosha, WI; March 3-6

	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		18-10.75	28-08.25	5-08.5					
Age-Graded Mark:	7.68	6.05m	8.74m	1.83m	9.88		3:28.56		
Age-Graded Percent:	83.25%	67.61%	37.8%	75%	73.9%		63.28%		
M39 Team Points: 10	3292	(656)	(597)	(410)	(653)	2316	(564)	(0)	(412)
M40									
1 Twedt, Mark	8.20	5.29m	9.93m	1.71m	9.92	2:30m	3:23.78		
Rockwell, IA		17-04.25	32-07	5-07.25		7-06.5			
Age-Graded Mark:	7.81	5.87m	10.19m	1.89m	9.49	2:54m	3:12.58		
Age-Graded Percent:	81.83%	65.71%	44.11%	77.03%	76.92%	41.37%	68.52%		
M43 Team Points: 10	3816	(616)	(559)	(497)	(705)	2377	(642)	(251)	(546)
2 Ancelin, Andre	8.37	4.87m	9.44m	1.53m	11.60	2:70m	3:40.67		
Jacksonville, FL		15-11.75	30-11.75	5-00.25		8-10.25			
Age-Graded Mark:	7.97	5.41m	9.69m	1.69m	11.10	2:98m	3:28.54		
Age-Graded Percent:	80.17%	60.5%	41.94%	68.92%	65.78%	48.56%	63.28%		
M42 Team Points: 8	3150	(568)	(463)	(467)	(536)	2034	(352)	(352)	(412)
M45									
1 Russ, Jim	8.02	5.33m	10.56m	1.56m	9.78	3:00m	3:26.88		
Charlotte, NC		17-06	34-07.75	5-01.25		9-10			
Age-Graded Mark:	7.36	6.28m	11.75m	1.81m	8.83	3:53m	3:06.59		
Age-Graded Percent:	86.91%	70.22%	50.84%	73.93%	82.72%	57.58%	70.72%		
M48 Team Points: 10	4509	(759)	(648)	(591)	(636)	2634	(784)	(490)	(601)
2 Watry, Jeffrey	8.60	4.66m	10.37m	1.59m	10.75	3:20m	3:28.05		
Penfield, IL		15-03.5	34-00.25	5-02.5		10-06			
Age-Graded Mark:	7.89	5.49m	11.54m	1.84m	9.70	3:77m	3:07.65		
Age-Graded Percent:	81.05%	61.4%	49.93%	75.36%	75.26%	61.42%	70.32%		
M49 Team Points: 8	4055	(592)	(479)	(579)	(661)	2311	(599)	(554)	(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		12-05.5			
Age-Graded Mark:	7.36	6.98m	13.88m	2.02m	8.77	4:40m	2:53.89		
Age-Graded Percent:	86.78%	78.12%	60.07%	82.5%	83.21%	78.19%	75.89%		
M51 Team Points: 10	5482	(759)	(809)	(721)	(822)	3111	(797)	(849)	(725)
2 Russell, Alan	8.36	4.34m	10.82m	1.56m	11.11	2:70m	3:33.98		
Ames, IA		14-03	35-06	5-01.25		8-10.25			
Age-Graded Mark:	7.40	5.44m	12.40m	1.91m	10.10	3:41m	3:04.56		
Age-Graded Percent:	86.36%	60.87%	53.67%	78%	72.28%	55.56%	71.5%		
M54 Team Points: 8	4169	(745)	(469)	(631)	(723)	2568	(522)	(459)	(620)
3 Meares, Kelly	8.66	4.56m	8.85m	1.53m	10.98	3:20m	3:59.47		
Carl Junction, MO		14-11.5	29-00.5	5-00.25		10-06			
Age-Graded Mark:	7.67	5.72m	10.14m	1.87m	9.98	4:04m	3:26.55		
Age-Graded Percent:	83.37%	63.96%	43.9%	76.5%	73.13%	65.84%	63.89%		
M51 Team Points: 6	3968	(659)	(527)	(494)	(687)	2367	(545)	(628)	(428)
M55									
1 Hawkins, John	8.35	5.29m	12.20m	1.71m	11.19	3:50m	3:45.28		
West Vancouver, BC		17-04.25	40-00.5	5-07.25		11-05.75			
Age-Graded Mark:	7.14	7.09m	15.53m	2.21m	9.47	4:76m	3:06.18		
Age-Graded Percent:	89.58%	79.31%	67.22%	90.48%	77.12%	77.61%	70.88%		
M55 Team Points: 10	5580	(835)	(835)	(822)	(1002)	3492	(646)	(631)	(708)
2 Lewis, Ty	8.05	5.36m	8.77m	1.50m	9.70	3:20m	3:20.14		
South Hampton, UK		17-07	28-09.25	4-11		10-06			
Age-Graded Mark:	6.88	7.19m	11.16m	1.94m	8.21	4:36m	2:45.40		
Age-Graded Percent:	92.92%	80.36%	48.32%	79.37%	88.97%	70.95%	79.78%		
M55 Team Points: 8	5552	(925)	(859)	(556)	(749)	3089	(930)	(719)	(814)
3 Baker, Robert	8.41	4.57m	10.09m	1.44m	10.38	3:00m	3:52.52		
Metairie, LA		15-00	33-01.25	4-08.75		9-10			
Age-Graded Mark:	7.19	6.13m	12.85m	1.86m	8.78	4:08m	3:12.16		
Age-Graded Percent:	88.94%	68.52%	55.59%	76.19%	83.14%	66.52%	68.67%		
M59 Team Points: 6	4753	(816)	(615)	(658)	(679)	2768	(795)	(640)	(550)
4 Reiter, Gordon	9.03	4.46m	7.37m	1.41m	16.54	2:30m	3:24.23		
Unattached		14-07.75	24-02.25	4-07.5		7-06.5			
Age-Graded Mark:	7.72	5.98m	9.38m	1.82m	13.99	3:13m	2:48.78		
Age-Graded Percent:	82.84%	66.87%	40.61%	74.6%	18%	51%	78.19%		
M58 Team Points: 5	3529	(643)	(582)	(448)	(644)	2317	(45)	(389)	(778)
5 Moser, Mike	9.62	3.94m	9.39m	1.39m	14.53	2:20m	3:37.59		
Egan, MN		12-11.25	30-09.75	4-06.75		7-02.5			
Age-Graded Mark:	8.22	5.28m	11.95m	1.79m	12.29	2:99m	2:59.82		
Age-Graded Percent:	77.75%	59.07%	51.74%	73.54%	59.39%	48.78%	73.39%		
M55 Team Points: 4	3369	(498)	(437)	(603)	(619)	2157	(192)	(354)	(666)
6 Schuster, Neal	9.49	3.92m	7.60m	1.23m	12.14	2:40m	4:21.59		
Shorewood, WI		12-10.5	24-11.25	4-00.5		7-10.5			
Age-Graded Mark:	8.11	5.25m	9.67m	1.59m	10.27	3:27m	3:36.18		
Age-Graded Percent:	78.82%	58.77%	41.87%	65.08%	71.09%	53.22%	61.04%		
M57 Team Points: 3	3150	(528)	(431)	(466)	(457)	1882	(491)	(423)	(354)
M60									
1 Johnston, Joe	8.66	4.85m	9.94m	1.56m	9.95	3:60m	4:10.65		
Apopka, FL		15-11	32-07.5	5-01.25		11-09.75			
Age-Graded Mark:	7.16	6.99m	12.62m	2.14m	8.55	5:32m	3:18.82		
Age-Graded Percent:	89.26%	78.1%	54.62%	87.64%	85.43%	86.75%	66.37%		
M61 Team Points: 10	5565	(826)	(811)	(644)	(934)	3215	(848)	(1010)	(492)
2 Colliver, Ron	8.67	4.48m	11.35m	1.44m	11.06	3:10m	3:59.75		
Hominy, OK		14-08.5	37-03	4-08.75		10-02			
Age-Graded Mark:	7.17	6.45m	14.41m	1.97m	9.50	4:58m	3:10.17		
Age-Graded Percent:	89.16%	72.14%	62.36%	80.9%	76.85%	74.7%	69.39%		
M62 Team Points: 8	5029	(823)	(686)	(753)	(776)	3038	(639)	(784)	(568)
3 Starnes, Ray	8.27	4.96m	9.06m	1.35m	11.16	2:20m	3:53.50		
Plainfield, IN		16-03.25	29-08.75	4-05.70.25		7-02.5			
Age-Graded Mark:	6.84	7.14m	11.50m	1.85m	9.58	3:25m	3:05.22		
Age-Graded Percent:	93.47%	79.87%	49.78%	75.84%	76.16%	53.01%	71.25%		
M60 Team Points: 6	4688	(940)	(847)	(576)	(670)	3033	(623)	(418)	(614)
M65									
1 Pawlik, Emil	8.88	4.69m	10.32m	1.44m	9.92	NH	3:59.39		
Unattached		15-04.75	33-10.25	4-08.75					
Age-Graded Mark:	7.11	7.30m	15.19m	2.10m	7.75		3:02.56		
Age-Graded Percent:	89.98%	81.57%	65.69%	85.71%	94.25%		72.28%		
M65 Team Points: 10	5112	(844)	(886)	(801)	(896)	3427	(1046)	(0)	(639)
2 Fulton, Bob	9.39	4.28m	9.02m	1.35m	12.60	2:90m	3:48.74		
Fort Collins, CO		14-00.5	29-07.25	4-05		9-06.25			
Age-Graded Mark:	7.52	6.66m	13.27m	1.97m	9.84	4:68m	2:54.44		
Age-Graded Percent:	85.09%	74.43%	57.42%	80.36%	74.21%	76.32%	75.65%		
M65 Team Points: 8	5005	(706)	(734)	(684)	(776)	2900	(572)	(813)	(720)

	Points	60	LJ	SP	HJ	Day1	60H	PV	1000
M70									
1 Jankovich, Bill	9.17	4.01m	9.94m	1.15m	1.29	2:50m	4:28.21		
Racine, WI		13-02	32-07.5	3-09.25		8-02.5			
Age-Graded Mark:	7.11	6.78m	2.93m	1.79m	8.86	4.44m	3:14.94		
Age-Graded Percent:	89.86%	75.8%	55.97%	73.25%	82.37%	72.46%	67.69%		
M71 Team Points: 10	4933	(844)	(762)	(663)	(619)	(777)	(743)	(525)	
2 Trinkner, Clarence	10.52	3.68m	8.80m	1.21m	12.71	1.40m	6:41.31		
Janesville, WI		12-01	28-10.5	3-11.5		4-07			
Age-Graded Mark:	8.16	6.22m	11.45m	1.88m	9.98	2.49m	4:51.68		
Age-Graded Percent:	78.33%	69.57%	49.55%	77.07%	73.17%	40.58%	45.24%		
M73 Team Points: 8	3214	(514)	(635)	(573)	(696)	(240)	(11)		
M80									
1 Hirsimaki, Fred	10.97	3.32m	8.19m	1.18m	13.26	1.70m	6:59.19		
Findlay, OH		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		
Age-Graded Percent:	82.04%	76.15%	63.1%	87.41%	85.29%	61.82%	50.63%		
M80 Team Points: 10	4581	(622)	(767)	(765)	(925)	(843)	(560)	(99)	
W40									
1 Ware, Caren	9.20	4.30m	6.20m	1.29m	1.16	1.70m	2:56.64		
Twin Peaks, CA		14-01.25	20-04.25	4-02.75		5-07			
Age-Graded Mark:	8.88	4.73m	7.26m	1.42m	10.65	1.90m	2:51.73		
Age-Graded Percent:	78.04%	63.05%	31.44%	67.89%	72.22%	39.63%	65.96%		
W42	3235	(597)	(487)	(352)	(534)	1970	(595)	(224)	(446)
W45									
1 Johnson, Liz	10.29	3.32m	6.96m	1.14m	12.94	1.70m	3:57.10		
Charlotte, NC		10-10.75	22-10	3-08.75		5-07			
Age-Graded Mark:	9.39	3.89m	9.16m	1.33m	11.36	2.05m	3:40.58		
Age-Graded Percent:	73.76%	51.88%	39.66%	63.69%	67.7%	42.82%	51.36%		
W48	2500	(470)	(283)	(475)	(439)	1667	(479)	(272)	(82)

High Jump	
M40 Bruce Mannon	1.48
Long Jump	
M30 Cardwell Wootten	18-10.50
M40 Bruce Mannon	15-10.50
Triple Jump	
M30 Cardwell Wootten	40-6
M40 Bruce Mannon	28-1.50
Shot Put	
M50 Sal Adamo	10.40
M55 Craig Shumaker	12.63
M65 Bill Duegler	11.62
M70 Ray Feick	11.37
2 Mile RW	
M45 Larry Schiller	18:19.2
M60 James Carmines	17:23.9
M70 William May	18:41.0

USATF-NJ Indoor T&F Championships, Fairleigh Dickinson U., Hackensack, Feb. 20

55m	
M30 Lyndell Pittman*	6.7
Sherwin Tann	6.9
M35 Clinton Aurelien*	6.9
M40 Howard Lindsay*	6.8
William Marshall*	7.0
Jim Soesney	7.5
M45 Rick Evans	7.1
Phil Bujalski	7.2
Sidney Milden	7.4
M50 Rockdale Hudson	7.4
Don Passman	7.5
David Gritz	7.6
M55 Steve Zwick	8.9
M65 Roosevelt Weaver	8.1
William Clark	8.2
Jim Duncan*	8.9
M80 Jim Manno	10.2
M90 Warren Tashian	12.6
W40 Denise Jones*	9.8
W50 Nancy King	9.0
Gloria Nash*	12.3
W55 Isabel Keeley	11.7
200m	
M30 Adam Gardner	25.7
M35 Clinton Aurelien*	25.9
M40 Howard Lindsay*	24.7
Jim Soesney	26.3
M45 Keith Toyster	25.5
Rick Evans	26.7
M50 Rockdale Hudson	27.8
Don Passman	27.9
Larry Zwick	28.9
M60 Rich Jones*	33.5
Tom Hartman	38.9
David Siegfried	35.2
M65 John MacDonald	31.4
W Richardson	36.2
Walter Desind	39.0
Charles Wixon	42.6
M80 John McManus*	44.1
W30 Nkechi Nwakanma*	33.2
W35 Lisa Daley*	28.1
W40 Denise Jones*	42.7
W55 Isabel Keeley	47.0
400m	
M30 Adam Gardner	54.7
M45 Phil Bujalski	59.8
M50 Larry Zwick	1:04.8
Don Passman	1:06.3
Rodrigo Alvarez	1:14.7
M55 Jose Vallejo	1:15.1
Bill Inde	1:16.6
M60 David Siegfried	1:16.7
Tom Hartman	1:21.8
M65 John Mac Donald	1:09.7
M70 W Richardson	1:24.3
Walter Desind	1:38.3
Charles Wixon	1:43.9
M75 Ray Cherniak	1:30.2
M80 John McManus*	1:46.6
W30 Nkechi Nwakanma*	1:15.9
W40 Ligia Vallejo	1:44.7
W50 Nancy King	1:12.8
800m	
M30 Gary Rosenberg	2:07.8
Jose Gonzalez	2:35.9
M35 John Gouveia	NTA
M40 Marty Doherty	2:07.3
Gerard Pearlberg	2:11.1
Fred Benlein*	3:40.1
M45 Nick Paolazzi	2:15.4
Emil Estok	2:31.0
Doug Bogert	2:35.9
M50 Joe Lanzalotto	2:43.3
Rodrigo Alvarez	2:45.0
Thomas Allen	2:57.6
M55 Jose Vallejo	2:39.6
Bill Inde	2:51.9
M60 Johathon Tetherly*	2:43.4
John Kuhl	2:47.1
John Saamann	2:47.5
M65 Dave Geridge	2:58.2
Dick Hill	3:02.4
M70 Walter Desind	3:57.3
Paul Roedell	3:59.1
M75 Ra Cherniak	3:30.6
M80 John McManus*	4:10.9
W40 Ligia Vallejo	4:02.2
W45 Wendy Glassman	3:15.5
1500m	
M30 Gary Rosenberg	4:22.2

Jose Gonzalez	4:58.3
John Hanlon	4:58.6
M35 Mark Rider	4:20.2
Paul Mascali	4:26.9
John Gouveia	4:39.4
Angelo Harasts	4:48.1
M40 Marty Doherty	4:25.0
Larry Glazer	4:31.0
Bob Rimkis	4:41.4
M45 Dave Zurheide	4:52.8
M50 Bill Scholl	5:01.5
M55 Roger Price	5:14.6
Douglas Brown	5:16.2
Jose Vallejo	5:25.6
M60 Pat Cosgrove	5:52.0
M65 Dick Dedham	7:42.0
M70 Joseph LaBruno	7:23.3
M90 Dudley Healy	15:29.8
W40 C Stone-Barowski	5:01.5
Barbara Brennan	5:27.9
W45 Wendy Glassman	6:26.4

3000m	
M35 Angelo Harasts	10:31.5
M40 Mark Mellea	10:08.5
Jeff Benjamin	10:21.6
M45 Maurice Pointer*	10:26.5
M50 Bill Scholl	10:50.9
Thomas Allen	12:53.0
M55 Harold Nolan	10:24.5
Doug Brown	11:15.9
M65 Dick Hall	13:47.8
M70 Joseph LaBruno	14:06.6
Paul Roedell	16:53.9

Short Hurdles	
M45 Phil Bujalski	8.8
M50 Al Cestero	9.4
Bob Kortmann*	10.0
Ed Mose	10.2
M60 Jacques Lebel	11.6
M70 William Clark	9.6
W40 Denise Jones	15.3

High Jump	
M45 Tim Carr	1.60
Mark Brassard*	1.51
Mark Peppe	1.37
M50 Al Cestero	1.43
Bob Kortmann*	1.32
David Friedman	1.12
Eddie Harris	1.27
Gerard Dunne*	1.22
M60 Jacques Lebel	1.27
Jerry Sullivan	1.01
M65 John MacDonald	1.12
M70 Leon Trout	1.17
W50 Gloria Nash	0.92

Pole Vault	
M40 Duncan Littlefield	4.40
M45 Don Severn*	3.50
Mark Peppe	3.05
M50 Bob Reese	2.44
M55 Gerard Dunne*	2.89

Long Jump	
M30 Sherwin Tann	5.69
M50 Al Cestero	5.03
Bob Kortmann*	4.73
Eddie Mose	4.17
M65 Bob O'Brien	3.75
M70 Jim Duncan*	3.55
W50 Gloria Nash*	1.90

Triple Jump	
M30 Sherwin Tann	11.57
M50 Jim Clark*	10.21
Fred Clark*	9.80
Al Cestero	9.34

Shot Put	
M45 Dennis von Linden	12.76
Michael Rubin*	10.28
M50 Dennis Hansen	12.59
John Mattei	11.30
Sal Adamo	9.74
M55 Charles Roll	13.10
Frank Monroe	9.34
Rich Dunphy	9.24
M60 Jacques Lebel	10.39
Jerry Sullivan	8.32
M70 Jim Duncan*	10.92
Pete Barker*	10.53
Leon Trout	7.65
M75 Saul Reichbach*	5.52
W40 Denise Jones*	7.44
W50 Gloria Nash*	3.21

1500m RW	
M40 Bruce Logan*	7:39.4
M45 Larry Schiller*	7:58.6
M50 Dave Friedman	13:08.4
M65 Dave Romansky	9:41.7
M70 Bob Barrett*	7:59.7
Joseph LaBruno	11:14.5
W40 Janine Stuart	8:36.2
W55 Panseluta Geer	8:44.8
Isabel Keeley	10:39.9

*Non-Association	
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USATF Potomac Valley Indoor T&F Championships, Prince George's Sports Complex, Landover, MD, Feb. 20	
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60m	
M30 Brian Willis	7.00
Anthony Battle	7.10
M35 Dan Davis	7.20
Lawrence Kennedy	7.60

M40 Jeff Gold	6.90
Darnell Smith	7.30
M45 Neville Hodge	7.10
Lovell Butler	7.40
Kindy Hill	8.00
M50 Bill Collins	7.36
Thomas Jones	7.49
Anthony Searles	8.08
M55 Melvin Fields	8.11
Samuel Hall	8.21
M65 Marion Harrison	8.58
Larry Colbert	8.88
M70 Wilton Gordon	9.97
W30 Teniko White	7.70
W40 Regina Richardson	8.30
Sharon Dailey	9.30
W50 Michelle Freeman	9.60
W55 Hillen von Maltzahn	9.30
W70 Audrey Lary AR	10.20
(Mary Browmaster/10.36/2001)	

200m	
M40 Darnell Smith	25.20
James Higgins	33.00
M45 Ben James	24.30
M50 Thomas Jones	24.20
Herman Belcher	25.50
Garry Crawford	26.80
M55 Charlie Allie	25.50
Samuel Hall	27.40
M65 Larry Colbert	28.60
Marion Harrison	29.20
M70 Gordon Wilton	36.80
W30 Teniko White	26.50
W35 Charmaine Roberts	28.50
W40 Sharon Dailey	33.10
W45 Julie Hayden	31.30
W50 Michelle Freeman	34.10
W55 Hillen von Maltzahn	31.70
W70 Audrey Lary	37.20

400m	
M40 Darnell Smith	58.00
Daniel Mack	1:01.50
M45 Ben James	54.00
John Dyer	56.50
Paul Allen	59.20
M50 Alan Creveling	1:07.90
Anthony Baker	1:08.10
M60 Larry Colbert	1:05.40
W35 Charmaine Roberts	1:03.80
W45 Julie Hayden	1:06.50
W55 Hillen von Maltzahn	1:12.60

800m	
M45 Chuck Shields	2:10.10
John Dyer	2:13.60
Mark Malander	2:14.10
M50 Duane Green	2:24.20
Rick Hower	2:28.70
Peter Blank	2:43.60
M55 Robert Weiner	2:45.30
W45 Julie Hayden	2:43.00
W60 Patti Palmer	4:26.50

1600m	
M40 Alan Thatcher	5:09.10
Ted Poulos	5:10.10
M45 Mark Malander	4:47.00
Curtis Davis	5:10.90
M50 Joseph Burno	5:25.70
Peter Blank	5:57.70
M55 Robert Weiner	6:47.70
W45 Julie Hayden	6:04.50
W60 Patti Palmer	9:27.30

3200m	
M40 Ted Poulos	10:34.80
Alan Thatcher	10:41.40
M45 Keith Davies	10:28.90
M50 Peter Blank	13:19.80

Short Hurdles	
M40 Mack Daniel	10.90
M50 Anthony Searles	15.60
M60 George LaBelle	11.70
M70 James Stookey	10.30
W40 Regina Richardson	9.60

4x200m Relay	
M30 Maryland Masters A	1:39.50
M50 Maryland Masters A	1:41.90

4x400m Relay	
M50 Houston Elite A	3:45.49

High Jump	
M45 Jim Barineau	1.85
John Casale	1.50
M50 Michael Graham	1.70
Keith Mathis	1.55
M55 Terry Martin	1.30
M65 George LaBelle	1.20
Bill Germany	1.15
M70 James Stookey	1.25
James Condell	1.20
W55 Hillen von Maltzahn	1.20
W65 Evelyn Wright	1.00

Pole Vault	
M45 John Casale	3.96
Lew Affront	3.35
M50 Michael Graham	3.35
M65 Taylor Goode	1.26
M70 James Condell	2.13
W55 Hillen von Maltzahn	2.60
W65 Evelyn Wright	1.62

Long Jump	
M45 Lovell Butler	5.44
John Casale	4.77
Robert McIntosh	4.59
M50 Michael Graham	4.95
Bobby Terrell	4.84

Keith Mathis	4.69
M55 Terry Martin	4.09
M65 George LaBelle	3.31
Bill Germany	2.57
M70 James Stookey	4.07
W40 Regina Richardson	4.68
W45 D Bowden-Barrett	3.06
W55 Hillen von Maltzahn	3.89
W60 Patti Palmer	2.43
W65 Evelyn Wright	3.18
W70 Audrey Lary	3.30

Triple Jump	
M45 John Casale	9.80
M50 Michael Graham	10.67
Bobby Terrell	10.02
Keith Mathis	9.24
M65 George LaBelle	6.95
M70 James Stookey	9.04
W40 Regina Richardson	11.34
W55 Hillen von Maltzahn	7.61
W65 Evelyn Wright	6.89
W70 Audrey Lary AR	7.64
(Lenore McDaniels/6.80/1988)	

Shot Put	
M30 Tony Sunface	7.35
M35 Joseph Williams	11.33
M40 Daniel Mack	8.70
M50 Gary Sutton	10.55
M55 J Bookin-Weiner	10.75
Terry Martin	8.90
M65 Gerald Vaughn AR	14.17
(Gerald Vaughn/14.01/2001)	
Bill Germany	10.31
George LaBelle	9.56
M70 James Condell	9.30

Weight Throw	
M30 Gary Sutton	13.09
M55 J Bookin-Weiner	12.70
M60 Michael Valle	5.87
M65 Bill Germany	12.79
George LaBelle	7.19
W65 Carol Young	13.03
Evelyn Wright	10.71
W70 Audrey Lary	9.86
Sharon Good	6.08

USATF Mid-Atlantic Indoor T&F Championships, Ursinus College, Collegeville, PA, Feb. 26	
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55m	
M30 Dan Murdock	6.96
Durrell Johnson	7.27
Ted Diehl	7.58
M35 Ed Winslow	7.05
M40 Leon Winder	7.58
Michael Evans	7.60
Curtis Witherspoon	7.84
M45 Lovell Butler	7.13
Rick Evans	7.22
Tony DiSalvo	7.23
M50 Steve McDermott	8.30
Mark Lacy	8.46
John Silan	8.47
M55 Bruce Campella	8.49
Fred Edelstein	8.36
Jim Kenney	8.38
M65 Bill Bittner	8.23
M70 Walter Palmer	8.73
M75 James Stookey	8.63
M85 Champion Goldy	11.15
W35 Virginia Whitfield	8.98
W40 Monika Caldwell	8.58
W45 Cheryl Bellaire	8.90
W50 Gloria Nash	13.03
W70 Audrey Lary	9.54

200m	
M30 Dan Murdock	23.84
Adam Gardner	24.68
Durrell Johnson	27.92
M35 Ed Winslow	24.06
M40 Leon Winder	26.78
Michael Evans	27.01
Curtis Witherspoon	31.28
M45 Tony DeSalvo	25.24
Paul Allen	26.52
Rick Evans	26.85
M50 John Silan	31.33
M55 Bruce Campella	30.93
Richard Brown	31.00
M60 Bob Fuhrman	30.70
M65 Nate Byrd	30.71
John MacDonald	31.19
M70 Walter Palmer	31.85
M85 Champion Goldy	47.93
W30 Jill Cypress-Turner	27.29
Laquieshae Sonnier	31.59
W35 Virginia Whitfield	34.26
W40 Monika Caldwell	31.12
W45 Cheryl Bellaire	32.25
W55 Barbara Leighton	37.94

400m	
M30 Dan Murdock	53.96
Kyle Lanier	54.41
Ted Diehl	1:03.56
M45 Pat Good	1:03.14
M55 Richard Brown	1:06.69
M60 Bob Fuhrman	1:11.95
M65 John MacDonald	1:08.47
W30 Laquieshae Sonnier	1:11.35
W40 Monika Caldwell	1:13.79
W55 Barbara Leighton	1:25.86

800m	
M40 Tom Stroman	2:15.57

Jim Soesney	2:21.01
David Lond	2:21.20
M45 Chuck Shields	2:10.91
Russ Patton	2:11.97
Allen Peffer	2:12.56
M50 Thomas Allen	2:52.09
Larry Hart	2:59.96
M55 Bill Inde	2:52.67
M60 Carl Landis	2:44.29
M90 Frank Levine	6:08.67
W45 Joan Affleck	2:56.18

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M40	Rephael August	7.55
	Michael Grage	8.39
	Randall Johnson	8.40
M45	Wayne Reynolds	8.08
M50	Kevin Callihan	8.15
	Stacey Price	7.69
	Tripp Reynolds	8.05
	Dan Radiff	8.05
M60	Paul Edens	7.91
	Richard Wild	8.58
	Leonard Sokolski	8.90
	Sam Taylor	9.40
M65	Bob Lida	8.34
	Dick Camp	8.75
	George Cairns	9.03
	Ed Arnold	9.98
M70	Ray Franks	9.57
	Richard Larkin	9.65
	W50 Rebecca Martin	10.57
	W55 Sharon Raham	10.13
	W70 Christel Donley	11.00
200m		
M40	Rephael August	24.75
	Michael Grage	29.10
	Guy Morris	32.54
M45	Wayne Reynolds	26.20
	Kevin Callihan	27.24
	Bobby Hills	29.61
M50	Mike Pannell	25.27
	Tripp Reynolds	25.93
	Dan Radiff	25.97
	Rick Easley	26.73
M55	Bill Lewis	27.66
	Gene Richeson	29.34
M60	Paul Edens	26.21
	Richard Wils	29.65
	Leonard Sokolski	30.89
M65	Bob Lida	27.25
	Dick Camp	29.18
	Ronald Kirkpatrick	29.78
	Richard McKisson	29.95
	George Cairns	30.17
	Ed Arnold	36.19
M70	Ray Franks	32.66
	W40 Ruth Janic	30.77
400m		
M40	Guy Morris	1:13.3
M45	Bobby Hills	1:06.3
M50	Mike Pannell	57.12
	Tripp Reynolds	59.23
	Rick Easley	1:00.0
	Gene Iwen	1:06.9
M55	Jeff Underwood	1:14.7
M65	Richard McKisson	1:15.2
M70	Ray Franks	1:18.6
	W40 Ruth Janic	1:12.2
800m		
M30	Abe Sauer	2:05.8
M40	Ray Parker	2:10.6
	Brad Jones	2:25.3
	M50 Phil Ware	2:30.2
	M45 Brad Chatfield	2:41.5
	M55 Jeff Underwood	2:56.3
	M70 Arnold Meardon	3:16.5
	W45 Barbara Peterson	3:16.3
1500m		
M40	Mitchell Mitchell	5:22.0
	Scott Mosser	5:31.7
	Guy Morris	6:09.7
M45	David Albo	4:55.6
	Phil Ware	5:08.2
M50	Brad Chatfield	5:46.6
	W35 Patty Murray	4:52.0
	W45 Barbara Peterson	6:56.4
3000m		
M40	Mitchell Mitchell	12:07.3
	M45 Phil Ware	10:58.3
	M50 Brad Chatfield	12:51.4
Shot Put		
M40	Scott Mosser	9.81
	M45 Bryan Johnson	9.3h
	M50 Stacey Price	8.92
	Mike Pannell	9.2h
	Dan Radiff	9.78
	Gene Iwen	10.99
M70	Richard Larkin	12.73
	W70 Christel Donley	13.26
High Jump		
M35	Michael Gesner	1.27
M40	Michael Grage	1.77
	Rick Schreiner	1.72
	Chris Benjamin	1.67
	Randall Johnson	1.12
M45	Craig Levine	1.72
M50	Gene Iwen	1.27
M55	Jim Scott	1.52
M65	Bob Fulton	1.32
	Robin Herron	1.12
M70	Richard Larkin	1.12
	W45 Barbara Peterson	1.06
	W55 Sharon Raham	1.10
	W70 Christel Donley	1.12
Pole Vault		
M30	Jeff Culligan	4.12
M35	Pat Manson	5.20
	Darrell Gobbie	4.21
M40	Chris Benjamin	3.36
	M50 John Carmony	3.21
	Gary Garrett	2.75
M55	Jim Scott	3.05
M65	Bob Fulton	2.90
M75	Jerry Donley	2.75

Long Jump		
M35	Michael Gesner	4.69
M40	Rick Schreiner	5.19
	Michael Grage	4.70
	Randall Johnson	3.90
M45	Bryan Johnson	5.70
M50	Gene Iwen	4.49
M55	Jeff Underwood	3.48
M60	Richard Wild	4.76
M70	Richard Larkin	3.55
	Al Clowser	2.79
	W50 Deb Vestal	1.93
	W55 Sharon Raham	3.44
	W80 Willie Gatz	1.40
Triple Jump		
M40	Randall Johnson	8.43
M45	Bryan Johnson	12.33
	Craig Levine	10.23
M65	Richard McKisson	8.53
	W50 Deb Vestal	4.78
	W55 Sharon Raham	7.08
	W80 Willie Gatz	2.72
Shot Put		
M30	Chad Lindsay	17.15
M35	John Kuemmerlin	14.12
M40	Milton Girouard	13.99
	Terry Livermore	12.22
	Randy Treece	10.15
M50	Steve Ross	14.44
	Fuehner	8.86
	Gene Iwen	8.35
M60	J J Tighe	10.93
	Dan Gilling	9.14
M65	Gerold Vaughn	13.83
	James Koch	11.88
	George Soule	11.55
M70	Al Clowser	9.95
	Vern Spencer	9.18
M80	Frank Bowles	7.88
	W50 Deb Vestal	5.44
	W55 Sharon Raham	7.42
	W70 Christel Donley	7.58
Weight Throw		
M35	John Kuemmerlin	13.62
M40	Randy Treece	14.73
	Terry Livermore	11.29
M55	Tim Edwards	14.95
M65	George Soule	9.17
	Robin Herron	12.67
M70	Vern Spencer	13.17
	Al Clowser	11.25
M80	Frank Bowles	8.73
	W55 Sharon Raham	7.50
Superweight		
M35	John Kuemmerlin	9.19
M40	Randy Treece	9.34
	Terry Livermore	4.61
M55	Tim Edwards	7.51
M65	Robin Herron	3.62
M70	Vern Spencer	7.88
3K RW		
M40	Michael Blanchard	15:39.3
	M45 Albert Leibold	14:57.0
	M45 Ed Guiff	21:00.0
M70	John Lyle	20:57.7
	Vilmaras Strautins	24:00.8
M80	Klaus Timmerhaus	23:07.5
	W50 Marianne Martino	17:37.7
	W65 Rita Sinkovec	19:58.6
SOUTHWEST		
Oral Roberts University Indoor Classic, Oral Roberts U. Tulsa, OK; Dec. 11		
200m		
M35	Vernon Brown	24.53
M45	Jeff Lindsey	26.14
	Roger Davis	35.08
M50	Eick Easley	27.77
400m		
M45	Jeff Lindsey	56.32
	Roger Davis	1:00.83
M50	Rick Easley	1:00.42
800m		
M45	Jeff Lindsey	2:07.01
	David Scofield	2:57.04
M55	Rob Perry	3:18.90
Pole Vault		
M45	David Sweezy	13-6
	Ken Ellis	13-6
Shot Put		
M45	Ken Ellis	36-5.50
WEST		
Arizona Senior Games Tempe; Feb. 19-20		
50m		
M50	Sabestine Onyepunuka	6.4
	Carl Cody	6.9
	Terry Helton	7.5
M55	Paul Marin	6.5
	Ronald Jordan	7.1
	May Rayburn	7.8
M60	John Davis	6.7
	Garry Cox	7.3
	Jack Tanner	7.3
M65	Steve Bowles	6.8
	Lowell Thompson	7.4
	Gay Richard	7.6
M70	Ray Graves	7.7
	Frank Welch	7.7

	Arturo Molina	8.5
M75	Norm Lasage	7.7
	Andy Anderson	8.1
	Steve Unger	8.8
M80	Gilbert Splaine	9.2
	George Buatchko	9.7
	Johnny Gibson	10.8
M85	Fred Tompkins	10.7
	Robert Broughton	11.6
	Paul Hall	12.9
M90	Carl Mancuso	14.1
W50	Carol Papenberg	9.2
W55	Melinda Carter	9.5
W60	Kathy Jager	7.8
W65	Bobbie Peters	8.9
W70	Kay Swanson	9.3
	Joan Burgess	9.9
	Betty Gaudy	11.8
100m		
M50	Sabestine Onyepunuka	12.4
	Ricard Crum	12.4
	Carl Cody	13.1
M55	Paul Martin	12.5
	Ronald Jordan	14.9
	Ray May	15.4
M60	John Davis	13.4
	Garry Cox	13.8
	Jack Tanner	14.2
M65	Steve Bowls	13.4
	Fred Kjer	14.1
	Merv Armstrong	14.4
M70	Ray Graves	14.8
	Frank Welsh	15.2
	Arturo Molina	17.0
M75	Norman Ledage	14.8
	Andy Anderson	16.1
	Steve Under	17.8
M80	Wilfred Wright	19.5
	George Butcho	19.7
	Johnny Gibson	22.9
M85	Fred Tomkins	21.4
	Robert Broughton	24.4
	Paul Hall	26.2
M90	Carl Mancuso	28.9
W50	P Wilcox-Arteaga	17.6
	Carol Papenberg	18.5
W55	Melinda Carter	19.2
W60	Kathy Jager	15.2
W65	Bobbie Peters	18.0
W70	Kay Swanson	18.3
	Joan Burgess	19.2
W75	Betty Gaudy	24.1
200m		
M50	Don Perry	29.3
	Zane Lindley	32.4
M55	Paul Martin	26.6
	Ronald Jordan	28.7
M60	Garry Cox	28.4
	Jack Tanner	29.4
	Curtis Search	32.1
M65	Steve Bowles	27.3
	Fred Kjer	28.8
	Merv Armstrong	29.9
M70	Ray Graves	30.2
	Frank Welch	32.5
	Arturo Molina	1:00.2
M75	Norm Lesage	31.0
	Rodney Brown	32.5
	Andy Anderson	34.0
M80	Wilfred Wright	45.2
M85	Bob Broughton	46.0
	Fred Tompkins	55.4
W50	Carol Papenberg	40.9
W60	Kathy Jager	31.9
W70	Kay Swanson	41.6
W75	Betty Gaudy	53.9
400m		
M50	Robert Hall	1:29.3
M55	Dennis Brace	1:10.7
M60	Garry Cox	1:06.1
	Eric Owers	1:09.8
	Gary Ruoho	1:16.2
M65	Howard Weissner	1:04.5
	Fred Kjer	1:07.3
	Dave Doerrier	1:10.6
M85	Fred Tompkins	2:00.0
W55	Phyllis Ruoho	1:44.9
W60	Diane Hall	1:50.1
800m		
M50	Bill Sayers	2:43.2
	John Rendessy	3:57.8
M55	Malcolm Carter	2:38.0
	Dennis Brace	2:47.8
	Gary Ruoho	2:55.7
M60	Eric Owers	2:42.0
	Dick Upton	2:51.1
	Miguel Castellanos	2:54.7
M65	Howard Weissner	2:38.6
	Jim Bevins	3:07.0
	Larry Wright	3:12.0
M70	George Mathes	3:05.0
	Guenter Naumann	3:07.4
	Tom Cooka	3:22.1
M75	Charles Rice	4:14.0
	Folden Stumpf	4:45.0
M80	Clyne Lunsford	3:51.9
	Jim Dunn	4:15.0
W55	Phyllis Ruoho	4:07.7
W60	Nedra Darnell	3:22.4
	Dina Brady	3:37.7
	Diane Hall	4:18.4
W75	Rose McCourt	6:41.8
W90	Estelle Frenenberg	7:07.2

1500m		
M50	John Straley	4:58.5
	Bill Sayers	5:08.1
M55	Raymond Ashford	4:53.5
	Malcolm Carter	5:19.9
	Carl Yoshioka	5:44.5
M60	Miguel Castellanos	6:02.6
M65	Wallace Brawner	5:56.7
	Cliff Bedell	6:03.9
	Jim Bevins	6:18.1
M70	George Mathes	6:11.5
	Guenter Naumann	6:14.5
	Tom Cooka	6:41.7
M75	Charles Rice	8:55.6
M80	Robert Williams	7:47.8
	W55 Phyllis Ruoho	8:18.2
	W60 Nedra Darnell	6:55.5
	Dina Brady	7:06.4
	Rose Hall	8:59.2
	W75 Rose McCourt	12:55.0
3000m		
M50	Bill Sayers	11:47.2
M55	Ray Ashworth	10:28.5
	Malcolm Carter	12:49.3
	Charles Balchunas	12:45.3
M60	Zdenek Gonsiorovsky	12:48.6
	Miguel Castellanos	12:59.6
M65	Wallace Brawner	12:45.9
	Larry Wright	12:51.9
	Jim Bevins	13:50.0
M70	Tom Cooka	13:51.0
	Guenter Naumann	13:55.9
	George Moss	16:11.9
	W50 Pateince Arteaga	15:20.9
	W60 Nedra Darnell	15:44.9
High Jump		
M50	Carl Cody	5-0
	Tim Colby	4-8
	Richard Watson	4-8
	Zane Lindley	4-1
M55	John Perkins	4-6
	Ronald Sassano	4-6
	Bob Zawidski	4-1
M60	Phil Shipp	4-6
	Armand Zahn	4-4
	Dave Doerrier	4-4
M70	Dave Douglas	3-10
	Gene Sutter	3-6
M75	Steve Unger	3-2
M80	Gilbert Splaine	3-6
	Tom Allison	3-4
	Charles Obye	3-4
M85	Walter Bilyk	3-0
	Roy Clark	3-0
	W50 Carol Papenberg	3-2
	W55 Melinda Carter	3-4
Pole Vault		
M50	Carl Cody	11-0
	Gary Garrett	8-0
	Ray Corona	8-0
M55	Richard McPeck	11-0
	Bruce Perkins	9-6
M65	Dave Doerrier	8-6
	Phil Ship	8-6
M70	Doug McFetters	8-0
	M75 Novi Milicevic	5-6
	W60 Kathy Jager	7-6
Long Jump		
M50	Carl Cody	15-9.25
	Don Perry	15-5.75
	Zane Lindley	12-5.50
M55	Bob Zawidski	13-8.75
	Jerry Brannan	12-3.25
	Gary Ruoho	11-6.25
M65	Phil Shipp	13-10.25
	Bob Bergfeldt	13-9
	Dave Doerrier	13-7.50
M70	Gene Sutter	11-2.75
	Clarence Dudley	5-4

W65 Jean Doench	3:48.25	M65 David Morris	10:99
1500m		M70 Eric Malmstrom	6:36
M35 Nick Zero	4:33.77	M80 Garry Bachman	13:29
John Rendeiro	4:22.94	Peder Nielsen	9:77
Douglas A. Rendeiro	5:12.52		
M45 Richard Raaflaub	4:37.95		
Doug Kennedy	4:38.79		
Gary Hutchinson	4:44.25		
M50 Fred Robbins	5:04.20		
George Aitkin	5:06.99		
Tim Payne	5:19.09		
M55 John de Finney	4:57.24		
John Pickard	5:01.52		
Gary Cassel	5:17.96		
M60 Chris Mackie	5:19.78		
Jim Prince	5:24.09		
Robert Moore	5:39.64		
M65 Jim Irons	5:38.37		
Hugh Wilson	6:07.91		
W40 Lynn O'Malley	5:07.54		
Karen Millson	5:16.35		
W45 Faith Nesdoly	5:05.80		
Karen Kennedy	5:08.99		
Katherine Willis	5:57.37		

3000m			
M35 Brian Lovshin	10:11.13		
M40 Jamie Black	9:53.16		
Steven Blostein	10:06.37		
Andy Whittaker	10:23.76		
M45 Peter Wallace	9:55.99		
Raymond Pacque	9:57.61		
Jonathan Black	10:07.65		
M50 George Aitkin	10:54.99		
Fred Robbins	11:31.83		
Doug Smith	11:58.59		
M55 John de Finney	10:45.13		
Hugh Connolly	11:08.20		
Gary Cassel	11:37.59		
M60 Robert Moore	11:41.06		
Jim Prince	11:42.78		
David Sheridan	11:43.78		
M65 Paul Yerich	11:47.60		
Hugh Wilson	13:10.20		
M70 Ed Whitlock WR	10:52.40		
(Enrique Moreno/10:56:69/2003)			
Dave Wilson	14:37.06		
Richard Graves	15:18.36		

Short Hurdles			
M50 Ralph Cilevitz	11.33		
Roy Chubb	12.27		
M65 Bob Land	14.24		
High Jump			
M35 Ted Biglow	1.60		
M40 Alain Gallant	1.70		
March de Chellis	1.50		
M45 Kevin Sanjari	1.50		
Nikolai Kotikov	1.50		
M50 Bob Davidson	1.40		
Ralph Cilevitz	1.30		
Roy Chubb	1.25		
M55 Andre Poirier	1.25		
M60 Rob Campbell	1.25		
M65 Bob Land	1.20		
W45 Roshani Gunasekera	1.23		

Pole Vault			
M45 Mark Schaber	3.65		
M55 Matti Kipela	3.65		
Long Jump			
M35 Ted Biglow	6.03		
M40 Alain Gallant	5.56		
Kenny Jackman	5.47		
M45 Kevin Sanjari	5.26		
Tom Black	4.98		
M50 Ralph Cilevitz	4.96		
M55 Richard Lech	5.42		
Andre Poirier	4.06		
M80 Jack Hipple	2.28		
W45 Roshani Gunasekera	3.98		
W50 Maria Mallia	4.16		

Triple Jump			
M35 Phil Russo	8.28		
M40 Kenny Jackman	11.46		
Alain Gallant	10.97		
M45 Kevin Sanjari	11.49		
Bruce Campbell	7.51		
M50 Ralph Cilevitz	9.09		
W45 Roshani Gunasekera	8.10		

Shot Put			
M40 Richard Parkinson	11.33		
M45 Peter St. Pierre	8.86		
M50 Jim Wetenhall	14.05		
Bill Pearson	12.07		
Ray Bzbiak	10.63		
M60 Ron Nastuk	10.34		
Bob Numiston	10.00		
M65 David Morris	9.69		
M70 Eric Malmstrom	8.68		
M75 Evals Viskers	8.90		
M80 Garry Bachman	9.96		
Peder Nielsen	7.42		
W35 Dia Jaam Shahriari	10.40		
W45 Monica Thornton	6.73		
W50 Kathy Wetenhall	9.07		
W70 Doreen Carmichael	5.31		
W75 Velta Tomsons	6.41		

Weight Throw			
M40 Richard Parkinson	12.26		
M45 Peter St. Pierre	7.36		
M50 Jim Wetenhall	20.20		
Bill Pearson	13.45		
Rudy Boghina	11.53		
M60 Bob Burniston	11.35		
Ron Nastuk	8.23		

W60 M Maier AUT	1:30
W75 C Happ GER	1:10
Pole Vault	
M35 C Schiefmayer AUT	3.80
M40 W Kiem AUT	4.00
M45 G Schwab AUT	3.40
M55 H Hubl AUT	3.40
M65 H Diehm GER	2.70
M70 H Andrees AUT	2.40
W40 S Anzinger AUT	2.00
Long Jump	
M35 H Binna AUT	6.03
M40 B Himerlajh SLO	5.90
M45 G Kantor HUN	5.77
M50 D Pipan SLO	4.94
M60 J Schwarzler AUT	4.48
M65 H Steurer AUT	4.41
M75 W Reuter GER	4.58
Triple Jump	
M45 G Werthner AUT	12.41
Shot Put	
M35 E Schadt AUT	13.51
M40 W Layr AUT	11.38
M45 K Kiler AUT	12.64
M50 S Zdenek AUT	12.00
M55 J Pink AUT	12.66
M60 A Hermanns GER	13.60
M65 F Ratzer AUT	13.60
M70 M Sluga SLO	10.80
W35 S Spindelhofer AUT	12.97
W40 M Stierlekar SLO	12.44
W50 S Planer AUT	8.89
W55 E Klotzmann AUT	9.11
W60 M Maier AUT	10.87

BMAF National Indoor T&F Indoor, Championships Cardiff, Wales; Feb. 19-20

60m			
M35 Terence Stamp	7.04		
M40 Anthony Noel	7.15		
M45 Eric Smart	7.50		
M50 Viv Oliver	7.60		
M55 Robert Fraser	7.86		
M60 John Steede	8.26		
M65 John Tunks	8.66		
M70 Alan Mellett	8.71		
M75 Alfred Woods	11.53		
M80 Frank Coppings	14.59		
W35 Geraldine Finegan	8.4h		
W40 Angela Fudge	8.53		
W45 Averil McClelland	8.20		
W50 Emily McMahon	8.96		
W55 Valerie Parsons	8.83		
W60 Iris Holder	9.82		
W65 Mary Webb	10.70		
W70 Rosemary Chimes	10.41		
W75 Brenda Green	12.96		
W80 Mary Wixey	14.83		
200m			
M35 Chris Millard	23.23		
M40 Warren Fraser	24.90		
M45 Eric Smart	23.98		
M50 Viv Oliver	24.85		
M55 Robert Fraser	26.02		
M60 Terry Bissett	26.98		
M65 Anthony Treacher	28.36		
M70 David Burton	29.04		
M75 James Crehan	37.16		
W35 Geraldine Finegan	28.23		
W40 Wendy Laing	28.06		
W45 Averil McClelland	26.36		
W50 Fiona Argent	30.80		
W55 Valerie Parsons	29.64		
W60 Iris Holder	33.04		
W65 Mary Webb	37.50		
W70 Betty Steedman	39.23		
W75 Brenda Green	47.27		

400m			
M35 Michael Osunsami	55.65		
M40 Darrell Maynard	51.44		
M45 Ludwig Ramsey	53.27		
M50 Steve Lang	54.88		
M55 Paul Anthony	59.32		
M60 Cameron Sealey	1:03.90		
M65 Anthony Treacher	1:05.09		
M70 Geoffrey Feast	1:18.69		
W35 Sally Read-Cayton	58.97		
W40 Colette Hurley	1:07.00		
W45 Lynn Talbot	1:03.40		
W50 Barbara Lock	1:05.35		
W60 Marjorie Hocknell	1:19.39		
800m			
M35 Stephen Mulrine	2:07.66		
M40 Stephen Toogood	2:01.30		
M45 Ludwig Ramsey	2:07.79		
M50 David Wilcock	2:05.16		
M55 Ed Connolly	2:24.70		
M60 Richard Somers	2:26.36		
M65 John Newcombe	2:27.33		
M70 Peter Dibb	2:54.20		
M80 James Caddy	3:48.54		
W35 Sally Read-Cayton	2:18.56		
W40 Carol-Ann Gray	2:31.41		
W45 Kate Rogers	2:36.51		
W50 Barbara Lock	2:17.17		
W65 Kathleen Stewart	2:59.41		
1500m			
M35 Robert Peers	4:54.69		
M40 Kofi Agyei	4:10.80		
M45 Bernie Jones	4:17.16		
M50 David Wilcock	4:15.99		
M55 Peter Molloy	4:44.28		

M60 Peter Tabenor	5:17.41
M65 John Berratt	5:22.69
M70 Peter Dibb	5:54.65
M75 Ron Franklin	7:26.79
M80 James Caddy	7:21.57
W35 Bernadine Pritchett	4:47.56
W40 Jane Pidgeon	4:53.59
W45 Denise Farnham	5:02.85
W50 Nancy Hitchmough	5:13.42
W55 Patricia Gallagher	5:29.77
W60 Johanna Jay	6:00.63
W65 Kathleen Stewart	6:03.01

3000m			
M40 Ian Auger	9:23.48		
M45 Bernie Jones	9:13.55		
M50 David Wilcock	9:35.27		
M55 Peter Hamilton	10:21.05		
M60 John Garber	12:26.43		
M65 John Perratt	11:22.23		
M70 Peter Dibb	13:03.03		
M75 Ron Franklin	15:56.79		
M80 James Caddy	16:02.19		
W35 Nicki Nealson	10:18.59		
W40 Jane Pidgeon	10:28.13		
W45 Denise Farnham	10:30.81		
W50 Anne Darby	12:03.24		
W55 Patricia Gallagher	11:49.85		
W65 Pamela Jones	14:11.84		

Short Hurdles			
M40 Des Wilkinson	8.83		
M45 Tennyson James	9.41		
M50 Phil McIlfratrick	8.93		
M55 Tony Wells	9.44		
M60 Barry Ferguson	10.88		
M65 Tony Bowman	10.83		
M70 Peter Field	12.24		
W35 Geraldine Finegan	9.55		
W40 Wendy Laing	9.44		
W45 Manndy Laing	9.20		
W50 Emily McMahon	10.31		
W60 Jackie Charles	12.68		

High Jump			
M35 Stuart Caudery	1.85		
M40 Steve Linsell	1.80		
M45 Chris Hesketh	1.70		
M50 Duncan Talbot	1.60		
M55 Geoffrey Kitchener	1.30		
M60 Sean Power	1.51		
M65 Tony Crocker	1.48		
M70 Jim Day	1.17		
M75 James Crehan	1.17		
W35 Geraldine Finegan	1.51		
W40 Wendy Laing	1.66		
W45 Teresa May	1.45		
W50 Pam Garvey	1.30		
W70 Rosemary Chimes	1.18		

Pole Vault			
M35 Stuart Caudery	3.80		
M40 John Andrews	3.80		
M45 Gary Walker	2.90		
M50 Allan Williams	4.02		
M55 Bruce Hendrie	2.80		
M60 John Bradley	3.00		
M70 Jim Day	2.60		
W45 Teresa May	2.10		
W50 Sue Yeomans	2.60		

Long Jump			
M35 Robert Peers	4.78		
M40 Trevor Sinclair	6.02		
M45 Trevor Wade	6.15		
M50 Paul Pinnington	5.36		
M55 Brian Williamson	4.93		
M60 Mike Garvey	4.76		
M65 John Tunks	4.41		
M70 David Burton	4.17		
M75 Aijtsingh Kalirai	2.86		
M80 Hugh Gallagher	1.53		
W35 Catherine Goddard	5.35		
W40 Wendy Laing	4.89		
W45 Manndy Laing	4.81		
W50 Emily McMahon	3.96		
W55 Daphne Marler	2.61		
W70 Betty Steedman	3.10		
W80 Iris Holder	3.94		
W80 Mary Wixey	1.77		

Triple Jump			
M35 Ian Bridgeman	11.67		
M40 David Richards	12.37		
M45 Albert Earle	12.17		
M50 Paul Pinnington	11.09		
M55 Robert Cutler	9.96		
M60 Sean Power	11.46		
M65 Tony Crocker	9.27		
M70 John Evans	8.25		
M75 James Crehan	7.51		
W35 Dawn Jones	10.27		
W40 Gaye Clarke	8.98		
W45 Manndy Laing	10.39		
W50 Lyn Ahmet	8.59		
W55 Daphne Marler	4.92		
W60 Jackie Charles	7.61		
W70 Betty Steedman	6.69		

Shot Put			
M35 Joseph Nagle	10.28		
M40 Steve Whyte	15.36		
M45 Guy Perryman	13.45		
M50 Mike Small	15.22		
M55 Neil Griffin	13.92		
M60 Garry Negus	12.32		
M65 Eric Kitney	9.63		
M70 Gordon Hickey	11.57		
M75 Jaroslav Hanus	9.51		
M80 Hugh Gallagher	6.53		

W35 Geraldine Finegal	10.67
W40 Wendy Laing	10.33
W45 Manndy Laing	10.43
W55 Barbara Terry	8.88
W60 Elizabeth Sissons	9.66
W70 Rosemary Chimes	9.79

Auckland Masters T&F Championships, Towers Track, New Zealand; Feb. 26

100m	
M35 Craig Wood GE	12.8
M40 Mark Cumming GE	12.4
M50 Bob Burden NSB	13.3
M55 Peter Taylor GE	13.4
M70 Trevor Cowley PAK	14.8
M86 Syd Taylor GE	21.4
W44 Hilda Davidson ACA	18.6
W60 Chris Waring NSB	15.0
W70 Margaret Peters NSB	15.3

Tatyana Hladyr 29	22:50
M40 James Lynch	20:39
M45 Alan Ruben	21:15
M50 Steve Calidonna	21:34
M55 Joseph Porcaro	24:05
M60 John Samsel	25:24
M65 Sidney Howard	26:55
M70 Eric Seiff	32:50
M75 Lwo Schonhaut	39:55
M80 Sab Koide	40:15
W40 Zofia Wiciorowska	24:00
W45 Stacy Creamer	25:15
W50 Marie Wickham	26:51
W55 Mary Rosado	30:32
W60 M Greeley Walsh	29:58
W65 Vida Beaven	33:17
W70 Ginette Bedard	32:05
M75 Dolly Finkelstein	46:53
W80 Edith Farias	57:12

Jones Town & Country 10M Amherst, MA; Feb. 27

Overall	
Paul Low 31	53:30
Kelli Lusk 34	1:03:09
M35 Joe Shairs	56:26
M40 Ken Clark	1:01:35
Bernie Orelli	1:03:47
Steve Anderson	1:05:44
Paul Hargreaves	1:05:47
Michael Hoberman	1:05:49
M50 Richard Larsen	1:04:27
David Wright	1:05:41
Paul Bazanchuk	1:06:13
Steve Onell	1:06:18
Vicente Rojas	1:08:09
M60 Stanley Dutton	1:08:05
Jim Reis	1:09:28
Peter Gagarin	1:10:21
Art Roberts	1:10:44
Mark Turkington	1:10:55
M70 Bob Romer	2:11:59
Anthony Izzo	2:16:01
William Carey	2:16:02
M80 Carlton Mendell	2:22:27
W35 Madeline Nagy	1:10:30
W40 Donna Kay-Ness	1:06:42
Suzi West	1:08:43
Sue Dean	1:10:48
Abby Kingman	1:11:33
Regina Modestow	1:14:23
Karen Hine	1:22:13
Debbie Girouard	1:24:55
Diane Pytko	1:25:16
W50 Sidney Letendre	1:12:12
Donna Borynack	1:28:36
M. Haeseler	1:35:29
Ellen Bellicchi	1:36:45
Cyndy Mansur	1:39:47
W60 Sue Grant	1:30:30

HMRC Winter Marathon Albany, NY; Feb. 27

Overall	
Nick Edmonds 24	2:42:12
Martha DeGrazia 54	3:39:13
M35 Rowly Bruckner	2:53:17
M40 John Geesler	3:06:42
James Newlove	3:15:20
Scott Suba	3:25:03
M50-Ed Sandifer 53	3:29:34
Raoul Malouf 52	3:34:50
C Tumidajewicz 50	3:40:54
W35 Penny Tisko	3:52:53
W40 Anne Bickel	3:58:15
Denise Iannizzotto	4:15:38
Barbara Sorrell	4:31:18
W50-Marion Landry 60	4:52:58
Rosemary Rusin 61	4:58:12

NYRR Coogan's Salsa, Blues & Shamrock 5K Central Park, NYC; March 6

Overall	
Matt Downing 28	14:44
Atalech Ketema 22	16:46
M40 Jorge Fernandez	16:32
M45 Jerry Macari	16:54
M50 Rafael Jimenez	17:03
M55 Julio Aguirre	19:39
M60 John Samsel	19:56
M65 Sidney Howard	20:55
M70 Witold Bialokur	21:30
M75 Chauncey Leake	40:15
M80 Sab Koide	30:50
W40 Kim Griffin	18:08
W45 L. Branche	20:22
W50 Sharon Vox	20:06
W55 Ann Makoske	23:45
W60 Mary Zulack	28:27
W65 Edith Jones	27:55
W70 Mercedes Cruz	47:33
W75 Joan Rowland	35:03
W80 Helen Bojes	55:54

SOUTHEAST

Myrtle Beach Marathon, Half-Marathon & 5K Myrtle Beach, SC; Feb. 19

Overall	
ROBERT MARCHINKO 34	2:31:20

LUANNE COULTER 44	2:52:03
M35 GENE FALLER	2:51:54
M40 NORRIS BEALE	2:52:42
ROGER PLAMONDON	2:55:04
BRIAN MYLES	2:58:14
M45 STEVEN BRENNER	2:56:08
THOMAS GEROU	3:01:27
MICHAEL SILL	3:06:26
M50 RICHARD MANGOLD	2:56:52
RANDY STROBLE	3:00:28
JOE SCHLERETH	3:18:30
M55 LARRY LICHNOVSKY	3:08:20
JAN HARDWICK	3:18:17
BURK FOSTER	3:36:26
M60 JOHN HUNNICUTT	3:10:31
WILLIAM STOBART	3:24:55
JIMMY MILLER	3:31:38
M65 RON FINDLEY	3:54:20
MARY BRADLEY	4:09:49
BOB IMMING	4:14:01
M70 JERRY JOHNCOCK	4:00:45
THOMAS HATHAWAY	4:13:49
GRANT ELEGY	4:43:10
W35 SARAH LLAGUNO	2:58:56
W40 ROBYN DICESARE	3:18:34
TAMELA LAYMAN	3:21:45
KIM CAMPBELL	3:31:02
W45 SHARON MARKS	3:28:21
DEBBY REASONS	3:34:16
BRIGITTE CHAUVIGNE	3:38:20
W50 GEORGEANNE WELDE	3:49:49
PAMELA RICHARDSON	3:52:05
MIRJANA JOVANOVIC	3:55:05
W55 SUE YATES	4:03:41
LYNDA MITCHELL	4:17:02
BARBARA MCKINLEY	4:39:21
W60 DIANE VANDENBROEK	4:24:41
PAT MCDONNELL	4:28:57
JOAN MULVILL	4:34:29
W65 ELFRIEDA TOLLEY-BEE	4:43:31
W70 PATRICIA WATERFIELD	5:52:10
JANE RAMSEUR	8:10:58

Half-Marathon

Overall	
ERIC ASHTON 37	1:11:13
DONNA ANDERSON 37	1:18:31
M40 DENNIS WEST	1:18:17
JOHN ANDERSON	1:18:18
JOHN ANDERSON	1:19:29
M45 DALE WALSH	1:19:47
GEORGE DUNLEAVY	1:22:01
PERRY MACHERAS	1:24:15
M50 DAVID FORREST	1:25:54
WAYNE FOSTER	1:27:07
PAUL WARDZINSKI	1:27:10
M55 WILLIAM WALKER	1:30:52
EARL JACKSON	1:32:25
ED VINSON	1:34:59
M60 JOE CARTER	1:33:32
GUENTER FULL	1:42:16
PHIL MEAD	1:42:36
M65 JIM BENSON	1:44:55
BILL PARROTT	1:56:06
WALLY GOODE	1:57:07
M70 BOB BRADLEY	1:57:39
LEE COOPER	2:09:38
WILLIAM FULTON	2:09:56
W40 MARGARET BOZGOZ	1:32:41
SUANN HALL	1:33:31
TESS MORRIS	1:34:02
W45 RENEE PICKARD	1:32:55
BREN CROWSON	1:38:17
Laurie Will	1:38:46
W50 MARY HOWK	1:36:58
CONNIE LEWIS	1:39:54
MOLLY GERKE	1:42:38
W55 ELIZABETH SCOTT	1:42:23
KATHY SEEVERS	1:45:38
MARY LOESCH	1:59:27
W60 MARCIA GODWIN	1:59:48
CAROLE LELLI	2:04:10
EVA EPPS	2:09:50
W65 DELORES HORN	2:07:36
SALLY TITUS	2:35:27
W70 CAROLYN HATHAWAY	2:24:58
MARGE HOFFMAN	2:30:05
KATHLEEN DEFAZIO	3:18:01

Half-Marathon

Overall	
ERIC ASHTON 37	1:11:13
DONNA ANDERSON 37	1:18:31
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M60 JOE CARTER	1:33:32
GUENTER FULL	1:42:16
PHIL MEAD	1:42:36
M65 JIM BENSON	1:44:55
BILL PARROTT	1:56:06
WALLY GOODE	1:57:07
M70 BOB BRADLEY	1:57:39
LEE COOPER	2:09:38
WILLIAM FULTON	2:09:56
W40 MARGARET BOZGOZ	1:32:41
SUANN HALL	1:33:31
TESS MORRIS	1:34:02
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Laurie Will	1:38:46
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KATHY SEEVERS	1:45:38
MARY LOESCH	1:59:27
W60 MARCIA GODWIN	1:59:48
CAROLE LELLI	2:04:10
EVA EPPS	2:09:50
W65 DELORES HORN	2:07:36
SALLY TITUS	2:35:27
W70 CAROLYN HATHAWAY	2:24:58
MARGE HOFFMAN	2:30:05
KATHLEEN DEFAZIO	3:18:01

Half-Marathon

Overall	
ERIC ASHTON 37	1:11:13
DONNA ANDERSON 37	1:18:31
M40 DENNIS WEST	1:18:17
JOHN ANDERSON	1:18:18
JOHN ANDERSON	1:19:29
M45 DALE WALSH	1:19:47
GEORGE DUNLEAVY	1:22:01
PERRY MACHERAS	1:24:15
M50 DAVID FORREST	1:25:54
WAYNE FOSTER	1:27:07
PAUL WARDZINSKI	1:27:10
M55 WILLIAM WALKER	1:30:52
EARL JACKSON	1:32:25
ED VINSON	1:34:59
M60 JOE CARTER	1:33:32
GUENTER FULL	1:42:16
PHIL MEAD	1:42:36
M65 JIM BENSON	1:44:55
BILL PARROTT	1:56:06
WALLY GOODE	1:57:07
M70 BOB BRADLEY	1:57:39
LEE COOPER	2:09:38
WILLIAM FULTON	2:09:56
W40 MARGARET BOZGOZ	1:32:41
SUANN HALL	1:33:31
TESS MORRIS	1:34:02
W45 RENEE PICKARD	1:32:55
BREN CROWSON	1:38:17
Laurie Will	1:38:46
W50 MARY HOWK	1:36:58
CONNIE LEWIS	1:39:54
MOLLY GERKE	1:42:38
W55 ELIZABETH SCOTT	1:42:23
KATHY SEEVERS	1:45:38
MARY LOESCH	1:59:27
W60 MARCIA GODWIN	1:59:48
CAROLE LELLI	2:04:10
EVA EPPS	2:09:50
W65 DELORES HORN	2:07:36
SALLY TITUS	2:35:27
W70 CAROLYN HATHAWAY	2:24:58
MARGE HOFFMAN	2:30:05
KATHLEEN DEFAZIO	3:18:01

Half-Marathon

Overall	
ERIC ASHTON 37	1:11:13
DONNA ANDERSON 37	1:18:31
M40 DENNIS WEST	1:18:17
JOHN ANDERSON	1:18:18
JOHN ANDERSON	1:19:29
M45 DALE WALSH	1:19:47
GEORGE DUNLEAVY	1:22:01
PERRY MACHERAS	1:24:15
M50 DAVID FORREST	1:25:54
WAYNE FOSTER	1:27:07
PAUL WARDZINSKI	1:27:10
M55 WILLIAM WALKER	1:30:52
EARL JACKSON	1:32:25
ED VINSON	1:34:59
M60 JOE CARTER	1:33:32
GUENTER FULL	1:42:16
PHIL MEAD	1:42:36
M65 JIM BENSON	1:44:55
BILL PARROTT	1:56:06
WALLY GOODE	1:57:07
M70 BOB BRADLEY	1:57:39
LEE COOPER	2:09:38
WILLIAM FULTON	2:09:56
W40 MARGARET BOZGOZ	1:32:41
SUANN HALL	1:33:31
TESS MORRIS	1:34:02
W45 RENEE PICKARD	1:32:55
BREN CROWSON	1:38:17
Laurie Will	1:38:46
W50 MARY HOWK	1:36:58
CONNIE LEWIS	1:39:54
MOLLY GERKE	1:42:38
W55 ELIZABETH SCOTT	1:42:23
KATHY SEEVERS	1:45:38
MARY LOESCH	1:59:27
W60 MARCIA GODWIN	1:59:48
CAROLE LELLI	2:04:10
EVA EPPS	2:09:50
W65 DELORES HORN	2:07:36
SALLY TITUS	2:35:27
W70 CAROLYN HATHAWAY	2:24:58
MARGE HOFFMAN	2:30:05
KATHLEEN DEFAZIO	3:18:01

Half-Marathon

Overall	
ERIC ASHTON 37	1:11:13
DONNA ANDERSON 37	1:18:31
M40 DENNIS WEST	1:18:17
JOHN ANDERSON	1:18:18
JOHN ANDERSON	1:19:29
M45 DALE WALSH	1:19:47
GEORGE DUNLEAVY	1:22:01
PERRY MACHERAS	1:24:15
M50 DAVID FORREST	1:25:54
WAYNE FOSTER	1:27:07
PAUL WARDZINSKI	1:27:10
M55 WILLIAM WALKER	1:30:52
EARL JACKSON	1:32:25
ED VINSON	1:34:59
M60 JOE CARTER	1:33:32
GUENTER FULL	1:42:16
PHIL MEAD	1:42:36
M65 JIM BENSON	1:44:55
BILL PARROTT	1:56:06
WALLY GOODE	1:57:07
M70 BOB BRADLEY	1:57:39
LEE COOPER	2:09:38
WILLIAM FULTON	2:09:56
W40 MARGARET BOZGOZ	1:32:41
SUANN HALL	1:33:31
TESS MORRIS	1:34:02
W45 RENEE PICKARD	1:32:55
BREN CROWSON	1:38:17
Laurie Will	1:38:46
W50 MARY HOWK	1:36:58
CONNIE LEWIS	1:39:54
MOLLY GERKE	1:42:38
W55 ELIZABETH SCOTT	1:42:23
KATHY SEEVERS	1:45:38
MARY LOESCH	1:59:27
W60 MARCIA GODWIN	1:59:48
CAROLE LELLI	2:04:10
EVA EPPS	2:09:50
W65 DELORES HORN	2:07:36
SALLY TITUS	2:35:27
W70 CAROLYN HATHAWAY	2:24:58
MARGE HOFFMAN	2:30:05
KATHLEEN DEFAZIO	3:18:01

W35 ANNE CRANFORD	22:19
W40 DONNA DURANTE ROBIN	21:35
RETTA LOGAN	22:33
LEIAH MURRAY	23:02
W45 JUDY WALLS	20:15
COLLEEN RIGLEY	20:32
GLORIA RAWLS	24:14
W50 SIB GARNER	27:21
CONNIE WALDREP	30:35
AULEEN CONAN	31:12
W55 SUE HORNACK	26:37
BERNADETTE BAUN	27:48
KATY WATFORD	27:55
W60 JUDY KIERNAN	29:10
LOUISE CLECKLEY	34:26
KITTY COOPER	39:53
W65 YOSHIKO ADACHI	30:59
FLORA FLTON	36:13
SANDRA FULCHER	39:59
W70 BETTY JONES	43:49
CATHERINE JORDAN	50:03

Tallahassee Marathon

Half-Marathon

Tallahassee, FL; Feb. 20

Overall	
Jeff Dobias 24	2:43:38
Lisa Purul 31	3:24:24
M35 Takayuki Kawano	3:13:25
M40 Jeff Burke	3:04:22
M45 Matthew Minno	3:11:34
M50 Leo Rivera	3:37:48
M55 Ernie Chatman	3:16:10
M60 Bill Hillison	3:33:13
M65 Paul Hargrave	3:36:49
M70 Ray Johnson	5:28:35
M75 Wally Herman	6:27:01
W35 Annie Kirkland	3:46:09
W40 Susan Meier	3:44:44
W45 Rhonda Bohannon	4:01:06
W50 Connie Thayer	4:30:26

Half-Marathon

Art Remillard 31	1:15:27
Sarah Docter-Williams 40	1:20:54
M35 James Wilgenbusch	1:23:12
M40 Bill Mccord	1:23:37
M45 David Von	1:21:28
M50 Jerry Mcdaniel	1:27:26
M55 Fred Wise	1:39:26
M60 Nick Yonclias	1:44:28
M70 Bob Keller	2:04:45
W35 Angela Dempsey	1:39:11
W40 Krista Killius	1:38:30
W45 Colette Loehrein	1:47:26
W50 Marty Kirkland	2:01:23
W55 Nancy Widener ^{1E}	1:55:28
W60 Perth Vaden	2:13:34

Harry Rike	1:57.29
M70 Ed Mote	3:17.09
M80 Ted Brewer	2:46.36
W35 Liesl English	1:30.25
W40 Ginna Getto	1:39.36
Christine Mueller	1:39.52
Valerie Yoakam	1:40.18
W45 Pam Sn eed	1:28.48
Joni Michael	1:39.23
Shelley Gluck	1:41.10
W50 Kim Dennis	1:44.18
Pam Barron	1:57.05
Deborah Ruiz	1:57.41
W55 Sheril Easterling	1:53.39
Norma Cousin	1:54.49
Fara Raines	2:08.26
W60 Heather Rasmussen	2:00.42
Sally Sims	2:10.36
Tela Isik	2:43.17
W65 Margaret Thrash	2:29.50
W70 Betty Forsvall	3:01.35
Clara Bennett	3:21.11

10K Overall	
Dave Ray 37	33.41
Sheila Natho 39	40.01
M40 Robert Smith	38.04
Todd Johnson	38.43
M45 Bob Scully	38.17
Bobby Gathright	38.56
M50 Dan Wilder	39.55
Douglas Hinds	40.58
M55 Frank Pendleton	43.01
Donald Sieve	43.22
M60 Ed Craighead	42.52
Arthur Salazar	46.57
M65 Fred Hurd	44.33
Clyde Deloach	45.29
M70 Robert Coffey	53.00
Lovell Boile	1:02.35
M75 Donald Hartz	1:10.52
Sam Baker	1:16.14
M80 Robert Dowden	1:35.39
W40 Kelly Hucklebridge	42.06
Kathy Vetter	45.40
W45 Bev Dehart	45.39
Jean Mykietyn	45.48
W50 Ellen Kohn	51.11
Lorene England	53.36
W55 Marisa Quinones	50.38
Glenda Johnson	56.04
W60 Lynne Caruso	51.35
Nancy Cole	1:13.08
W65 Beverly Torres	1:04.19
Margaret Blakely	1:16.50
W70 Phyllis Provost	1:13.11
Twylla Stanford	1:19.44
W75 Jan Richards	1:13.49
Ina Bartel	1:16.25

5K Overall	
Eliud Njubi 25	15.18
Mary Kinyanjui 25	16.45
M35 Mark Thompson	18.06
M40 Tony Jacobson	17.52
M45 Bradley Gardner	17.43
M50 Tom Sessions	18.49
M55 Kit Kittrell	19.46
M60 Jeph Abara	21.37
M65 Eddie Cantu	24.04
M70 William Puls	26.42
M75 Jack Gray	24.16
M80 Robert McAdam	35.51
W35 Cora Turner	19.47
W40 Ruthie Tate	20.48
W45 Debbie Sanders	21.03
W50 Anna Treadway	26.09
W55 Marta White	29.02
W60 Sharon Smith	33.35
W65 Harriett Borger	37.27
W70 Thelma Sellers	38.20
W75 Nancy Raitz	37.55

ConocoPhillips Rodeo 10K Houston, TX; Feb. 26	
Overall	
Sean Wade	31.29
Kelly Keane	34.01
M40 David Lord	35.47
Dave Quirk	36.59
Matthew Nicol	37.42
M45 Craig Calmes	37.06
Ken Yanowski	37.29
Larry Tidwell	38.01
M50 William Martin	35.34
Osbaldo Castillo	38.05
Chip Tyme	38.20
Miguel Lopez	38.22
M55 Paul Daniels	39.09
Ben Harvie	40.31
David Chester	41.22
M60 Emmett Faulkner	42.22
Ignacio Ybarra Jr	42.29
Victor Franco	46.03
M65 Rich Siemens	43.04
Dennis Matheson	45.36
Jim Braden	46.50
M70 Harold Wilson	42.59
Julian Gomez	50.23
Lloyd Joyce	54.00
M75+ Dan Allensworth	55.29
Tony Lopez	55.50

Zeno Boehmer	55.57
W40 Allison Le Compte	39.04
Joy Smith	39.13
Helen Grant	40.15
W45 Carmen Ayala-Troncoso	35.26
Christie Lammers	39.32
Suzanne Day	41.14
Cindy Lane	44.46
W50 Eva Luckey	44.25
Billie-Kay Melanson	44.42
Cindy Sosa	48.05
W55 Marcella Paull	46.43
Alice Keelin	50.51
Angela Oltean	51.57
W60 Ursula Spilger	53.35
Leona Devine	58.16
Carol McClelland	1:02.02
W65 Mona Keffer	56.21
Judy Loy	58.13
Eileen Perlmutter	1:11.34
W75+Marcie McCaskill	30.10
Verna Jasso	41.29

Nokia Sugarbowl Mardi Gras Marathon & Half-Marathon New Orleans, LA; Feb. 27	
Overall	
Meyer Friedman 25	2:30.59
Una Brodenick 38	3:07.20
M35 Scott Fortner	2:54.57
M40 Ross Shales	2:51.05
Forrest Pearson	2:52.51
Jon Docs	2:57.47
M45 Leonard Vergunst	2:40.46
Jim George	2:52.14
Scott Gove	2:59.46
M50 Michael Alexander	3:07.00
Luigi Montagna	3:10.07
John Walker	3:11.42
M55 Richard Nagel	3:29.04
Steven Borchert	3:36.52
Raoul Gagne	3:41.18
M60 John Stephens	3:30.30
Francesco Criniti	3:40.17
Larry Lindeen	3:40.56
M65 George Pothier	3:29.12
James Michie	3:53.54
David Clark	5:05.38
M70 Bruce Worley	4:18.44
Jules Johnson	6:07.57
Sudong Toprasert	6:27.29
W35 Sarah Guttery	3:15.04
W40 Lisa Sherak	3:28.22
Susann Millen	3:32.06
Stacy Reed	3:36.43
W45 Lynda Deboer	3:20.02
Linda Smith	3:43.24
Renate Linden	3:45.33
W50 Kristine Guderyon	3:23.35
Joann Heup	3:36.41
Toni Cruz	3:46.24
W55 Tillie Clark	4:27.54
Deb Reinemann	4:30.34
Sue Fauerbach	4:46.59
W60 Judith Koob	5:22.03
Janet Newburgh	5:22.56
May Yabroff	6:28.52
W65 Sandra Leuba	6:42.29
Ardis Wright	6:59.26
Suzanne Myers	7:08.56

Half-Marathon Overall	
Timothy Vandervlugt 39	1:12.39
Leslie Minnix Wolfe 43	1:27.07
M35 Tim Vandervlugt	1:12.39
M40 Michael Streff	1:17.40
Tom Luongo	1:19.24
Pen Clark	1:22.58
M45 Luis Diaz	1:23.11
Bill Kaemmer	1:23.32
George Graff	1:25.03
M50 Rafael Rivas	1:22.48
Victor Cuevas	1:23.11
Mike Zeigle	1:27.24
M55 Sherman Stanford	1:24.29
Leo Beaulieu	1:40.11
Larry Frederick	1:41.52
M60 Tad Jurgens	1:36.27
Glenn Elkins	1:45.12
Buster Matthews	1:53.48
M65 Bob Fucci	2:01.40
Jay Stabler	2:01.44
John Kam	2:02.10
M70 Charles Rose	1:32.29
Phil Bohan	1:56.39
John Mogowan	1:57.52
M75 Edgar Driver	2:18.01
W35 Nathalie Goyer	1:28.42
W40 Ginny Sackett	1:35.11
Michele Keane	1:38.54
Holly Scott	1:42.12
W45 Ericka Levandoske	1:45.03
Karen Kryder	1:49.48
Kimberly Hebert	1:50.50
W50 Susan Jones	1:45.16
Jonette Anderson	1:50.48
Rosa Bischoff	1:57.30
W55 Lynda De Paulis	1:55.01
Susan Waldau	1:56.51
Linda Brown	1:57.35
W60 Yvonne Thomas	1:54.25
Vicki M Kendal	2:01.33

Isabel Rivera	2:04.11
W65 Kay Duplichan	2:15.51
Gloria Tracy	3:08.44
Norma Boll	3:30.48

WEST

Super Bowl Sunday 10K & 5K Redondo Beach, CA; Feb. 6

Overall	
Christian Hersh 26	30.36
Sarah Bouchard 30	35.17
M35 Hector Lopez	32.25
M40 Jeff Atkinson	32.42
David Olds	33.19
Brent Griffith	34.07
M45 John Araujo	35.31
Rich Gust	36.48
Peter Glassman	39.08
M50 Margarito Hernandez	37.32
Nabor Gomez	37.40
Harry Perry	42.20
M55 Nolan Shaheed	35.13
Harold Jesse	38.48
Chuck Foote	40.38
M60 Pat Wicken	43.31
Jesse Rascom	43.44
M65 Luis Gorordo	44.14
Ken Gaal	44.17
M70 Dick Windishar	53.26
John Rudberg	54.13
M75 Bud Switzer	67.40
Loren Leonard	70.51
W35 Mary Schena	43.05
W40 Rosalva Bonilla	38.44
Debbie Richardson	39.05
Vickie Ford	45.24
W45 Candice Paragone	47.40
Safa Hormati	48.07
Andrea Madenwald	48.42
W50 Debra Sharp	40.49
Nasrin Farkhi	46.29
Ann Weichbrod	49.38
W55 Jinny Blandford	48.21
Pat Bates	50.06
W60 Joanie Stahura	42.43
Mary Mitchell	54.22
W65 Shirley Blush	49.20
Char Brose	73.09
W70 Jean Saunders	76.08
Anne Allen	77.09

5K Overall	
Christian Hersh 26	14.53
Enika Alkufi 20	17.00
M35 Vidal Estrada	17.54
M40 Peter Magill	15.07
Andy DiConti	15.53
M45 Dennis Nivens	18.41
Robert Kessler	19.03
M50 Richard Burns	16.45
Hugo Velazquez	19.08
M55 Ascuncion Martinez	22.45
Dennis Ogren	23.02
M60 Lee Baca	20.17
M65 Frank Greene	22.08
M70 Robert Lyons	24.09
M75 Milo Sather	29.03
M80+Joe Fleischmann	35.07
W35 Tania Fischer	18.06
W40 Kelle Taylor	18.34
Susanne Quick	22.02
W45 Charlotte Senseny	22.04
Mary Sloane	23.13
W50 Sharon Lotesto	21.34
W55 Yoko Eichel	22.21
W60 Susan Stevens	28.59
W65 Shirley Denton	39.03
W70 Chieko Allwein	27.58
W75 Pat Burschinger	35.52

Pacific Shoreline Marathon, Half-Marathon & 5K Huntington Beach, CA; Feb. 6

Overall	
Richie Boulet 31	2:39.30
Liz Downing 46	3:07.44
M35 John Moss	2:40.39
M40 David Schiller	2:57.23
Gregg Walchli	2:59.25
Andre Boulais	3:09.10
John Delaney	3:16.09
Terrence Moriarty	3:17.59
M45 Steven Yee	3:06.35
Eric Clifton	3:09.43
Chris Borg	3:12.33
Ron Paquette	3:16.46
Joe Peinado	3:17.07
M50 Arthur Cookson	3:01.45
Takashi Yagisawa	3:01.50
Rob McNair	3:04.52
Rob Sargent	3:14.03
George Nelson	3:14.48
M55 Glenn Reis	3:23.57
Joe Ogata	3:29.26
David Macmillan	3:37.09
Dennis Huffman	3:43.08
Delfino Rodriguez	3:49.11
M60 Dr Suresh Iyengar	3:22.45
Mo Jourdan	3:41.01
Jim Ebers	3:45.32

Jerome Wirz	3:46.35
Myung Park	3:50.09
M65 John Downing	3:58.12
Philo Short	4:16.29
Michael Pang	4:36.26
John Williams	4:43.17
Raymond Prizgintas	4:43.27
M70 Gordon Watson	3:53.24
Paul Straub	4:42.39
George Border	5:21.56
John Strand	5:28.42
W35 Lauren Kearney	3:24.00
Carolyn Sion	3:31.43
Lori Heinselman	3:43.56
Olivia Gill	3:47.13
Dawn Silva	3:47.16
W40 Tracy Thomas	3:28.44
Cynthia Demarco	3:33.01
Lynnda Luce	3:35.57
Mary Garnett	3:40.39
Susan Gibbs	3:43.00
W45 Liz Downing	3:07.44
Lucrecia Jacobson	3:29.12
Nancy Ottmann	3:42.45
Sena Hoodman	3:43.06
Linda Zander	3:48.22
W50 Alfreda Iglehart	3:37.30
Janice Webb	3:50.00
Denise Deporter	4:04.45
Lorraine Gersitz	4:07.48
Olivia Kirchman	4:23.25
W55 Myung Kim	3:53.21
Sue Fauerbach	4:38.34
Karen Aydelott	4:39.20
Zenaida Tan	4:43.57
Cassandra Johnson	4:54.09
W60 Julia Dunphy	4:43.24
Judith Koob	5:33.02
Ginger Lassy	5:34.55
W65 Dorothy Strand	5:28.42
W70 Kathleen Callaway	6:22.39

Half-Marathon Overall	
Chris Ronan 30	1:11.24
Laura Knight 35	1:25.25
M35 Juan Ramirez	1:14.22
M40 Mark Donaldson	1:18.00
Kevin Herbert	1:19.45
Jorge Marquez	1:20.57
W45 Charles Sanchez	1:20.44
Leon Laub	1:24.50
Dan Clemens	1:25.28
M50 James Jeffrey	1:22.27
Kirk Daley	1:30.38
David Wilson	1:30.46
M55 Marshall Randolph	1:31.37
Agust Lim	1:31.46
Pete Boisineau	1:33.32
M60 Juan Cabeza	1:30.57
Mike Lopez	1:31.08
Dennis Campbell	1:38.53
M65 Klaus Halle	1:41.50
Ronald Crichton	1:42.37
Ted Seely	1:43.50
M70 Stanley Polski	1:52.19
David Ballantyne	1:57.16
Joseph Bruney	1:57.38
M80+Sid Jones	3:08.53
W35 Laura Knight	1:25.25
W40 Christen d Stefano	1:28.16
Debra Okano	1:32.01
Caroline Mcandrews	1:33.03
W45 Talya N-Hacohen	1:33.17
Allison Raap	1:37.25
Kim Meggison	1:38.52
M50 Marie Wickham	1:30.31
Valerie Pinocci	1:37.55
Judy Chang	1:47.44
W55 Jeanie Leitner	1:43.52
Chu Young Shin	1:52.01
Sandy Montgomery	1:55.12
W60 Karen Evans	2:11.06
Becky Ilagan	2:12.39
Susan Lucas	2:16.14
W65 Marilyn Clark	2:01.02
Mary Dugan	2:16.10
Chris Heusser	2:27.27
W70 Lenore Rebeschini	3:06.41
Carmelita De Haven	3:56.02

5K Overall	
Johann Appel 27	15.21
Christy Adamyk 15	18.24
M35 Daniel Rosales	17.04
M40 Dan Arsenault	16.11
Fred Cowles	16.26
Darwin Pagett	17.11
M45 Dave Parsel	16.55
Jose Quimbilco	18.09
Angelo Decolibus	18.24
M50 Bob Morris	18.46
Felix Lopez	19.42
Jose Alvarez	20.09
M55 Bill Sumner	19.27
Don Irvine	19.30
Ed Coffey	22.19
M60 Jim Gulaskey	22.04
Larry Bullock	24.05
Jay Scollick	24.09
M65 Alan Wakeling	21.09
Ray Ratelle	26.58
Bob Burns	31.03

M70 Allen Warren	25.00
John Harper	26.08
Bill O'Connor	28.55
M80+Al Perotti	38.04
Jim Coon	52.51
Ki Lee	1:20.14
W35 Christine Onufrak	19.24
W40 Sheri Ellerby	19.42
Stacy Blaugrund	21.51
Adriana Simon	22.37
W45 Laura Weissert	22.13
Beverly Andrew	23.15
Joy Campbell	24.51
W50 Kathy Stahl	25.35
Tineke S-Clayton	25.51
Lisa Koestner	26.49
W55 Jodie Kinney	24.17
Mary Meline	26.32
Faith Wells	27.43
W60 Diann Heyer	27.35
Meedie Younger	32.45
Barbara Osterkamp	35.24

Jerry Smith	24:46	Gloria Dake	5:27.55
Andrew Mercer	25:29	W70 Joanne Kambur	5:12.16
Patrick Russell	26:23	W80 Helen Klein 82	4:57.12
Steve Bean	27:07		
M65 Carl Petersen	22:49		
Phillip Campbell	25:04		
Norman Miller	25:25		
Michael Koranda	26:02		
Rolf Stenglantz	31:39		
M70+Henderson Cleaves	27:06		
Edward Maher	27:20		
Duke Welliver	30:44		
Jerome Grandpre	32:25		
Gene Johnson	35:09		
W35 Marina Hollon	18:30		
W40 Toya Reavis	19:06		
Pam Struyk	20:11		
Kellie Rolph	20:28		
Deb Seaman	21:14		
Jai Black	21:17		
W45 Marcella Teran	19:58		
Rose Vanduzer	22:33		
Mania Wright	22:48		
Elaine Hill	23:58		
Marie Fremont	24:35		
W50 Lynn Swanson	21:33		
Debbie Gallo	22:50		
Teri Saffon	23:01		
Debbie Shea	23:08		
Catherine Holl	23:21		
W55 Willie Mundt	23:46		
Pauline Waggett	28:20		
Candy Shepard	28:47		
Cathy Perry	30:19		
Nancy Morris	30:26		
W60 Ursula Rains	25:42		
Virginia Lopez	29:24		
Coralee Gocken	37:08		
Eileen Innecken	39:18		
W65 Martha Walker	29:07		
Barbara Camp	35:53		
Pattie Kopcho	36:59		
W70+Gerry Davidson	39:52		

Napa Valley Marathon Napa, CA; March 6

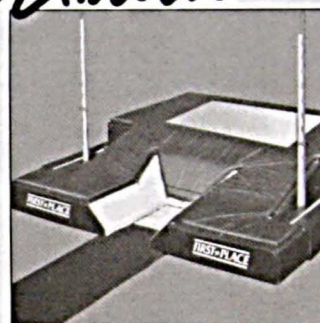
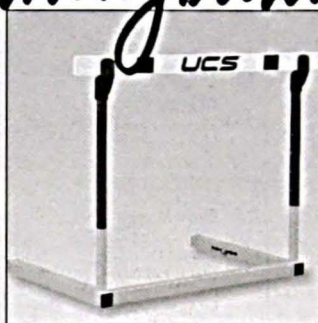
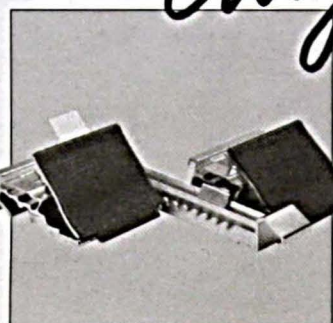
Chris Lundstrom	2:23.43	Chris Lundstrom	2:23.43
Mary Coordt	2:51.50	Mary Coordt	2:51.50
M35 Byrne Decker	2:26.32	M35 Byrne Decker	2:26.32
M40 Dave Pratt	2:49.41	M40 Dave Pratt	2:49.41
Brad Lael	2:50.14	Brad Lael	2:50.14
Andy Williams	2:50.38	Andy Williams	2:50.38
Jan Tore Nygard	2:55.50	Jan Tore Nygard	2:55.50
Lindsay McKinley	2:59.46	Lindsay McKinley	2:59.46
M45 Dick Beardsley	2:43.41	M45 Dick Beardsley	2:43.41
Steven Yee	2:57.30	Steven Yee	2:57.30
Nicholas Florio	2:59.49	Nicholas Florio	2:59.49
Lance Gilbert	3:12.06	Lance Gilbert	3:12.06
Robert Koyak	3:13.21	Robert Koyak	3:13.21
M50 Scott Hajicek	2:51.07	M50 Scott Hajicek	2:51.07
Paul Braunschweiler	2:57.45	Paul Braunschweiler	2:57.45
Herb Tanzer	3:11.07	Herb Tanzer	3:11.07
Ken Koestner	3:12.42	Ken Koestner	3:12.42
Patrick Brown	3:13.18	Patrick Brown	3:13.18
M55 Ron Smith	3:14.19	M55 Ron Smith	3:14.19
Pete Boisineau	3:18.07	Pete Boisineau	3:18.07
Dana Henderson	3:21.09	Dana Henderson	3:21.09
Robert Docili	3:29.23	Robert Docili	3:29.23
Dave Hendsch	3:29.25	Dave Hendsch	3:29.25
M60 Rick Kahn	3:26.14	M60 Rick Kahn	3:26.14
John O'Connor	3:41.30	John O'Connor	3:41.30
Valentine Pisarski	3:54.36	Valentine Pisarski	3:54.36
Bo Matthews	4:01.21	Bo Matthews	4:01.21
Ron Knecht	4:08.30	Ron Knecht	4:08.30
M65 Philo Short	4:00.29	M65 Philo Short	4:00.29
John Quinton	4:03.57	John Quinton	4:03.57
Fred Fiala	4:06.26	Fred Fiala	4:06.26
Merv Giacomini	4:31.24	Merv Giacomini	4:31.24
Ron Vertrees	4:48.30	Ron Vertrees	4:48.30
M70 Glenn Unsicker	4:57.11	M70 Glenn Unsicker	4:57.11
Jim Kambur	5:15.44	Jim Kambur	5:15.44
M75 James Ray	4:54.06	M75 James Ray	4:54.06
Harry Daniell	5:02.34	Harry Daniell	5:02.34
Richard Laine	5:28.26	Richard Laine	5:28.26
M80 John Keston 80	5:51.07	M80 John Keston 80	5:51.07
W35 Monica Ochs	3:19.21	W35 Monica Ochs	3:19.21
W40 Roberta McGraw	3:06.40	W40 Roberta McGraw	3:06.40
Kathy Millich	3:15.34	Kathy Millich	3:15.34
Anne Coyle	3:22.18	Anne Coyle	3:22.18
Betsy Cooper	3:25.55	Betsy Cooper	3:25.55
Dana Hayse	3:29.49	Dana Hayse	3:29.49
W45 Claudia Kasen	3:10.33	W45 Claudia Kasen	3:10.33
Lynne Dunsmuir	3:17.07	Lynne Dunsmuir	3:17.07
Siew Chuah	3:43.06	Siew Chuah	3:43.06
Rita Helen Hogan	3:43.38	Rita Helen Hogan	3:43.38
Angie Pozzi	3:45.23	Angie Pozzi	3:45.23
W50 Donna Anderson	3:45.20	W50 Donna Anderson	3:45.20
Marilyn Payne	3:45.22	Marilyn Payne	3:45.22
Philomena Chandra	3:48.42	Philomena Chandra	3:48.42
Kyong Martin	3:53.13	Kyong Martin	3:53.13
Barbara Rivers	3:56.16	Barbara Rivers	3:56.16
W55 Susan Love	3:43.17	W55 Susan Love	3:43.17
Angela Jerman	3:59.14	Angela Jerman	3:59.14
Sandy Montgomery	4:07.12	Sandy Montgomery	4:07.12
Marian Lyons	4:17.21	Marian Lyons	4:17.21
Martha Carlson	4:19.14	Martha Carlson	4:19.14
W60 Bonnie McEwee	4:03.28	W60 Bonnie McEwee	4:03.28
Mercedes Escobedo	4:35.26	Mercedes Escobedo	4:35.26
Lynne Rosser	4:48.34	Lynne Rosser	4:48.34
Sharon Pegg	4:54.57	Sharon Pegg	4:54.57
Nancy Jakubec	5:03.42	Nancy Jakubec	5:03.42
W65 Trudi Hofmann	4:16.53	W65 Trudi Hofmann	4:16.53

Los Angeles Marathon Los Angeles, CA; March 6

Overall		Overall	
Mark Saina 34	2:09.35	Mark Saina 34	2:09.35
Lyubov Denisova 33	2:26.11	Lyubov Denisova 33	2:26.11
M35 Simon Bor	2:12.13	M35 Simon Bor	2:12.13
M40 Ezequiel Hernandez	2:44.39	M40 Ezequiel Hernandez	2:44.39
Marco Arteaga	2:44.47	Marco Arteaga	2:44.47
Robert Leonardo	2:48.24	Robert Leonardo	2:48.24
Stephen Smith	2:50.01	Stephen Smith	2:50.01
Angel Soto	2:50.21	Angel Soto	2:50.21
Michael Beichele	2:52.11	Michael Beichele	2:52.11
Arturo Gonzalez	2:55.24	Arturo Gonzalez	2:55.24
Jamie Ortiz	2:56.49	Jamie Ortiz	2:56.49
Israel Ramirez	2:57.19	Israel Ramirez	2:57.19
Earl Zilles	2:58.16	Earl Zilles	2:58.16
M45 John Araujo	2:45.39	M45 John Araujo	2:45.39
Charles Sanchez	2:50.34	Charles Sanchez	2:50.34
Tim Taylor	2:52.20	Tim Taylor	2:52.20
Robert Schafer	2:58.12	Robert Schafer	2:58.12
Gonzalo Samaniego	2:58.17	Gonzalo Samaniego	2:58.17
Shiguy Suzuki	2:59.45	Shiguy Suzuki	2:59.45
Chuck Teixeira	3:03.52	Chuck Teixeira	3:03.52
Jong Ho Moon	3:03.56	Jong Ho Moon	3:03.56
Anthony Peng	3:03.57	Anthony Peng	3:03.57
Frank Tai	3:04.58	Frank Tai	3:04.58
Ruben Acuna	3:05.57	Ruben Acuna	3:05.57
M50 Romeo Iraheta	2:56.59	M50 Romeo Iraheta	2:56.59
Mark Bradbury	2:59.02	Mark Bradbury	2:59.02
Margarito Hernandez	3:00.01	Margarito Hernandez	3:00.01
Armando Hernandez	3:02.16	Armando Hernandez	3:02.16
Chien-Hsiung Lee	3:05.45	Chien-Hsiung Lee	3:05.45
Steven Watanabe	3:07.18	Steven Watanabe	3:07.18
Jorge Fletes	3:07.44	Jorge Fletes	3:07.44
Mario Tamayo	3:08.40	Mario Tamayo	3:08.40
Toby Salazar	3:09.13	Toby Salazar	3:09.13
Jose Cervantes	3:09.35	Jose Cervantes	3:09.35
Juan Carlos	3:13.06	Juan Carlos	3:13.06
M55 Carlos Saturno	3:08.15	M55 Carlos Saturno	3:08.15
Jussi Hamalainen	3:12.41	Jussi Hamalainen	3:12.41
Clint Burr	3:15.49	Clint Burr	3:15.49
Moo Lim	3:18.02	Moo Lim	3:18.02
Andranik Azatyan	3:18.38	Andranik Azatyan	3:18.38
Vazgen Vartanian	3:20.40	Vazgen Vartanian	3:20.40
Roger Weingaertner	3:25.18	Roger Weingaertner	3:25.18
Mike Schneider	3:26.41	Mike Schneider	3:26.41
Dennis Huffman	3:26.54	Dennis Huffman	3:26.54
Donald Ocana	3:27.22	Donald Ocana	3:27.22
M60 Wayne Mitchell	3:14.02	M60 Wayne Mitchell	3:14.02
Richard Hillstead	3:19.13	Richard Hillstead	3:19.13
Tom Glenn	3:28.34	Tom Glenn	3:28.34
Jesse Raslom	3:28.59	Jesse Raslom	3:28.59
Shiv Shankar	3:32.13	Shiv Shankar	3:32.13
Ed Wehan	3:32.25	Ed Wehan	3:32.25
Mike Lopez	3:32.57	Mike Lopez	3:32.57
John Farah	3:35.26	John Farah	3:35.26
Freddie Perez	3:39.56	Freddie Perez	3:39.56
Luis Organista	3:41.23	Luis Organista	3:41.23
M65 Jimmy Toyama	3:19.04	M65 Jimmy Toyama	3:19.04
Kohichi Soya	3:41.33	Kohichi Soya	3:41.33
Hoo Jin Chung	3:42.29	Hoo Jin Chung	3:42.29
Charles Haycraft	3:45.33	Charles Haycraft	3:45.33
Miguel Lopez	3:48.48	Miguel Lopez	3:48.48
Carlos Gonzalez	3:52.29	Carlos Gonzalez	3:52.29
Tom Cowley	3:54.32	Tom Cowley	3:54.32
Theodore Seely	3:55.31	Theodore Seely	3:55.31
Antonio M. De Moraes	4:02.58	Antonio M. De Moraes	4:02.58
Ted Alarcon	4:05.47	Ted Alarcon	4:05.47
M70 Joe Villalpando	3:54.23	M70 Joe Villalpando	3:54.23
Don Moore	4:18.29	Don Moore	4:18.29
Salvador Vega	4:29.49	Salvador Vega	4:29.49
Sergio Cruz	4:32.32	Sergio Cruz	4:32.32
Stan Lisiewicz	4:40.35	Stan Lisiewicz	4:40.35
Michael Pang	4:44.15	Michael Pang	4:44.15
Orin Scandrett	4:52.02	Orin Scandrett	4:52.02
Paul Straub	4:55.09	Paul Straub	4:55.09
Stephen Bland	5:12.28	Stephen Bland	5:12.28
Asencion Munoz	5:21.10	Asencion Munoz	5:21.10
M75 Tom McKiernan	5:10.10	M75 Tom McKiernan	5:10.10
George Thompson	5:28.28	George Thompson	5:28.28
Flavio Bisignano	5:35.25	Flavio Bisignano	5:35.25
Cruzanhez Ubaldo	5:40.38	Cruzanhez Ubaldo	5:40.38
John Alarcon	5:49.52	John Alarcon	5:49.52
Yoshitaka Sakazaki	6:06.50	Yoshitaka Sakazaki	6:06.50
Sam Langholz	6:26.29	Sam Langholz	6:26.29
Jae Yang	6:36.41	Jae Yang	6:36.41
Romeo Tomassini	6:36.46	Romeo Tomassini	6:36.46
Luis Marroquin	6:43.53	Luis Marroquin	6:43.53
M80+Luis Hidalgo	4:22.25	M80+Luis Hidalgo	4:22.25
Sal Avila	5:02.49	Sal Avila	5:02.49
Eliot Shimer	6:11.39	Eliot Shimer	6:11.39
Peter H Lang	6:33.12	Peter H Lang	6:33.12
Ernest Van Leeuwen	6:46.34	Ernest Van Leeuwen	6:46.34
Robert Hauffen	7:23.37	Robert Hauffen	7:23.37
Albert Pugliese	7:44.15	Albert Pugliese	7:44.15
Graham Tyson	8:04.03	Graham Tyson	8:04.03
Abe Stein	8:09.01	Abe Stein	8:09.01
W35 Tatiana Titova	2:37.51	W35 Tatiana Titova	2:37.51
W40 Rikako Takei	3:11.29	W40 Rikako Takei	3:11.29
Katie Tapia	3:21.23	Katie Tapia	3:21.23
Kricia Garcia	3:22.37	Kricia Garcia	3:22.37
Dee Dee Glass	3:24.16	Dee Dee Glass	3:24.16
Rossana Robinson	3:26.34	Rossana Robinson	3:26.34
Sharon Burke	3:26.58	Sharon Burke	3:26.58
Patricia Fasola	3:28.21	Patricia Fasola	3:28.21
Michelle Kobrin	3:33.45	Michelle Kobrin	3:33.45
Carrie Blakemore	3:34.26	Carrie Blakemore	3:34.26
Carolyn Scott	3:35.02	Carolyn Scott	3:35.02
W45 Christa Koot	3:25.35	W45 Christa Koot	3:25.35

	Constance Boyd	3:30.36
	Lucrecia Jacobson	3:35.30
	Sara Brito	3:36.36
	Amelia E G Garcia	3:36.43
	Olga Reyes	3:37.33
	Sena Hoodman	3:40.28
	Sally Baker	3:40.59
	Patty Peck	3:41.12
	Kathleen Tracy	3:41.41
W50	Tatyana Pozdnyakova	2:31.05
	Alfreda Iglehart	3:31.51
	Julie Lawton	3:39.57
	Carolyn Gill	3:50.54
	Sachiko Pedder	3:55.19
	Carol Davenport	3:56.27
	Sue Francis	3:57.23
	Nasrin Farokhi	3:57.34
	Arzenia Redcross	4:01.26
	Shiela Johnson	4:02.38
W55	Carol Bautista	3:37.13
	Romana Niblack	3:46.13
	Myung Kim	3:48.47
	Hilda Herrera -Adler	3:50.15
	Sharon Grant	3:53.30
	Jean Schlesinger	4:12.31
	Alma A. De Rodrique	4:12.49
	Patty Giebel	4:13.01
	Rosanne Stacey	4:21.04
	Kayoko Nanta	4:21.37
W60	Karen Haycraft	3:45.34
	Erika Freund	4:23.10
	Marie Stevenson	4:36.34
	Ria Rugg	4:39.35
	Ann Tack	4:41.08
	Darlene Galindo	4:46.58
	Julia Dunphy	4:48.27
	Carole Flanagan	4:49.10
	Rose Casamassa	4:49.27
	Gertraud Bornhoff	4:58.51
W65	Yasuko Furushima	4:29.08
	Marilyn Clark	4:36.07
	Mary Dugan	5:11.37
	Joyce Hodges-Hite	5:27.25
	Mary Hack	5:27.51
	Elaine Murphy	5:43.14
	Dorothy Strand	5:45.31
	Virginia Lespron	5:53.31
	Ursula Krummel	5:55.37
	Joan Maxwell	6:02.31
W70	Marlene Kalish	6:16.12
	Beth Petersen	6:18.40
	Ann Chadwick	6:26.12
	Gudrun Naschak	6:27.21
	Emily Hernandez	6:32.01
	Patricia DeVita	6:34.56
	Kathleen Callaway	6:36.47
	Elaine Herfert	6:48.30
	Charlotte Schroeder	6:53.45
	Julia Barrett	6:54.58
W75	Byungye Kim	6:48.08
	Margaret Gonzalez	6:53.00
	Lenore Rebeschini	6:59.18
	Mary Case	8:26.52
	Lillian Miller	8:34.17
	Alicia Guerrero	9:53.43
W80	Margaret Davis	5:42.49
	Liana Diaz	6:35.04
	Hortense G-Taranco	8:25.55

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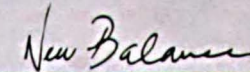
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