May, 1994 189th Issue

# 600 Participants Set 31 World Indoor Records at USA Masters T&F Championships in Missouri



Triple jump gold medalists (from left): W65 Josephine Sullivan; W60 Magdalene Kuehne (WR 25-91/4); W55 Joann Grissom; and W35 Sarah Boslaugh, at the USATF National Masters Indoor T&F Championships, Columbia, Mo., March 25-27,

# Kurtis, Scaunich Win in Boston Marathon

by MARILYN MITCHELL

BOSTON, April 18 - In today's 98th running of the Boston Marathon, Michigan's Doug Kurtis, 42, posted a 2:15:48 as the first over-age-40 finisher, and Italy's Emma Scaunich turned in a 2:33:36 for the women's masters win. Each took home \$9000 for their efforts.

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Overall male winner Cosmos Ndeti of Kenya cruised home in 2:07:15 for his second consecutive Boston win. Female winner Uta Pippig of Germany turned in the third fastest women's marathon time ever - 2:21:45.

The open winners each took home \$95,000 - \$70,000 for first place and \$25,000 for new course records. And in a rare gesture of sponsorship generosity, title sponsor John Hancock Financial Services offered the \$25,000 course bonus to second-placer Andres Espinosa (Mexico), whose 2:07.19 finish was also under the previous course record.

In all, \$572,000 was paid out in guaranteed prize money, of which \$117,500 represented bonuses. Whereas last year was hot and humid, this year temperatures were in the 50s with overcast skies and a 19-mile-perhour tailwind - ideal for marathon-

It was truly an exceptional day with exceptional performances in an excep-

Continued on page 9

# Witherspoon, Raschker Win Top Awards

by JERRY WOJCIK

The 1994 USATF National Masters Indoor Track & Field Championships took place on the campus of the University of Missouri, Columbia, March 25-27, amid the hoopla of the Tigers' game against Arizona in the Final Eight of the NCAA Basketball Championships on the 26th. While the Mizzou Tigers were being mauled (92-72) by the Wildcats in Los Angeles, men and women athletes ages 30-andover were clawing for honors and records at the university's Hearnes Center Fieldhouse.

Over 600 athletes from almost every state, including Alaska, participated, and one came from as far away as Australia (Neil MacDonald, an M50-54 from Bendigo, Victoria, who, the week before, competed in the British Veterans Championships, then flew here to defeat a large, talented field in the 800 with a 2:09.24). The Canadians showed up with a strong contingent, anchored by Earl Fee, who easily broke world M65 records in the 800 (2:16.80) and 1500 (4:47.10), and Karl Trei, who garnered three world M85 records in the high jump (1.04/3-5), long jump (3.00/9-10), and triple jump  $(6.67/21-10\frac{3}{4}).$ 

In all, 31 world and 18 U.S. agegroup records fell. Phil Raschker, 47, Marietta, Ga., continued to change the record book with five W45-49 world records and one U.S. best. Her most impressive performance came at about midnight Friday, when she vaulted 3.20/10-6; the event had started at 7:30 p.m. The mark is also a pending U.S. open women's record. Raschker was awarded the Best Woman Athlete of the Meet plaque.

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Keith Witherspoon, 41, Richmond, Va., winner of the men's Athlete of the Meet Award, broke the triple jump world masters record with a 48-51/2 mark and missed the world record for the long jump by one inch with a 22-11 3/4 leap. Photo by Jerry Wojcik

# Masters Legend Paul Spangler Dies at Age 95

Dr. Paul E. Spangler, the senior ambassador of masters track and field, died of heart failure during a sevenmile run near his home in San Luis Obispo, Calif., March 29, 11 days after his 95th birthday.

"He died the way he wanted to go before losing his independence," said Betty Nolen of Belmont, Calif., one of his four surviving children. "You have to rejoice that he touched so many

Spangler, who graduated from the University of Oregon in 1919, set several world and American age-group distance running records after taking up running in 1966.

He was a charter member of the Fifty-Plus Fitness Association at Stan-

ford and two years ago he received the national Arete Award for Courage in Sports in Chicago.

"He wanted us to host the World Veterans Games when he was 100," said Barbara Kousky, chairman of the USA Track and Field Committee. "We looked forward to seeing him in August at the nationals. He will be sorely missed. We'll definitely do something to honor him (during the meet)."

Kousky said Spangler was a popular spokesman for the masters movement and was the oldest and most photographed participant in the 10th World Veterans Games in Miyazaki, Japan, last October.

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

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions - results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is

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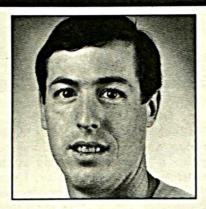
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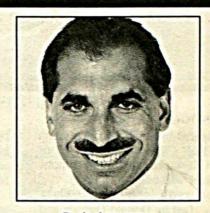
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# INDOOR NATIONALS

NESS GLPPLEMENTS

I competed in the National Masters Indoor T&F Championships at U. of Missouri. It was my first masters meet. This runner was really impressed.

Almost every event went along smoothly. Led by Donald Dobson and the rest of the staff at the U. of Mo., the 3-day weekend went very fast. The volunteer race officials are to be commended for their hard work and devotion to duty. The starters, judges, timers and other volunteers did an outstanding job. The T&F athletes were helpful and friendly.

The results could have been put up faster on the bulletin board. Lists of the runners in the heats also were slow in appearing. However, those were the only glitches that I could observe.

After seven years in regional, state, and national Senior Olympic competition, this was a new experience for me. I plan on more masters meets in the future

I also wish to thank the National Masters News for publishing an informative newspaper.

I'm a member of the Motor City Striders. The other members who traveled from southeast Michigan also echo my sentiments.

Earning a silver in the 400, a bronze in the 800, and three ribbons in other events was like frosting on the cake for

Jack Hipple South Lyon, Michigan Columbia was a great indoor championships, with excellent camaraderie, great races, and a super track. Here are some suggestions that runners made for future championships:

SPORTSER

1) Provide a list of pre-registered entrants, by event, age, sex, club, state, and entry time. 2) Place a digital clock near the finish for use by both runners and spectators (or activate scoreboard clock if there is one). 3) Check in all runners for an event at one time so that individual heat participants are not held 15-20 minutes at check-in point. Warm-ups were made unpredictable and hampered. 4) All heats should be on the board at the start of the meet, at least for pre-entrants. 5) Speed up awards; 2-3 hours is unnecessary. People want to leave to recover in their rooms or go out and celebrate. 6) Stands should be by the finish line, if possible. 7) Order enough T-shirts, so that they don't run out. 8) On the last day of the meet, run events more continuously, and advertise "On last day of meet, events may be ahead of schedule," i.e., fill event time holes to allow people to leave early. 9) Prepare a check list of everything that should be done for future championship meet

Robert Weiner, Washington, D.C.; Nolan Smith, Pasadena, Calif.; Sid Howard, Plainfield, N.J.; Gene Timberlake, Houston, Texas; Sylvie Kimche, NYC; and Jeff Helton, Lexington, Ky.

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#### **GERMAN THROWERS**

Gosh! What a surprise! I didn't realize those German guys were so great. It must be something in the water - or maybe in the air. I have noticed that the really strong ones have yellow eyes. Perhaps they select them for that trait. They also smoke a lot, crowd ahead in practice, and are quite loud. Nonetheless, I have really enjoyed competing with them over the years. My personal competitions with the Germans have had mixed results. As an M40-44, I won a round of beers for all by leaping over a parked Volkswagen Bug (from a curb, running start). As an M50-54, I almost outsprinted a very large irate Doberman Pinscher (yellow eyes) for thirty yards. I don't remember if I was ranked in those events during those years, but I do remember the thrill of victory and the agony of defeat.

I get a lot of letters from competition friends around the world; we like to brag to one another about how far we throw. One German friend sent me a snapshot of his personal shot put ring that he built in his back yard. I noticed the impact area was quite a bit lower than the toe-board. He gets some really long throws at home.

I am told by informed sources at the highest level that the throwing areas in Buffalo are going to be flat. So when we gather together in 1995 for a throw, we will all have the same conditions.



George Mathews, 50, Seattle, Wash., silver medalist (45-9), 35-lb. weight, USATF National Masters Indoor T&F Championships, Columbia, Mo., March 25-27.

Photo by Jerry Wojcik

Perhaps Dr. Von Rohr should do another comparison when the dust settles.

Presented with humor.

Richard Hotchkiss Rocklin, California

#### CHUCK KLEHM

It was quite a shock to read in the April NMN that "Chuck" Klehm died. Chuck did an outstanding job as chairman of the masters weight events for years.

I participated in several midwest masters meets in Illinois over the past several years, and we weight throwers always watched for Chuck to arrive in his pick-up truck with all the weights in the back.

Continued on page 14

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# The 3½-Percent Factor

ollowing his sensational 3:58.15 masters mile record in Boston on February 20, Ireland's Eamonn Coghlan equated that effort to his 3:49.78 indoor mile record in 1983.

If that's really the case, then we have a gauge of sorts as to how much a man loses between age 30 and 40, or more accurately, 41, as Coghlan was when he ran the first sub-4 masters mile. It figures out to a 3.64 percent loss. If we assume that Coghlan would have been able to run a little faster at age 40 had he not taken a year off before then, we're looking at a loss of about threeand-a-half percent at age 40.

Of course, not everyone ages at the same rate and the physical demands of miling are not necessarily the same as for other events or other sports. It may very well be that speed declines more readily than endurance, or that coor-

dination and agility are lost at a different rate than speed. It's impossible to totally isolate the various physical elements.

But if that 3.5 factor applies to sprinting, then Carl Lewis, the current world recordholder at 100 meters with a 9.86, should be capable of a 10.21 at age 40. If it applies to jumping ability, Dwight Stones, who is currently attempting to become the first person over 40 to high jump 7-feet, should be capable of 7-43/4, based upon his alltime best of 7-8 in 1984.

We didn't have to wait for Coghlan to see that little of a differential. The difference between Belayaneh Din-



Staging area at Hearnes Center Fieldhouse, U. of Missouri, Columbia, site of the 1994 USATF National Masters Indoor T&F Championships, March 25-27.

Photo by Jerry Wojcik

samo's world marathon record of 2:06:50 and John Campbell's masters best of 2:11:04 is just 3.3 percent. Of course, Campbell achieved his time on Boston's one-way, slightly downhill course. But Jack Foster, who had the previous best for a masters marathoner at 2:11:19, is exactly 3.5 percent over Dinsamo's record.

It was pointed out in the July 1990 issue of this column that it will take a 3:53.86 mile to equal Campbell's marathon time. That was based upon the then-record of 3:46.32 for the mile. Taking the present mile record of 3:44.39, it will take a 3:51.79 mile to equal a 2:11:04 marathon.

#### Adapted Around Age 40

It would be more scientific to take Campbell's time at age 30 over the same Boston course under the same conditions and compare it with his 2:11:04 at 41, but Campbell did not run Boston then and was not as serious a competitor in those days. The same goes for Foster. Both Campbell and Foster fully adapted to the sport right around age 40.

Adaptation is one aspect of the running sport that many masters seem to overlook when they make comparisons. I'll frequently hear a masters runner say that he is running better now than he was five years ago, implying that he has outwitted Father Time. Question this same person and you'll most likely find that he or she hasn't been running very long. Generally, it takes five to ten years for most middleand long-distance runners to fully adapt, i.e., develop and mold the body to the physical demands of the sport. It's possible that Campbell and Foster could have been sub-2:07 marathoners at age 30 had they seriously taken up the sport at age 20. Thus, they may have been, and probably were, slower at age 40 than they were at age 30.

They simply didn't maximize their potential at age 30 and are unable to make any comparisons.

#### Adapted At Age 30

With Coghlan, however, we can make a comparison. He certainly was fully adapted at age 30. He continued to compete until age 38. He lost a year at 39, spent a year getting back to 100 percent, then did the 3:58.15.

About the only other athlete I can think of by whom we can make such a comparison is Nolan Ryan. He was reportedly throwing a 101 mph fast ball at age 30. At age 40, his "smoke" was measured at about 97 mph. That's a loss consistent with Coghlan's, just over 3.5 percent.

The good news, then, is that if we remain active, we don't lose a heck of a lot before age 40, only around 3.5 percent. The bad news is that we do lose something, and that small differential can represent the difference between being a world-class competitor and not being one. Surely, Coghlan can't compete with the best milers in the world today, and Carl Lewis won't be able to qualify for an Olympic team with a 10.21.

### Odds Against 41+

Aging takes its toll, but nowhere near as much as people once thought. I'm giving these odds against anyone older than 41 breaking 4 minutes:

Age	Odds Agains
42	5-
43	10-
44	50-
45	100-
50	10,000-
60	100,000-
70	1,000,000-
80	Dillion

Neither teletransportation nor astral travel counts. Any takers?

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## ORDER OF EVENTS WOMEN'S EVENTS FIRST

# FIELD EVENTS

Field event competitors must provide their own implements. Implements will be subject to inspection prior to competition.

High Jump / Javelin / Hammer

Long Jump (upon completion of Javelin) / Discus 2:00

Relays

3:30 Shot Put 3:45

Triple Jump



# **RUNNING EVENTS**

2:00 Hurdles 2:20

Distance Medley Relay 2:30 Mile Walk

"Tony Sapienza 3K"

100M 3:05

800M 3:25 3:35 200M

3.45

"Phil Surette 400M" 4:15

4:30 "Jock Semple Invitational Men's Mile"

Women's and Men's Mile Sections to follow

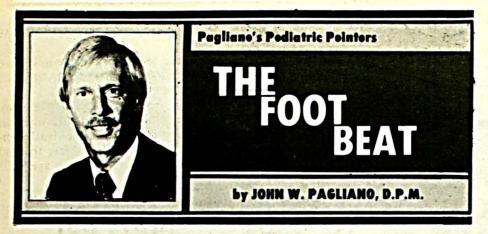
4 x 800 Relay Women 4 x 800 Relay Men

Mile Relay

### **Entry Form**

Name_		Republication Care Sp	_ Sec: (M) (F) Date of Blath/ Age on Race Da	
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List your anticipated time	or performance:	Andrew Salama Paga at ali waiti Kabupatèn	role of the state	Parls Call
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In consideration of this entry being accepted, I hereby for myself, my heirs, executors or administrators waive and release any and all rights and claims for damages I may have against Northeastern University, USATF, TRACS,Inc., B.R.C., Reebok, Kennedy Bros.,PT, its agents, representatives, successors and assigns for any and all injuries suffered by me at said meet and arising out of my traveling to and from said meet.



# 10 Tips for Foot Health

Exercise regularly. Feet have muscles and bones, just like the rest of your body. A good general aerobic exercise program three days a week, combined with foot exercise, will stimulate circulation and develop strong, well-balanced feet.

- 2. Stretch regularly. Stretch the foot and lower leg muscles before and after exercise. This reduces risk of injury from exercise.
- 3. Check walking form. Check that your feet point straight ahead. Walk slowly at first, then increase your speed. Walk 3-4 times weekly at a pace of 3-4 miles per hour to increase your aerobic capacity.
- 4. Wash and dry your feet daily. Smooth rough skin with a pumice stone and apply dry skin cream after bathing. Look for cracks, fissures and redness between the toes. Fungus loves dark, damp places. Drain blisters under sterile conditions and allow them to heal.
- 5. Trim nails regularly. Trim with a slightly rounded edge, using a clipper designed for toenails. Do not cut into the nail corners. Use a stiff brush to clean the nail borders.
- 6. Choose properly fitting shoes. We need shoes to protect us from the elements and environment. Choose a shoe that is comfortable, snug in the heel and wide enough not to squeeze the forefoot. Allow at least 1/8 inch of space between the longest toe and the end of the shoe. Avoid high-heeled shoes and those with pointed toes. Shoes should let the feet 'breathe.'

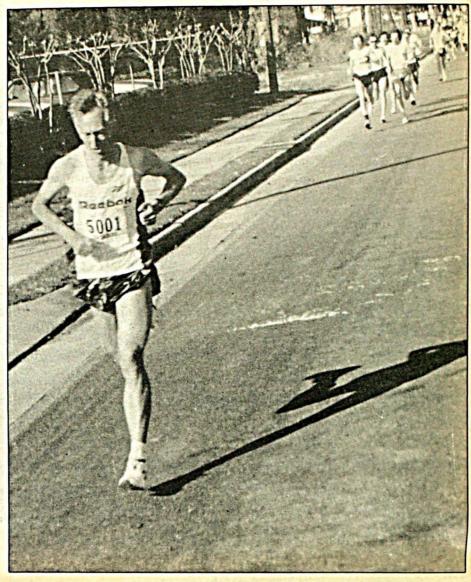
Leather shoes are usually the best. High-top shoes help stabilize the ankle.

- 7. Choose a shoe for the occasion. You will need walking shoes for walking and running shoes for running. Each is designed with a specific sport in mind. Choose a shoe that offers good midsole cushioning and a stable heel counter.
- 8. Purchase children's shoes with extreme care. Babies are best left without shoes until they are walking. Allow ample room for growth. Don't use 'hand-me-downs' that are molded to someone's else's foot. These will simply cause new problems.
- 9. Choose a good pair of socks. Cotton or cotton-synthetic combinations allow the foot to 'breathe' and offer additional cushioning to the foot.
- 10. Add a soft orthotic or insert into your walking shoe as you get older. This will help compensate for the loss of natural cushioning of the foot that occurs with age.
- (Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)



In the closest race of the meet, Chuck Sochor (1), Mel Larson (c), Bernard Stevens (r) finished .05 seconds apart in an M65 200 heat, USATF National Masters Indoor T&F Championships, Columbia, Mo., March 25-27.

Photo by Jim Moorehead



Nick Rose, 42, of England, led from start to finish to win his third consecutive masters title in 24:25, Shamrock Masters 8K, Virginia Beach, Va., March 19.

Photo by Ken Martin

# Rose Wins Third Straight Shamrock

by JERRY WOJCIK

Nick Rose, 42, of England, won his third consecutive title with a 24:25 in the masters 8K race of the Shamrock Sportsfest, which also offered a marathon and regular 8K, Virginia Beach, Va., March 19. Rose, who set the masters world record of 23:13 in this race in 1992, led from the gun and was never headed. Bill Rodgers, 46, Sherborn, Mass., was second in 24:58, with Canadian Bryan Stride, 43, third in 25:28.

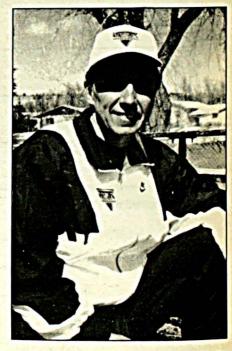
In the closest contest of the race, Hugh Sweeny, 50, Jersey City, N.J., won the M50-54 division with a 28:05, followed closely by John Benkert (53, 28:08), Pasadena, Md., and Thomas Hare (50, 28:12), Raleigh, N.C.

In the W40-and-over race, local favorite Gretchen Maurer, 42, Norfolk, Va., defeated, with a 29:47, nationally-ranked master Catherine Lempesis (42, 29:57), Columbia, S.C., and Barbara Filutze (47, 29:58), Erie, Pa. Newcomer and sensation Rae Baymiller, 50, NYC, was fourth in 30:30.

The marathon masters winners were Dan Black, 40, Kalamazoo, Mich., with a 2:26:06, and 46-year-old Jeanne Kruger, Norfolk, Va., in 3:15:07.

The day began with 15-to-25 mph

winds and a 55° temperature. Over 4200 runners participated; 635 in the masters 8K. □



Walt Wetzel, 49, Billings, Mont., 1993 USATF Montana Masters Road Racer of the Year, went undefeated as a master runner in 13 road races in 1993.

# Kurtis, Scaunich Win in Boston

Continued from page 1

tional race. Although having a net elevation decline of about 400 meters, it's a tough course. Heartbreak Hill is really a series of three or four hills. The one usually referred to has a 600-meter stretch of upward elevation.

The hills, themselves, are tough, but they are made worse by the fact that they come at what is usually "the wall" for many runners — at about the 20-mile point.

Boston is the world's oldest marathon. It was the first major marathon to offer equal prize money to all levels of men and women. The male and female winners of the open, masters and wheelchair divisions were invited to Washington, D.C. to run with President Clinton on April 20.

Kurtis finished 29th overall and posted his 74th sub-2:20 marathon, for the second-fastest U.S. masters time after Barry Brown's 2:15:15, set in 1984.

"The race was something you dream about," Kurtis said. "This is one of my fastest times in ten years. I really wanted it, 'cause I've been second (masters) here twice. Ian (Bloomfield) and I pushed most of the race. I said 'If

I'm first at Heartbreak Hill, I'll win

France's Pierre Levisse (42, 2:17:13) was second over-40 while Britain's Bloomfield was third (2:17:42).

"I'm not planning to slow down,"
Kurtis said. "I have a marathon in two
weeks (Pittsburgh)...another in four
weeks (Cleveland). I did 15 (marathons) last year. I work 40 hours a
week at Ford Motor Company and I
see my two children every other day.
And I just got engaged."

Scaunich, who placed second overall in the Los Angeles Marathon, March 6 in 2:37:05, finished 11th overall.

"I consider myself to be competing in the open division," she said through an interpreter. "I didn't see Bernie (Portenski, last year's masters winner). You must take risks at Boston, but I'm disappointed because I did not take as much risk as I expected. Boston is more adventurous than New York because of the downward elevation (net change of about 400 meters). You have to ration your efforts."

Scaunich was on the 1992 Italian Olympic marathon team (2:46:14), but came back to place sixth in the 1993 New York Marathon in 2:31:59. She may even inspire Grete Waitz, who announced at New York that she's recon-



Mary Boles, first W65 (30:27), Windward 5K, Kailua, Hawaii, May 16. Photo by Tesh Teshima

sidering her previous statements about not running a marathon as a master.

Scaunich, who lives in Bologna, Italy, is a private trainer and physical education teacher.

Canada's Richard Crampon (51, 2:36:45) defeated Washington's Fay Bradley (56, 2:39:47) to win M50-59 honors, while California's Melody

Schultz (52, 3:20:28) took W50-59 laurels.

In the M60 division, Japan's Yuzo Tamaru (60, 2:49:34) edged Alabama's Malcolm Gillis (2:50:50).

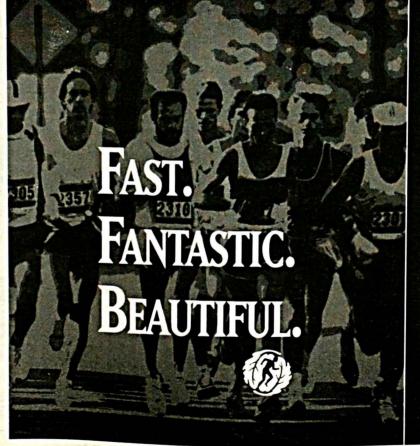
This year's race had 9059 competitors (7047 men and 2012 women), including divisions for the visually impaired and wheelchair. More than 40 percent of the total were over age 40. □

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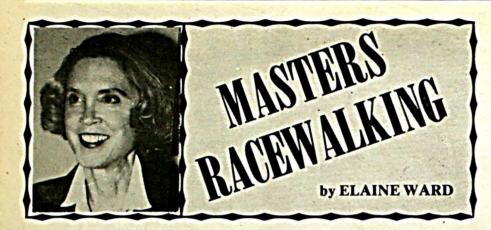
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# Training Masters (Part One)... Coach Gwen Robertson

EW: Do you have a general philosophy for training masters?

GR: I always try to learn what an athlete's goal is. If a walker's goal is to race and to race well, then that becomes the focus of the training, not just training to train, but training to race.

I have found that many older walkers have never focused on a particular time frame in which they want to race, such as the spring or summer months. They just participate in races all year round without any specific goals for peaking.

EW: Then you encourage masters to pick a race season and to train for it.

GR: If they want to. As a coach, I am a firm believer that it is the athlete's choice, not mine. Their goals are what is important. If they want to race year round, fine. We can set up a plan that will help them do that. These athletes can be good, but they may not reach the peak performance that they would if they focused on one or two big races a year. I prefer to work with someone who wants to peak, let's say, for one or two races in the summer or maybe in the fall and then take an active rest

during the winter months.

EW: Do you feel that a period of rest is psychologically necessary to avoid burn-out?

GR: Definitely. Not only does the body need to be rested, the mind needs to be rested - probably more. A mental break from the day-in and day-out routine of getting out the door and training is rejuvenating. When you come back, you are raring to go. Active rest does not mean sitting and doing nothing. Athletes are encouraged to stay active with cross-country skiing, biking, swimming, running generally enjoying the activities they have not been able to do because of their training schedule.

EW: What do you consider an optimal rest period?

GR: One month, particularly the month of December as this is a month

when a lot of things are going on. Then training starts again in January. An athlete might take one to two weeks vacation in the middle of the summer, too. It is sometimes hard to train when you are away from home. One or two weeks active rest in the middle of a racing season doesn't hurt. Often athletes will come back better than they were before.

#### Multi-Paced Training

EW: The masters national outdoor championships are usually in the second week of August. How would you have your athletes prepare?

GR: In the last several years, I have changed to what the British call a multi-paced training year where athletes do all kinds of speeds throughout the year. They will do some fast stuff early on to keep in touch with their fast twitch muscle fibers. This involves doing the same type of fast work in January as you do in June, but only once a week or once every two weeks. I have noticed that athletes seem to recover better from training and from racing using this multi-paced training. Combining shorter fast workouts, longer fast workouts, tempo workouts and VO2 max type workouts provides a good mental break as you are not doing the same thing over and over.

EW: Would you explain what tempo means exactly?

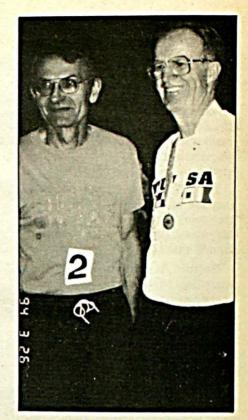
### Tempo Workout

GR: I explain tempo as 10 to 15 seconds per mile slower than your current 10K race pace. You would want to do this for 30 minutes or so. It is more for increasing your anaerobic



Maureen Lia, 61, Creve Coeur, Mo., second (18:34.20), W60 3000 racewalk, USATF National Masters Indoor T&F Championships, Columbia, Mo., March 25-27.

Photo by Jerry Wojcik



Tulsa, Oklahoma, racewalkers Jim McFadden (1), M50 fourth, and Dick Donley, M65 fifth, 3000 racewalk, USATF National Masters Indoor Championships, Columbia, Mo., March 25.

threshold. Tempo work is one of the most critical workouts you can do and it should be included year round.

With older athletes, I basically have gone to two hard days a week, occasionally three in the racing season. One of these quality sessions could well be a tempo workout - that is a 6 to 7 mile workout with 2 to 3 miles in the middle at tempo. A walker would not want to start right out with this. You might do a 15-minute warm-up walk, a 15-minute tempo walk, and a 15-minute cool down, gradually increasing to 2 miles of moderate walking, 3 miles of tempo and another mile of easy walking. If you are training for a longer distance like a 20K, you might get up to a 40-45-minute tempo walk; but again, it is at a pace 10 to 15 seconds per mile slower than your 10K race pace.

Every two to three months, as your fitness increases, you need to do a time trial or race to check your pace so you can adjust your tempo pace. If you do a 5K, you can figure out your 10K pace from that.

EW: How do you figure your 10K race pace from your 5K race pace?

GR: If you do a 25-minute 5K, your 10K pace would be 51:30 to 52:00, or about 15 to 20 seconds a mile slower.

(To be continued next month)

# **New Racewalking** Records

A complete list of World best and USA record racewalking performances by five year agegroups and compiled by Bev LaVeck, USATF Masters Racewalking Coordinator, are on pages 27-28.

# 5 KM Postal Team Challenge

TO DATE, THE CHALLENGE ISSUED BY THE FLORIDA ATHLETIC CLUB (FAC) FOR A 5 KM TEAM POSTAL CHAMPIONSHIP HAS BEEN ACCEPTED BY CLUBS FROM SAN FRANCISCO, LOS ANGELES, DALLAS, NEW YORK CITY, NEW JERSEY, SEATTLE, AND ST. LOUIS.

FAC IS GRATIFIED THAT SO MANY CLUBS ARE WILLING TO COMPETE EVEN THOUGH THEY WILL GO DOWN TO IGNOMINIOUS DEFEAT.

BEVERLY LAVEC, IN A MOMENT OF UNTHINKING ENTHUSIASM, HAS VOLUNTEERED TO PERFORM THE TABULATIONS.

THE ONLY MODIFICATION IN THE PROPOSAL IS THAT THE 5KM CAN BE HELD ANYTIME DURING THE MONTH OF OCTOBER. FOR CLARIFICATION, THE NEW WAVA AGE GRADING TABLES WILL BE USED, BASED ON ONE'S ACTUAL AGE (NOT ON FIVE YEAR GROUPINGS).

IT IS PERFECTLY PERMISSIBLE FOR TWO OR MORE CLUBS TO PARTICIPATE AT

AFTER FAC'S VICTORY, IT WILL BE REQUIRED THAT ALL RACE WALKERS GENUFLECT UPON MEETING ANY OF OUR CLUB MEMBERS.

OTHER CLUBS, HAVE THE GUTS TO PARTICIPATE, PLEASE SIGN THE

MOST IMPORTANTLY OF ALL - DON'T TAKE ANY OF THIS SERIOUSLY.

NAME OF CLUB\_\_\_\_ CONTACT CITY\_\_\_ST\_\_ZIP\_\_

MAIL TO: FAC, 3250 LAKEVIEW BLVD., DELRAY BEACH, FL 33445 FAX: 407-495-5054

# Paul Spangler Dies

Continued from page 1

"He got to meet privately with the prince and princess (of Japan) while he was there," Kousky said. "He was extremely sharp. It was always a highlight to hear him speak."

Spangler was born March 18, 1899, in Mittineague, Mass. The son of a Congregational minister, his family moved to Eugene, Ore., in the early 1900s and he delivered The Register newspaper in Eugene in 1913.

His schooling at the University of Oregon was interrupted for service in the Navy during World War I. In 1923, he graduated magna cum laude from Harvard Medical School.

He studied flying at the Portland Flying Club, and his family claims he became the first doctor to have a pilot's license.

He was a surgeon at the Navy hospital in Pearl Harbor on Dec. 7, 1941. He retired from the Navy in 1959 and worked on Project Hope, taking a peace-time hospital ship on its first mission to Southeast Asia.

Running and barbershop singing became his joys in later life. He founded the Society for the Preservation and Encouragement of Barbershop Singing in America, and took pride in breaking three hours in qualifying for the Boston Marathon in 1979.

His two wives died, leaving him four children - Nolen, Barbara Kuhne of



Tom Hartshorne, 40, Brooklyn, N.Y., second in the M40 1500 (4:12.52), USATF National Masters Indoor T&F Championships, Columbia Mo., March 25-27.

Photo by Jerry Woicik



Paul Spangler (1), at age 94, the oldest competitor in Miyazaki, and Jon Lomax.

Northbrook, Ill., Margot Krolczyk of North Palm Beach, Fla., and Paul A. Spangler of San Jose, Calif. He had 14 grandchildren and 28 great-grandchildren.

At the family's request, memorial donations may be made to the Paul Spangler Memorial Fund, c/o Fifty-Plus Fitness Association, P.O. Box D, Stanford, Calif. 94309, or to the Spangler-Sheppard Scholarship Fund, University of Oregon Foundation, P.O. Box 3346, Eugene, 97403-0346.

(Reprinted with permission from the Eugene Register-Guard, April 8, 1994.)



Irene Obera, 60, Fremont, Calif., smashed three sprint world records, USATF National Masters Indoor T&F Championships, Columbia, Mo., March 25-27.

Photo by Hank Kiesel

# USA TRACK AND FIELD MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS

ALASKA, INLAND NW, MONTANA, OREGON, PNW, SNAKE RIVER, UTAH, WYOMING

HOSTED BY PACIFIC NORTHWEST TRACK & FIELD

JULY 23 & 24, 1994

## LINCOLN BOWL - TACOMA, WASHINGTON

ENTRY FEES: \$10 IST EVENT; \$5 EACH ADDITIONAL EVENT RELAYS, NO FEE FOR MEET PARTICIPANTS PAYABLE TO: PNWT&F

ENTRY DEADLINE: POSTMARKED JULY 16, NO LATE ENTRIES ACCEPTED FACILITY: 400 M, MARTIN ISS-1000 POLYURETHANE TRACK -RUNWAYS (1/4 \* SPIKES)

DIVISIONS: FIVE YEAR AGE DIVISIONS, M&W, 30 YRS.& OLDER RELAYS: TEAMS MUST WEAR SAME TOPS; 10 YR AGE GROUPS: MUST BE FROM SAME CLUB OR ASSOCIATION REGISTERED WITH NORTHWEST REGION (DECLARE ONE HOUR PRIOR TO EVENT)

AWARDS: USA T&F CHAMPIONSHIP MEDALS FOR 1ST,2ND,3RD-RIBBONS: 4TH,5TH,6TH. DUPLICATE AWARDS FOR NON NW REGIONAL PLACE FINISHERS.
RECEPTION: SATURDAY EVENING

PACKETS: AVAILABLE AT TRACK SITE - 8:00 AM, SAT & SUN

#### NW REGIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS

#### SATURDAY

TRACK

FIELD

10:00 M-W 10,000 METERS 11:15 M-W 5000 METER WALK 12:00 M-W HIGH HURDLES

12:30 M-W 100 METERS 1:30 M-W 400 METERS 2:15 M-W 1500 METERS 2:45 RELAY: 1600 METERS 4:00 M 60+-W 2000 M STEEPLE 4:20 M 30-59 3000 M STEEPLE

M 60+-W POLE VAULT M 30-59 JAVELIN 12:00 M 60+-W LONG JUMP

10:00 M 30-59 LONG JUMP

M 30-59 POLE VAULT M 60+-W JAVELIN 1:00 M 60+-W SHOT PUT 2:00 M 30-59 SHOT PUT 3:00 M-W WEIGHT THROW

#### SUNDAY

10:00 M-W 5000 METERS 11:00 M-W INTER. HURDLES 11:30 M-W 800 METERS 12:00 M-W 200 METERS 1:00 RELAY: 400 METERS 1:30 RELAY: 3200 METERS

10:00 M-W 0 M-W HAMMER M 60+-W HIGH JUMP M 30-59 TRIPLE JUMP 11:00 M 60+-W DISCUS M 30-59 HIGH JUMP M 60+-W TRIPLE JUMP 12:00 M 30-59 DISCUS SUPER WEIGHT

ORDER OF COMPETITION: MEN - WOMEN; OLDER - YOUNGER

CHECK IN: 60 MIN, PRIOR TO EVENT START

ALL IMPLEMENTS WILL BE WAVA STANDARD AND MUST BE CHECKED IN 90 MIN. PRIOR TO EVENT START



n: Meet Director, Ken Weinbel, (206) 932 3923, 938 3895

USA T&F MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS
ALL COMPETITORS MUST BE USA T&F MEMBERS

-ENTRY FORM-

AGE:(7/	23/94) M	_ F
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BEST '93 MARK	SERVINE DIN	
6		
1600M 3200M		the short
	CITY:	CLUB: '94 USA T&F  BEST '93 MARK  4. 5. 6.

event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

MAIL ENTRY TO: CAROLE LANGENBACH, PACIFIC NORTHWEST T&F, 4261 SOUTH 184TH STREET, SEATAC, WA 98188-4569

- Ifi



# How They Train: Philippa Raschker

by PHIL MULKEY

Philippa (Phil) Raschker, 46, an Atlanta accountant, was named U.S. female masters track and field athlete of the year in 1993 — the seventh time she has been awarded that prestigious honor. She also won in 1982, 1987, 1988, 1989, 1990, and 1992.

Last year, she won 16 national and seven world age 45-49 titles. She broke seven W45 indoor and three W45 outdoor world records, not to mention a host of U.S. marks.

How does she do it? What does her training consist of, anyway?

First she has been forced to change her training program quite a bit over the years. Her devastating injury in the World Veterans Championships in Turku in 1991 required surgery.

Trying to return to the wars as she entered a new age bracket in 1992 was difficult. If she was going to approach her 1989 standards, she would have to make a dramatic change in her training.

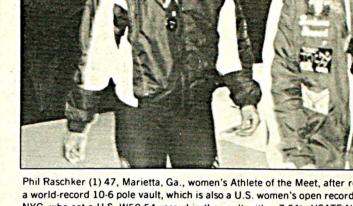
The first thing she did was solicit the aid of a private weight trainer, Joe Williams of England, who put her on a

very specific weight-training program designed to isolate and strengthen those muscles needed to perform in each particular event.

#### Daily Weight Training

In December, 1992, she began an accelerated program of "three-on and one-off" daily weight training. This cut into any on-track running and jumping, but it was also giving her knee a better chance to heal. Most running was limited to 10-20 minute treadmill jogging.

Still, on the weekends, when no track meet conflicted, she trained on one of the local tracks, as follows:



Phil Raschker (1) 47, Marietta, Ga., women's Athlete of the Meet, after receiving her gold medal for a world-record 10-6 pole vault, which is also a U.S. women's open record, with Barbara Stewart, 52, NYC, who set a U.S. W50-54 record in the vault with a 7-5¾, USATF National Masters Indoor T&F ChampionsHips, Columbia, Mo., March 25-27.

Photo by Jerry Wojcik

- 1) Opening with a 3-lap jog, with each succeeding lap faster
- 2) 20-minutes of thorough stretching3) Three run-through 50m, each one faster
  - 4) Six  $\times$  40m hurdles
- 5) Catch her breath while tossing the shot put and javelin
- 6) The Jumps: Using only an eightstep approach, work on the jumps according to what technique needed to be served best. The pole vault most, with the high jump least. But a certain amount of work was needed for the long jump and triple jump just to keep strength and timing coordinated

7) Finish with a fast 300m

Tuesdays were set aside for the Atlanta all-comer meets at Emory University. Those events were used as a test-measurement to determine her status in that event. Sometimes Wednesday would be used to "fine-edge" some aspect of a particular event prior to the weekend competitive track

While in the past she had always done a bit of weight-training (January through March) to get ready for the outdoor season, this time she took it all the way through the World Championships. Was it worth it? Was it better than her previous training methods? To find the answer, we need to look to the age-grading tables to find out what and how she should have performed in '93 compared to her great '89 Championships.

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

Actual Age-Graded Actual Marks Prediction Marks 1989 1993 1993 Eugene (Age W46) Miyazaki 100 1st 12.57 1st 12.88 12.88 200 1st 24.84 25.64 1st 26.58 400 1st 58.07 60.29 1st 60.04 Hur 3rd 12.25 12.69 1st 12.75 DNC 5-41/4 2nd 5-1 1st 8-1/2 7-41/4 1st 10-31/2 LJ 1st 18-1 16-9 2nd 17-3 1st 37-3 34-61/2 1st 34-51/2

She was practically "on the money" with the exception of the 200m and pole vault. It would seem that the heavy weight training enabled her to "hold her own" in the 100m and 400m and, yet, mysteriously, found her quite short in the 200m. But perhaps the 200m was a much easier victory than the incredible 400m final, her last of nine events, which she won with a great stretch drive after being down five meters with less than 100 to go.

But probably the surest example of how she has benefited from the new program is indicated in the pole vault, by virtue of strengthening the arm and shoulder girdle muscles, which have always been notoriously weak in most women. This added upper-body strength was an obvious help in lifting herself up on the pole and over the bar, irrespective of the degree of technical skills acquired during that period.

Her slight "relative" improvement in the long jump, coupled with her "strength" as demonstrated in the 400m stretch drive, even though not dedicating herself to heavy runtraining, has to show the new program (although much more strenuous in some ways) to be effective.

### Why Quit A Winner?

Will she accept the new program now and continue it as a regular training lifestyle? "Why quit a winner?" she said.

And in answer to any of the ladies who would fear that such heavy weight training would increase their own secretly known-only-to-themselves body weight, fear not. Raschker, who

Continued on page 17



MARSHALL UNIVERSITY
HUNTINGTON, WV



DATE: Saturday, July 30, 1994 HOST: West Virginia (USATF)

OFFICIALS: USATF masters officials will supervise all events

**ELIGIBILITY:** 1994 USATF card required

DIVISIONS: 30 - 90+, men & women, in 5 year age groups

AWARDS: Plaques awarded to 1st, 2nd, & 3rd places in each event

ENTRIES: Postmarked by Wed., July 20 No refunds or event changes

EQUIPMENT: Accutrack Timing System; wind gauge; field implements provided; 400m, 8 lane, all-weather track

Signature: \_\_\_\_\_\_ Date \_\_\_\_\_ David Stooke
Fee (\$7.00 for 1st event, \$5.00 for each additional event) 119 Cheyenne Tr.
Mail entry & fees by July 20 1994 to: Ona, WV 25545

# CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

Books for Runners, 250 titles. Free catalog. Masters, Youth, Women in Sports, Training. Injuries, Distance, Track & Field, Nutrition. The CAVU Company, 386 Portlock Rd., Dept. NM, Honolule HI 96825-2027.

Athletes and Meet Directors: The ultimate "OMNI MARKER" — Distance and step marker/stake for all throws, jumps — plus hole for roping, flagging sector/area lines, for I.D. tags, colored tape. Strong, streamlined, durable ten inch anodized aluminum plate. Also for garden/row/crop I.D., tent stakes, construction, landscaping, what else? \$19.75 for multi-colored dozen (includes s/h).

Six Football Fields Long: Surveyor's flagging plastic tape. Multi-color six pack of 100 yard rolls for \$11.75 (includes s/h).

All orders to: B.P.E., INC., Dept. N, P.O. Box 802, Thatcler, Az. 85552. Az. residents add 5½% sales tax.

EXTRA INCOME '94: Earn \$200-\$500 weekly mailing 1994 travel brochures. For more information send a self-addressed stamped envelope to: Travel Inc., P.O. Box 612530, Miami, FL 33161.

Dipsea, The Greatest Race, by Barry Spitz. New book about America's oldest (since 1905) and most fabled cross country race. Won outright by masters 12 of last 15 years! 240 oversized pages, 65 photos, removable map. \$27.95 (hardcover), \$18.95 (paper) plus \$2 shipping to: Potrero Publishing, Box 3007, San Anselmo CA 94979.

Individual Track & Field Events in Bronze: dash (M & W), distance (M & W), walkers, hurdlers, relays, shot, discus, javelin, high jump, long jump, pole vault. Bronze figures (5" to 7" high) on beautiful bronze mounts (4" x 6" x 1"). Nameplate and any engraving included. ONLY \$65.00. Shipping Incl. Send check or M.O. or we send C.O.D. Write or call Jack Eighmy, 2379 West 18th, Loveland, CO 80538. 303-663-3091.

Mental Training For Peak Performance in Track and Field: Event specific audio-tape cassettes focus on relaxation, affirmations, goal achievement, mental recall and rehearsal. Specify event cassette: team, sprints, hurdles, mid-distance, distance, cross country, shot, discus, javelin, pole vault, high, long, triple jump. \$10.00 per tape, complete set of 13 for \$105.00. Building The Total Athlete, 2839 Sonora Drive, Emporia, KS 66801.

USMSO Track & Field: August 21, U. of Minn. Ages OPEN, 30-104, incl. Family Fun Relay. See schedule. Pre-register with Rachel Lyga, 612-574-9661.



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Quantity		Total (US\$)
	Masters Age Records  Men's and women's world and U.S. age bests for I track & field events, age 35 and up, and for all racewalking property of the pages. Lists name, age, star CLOSE record. Compiled by Peter Mundle, WAVA and USATF Masters 14F Records. \$2.00.	<b>s</b>
	Masters Track & Field Rankings Men's and women's 1993 U.S. outdoor track & field 5-year age group rankings. 52 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (5000, 10K, 20K). Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00.	
	Masters Age-Graded Tables (1989) Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running common track & field, long distance runnin	
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	Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of January 31, 1994. 4 pages. \$1.50.	9
	Competition Rules for Athletics (1994) U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. \$12.00.  IAAF Scoring Tables (1985)	
	Official world scoring tables for men's and women's combined-event competitions. \$12.00.	S Company
	Guide to Prize Money Races and Elite Athletes 1994 Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize money events, plus much more. \$52.00.	
	Fastest Old Man in the World 22-minute video of New Zealand's great Derek Turnbull. He ran a 2:41 marathon at age 65, and currently holds ten world five-year age-group records from the 800 to the marathon. \$29.95.	
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	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$16.00 per year.	是代的 成分为45年。
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# MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY Masters T&F Chairman

# Success Marks Mizzou Debut as Host for Masters Indoor Nationals

ongratulations and thanks to Meet Directors, Donald Dobson and Rick McGuire, for their excellent effort on behalf of our athletes. It was evident to me that their primary focus was on the needs of the athlete, which I think is essential when you assume the responsibility for hosting our National Championships.

This caring attitude was apparent Saturday evening, when, after directing a full day of competition, Dr. Rick McGuire presented a free seminar to all interested athletes. Rick, who is Chairman of the USATF Sport Psychology Registry and served as the Sport Psychologist for the 1992 US Olympic Team in Barcelona, discussed Winning vs. Success: "It Does Matter Whether You Win or Lose." The response to his presentation was very positive. I

# **FIVE YEARS AGO** May, 1989

- 658 Athletes from 47 States Compete in Indoor Nationals in Columbus, Ohio
- John Campbell (40, 2:14:19) and Priscilla Welch (44, 2:35:00) Win Masters Titles in **Boston Marathon**
- Wilson Waigwa (40, 14:22) and Laurie Binder (41, 16:54) Set U.S. Masters Road Records in Carlsbad 5K

•52 pages, over 100-deep in some events.

overheard several athletes thanking him for the information, indicating it was very beneficial.

The caliber of the officials and other workers was very high. Those athletes fortunate enough to be awarded a medal during the Championships were even more fortunate as Olympic Medalist Natasha Kaiser-Brown, Assistant Coach at Mizzou, personally presented all medals throughout the competition.

Staging the first meet is always the most difficult, and the one where you learn what you need to change. Both Dobson and McGuire indicated Mizzou would like to host future masters championships. We look forward to working with them.

Sponsors of the Championships and the Meet Organizers provided plaques for the Outstanding American Male and Female Athlete in each five-year age group. In addition, engraved mantle clocks were given to the Outstanding Overall Male, Keith Witherspoon, and Female Athlete of the Championships, Phil Raschker.

After reviewing the entire results of the Championships, the following athletes were selected as Outstanding

NOW AVAILABLE

1993 U.S. Masters Outdoor T&F Rankings Book

•All T& F events, including 3000, 10,000, weight, relays, racewalks.

Men's and women's 1993 U.S. 5-year track & field age-group rankings.

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

NATIONAL MASTERS NEWS

P.O. BOX 2372

Van Nuys, CA 91404

Name.....

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City.....Zip....Zip....

\_\_\_\_\_\_\_

NEW!

Age-Group athletes. Their awards will be sent to them by the Mizzou Organiz-

ing Committee. Jerry Wible M80 Rod Parker M75 M70 Ed Lukens M65 Jim Law Marion Sanchez M60 Charley Miller M55 Don DeNoon M50

Fred Sowerby

Keith Witherspoon M40 M35 Ben James Gregg Harris M30

M45

W70 Lavina Haefele W65 Johnnye Valien W60 Irene Obera

W55 Elton Richardson W50 Ruth Nalena

W45 Phil Raschker W40 Paula Dickson-Taylor W35 Therese Iknoian

W30 Andrea Fischer

## **USATF Masters Uniforms** Again Available

A complete range of sizes and pieces of our USATF official uniform are again available. The present style and design will remain current at least through 1995, which includes the World Veterans' Championships in Buffalo, New York.

Specially designed Nike singlets. shorts, unitards, and lined warm-ups are available in the following sizes: Women XS-XL and Men S-XXL. Singlets are \$15, shorts \$12, unitards \$22, and warm-ups \$78. Shipping costs are based on the total order: \$0-59.99 add \$5.50; \$60.00-\$139.99 add \$7.00; \$140.00 + add \$8.50. To order contact USA Masters Track & Field Committee, 5319 Donald Street, Eugene, OR 97405-4820. For additional information contact Barbara or Eric at 503-687-1989. □

Continued from page 4

All of us will miss Chuck Klehm as a meet official and competitor. I am sure the person who took his place as chairman will do a good job, but there was only one "Chuck" Klehm.

> Loyd G. Smith Bright, Indiana

#### RELAYS

First of all, let me thank Sandy Pashkin for the work she did at the 1991 World Games in Finland and the 1993 World Games in Miyazaki, Japan. I have participated in six world games; therefore, I feel that I have the qualifications to support my opinion regarding the process used to form relay teams. Selecting the fastest four runners in the 100 and 400 at the World Games for the respective relay teams by age groups is the best way to make up relay teams.

I disagree with the letter, printed in December National Masters News, written by a Stephen Robbins of Del Mar, Calif. His suggestion of having "qualifying meets" and choosing the best times to make up the relay teams is not the best way to form the relay teams. I have seen that some of the fastest runners come up hurt or sick at the World Games, or not even attend the Games.

> Oscar Harris Philadelphia, Pa.

# Write On:

# RACEWALK Thanks to all walkers for competing

in the 1993 One-Hour Walk and joining in the national and international spirit of the event. Thanks also to all who put on the event, judged, counted laps, and made sure that 1993 was so successful. We trust that all went well. We had some terrific walking. We had many outstanding performances.

1993 ONE-HOUR POSTAL

We set nine records. We had 248 participants, who walked a total of 2,034.621 kms (1,264.28 miles), which is the equivalent of walking from Long Branch, N.J., to New Orleans, La. The 160 men walked a total of 1,262.319 kms; the 88 women 772.302 kms. We consider all of you who walked as win-

We hope you enjoyed it as much as we did. We want to make the 1994 event the best yet. Please spread the word to your friends around the country and the world. (There were no international entries this year, for some reason.) We'd like to see participation double and triple in the years ahead. If only we had a sponsor, we could do much more, so if you have any leads, please let us know. We've said it before and we'll say it again: Please consider each of yourselves as members of the committee and help us to encourage participation everywhere.

Elliott Denman, Donna Cetrulo & Jerry Kass Long Branch, New Jersey

PAUL SPANGLER

Spangler, I had a large lump in my

throat. Paul was a legend - an inspira-

The Lord was good to Paul, letting

him die doing what he loved. Paul

passed away March 29 with his running

shoes on. He collapsed not too far

from his home during his morning run.

tion to everyone who knew him.

Reading of the passing of Dr. Paul

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 and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O.

# DEADLINE

Box 2372, Van Nuys, CA 91404.

I first met Paul in Bakersfield, CA, at an international track meet. Gordon

Continued on page 15

# Write On:

Continued from page 14

Wallace, who passed away last January, was also there. The three of us were doing a 5K judged racewalk. Paul, I believe, had just turned 90. Gordon was in his early 80s, and I was 64. What an honor and thrill it was to be on the same track with those two legends. I got a lump in my throat each time I would lap them. They both will be dearly missed, but these legends will live on in my heart.

> Mel Granttham Bloomington, California

#### AGE-GRADING

In answer to John Poppell's answer to my answer: John, it was never considered a "personal issue"; only a fun thing.

In answer to Bev Laveck's (Mar. '94) pity for the Southeast Co-coordinators (Mulkey and Raschker) and their "trouble" in age-grading the Miyazaki World Championships with the old "outdated" '89 factoring, instead of the brand new WAVA approved '93 figures: Allow me to clarify a couple of major points lest she and others of NMN readership be misled.

1) When it was suggested, even before the opening ceremonies themselves, that the competition be age-graded, we could hardly wait to totally immerse ourselves in the many, many hours of detailed minutiae that John Poppell and others have come to know and love. Just call us "lucky" that apparently no one else was aware of the position being open. 2) It was acknowledged at that time that since an entire previous season had been evaluated under the original scoring, it could be more than just a little confus-ing to attempt to "change horses" right at the very end. Moreover, and perhaps most importantly, while the updated system had been approved by WAVA, the actual figures themselves were still in a flux of final adjustment (as a matter of fact, even as we speak at this moment, the figures themselves have been changed several times and are still going through the throes of finalization and were used for the National Indoor Pentathlon this March).

While Bev may not have known all of this, her taking time to write up a revised edition (brief though it may be), still fills us with joy just in knowing that somebody, anybody out there is reading the stuff.

But while her exciting retabulation of one list is well-meant, what are we to do with the other 184 named performers? I mean, while it is always quite grand to see any new names come forth for due recognition, what about the honorable names that were deleted? It would seem for the moment that rather than rush to judgment prematurely, let's accept the entire 1993 season for what it was and look forward to 1994 for giving a chance for new hope for all those deserving.

Phil Mulkey Marietta, Georgia

#### HIGH JUMP RECORDS

In the February 1994 issue of NMN, it was stated that Dwight Stones had broken the existing world masters highjump record and that the old mark was by John Hartfield, set in 1986. John didn't jump the 2.00m that was stated, but 6-7. They are close, but the record was set in feet and inches.

Secondly, I broke his record in Bozeman in 1993. Therefore, he was not the previous record holder as claimed. I specifically set the bar in feet and inches, so as to ensure the record was broken. I jumped 6-71/4. The WR form was signed by Jeff Helton, the Florida masters high jumper who offciated.

On p. 13, May 1993 issue, I was

listed as the new WR-holder but at 6-7. I believe that was somehow translated into meters and back again, which cost me the 1/4".

On p. 23, July 1993 issue, I was listed at 2.01m. That would be accurate enough, since John's mark was listed in the March issue at 2.00m, if we are converting. My 2.01m (6-71/4) still beats the old 2.00m (6-7). That was the whole idea - to break the mark by a FULL 14", as Stones did. He broke my record by 1/4", jumping 6-71/2, not the 2.02m listed.

Not many of us ever have the opportunity to stand alone at the top, and usually not for very long. With a quality jumper like Dwight now in the arena, I would at least like to have had the recognition for the 12 months that I held the record.

> Steve Harkins West Chester, Pennsylvania

### L.A. MARATHON

In the March issue on page 5, an item in the Ten Years Ago box gives the 1st master's time for the L.A. Marathon.

When I ran the L.A. Marathon in 1987, it was billed as the 2nd annual, which would make the 1st L.A. Marathon in 1986.

Jack Kirkpatrick

(An L.A. Marathon was staged sporadically for several years until the official "L.A. Marathon" under the current management was established in 1986. — Ed.)

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n the past 24 years, I have designed nutritional programs for more than 1000 Olympic and professional athletes. Don't you think it's about time that you, too, have the opportunity to use these same speciallyformulated supplements?

Payton Jordan knows very well the importance of a total balanced regime in becoming the greatest in his field. He is a forerunner in the area of total training, technique, weight maintenance, nutrition and sound healthy habits. He has utilized RHB Supplements for nearly twenty years as an important element in his balanced training

I had found, early in my athletic career,



Russ Hodge, Olympian and former world record holder in the Decathlon, is the designer of these products. Some of performances include, at 230 pounds, 10:2-100 Meters, 61' Shot Put, 25' 4' Long Jump, 4:12-1500 Meters, Bench Press, 775 lb. Squat.



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-Payton Jordan

that nutritional supplementation was an integral part of my training. It improved my performance, endurance and recovery.

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- Increase oxygen to muscles
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# Mildred Raffety Smith

n a society that's ever more age conscious, there's one senior athlete who pays no heed to such nonsense. At age 84, with five years of walking under her belt, Mildred Raffety Smith of Wyatt, Missouri, captured a silver medal at the 10th World Veterans Championships held in Miyazaki, Japan in October, 1993, and now has her eye on the gold for 1995.

Finishing the 5K racewalk in 53:17.58, Smith was beaten to the gold in her age group by a youngster from Sweden, 80-year-old Nora Vedemo in 38:03.86.

Always a fast walker, according to family and friends, it seemed only natural for Smith to take up racewalking, albeit rather late in life, thereby proving that it really never is too late.

In September, 1991 Smith underwent back surgery and just what did the doctor order? Walking, of course. She was told to walk one mile a day advice she took all the way to Miyazaki.

During her 18-day trip to Japan, Smith trained by walking six miles a day despite high humidity and 90 degree temperatures. This perseverance brought its rewards by earning her the second place award in her age division.

While in Japan, Smith greatly enjoyed seeing the country of her hosts, especially the mountains where the pears look like apples and the Japanese encase the growing fruit in brown bags to prevent insect damage. She was particularly impressed with the politeness of the people, the good behavior of the children, and the remarkably unlittered environment.

At the 9th World Veteran Championships in Turku, Finland in 1991, Smith missed medalling by a hair's breadth, coming in fourth. However, it's obviously onward and upward with the winning of silver two years later, we can expect a strong push to capture the gold in Buffalo in 1995.

In addition to the silver in Japan, perhaps Smith's most treasured athletic award is a special Resolution adopted in November, 1993 by the Missouri House of Representatives recognizing her as a "remarkable octogenarian, whose accomplishments as an athlete have brought glory and honor to the Show-Me State and have served as an inspiration in the lives of her fellow Missourians."

Smith's association with the House of Representatives goes back a long way to the year 1929-31 when she was a house clerk, running errands during legislative session. She recalled speaking to the Governor every morning when she was just "a little kid from the country." In those days, she would see Resolutions like her own and think to herself that she would never do anything exceptional enough to merit such recognition. As it was, her own award came as a complete surprise, especially since she was unaware that her accomplishments were known by any House members.

Although she plans to compete in 1995, Smith said she is not currently doing any special training due to the severe winter and recent heavy rains. During more clement periods, when not out walking, Smith can be found on any weekday at her desk at Raffety & Co. in Wyatt where she handles the



Mildred Smith and friend in Miyazaki.

company's bookkeeping. - By Angela Egremont

# ARIZONA MASTER INVITATIONAL TRACK AND FIELD

McClintock High School; 1830 E. DelRio Dr.; Tempe, AZ -- Saturday -- June 4, 1994

Sponsored by Arizona Association USA Track and Field

25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69;

70-74; 80 and over Facilities:

Eight lane all weather track Entry Fee:

\$12 for the first three events chosen. Each additional event \$3.

Relays \$15. Medals to first three in each age division

Deadline for Entries: May 29, 1993

Athlete's Signature

Entries:

Make checks payable to Arizona USA Track and Field. Send entry to Bob Flint; 8436 East Hubbell; Scottsdale, AZ 85257;

Date

(Area code 602) 949-1991.

# NIGHT TRACK MEET SCHEDULE OF EVENTS

	Track				d Events
6:00	3000M - W	7:35	100M - W	5:00	Shotput
6:20	5000M - M	7:45	100M - M	5:30	Long Jump
6:35	4 x 100 W	7:55	800M - W	6:00	Javelin
6:40	4 x 100 M	8:05	800M - M	6:30	High Jump
6:45	100 Hurdles W	8:15	300/400 IHW	7:15	Pole Vault
6:50	110 Hurdles M	8:25	300/400 IHM	7:30	Discus
7:00	1500M - W	8:35	200M - W	8:30	Triple Jump
7:10	1500M - M	8:45	200M - M	The second	
7:15	400M - W	9:00	4 x 400 Relay W		Marin Fath.
7:25	400M - M	9:10	4 x 400 Relay M	The second	TANK THE PARTY OF
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# Coghlan Hopes to Set Outdoor Mile Record

Eamonn Coghlan of Ireland, fresh from his historic 3:58.15 at age 41, heads the Masters Mile field, April 30, at the Penn Relays, celebrating its 100th anniversary. In the early 1970s, Coghlan led Villanova to numerous relay titles at Penn and has been named one of the inaugural members of the



Eamonn Coghlan on his last lap en route to the first sub-four mile by a masters runner, Feb. 20, in Boston.

Photo by John Buckley

meet's Hall of Fame.

Coghlan said he would not be making a sub-4:00 attempt, since this will be his first outdoor race this season. He hopes to threaten the world outdoor masters mile record of 4:02.53 set last June in Belfast by Britain's David Moorcroft. Moorcroft, then seen as a challenger, has been out of action since fracturing his foot in a training run in December.

Coghlan expects to make sub-4:00 attempts in England in May at an event commemorating the 40th anniversary of Roger Bannister's first sub-4, and at the New York Games, which will be Coghlan's last track race.

Also in the field at Penn is former world indoor and outdoor recordholder Wilson Waigwa of Kenya, who is aiming for the world M45 record of 4:17.14 set by Ken Sparks at Penn in 1991. Waigwa turned 45 on Feb. 15. Last year's winner, Ken Popejoy, will not defend his title, to be fresh for the race in England the following week.

Runner's World magazine has ceased sponsorship of the Masters Mile, according to event organizer Marc Bloom, the RW senior writer who created the event in 1987. "Runners World was an outstanding benefactor of the event," said Bloom. "The program provided terrific opportunities and recognition for top masters athletes.'

Bloom is continuing to organize the Masters Mile and welcomes sponsor interest for 1995. Contact Bloom at PO Box 41, Marlboro, NJ 07746. (908) 308-9701 Fax: (908) 780-6308. □

# East Regionals Held in NYC

by HAIG BOHIGIAN

The 22nd annual USATF East Regional Track & Field Championships were held on March 13 at the 168th Street Armory in New York City. The newly refurbished Armory returned to host track and field meets this '93-94 season after a more than 10-year lapse since its conversion to a homeless shelter. Its new Mondo 200-meter surface provided the medium for setting 28 new records -12 men's and 16 women's.

The overall team title was taken by only ten New York Masters who scored 121 points — they also captured the 50-59 title. The 30-39 team title was won by Touch of Class, based mainly on their victories in five relays, four of which set new meet records. The 40-49 team title saw Central Park TC tied by Natural Living, a race walk team. The 60-plus title was captured by the Syracuse Chargers. A total of 192 athletes competed.

Sarah Boslaugh, 35, won all six events she entered; and Barbara Stewart, 52, set three meet W50

records while winning five events. James Stookey, 64, won four events and was second in two others. Jerry Wible, 80, and Edwin Lukens, 72, each won four events.

For the first time, the hurdles and sprints were run at the 60m distance, thus all winning times set meet records. In the sprints, Matt Godbolt, 32, John Brooks, 39, Thomas Jones, 40, and Ed Small, 55, were very impressive. In the 400, excellent runs were turned in by Ralph Penn, 42, Ken Baker, 57, and Fred Schlereth, 60. Very fine performances in the 800 were turned in by Doug Miller, 34, Rick Smith, 36, Tom Hartshorne, 40, Salih Talib, 48, and Sid Howard, 55. Gary Null, 49, turned in the fastest 3KRW mark, followed closely by Michael Kobol, 35. Larry Pratt, 52, dominated the shot; and Tom Rauscher, 47, did the same in the pole vault. Denise Jones, 30, dominated the women's sprints from 60 to 400.

The meet was put on by Haig Bohigian, the East Regional Masters Coordinator with less than one



Longjumpers M55 Vine Ruffin (1) and M50 Bob O'Brien, USATF East Regional Masters Championships, NYC, March 13.

month's notice after the scheduled site fell through. With the help of 35 officials, fully automated timing, the cooperation of the athletes, the assistance of New York City Emergency Services, and perfect weather conditions, for a change, the meet progressed smoothly, right on schedule. Special appreciation is extended to Pete

Taylor, Clerk of the Course; Glen Shane, facilities manager for the day, who also arranged for formal award ceremonies; Ed Small, Armory manager, for arranging the facility date; Lou Miller, announcer and results coordinator; and Valerie Bohigian and Judy Rosenstein, who handled post entries and registration.

# Masters Training Advice

Continued from page 12

performed so remarkably in '89 at Eugene at 103 pounds, went into Miyazaki at 99 pounds after a full year of intense weight-lifting. Was diet a factor? "Just like anyone else, I have to watch what I eat in a general sense,



Andrea Fischer, 30, Davenport, Iowa, took gold medals in the 1500 (4:31.98) and the 3000 (9:53.75), USATF National Masters Indoor T&F Championships, Columbia, Mo., March 25-27. Photo by Jerry Wojcik

but I don't go on any specific food plan," she said.

In describing the heavy weight program, "I'd say it was more for speed, with very little rest in between sets. That alone is fatiguing enough to burn the extra fat off, and you get your heart beat up to an extremely high rate. It definitely wasn't an easy program."

Weight Program:

3 days on, 1 day off

Each set takes approximately 1 minute: (25 sec. for 12 reps \* 35 sec. rest/repeat)

Day 1: Back and Shoulders \* 12 reps/5 sets

Day 2: Legs \* 15 reps/5 sets Day 3: Chest and Arms \* 12 reps/5

Day 4: Rest

Easy or not, when you win ten medals at the World Championships, something is being done right. Was it worth it? Would it be worth it to you personally? I don't know, but when was the last time you won ten medals at a World Championship?

# Need Back Issues?

Most back issues of the National Masters News are available for \$2.50 each, plus \$1.25 postage and handling for each order.

National Masters News P.O. Box 2372 Van Nuys, CA 91404



1994 Southern California Association Masters Track and Field District Championships

Occidental College 1600 Campus Road, Los Angeles, CA - Patterson Field

Saturday, June 18, 1994

Divisions: 5 year divs. for men and women, age 30 and above. Entry Fee: \$10.00 per event. Sorry, No Refunds. Entry Deadlines: All entries must be postmarked by June 11, 1994. Late entry is \$15.00 per event on space available

basis only. Please enter early! basis only. Please enter early:

Order of Events: Competition order - oldest to youngest, women first, (except HJ & PV which start at lowest height).

Awards: USAT&F District Championship Medals to top 3 residents. There will also be medals for non-residents who finish in the top three places.

Surface: 9 mm elements required for track, LJ, TJ, PV, HJ.

12 mm required for JT.

Miscellaneous: USAT&F Registration Required.
Registration forms available at the meet.
Membership fee - \$12.00. (Separate payment, please.)

Send check and entry form to: Christel Miller, 1740 Grandview, Glendale, CA 91201 Telephone: (818) 843-2139 (until 9 p.m.) Please make check payable to: Christel Miller Co-Sponsor: Corona del Mar Track Club

**EVENTS** 

Field Events:			
11:00 pm	HT, PV, JT		
11:30 pm	U		
12:30 pm	SP		
1:30 pm	HJ, TJ		
2:00 pm	DT		
Track Events:			
12:00 pm	нн		
12:30 pm	5 K walk		
1:30 pm	300/400m IH		
2:00 pm	100m		
3:00 pm	800m		
3:30 pm	200m		
4:15 pm	1500m		
4:40 pm	400m		
5:10 pm	5 K run		

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# WEIGHT ROOM

by JERRY WOJCIK

# You and the Weight and the Music

hen I told a few throwers at the Indoor Nationals in Columbia, Mo., that there was no such event as the 56-lb. championships, they looked at me as if I had asked them to name the foreman of the night crew that built the pyramids.

That's the way the event was listed in the championships application in the NMN February issue. Ken Weinbel, USATF Masters Weight Coordinator, caught the misnomer, and the event title was changed to the correct "Superweight" in the schedule of events sheet in our packets at the meet.

Guess what happened? It was decided by the M60+ entrants to throw the 56-lb. Not having ever thrown the 56 and wanting to try it, I ran with the pack. The women, more sensible, threw the designated weight. The superweight implements are 56-lb, M30-59; 35-lb, M60+; and 25-lb. W30+. You might argue (I wouldn't) that the M60+ entrants threw the wrong weights and should not be

awarded places. Then again, if throwers win their divisions with heavier-than-official implements, are they not still the winners?

Don't respond to this. The whole idea just confuses the issue. I contemplated (my back was killing me after a couple of rounds with the 56) throwing the proper 35-lb. to stay legal but chickened out. What would my opposition (ha!) in the M60-64 have done

# THE TURN MACHINE!

At age 64 Cliff Blair (1956 Olympic Team) throws the 35 pound weight close to his college level of 40 years ago! In Masters competition his nearest competitor is nearly 15 feet behind. Why? The Turn Machine!

It quickly strengthens your ankles, knees, hips, and lower back with a flexible, twisting strength that no other exercise can offer. Double that strength in 4 to 6 weeks!

Your hips contain the highest concentration of fast twitch fibers in your body. The stronger they get the quicker and more relaxed you become and the better you jump, throw and run.

The Turn Machine is being used by some of the top colleges and high schools in the country. At Georgetown two 230 foot hammer throwers use it. In Rhode Island a 15 year old high school student throws the hammer 200 feet and the weight 65 feet. He uses it.

Do you play golf? Add 10% to your drives and increase your putting accuracy. Baseball? Over the fence! All athletes greatly benefit from increased hip twisting strength!

Prices range from \$199 for a special light weight Masters Model to \$395 for the heavy duty Standard Model, plus shipping and handling.

# THE SUPER BOUNCE PAD

All throwers bench press. The most important part of the press is the upper half. That's where the explosive finish is generated. The problem is when the going gets tough we fail in the lower half and never get to the important part. As failure approaches, bypass the lower half of the press and switch to the Super Bounce Pad. Work the upper half of the press. Your max will improve 10 to 20 percent immediately, rapidly increasing the explosive finish of your throws. The pad is constructed of a 4 inch layer of dense foam, a layer of plywood and a bottom 1 inch layer of soft foam for comfort. It works great. Price \$35.00 plus shipping.

# ADJUSTABLE THROWING WEIGHT

We provide the handle and core (about 5 pounds), you simply add lifting plates to your desired weight. I use mine with anywhere from 20 to 60 pounds. 16 inches in length, 1/2 inch thick handle. Price \$40.00, plus shipping.

For information on these products contact

ADVANCED ATHLETIC TECHNIQUES

129 Longmeadow Drive, Holbrook Mass 02343 (617) 767-5682

if I had thrown farther with it than they did with the 56-lb.? I'm pretty certain of the answer.

Weinbel, who was not pleased with the Mizzou snafu, thinks that the 56-lb. weight should be, for the purists, a championship event but says we have to abide with present rules until they're altered. I think we should stay with the superweight implements for a while until the M60+ throwers have had a chance to try out the 35-lb. Who knows? Some, including all 11 of us at Columbia, might get to like it. I know my lower back would certainly be appreciative.

Meanwhile, Weinbel, with his compadre George Mathews, is staging the Weight & Superweight Championships in Seattle, Aug. 20, and hopes, in addi-



Ken Jansson, 36, Wichita, Kans., M35 winner (61-5½), 35-lb. weight, USATF National Masters Indoor T&F Championships, Columbia, Mo., March 25-27.

Photo by Jerry Wojcik



Don Hughes, M55, heaves the 35-lb. weight, Stanford Throws Meet, June 5.

Photo by Gary Kelmenson

tion to the above, to include the 56-lb., 100-lb., 200-lb., etc. as non-championships, with sponsorships and awards provided by the Seattle Masters Athletic Club. Those 100-lb.-plus weights are the legacy of the late Chuck Klehm, who used to flip them around with his throwing cronies at his meets in Illinois.

- Ross Carter, Eugene, Ore., wasted little time after turning 80 on March 10 to break the outdoor M80-84 WR with a 38-9 at the John Ward Meet, March 12, Santa Ana, Calif., and the indoor WR in Columbia with a 37-51/4. Hal Smith, Los Angeles, broke the M55 U.S. record with a 45-9 at the Santa Ana meet.
- Dr. Paul Narcessian, 82, of Rhode Island, writes, "I've noticed mention in the NMN that the 4kg hammer is too much for us in the M80-84 age group. Don't let them change that weight on my account, for I not only enjoy that weight, but I also have added the 5kg for my future enjoyment."
- Manuel and Helen White have compiled an unofficial world-best weight pentathlon scores list for men and women 30+. If interested, send a legal-sized SASE to NMN, 240 N. Adams #10, Eugene, OR 97402. □

# CONCERNING HEAVY WEIGHT EVENTS

The 1994 Competition Rules have designated the "Heavy Weight Throw" be included in the schedule of Regional and Association Outdoor Track and Field Championships.

I strongly encourage Meet Directors at all levels to include the Weight Throw and Super Weight Throw in their meet schedule of events, whenever possible, to offer weight throwers competition and opportunity to better prepare for National Outdoor Weight Throws Championships.

The Weight Throws can be contested from existing Shot Put circles (with toe board removed) or discus circle with conversion donut insert. The same sector lines are used.

The rules require the following implement weights will be contested accordingly:

Weight Throw	
M 30-50 (15 00 1-1) 25#	Super Weight
M 30-59 (15.88 kg) 35#	(25.40 kg) 56#
M 60 + (11.34 kg) 25#	(15.88 kg) 35#
W 30-49 (9.08 kg) 20#	
W 50 + (7.26 kg) 16#	(11.34 kg) 25#
(7.20 kg) 10#	(11.34 kg) 25#

Feel free to contact me if you have any questions. Ken Weinbel, National Masters Weight Event: (206) 932-3923; 938-3895.

# **Book Review: Boston Marathon**

by BARBARA ERSKINE

In case you thought a history book, especially a year-by-year chronology of a race, would be dull, you have a pleasant surprise inside the covers of Boston Marathon: The History of the World's Premier Running Event by Tom Derderian (Human Kinetics Publishers, 1994, \$21.95). It is long - after all, the race began in 1897. But Derderian's prose takes you right into the action and adventure which occur every year on Patriot's Day.

With the excitement and attention to detail reserved for reporters who actually observed the contests, he sets the scene and identifies the players. In 1928, "The weather settled in to be average for April in Massachusetts - a shady sky after a blustery morning covered the biggest Boston Marathon field ever... (Clarence) DeMar carried malted milk tablets in his pocket and wore shoes so old that the soles had separated in places."

He also brings drama and suspense to the descriptions. During the last few miles of 1956, "(John J.) Kelley flailed away. He still thought he could win. He sucked in great gulps of air. Through the slits of his squint, he riveted his clear blue eyes on Viskari's neck. Kelley's world shrank as his peripheral vision vanished; now it seemed as if life existed only to travel to the end of a long black tunnel, there to seize Viskari's neck."

Fairy Slippers

The spirit of this historical event shines through so clearly because the author for three decades raced and trained with the top runners. Many were his close friends. He has run 14 of the races with a personal best of 2:19:04 in 1975, a world-class time. These experiences allow him the freedom to be compassionate in his biographical sketches. Yet he deftly blends in objective narration. He writes of Nova Scotian hero Johnny Miles in 1927, "Miles, who had spent his winter training through snow, ice, and wind, suffered from the heat. He could feel it creeping through the thin soles of his shoes. Before he got to 3 miles, the blood soaked through his sneakers, those little fairy slippers."

All the great long-distance racers of this century have passed by John Hancock Center. Waitz, Kristiansen, Roe, Daws, Hill, Salazar: they all appear on these pages, some bound for glory, others defeat. Eloquently, Derderian

# TEN YEARS AGO May, 1984

- 561 Compete in Indoor Nationals in Princeton, N.J. Roger Robinson (2:20:15) First
- Master in Boston
- Eastern Indoor Masters Meet Draws 345
- Don Coffman (31:29), Cindy Dalrymple (36:04) Win in Azalea Trail 10K

tells of one of Joanie's more grueling races in 1989. "Benoit Samuelson's hip prevented her from taking a full stride. An hour of great weight fell upon her as first one runner then another passed her, pushing her down to ninth place. Once she was the unbeatable best in the world, now she could only hobble. Fans cheered. Friends and family cheered. Nothing helped. Will power could not stretch a stride out of her constricted hip. Still, she would not drop out. Stubbornly, she staggered over the finish line."

#### **Exhaustive Research**

Naturally, the most publicized events are included, such as "K." Switzer's encounter with Jock Semple in 1967 and the consternation of the Boston Athletic Assn. over the years of runners from foreign countries besting the U.S. racers. Pictures are plentiful, bringing back memories. Race results from every year give proof of the exhaustive research effort represented in these 600 pages.

Even with all the energy and enthusiasm this book exudes, you can't sit down and read it as you would a mystery novel. Taking it in pieces, a decade a day, or a couple of years as a bedtime story, finishes it off quickly without losing the magic of the great happening. For mental training if you want to run Boston this book is a must. If not, it will give you good entertainment for many, many hours.

(Barbara T. Erskine, Books for Runners. For information on this book or a

# Softball For Senior Players

Senior Softball-USA News, is the leading publication for senior softball players (from age 50 on up). The largest circulated senior softball publication in the country, the SS-USA News, a quarterly tabloid-size newspaper, enjoys a distribution among more than 12,000 senior softball players and, as its motto declares, is: "Dedicated to informing and uniting the senior softball players of America and the world."

Regular features include general news, interesting and unusual News Briefs, information on upcoming softball-playing international tours, SS-USA Health Report, Our Featured Team, Our Featured Player, a listing of senior softball tournaments throughout the USA, pre- and post-coverage of Senior Softball World Championships, and sparkling humor in Heard in the Dugout quips, as well as 'how to play the game better" hints and suggestions.

To subscribe, send \$6 for one year or \$15 for three years, plus legibly-printed name, age, and mailing address, to: Senior Softball-USA News, 9 Fleet Court, Sacramento, CA 95831.



Joe King, M65 3000 winner (11:22.94), on the awards stand with Gunnar Linde (607), second, Bill Carey, third, and Ernie Hirshfield, fourth.

Photo by Hank Kiesel

free catalog, contact her at 386 Portlock Road, Dept. BR, Honolulu

HI 96825. Book price does not include shipping and handling.)

# HAYWARD CLASSIC USA Track and Field/Oregon Masters Championships



Hosted by OREGON TRACK CLUB MASTERS Sponsored by VALLEY RIVER CENTER City of Eugene, City of Springfield and Valley River In



# June 25 & 26, 1994 **Hayward Field University of Oregon** Eugene, Oregon

Host to the 1994 USATF National Masters Outdoor Championships

ENTRY FEES: \$10 1st event (NO T-shirt), \$5 2nd event; \$2 each additional event; 7 event limit; relays free to meet participants. ENTRY DEADLINE: Postmarked by Wed., June 15, 1994. LATE ENTRY; \$10 surcharge when space is available; must register 60 minutes before event starts.

T-SHIRTS: 100% cotton, short sleeve — \$750.

FACILITY: All-weather track & runways (maximum ¼ " spikes allowed)

LOCKER ROOMS: Space available in Bowerman Building. Bring

towel.

DIVISIONS: Five-year age divisions for M and W, age 30 and over.

RELAYS: Will be held in 10-year age group increments. There is no charge for Relay entry unless a team member(s) is not otherwise entered in the meet; in that case, \$10 will be charged for that person(s). To receive Hayward Clasic medals, team members must be from the same club or organization. To be eligible to receive State Championships medals, members must also be currently registered with USATF Oregon (503/253-2639).

must also be currently registered with USAIT Oregon (503/253-2639).

MEET HEADQUARTERS: Valley River Inn, 1000 Valley River Way, Eugene—Take exit 194B off 1-5, go west on 1-105, follow signs to Valley River Center. Free shuttle available to Hayward Field. Special rates for athletes—book early to ensure room; mention Hayward Classic (1-800-543-8266).

PACKETS: Available at Valley River Inn Friday, June 24, 6:00-9:00 p.m., and at Hayward Field at 7:00 a.m. June 25.

AWARDS: Hayward Classic medals will be awarded for 1st, 2nd, & 3rd; ribbons for 4th, 5th, 6th. A USATF Oregon State Championships patch will be awarded to the first eligible finisher in each official event. To be eligible, you must have a current USAIT Oregon registration number. To obtain an application, call 503/253-2639.

RECEPTION: Sponsored by Valley River Inn; no-host bar,

# SCHEDULE OF EVENTS

Saturday, June 25

10,000 meters W and M	. 9:00	
		West Pit M 30-59
		East Pit W and M 60+
		Javelin M 30-59
5000 meter Racewalk	10:15	
W and M		
2000 meter Steeplechase .	. 11:00	Javelin W and M 60+
3000 meter Steeplechase .	. 11:20	
	12:00	Pole Vault (2 runways)
		Red Pit W and M 50+
		Green Pit M 30-49
High Hurdles	. 12:15	SALE OF STREET
100 meters	12:45	
	1:00	Shot Put (2 rings)
		South Ring W and M 65+
	A STATE OF	West Ring M 30-64
400 meters	1:30	Trest rung in 50 04
1500 meters		
Mile Run		
	4 3	The state of the same
	y, Jun	e 26
5000 meters	. 8:30 .	Discus W and M 60+
	Y	High Jump M 30-59
Intermediate Hurdles	. 10:00	, p 55 55
800 meters	. 10:30 .	Discus M 30-59
		figh Jump W and M 60+
Mile Racewalk*	. 11:00	Acceptable Field age of
200 meters	. 11:20	
A Joint Parade*		
		Triple Jump All
	Elizabeth S	Hammer All
3000 meters* W and M	12:30	Weight Throw All
400 meter Relay		The state of the s
1600 meter Relay		
3200 meter Relay		
ALL EVENTS OPEN T		
In general women will compet	e peinre i	men owner before vouncer

ress 🔲				Birthdate: / / / Age (as of 6/25/94)
ne 🗀		Club Affiliation	On (if any)	Male Female USA T&F *
NTS		Seel 13/14 mark*	T-SHIRT — \$7.50 (check one)  small  med  large  x-large	RECEPTION: Plan to attend? YES NO Number ENTRY FEE: 1 EVENT \$10 4 EVENTS \$19 2 EVENTS \$15 5 EVENTS \$21
	- A		NOTE: Late entries will be accepted up to 60 minutes before the event when space is available; surcharge for late entry is \$10.	3 EVENTS \$17 ETC.  ENTRY TOTAL →\$  T-SHIRT @ \$7.50 →\$

Send entry with check to: Hayward Classic, Box 10825, Eugene, OR 97440. 503/687-1989. FAX: 503/687-1016.



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CONTINENTAL







# 600 Athletes Compete

Continued from page 1

Keith Witherspoon, 41, Richmond, Va., received the men's Athlete of the Meet award, based on his world record 14.77/48-51/2 in the triple jump, and his near miss, by one inch, at the long jump record, with a 7.00/22-1134.

Almost as impressive as Raschker was Irene Obera, 60, of Fremont, Calif., who broke handily the three sprint world records with 9.01, 30.39. and 75.99.

Rod Parker, M75, Amity, Ark., posted world records in the 200 (30.78) and 400 (72.64) and a U.S. record in the 60 (9.13). Fred Sowerby, M45, Henderson, Nev., broke the world record in the 400 (50.99) and the U.S. mark in the 200 (23.14).

Three 60H world records were broken, including the M45, formerly held by Willie Davenport at 8.76, by Stan Druckrey, 45, South Milwaukee, Wisc., who ran an 8.43. Denise Foreman, 37, Seattle, Wash., broke the U.S. record with a 9.82.

Six national weight-throw records were increased. Stewart Thomson, 60, Atascadero, Calif., upped the M60 25-lb. weight mark to 17.49, and Vanessa Hilliard, 52, St. Petersburg, Fla., changed the W50 record for the 16-lb. weight to 13.09. Joann Grissom, 55, Indianapolis, Ind., broke U.S. W55 records in the shot (12.01/39-5) and 16-lb. weight (11.35/37-3).

In the 3000 racewalk, four world record breakers included Don De-Noon, 50, Carbondale, Ill., with a 12:45.39, and Therese Iknoian, 37, San Jose, Calif., with a 15:31.58.

The largest spectator draw was Dwight Stones' attempt to become the first man 40-and-over to clear seven feet. Stones, 40, Irvine, Calif., having cleared 2.10/6-103/4 at the Mobil One Meet, Fairfax, Va., Feb. 6, had high hopes for the seven-foot record here but settled for another 2.10 on Saturday afternoon.

While most of the record performances were not particularly exciting from a spectator viewpoint, many of

the non-record races were fun to watch. In the 60, Bill Collins, 43, Houston, Texas, outleaned Kevin Nance, 40, Chandler, Ariz., for the M40 title. Jim Law, 68, Charlotte, N.C., who broke his M65 world record with a 26.69 in a 200 heat, took the final from a tough field, which included Mel Larsen, 69, Springfield, Ill., and Bernard Stevens, 65, Cupertino, Calif.

Ken Popejoy, 43, Wheaton, Ill., M40 indoor and outdoor champion at 800 and 1500, passed up the 1500 to run a 400 and finished third (53.16), with which he was more pleased than his 1:58.86 gold in the 800.

Andrea Fischer, 30, Davenport, Iowa, won the 1500 and 3000 with open competitive times of 4:31.98 and 9:53.75. Marion Sanchez, 61, Hayward, Calif., continued his 1993 outdoor and indoor success with multiple victories.

Outdoors on Sunday, Tom Gage, 50, Billings, Mont., flung the 56-lb. weight 11.44/37-61/2 to top all superweight entrants.

The meet directors were Donald Dobson and Rick McGuire, U. of Missouri. Officials' coordinators were Gerald Christensen, USATF Missouri Valley Association, and Jim Duncan. USATF Ozark Association. Facilities coordinator was Harold Sontag of the Hearnes Center, and host hotel coordinator was Susie Anderson of the Ramada Inn Hotel. Terry Turner, of the university's athletic department, helped facilitate results for publication.

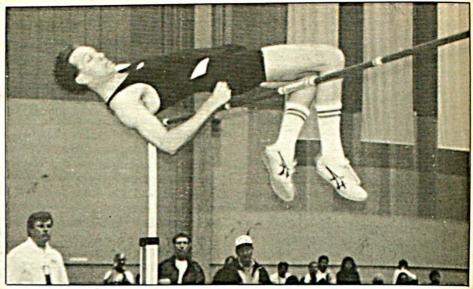
The sponsors of the 1994 championships were the U. of Missouri's Extension Conference Office and the Department of Intercollegiate Athletics; Columbia Ramada Inn Hotel and Conference Center; Subway, Columbia; Computomarx, Columbia; and M-F Athletic Company, Cranston, R.I.

Next year's championships are scheduled for February 23-25 in Reno,



The check-in desk at the USATF National Indoor T&F Championships, Columbia, Mo., with weight throwers at the front before their event at noon, March 25

Photo by Jerry Wojcik



Dwight Stones, 40, Irvine, Calif., cleared 6-1034, but failed to be the first master to break the 7-foot barrier. USATF National Masters Indoor T&F Championships, Columbia, Mo., March 25-27.

Photo by Jerry Wojcik

# Stones Misses 7-Foot Mark

by MARILYN J. MITCHELL

Dwight Stones, in his trademark Mickey Mouse T-shirt with his characteristic Peacock-like rocking stance and popping fingers, electrified the crowd at the Hearnes Center Field House March 26 in Columbia, Missouri at the National Masters Indoor Championships in his attempt to be the first over-40 year old to break the 7-foot high jump mark.

He seemed well on his way. Although he missed his first attempt at 6 feet 9 inches, he made the second attempt and made his first attempt at the next height - 6 feet 103/4 inches. After that his approach changed, his run-up slowed down and a collective groan went up in the arena when he missed his third attempt at 7 feet 11/4 inches.

Perhaps it was fatigue - perhaps it was the proverbial "bear-on-theback." Most of his flight were genuinely rooting for him to make it and spectators alike were disappointed for him and with him.

But despite his disappointment and to his credit - Stones sat on the floor of the arena and graciously signed every autograph requested. Seemingly inconsolable, even when spectators tried to cheer him up by saying that he would surely make the 7-foot height at the first outdoor meet, an obviously disappointed Stones said, "I need to have it (the seven-foot jump) made here. These guys'll never write it again."

What he was referring to was the insurance premium paid to purchase a policy which would pay, according to rumors from the usual reliable sources, from US\$50,000 to as high as US\$100,000 if he broke the 7-foot barrier. Past discussions with various meet promoters indicate that the premiums on such policies can cost approximately \$3,000 for a \$50,000 policy, so a \$100,000 bonus policy might have cost as much as \$6,000 or \$7,000. Stones declined to confirm the bonus amount and the name of the sponsors putting up the money for the premium.

When queried about why the bonus

amount would not be available in the future, Stones said, "Because they know I can make it now." Stones had set three new world marks this year -2.02 meters (6-71/2) in Toronto on January 16, 2.04 meters (6-81/4) at the Millrose Games, February 4 in New York City and 2.10 meters (6-103/4) at the Mobil One Meet in Fairfax, Virginia, February 6. He was scheduled to attempt the record jump at the USATF open indoor championships at the Georgia Dome in Atlanta on March 5, but he did not declare because USATF reportedly notified him of his inclusion in the field too late for him to obtain a favorable discount air fare from his California home to Atlanta. At the Indoor National Masters Championships he equaled his previous world record mark.

Second-place finisher in the 40-44 age group, Walden Curry (New Orleans, Louisiana), was thrilled to have some competition and reminisced about what it was like to jump against Dwight in the 1970s, when Curry like Stones — was a competitor at the 1972 Olympic trials. Said Curry, "The top three or four jumpers in 1972 didn't have much to do with anyone except each other. I was 18 (years old) at that time, a student at Delta State College in Cleveland, Mississippi. I went to the Olympic trials on my own, because my coach couldn't afford to go.'

Curry stopped competing in his twenties and resumed again at age 30 at the National Masters Championships in Eugene and San Diego. "After that, there wasn't a whole lot of jumpers coming out, so I went to the 200 (meter dash) and 400 (meter dash)." Now that there is some high jump competition, Curry expects to stick with the event but has no illusions about himself jumping 7 feet. "Once I get my steps down for the high jump... I might move up to 6 feet 8 inches or 6 feet 10 inches (laugh). I can't see a 7-foot (jump for myself) - but I could see 6 feet 8 inches." Curry has been an elementary school physical education teacher for 17 years.

Records Section

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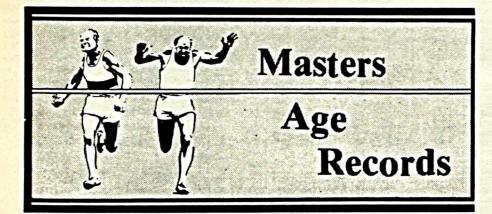
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page 21



# **New Age-Group Records Compiled**

n this issue are new world and U.S. five-year age-group track and field records for men and women. The marks are those compiled and approved, as of March 31, 1994, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track and Field Committee of USA Track & Field (USATF), both headed by Pete Mundle.

Per a decision by WAVA in 1993, no hand times recorded after May 1, 1994 for races of 400 meters or less will be considered for world five-year age group records. However, hand times achieved before May 1, 1994 will continue to be included in the world record lists until broken by a superior time. The same conditions apply to U.S. records set prior to 1991.

The official WAVA/USATF record forms are printed on this page. Meet directors should keep several copies on hand, fill them out if a potential record is set, and mail them to Mundle. Athletes can aid their own cause by carrying a copy to meets for officials' signatures.

All these records have been carefully scrutinized before approval by the Records Committees. Mundle's singleage record book, however, due out

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

## Racewalking Records

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

### Long Distance Records

There are no official world long distance road records, but the latest U.S. masters road marks were published in the November, 1993 issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF.

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

MINERALISM NOT A	TRACK OR ROA	AD EVENT	perd, and in
4017 Via Marina I	HAIRMAN, W.A.V.A. RECO No. C-301, Venice, CA 902	RDS COMMITT 91, USA.	EE, Sabara and Salar
Group 'Best Performan	made for a World Veterar nce'/World Veteran Age-Be	n_Age-Group R st Performance	ecord/World Veteran Age, in support of which the fol-
lowing is submitted: (Please type or use ca	pitals throughout)		
Event	Age-Grou	p	Men/Women
Full Name of Competi	tor(s)		The state of the s
Date(s) of Birth			
	of each team member is re		
Competitor's Country	Town _	Date of Me	Country
	lown _	AND THE PARTY OF THE	Country
RESULT OF RACE The names of the first	three competitors and the	ir times were as	s follows:
	PROPERTY STATE		
3rd			The second second
STARTER'S CERTIFIC	ATE e start of the race was in ac	cordance with I.	A.A.F. Rules.
Name of Starter	Representation of the	Signature .	AND THE WAY TO SELECT
I, the undersigned office signature was the exact certified and approved the control of the c	FICATES (HAND TIMING) tial Timekeeper of the race, at time recorded by my wate by my National Governin Name	ch and that the v g Body.	vatch used by me has been
Time	Name	Sign	nature
Time	Name	Sign	nature
CHIEF TIMEKEEPER I confirm that the above stated.	e Timekeepers exhibited the	eir watches to m	e and that the times were as
(Name of Chie	f Timekeeper or Referee)	Service of	(Signature)
ELECTRICAL TIMING A fully automatic elect and this was the offici	rical timing device was use al time.	ed. The time red	corded was
NOTE - A Photo-Finish	f Photo-Finish Judge) n print must be included w		
I hereby certify that wi	nd speed in direction of ru	nning was	metres/sec.

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

FIELD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE, 4017 Via Marina No. C-301, Venice, CA 90291, USA.

the state of the s	
Application is hereby made for a World Vete Performance, in support of which the follow (Please type or use capitals throughout)	ran Age-Group Record/World Veteran Age-Best ring information is submitted:
Event Ag	ge-Group Men/Women
Full Name of Competitor	Date of Birth
Competitor's Country	Date of Meeting
Name of Stadium	Town Country
examined by me after performance and confe	er/Javelin used in the record claimed has been orms exactly with the relevant I.A.A.F. Rule except A) for veterans competition. I further certify that the
Name	Signature
FIELD JUDGES' CERTIFICATE  We hereby certify that the measurement state measured in accordance with I.A.A.F. Rule circle or runway complied with I.A.A.F. spectrum metres  (Distance or height) (Name of Field Judent metres)	ge) (Signature)
WIND GAUGE (LONG AND TRIPLE JUMP Of I hereby certify that wind speed in direction	
Name of Opérator	Signature
RESULT OF COMPETITION The names of the first three competitors and 1st	Performance
	Performance

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

# WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of March 31, 1994

Men's World Five Year Age Grou	D 3000 METERS		HIGH JUMP
Records	DIV. MARK NAME (RESIDENCE)	GE MEET DATE 43 1-31-76	DIV. MARK NAME(RESIDENCE) AGE MEET DATE M40 6-9 2.06 John Hartfield(USA) 40 9-1-85
	M45 8:36.0 Laurie Ohara(GBR)	45 7- 8-77 50 6-25-82	p6-9 1/2 2.07 Istvan Major(HUN) 41 7-2-90 M45 6-3 1/2 1.92 Charlie Rader(USA) 45 7-31-93
100 METERS	M55 9:12.8 Jack Ryan(AUS)	55 1-24-78 61 11-22-80	p6-3 1/2 1.92 Mark Gelnov(URS) 47 7-25-91 M50 6-2 1.88 Herm Wyatt(USA) 51 8-21-83
	-16-89 M65 9:47.4 Derek Turnbull(NZL)	65 2- 8-92 73 3-28-76	6-2 1.88 Dieter Wille(FRG) 50 10-10-93 p6-2 1.88 Horst Mandl(AUT) 52 6-25-88
M45 11.0 Thane Baker(USA) 48	-18-87 H75 12:04.0 Scotty Carter(USA)	75 6-28-92	M55 5-10 1/2 1.79 Herm Wyatt(USA) 55 5-26-87 M60 5-6 1/4 1.68 Jim Gillcrist(USA) 64 9-19-92
M55 11.57 Ron Taylor(GBR) 57	-23-73 p13:17.0 Fritz Helber(FRG)	82 5- 4-90 80 9-14-86	M65 5-4 1/2 1.64 Jim Gillcrist(USA) 65 9-25-93
11.6 Alfred Guidet(USA) 56	-22-74 M85 16:32.0 Paul Spangler(USA) -27-78 M90 20:08.4 Paul Spangler(USA)	85 5- 4-84 90 - 9-16-89	M75 4-8 3/4 1.44 Esko Kolhonen(FIN) 75 8-4-89
M65 12.5 Bernard Hogan(AUS) 65 1	-30-85 -22-91		M80 4-0 1/4 1.22 Virgil McIntyre(USA) 80 6-28-91 M85 3-8 1/2 1.13 Buell Crane(USA) 85 7-26-85
H75 13.4 Payton Jordan(USA) 75	-25-92	GE MEET DATE	M90 3-5 1.04 Buell Crane(USA) 90 7-28-90
M85 16.3 Duncan McClean(SCO) 88	- 6-73 M40 13:45.6 Lucien Rault(FRA)	40 5-21-76 46 6-19-82	POLE VAULT
M95 39.00 Prtiavi Singh Azad(IND) 95 1	- 5-87 M50 14:55.60 Antonio Villanueva(MEX)	51 7-25-91 55 6- 5-93	DIV. MARK NAME(RESIDENCE) AGE MEET DATE M40 17-0 3/4 5.20 Larry Jessee(USA) 40 12-11-92
	'-21-91 M55 15:51.8 Stephen James (GER) M60 16:33.3 John Gilmour (AUS)	61 8- 9-80	p17-1 1/4 5.21 Kjell Isaakson(SWE) 41 6-23-89 M45 15-5 1/2 4.71 Greg Miguel(USA) 46 8-12-93
200 METERS	M65 16:38.8 Derek Turnbull(NZL) M70 18:43.61h Warren Utes(USA)	65 3-13-92 71 7-23-91	M50 14-4 4.37 Vic Cook(USA) 50 7-25-82
M40 21.86 Bill Collins(TX) 41	ET DATE M75 20:21.62 Kosaku Kanamori(JPN) -15-92 M80 21:57.88 Edward Benham(USA)	77 5-10-92 81 8- 6-88	M55 13-6 1/4 4.12 Richmond Morcom(USA) 55 8-4-76
M45 22.3 George Rhoden(JAM) 45	1-10 77 M85 26:50.2 Josef Galia(FRG) - 2-72 M90 37:39.38 Paul Spangler(USA)	87 8-16-85 90 8- 1-89	M60 12-9 1/2 3.90 Herbert Schmidt(FRG) 61 10-14-71 M65 12-4 1/2 3.77 Boo Morcom(USA) 65 8-3-86
M50 22.9 Ken Dennis(USA) 50	7-18-87 M95 50:23.53 Herb Kirk(USA)	95 7-25-91	M70 10-10 3.30 Herbert Schmidt(FRG) 70 7-18-80 M75 9-6 1/4 2.90 Carol Johnston(USA) 75 2-7-87
	7-31-86 10,000 METERS	OFFILE OF	M80 8-3 2.51 Carol Johnston(USA) 80 6-20-92 M85 5-8 1.73 A. E. Pitcher(USA) 86 5-14-88
M60 24.9 Payton Jordan(USA) 60	6-19-77 DIV. MARK NAME(RESIDENCE) 2- 6-85 M40 28:33.4 Lucien Rault(FRA)	AGE MEET DATE 40 6- 9-76	LONG JUMP
M70 26.8 Payton Jordan(USA) 70	p-20-87 p28:30.88 Martti Vainio(FIN) p-20-92 M45 30:02.56 Antonio Villanueva(MEX)	40 6-21-91 45 11-29-87	DIV. MARK NAME (RESIDENCE) AGE MEET DATE
M80 32.3 Josiah Packard(USA) 80	2-18-84 M50 31:01.90 Ron Robertson(NZ) 0-11-93 M55 33:00.66 Norman Green(USA)	50 7-23-91 57 7-29-89	M40 24-4 3/4 7.43 Tom Chilton(USA) 40 3-24-78 p24-9 7.54 Hans Schicker(FRG) 40 7-24-88
M90 48.6 Collister Wheeler(USA) 90	7-30-87 M60 34:14.08 Luciano Acquarone(ITA) 7-26-91 M65 34:42.2 Derek Turnbull(NZL)	60 7-20-91 65 3-15-92	M45 23-10 1/4 7.27 Tapani Taavitsainen(FIN) 46 8-21-90
p45.75 Buell Crane(USA) 90	3-23-90 M70 38:23.69 Warren Utes(USA)	71 7-21-91 75 9- 9-89	M55 20-4 6.20 Pericles Pinto(POR) 55 - 7-11-92
	7-26-91 M80 44:29.4 Edward Benham(USA)	81 8- 4-88	M60 19-11 6.07 Tom Patsalis(USA) 60 7-10-82 M65 17-4 1/4 5.29 Tom Patsalis(USA) 65 12-1-87
400 METERS	M85 54:23.0 Josef Galia(FRG) M90 71:40.78 Paul Spangler(USA)	87 8-28-85 90 7-29-89	M70 16-3 1/4 4.96 Mazumi Morita(JPN) 70 10-15-83 p16-4 4.98 Gudmund Skrivervik(NOR) 70 7-26-91
	EET DATE ONE HOUR RUN	<b>克斯特 200</b>	M75 15-8 1/4 4.78 Mazumi Morita(JPN) 75 7-30-88 M80 13-6 1/4 4.12 Mazumi Morita(JPN) 80 10-9-93
M45 50.24 Stan Whitley(USA) 46		AGE MEET DATE	M85 10-3 3/4 3.14 Masomi Okazaki(JPN) 86 5-26-91 M90 8-0 1/4 2.44 Buell Crane(USA) 90 4-21-90
51.8 Ron Taylor(GBR) 52	0-16-93 M40 11-1330 18.919 John Van De Wansem(HOL) 9-27-86 M45 11-1268 18.862 Alain Mimoun(FRA)	40 10-16-90 45 3-20-66	M95 p5-10 1.78 Collister Wheeler(U:A) 95 7-22-88 p7-0 3/4 2.15 Joginder Singh(IND) 99 7-25-91
MSS 52.6 Ralph Romain(TRI) 58	6- 3-89 M50 11-954 18.575 Alain Mimoun(FRA) 7-22-90 M55 10-1194 17.185 John Gilmour(AUS)	50 5-16-71 55 10-14-74	TRIPLE JUMP
M65 58.79 Jim Law(USA) 65	5-30-93 M60 10-831 16.853 John Gilmour(AUS) 7- 5-91 M65 9-1540 15.892 John Gilmour(AUS)	61 10-21-79 65 10- 7-84	DIV. MARK NAME (RESIDENCE) AGE MEET DATE
N75 68.5 Josiah Packard(USA) 75	7-24-89 N70 9-1083 15.474 John Giltour(AUS) 5-23-79 N75 8-335 13.181 Lou Gregory(USA)	70 6-21-89 75 12-:7-77	M40 54-4 3/4 16.58 Ray Kimble(USA) 40 7- 2-93
M80 75.4 Marold Chapson(USA) 80	7- 1-90 M80 7-946 12.130 Paul Spangler(USA) 7- 9-83 M85 6-472 10.088 Paul Spangler(USA)	81 11- 1-80 85 11-18-84	M50 44-5 1/2 13.55 Hermann Strauss(FRG) 51 7-14-82
	2- 5-87 2-16-89 STEEPLECHASE (35-59: 3000M; 60+: 2000M	-	p44-8 1/4 13.62 Stig Backlund(FIN) 50 6-17-90 M55 41-10 12.75 Hermann Strauss(FRG) 55 7-28-86
p1:59.76 Murthy Narayana(IND) 90	7-27-91	AGE MEET DATE	p41-11 1/4 12.78 Olavi Niemi(FIN) 57 7-2-89 M60 39-4 3/4 12.01 Jacob Rypdal(NOR) 61 12-5-87
800 METERS	M40 8:41.5 Gaston Roelants(BEL) M45 9:25.28 Ron Robertson(NZ)	40 7- 6-77 46 12- 5-87	39-4 3/4 12.01 Vactav Bartl(SWE) 61 12-5-87 p40-5 1/2 12.33 Hermann Strauss(FRG) 60 7-26-91
	EET DATE M50 9:50.96 Nils Undersaker(NOR) 6-11-90 p9:38.8 Nils Undersaker(NOR)	50 8- 5-89 50 6-10-89	M70 33-7 1/2 11.11 Matti Jarvinen(FIN) 65 7-27-91 M70 33-7 1/2 10.25 Mazumi Morita(JPN) 72 10-13-85
	7- 7-91 p9:43.97 Ron Robertson(N2) 8- 1-89 M55 10:39.0 Eligio Galicia(MEX)	50 7-27-91 56 8- 1-79	M75 32-11 3/4 10.05 Mazumi Morita(JPN) 75 7-31-88 M80 29-4 1/2 8.95 Mazumi Morita(JPN) 80 10-13-93
	8- 1-89 M60 7:03.8 Maurice Morrel(GBR) 7-21-89 M65 7:53.00 John Eccles(NZL)	60 6- 8-93	M85 20-10 1/2 6.36 Shigemitsu Kawato(JPN) 85 7-5-92 M90 18-1 5.51 Buell Crane(USA) 90 7-28-90
M65 2:17.8 Derek Turnbull(NZL) 65	3-15-92 M70 8:38.17 Dan Bulkley(USA) 6-8-91 M75 9:28.78 Dan Bulkley(USA)	65 11- 2-90 71 8- 5-88	70 7-28-40
p2:27.57 James Lytjen(USA) 70	7-23-91 M80 11:51.48 Tadashi Tau(JPN)	76 7-17-93 81 10-13-93	SHOT PUT (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+ 4Kg)
M80 2:53.5 Harold Chapson(USA) 80	7-11-82 HURDLES 110M: 35-39.42": 40-49.39":		DIV. MARK MAME(RESIDENCE) M40 70-3 21.41 Brian Oldfield(USA) 40 8-22-85
M90 4:39.59 Paul Spangler(USA) 90	6-10-89 DIV. MARK NAME (RESIDENCE)	70+,30" AGE MEET DATE	M50 57-9 17.60 Klaus Liedtke(FRG) 52 10-10-93
THE RESERVE OF THE PERSON IN	M45 14.7y Valbjorn Thorlaksson(ICE)	40 7-30-89 45 7- 8-79	p60-6 1/2 18.45 Klaus Liedtke(FRG) 50 7-20-91 M55 52-0 15.85 Joe Keshmiri(USA) 55 10-10-93
1500 METERS	M50 13.57 Walt Butler(CA) M55 15.28 Bob Hickman(CA)	50 7- 5-91 55 7-30-89	M60 49-2 1/4 14.99 T. Von Wachenfeldt(SWE) 61 7-29-89
M40 3:49.47 Wilson Waigwa(KEN) 40	HEET DATE M60 14.98 Jack Greenwood(USA) 8-5-89 M65 16.4 Albertos Van Zyl(RSA)	60 7-19-86 65 8-29-87	M65 47-4 1/4 14.43 T. Von Wachenfeldt(SWE) 65 10-15-93
p3:49.21 Wilson Waigwe(KEN) 41	7-29-90 p16.22 Jack Greenwood(CO) p16.30 Jack Greenwood(CO)	65 7- 5-91 65 7-21-91	M70 46-1 1/4 14.05 Voitto Elo(FIN) 70 6-23-85 M75 41-5 3/4 12.64 Ross Carter(USA) 75 9-3-89
p3:59.24 Ken Sparks(USA) 45 M50 4:05.2 Tom Roberts(AUS) 50	7-29-90 H75 15.1 Frank Finger(USA)	70 10-10-92 75 9- 1-90	P42-0 12.80 Voitto Elo(FIN) 75 5-27-90
MSS 4:17.4 Derek Turnbull(NZL) 55	2-20-82 Haizumi Horita(JPN)	80 10- 9-93	M85 27-10 1/4 8.49 Lamberto Cicconi(ITA) 85 7- 3-90
M65 4:39.9 Derek Turnbull(NZL) 65	3-14-92	300m: 60+,30")	M95 14-6 4.42 Tom Lane(CA) 97 5-23-92
M75 5:28.5 Scotty Carter(USA) 75	6-28-92 M40 52.7 Stan Druckrey(USA)	AGE MEET DATE 40 7- 8-89	p19-9 p20-10 3/4 4.80 Tom Lane(USA) 96 9-22-91 6.37 Joginder Singh(IND) 99 7-21-91
M85 7:03.38 Longino Perez(MEX) 85	52.76 James King(USA) 12-5-87 M45 55.18 Guido Mueller(FRG)	40 8- 3-89	DISCUS THROW (35-49: 2Kg; 50-59: 1.5Kg; 60+: 1Kg)
WAF 42 P2 A	0-10-89 M50 58.1 Jack Greenwood(USA) M55 59.85 Jack Greenwood(USA)	50 7- 3-76	DIV. MARK NAME (RESIDENCE) AGE MEET DATE
ONE MILE	M60 43.49 Jack Greenwood(USA) M65 47.82 Arne Petterson(SWE)	57 9-27-83 63 8- 3-89	M45 216-11 66.12 AL Oerter(USA) 43 5-31-80
	EET DATE P45.20 Jack Greenwood(USA)	65 6-25-88 65 7-25-91	P214-3 65.30 At Oerter(USA) 50 8-3-89 50 12-28-86
M45 4:16.75 David Sirt(NZL) 45	2- 6-87 MRD 87 57 Dan Bulkley(USA)	70 4-17-93 76 7-18-93	M60 189-0 57.60 Wendell Palmer(USA) 60 4-24-92
MSS 4:40.4 Jack Ryan(AUS) 55	2-15-77 Claude Hills(USA)	80 8-15-92 80 8-31-92	M70 156-8 47.76 Kauko Jouppi La(FIN) 70 7-23-91
M65 4:56.4 Derek Turnbull(NZL) 65	2-29-92 p75.99 Errki Haapalainen(FIN)	80 6-11-89 81 7-25-91	M80 124-2 37 84 Osmo Renvall(FIN) 76 7-19-86
M75 5:57.2 Scotty Carter(USA) 75	7- 9-77 7-12-92 300 METER HURDLES (50-59: 33") *** BEST PFI		M85 88-11 3/4 27.12 Lamberto Cicconi(ITA) 86 9-12-90
M85 8:04.7 Josef Galia(FRG) 87	9- 4-85 DIV MARY MARKETS 100	FORMANCES ***	P48-7 11.05 Tom Lane(USA) 95 9-24-89
	8-18-86 0-6-90 M50 39.96 Guido Mueller(WG) M55 43.28 Erkki Knapp(FIN)	AGE MEET DATE 50 8- 3-89	p52-10 3/4 16.12 Joginder Singh(IND) 99 7-22-88 7-23-91
	EFERT KNAPP(FIN)	55 8- 3-89	Continued on next page

Continued on next page

Continued from previous page		
HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+:4Kg)	W65 3:01.18 Shirley Brasher(AUS) 65 4-19-92 W70 3:14.90 Britta Tibbling(NOR) 71 8- 1-89	HIGH JUMP  DIV. MARK NAME(RESIDENCE) AGE MEET DATE
DIV. MAKE NAME (RESIDENCE) ACE MEET DATE	W75 3:32.98 Johanna Luther(FRG) 75 8- 1-89 W80 3:54.81 Johanna Luther(FRG) 80 10-10-93	W35 6-2 1.88 Debbie Brill(CAN) 35 4-23-88
M45 208-2 43-11 74.34 Ed Burke(USA) 44 4-28-84	W85 5:14.43 Nishiyama Matsue(JPN) 86 10-10-93	p6-2 1.88 Cindy Greiner((USA) 35 6-20-92 W40 5-5 3/4 1.67 Yordanka Blagoeva(YUG) 42 8- 3-89
MSS 204-8 63.76 Tom Gage(USA) 50 5-16-93	1500 METERS	p5-7 1.70 Yordanka Blagoeva(YUG) 41 6-25-88 W45 5-3pen 1.60 Phil Raschker(USA) 46 8-11-93
p208-6 63.56 Hans Potsch(AUT) 57 7-5-90	DIV. MARK NAME(RESIDENCE) . AGE MEET DATE	p5-5 1.65 Phil Raschker(USA) 46 10-11-93
M60 191-11 58.50 Hans Potsch(AUT) 60 9-19-93 169-10 51.76 Pentti Saarikoski(FIN) 65 7-18-91	W35 3:57.73 Maricica Puica(ROM) 35 8-30-85 W40 4:02.01 Yekatarina Podkopayeva(URS) 40 8-8-92	W50 4-10 1.47 Dorothy Tyler(GBR) 50 6-14-70 W55 4-6 1/4 1.38 C. Schmallbruch(FRG) 56 10-11-93
M70 155-11 47.54 Roy Foley(AUS) 71 3-20-88	W45 4:36.58 Heather Mathews(NZ) 45 2- 2-92 W50 4:54.5 Anne McKenzie(RSA) 50 10-15-75	p4-8 1/4 1.43 Taisija Tshentchik(URS) 55 7-23-91 W60 4-3 1/4 1.30 Rosemary Chrimes(GBR) 60 9-26-93
p150-8 45.92 Aarne Miettinen(FIN) 75 A8	p4:51.19 I. Hellwagner(AUT) 50 6-25-88	W65 4-2 1.27 Leonore McDaniel (USA) 65 8-11-93
M80 112-5 34.28 Karsten Brodersen(CHL) 80 12- 1-87	w55 5:14.2 Vicki Bigelow(USA) 56 6-13-92 p5:12.43 Edeltraud Pohl(FRG) 55 7-27-91	W70 3-9 3/4 1.16 Gwen Davidson(AUS) 70 4-11-93 W75 3-3 1/2 1.00 Irja Sarnama(FIN) 75 8- 9-81
M90 55-7 3/4 16.96 Buell Crane(USA) 50 4-21-90	W60 5:44.81 Shirley Brasher(AUS) 61 12- 5-87 5:44.9 Margaret Miller(USA) 60 7-16-86	W80 2-10 3/4 0.88 Berta Hielscher(FRG) 80 8- 3-89 p2-10 3/4 0.88 Margareta Sarvana(FIN) 82 7-23-91
JAVELIN THROW (35-59: 800 GRAMS - NEW RULES; 60+: 600 GRAMS)	p5:37 Jean Albury(AUS) 60 4-14-90	The second of th
DIV. MARK NAME (RESIDENCE) AGE MEET DATE	W70 6:39.04 Britta Tibbling(SWE) 71 7-22-89	DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M45 208-0 63.40 Mauri Toivonen(FIN) 45 7-21-91	97:06.13 Johanna Luther(FRG) 76 8-5-89 77 7-27-91	W35 9-2 1/4 2.80 Maret Kalviste(URS) 38 10-10-93
M50 215-9 65.76 Larry Stuart(USA) 50 4-30-88 M55 209-1 63.74 Larry Stuart(USA) 55 5-15-93	W80 7:32.22 Johanna Luther(FRG) 80 10-16-93 W85 p11:43.2 Anna Ward(USA) 85 6- 2-90	W40 9-6 1/4 2.90 Phil Raschker(USA) 44 6- 8-91 W45 10-3 3/4 3.14 Phil Raschker(USA) 46 10-10-93
M60 191-10 58.48 Del Pickerts(USA) 60 11-28-87 M65 180-6 55.02 Bud Held(USA) 65 5-15-93	the state of the same of the s	W50 9-6 1/4 2.90 Pat McNab(GBR) 50 16-6-93 W55 6-6 3/4 2.00 Dorothy McClennan(IRL) 58 10-10-93
M70 151-10 46.28 Erik Eriksson(FIN) 70 10- 9-93	ONE MILE DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W60 6-0 3/4 1.85 Leonore McDaniel (USA) 64 8-14-92
p152-1 46.36 Bill Morales(USA) 70 7-25-87	W35 4:17.33 Maricica Puica(ROM) 35 8-21-85 W40 4:23.78 Yekatarina Podkopayeva(URS) 40 6-9-93	
M75 135-3 41.24 Manuel Unite(USA) 75 8-17-91 M80 106-7 32.50 Gerhard Schepe(FRG) 82 10- 9-93	W45 5:02.31 Heather Mathews(NZ) 45 11-16-91	LONG JUMP DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M85 82-4 1/4 25.10 Masomi Okazaki(JPN) 85 6-24-90 M90 57-2 3/4 17.44 Buell Crane(USA) 90 7-28-90	W50 5:29.39 Jeanne Hoagland(USA) 51 12- 6-87 W55 5:50.6 Margaret Miller(USA) 55 2- 7-81	W35 21-7 1/4 6.58 Maryne Van Niekirk(RSA) 36 2-20-91
M95 33-10 1/4 10.32 Tom Lane(USA) 97 5-23-92	W60 6:24.8 Joselyn Ross(GBR) 63 9-18-91 W65 6:41.64 Rosamund Dashwood(CAN) 65 6-8-89	W40 19-4 1/4 5.90 Anna Wlodarczyk(POL) 41 8-15-92 W45 18-1 1/4 5.52 Takako Togawa(JPN) 45 10-19-88
p46-10 14.27 Collister Wheeler(USA) 95 7-23-88 p69-5 21.16 Joginder Singh(IND) 99 7-21-91	W70 7:26.0 Pat Dixon(USA) 70 6-24-89 W80 9:49.40 Ivy Granstrom(CAN) 80 5-31-92	W50 16-6 1/2 5.04 Maeve Kyle(IRL) 50 7-29-79 W55 15-9 4.80 C. Schmallbruch(FRG) 56 10-8-93
DECATHLON(1962 TAAF SCORING TABLES)	The state of the s	p17-2 3/4 5.25 C. Schmollbruch(FRG) 5690
DIV. MARK NAME(RESIDENCE) AGE MEET DATE M40 6784 Wolfgang Linkmann(FRG) 40 6-6-81	DIV. MARK NAME (RESIDENCE) AGE MEET DATE	p15-11 3/4 4.87 C. Schmallbruch(FRG) 5693 W60 14-3 3/4 4.36 L. Seuberlich(FRG) 60 7-29-86
N45 5734 Gary Hiller(USA) 47 3-23-85	W35 8:27.83 Maricica Puica(ROM) 35 9- 7-85	W65 14-8 4.47 Paula Schneiderhan(FRG) 66 12- 1-87 W70 11-9 3.58 Paula Schneiderhan(FRG) 71 10- 9-93
p5890 Rex Harvey(USA) 45 7-18-91 M50 6212 Gary Miller(USA) 50 5-27-88	W45 10:19.4 Joan Colman(USA) 46 9- 8-90	W75 8-8 2.64 Tama Nakashima(JPN) 75 9-12-92 W80 7-5 2.26 Ruth Frith(AUS) 84 10- 9-93
M55 5246 Richmond Morcom(USA) 55 9-11-76 M60 4552 Richmond Morcom(USA) 61 8-28-82	p9:31.38 Evy Palm(SWE) 4587 W50 10:24.01 Edeltraud Pohl(FRG) 52 8-25-88	
M65 3400 Ian Hume(CAN) 66 6-20-81	W55 11:20.2 Marion Irvine(USA) 59 9-16-89 W60 12:26.8 Lieselotte Schultz(FRG) 61 6-13-81	TRIPLE JUMP DIV. MARK NAME(RESIDENCE) AGE MEET DATE
M75 1659 Herbert Anderson(USA) 75 3-24-78	W65 12:47.6 Joselyn Ross(GBR) 65 8-14-93	W35 42-8 3/4 13.02 Yannick Gacon(FRA) 35 7-19-92
M80 994 Herb Anderson(USA) 80 8-28-82 M85 252 A. E. Pitcher(USA) 85 9-19-87	W70 13:50.8 Jose Waller(GB) 70 10- 4-92 W75 17:37.2 Bess James(USA) 75 8-10-85	W40 40-3 1/2 12.28 Anna Wlodarczyk(POL) 41 5-23-92 W45 36-5 1/2 11.11 Takako Togama(JPN) 45 8-18-88
PENTATHLON(1985 IAAF SCORING TABLES)	W80 21:18.6y Ivy Granstrom(CAN) 80 6-28-92 W85 p25:29.6 Mary Ames(USA) 85 4-30-88	W50 33-1 10.08 Erika Springmann(FRG) 50 10-13-93 W55 32-2 3/4 9.82 C. Schmallbruch(FRG) 56 10-13-93
DIV. MARK NAME (RESIDENCE) AGE MEET DATE	5000 METERS	W60 28-7 3/4 8.73 Shirley Peterson(NZL) 63 10-19-91 W65 29-7 1/2 9.03 Shirley Peterson(NZL) 65 10-13-93
M40 3455 Werner Schallau(FRG) 40 9-24-78 M45 3117 Gary Miller(USA) 45 9-30-83	DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W70 22-5 3/4 6.85 Sheila Campbell(RSA) 70 10-13-93
M50 2976 Gary Miller(USA) 50 6-26-88 M55 2547h Richmond Morcom(USA) 56 8-12-77	W35 15:13.38 Ingrid Kristiansen(NOR) 35 791 W40 16:02.88 Evy Palm(SWE) 43 7-17-85	W75 20-1 1/4 6.13 Shiele Evans(USA) 75 8-5-90 W80 18-6 1/2 5.65 Ruth Frith(AUS) 84 10-13-93
M60 2346 Rudy Hochreiter(AUS) 61 12- 3-87	W45 16:17.6 Evy Palm(SWE) 45 4- 7-87 W50 17:25.6 Shirley Matson(USA) 50 9-26-91	SHOT PUT (35-49: 4Kg; 50+: 3Kg)
M70 1685 Adolf Koch(FRG) 70 12- 3-87	WSS 18:49.0 Jean Albury(AUS: 55 4- 7-85	DIV. MARK NAME(RESIDENCE) AGE MEET DATE W35 70-1 3/4 21.38 Helena Fibingerova(CZE) 35 8-22-84
M75 1232 Francisco Colon(PUA) 75 10-19-91 M80 869 Karsten Brodersen(CHL) 80 12- 3-87	W65 21:37.8 Joselyn Ross(GBR) 65 8-14-93	W40 62-6 19.05 Antonina Ivanova(URS) 40 8-28-73
M85 570 Ken Carnine(USA) 85 6-19-93	W70 23:21.2 Jose Waller(GB) 70 10- 4-92	W45 46-6 1/4 14.18 Liest Huber(FRG) 45 10-13-79
The state of the s	W75 25:43.39 Johanna Luther(FRG) 76 8- 4-89	V50 48-8 3/4 14.85 Valerie Young(NZL) 50 11-29-87
	W75 25:43.39 Johanna Luther(FRG) 76 8-4-89 p25:32.33 Johanna Luther(FRG) 76 9-2-89 W80 28:32.67 Johanna Luther(FRG) 80 10-11-93	V55 47-5 3/4 14.47 Sigrin Kofink(FRG) 56 - 7-21-91 W60 40-0 1/4 12.20 Rosemary Chrimes(GBR) 60 10-10-93
Women's World Five Year Age Group	W75 25:43.39 Johanna Luther(FRG) 76 8-4-89 p.25:32.33 Johanna Luther(FRG) 76 9-2-89 w80 28:32.67 Johanna Luther(FRG) 80 10-11-93 w85 7:02.30 Nishiyama Matsue(JPN) 86 10-10-93	USS 47-5 3/4 14.47 Sigrin Kofink(FRG) 56 - 7-21-91 U60 40-0 1/4 12.20 Rosemary Chrimes(GRR) 60 10-10-93 U65 32-11 3/4 10.05 Maria Van As(RSA) 65 4-5-86 p33-0 10.06 Totti Kasekamp(URS) 65 7-21-91
Women's World Five Year Age Group Records	W75 25:43.39 Johanna Luther(FRG) 76 8-4-89 p25:32.33 Johanna Luther(FRG) 76 9-2-89 w80 28:32.67 Johanna Luther(FRG) 80 10-11-93 w85 7:02.30 Nishiyama Matsue(JPN) 86 10-10-93  10,000 METERS DIV. MARK NAME(RESIDENCE) AGE MEET DATE	USS 47-5 3/4 14.47 Sigrin Kofink(FRC) 56 - 7-21-91 U60 40-0 1/4 12.20 Rosemary Chrimes(GBR) 60 10-10-93 U65 32-11 3/4 10.05 Maria Van As(RSA) 65 4-5-86 p33-0 10.06 Totti Kasekamp(URS) 65 7-21-91 U70 27-8 1/4 8.44 Lena Grobler(RSA) 70 10-10-93 U75 25-7 7.80 Irja Sarnama(FIN) 78 8-22-84
Women's World Five Year Age Group Records  100 METERS DIV. MARK NAME(RESIDENCE) AGE MEET DATE 15.28.92	W75 25:43.39	W55 47-5 3/4 14.47 Sigrin Kofink(FRC) 56 - 7-21-91 W60 40-0 1/4 12.20 Rosemary Chrimes(GBR) 60 10-10-93 W65 32-11 3/4 10.05 Maria Van As(RSA) 65 4-5-86 p33-0 10.06 Totti Kasekamp(URS) 65 7-21-91 W70 27-8 1/4 8.44 Lena Grobler(RSA) 70 10-10-93 W75 25-7 7.80 Irja Sarnama(FIN) 78 8-22-84 W80 24-0 1/4 7.32 Irja Sarnama(FIN) 81 8-31-87 W80 17-11 3/4 5.48 Irja Sarnama(FIN) 85 7-21-91
Women's World Five Year Age Group  Records  100 METERS  DIV. MARK  NAME (RESIDENCE)  M35 11.07 Evelyn Ashford(USA)  M40 425-70  M40 12.0 Haeve Kyle(IRL)  AGE MEET DATE  425-70  426-71	W75   25:43.39   Johanna Luther(FRG)   76   8- 4-89     p25:32.33   Johanna Luther(FRG)   76   9- 2-89     w80   28:32.67   Johanna Luther(FRG)   80   10-11-93     w85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93     10,000 METERS   NAME(RESIDENCE)   AGE   MEET DATE     w85   31:20.28   Ingrid Kristiansen(NOR)   35   791     w80   33:00.78   Evy Palm(SWE)   43   7-27-85     p32:47.25   Evy Palm(SWE)   44   7- 5-86     w80   37:34.45   Flaine Statham(GBR)   45   7-29-89	USS 47-5 3/4 14.47 Sigrin Kofink(FRG) 56 - 7-21-91 U60 40-0 1/4 12.20 Rosemary Chrimes(GRR) 60 10-10-93 U65 32-11 3/4 10.05 Maria Van As(RSA) 65 4-5-86 p33-0 10.06 Totti Kasekamp(URS) 65 7-21-91 U70 27-8 1/4 8.44 Lena Grobler(RSA) 70 10-10-93 U75 25-7 7.80 Irja Sarnama(FIN) 78 8-22-84 149 7.32 Irja Sarnama(FIN) 81 8-31-87
Women's World Five Year Age Group  Records  100 METERS  DIV. MARK  NAME (RESIDENCE)  435 11.07 Evelyn Ashford(USA)  436 5-28-92  437 12.0 Maeve Kyle(IRL)  437 12.5 Maeve Kyle(IRL)  438 12.5 Mendy Ev(AUS)  449 2-4-84	W75   25:43.39   Johanna Luther(FRG)   76   8- 4-89     p25:32.33   Johanna Luther(FRG)   76   9- 2-89     w80   28:32.67   Johanna Luther(FRG)   80   10-11-93     w85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93     10,000 METERS   NAME(RESIDENCE)   AGE   MEET DATE     w85   31:20.28   Ingrid Kristiansen(NOR)   35   791     w40   33:00.78   Evy Palm(SWE)   43   7-27-85     p32:47.25   Evy Palm(SWE)   44   7- 5-86     w45   37:34.45   Elaine Statham(GBR)   47   7-21-91     p37:05.16   Elaine Statham(GBR)   47   7-21-91     w87   w	USS 47-5 3/4 14.47 Sigrin Kofink(FRG) 56-7-21-91 U60 40-0 1/4 12-20 Rosemary Chrimes(GBR) 60 10-10-93 MS 32-11 3/4 10.05 Maria Van As(RSA) 65 4-5-86 p33-0 10.06 Totti Kasekamp(URS) 65 7-21-91 W70 27-8 1/4 8.44 Lena Grobler(RSA) 70 10-10-93 W75 25-7 7.80 Irja Sarnama(FIM) 78 8-22-84 U80 24-0 1/4 7.32 Irja Sarnama(FIM) 81 8-31-87 U85 17-11 3/4 5.48 Irja Sarnama(FIM) 85 7-21-91 W75 11-1 1/2 3.39 Margaret White(OK) 95 9-7-92 DISCUS THROW (1Kg)
Women's World Five Year Age Group  Records  100 METERS  01V. MARK	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89     P25:32.33   Johanna Luther(FRG)   76   9-2-89     W80   28:32.67   Johanna Luther(FRG)   80   10-11-93     W85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93     10,000 METERS   NAME(RESIDENCE)   AGE   MEET DATE     W85   31:20.28   Ingrid Kristiansen(NOR)   35   7-91     W40   33:00.78   Evy Palm(SWE)   43   7-27-85     W40   33:00.78   Evy Palm(SWE)   44   7-5-86     M25   37:34.45   Elaine Statham(GBR)   45   7-29-89     W45   37:05.16   Elaine Statham(GBR)   47   7-21-91     P32:41.98   Evy Palm(SWE)   45   -87     P37:01.6   Dot Browne(AUS)   53   32-3-86     P37:01.6   Dot Browne(AUS)   53   310-8-93	US5 47-5 3/4 14.47 Sigrin Kofink(FRG) 56-7-21-91 U60 40-0 1/4 12-20 Rosemary Chrimes(GBR) 60 10-10-93 U65 32-11 3/4 10.05 Maria Van As(RSA) 65 4-5-86 p33-0 10.06 Totti Kasekamp(URS) 65 7-21-91 U70 27-8 1/4 8.44 Lena Grobler(RSA) 70 10-10-93 U75 25-7 7.80 Irja Sarnama(FIN) 78 8-22-84 U80 24-0 1/4 7.32 Irja Sarnama(FIN) 81 8-31-87 U85 17-11 3/4 5.48 Irja Sarnama(FIN) 85 7-21-91 U95 11-1 1/2 3.39 Margaret White(OK) 95 9-7-92  DISCUS THROW (1Kg)  DIV. MARK NAME(RESIDENCE) AGE MEET DATE
Women's World Five Year Age Group  Records  100 METERS  DIV. MARK  MAME(RESIDENCE)  MSS 11.07 Evelyn Ashford(USA)  12.0 Haeve Kyle(IRL)  MSS 12.5 Haeve Kyle(IRL)  MSS 12.5 Hendy Ey(AUS)  MSS 12.9 Irene Obera(USA)  MSS 13.6 Shirley Peterson(AUS)  MSS 13.9 Shirley Peterson(AUS)  MSS 13.9 Shirley Peterson(AUS)  MSS 13.9 Shirley Peterson(AUS)  MSS 10.15-93	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89     P25:32.33   Johanna Luther(FRG)   76   9-2-89     W80   28:32.67   Johanna Luther(FRG)   80   10-11-93     W85   7:02.30   Mishiyama Matsue(JPN)   86   10-10-93     10,000 METERS   DIV. MARK   NAME(RESIDENCE)   AGE   MEET DATE     W35   31:20.28   Ingrid Kristiansen(NOR)   35   791     W40   33:00.78   Evy Palm(SWE)   43   7-27-85     W40   33:00.78   Evy Palm(SWE)   44   7-5-86     W50   37:34.45   Elaine Statham(GBR)   45   7-29-89     P37:05:16   Elaine Statham(GBR)   47   7-21-91     P32:41.98   Evy Palm(SWE)   45   3-23-86     W50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93     W50   38:38.6   Jean Albury(AUS)   55   4-5-85     W50	USS   47-5 3/4   14.47 Sigrin Kofink(FRC)   56-7-21-91   100   40-0 1/4   12.20 Rosemary Chrimes(GBR)   60   10-10-93   100   10-10-93   100   10-10-93   100   10-10-93   100   10-10-93   100   10
Women's World Five Year Age Group Records   100 METERS   100 METERS   100 METERS   11.07 Evelyn Ashford(USA)   35 5-28-92 MAC   12.0   Maeve Kyle(IRL)   40 4-25-70 MAC   12.5   Maeve Kyle(IRL)   45 1-21-74 MAC   12.5   Mendy Ey(AUS)   45 2-4-84 MAC   12.9   Irene Obera(USA)   51 6-1-85 MAC   13.9   Shirley Peterson(AUS)   55 1-284 MAC   13.9   Shirley Peterson(AUS)   60 2-25-89 MAC   14.98   Shirley Peterson(AUS)   65 10-15-93 MAC   14.98   Shirley Peterson(AUS)   66 6-25-88 METERSON   66 6-25-88 ME	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   P25:32.33   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93   10,000 METERS   DIV. MARK   NAME(RESIDENCE)   AGE   MEET DATE   77-91   W85   31:20.28   Ingrid Kristiansen(NOR)   35   77-91   W80   33:00.78   Evy Palm(SWE)   44   77-5-86   W80   33:44.55   Evy Palm(SWE)   44   77-5-86   W85   37:34.45   Elaine Statham(GBR)   47   77-21-91   P37:05.16   Elaine Statham(GBR)   47   77-21-91   P37:05.16   Elaine Statham(GBR)   47   77-21-91   P37:05.16   Elaine Statham(GBR)   47   77-21-91   P37:01.60   Dot Browne(AUS)   45   3-23-86   W80   36:51.62   Ursula Odermatt(SWE)   53   10-8-93   W80   43:58.66   Shirley Brasher(AUS)   62   77-29-89   W80   43:58.66   Shirley Brasher(AUS)   60   4-13-90   M80	W55   47-5 3/4   14.47 Sigrin Kofink(FRC)   56-7-21-91   W60   40-0 1/4   12.20 Rosemary Chrimes(GBR)   60   10-10-93   W55   32-11 3/4   10.05 Maria Van As(RSA)   65   4-5-86   p33-0   10.06 Totti Kasekamp(URS)   65   7-21-91   W70   27-8 1/4   8.44 Lena Grobler(RSA)   70   10-10-93   W75   25-7   7.80   Irja Sarnama(FIN)   78   8-22-84   W80   24-0 1/4   7.32   Irja Sarnama(FIN)   81   8-31-87   W85   17-11 3/4   5.48   Irja Sarnama(FIN)   85   7-21-91   W95   11-1 1/2   3.39 Margaret White(OK)   95   9-7-92   W75   228-4   69.60   Faina Myelnik(URS)   35   9-9-80   W60   206-5   62.92   Helgi Parts(URS)   41   10-4-78   W65   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W50   142-10   43.54   Valerie Young(AUS)   50   12-5-87   12-5-8
Women's World Five Year Age Group Records   100 Meters	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89	US5   47-5 3/4   14.47 Sigrin Kofink(FRG)   56-7-21-91   100   40-0 1/4   12.20 Rosemary Chrimes(GBR)   60   10-10-93   100   10-10-93   10.05   10.06   10-10-93   10.06   10-10-93   10.06   10-10-93   10.06   10-10-93   10.06   10-10-93   10.10-10-93
Women's World Five Year Age Group Records   100 METERS   100 METERS   11.07   Evelyn Ashford(USA)   35 5-28-92   12.0   Maeve Kyle(IRL)   40 4-25-70   12.5   Maeve Kyle(IRL)   45 1-21-74   12.5   Mendy Ey(AUS)   51 6-1-85   13.6   Shirley Peterson(AUS)   55 1-21-84   155 13.6   Shirley Peterson(AUS)   60 2-25-89   16.98   Shirley Peterson(AUS)   65 10-15-93   16.98   16.98   Shirley Peterson(AUS)   65 10-15-93   16.97   15.42   Paula Schneiderhan(FRG)   71 10-15-93   16.87   Polly Clarke(USA)   75 8-31-85   180 18.42   Manna Gelbrich(FRG)   80 10-15-93   180 18.42   Manna Gelbrich(FRG)   87 11-3-90   180 180 180 180 180 180 180 180 180 180	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89     p25:32.33   Johanna Luther(FRG)   76   9-2-89     w80   28:32.67   Johanna Luther(FRG)   80   10-11-93     w85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93     10,000 METERS   NAME(RESIDENCE)   AGE   MEET DATE     W85   31:20.28   Ingrid Kristiansen(NOR)   35   791     w40   33:00.78   Evy Palm(SWE)   43   7-27-85     p32:47.25   Evy Palm(SWE)   44   7-5-86     w40   37:34.45   Elaine Statham(GBR)   45   7-29-89     p37:05.16   Elaine Statham(GBR)   47   7-21-91     p32:41.98   Evy Palm(SWE)   45  87     p37:01.6   Dot Browne(AUS)   45   3-23-86     w50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93     w50   36:55.28   Jean Albury(AUS)   55   4-5-85     w60   43:58.66   Shirley Brasher(AUS)   60   4-13-90     p43:26.17   Joselyn Ross(GBR)   61   7-9-89     p43:26.17   Marion Irvine(USA)   61   7-21-91     w65   45:49.42   Shirley Brasher(AUS)   65   4-17-92     w65   45:49.42   Shirley Brasher(AUS)   67   7-21-91     w65     w67	US5   47-5 3/4   14.47 Sigrin Kofink(FRC)   56-7-21-91   100   40-0 1/4   12.20 Rossmary Chrimes(GBR)   60   10-10-93   10-10-10-93   10-10-10-93   10-10-10-93   10-10-10-93   10-10-10-93   10-10-10-93   10-10-10-93
Women's World Five Year Age Group Records   100 METERS   NAME(RESIDENCE)   AGE MEET DATE   135 11.07   Evelyn Ashford(USA)   35 5-28-92   14.00 12.0   Maeve Kyle(IRL)   40 4-25-70   12.5   Maeve Kyle(IRL)   45 1-21-74   12.5   Mendy Ey(AUS)   45 2-4-84   12.5   Mendy Ey(AUS)   51 6-1-85   13.6   Shirley Peterson(AUS)   55 1-21-84   15.00 13.9   Shirley Peterson(AUS)   55 1-21-84   15.00 13.9   Shirley Peterson(AUS)   60 2-25-89   16.00 13.9   Shirley Peterson(AUS)   65 10-15-93   16.00 13.9   Paula Schneiderhan(FRG)   66 6-25-88   16.00 13.9   Paula Schneiderhan(FRG)   71 10-15-93   15.42   Paula Schneiderhan(FRG)   71 10-15-93   16.87   Paula Gelbrich(FRG)   75 8-31-85   18.42   Mena Gelbrich(FRG)   80 10-15-93   18.42   Mena Gelbrich(FRG)   80 10-15-93   18.42   Mena Gelbrich(FRG)   80 10-15-93   18.43   Mena Gelbrich(FRG)   8	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   P25:32.33   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93   10,000 METERS   10,000 METERS   MARE (RESIDENCE)   AGE   MEET DATE   7-91   W40   33:00.78   Evy Palm(SWE)   43   7-27-85   W40   33:00.78   Evy Palm(SWE)   44   7-5-86   P32:47.25   Evy Palm(SWE)   44   7-5-86   W53   7:34.45   Elaine Statham(GBR)   45   7-29-89   W53   7:34.45   Elaine Statham(GBR)   47   7-21-91   P32:41.98   Evy Palm(SWE)   45   3-23-86   W50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93   W55   38:38.6   Jean Albury(AUS)   55   4-5-85   W50   43:58.66   Shirley Brasher(AUS)   60   4-13-90   P42:17   Jean Albury(AUS)   60   4-13-90   P43:26.17   Marion Irvine(USA)   61   7-21-91   W55   45:49.42   Shirley Brasher(AUS)   65   4-17-92   W70   48:10.98   W37   Shirley Brasher(AUS)   65   4-17-8-93   W75   53:13.63   Johanna Luther(FRG)   77   7-21-91   M51	US5   47-5 3/4   14.47 Sigrin Kofink(FRC)   56-7-21-91   14.60   40-0 1/4   12.20 Rossmary Chrimes(GBR)   60   10-10-93   10.65 Maria Van As(RSA)   65   4-5-86   10-10-93   10.05 Maria Van As(RSA)   65   7-21-91   10.05 Maria Van As(RSA)   70   10-10-93   10.06   10-10-93   10.06   10-10-93   10.06   10-10-93   10-1
## Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   W80   28:32.67   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Wishiyama Matsue(JPN)   86   10-10-93   10,000 METERS   10,000 METERS   MARK   NAME(RESIDENCE)   AGE   MEET DATE   7-91   W40   33:00.78   Evy Palm(SWE)   43   7-27-85   P32:47.25   Evy Palm(SWE)   44   7-5-86   P32:47.25   Evy Palm(SWE)   45   7-29-89   W45   37:34.45   Elaine Statham(GBR)   45   7-29-89   P37:05.16   Elaine Statham(GBR)   47   7-21-91   P32:41.98   Evy Palm(SWE)   45   3-23-86   P37:01.6   Dot Browne(AUS)   53   10-8-93   W50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93   W55   38:38.6   Jean Albury(AUS)   55   4-5-85   W60   43:58.66   Shirley Brasher(AUS)   62   7-29-89   P43:01.2   Joselym Ross(GBR)   61   7-9-89   P43:01.2   Joselym Ross(GBR)   61   7-21-91   W55   45:09-82   W70   48:10.98   W81rley Brasher(AUS)   65   4-17-92   W75   53:13.63   Johanna Luther(FRG)   80   10-7-93   W80   58:40.03   Johanna Luther(FRG)   80   10-7-93   W80   58:40.03   Johanna Luther(FRG)   80   10-7-93   W80   58:40.03   Johanna Luther(FRG)   80   10-7-93   W80   M80   M	W55   47-5 3/4   14.47 Sigrin Kofink(FRC)   56-7-21-91   W60   40-0 1/4   12.20 Rosemary Chrimes(GBR)   60   10-10-93   W55   32-11 3/4   10.05 Maria Van As(RSA)   65   4-5-86   p33-0   10.06 Totti Kasekamp(URS)   65   7-21-91   W70   27-8 1/4   8.44   Lena Grobler(RSA)   70   10-10-93   W75   25-7   7.80   Irja Sarnama(FIN)   78   8-22-84   W80   24-0 1/4   7.32   Irja Sarnama(FIN)   81   8-31-87   W85   17-11 3/4   5.48   Irja Sarnama(FIN)   85   7-21-91   W95   11-1 1/2   3.39   Margaret White(OK)   95   9-7-92   W75   228-4   69.60   Fairna Myelnik(URS)   35   9-9-80   W35   228-4   69.60   Fairna Myelnik(URS)   35   9-9-80   W35   228-4   69.60   Fairna Myelnik(URS)   35   9-9-80   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W45   160-7   48.94   Valerie Young(AUS)   50   12-5-87   W15-11   45.10   Chatrine Ruhlom(FRG)   51   7-3-88   P147-11   45.10   Chatrine Ruhlom(FRG)   51   7-3-88   P147-11   45.10   Chatrine Ruhlom(FRG)   50   7-26-91   W55   134-0   40.86 Rosemary Chrimes(GBR)   60   10-11-93   W65   94-9 3/4   28.90   Annchen Reile(FRG)   66   8-9-81   W70   84-7 3/4   25.80   Toyoko Yoshiro(JPN)   70   8-12-90   W75   40-7 1/2   21.22   Annchen Reile(FRG)   78   10-11-93   10-11-
## Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   P25:32.33   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93   10,000   METERS   NAME(RESIDENCE)   AGE   MEET DATE   W85   31:20.28   Ingrid Kristiansen(NOR)   35   7-91   W40   33:00.78   Evy Palm(SWE)   43   7-27-85   W40   33:00.78   Evy Palm(SWE)   44   7-5-86   M22-47-25   Evy Palm(SWE)   45   7-29-89   M25-47-25   Evy Palm(SWE)   45   7-29-89   M25-47-25   Evy Palm(SWE)   45   7-29-89   M25-41-98   Evy Palm(SWE)   45   7-21-91   M25-41-98   M25-41-98   Evy Palm(SWE)   45   3-23-86   M25-21-19   M2	US5
## Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   p25:32.33   Johanna Luther(FRG)   76   9-2-89   w80   28:32.67   Johanna Luther(FRG)   80   10-11-93   w85   7:02.30   Wishiyama Matsue(JPH)   86   10-10-93   w85   7:02.30   Wishiyama Matsue(JPH)   86   10-10-93   w85   7:02.30   Wishiyama Matsue(JPH)   86   10-10-93   w85   31:20.28   Ingrid Kristiansen(NOR)   35   7-91   w85   31:20.28   Ingrid Kristiansen(NOR)   35   7-91   w80   33:00.78   Evy Palm(SWE)   43   7-27-85   w80   33:00.78   Evy Palm(SWE)   44   7-5-86   w80	W55   47-5 3/4   14.47 Sigrin Kofink(FRC)   56 - 7-21-91   W60   40-0 1/4   12.20 Rosemary Chrimes(GBR)   60   10-10-93   W55   32-11 3/4   10.05   Maria Van As(RSA)   65   4-5-86   p33-0   10.06   Totti Kasekamp(URS)   65   7-21-91   W70   27-8   1/4   8.44   Lena Grobler(RSA)   70   10-10-93   W75   25-7   7.80   Irja Sarnama(FIN)   78   8-22-84   W80   24-0 1/4   7.32   Irja Sarnama(FIN)   81   8-31-87   W85   17-11   3/4   5.48   Irja Sarnama(FIN)   85   7-21-91   W75   11-1   1/2   3.39   Margaret White(OK)   95   9-7-92   W75   228-4   69.60   Faina Myelnik(URS)   35   9-9-80   W40   206-5   62.92   Helgi Parts(URS)   41   10-4-78   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W50   142-10   43.54   Valerie Young(AUS)   50   12-5-87   p147-11   45.10   Charrine Ruhlow(FRG)   51   7-3-88   p145-11   44.48   L. Hmelevskaja(URS)   50   7-26-91   W55   134-0   40.86   Rosemary Chrimes(GBR)   60   10-11-93   W65   94-9   3/4   28.90   Annchen Reile(FRG)   66   8-9-81   W70   84-7   3/4   28.90   Annchen Reile(FRG)   78   10-11-93   W65   94-7   1/2   21.22   Annchen Reile(FRG)   78   10-11-93   W80   56-4   1/2   17.18   Irja Sarnama(FIN)   80   7-29-86   W85   45-3   1/4   13.80   Irja Sarnama(FIN)   80   7-21-91   W85   45-3   1/4   13.80   Irja Sarnama(FIN)   80
### Women's World Five Year Age Group  Records  100 METERS  01V. MARK  W35 11.07 Evelyn Ashford(USA) 35 5-28-92  W40 12.0 Maeve Kyle(IRL) 40 4-25-70  W45 12.5 Maeve Kyle(IRL) 45 1-21-74  12.5 Wendy Ey(AUS) 51 6-1-85  W50 12.9 Irene Obera(USA) 51 6-1-85  W50 13.9 Shirley Peterson(AUS) 55 1-21-84  W60 13.9 Shirley Peterson(AUS) 65 10-15-93  W65 14.98 Shirley Peterson(AUS) 65 10-15-93  W70 15.42 Paula Schneiderhan(FRG) 66 6-25-88  W70 15.42 Paula Schneiderhan(FRG) 71 10-15-93  W75 16.87 Polly Clarke(USA) 75 8-31-85  W80 18.42 Hanna Gelbrich(FRG) 80 10-15-93  W85 48.40 Sarah Packham(GBR) 87 11-3-90  W85 48.40 Sarah Packham(GBR) 87 11-3-90  W85 48.40 Sarah Packham(GBR) 87 11-3-90  W85 22.47 Evelyn Ashford(USA) 86 8-7-89  200 METERS  DIV. MARK NAME(RESIDENCE) AGE MEET DATE  W35 22.47 Evelyn Ashford(USA) 35 8-13-92  W40 24.84 Phil Raschker(USA) 42 8-3-89  W45 26.0 Jan Hyres(AUS) 46 1-26-91  Jan Hyres(AUS) 51 6-1-85	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   W80   28:32.67   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93   10,000 METER   MARK   NAME(RESIDENCE)   AGE   MEET DATE   MAME(RESIDENCE)   MEET DATE   MEET DATE   MAME(RESIDENCE)   MEET DATE   MAME(RESIDENCE)   MEET DATE   MAME   MAME(RESIDENCE)   MEET DATE   MAME   MAME(RESIDENCE)   MEET DATE   MAME   MAME   MAME   MEET DATE   MEET DATE   MAME   MAME   MAME   MEET DATE   MEET DATE   MAME   MAM	W55   47-5 3/4   14.47 Sigrin Kofink(FRC)   56 - 7-21-91   W60   40-0 1/4   12.20 Rosemary Chrimes(GBR)   60   10-10-93   W55   32-11 3/4   10.05   Maria Van As(RSA)   65   7-21-91   W70   27-8   1/4   8.44   Lena Grobler(RSA)   70   10-10-93   W75   25-7   7.80   Irja Sarnama(FIN)   78   8-22-84   W80   24-0 1/4   7.32   Irja Sarnama(FIN)   81   8-31-87   W85   17-11 3/4   5.48   Irja Sarnama(FIN)   85   7-21-91   W75   11-1 1/2   3.39   Margaret White(OK)   95   9-7-92   W75   228-4   69.60   Faina Myelnik(URS)   41   10-4-78   W45   10-4-78   W45   10-7   48.94   Odete Domingos(BRA)   47   4-8-82   W55   142-10   43.54   Valerie Young(AUS)   50   12-5-87   W55   134-0   40.86   Rosemary Chrimes(GBR)   56   8-4-89   W65   94-9   3/4   28.90   Annchen Reile(FRC)   78   10-11-93   W65   94-7   3/4   25.80   Toyoko Yoshiro(JPN)   70   8-12-90   W75   69-7 1/2   21.22   Annchen Reile(FRC)   78   10-11-93   W85   56-4   1/2   17.18   Irja Sarnama(FIN)   85   7-21-91   W85   45-3   1/4   13.80   Irja Sarnama(FIN)   85   7-21-91   W85   45-3
## Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   W80   28:32.67   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93   10,000 METER   W85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93   10,000 METER   W85   31:20.28   Ingrid Kristiansen(NOR)   35   7-91   W40   33:00.78   Evy Palm(SWE)   43   7-27-85   W40   33:00.78   Evy Palm(SWE)   44   7-5-86   W55   7:34.45   Elaine Statham(GBR)   45   7-29-89   W55   37:34.45   Elaine Statham(GBR)   47   7-21-91   W53   W55   W	W55   47-5 3/4   14.47   Sigrin Kofink(FRC)   56 - 7-21-91   W60   40-0 1/4   12.20   Rosemary Chrimes(GBR)   60   10-10-93   W55   32-11 3/4   10.05   Maria Van As(RSA)   65   4-5-86   p33-0   10.06   Totti Kasekamp(URS)   65   7-21-91   W70   27-8   1/4   8.44   Lena Grobler(RSA)   70   10-10-93   W75   25-7   7.80   Irja Sarnama(FIN)   78   8-22-84   W80   24-0 1/4   7.32   Irja Sarnama(FIN)   81   8-31-87   W85   17-11 3/4   5.48   Irja Sarnama(FIN)   85   7-21-91   W95   11-1 1/2   3.39   Margaret White(OK)   95   9-7-92   W95   11-1 1/2   3.39   Margaret White(OK)   95   9-7-92   W15   228-4   69.60   Faira Myelnik(URS)   35   9-9-80   W15   228-4   69.60   Faira Myelnik(URS)   35   9-9-80   W15   228-4   69.60   Faira Myelnik(URS)   35   9-9-80   W15   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W15   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W15   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W15   160-7   48.94   Valerie Young(AUS)   50   12-5-87   W15   134-0   40.86   Rosemary Chrimes(GBR)   56   8-4-89   W15   94-9 3/4   28.90   Annchen Reile(FRC)   68-9-81   W15   69-7 1/2   21.22   Annchen Reile(FRC)   78   10-11-93   W15   56-7   1/2   21.22   Annchen Reile(FRC)   78   10-11-93   W15   56-4 1/2   17.18   Irja Sarnama(FIN)   80   7-29-86   W15   45-3 1/4   13.80   Irja Sarnama(FIN)   85   7-21-91   M16   M1
## Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   W80   28:32.67   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Wishiyama Matsue(JPN)   86   10-10-93   10,000 METERS   10,000 METER   135   31:20.28   Ingrid Kristiansen(NOR)   35   7-91   10,000 METER   135   31:20.28   Ingrid Kristiansen(NOR)   35   7-91   10,000 METER   10,0	W55   47-5 3/4   14.47 Sigrin Kofink(FRC)   56 - 7-21-91   W60   40-0 1/4   12.20 Rosemary Chrimes(GBR)   60   10-10-93   M55   32-11 3/4   10.05   Maria Van As(RSA)   65   4-5-86   p33-0   10.06   Totti Kasekamp(URS)   65   7-21-91   W70   27-8   1/4   8.44   Lena Grobler(RSA)   70   10-10-93   W75   25-7   7.80   Irja Sarnama(FIN)   78   8-22-84   W80   24-0 1/4   7.32   Irja Sarnama(FIN)   81   8-31-87   W85   17-11   3/4   5.48   Irja Sarnama(FIN)   85   7-21-91   W95   11-1 1/2   3.39   Margaret White(OK)   95   9-7-92   W95   11-1 1/2   3.39   Margaret White(OK)   95   9-7-92   W95   228-4   69.60   Faira Myelnik(URS)   35   9-9-80   W40   206-5   62.92   Helgi Parts(URS)   41   10-4-78   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W50   142-10   43.54   Valerie Young(AUS)   50   12-5-87   p147-11   45.10   Chatrine Ruhlow(FRG)   51   7-3-88   p145-11   44.48   L.   Hmelevskaja(URS)   50   7-26-91   W55   134-0   40.86   Rosemary Chrimes(GBR)   60   10-11-93   W65   94-9   3/4   28.90   Arnschen Reile(FRG)   66   8-9-81   W10   84-7   3/4   25.80   Toyoko Yoshiro(JPN)   70   8-12-90   W70   84-7   3/4   25.80   Toyoko Yoshiro(JPN)   70   8-12-90   W10   84-7   13.80   Irja Sarnama(FIN)   85   7-21-91   MAMMER THROM (35-49: 4Kg; 50+3   3Kg)   MAME(RESIDENCE)   AGE   MEET DATE   W135   195-2   9.50   Lyubov Karpova(RUS)   35   8-6-93   W10   137-10   42.02   Annie Bellanger(FRA)   42   10-13-93   42.12   Inga Faldager(DEN)   43   7-19-91   43.30   133-20   42.12   Inga Faldager(DEN)   43   7-19-91   43.30   133-20   42.12   Inga Faldager(DEN)   43   7-19-91   43.30   133-20   42.12   Inga Faldager(DEN)   43   7-19-91   43.30   43   43   43   43   43   43   43
## Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   W80   28:32.67   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Wishiyama Matsue(JPN)   86   10-10-93   10,000 METERS   Ingrid Kristiansen(NOR)   35   7-91   W40   33:00.78   Evy Palm(SWE)   43   7-27-85   P32:47.25   Evy Palm(SWE)   44   7-5-86   P32:47.25   Evy Palm(SWE)   45   7-29-89   W40   37:34.45   Elaine Statham(GBR)   47   7-21-91   P32:41.98   Evy Palm(SWE)   45   7-29-89   P37:05.16   Elaine Statham(GBR)   47   7-21-91   P32:41.98   Evy Palm(SWE)   45   3-23-86   W50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93   W50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93   W50   36:51.28   Ursula Odermatt(SWE)   55   4-5-85   W50   43:58.66   Shirley Brasher(AUS)   62   7-29-89   P42:17   Jean Albury(AUS)   60   4-13-90   P43:01.2   Joselyn Ross(GBR)   61   7-9-89   P43:26.17   Marion Irvine(USA)   65   4-17-92   W50   48:10.98   Johanna Luther(FRG)   80   10-7-93   W50   58:40.03   Johanna Luther(FRG)   80   10-7-93   W50   58:40.03   Johanna Luther(FRG)   80   10-7-93   W50   7:45.96   Joan Colman(USA)   45   8-5-85   P7:45.96   Joan Colman(USA)   45   8-5-85   P7:45.96   Joan Colman(USA)   45   8-5-85   P7:45.96   Joan Colman(USA)   45   8-5-85   P7:52.28   Sally Strazdins(USA)   55   8-5-89   P7:52.28   Sally Strazdins(USA)   57   7-27-91   W50   10:29.91   Wan Little(WZL)   61   4-2-88   P7:52.95   W60   10:29.91   Wan Little(WZL)   61   4-2-88   W50	W55   47-5 3/4   14.47   Sigrin Kofink(FRC)   56 - 7-21-91   W60   40-0 1/4   12.20   Rosemary Chrimes(GBR)   60   10-10-93   W55   32-11 3/4   10.05   Maria Van As(RSA)   65   7-21-91   W70   27-8   1/4   8.44   Lena Grobler(RSA)   70   10-10-93   W75   25-7   7.80   Irja Sarnama(FIN)   78   8-22-84   W80   24-0 1/4   7.32   Irja Sarnama(FIN)   81   8-31-87   W85   17-11   3/4   5.48   Irja Sarnama(FIN)   85   7-21-91   W95   11-1 1/2   3.39   Margaret White(OK)   95   9-7-92   W95   11-1 1/2   3.39   Margaret White(OK)   95   9-7-92   W95   12-5   8-7-21-91   W
## Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   W80   28:32.67   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Nishiyama Matsue(JPN)   86   10-10-93   10,000 METERS   MARK   NAME(RESIDENCE)   AGE   MEET DATE	W55
NAME	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   W80   28:32.67   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Wishiyama Matsue(JPH)   86   10-10-93   10,000 METERS   MARK   MAME(RESIDENCE)   AGE   MEET DATE   W85   31:20.28   Ingrid Kristiansen(NOR)   35   7-91   W40   33:00.78   Evy Palm(SWE)   43   7-27-85   W40   33:00.78   Evy Palm(SWE)   44   7-5-86   W45   37:34.45   Elaine Statham(GBR)   45   7-29-89   W45   37:34.45   Elaine Statham(GBR)   47   7-21-91   W45   37:05.16   Elaine Statham(GBR)   47   7-21-91   W37:05.16   Elaine Statham(GBR)   45   7-29-89   W50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93   W50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93   W55   38:38.6   Jean Albury(AUS)   55   4-5-85   W55   38:38.6   Jean Albury(AUS)   60   4-13-90   W65   45:49.42   Jean Albury(AUS)   60   4-13-90   W65   45:49.42   Shirley Brasher(AUS)   61   7-9-89   W63:26.17   Marion Irvine(USA)   61   7-21-91   W65   45:49.42   Shirley Brasher(AUS)   65   4-17-92   W75   53:13.63   Johanna Luther(FRG)   77   7-21-91   W55   58:40.03   Johanna Luther(FRG)   77   7-21-91   W80   58:40.03   Johanna Luther(FRG)   80   10-7-93   2000   METER STEEPLECHASE   *** BEST PERFORMANCES ***   DIV. MARK   NAME(RESIDENCE)   AGE   MEET DATE   W55   7:45.96   Joan Colman(USA)   45   8-5-85   P7:38.08   Margaret Orman(MZL)   51   3-13-93   P7:38.08   Margaret Orman(MZL)   55   8-5-89   P7:27-91   M61   12:44.98   Tony Smit(AUS)   66   4-18-92   M64   12:44.98   Tony Smit(AUS)   66   4-18-92   M64   12:44.98   Tony Smit(AUS)   66   4-18-92   M64	W55   47-5   374   14.47   Sigrin   Kofink(FRC)   56   7-21-91   W60   40-0   174   12.20   Rosemary Chrimes(GBR)   60   10-10-93   W55   32-11   374   10.05   Maria   Van   As(RSA)   65   7-21-91   W70   27-8   174   8.44   Lena Grobler(RSA)   70   10-10-93   W75   25-7   7.80   Irja   Sarnama(FIM)   78   8-22-84   W80   24-0   174   7.32   Irja   Sarnama(FIM)   81   8-31-87   W85   17-11   374   5.48   Irja   Sarnama(FIM)   85   7-21-91   W75   11-1   172   3.39   Margaret   White(OK)   95   9-7-92   W75   228-4   69.60   Faina   Myelnik(URS)   41   10-4-78   W40   206-5   62.92   Helgi   Parts(URS)   41   10-4-78   W45   160-7   48.94   Odete   Domingos(BRA)   47   4-8-82   W50   142-10   43.54   Valerie   Young(AUS)   50   12-5-87   P147-11   45.10   Chatrine   Ruhlou(FRG)   51   7-3-88   W60   123-3   37.56   Rosemary Chrimes(GBR)   56   8-4-89   W60   123-3   37.56   Rosemary Chrimes(GBR)   66   8-9-81   W70   84-7   374   25.80   Toyoko   Yoshiro(JPN)   70   8-12-90   W75   69-7   72   21.22   Annohen   Reile(FRG)   78   10-11-93   W85   45-3   174   13.80   Irja   Sarnama(FIN)   80   7-29-86   W85   45-3   174   13.80   Irja   Sarnama(FIN)   80   7-29-86   W15   135-2   46.68   Janice   Davies(AUS)   51   3-21-93   W15   143-11   43.88   Evaun   W111
### Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   W80   28:32.67   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Wishiyama Matsue(JPN)   86   10-10-93   10,000 METERS   Ingrid Kristiansen(NOR)   35   7-91   W40   33:00.78   Evy Palm(SWE)   43   7-27-85   W40   33:00.78   Evy Palm(SWE)   44   7-5-86   P32:47.25   Evy Palm(SWE)   44   7-5-86   W55   7:34.45   Elaine Statham(GBR)   45   7-29-89   W55   7:34.45   Elaine Statham(GBR)   47   7-21-91   P32:41.98   Evy Palm(SWE)   45  87   P37:05.16   Elaine Statham(GBR)   45   7-29-89   W50   36:51.28   Ursula Odermatt(SWE)   45   3-23-86   W50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93   W55   38:38.6   Jean Albury(AUS)   55   4-5-85   W60   43:58.66   Shirley Brasher(AUS)   62   7-29-89   W60   43:58.66   Shirley Brasher(AUS)   62   7-29-89   W60   43:58.66   Shirley Brasher(AUS)   61   7-9-89   P3:26.17   Marion Irvine(USA)   61   7-21-91   W65   45:49.42   Shirley Brasher(AUS)   65   4-17-92   W70   48:10.98   Jose Waller(GBR)   77   7-21-91   W65   45:49.42   Shirley Brasher(AUS)   65   4-17-92   W70   48:10.98   Johanna Luther(FRG)   77   7-21-91   W80   58:40.03   Johanna Luther(FRG)   80   10-7-93   W80   58:40.03   Johanna Luther(FRG)   80   10-7-93   W60   7:48.8   Antoinette Shaw(AUS)   44   1-4-92   W65   7:43.99   Margaret Orman(WZL)   51   3-13-93   W60   7:43.99   Margaret Orman(WZL)   51   3-13-93   W55   9:52.28   Sally Strazdins(USA)   55   8-5-89   P9:52.25   Sally Strazdins(USA)   57   7-27-91   W65   12:44.98   Tony Smit(AUS)   66   4-18-92   ShORT HURDLES   (35-39: 100M,33*; 40+: 80M,30*)   DIV. MARK   NAME(RESIDENCE)   AGE   MEET DATE   W65   12:44.98   Tony Smit(AUS)   40   8-1-86   W65	W55   47-5 3/4   14.47   Sigrin Kofink(FRC)   56 - 7-21-91   W60   40-0 1/4   12.20   Rosemary Chrimes(GBR)   60   10-10-93   W55   32-11 3/4   10.05   Maria Van As(RSA)   65   4-5-86   p33-0   10.06   Totti Kasekamp(URS)   65   7-21-91   W70   27-8   1/4   8.44   Lena Grobler(RSA)   70   10-10-93   W75   25-7   7.80   Irja Sarnama(FIN)   78   8-22-84   W80   24-0 1/4   7.32   Irja Sarnama(FIN)   81   8-31-87   W85   17-11 3/4   5.48   Irja Sarnama(FIN)   85   7-21-91   W95   11-1 1/2   3.39   Margaret White(OK)   95   9-7-92   W95   11-1 1/2   3.39   Margaret White(OK)   95   9-7-92   W95   12-5-87   W40   206-5   62.92   Helgi Parts(URS)   41   10-4-78   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W50   142-10   43.54   Valerie Young(AUS)   50   12-5-87   p147-11   45.10   Chatrine Ruhlow(FRG)   51   7-3-88   p145-11   44.48   L.   Hmelevskaja(URS)   50   7-26-91   W55   134-0   40.86   Rosemary Chrimes(GBR)   60   10-11-93   W65   94-9 3/4   28.90   Annchen Reile(FRG)   66   8-9-81   W95   94-9 3/4   28.90   Annchen Reile(FRG)   70   8-12-90   W75   69-7 1/2   21.22   Annchen Reile(FRG)   70   8-12-90   W15   45-3   1/4   13.80   Irja Sarnama(FIN)   80   7-29-86   W85   45-3   1/4   13.80   Irja Sarnama(FIN)   85   7-21-91   W45   146-2   44.56   Inga Faldager(DEN)   43   7-19-91   W45   146-2   44.56   Inga Faldager(DEN)   43   7-19-91   W55   143-11   43.88   Evaun Williams(GBR)   57   7-6-90   W60   132-9   40.46   Jutta Schaefer(FRG)   51   7-6-90   W67   96-9 3/4   29.51   Ilse Bellin(FRG)   70   8-3-91   W67   96-9 3/4   29.51   Il
## Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   W80   28:32.67   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Wishiyama Matsue(JPN)   86   10-10-93   10,000 METERS   10,000 M	W55   47-5 3/4   14.47   Sigrin Kofink(FRC)   56 - 7-21-91   W60   40-0 1/4   12.20   Rosemary Chrimes(GBR)   60   10-10-93   65   7-21-91   W70   27-8   1/4   8.44   Lena Grobler(RSA)   65   7-21-91   W75   25-7   7.80   Irja Sarnama(FIN)   78   8-22-84   W80   24-0 1/4   7.32   Irja Sarnama(FIN)   81   8-31-87   W85   17-11   3/4   5.48   Irja Sarnama(FIN)   85   7-21-91   W75   11-1   1/2   3.39   Margaret White(OK)   95   9-7-92   W75   228-4   69.60   Faina Myelnik(URS)   41   10-4-78   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W55   134-0   40.86   Rosemary Chrimes(GBR)   50   7-26-91   W55   134-0   40.86   Rosemary Chrimes(GBR)   60   123-3   37.56   Rosemary Chrimes(GBR)   60   10-11-93   W65   94-9   3/4   28.90   Annchen Reile(FRG)   66   8-9-81   W75   69-7   1/2   21.22   Annchen Reile(FRG)   78   10-11-93   W65   94-9   3/4   25.80   Toyoko Yoshiro(JPN)   70   8-12-90   W75   69-7   1/2   21.22   Annchen Reile(FRG)   78   10-11-93   W65   45-3   1/4   13.80   Irja Sarnama(FIN)   85   7-21-91   W155   153-2   42.02   Annis Bellanger(FRA)   42.02
### Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   W80   28:32.67   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Wishiyama Matsue(JPN)   86   10-10-93   W85   31:20.28   Ingrid Kristiansen(NOR)   35   791   W40   33:00.78   Evy Palm(SWE)   43   7-27-85   W40   33:00.78   Evy Palm(SWE)   44   7-5-86   P32:47.25   Evy Palm(SWE)   45   7-29-89   P37:05.16   Elaine Statham(GBR)   47   7-21-91   P32:41.98   Evy Palm(SWE)   45   3-23-86   W50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93   W55   38:38.6   Jean Albury(AUS)   55   4-5-85   W50   36:51.28   Ursula Odermatt(SWE)   53   10-8-93   W55   38:38.6   Jean Albury(AUS)   60   4-13-90   P43:01.2   Joselyn Ross(GBR)   61   7-29-89   P43:01.2   Joselyn Ross(GBR)   61   7-29-89   P43:01.2   Joselyn Ross(GBR)   61   7-21-91   W65   45:49.42   Shirley Brasher(AUS)   65   4-17-92   W75   48:10.98   Johanna Luther(FRG)   80   10-7-93   W55   7:43.99   Johanna Luther(FRG)   80   10-7-93   W80   58:40.03   Johanna Luther(FRG)   80   10-7-93   W80   58:40.03   Johanna Luther(FRG)   80   10-7-93   W55   9:52.28   Sally Strazdins(USA)   45   8-5-89   P7:38.08   Margaret Orman(WZL)   49   7-27-91   W50   7:43.99   Margaret Orman(WZL)   49   7-27-91   W50   7:43.99   Margaret Orman(WZL)   51   3-13-93   W50   7:25.99   Man Little(MZL)   61   4-2-88   M61   11-8   Judy Vernon(GBR)   40   3-2-89   M61   11-78   Judy Vernon(GBR)   40   3-2-89   M61   11-78   Judy Vernon(GBR)   40   3-2-89   M61   11-78   Judy Vernon(GBR)   40   3-2-89   M65   12-228   Corrie Roovers(MOL)   47   7-14-82   47-14-82   47-14-82   47-14-82   47-14-82   47-14-82	W55   47-5 3/4   14.47   Sigrin   Kofink(FRC)   56 - 7-21-91   W60   40-0 1/4   12.20   Rosemary Chrimes(GBR)   60   10-10-93   W55   32-11 3/4   10.05   Maria   Van   As(RSA)   65   7-21-91   W70   27-8   1/4   8.44   Lena Grobler(RSA)   70   10-10-93   W75   25-7   7.80   Irja   Sarnama(FIM)   78   8-22-84   W80   24-0 1/4   7.32   Irja   Sarnama(FIM)   81   8-31-87   W85   17-11   3/4   5.48   Irja   Sarnama(FIM)   85   7-21-91   W55   11-1 1/2   3.39   Margaret   White(OK)   95   9-7-92   W55   228-4   69.60   Faina   Myelnik(URS)   41   10-4-78   W40   206-5   62.92   Helgi   Parts(URS)   41   10-4-78   W45   160-7   48.94   Odete   Domingos(BRA)   47   4-8-82   W50   142-10   43.54   Valerie   Young(AUS)   50   12-5-87   V50   142-10   43.54   Valerie   Young(AUS)   50   7-26-91   W55   134-0   40.86   Rosemary Chrimes(GBR)   56   8-4-89   W60   123-3   37.56   Rosemary Chrimes(GBR)   56   8-4-89   W60   123-3   37.56   Rosemary Chrimes(GBR)   66   8-9-81   W70   84-7   3/4   25.80   Toyoko   Yoshiro(JPN)   70   8-12-90   W75   69-7   1/2   21.22   Annchen   Reile(FRC)   78   10-11-93   W65   94-9   3/4   25.80   Toyoko   Yoshiro(JPN)   70   8-12-90   W75   69-7   1/2   21.22   Annchen   Reile(FRC)   78   10-11-93   W85   45-3   1/4   13.80   Irja   Sarnama(FIN)   80   7-29-86   W85   45-3   1/4   13.80   Irja   Sarnama(FIN)   80   7-29-86   W85   45-3   1/4   13.80   Irja   Sarnama(FIN)   80   7-29-86   W15   133-2   46.68   Janice   Davies(AUS)   51   3-21-93   W55   143-11   43.88   Evaun   W111iams(GBR)   57   7-6-90   W75   65-7   1/2   20.00   Ruth   Frith(AUS)   79   8-5-89   W
### Records    100 Meters	U75 25:43.39	W55   47-5 3/4   14.47   Sigrin Kofink(FRC)   56 - 7-21-91   W60   40-0 1/4   12.20   Rosemary Chrimes(GBR)   60   10-10-93   65   7-21-91   W70   27-8   1/4   8.44   Lena Grobler(RSA)   65   7-21-91   W75   25-7   7.80   Irja Sarnama(FIN)   78   8-22-84   W80   24-0 1/4   7.32   Irja Sarnama(FIN)   81   8-31-87   W85   17-11   3/4   5.48   Irja Sarnama(FIN)   85   7-21-91   W75   11-1   1/2   3.39   Margaret White(OK)   95   9-7-92   W75   228-4   69.60   Faina Myelnik(URS)   41   10-4-78   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W45   160-7   48.94   Odete Domingos(BRA)   47   4-8-82   W55   134-0   40.86   Rosemary Chrimes(GBR)   50   7-26-91   W55   134-0   40.86   Rosemary Chrimes(GBR)   60   123-3   37.56   Rosemary Chrimes(GBR)   60   10-11-93   W65   94-9   3/4   28.90   Annchen Reile(FRG)   66   8-9-81   W75   69-7   1/2   21.22   Annchen Reile(FRG)   78   10-11-93   W65   94-9   3/4   25.80   Toyoko Yoshiro(JPN)   70   8-12-90   W75   69-7   1/2   21.22   Annchen Reile(FRG)   78   10-11-93   W65   45-3   1/4   13.80   Irja Sarnama(FIN)   85   7-21-91   W155   153-2   42.02   Annis Bellanger(FRA)   42.02
### RAME (RESIDENCE) ### NAME	U75   25:43.39   Johanna Luther(FRG)   76   8-4-89   P25:32.33   Johanna Luther(FRG)   76   9-2-89   N80   28:32.67   Johanna Luther(FRG)   80   10-11-93   N85   7:02.30   Mishiyama Matsue(JPM)   86   10-10-93   N85   7:02.30   Mishiyama Matsue(JPM)   86   10-10-93   N85   7:02.30   Mishiyama Matsue(JPM)   86   10-10-93   N85   7:02.30   Nishiyama Matsue(JPM)   86   10-10-93   N85   N86   N8ME(RESIDENCE)   87   7-91   N86   N8	W55   47-5   37-6   14.47   Sigrin   Kofink(FRC)   56 - 7-21-91   W60   40-0   17-6   12.20   Rosemary Chrimes(GBR)   60   10-10-93   M55   32-11   37-4   10.05   Maria   Van   As(RSA)   65   7-21-91   W70   27-8   17-8   17-8   17-13   17-13   17-13   17-14   17-13   17-14   17-14   17-14   18-14   18-13-87   W80   24-0   17-7   7.30   Irja   Sarnama(FIN)   81   8-31-87   W85   17-11   37-4   5.48   Irja   Sarnama(FIN)   85   7-21-91   W55   11-11   17-2   3.39   Margaret   White(OK)   95   9-7-92   W55   228-4   69.60   Faina   Myelnik(URS)   41   10-4-78   W55   12-15   48.94   Odete   Domingos(BRA)   47   4-8-82   W50   142-10   43.54   Valerie   Young(AUS)   50   12-5-87   V50   142-10   43.54   Valerie   Young(AUS)   50   7-26-91   W55   134-0   40.86   Rosemary Chrimes(GBR)   56   8-4-89   W60   123-3   37.56   Rosemary Chrimes(GBR)   56   8-4-89   W60   123-3   37.56   Rosemary Chrimes(GBR)   66   8-9-81   W70   84-7   37-4   25.80   Toyoko   Yoshiro(JPN)   70   8-12-90   W75   69-7   72   21.22   Annohen   Reile(FRC)   78   10-11-93   W55   45-3   17-13   13.80   Irja   Sarnama(FIN)   80   7-29-86   W85   45-3   17-13   13.80   Irja   Sarnama(FIN)   80   7-29-86   W55   143-11   42.02   Annieh   Reile(FRC)   45   10-13-93   W15   195-2   59.50   Lyubov   Karpova(RUS)   35   8-6-93   W15   195-2   42.02   Annie   Bellanger(FRA)   42   10-13-93   P138-2   42.12   Inga   Faldager(OEN)   45   10-13-93   P138-2   42.12   Inga   Faldager(OEN)   45   10-13-93   W15   153-2   46.68   Janice   Davies(AUS)   57   7-6-90   W65   108-3   33.00   Lydia   Widera(AUS)   57   7-6-90   W17   65-7   1/2   20.00   Ruth   Frith(AUS)   79   8-5-80   W17   65-7   1/2   20.00   Ruth   Frith(AUS)   79   8-5-80   W17   65-7   1/2   20.00   Ruth   Frith(AUS)   79   8-5-80   W15   50-9   1/2   15.48   Irja   Sarnama(FIN)   85   7-21-91   M15   50-9   1/2   15.48   Irja   Sarnama(FIN)   85   7-21-91   M15   50-9   1/2   15.48   Irja   Sarnama(FIN)   85   7-21-91   M15   50-9   1/2   15.48   Irja   Sarnama(FIN)   85   7-21-91
### Women's World Five Year Age Group    Records	W75   25:43.39   Johanna Luther(FRG)   76   8-4-80   92:532.33   Johanna Luther(FRG)   80   10-11-93   10-10-10-93   10-10-10-93   10-10-10-93   10-10-10-93   10-10-10-93   10-10-10-93   10-10-10-93   10-10-10-10-93   10-10-10-10-10-93   10-10-10-10-93   10-10-10-10-10-10-10-10-10-10-10-10-10-1	W55 47-5 3/4
### Women's World Five Year Age Group    Records   100 Meters	W75   25:43.39   Johanna Luther(FRG)   76   8-4-80   92:532.33   Johanna Luther(FRG)   80   10-11-93   10-10-10-93   10-10-10-10-10-10-10-10-10-10-10-10-10-1	V55 47-5 3/4
### Women's World Five Year Age Group    Records	UTS 25:43.39 Johanna Luther(FRG) 76 8-4-89 pc:392.33 Johanna Luther(FRG) 80 10-11-93 u80 28:32.67 Johanna Luther(FRG) 80 10-11-93 u85 7:02.30 Mishiyama Matsue(JPM) 86 10-10-93 10,000 METERS  DIV. MARK NAME(RESIDENCE) AGE MEET DATE 435 31:20.28 Ingrid Kristiansen(NOR) 35 7-91 pd:44 33:00.78 py Palm(SWE) 44 7-5-86 pd:45.72.85 pd:4	10.5
NAME   NAME   RESIDENCE   AGE   MEET DATE	W75	10.5
NAME   NAME   RESIDENCE   AGE   MEET DATE	W75	Web
### Women's World Five Year Age Group    Records	W75 25:43.39	12.5
Name	V75   25:43.39   Johanna Luther(FRG)   76   9-2-89   Johanna Luther(FRG)   76   9-2-89   Johanna Luther(FRG)   80   10-11-93   10.80   28:32.67   Johanna Luther(FRG)   80   10-11-93   10.000 METERS   DIV. MARK   MAME(RESIDENCE)   AGE   MEET DATE   MAGE   MEST JEZO-28   Johanna Luther(FRG)   35   791   MAGE   MAGE   MEST JEZO-28   MAGE   MA	10.55
### Women's World Five Year Age Group    Records	V75   25:43.39   Johanna Luther(FRG)   76   9-2-89   Johanna Luther(FRG)   76   9-2-89   Johanna Luther(FRG)   80   10-11-93   W85   7:02.30   Wishiyama Matsue(JPN)   86   10-10-93   W85   7:27-85   W85   7:29-89   W85   7:27-85   W85   7:27-85   W85   7:34-45   Elaine Statham(GBR)   47   7-21-91   W85   7:34-45   Elaine Statham(GBR)   47   7-21-91   W85	12.55
### Women's World Five Year Age Group    Records	V75   25:43.39   Johanna Luther(FRG)   76   9-2-89   Johanna Luther(FRG)   76   9-2-89   Johanna Luther(FRG)   80   10-11-93   10.000   MISHIYAMA MATSUR(JPN)   80   10-11-93   10.000   10-11-93   10.000   10-11-93   10.000   10-11-93   10.000   10-11-93   10.000   10-11-93   10.000   10-11-93   10.000   10-11-93   10.000   10-11-93   10.000   10-11-93   10-	12-35   14-47   14-47   15-4

# U.S.A. TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee through performances verified as of March 31, 1994

	Men's l	J.S.A. Five Year Ag Records	ge Gro	up
	100 HETER	A CASTILLA CONTRACTOR OF THE PARTY OF		
DIV.		NAME (RESIDENCE)		MEET DATE
	10.3	Ruben Whitney(TX) Eddie Hart(CA)	35	6-14-80 7-30-89
40	10.6n	Eddie Hart(CA)	40	9-11-89 8-15-92
	11.16 11.0n	Stan Whitley(CA) Thane Baker(TX)	40 46 48	6-14-80
	11.2	Ken Dennis(CA) Ralph Summerlin(AL)	20	7-18-87 7-14-90
	11.6n	Payton Jordan(CA)	58 56 56	6-23-73
	11.6n 11.8	Alfred Guidet(CA) Payton Jordan(CA)	56 56 61 65 74 75 80	6-22-74 5-27-78
65	12.6	Payton Jordan(CA)	65	6-12-82
70 75	12.91 13.72	Payton Jordan(CA) Payton Jordan(CA)	75	6-22-91 5-30-92
80	15.4		80 85	2-25-84
	17.98	Russell Randall(CO) Buell Crane(ID)	90	7-27-90
	200 METERS			
	MARK	NAME (RESIDENCE)		MEET DATE
	20.8 21.86	Delano Meriwether(US) Bill Collins(TX)	35	6- 9-78 8-15-92
P	21.38	Bill Collins(TX)	40	7- 6-91 6-20-92
50	22.9	Stan Whitley(CA) Ken Dennis(CA)	50	7-18-87
	23.6	Alfred Guidet(CA) Payton Jordan(CA)	55	6-24-73
55	26.10	James Law(NC)	65	5- 4-91
	26.1n 25.87	Payton Jordan(CA) Jack Greenwood(CO)	65	6-12-82
p	26.05	James Law(NC)	40 46 50 55 60 65 65 65 67 70 75 80	10-10-93
	26.8 28.14	Payton Jordan(CA) Payton Jordan(CA)	70	6-20-87
30 3	32.3		80	6-20-92 2-18-84 8- 3-89
	60.29 68.6	Konrad Boas(NY) Collister Wheeler(OR)	86 90	8- 3-89 7-30-87
P4	5.75	poett crane(ID)	70	6-23-90
3 pc	52.28	Herb Kirk(MT)	95	7-26-91
	400 METER		ACE	MEET DATE
	46.38	James King(CA)	35	5-25-84
40	10 11	James Wine/CAN	10	8- 5-89 7-12-92
150	52.79	Stan Whitley(CA) Larry Colbert(MD) Rudolph Valentine(NY) Jack Greenwood(CO) Jim Law(MC)	50	12- 5-87
160	54.56	Jack Greenwood(CO)	63	6- 9-79 8- 5-89
465	58.79 62.2			
175	68.5	John Alexander(TX) Josiah Packard(CA) Harold Chapson(HA)	70 75 80 85	6-23-79
80 85	75.4	Harold Chapson(HA) Konrad Boas(NY)	80 85	7- 9-83 8-27-88
P	93.59	Russell Randall(CO)	86 90	8-12-93
	2:00.2		90	9-16-89
IV	800 METER		£ 100	MEET DATE
	1:52.1	NAME(RESIDENCE) Ralph Lee(CA)	AGE 37	679
	1:52.5	Ken Popejoy(IL) Don Parker(CA)	40	5-31-91 5-12-90
150	2:01.1	Bill Fitzgerald(CA)	50	6-29-75
	2:08.9	Bill Fitzgerald(CA) Ralph Miller(WA)	55	7- 5-80 8-15-92
P	2:13.98	Jim Sutton(PA)	60	7-23-91
165	2:25.3	Frank Finger(VA) James Lytjen(CA)	65	7- 5-80 6- 8-91
	2:27.57	James Lytjen(CA)	70	7-23-91
M75	2:40.0	Harold Chapson(HI) Harold Chapson(HI)	75 80	5-14-78 7-11-82
M85	3:58.3	Paul Spangler(CA) Paul Spangler(CA)	85 90	5- 5-84 6-10-89
	p6:02.94	Herb Kirk(MT)	95	7-23-91
n I W	1500 METE			MEET A
M35	3:40.83	NAME(RESIDENCE) Steve Scott(CA)	AGE 35	6-14-91
M40		Larry Almberg(WA) Larry Almberg(WA)	42	8- 5-89 7-29-90
M45	4:00.53	Ken Sparks(OH)	45	4-24-90
M50	p3:59.24 4:05.8	Ken Sparks(OH) Ray Hatton(OR)	45 50	7-29-90 7- 8-82
M55	4:25.24	Jim Sutton(PA)	55	7-19-86
M60 M65	4:32.09	Jim Sutton(PA) Joe King(CA)	60	7-27-91
	p4:56.31	Joe King(CA)	65	7-27-91
	5:19.38 p5:14.97	Austin Newman(NJ) James Lytjen(CA)	70 70	7-19-86 7-27-91
M75	5:28.5 6:04.28	Scotty Carter(MA) Ed Benham(MD)	75	6-28-92
M85	7:44.96	Paul Spangler(CA)	80 85	12- 5-87 5- 5-84
M90 M95	9:25.2	Paul Spangler(CA) Herb Kirk(MT)	90 95	6-10-89
	ONE MILE		AD	10- 6-90
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 M40		Steve Scott(CA) Larry Almberg(WA)	35 43	7- 1-91 4-28-90
M45	P4:06.70 4:18.83	Larry Almberg(hA) Ken Sparks(OH)	43	7-29-90
	p4:17.14	Ken Sparks(OH)	45	4-24-90 7-29-90
M50	4:32.2	Bill Fitzgerald(CA) William Fraser(MN)	50 55	7-13-75 7-22-85
	p4:45.1	Ray Hatton(OR)	55	5-16-87
M60	p4:46.5 4:58.2	Don Gammie(OH) Jim Sutton(PA)	55	10- 5-86 8-17-91
M65	5:22	Monty Montgomery(CA)	65	4- 8-72
	5:42.2	Monty Montgomery(CA)	70 75	7- 9-77 7-12-92
	5:57.2	SCOTTY Carter(MA)		
M75 M80	8:07.1	Scotty Carter(MA) Paul Spangler(CA)	81	6- 7-80
H75	8:07.1 12:23.6			6- 7-80 8-26-83

ш		rougn performan	761 E.	Verilli
17786	APRIL DE		1757	
	3000 ME1	TERS		
DIV.	MARK 7:56.69	NAME(RESIDENCE) Steve Scott(CA)	AGE 35	MEET DATE 5-25-91
M40	8:43.7	Web Loudat(NM)	40	6-13-87
M45 M50	9:06.6 8:53.8	Kirk Randall(MA) Ray Hatton(OR)	45 50	6-13-87
M55	9:37.88	Ray Hatton(OR)	56	6-26-88
M60 M65	10:13.8	Don Gammie(OH) Norman Bright(WA)	60	8-10-91 6-17-75
M70	11:46.2	Harold Chapson(HI)	73	3-28-76
M75 M80	12:04.0	Scotty Carter(MA) Ed Benham(MD)	75 82	6-28-92 5- 4-90
M85	16:32.0	Paul Spangler(CA)	85	5- 4-84
M90	20:08.4	Paul Spangler(CA)	90	9-16-89
DIV.	TWO MILE	NAME (RESIDENCE)	AGE	MEET DATE
M35	9:21.4	Glynn Wood(DC)	35	10-26-69
M40 M45	9:17.6 9:37.8	Ray Hatton(OR) Denny Meyer(WA)	40	4- 1-72 5- 5-78
M50	10:15.2	David Stevenson(CA)	50	7-26-79
M55	10:35.0	Bill McChesney(OR) Bill McChesney(OR)	55 61	7-15-83 6-16-89
M65	11:30.0	Monty Montgomery(CA)	66	3-25-73
H70	12:40.0	Harold Chapson(HI) Lou Gregory(FL)	73	3-14-76 9-30-78
M80	15:47.2	Paul Spangler(CA)	80	7-28-79
	5000 MET		ACE	MEET DATE
M35	MARK 13:51.7	NAME(RESIDENCE) Mike Manley(OR)	AGE 38	6- 1-80
	p13:26.03	Steve Plasencia(US)	36	6- 5-93
M40 M45	14:59.6	Hal Higdon(IN) Mike Manley(OR)	41	8-25-72 8- 1-89
	p15:11.0	Salvador Vasquez(CA)	46	7- 5-86
M50	15:43.58 p15:41.67	Dan Conway(WI) Mike Heffernan(OR)	50	8- 1-89 7-25-91
M55	16:27.1	James O'Neil(CA)	55	1-12-81
M60 M65	17:19.0 18:30	Clive Davies(OR) William Andberg(MN)	65	8- 2-80 7- 4-76
	p18:07.04	Joe King(CA)	65	7-25-91
M70	18:43.61h 20:55.39	Warren Utes(IL) Alfred Funk(MT)	70 75	7-23-91 8- 1-89
M80	21:57.88	Edward Benham(MD)	81	8- 6-88
M85	28:03.8 37:39.38	Paul Spangler(CA) Paul Spangler(CA)	85 90	4-14-84 8- 1-89
M95	50:23.53	Herb Kirk(MT)	95	7-25-91
DIV	10,000 I	METERS NAME (RESIDENCE)	AGE	MEET DATE
M35	28:26.4	Gary Tuttle(CA)	36	4-28-84
M40	p28:02.41 30:50.37	Steve Plasencia(US) Larry Almberg(WA)	42	6-18-93 7-30-89
M45	31:48	Ray Hatton(OR)	45	6-11-77
M50 M55	32:10.4	Ray Hatton(OR) Norman Green(PA)	51 57	6-18-83 7-29-89
M60 M65	35:19.8 38:38.0	Clive Davies(OR) Norman Bright(WA)	63	8-19-78 8- 3-76
	p37:52.75	John Keston(OR)	88	7-17-93
M70	38:23.69 43:54.75	Warren Utes(IL) Edward Benham(MD)	70 75	7-20-91 9-25-83
M80	44:29.4	Edward Benham(MD)	- 81	8- 4-88
M85	63:58.4	Paul Spangler(CA) Paul Spangler(CA)	86 90	6-22-85 7-29-89
111	AUE NOVE	The state of the s		Est Cust
DIV.	ONE HOUS	NAME (RESIDENCE)	AGE	MEET DATE
M35	11-1070	18.681 Ken Mueller(MA)	. 35	5-13-72
M40 M45	11-740	18.379 Ray Hatton(OR) 17.907 Hat Higdon(IN)	- 44	8- 7-76 6-26-79
M50 M55		17.314 Peter Mundle(CA)	50	10- 1-78
M60	10-201	16.802 James O'Neil(CA) 16.277 Clive Davies(OR)	56	8- 4-81 8- 7-76
M65 M70		15.036 Norman Bright(WA)	65	6-13-75
H75	8-335	13.909 William Andberg(MN) 13.181 Lou Gregory(FL)	75	10- 4-81
M80 M85	7-946 6-472	12.130 Paul Spangler(CA)	- 81	11- 1-80
HOD	STEEPLEC	10.088 Paul Spangler(CA)	85	11-18-84
DIV.	MARK	HASE (35-59: 3000M; 60+: 200 NAME(RLSIDENCE)		MEET
M35	8:38.8	Mike Manley(OR)	38	MEET DATE
M45	9:18.6 9:39.0	Hal Higdon(IN) Hal Higdon(IN)	44	8-15-75 8-11-77
M50 M55	10:31.01	Faye Bradley(DC)	51	7-20-89
M60	7:40.10	Ken Carman(MI) Dave Stevenson(CA)	56 60	7-28-84 8- 5-89
M65 M70	8:23.74 8:38.17	Dave Stevenson(CA) Avery Bryant(CA) Dan Bulkley(OR)	65	7-20-89
M75	9:28.78	Dan Bulkley(OR)	71 76	8- 5-88 7-17-93
M80	12:42.4	Bob Boal(NC)	81	5- 1-93
		10M: 35-39,42"; 40-49,39"; 00M: 50-59,36"; 60-69,33"; 80M	: 70+	30"
DIV.	MAKE	NAME (RESIDENCE)	AGE	MEET DATE
M40	14.7	Mike Kelly(GA) Stan Druckrey(WI)	37 40	6-16-84 7-30-89
H45	15.0 p14.84	termination of the second seco		9-14-72
M50	13.57	Jack Greenwood(KS) Stan Druckrey(WI) Walt Butler(CA) Bob Hickman(CA)	45 50	8-12-93 7- 5-91
M55 M60	15.28	Bob Hickman(CA) Jack Greenwood(CO)		7-30-89
M65	17.43	Robert Hunt(CA)	60 65	7-19-86 5-18-85
	p16.22 p16.30	Jack Greenwood(CO)		7- 5-91
M70	14.50h	Jack Greenwood(CO) Al Guidet(CA)	65 71	7-21-91 7-29-89
H75	p14.22 15.44	Burl Gist(CA) Herb Miller(CA)	71	7- 5-91
	15.1n	Frank Finger(VA)	76 75	8-14-92 9- 1-90
M80	17.5 LONG HURD	KUSSELL Meyers(FL)	80	7- 7-8/
DIV.	MARK	LES (400m: 35-49,36"; 50-59,3	3"; 30 AGE	
M35 M40	48.93	Nat Page(GA)	35	7-10-92
	52.76 52.7n	James King(CA) Stan Druckrey(WI)	40	8- 3-89 7- 8-89
M45	55.7 p55.79	Jack Greenwood(KS) Stan Druckrey(WI)	46	8-24-72
	C. C. C.	The state of the s	45	8-13-93

ı as	OI IV	larcii 51, 1001		0.4
MSO	58.1	Jack Greenwood(KS)	50	7- 3-76
M55	59.85	Jack Greenwood(KS) Jack Greenwood(CO)	57 63	
	43.49	Robert Watanabe(CA)	65	6-15-91
	p47.82 p45.20	Jack Greenwood(CO)  Jack Greenwood(CO)	65	
	p48.05 p48.03h	Chuck Sochor(MI) Chuck Sochor(MI)	65	8-13-93 10-13-93
H70	52.44	Dan Bulkley(OR) Dan Bulkley(OR)	72 76	8- 3-89 7-18-93
M75	55.52 76.20	Claude Hills(PA)	80	8-13-93
		DLES (50-59: 33") *** BEST P		
MSO.	43.16	NAME(RESIDENCE) Richard Rizzo(NY)	AGE 50	MEET DATE
M55	41.0n 43.36	Hugh Adams(CA) Bob Hickman(CA)	50 55	9-23-90
DAG!	HIGH JUMP		-	1000
D1V.	7-0 3/4	NAME(RESIDENCE) 2.15 Jim Barrineau(VA)	AGE 36	- MEET DATE
M40	6-9	2.06 John Hartfield(TX)	40	6- 6-92 9- 1-85
M50	6-3 1/2	1.92 Charlie Rader(CA) 1.88 Herm Wyatt(CA)	51	7-31-93 8-20-83
	5-10 1/2 5-6 1/4	1.79 Herm Wyatt(CA) 1.68 Jim Gillcrist(LA)	55	5-23-87 9-19-92
M65 M70	5-4 1/2	1.64 Jim Gillcrist(USA) 1.44 Walter Dahlin(CA)	65	9-25-93 7- 5-91
M75	4-3 1/4	1.30 Herbert Anderson(CO)	75	3-24-78
M85	3-8 1/2	1.22 Virgil McIntyre(AZ) 1.13 Buell Crane(ID)	80 85	6-28-91 7-26-85
M90	3-5 POLE VAL	1.04 Buell Crane(ID)	90	7-28-90
	MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35	16-8	5.08 Gary Hunter(US) 5.20 Larry Jessee(TX)	35	7- 6-91
M45	15-5 1/2	4.71 Greg Miguel (CA)	46	8-12-93
M55	14-4	4.37 Vic Cook(CA) 4.12 Richmond Morcom(PA)	55	7-25-82 8- 4-76
M60 M65	12-3 1/2 12-4 1/2	3.74 Boo Morcom(PA) 3.77 Boo Morcom(PA)	65	8- 2-84
M70	10-4 1/2	3.16 Boo Morcom(PA)	71	8-22-92
M75	9-6 1/4 8-3	2.90 Carol Johnston(CA) 2.51 Carol Johnston(CA)	75 80	6-20-92
M85	5-8	1.73 A. E. Pitcher(IN)	86	5-14-88
DIV.	LONG JUM	NAME (RESIDENCE)	AGE	MEET DATE
M35	27-10 3/4 24-4 3/4	8.50 Larry Myricks(US) 7.43 Tom Chilton(TN)	35	6-15-91
M45 M50	22-11	6.98 John Hartfield(TX)	46	6- 7-91
M55	21-1 20- 1/4	6.42 Shirley Davisson(CA) 6.10 Tom Patsalis(CA)	50 59	4-12-80 7-18-81
M60 M65	19-11	6.07 Tom Patsalis(CA) 5.29 Tom Patsalis(CA)	60	7-10-82 12- 1-87
H70 H75	16-2 1/4 12-10 1/2	5.29 Tom Patsalis(CA) 4.93 John Alexander(TX) 3.92 Herbert Anderson(CO)	70 76	5-12-90 8- 5-78
M80 M85	11-7 9-1	3.53 Walt Wesbrook(CA)	80	6-24-78
M90	8-0 1/4	2.77 Buell Crane(ID) 2.44 Buell Crane(ID)	85 90	6- 6-85
M95	5-10	1.78 Collister Wheeler(OR)	95	7-22-88
DIV	TRIPLE .	NAME (RESIDENCE)	ACE	MEET DATE
M35	55-7 1/4	16.95 Ray Kimble(US)	35	8-12-88
H45	45-2 1/4	13.77 Dave Jackson(CA)	45	8-11-77
M50	43-3 1/2	13.19 Dave Jackson(CA) 12.62 Gordon Farrell(CA)	50	7-10-82
M60 M65	39-3	11.96 Tom Patsalis(CA)	60	7-10-82
H70	31-11 1/2	9.74 Edwin Lukens(NY)	71	8-12-93
M80	23-1 1/4	7.04 Claude Hills(PA)	80	8-17-80 8-12-93
M85	p25-4 20-7 1/4	7.72 Winfield McFadden(CA) 6.28 Winfield McFadden(CA)	81	7-21-90
M90	18-1	JUMP  NAME(RESIDENCE)  16.95 Ray Kimble(US)  16.58 Ray Kimble(USA)  13.77 Dave Jackson(CA)  13.19 Dave Jackson(CA)  12.62 Gordon Farrell(CA)  11.96 Tom Patsalis(CA)  10.84 Tom Patsalis(CA)  9.74 Edwin Lukens(NY)  8.60 Winfield McFadden(CA)  7.04 Claude Hills(PA)  7.72 Winfield McFadden(CA)  6.28 Winfield McFadden(CA)  5.51 Buell Crane(ID)	90	7-28-90
SHOT	PUT (35-4	9: 16#; 50-59: 6Kg; 60-69: 51	(g; 70	)+: 4Kg)
M35	72-9 3/4	9: 16#; 50-59: 6Kg; 60-69: 5)  NAME(RESIDENCE)  22.19 Brian Oldfield(CA)  21.41 Brian Oldfield(CA)  16.83 Ed Hill(MD)  16.41 Carl Wallin(NH)  15.85 Joe Keshmiri(NY)  14.67 Phil Mulkey(GA)  13.10 Phillip Brusca(MO)  13.74 Scott Herrman(KS)  12.64 Ross Carter(OR)  11.81 Ross Carter(USA)  7.62 Buell Crane(ID)  6.97 Buell Crane(ID)  4.42 Tom Lane(CA)  4.80 Tom Lane(CA)	AGE	MEET DATE
M40 M45	70-3	21.41 Brian Oldfield(CA)	40	8-22-85
M50	53-10	16.41 Carl Wallin(NH)	50	8-23-88
M60	48-1 1/2	13.85 Joe Keshmiri(NV) 14.67 Phil Mulkey(GA)	55	10-10-93
M65 M70	43-0	13.10 Phillip Brusca(MO)	66	6- 5-93
M75 M80	41-5 3/4	12.64 Ross Carter(OR)	75	9- 3-89
M85	25-0	7.62 Buell Crane(ID)	80	3-12-94
M95	14-6	6.97 Buell Crane(ID) 4.42 Tom Lane(CA)	90	6-20-90
	015-9	4.80 Tom Lane(CA)	96	9-22-91
DIV	DISCUS TH	ROW (35-49: ZKg; 50-59: 1.5Kg;  NAME(RESIDENCE)  71.24 John Powell(US) 69.48 Al Oerter(NY) 66.12 Al Derter(NY) 62.74 Al Oerter(NY) 65.30 Al Oerter(NY) 52.34 Wendell Palmer(TX) 57.60 Wendell Palmer(TX) 49.72 Thomas McDermott(CT) 43.44 Daniel Aldrich(CA) 39.06 Ross Carter(OR) 41.86 Manuel White(MT) 43.42 Manuel White(MT) 31.20 Leon Joslin(WA) 25.58 Ken Carnine(CA) 20.56 Buell Crame(ID) 11.05 Tom Lane(CA) 14.81 Collister Wheeler(OR)  Continue	60-	: 1Kg)
M35	233-9	71.24 John Powell(US)	AGE 36	MEET DATE
M45	216-11	56.12 AL Derter(NY)	43	5-31-80
M50	205-10 p214-3	62.74 Al Oerter(NY)	52	8- 3-89
M55	171-8	52.34 Wendell Palmer(TX)	50	12-28-86
M65	163-1	49.72 Thomas McDermott(CT)	60	4-24-92
H75	128-2	43.44 Daniel Aldrich(CA) 39.06 Ross Carren(CA)	70	3- 5-89
F	0137-4	41.86 Manuel White(MT)	77	9-25-93
M80	102-4	31.20 Leon Joslin(WA)	77 80	10-23-93
M90	67-5 1/2	20.56 Buell Crane(ID)	85	5-15-93
M95	36-3 48-7	11.05 Tom Lane(CA)	95	9-24-89
	14.1	Continue	95 ed on	7-23-88 next page
		Continue	- 011	nevr bake

	and the same of th	The same of the sa
Continued from previous page	W40 2:21.91 Susan Houlton(GA) 42 7-2	
HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)	2:22.0 Sandra Knott(OH) 43 1-10	
DIV. MARK NAME (RESIDENCE) AGE MEET DATE	p2:21.75 Dee Dee Grafius(CA) 43 8-1: W45 2:25.12 Taffy Martin(PA) 45 7-	
M35 232-5 70.84 Harold Connolly(CA) 37 7-20-69	W50 2:25.29 Shirley Matson(CA) 51 8-1	
M40 243-11 74.34 Ed Burke(CA) 44 4-28-84 M45 198-5 60.48 Ed Burke(CA) 45 5-10-85	W55 2:41.5 Vicki Bigelow(CA) 57 6-12	
HEO 300 3	W60 2:51.6 Joyce Hals(MA) 61 7-20	-92 Long Horney (400m; 33-47, 30"; 300m; 50-, 30")
MEE 107-8 40 24 Pet Perturbation	W65 3:06.20 Raye Johnson(US) 65 7-30	135 87 08 Challey Kasling May
M60 166-6 50.76 Stewart Thomson(CA) 60 9-12-93	W70. 3:24.89 Gerry Davidson(CA) 70 6-1	WO 45 OT Obil Breakbacker
M65 145-11 44.48 Len Mozhaev(PA) 66 9-27-92	p3:24.80 Gerry Davidson(CA) 70 7-2 W75 3:37.19 Pearl Mehl(CO) 75 9-3	145 71 20
M70 150-11 46.00 Thomas McDermott(CT) 73 5-18-91		USO 66 67 Manion Coffee (MISTIN TV)
M75 126-4 38.50 Thomas McDermott(CT) 75 4-24-93	W80 5:47.5 Hilda Crooks(CA) 82 6-24 W85 p6:14.1 Mary Ames(CA) 85 9-3	10 45 On Year Contient
M80 89-9 27.35 Jim York(CA) 80 8-11-93		W55 59.82 Betty Vosburgh(GA) 59 5- 4-91
M85 54-3 1/4 16.54 Buell Crane(ID) 87 8-16-87	1500 METERS	W60 56.80 Betty Vosburgh(GA) 60 7- 5-91
M90 55-7 3/4 16.96 Buell Crane(ID) 90 4-21-90	DIV. MARK NAME (RESIDENCE) AGE MEET	
JAVELIN THROW (35-59: 800 GRAMS - NEW RULES; 60+: 600 GRAMS)	W35 4:37.65 Carol McLatchie(TX) 37 8-5 W40 4:39.8 Miki Gorman(CA) 42 9-3	
DIV. MARK NAME (RESIDENCE) AGE MEET DATE	W40 4:39.8 Miki Gorman(CA) 42 9-3 p4:38.73 Carol McLatchie(TX) 41 10-16	
M35 p218-8 66.66 Gene Lorenson(CA) 35 8-16-92	W45 4:48.19 Joan Colman(CA) 45 8-5	and the same redefication of the contraction of the
p200-4 61.06 Gene Lorenson(CA) 35 8-12-93	650 4:57.44 Shirley Matson(CA) 51 8-16	and the state of t
M40 203-10 62.14 David Reiss(US) 41 8- 1-89	W55 5:14.2 Vicki Bigelow(CA) 56 6-13	
M45 201-11 61.54 William Buffaloe(PA) 45 8- 2-90	W60 5:44.9 Margaret Miller(CA) 60 7-16	
M50 215-9 65.76 Larry Stuart(CA) 50 4-30-88 M55 209-1 63.74 Larry Stuart(CA) 55 5-15-03	W65 6:26:49 'Jaclyn Caselli(CA) 65 7-19	86 V50 4-4 3/4 1.34 Becky Sistey(OR) 52 6-23-91
	W70 6:42.17 Pat Dixon(OR) 70 6-30	89 W55 4-2 3/4 1.29 Christel Hiller(CA) 55 8- 2-90
M60 191-10 58.48 Del Pickarts(CA) 60 11-28-87 M65 180-0 55.02 Bud Held(CA) 65 5-15-93	W75 7:42.30 Bess James(CA) 75 6-29 W80 11:09.2 Anne Ward(MO) 83 5-30	The second of th
M70 151-6 46.18 Bill Morales(CA) 72 7-30-89	M80 11:09.2 Anne Ward(MO) 83 5-30 p8:54.39 Anne Clarke(IL) 81 7- 7	Too Tepen Gott Learnie Accommentation
p157-9 48.08 Bill Morales(CA) 70 8-16-87	p8:36.90 Anne Clarke(IL) 81 7-27	are so the state of the state o
p152-1 46.36 Bill Morales(CA) 70 7-25-87	W85 p11:43.2 Anna Ward(MO) 85 6- 2	on the state of th
M75 135-3 41.24 Manuel White(MT) 75 8-17-91 M80 94-6 28.80 Herbert Anderson(CO) 80 7-24-82	ONE MILE	PULE VAULT
	DIV. MARK NAME (RESIDENCE) AGE MEET	DIV. MARK NAME (RESIDENCE) AGE MEET DATE
M85 79-11 24.36 Ken Carnine(CA) 85 5-30-93 M90 57-2 3/4 17.44 Buell Crane(ID) 90 7-28-90	W35 5:09.52 Susanne Houlton(GA) 38 4-13	ar and a second of the second
M95 33-10 1/4 10.32 Tom Lane(CA) 97 5-23-92	W40 4:54.0 Laurie Binder(CA) 43 8-8	The state of the s
p46-10 14.27 Collister Wheeler(OR) 95 7-23-88	W45 5:21.5 Carol Flexer(WA) 46 7-19	
DECATHLON(1962 TAAF SCORING TABLES)	W50 5:29.39 Jeanne Hoagland(CA) 51 12-6 W55 5:50.6 Margaret Miller(CA) 55 2-7	87 W50 7-3 3/4 2.23 Madeline Bost(OR) 52 8-17-91
DIV. MARK NAME (RESIDENCE) AGE MEET DATE	140 4.75	81 W55 4-5 1.34 Lucy Ann Brobst(NC) 59 8-14-92
M35 6230 Phil Mulkey(AL) 38 3-26-71	W65 6:55.6 Pat Dixon(OR) 63 7-23	
M40 6394 Rex Harvey(IA) 43 7-29-89	W70 7:26.0 Pat Dixon(OR) 70 6-24	
M45 5734 Gary Miller(CA) 47 3-23-85	3000 METERS	LONG JUNE
p5890 Rex Harvey(IA) 45 7-18-91	DIV. MARK NAME (RESIDENCE) AGE MEET	ATE DIV. MARK NAME (RESIDENCE) AGE MEET DATE
M50 6212 Gary Miller(CA) 50 5-27-88 M55 5246 Richmond Morcom(PA) 55 9-11-76	W35 8:56.7 Francis Larrieu(TX) 35 7-8	88 W35 21-4 6.50 Willye White(US) 35 10-26-74
M55 5246 Richmond Morcom(PA) 55 9-11-76 M60 4552 Richmond Morcom(PA) 61 8-28-82	W40 9:59.0 Laurie Binder(CA) 40 7-30	
M65 2783 Claude Hills(PA) 65 6-24-77	W45 10:19.4 Joan Colman(CA) 46 9-8	YU U45 17-7 5 34 Obil Bookbooks /5 9-11-03
p3064 Richmond Morcom(PA) 65 - 7-26-86	W50 11:14.6 Vicky Bigelow(CA) 54 9-16	89 14-6 1/2 4 /3 Lana Changes
M70 2513 Claude Hills(PA) 70 7- 3-82	W55 11:20.2 Marion Irvine(CA) 59 9-16 W60 12:25.6 Margaret Miller(CA) 60 7-23	09 USS 12-0 1/4 3 80 Chaireal Millourcas SS 3- 4-00
M75 1659 Herbert Anderson(CO) 75 3-24-78	W65 13:15.6 Jaclyn Caselli(CA) 65 7-6	86 W60 12-11 1/2 3.95 Betty Vosburgh(GA) 60 7- 6-91
M80 994 Herb Anderson(CO) 80 8-28-82	W70 18:22.0 Bess James(CA) 72 1-31	82 P13-7 4.14 Betty Vosburgh(GA) 60 7-25-91
M85 252 A. E. Pitcher(IN) 85 9-19-87	p14:26.0 Pat Dixon(OR) 70 -	80 MOS 12-10 3.91 Leonore McDaniel (VA) 65 6-12-93
PENTATHLON(1985 IAAF SCORING TABLES)	W75 17:37.2 Bess James(CA) 75 8-10	85
DIV. MARK NAME (RESIDENCE) AGE MEET DATE	W80 25:09.0 Mary Ames(CA) 84 5-30	0/ URO 05-1 3/4 1 57 Edith Mandata(CA) 81 0-20-02
M35 3377 Frank Reilly(CA) 39 6-20-87	W85 p25:29.6 Mary Ames(CA) 85 4-30	TRIPLE JUMP
p3432 Mike Hill(CO) 35 8-30-86 M40 3033h Gary Miller(CA) 43 8-16-81	TWO MILES	
M40 3033h Gary Miller(CA) 43 8-16-81 M45 3117 Gary Miller(CA) 45 9-30-83	DIV. MARK NAME(RESIDENCE) AGE MEET	DATE DIV. MARK NAME (RESIDENCE) AGE MEET DATE W35 36-7 11.15 Phil Reschker (GA) 36 9-18-83
M50 2976 Gary Miller(CA) 50 6-26-88	W35 11:23 Judy Fox(CA) 38 11- 3	78 W35 36-7 11.15 Phil Reschker(GA) 36 9-18-83 W40 37-3 11.35 Phil Reschker(GA) 42 8-1-89
M55 2547h Richmond Morcom(PA) 56 8-12-77	W40 10:39.6 Carol McLatchie(TX) 41 7-16	193 U/5 35-5 1/4 10 80 Phil Pacchhar(CA) /4 8-12-03
M60 2283h John Alexander(TX) 61 5-8-81	10.7 000.000.000.000.000.000.000.000.000.	80 p34-5 1/2 10 50 Phil Paschker(CA) 46 10-13-03
M65 1988 Richmond Morcom(PA) 66 6-20-87		
M70 1448 Richmond Morcom(PA) 70 7- 4-91	W55 13:46 Melba Hatch(MI) 57 7-23	85 p28-11 8.81 Becky Sisley(OR) 52 12- 5-87
M70 1448 Richmond Morcom(PA) 70 7- 4-91 M75 927 Claude Hills(PA) 76 6-26-88	W55 13:46 Melba Hatch(MI) 57 7-23 W60 19:48 Florence Fawley(OH) 61 5-27	85 p28-11 8.81 Becky Sisley(OR) 52 7-27-91 84 W55 26-6 1/4 8.08 Christel Miller(CA) 55 8-5-90
M70 1448 Richmond Morcom(PA) 70 7-4-91 M75 927 Claude Hills(PA) 76 6-26-88 M80 706h Ken Carnine(CA) 80 7-16-88	W55 13:46 Melba Hatch(MI) 57 7-23 W60 19:48 Florence Fawley(OH) 61 5-27	85 p28-11 8.81 Becky Sisley(OR) 52 7-27-91 84 N55 26-6 1/4 8.08 Christel Miller(CA) 55 8-5-90 W60 26-5 8.05 Betty Vosburgh(GA) 61 8-14-92
M70     1448     Richmond Morcom(PA)     70     7-4-91       M75     927     Claude Hills(PA)     76     6-26-88       M80     706h     Ken Carnine(CA)     80     7-16-88       M85     570     Ken Carnine(CA)     85     6-19-93	W55 13:46 Melba Hatch(MI) 57 7-23 W60 19:48 Florence Fawley(OH), 61 5-27 W70 26:03.8 Marilla Salisbury(CA) 73 7-11 SOOO METERS DIV. MARK NAME(RESIDENCE) AGE MEET	85 p28-11 8.81 Becky Sisley(OR) 52 12-5-87 84 W55 26-6 1/4 8.08 Christel Miller(CA) 52 7-27-91 W60 26-5 8.05 Betty Vosburgh(GA) 61 8-14-92 W65 25-9 3/4 7.87 Leonore McDaniels(VA) 65 7-31-93
M70     1448     Richmond Morcom(PA)     70     7-4-91       M75     927     Claude Hills(PA)     76     6-26-88       M80     706h     Ken Carnine(CA)     80     7-16-88       M85     570     Ken Carnine(CA)     85     6-19-93	W55 13:46 Melba Hatch(MI) 57 7-23 W60 19:48 Florence Fawley(OH), 61 5-27 W70 26:03.8 Marilla Salisbury(CA) 73 7-11 SO00 MFTERS DIV. MARK NAME(RESIDENCE) AGE MEET W35 15:15.2 Francis Larrieu(TX) 35 7-2	85 p28-11 8.81 Becky Sisley(OR) 52 12-5-87 84 p28-11 8.81 Becky Sisley(OR) 52 7-27-91 85 p28-11 8.81 Becky Sisley(OR) 55 8-5-90 86 26-6 1/4 8.08 Christel Miller(CA) 55 8-5-90 86 26-5 8.05 Betty Vosburgh(CA) 61 8-14-92 86 25-9 3/4 7.87 Leonore McDaniels(VA) 65 7-31-93 87 p28-14 8.33 Shiela Evans(IN) 74 7-20-89
M70 1448 Richmond Morcom(PA) 70 7-4-91 M75 927 Claude Hills(PA) 76 6-26-88 M80 706h Ken Carnine(CA) 80 7-16-88 M85 570 Ken Carnine(CA) 85 6-19-93  Women's U.S.A. Five Year Age	M55   13:46	85
M70 1448 Richmond Morcom(PA) 70 7-4-91 M75 927 Claude Hills(PA) 76 6-26-88 M80 706h Ken Carnine(CA) 80 7-16-88 M85 570 Ken Carnine(CA) 85 6-19-93  Women's U.S.A. Five Year Age Group Records	M55 13:46	85
M70 1448 Richmond Morcom(PA) 70 7-4-91 M75 927 Claude Hills(PA) 76 6-26-88 M80 706h Ken Carnine(CA) 80 7-16-88 M85 570 Ken Carnine(CA) 85 6-19-93  Women's U.S.A. Five Year Age Group Records	W55 13:46 Melba Hatch(MI) 57 7-23 W60 19:48 Florence Fawley(OH), 61 5-27 W70 26:03.8 Marilla Salisbury(CA) 73 7-11 SCOO METERS  DIV. MARK NAME(RESIDENCE) AGE MEET W55 15:15.2 Francis Larrieu(TX) 35 7- 2 W40 16:57.4 Judy Fox(CA) 40 8-16 W45 17:45.03 Joan Colman(CA) 45 8- 4 W50 17:25.6 Shirley Matson(CA) 50 9-26	No.
M70 1448 Richmond Morcom(PA) 70 7-4-91 M75 927 Claude Hills(PA) 76 6-26-88 M80 706h Ken Carnine(CA) 80 7-16-88 M85 570 Ken Carnine(CA) 85 6-19-93  Women's U.S.A. Five Year Age  Group Records  100 METERS  DIV. MARK NAME(RESIDENCE) AGE MEET DATE	W55 13:46 Melba Hatch(MI) 57 7-23 W60 19:48 Florence Fawley(OH), 61 5-27 W70 26:03.8 Marilla Salisbury(CA) 73 7-11 SCOO METERS  DIV. MARK NAME(RESIDENCE) AGE MEET W35 15:15.2 Francis Larrieu(TX) 35 7-2 W40 16:57.4 Judy Fox(CA) 40 8-16 W45 17:45.03 Joan Colman(CA) 45 8-4 W50 17:25.6 Shirley Matson(CA) 50 9-26 W55 19:32.07 Marion Irvine(CA) 59 8-4	MSU 28-9 3/4
M70 1448	M55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87     84
M70	W55 13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55 13:46 Melba Hatch(MI) 57 7-23 M60 19:48 Florence Fawley(OH), 61 5-27 M70 26:03.8 Marilla Salisbury(CA) 73 7-11 SCOOD METERS  DIV. MARK NAME(RESIDENCE) AGE MEET W35 15:15.2 Francis Larrieu(TX) 35 7-2 W40 16:57.4 Judy Fox(CA) 40 8-16 W45 17:45.03 Joan Colman(CA) 45 8-4 W50 17:25.6 Shirley Matson(CA) 50 9-26 W55 19:32.07 Marion Irvine(CA) 59 8-4 W60 19:14.8 Marion Irvine(CA) 60 10-19 W65 22:41.8 Jaclyn Caselli(CA) 65 7-5 W70 24:52.83 Pat Dixon(OR) 70 8-4 W70 29:19.8 Bess James(CA) 75 6-25 p27:10.76 Algene Williams(IL) 75 7-25	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55 13:46 Melba Hatch(MI) 57 7-23 M60 19:48 Florence Fawley(OH), 61 5-27 M70 26:03.8 Marilla Salisbury(CA) 73 7-11 SCOO METERS  DIV. MARK NAME(RESIDENCE) AGE MEET M35 15:15.2 Francis Larrieu(TX) 35 7-2 W40 16:57.4 Judy Fox(CA) 40 8-16 W45 17:45.03 Joan Colman(CA) 45 8-4 W50 17:25.6 Shirley Matson(CA) 50 9-26 M55 19:32.07 Marion Irvine(CA) 59 8-4 W60 19:14.8 Marion Irvine(CA) 60 10-19 W65 22:41.8 Jaclyn Caselli(CA) 65 7-5 W70 24:52.83 Pat Dixon(OR) 70 8-4 W75 29:19.8 Bess James(CA) 75 6-25 p27:10.76 Algene Williams(IL) 75 7-25 W80 30:21.85 Mavis Lindgren(CA) 80 8-16	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55 13:46 Melba Hatch(MI) 57 7-23 M60 19:48 Florence Fawley(OH), 61 5-27 W70 26:03.8 Marilla Salisbury(CA) 73 7-11 SCOOD METERS  DIV. MARK NAME(RESIDENCE) AGE MEET W55 15:15.2 Francis Larrieu(TX) 35 7-2 W40 16:57.4 Judy Fox(CA) 40 8-16 W45 17:45.03 Joan Colman(CA) 45 8-4 W50 17:25.6 Shirley Matson(CA) 50 9-26 W55 19:32.07 Marion Irvine(CA) 59 8-4 W60 19:14.8 Marion Irvine(CA) 60 10-19 W65 22:41.8 Jaclyn Caselli(CA) 65 7-5 W70 24:52.83 Pat Dixon(OR) 70 8-4 W75 29:19.8 Bess James(CA) 75 6-25 W80 30:21.85 Mavis Lindgren(CA) 80 8-16 W85 p41:56.2 Mary Ames(CA) 85 4-30	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55 13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	M55 13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	M55 13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55 13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	M55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	M55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	M55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	M55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	M55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	M55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   72-5-87
M70	W55   13:46	No.   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	M55   13:46	No.   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55   13:46	No.   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55   13:46	No.   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	M55   13:46	No.   28-9   2
M70    1448	M55   13:46	No.   28-9   2
M70 1448	W55   13:46	No.
M70	M55	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-8/     p28-11   8.18 Becky Sisley(CR)   52   7-27-91     MSS   26-6 1/4   8.08 Christel Miller(CA)   55   8-5-90     M60   26-5   8.05 Betty Vosburgh(GA)   61   8-14-92     MSS   25-9 3/4   7.87 Leonore McDaniels(VA)   65   7-31-93     MSS   W70   20-9 1/4   6.33 Shiela Evans(IN)   75   8-5-90     SMOT PUT (30-49: 4KG; 50+: 3KG)     MARK
M70 1448	M55	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87     p28-11   8.18 Becky Sisley(OR)   52   7-27-91     MSS   26-6 1/4   8.08 Christel Miller(CA)   55-8   8-5-90     M60   26-5   8.05 Betty Vosburgh(GA)   61   8-14-92     MSS   25-9 3/4   7.87 Leonore McDaniels(VA)   65   7-31-93     MTO   20-9 1/4   6.33 Shiela Evans(IN)   74   7-20-89     MSS   WTO   20-9 1/4   6.33 Shiela Evans(IN)   75   8-5-96     SHOT PUT (30-49: 4KG; 50+: 3KG)     MARK   NAME(RESIDENCE)   AGE   MEET DATE     MSS   33-5 3/4   16.30 Jane Frederick(CA)   35   8-31-87     MSO   39-7   1/2   12.09 Joanne Grissom(IN)   41   6-19-80     MSS   42-7 1/2   12.99 Joanne Grissom(IN)   57   7-2-84     MSO   42-7 1/2   12.99 Joanne Grissom(IN)   57   7-2-84     MSO   42-7 1/2   12.99 Joanne Grissom(IN)   59   7-2-93     MSS   40-5   12.32 Joanne Grissom(IN)   59   7-2-93     MSS   40-5   12.32 Joanne Grissom(IN)   65   7-20-89     MSS   28-6 1/2   8.70 Bernice Holland(OH)   65   5-2-92     MTO   26-9   8.15 Edith Mendyka(CA)   72   9-17-83     MTO   26-9   8.15 Edith Mendyka(CA)   72   9-17-83     MTO   26-9   8.15 Edith Mendyka(CA)   75   7-18-86     MSD   17-11 3/4   5.48 Edith Mendyka(CA)   85   5-7-89     P9-3 1/2   2.83 Marilla Salisbury(CA)   85   8-12-93     MSD   11-1 1/2   3.39 Margaret White(OK)   95   9-7-92     MSD   11-1 1/2   3.39 Margaret White(OK)   95   9-7-92     MSD   11-1 1/2   3.42 Vanesa Hilliand(FL)   36   8-13-93     MSD   11-1 3/4   27.78 Bernice Holland(OH)   67   6-30-84     MSD   91-1 3/4   27.78 Bernice Holland(OH)   67   6-30-84     MSD   91-1 3/4   27.78 Bernice Holland(OH)   67   6-30-84     MSD   91-2   3.44 Joanne Grissom(IN)   45   8-7-83     MSD   80-1 3/4   26.84 Bernice Holland(OH)   67   6-30-84     MSD   91-1 3/4   27.78 Bernice Holland(OH)   67   6-30-84     MSD   91-2   5.84 Marilla Salisbury(CA)   85   8-13-93     MSD   80-1 3/4   27.78 Bernice Holland(OH)   67   6-30-84     MSD   91-2   5.84 Marilla Salisbury(CA)   87   7-6-91     MSD   91-2   5.84 Marilla Salisbury(CA)   87   7-6-91     MSD   91-2
M70	W55 13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70	W55 13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87     p28-11   8.81 Becky Sisley(CR)   52   7-27-91     MSS   26-6 1/4   8.08 Christel Miller(CA)   55-8   8-5-90     M60   26-5   8.05 Betty Vosburgh(GA)   61   8-14-92     MSS   25-9 3/4   7.87 Leonore McDaniels(VA)   65   7-31-93     MSS   20-1 1/4   6.13 Shiela Evans(IN)   74   7-20-89     MSS   7-20-1 1/4   6.13 Shiela Evans(IN)   75   8-5-96     SMOT PUT (30-49: 4KG; 50-: 3KG)     MARK
M70 1448	W55 13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87
M70 1448	W55 13:46	185
M70 1448	W55   13:46	185
M70 1448	W55   13:46	185
M70 1448	M55   13:46	185
M70 1448	W55   13:46	No.   28-9   3/4   8./8   Enristel Niller(CA)   52   12-3-8/9     No.   28-1   8.8   8   8   8   8   8   8   1   8   1     No.   26-5   8.05   8   5   9     No.   26-5   8.05   8   8   1   1     No.   26-5   8.05   8   1   1     No.   26-7   3/4   7.87   Leonore McDaniels(VA)   65   7-31-93     No.   20-1   1/4   6.13   5   1   1     No.   30-7   12.06   1   1   1     No.   30-7   12.06   1   1   1     No.   30-7   1/2   12.08   1   1   1     No.   30-7   1/2   12.08   1   1     No.   30-7   1/2   12.08   1   1     No.   30-7   1/2   12.08   1   1     No.   30-7   1/2   12.09   1     No.   30-7   1/2   12.09   1   1     No.   30-7   1/2   1/2   1   1     No.   30-7   1/2   1   1
M70   1448	W55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87     P28-11   8.81 Becky Sisley(NB)   52   7-7-91     M60   26-5   8.05 Becky Sisley(NB)   52   7-7-91     M60   26-5   8.05 Betty Vosburgh(GA)   61   8.14-92     M65   25-9 3/4   7.87 Leonore McDaniels(VA)   65   7-31-93     M65   25-9 3/4   7.87 Leonore McDaniels(VA)   65   7-31-93     M88   W75   20-1 1/4   6.13 Shiela Evans(IN)   75   8-5-96     M81   SHOT PUT (30-49: 4KG; 50+: 3KG)     M91   DIV. MARK   NAME(RESIDENCE)   AGE   MEET DATE     M89   W35   53-5 3/4   16.30 Jane Frederick(CA)   35   8-31-87     M90   W45   39-7   12.04 Joanne Grissom(IN)   41   6-19-80     W45   39-7   1/2   12.99 Joanne Grissom(IN)   45   7-22-84     M89   W45   39-7   1/2   12.99 Joanne Grissom(IN)   52   7-5-91     M60   32-2 3/4   9.82 Bernice Holland(OH)   62   7-20-89     M91   W55   40-5   12.32 Joanne Grissom(IN)   52   7-5-91     M95   28-6   1/2   8.70 Bernice Holland(OH)   62   7-20-89     M91   W55   28-6   1/2   8.70 Bernice Holland(OH)   65   5-2-92     M92   W70   26-9   8.15 Edith Mendyka(CA)   72   9-17-83     W70   26-9   8.15 Edith Mendyka(CA)   81   9-20-92     M91   M95   11-11   3/4   5-48 Edith Mendyka(CA)   81   9-20-92     M91   M95   11-1   1/2   3.39 Margaret White(OK)   95   9-7-92     M92   W55   11-1   1/2   3.39 Margaret White(OK)   95   9-7-92     M93   DIV. MARK   NAME(RESIDENCE)   AGE   MEET DATE     M95   M96   M91   3/4   27-88   M91
M70   1448	M55   13:46	MSD   28-9 3/4   8.78 Christel Miller(CA)   52   12-5-87     MSD   28-11   8.81 Becky Sisley(RB)   52   7-7-91     MSD   26-6 1/4   8.08 Christel Miller(CA)   55   8-5-90     MSD   26-5   8.05 Betty Vosburgh(GA)   61   8-14-92     MSD   25-9 3/4   7.87 Leonore McDaniels(VA)   65   7-31-93     MSD   MSD   7-87 Leonore McDaniels(VA)   67   7-20-89     MSD
M70   1448	W55   13:46	Mode

# Men's World Masters Relay Records

				The State of the S	
40	00m	40-49 50-59 60-69 70-79 70-79 80-89	42.79 45.36 49.09 55.07 55.04 77.37	USA (Miller, Castro, Weinacht, Jordan) USA (Bloomfield, Heard, Weinacht, Jordan) USA (Lum, Crane, Hosack, Pitcher)	5- 2-92 8- 6-89 2- 6-87 2- 6-87 8- 6-89 8-25-85
8	00m	40-49 50-59 60-69 70-79	1:29.85 1:41.3 1:47.1 2:03.21	USA (Austin, Hartfield, Mitchell, Collins) USA (Ballard, Rizzo, Borrell, Small) USA (Sochor, Brown, Bergthold, Sobolewski) USA (Morales, Satti, Heard, Weinacht)	5- 1-92 7- 5-92 8- 1-92 12- 6-87 8- 6-89
1	600m	40-49 50-59 60-69 70-79 80-89	3:21.54 3:35.88 3:58.43 p3:39.43 4:35.07 7:34.9	USA (Thiel,Brinker,Tucker,King) USA (Steffes,Mathis,Adamson,Colbert) USA (Stevens,Sucher,Law,Greenwood) NOR ( ) USA (Bloomfield,Jordan,Spnnseler,Weinacht) USA (Lum,Spangler,Hosack,Pitcher)	8- 6-89 8- 6-89 6-30-90 8- 6-89 8-24-85
	200m	40-49 50-59 60-69 70-79	8:00.2 8:47.74 9:33.95 13:33.0	USA (Mason, Franklin, Thomas, Romaine) HOL (Peters, Heijdens, Metselaar, Keesstein) HOL (Maijoor, Ravensbergen, Zethof, Herlaar) USA (Hills, Espy, Wang, Bigelow)	7- 7-84 9-25-92 6-11-92 10- 1-83
	prt med	40-49 50-59 70-79	3:36.1m 4:04.1 6:41.4i	USA (Knocke,Edens,Smith,Cohen) USA (Cole,Green,Chernock,Johnson) USA (Siringer,Mloten,Hosack,Fike)	8-14-82 6-19-80 1- 9-83
•	dist med	50-59	10:34.6 11:49.0 14:06.8	USA (Stevens,Pierce,Frye,Norton) USA (Pratt,Harvey,Sutton,Green) USA (Willis,Sanchez,Linde,Withers)	7-11-90 8- 1-90 5-13-92
		P = 1	pending		

i = indoor performance

note: the sprint medley and distance medley marks are unofficial best marks known to date

# Women's World Masters Relay Records

	OLIVER TO U	IIICII 3	World Masters Holay Hotel	
400m	35-39 40-49 50-59	48.63 50.23 p49.45 54.51	FRA (Desmier,Sulter,Andreas,Apavou) USA (Keating,McClurg,Gilmore,Raschker) FRG (Meier,Bayha,Geraldine,Hees) GBR (Yilliams,Chrimes,Hulls,Gore) FRG (	8- 6-89 8- 6-89 7-28-91 8- 6-89 6-30-90
	60-69 70-79	p53.47 59.72 p57.48 p65.26	FRG ( Green,Cooper,Davidson,Hogan) FRG (Kreiskott,Hunkel,Kreuzweiser,Franzen) FRG ( )	8- 6-89
1600m	35-39 40-49 50-59	4:00.21 4:07.34 p3:57.33 4:36.85 p4:35.77 p4:34.84	GBR (McDonald, Hocknell, Blurton, Walpole) FRG (Koschnitzke, Mattelson, Lehman, Kummerl AUS (Hynes, Holcombe, Allison, Johnson) USA (Fitzgerald, Meadows, Hoagland, Obera) FRG (Hoffman, Blank, Holzknecht, Kummerle) USA (Miller, Snyder, Hoagland, Obera)	8- 6-88 e)8- 6-88 12- 6-87 8- 6-89 7-28-91 12- 6-87 8- 6-88
3200m	60-69 35-39	9:37.29	FRG (Werner, Mangler, Haule, Schneiderhan) HOL (Van de Van, Pos, Ruyter, Verhoef)	9-25-92



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# Men's U.S. Masters Relay Records

	Mich 5 C.C. Michael	
	10 10 12 70 HE /AUSTIN COLLINS, MILENELL, NOI CITE CO.	- 2-92
400m	EA EQ LATE (Marlin Lingle Springbett, Sanchez)	-23-83
	45 36 USA (Dennis Latorre, Adamson, Hiller)	- 6-89
	(0.40 En o Chm (Morales Jordan, Killion, Guidet)	-24-78
	En ne lica (Albury Regier: Harte, Law)	- 6-89
	and the second deliberty longer	- 6-89
		- 6-87
		3-25-85
		5- 1-92
800m	40-47 1:27.07 HE (AUSTIN, HOI CITETO, HITCHIELL,	7- 5-92
	30-39 1:41.3 MIPC (Ballaid, KIZZO, BOLLECT, SM211)	
	BU-BY 1:47.1 MAIL (SOCIO), BIOMI, BEI GLIOCE, GODOCEMENT,	8- 1-92
		7- 5-81
600m	7.24 E/ USA (Thiel Brinker Tucker King)	8- 6-89
		6-29-75
	c3:48.6y WVTC (Springbett, Lingle, Stevens, Bruhner)	7-21-83
	3:35.88 USA (Steffes, Mathis, Adamson, Colbert)	8- 6-89
	(D Chaineign Valdivia Spencer)	8-13-83
		8- 6-89
		8- 6-89
	70-79 4:35.07 USA (Bloom) Teta, solder, bisches)	8-24-85
	80-89 7:34.9 USA (Lum, Spangter, Hosbert, Hosbert,	
200m	40-49 8:11.8 SCS (Montenez, Knocke, Elliot, Cohen)	7- 3-83
	ca.no 2 LVTC (Mason, Franklin, Thomas, Romaine)	7- 7-84
	50-50 0.06 41v RF (Higdon, Bonham, Wilson, Heck)	8-25-85
	40-40 10-52 54 RTC (Siefert English Johnson, Taylor)	8- 6-88
	10.00 10 USA (Stewart Stevenson, Stevens, King)	7-23-89
	70-79 13:33.0 USA (Hills, Espy, Wang, Bigelow)	0- 1-83
		8-14-82
sprt med	40-49 3:36.1m SCS (Knocke, Edens, Smith, Cohen)	6-19-80
	50-59 4:04.1 RTC (Cole, Green, Chernock, Johnson)	5-15-93
	60-69 c4:36.1 SCS (McPherson, Escobosa, Cobb, Linde)	1- 9-83
	70-79 6:41.41 OHTC (Siringer, Mloten, Hosack, Fike)	1- 7-65
	40-49 10:34.6 BAA (Stevens, Pierce, Frye, Norton)	7-11-90
dist med	50-59 11:49.0 PM (Pratt, Harvey, Sutton, Green)	8- 1-90
	60-69 14:06.8 SCS (Willis, Sanchez, Linde, Withers)	5-13-92
	A STATE OF THE PARTY OF THE PAR	
6400m	40-49 18:33.4y WV1C (Richardson, Knebel, Cathcart, Wellck)	9-15-79
	p18:22.6y WVTC (Franklin, Thomas, Barrett, Hampton)	2-21-88
	50-50 10-50 2 BRC (Bernal Keating Cormier, Randall)	7-29-92
	60-69 25:32.2 FWRC (Talley, Widemer, Coffey, Stayton)	5-13-92
	p = pending	
A HINE	c = relay members include non-US citizens	
RF:	Runners Forum Racing Team CDM: Corona Del Mar Track C	ub

	C - I Clay Inclination		
RF:	Runners Forum Racing Team	CDM:	Corona Del Mar Track Club
SC:	Syracuse Chargers	NYPC:	New York Pioneer Club
OHTC:	Ohio Track Club	WVTC:	West Valley Track Club
RTC:	Richmond Track Club	SCS:	Southern California Strider
FWRC:	Fort Worth Running Club	PM:	Philadelphia Masters
NTC:	New Orleans Track Club	NYMC:	New York Masters Club
BTC:	Birmingham Track Club	BAA:	BAA Running Club
BRC:	Boston Running Club	HE:	Houston Elite
	Michaet Macters TEE Club		

#### Mamon's IIC Mactors Polay Perords

	Won	nen's U	J.S.	masters kelay kecorus		
and the same	35-39 40-49 50-59 60-69	50.28 50.23 54.90 66.20 p64.10 p80.77	USA USA USA USA	(Drumgole, Seeley, Thompson, Gilkey) (Keating, McClurg, Gilmore, Raschker) (Fitzgerald, Dawis, Miller, Obera) (Patterson, Tuinzing, Darnall, Peterson) (Peterson, Sulivan, McDaniels, Yosburgh) (Friedman, Mehl, Peebles, Stafford)	8- 6 8- 6 8- 6 8- 6 7-28 7-28	-89 -89 -89 -91
1600m	35-39 40-49 50-59 60-69	4:00.87 4:53.47 4:10.85 4:36.85 p4:34.84 5:28.59	USA TS USA USA USA	(Murray, Berg, Gilkey, Seeley) (Greer, Reguso, Bieldshies, Wade) (Behrens, Stiles, O'Connor, Raschker) (Fitzgerald, Meadows, Hoagland, Obera) (Miller, Snyder, Hoagland, Obera) (Peterson, Tuinzing, Adams, Patterson)	8- 8- 12-	6-89 5-88 6-89 6-89 6-87 6-89
3200m	35-39 40-49 50-59		SDTC USA	(Sokell, Kasen, Ehmer, Sedwick) (Stoneking, Klitzke, Callahan, Day) (Pendleton, Olson, Lievers, Bache) (Clair, Cappetta, VanLeuven, Taylor) (Murray, Kadsen, Stock, Graf)	8- 7-2 8-1	6-88 5-90 23-89 14-93 23-89
sprt med	35-39 40-49			(Ogletree,Cotten,Kea,Nichols) (Pinto,Warren,Tucker,Searey)		9-83 2-93

p = pending TS: Track Shack

HTC: Hill Track Club CS: Club Soda

SDTC: San Diego Track Club CS: Club Soda
NYMC: New York Masters Club
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MTE 1-93 8-87 4-82 17-90 28-86 1-2-91 1-2-91 10-13-91 10-13-91 17-2-91

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4/24/93 6/18/88 6/27/93 3/5/94 10/16/93 7/21/91 10/16/93 8/2/90 8/5/89 8/14/87 8/2/90 12/4/87 8/5/89

10/29/89 2/25/90

9/7/91 2/25/90

10/29/89 2/25/90

10/29/89

9/18/93 10/4/92 9/18/93 4/8/90 7/1/91 10/4/92 7/1/91 7/1/91

3/28/92

3/29/92

5K F40-44

F45-49 F50-54 F55-59 F60-64 F65-69 F70-74 F75-79 F80-84 F85-89

10K F40-44 F45-49 F50-54 F55-59 F60-64 F65-69 F70-74 F75-79 F80-84

24:14 24:14 25:28 26:53 28:23 29:02 31:30 34:36 36:26 37:41 46:57

49:19 52:36 57:06 58:26 59:43 1:05:28 1:17:01 1:22:56 1:58:30

3/29/92 4/22/90 7/10/93 6/18/93 9/27/87 8/25/93 5/6/90 7/7/90 7/13/91 6/23/91 7/7/90 7/10/93

4/30/89 4/30/89 4/8/90 2/19/94 4/8/90 10/16/88 9/9/90 9/9/90 8/16/87

	100					F40	1:48:29	S.BROWN	2 MAR 91	WIMBLEDON
000	time	neme	date	site	home	F45	1:45:25	VHEIKKILA	E. Land	W. T. Wald
40	11:28.21	W.SAWALL			AUS	F50	1:53:39	W.SEILER	29 MAY 9	3 UPICE
145	12:37.1	HLANKINEN			-	F55	2:01:39	REBERLE	16 AUG 8	
150	12:34.91	D.DENOON	2 FEB 94	CARBONDALE IL	USA	F60	2:04:34	H.WORTH	8 APR 89	
155	13:21.2	A.NOKELA			FIN	F65	2:12:02	OMEYER	29 MAY 9	
160	14:37.0	G.CHAPLIN			GBR	F70	2:52:14	A.CROCKER	19 AUG 8	
165	15:58.3	C.COLMAN	23 JUL 88	CWMORAN	6BR	F75				
170	16:58.73	C.COLMAN	6 JUL 91	BIRMINGHAM	GBR	1000	2:49:18	A.CROCKER	16 AUG 8	7 EUGENE
H75	16:19.5	J.GRIMWADE	12 JUL 87	CORBY		50K				
MB0	20:39.0	A.STRANG	12 300 67	CORBY	GBR	F35	5:01:52	LMILLEN	83	
1100	20.39.0	A.SIKANO			FIN	F40	4:50:51	S.BROWN		
5000						F45	5:13:50	S.TUROSZ	12 OCT 8	5 WARSAW
M40	20:13.0	MBALEK			YUG	F50	5:37:24	M.HOERNECKE	10 APR 9	3 BASILDON
M45	20:55	GTITTLE	7 DEC 91		NZL	F55	6:50:15	E.PETTERSON	5 MAR 89	ATLANTA, 6
M50	21:01	GLITTLE	16 FEB. 92		NZL	F60	7:27:49	MHENRY	21 FEB 86	B DURHAM, NO
M55	22:44.5	V.GOLUBNICHIY	21 JUL 91	TURKU	USR	F65	6:31:12	R.SCOTT	2 MAY 93	BURRATOR
M60	24:48	BHAWKINS	24 MAY 88	The state of	GBR	7.047				
M65	25:44.0	T.DAINTRY	25 MAR 78		AUS	Light Street Co.	CA M.	atawa M		1 14/
H70	26:29.38	T.DAINTRY	15 APR 79		AUS	U	SA Ma	isters M	ien's ai	nd Wome
M75	27:40	J.GRIMWADE	28 JUN 87	SOLIHULL	GBR	42 (33)	R	acewalk	ing Re	cords
M80	29:24.1	J.GRIMWADE			GBR	100				
M85	33:15.0	A.THEOBALD	10 APR 82				M	asters N	lan _	Track
	NO. 100				AUS	3000 meter		asters in	nen —	Hack
M90	35:18.54	A.THEOBALD	DEC 87	MELBOURNE	AUS	M40-44	12:25	9i Ray Fun	hkhouser	Princeton, NJ
10K	THE REAL PROPERTY.				STO. F	M45-49	12:38	71i Don Det	Noon	Hillside, IL
M40	40:39	MJOBIN	23 JUL 83	1000	CAN	M50-54	12:58	9 Don Det		Cerritos, CA
M45	43:44	<b>GTILLIFE</b>	12 OCT 91		NZL	MCE EO	12:34			Carbondale, IL
M50	42:20	<b>GTITLE</b>	16 FEB 92		NZL	M55-59	15:58 15:40			Bozeman, MT Columbia, MO
M55	47:56	AJNOKELA			FIN	M60-64	14:45			Columbus, OH
M60	47:48	C.BOMBA	2 SEP 84		ITA	M65-69	17:18	7i Robert	Mimm	Bozeman, MT
M65	55:24	RJONES			AUS	A STATE	16:52	Oi p Edward	Gawinski	Columbia, MO
M70	54:17	T.DAINTRY	9 MAY 81		AUS	M70-74	20:33			Bozeman, MT
H75	55:01	J.GRIMWADE	27 SEP 87	WOLVERHAMPTON	-	M75-79	19:40 21:58			Columbia, MO Bozeman, MT
M80	61:25.4	J.GRIMWADE				1113-19	19:45			Columbia, MO
			15 AUG 93	SOLIHULL	GBR		1			a proper series.
M85	82:44	G.CONWAY	8 JUL 90	NIAGARA	USA	5000 mete				
20K		THE RESERVE OF THE PARTY OF THE		STANTE PER	1 P	M40-44 M45-49	21:29 21:27	.31 Ray Fur	nkhouser	Philadelphia, PA Los Angeles, CA
M40	1:21:36	W.SAWALL	4 JUL 82		AUS	M50-54	22:02			Cerritos, CA
M45	1:25:03	W.SAWALL	30 APR 83	4.0	AUS	LIBRA	21:42			Atlanta, GA
M50	1:26:32	GLITTLE	16 FEB 92		NZL	M55-59	24:28			Miyazaki, JPN
M68	1:37:04	O.WEIDNER	30 APR 83		OER	M60-64	24:24 25:09			Turku FIN Miyazaki, JPN
M60	1:43:50	C.BOMBA	2 JUN 85		ITA	M65-69	27:29	Robert		Indianapolis, IN
M65	1:51:18	T.DAINTRY	13 JAN 81	Consider Vie	AUS	M70-74	29:20	Cokey (		Eugene, OR
M70	1:58:10	J.GRIMWADE	1 AUG 86	MALMO	GBR	M75-79	31:14	Glullo D Byron f		Eugene, OR
M75	1:56:22	J.GRIMWADE	29 NOV 87	MELBOURNE	GBR	M80-84 M85-89	34:44 39:15	Paul Sp		Indianapolis, IN Melbourne AUS
M80	2:04:49	J.GRIMWADE	20 JUN 92	SUTTON COLDFIELD	GBR	M90-94	43:51	Paul Sp		Eugene, OR
M85	2:26:07	A.THEOBALD	21 AUG 82		AUS	THE REAL PROPERTY.		Art A. Sep	1 14	Little Late
M90	2:34:01	A.THEOBALD	3 APR 87		AUS	10,000 me M40-44	43:46	12 Ray Fu	nkhouser	Philadelphia, P
50K						M45-49	47:30			Philadelphia, PA
M40	3:49:06	JMARIN	29 MAR 92		ESP	1 年 1 年 1				
M45	3:59:48	W.SAWALL			AUS	20,000 me M40-44	1:57:0	MA Stan C	hraminski	Seattle, WA
M50	4:14:37	G.WEIDENER	28 AUG 83		GER	M50-54	1:54:5		cKinnis	Durham, NC
M55	4:29:47	G.WEIDNER	20 100 00	COLL NEW	GER	A TOTAL OF THE				
			17101777		CAN	30,000 me			hraminski	Bellevue, WA
M60	4:59:58	M.GOULD	13 NOV 77	210112011		M40-44 M50-54	2:45:		cKinnis	Durham, NC
M65	5:32:55	L.CREO	7 APR 90	BASILDON	GBR	1150-54	2.55.	29.0 109 11		
H70	5:33:21	C.COLMAN	5 MAY 91	PLYMOUTH	GBR					
M75	5:19:34	J.GRIMWADE	1 AUG 87	BRIGHTON	GBR	40,000 m			hraminskí	Seattle, WA
300	0		ME FIRE C			M40-44 M50-54	3:58: 3:56:		cKinnis	Durham, NC
F35	13:16.0	S.GRIESBACH	300 17 5		FRA	1130-34	3.30.		41 13	
F40	13:19.7	S.GRIESBACH			FRA	50,000 m	eters			China St. St. St.
F45	14:26.2	VHEIKKILA			FIN	M40-44	5:03:	10.0 Stan C	hraminski	Bellevue, WA
F50	15:11.9	VHEIKKILA			FIN	N. M.	ALC: ALL			
F55	16:31.0	M.WORTH	18 JUN 88	LONDON	GBR	100 CHAN	MET	Masters	Men -	- Road
F60	16:28.5	M.WORTH	9 JUL 89	READING	GBR	5K	SEAST OF STREET			. 20
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			C 11 00		SWE	M45-49	22:25		The second secon	Hamden, CT Kingsport, TN
F70	18:05	B.TIBBLING	5 JUL 89			M50-54 M55-59	21:4 25:30			Columbus, OH
F75	21:23.57		3 36 2 7 7	ALIENT THE	NZL	M60-64	27:0		ALC: NO	Liverpool, NY
F80	24:00	NJEFFREYS	3 NOV 90	AUCKLAND	AUS	M65-69	27:5	Robert I		Hamden, CT
F85	33:24.0	SPACKHAM	3 NOV 90	AUCKLAND	GBR	M70-74	29:5 32:1		-	Liverpool, NY Liverpool, NY
500						M75-79 M80-84	35:3		AND ADDRESS OF THE PARTY OF THE	Liverpool, NY
F35	23:16.0	S.GRIESBACH	25 MAY 82	EPINAY	FRA	M85-89	36:4			Lake Worth, FL
F40	22:49.4	S.GRIESBACH			FRA	BUTTER		1,300 9		
F45	24:31.3	VHEIKKILA	Selving.		FIN	LOV		102 16		
F50	25:20.0	VHEIKKILA			FIN	10K M40-44	44	:18 Ray Fun	khouser	Washington, DC
F55	26:47	JEAN ALBURY	4 DEC 87	MELBOURNE	AUS	M45-49		:00 Larry W	/alker	Walnut, CA
F60	27:04	OMEYER			GER	M50-54	46	:20 Don DeN	loon	Niagara Falls, N
F65	28:26.7	B.TIBBLING			SWE	The true		:50 p Don DeN		Eugene, OR
F70	29:16	B.TIBBLING	AUG 91	SAN DIEGO	SWE	M55-59		:00 Max Gre		Dearborn, MI Dearborn, MI
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F35	47:26	HELLEKER	17 MAR 83	SHEFFIELD	GBR	M90-94	1:29	.so George	Conway	Mayara Falls, N
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F45	51:28	VHEIKKILA			FIN	M40-44	1:14	1:26 Gary Nu		Long Beach, CA
F50	52:02	VHEIKKILA			FIN	M45-49	1:10	:57 Larry W	Valker	Long Beach, CA
F55		OMEYER	29 NOV 87	MELBOURNE	GER	M50-54		7:37 John El		Columbus, OH New Orleans, LA
F60		OMEYER			SWE	MEE EO		5:36 p James ( 7:29 Max Gr		Columbus, OH
		B.TIBBLING			SWE	M55-59 M60-64		5:29 Robert		East Meadow, N
					SWE	M65-69		5:58 Robert		Lincroft, NJ
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F70		B.TIBBLING B.TIBBLING	11 OCT 93	MIYAZAKI	SWE	M70-74 M75-79	1:30	5:45 Cokey C	Daman	Lincroft, NJ Eugene, OR

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	To do	The Live of		STATE OF
20K				
M40-44	1:29:36	Ray Funkhouser	Washington, DC	3/29 /92
M45-49 M50-54	1:32:21	Don DeNoon Don DeNoon	Washington, DC	3/28/93
M55-59	1:43:41	Max Green	Miyazaki, JPN Columbus, OH	4/8/90
M60-64	1:48:44		Columbus, OH	4/12/92
M65-69	1:56:00	Robert Mimm	Raleigh, NC	5/6/90
M70-74	2:07:52	Cokey Daman	Raleigh, NC	5/6/90
M75-79	2:14:01	Giulio DePetra	Eugene, OR	8/16/87
M80-84	2:32:26	Tony Perona	San Diego, CA	7/23/89
25K				
M40-44	2:11:40	Eugene Kitts		4/8/90
M45-49 M50-54	2:12:40	Robert Keating Max Green		8/15/93 4/6/86
M55-59		Paul Johnson	Atlanta, GA	10/31/93
M60-64	2:28:51	Robert Mimm	Overland Park, KS	4/6/86
M65-69	2:42:01	Robert Mimm		9/9/90
M70-74 M75-79	2:47:31 3:10:56	Cokey Daman		9/9/90 3/5/89
11/3-79	3.10.36	Harry Drazin	Atlanta, GA	3/3/09
30K M40-44	2:35:51	Eugene Kitts	Durham, NC	2/21/88
M45-49	2:44:54	Tom Gustafson	East meadow, NY	10/16/88
M50-54	2:48:29	Robert Ruguist	East Meadow, NY	10/16/88
M55-59	2:54:06	Sal Corrallo	East Meadow, NY	10/24/87
M60-64	2:55:48	Robert Mimm	East Meadow, NY	10/24/87
M65-69	3:09:02	Robert Mimm	East Meadow, NY	10/6/90
M70-74 M75-79	3:26:30 3:46:22	Cokey Daman Harry Drazin	Lincroft, NJ East Meadow, NY	9/9/90 10/16/88
11/3-79	3.40.22	narry brazin	Cast Headow, NY	10/10/00
40K M40-44	3:26:55	Eugene Kitts	Durham, NC	2/21/88
M45-49	3:44:33	Gary Null	Ft. Monmouth, NJ	9/12/93
M50-54		Ray McKinnis	Lincroft, NJ	9/9/90
M55-59	3:55:55	Max Green	Durham, NC	2/21/88
M60-64	4:05:20		Atlanta, GA	3/5/89
M65-69 M70-74	4:27:50 4:41:36	Robert Mimm Cokey Daman	Atlanta, GA Ft. Monmouth, NJ	4/8/90 9/13/92
M75-79	5:27:05	Harry Drazin	Lincroft, NJ	9/9/90
50K				
M40-44	4:13:53	Dan O'Connor	New Orleans, LA	4/26/92
M45-49	4.59:54	Victor Sipes	Durham, NC	2/21/88
MEO E4	4:46:10		Palo Alto, CA	3/13/94
M50-54 M55-59	5:33:58 5:00:39		Atlanta, GA Durham, NC	4/8/90 2/21/88
M60-64	5:09:20		Atlanta, GA	3/5/89
M65-69	5:40:51	Robert Mimm	Atlanta, GA	4/8/90
M70-74 M75-79	6:18:14 7:58:15	Cokey Daman George Knox	Atlanta, GA Columbus, OH	3/5/89 11/2/86
11/3-79	7.30.13	George Kliox	Columbus, Cri	11/2/00
	Mast	ers Womei	n — Track	
3000 meter				
F40-44 F45-49	14:24i 16:15.9	Vilsha Sedlak Donna Cunning	Columbus, OH ham Pasadena, CA	9/11/93
F50-54	16:06	Beverly LaVe	- 200 -	6/6/87
F55-59	17:18	Joyce Decker	Kenosha, WI	9/29/91
E60-64	16:40.3		Seattle, WA	3/19/94
F60-64	17:40.1 17:3 i 8		Carbondale, IL Columbia, MO	2/20/93 3/25/94
F65-69	18:39 0		Kenosha, WI	8/4/93
F70-74	23:44.9	Queenle Thom		3/19/93
F75-79 F80-84	22:18i 24:12	Millie Crews	Madison, WI on Seattle, WA	3/24/90 6/2/90
5000 meter				AND THE REAL PROPERTY.
F40-44	24:38	VIIsha Sedlak	Indianapolis, IN	8/2/90
	24:18 n	Viisha Sedlak	Turku FIN	7/21/91
F45-49	25:10	JoAnn Nedelco	Indianapolis, IN	8/2/90
F50-54	26:42	Beverly LaVeck Ruth Eberle	Richmond, CAN Richmond, CAN	7/31/87 7/31/87
F55-59 F60-64	28:25 29:35	Ruth Eberle	Spokane, WA	8/14/92
F65-69	31:06.0		Kenosha, WI	9/1/93
F70-74	35:07	Velma Jacobs	Orlando, FL	8/5/88
F75-79	38:21	Millie Crews	Indianapolis, IN	8/2/90
F80-84	37:57	Polly Clarke	Spokane, WA	8/14/92
10,000 met	ters		A Company of the Comp	
F40-44	49:15	Viisha Sedlak	Norwalk, CA San Francisco, CA	6/16/90 4/28/90
F45-49	52:53	JoAnn Nedelco	Van Nuys, CA	6/7/92
F50-54 F55-59	57:32 1:01:27	Jaye Hanley Joyce Decker	Kenosha, WI	6/6/92
F60-64	1:09:00	Marie Henry	New Brunswick, NJ	7/7/87
F65-69	1:04:45	Ruth Leff	Kenosha, WI	6/6/92
F70-74	1:10:02	Ruth Van Sandt	San Francisco, CA	5/2/92
15,000 me	ters	o Dult Larr	Kanocha Wil	9/19/93
F65-69	1:39:58	.0 Ruth Leff	Kenosha, WI	21 13133
50,000 me F40-44	ters	.3 Anne Vanderhoff	Seattle, WA	2/10/80
L-40-44	3.29.03	All Vallet 1011		The State of

Masters Women — Road

Gayle Johnson Sally Richards-Ket JoAnn Nedelco JoAnn Nedelco

Joann Nedelco Beverly LaVeck Ruth Eberle Mirlam Gordon Luise Nottage Helen Sutter Polly Clarke Anna Ward

Sally Richards-Kerr Dearborn, MI
JoAnn Nedelco
JoAnn Nedelco
Beverly LaVeck
Ruth Eberle
Rose Kash
Adaline Crocker
Marilla Salisbury

San Diego, CA
Provo, UT
Portland, OR
Spokane, WA
Hiyazaki, JPN
Spokane, WA
Eugene, OR
Indianapolis, IN

Bridgeton, MO
r Kingsport, TN
Dearborn, MI
Dearborn, MI
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8/29/93 9/18/93 9/24/89 9/25/93 9/28/91 8/29/93 7/1/91 7/1/91 7/1/91 7/1/91

9/26/93

9/26/93 9/8/90 8/14/93 5/12/91 8/16/92 10/11/93 8/16/92 8/16/87 8/5/90

15K				
F40-44	1:20:06 p	Sally Richards-Kerr	Albuquerque, NM	9/5/93
F45-49	1:23:23	JoAnn Nedelco	Long Beach, CA	4/30/89
F50-54	1:26:42	Beverly LaVeck	Eugene, OR	8/16/87
F55-59	1:28:03	Beverly LaVeck	Portland, OR	5/12/91
F60-64	1:44:07	Collie Greene	Long Beach, CA	4/30/89
F65-69	1:50:31	Marie Henry	East Meadow, NY	10/16/88
F70-74	1:59:21	Rose Kash	Riverside, CA	5/24/92
F75-79	2:05:24	Adaline Crocker	Eugene, OR	8/16/87
20K			The same	
F40-44	1:53:05	Jeanne Bocci	Eugene, OR	8/16/87
F45-49	1:58:46	Beverly LaVeck	Seattle, WA	4/15/84
F50-54	1:56:18	Beverly LaVeck	Eugene, OR	8/16/87
F55-59	2:01:39	Ruth Eberle	Eugene, OR	8/16/87
F60-64	2:19:54	Joan Rowland	San Diego, CA	7/23/89
F65-69	2:21:31 p	Patricia Nesley	Raleigh, NC	5/2/93
F75-79	2:49:18	Adeline Crocker	Eugene, OR	8/16/87
25K				9/9/90
F40-44	2:57:08	Donna Cetrulo	Lincroft, NJ	9/9/90
F45-49	2:52:45	Emily Hewitt	Lincroft, NJ	4/8/90
F50-54	2:45:08	JIII Latham	Atlanta, GA	3/5/89
F55-59	3:17:35	Elizabeth Pettersen Bev LaVeck	Atlanta, GA Palo Alto, CA	3/13/94
	2:38:41 p	Dev Laveck	Palo Aito, CA	3713734
30K				
F40-44	3:00:29	Jeanne Bocci	East Meadow, NY	10/23/87
F45-49	3:08:49	Stella Cashman	East Meadow, NY	10/16/88
F50-54	3:10:03	Ellon Richardson	Ft. Monmouth, NJ	9/13/92
F55-59	3:59:21	Elizabeth Pettersen	Atlanta, GA	3/5/89
	3:14:46 p	Bev LaVeck	Palo Alto, CA	3/13/94
F60-64	3:46:10	Joan Rowland	East Meadow, NY	10/6/90
40K				
F40-44	4:07:36	Jeanne Bocci	Ft. Monmouth, NJ	9/20/87
F45-49	4:26:42	Jeanne Bocci	Ft. Monmouth, NJ	9/15/91
F50-54	4:17:46	Elton Richardson	Ft. Monmouth, NJ	9/13/92
F55-59	5:23:44	Elizabeth Pettersen	Atlanta, GA	3/5/89
F60-64	5:07:09	Marie Henry	Ft. Monmouth, NJ	9/20/87
			British Was	
50K		The second second	0-1 110	2/21/00
F40-44	5:30:35	Jeanne Bocci	Durham, NC	2/21/88
F45-49	5:27:20	Beverly LaVeck	Monterey, CA	5/22/83
F50-54	5:43:26	JIII Latham	Atlanta, GA	3/5/89
F55-59	6:50:15	Elizabeth Pettersen		2/21/88
F60-64	7:27:49	Marie Henry	Durham, NC	2/21/00
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# USA TRACK & FIELD

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Judge *3			A. CALL		-11-1		1015
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ly LeVeck, 6633 NE Windermere Rd., Seattle WA 98115 (206)524-4721

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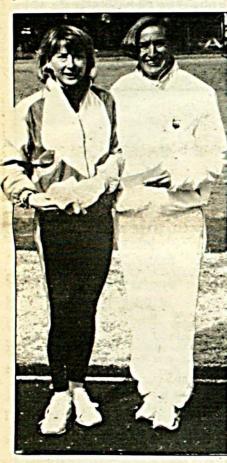
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# Leading Trainers, Sports Specialists to Instruct Athletes at Senior Open

by HELEN HARRIS

Leading sports training professionals from around the country will gather at Washington University in St. Louis this June to conduct the first national sports training and education seminar for athletes over age 55. This educational experience will take place June 17-18 during the 1994 USNSO Track & Field Senior Open, hosted by the U.S. National Senior Sports Organization, which will run from June 15-19.

It is expected that more than 1500 of the nation's top senior track and field athletes will attend the event, which will feature clinics on all aspects of sports training and competition. This educational component has been included to support senior athletes' continued desire to pursue and achieve personal athletic and fitness goals,



First and second masters winners. Bethesda Chase 20K, Mar. 6, Nancy Smith (left), 44, 1:35:26 and Judith Bugvi. 47, 1:33:15. Photo by George Banker

# Willard Benton Dies at 90

Willard Benton, a well-known runner from San Diego for more than 20 years, died January 7 from cancer. Benton had just turned 90 on December 15.

As recently as 1991, Benton had the fastest 5K road time in the U.S. for his 85-89 age group with a 31:05, according to statistics from the Road Running Information Center. His final competition was the California State Senior Games last September.

He is survived by Emily Benton, his wife of 64 years.

### Opportunity to Participate in Research Study

The section of Applied Physiology at Washington University School of Medicine is currently conducting research on the physiological adaptations to exercise that can be applied to maintenance of health and functional capacity in men and women over the age of 60 years. Masters athletes are being studied as examples of successful aging. The physiological testing includes assessment of cardiovascular fitness and function, and determination of body composition and bone density. The testing is usually spread out over a 2-3 day period. If you are traveling to St. Louis to compete in the Senior Open or at any other time and are interested in participating in these studies, please call Bob Spina, Ph.D. at (314) 362-2392.

noted Doug Corderman, President of USNSO.

The general sessions, highlighted by a presentation by world renowned runner Jim Ryun, will address a variety of track and field sports competition in addition to overall training issues such as sports psychology and nutrition. The general sessions and clinics will rotate during the two days to give athletes the opportunity to attend as many as possible around their competition schedule.

In addition to Ryun, other top health and fitness leaders who will present include:

- Dr. Marigold Edwards, Associate Professor, University of Pittsburgh: nationally ranked amateur athlete and well known speaker on health, fitness and stress management.
- Dr. Len Marquart, Nutrition Technical Specialist at the Nutrition Department of General Mills: a registered dietitian and member of the Sports and Cardiovascular Nutri-



Lani Johnson, 44, passes off the sash after a 1:13:39 nine-mile leg for the MCRRC Mixed Masters team, George Washington Birthday Marathon Relay, Greenbelt, Md., Feb. 20. Photo by George Banker

tionists of the American Dietetic Association.

- Dr. Mary Beth Brown, Physical Therapist at Washington University in St. Louis: specializing in sports injuries and preventative approaches for senior athletes.
- Dr. Bob Spina, Research Assistant and Professor of Medicine in applied Physiology at Washington University School of Medicine in St. Louis: specializing in cardiovascular adaptations in exercise training with specific emphasis on older athletes.

Leading sports trainers and coaches conducting clinics will include:

- Scott Sanders: former Big 8 sprinter and experienced masters' coach, author of the video "Mastering the Sprints."
  - Phil Mulkey: USA Track & Field

1993 Masters Athlete of the Year.

- Ric Rojas: nationally recognized peak performance distance trainer.
- Ray Funkhouser: former two-time national racewalking champion, nationally recognized coach, judge and instructor.

Designated by the U.S. Olympic Committee as its official arm to seniors, USNSO is supported by national sponsor commitments from AT&T, Nuveen, General Mills-Whole Grain Total®, Anheuser-Busch-O'Doul's, TWA, The Medicine Shoppe and the Tylenol® Brand.

To receive an entry packet for the USNSO Senior Open, or information on the training sessions, athletes should contact USNSO at (314) 878-4900. Entry deadline is May

# THE NINTH ANNUAL RANDOLPH TOWNSHIP & GARDEN STATE ATHLETIC CLUB INTERNATIONAL TRACK & FIELD MEET SUNDAY, JUNE 26,1994

EVENTS SCHEDULE FOR SUBMASTERS (AGE 30.7°) AND MASTERS (AGE 40+) in 5 year Age Groups
RUNNING EVENTS

				A I	NEW JERSEY GRAND PRIX SERIES MEET
00 METERS	10:00 AM	1500 METER R	ACE WALK	1:30 PM	
METER HH	11:00 AM	400 METER DA	SH	2:15 PM	
LE RUN	12:00 PM	800 METERS		2:30 PM	
METER	1:00 PM	200 METER DA	SH	3:00 PM	
		4X400 RELAY		3:45 PM	
			FIELD	EVENTS	
THE STATE	30-39 MEN	40-49 MEN	MEN 50-59	MEN 60+WOMEN	
LE VAULT	10:00 AM	10:00 AM	10:00 AM	10:00 AM	TRACK & FIELD
OT PUT	10:00 AM	10:45 AM	11:30 AM	12:30 PM	STATE OF THE PARTY
EIGHT THROW	1:30 PM	2:45 PM	2:15 PM	1:00 PM	
GH JUMP	10:30 AM	10:30 AM	10:30 AM	10:30 AM	<b>经过了企业的</b>
NG JUMP	10:00 AM	11:00 AM	12:00 PM	1:00 PM	
VELIN	11:15 AM	12:15 PM	1:30 PM	10:00 AM	
SCUS	12:30 PM	1:30 PM	10:00 AM	11:15 AM	STATE OF THE PARTY
IPLE JUMP	2:00 PM	2:00 PM	3:00 PM	3:00 PM	
Section of the Park Land		No. of Street, or other Designation of the last of the	NEW YORK	Valuation Augustine	USATF-NNJ SANCTIONED

 EVENTS SCHEDULE FOR YOUTH, HIGH SCHOOL, & OPEN RUNNING EVENTS

 MILE RUN
 AGES 9-10, 11-12, 13-14, 15-29
 11:30 AM
 MALE & FEMALE

 100 METERS
 AGES 9-10, 11-12, 13-14, 15-29
 12:30 PM
 MALE & FEMALE

 4x400 METER RELAY
 AGES 9-10, 11-12, 13-14, 15-29
 2:00 PM
 MALE & FEMALE

 4x400 METER RELAY
 AGES 9-10, 11-12, 13-14, 15-29
 3:30 PM
 MALE & FEMALE

EVENT SCHEDULE - Above order will be followed. Events may run ahead of schedule. Athletes will be responsible for noting schedule changes. If athlete misses calls or fails to check in, event fee is forfeited.

FIELD ATHLETES' NOTE - Groups will start immediately after preceding group. Usten for the announcements.

MEET DIRECTORS RESERVE THE RIGHT TO RUN ALL GROUPS TOGETHER IN ANY EVENT; AND THEN SEPARATE THEM BY AGE, TIMES AND DISTANCE. THIS IS IN CASE WE DO NOT HAVE ENOUGH PARTICIPANTS IN ANY EVENT OR WE ARE RUNNING BEHIND SCHEDULE.

ALL RACES WILL BE RUN AS FINALS. IF NECESSARY, SECTIONS WILL BE RUN FOR SPRINTS.

FILLES
SPIKES ALLOWED - 1/4" or less
HURDLE HEIGHTS & IMPLEMENTS - USATF (TAC) Masters Rules.
ELIGIBILITY: USATF (TAC) MEMBERSHIP REQUIRED FOR ALL ATHLETES, NO EXCEPTIONS. AVAILABLE AT MEET.
FALSE START - One false start rule will apply. FEES - Free to Randolph residents

Pre-registered - (Received on or before June 14.) \$5 per event.

Received alter June 14 - \$5 late fee added to first event.

Relay Teams - \$16 per team, for Open and Masters, \$12 per team for youths.

ADDITIONAL INFORMATION days 201-625-1764 evenings 201-361-3282 days 201-540-3860 evenings 201-366-8367 Morton Hahn Ken Brinker

AWARDS - Medals for first, second, and third place in each age group.

CONCESSION STAND AND SHOWER FACILITIES AVAILABLE <u>SITE</u>-Randolph High School, Millbrook Road, Randolph, New Jersey

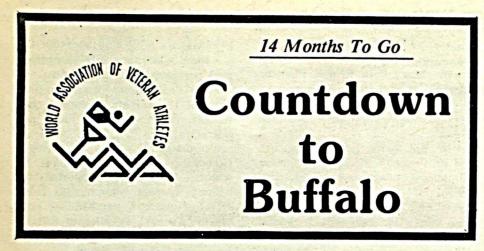
DIRECTIONS - From George Washington Bridge, take Route 80 West to Route 287 South. Take Route 10 West, about 7 miles. Look for Dunkin Donuts on the left at the intersection of Milibrook and Route 10. Turn left on Milibrook Ave by making a right on the jug-handle. Go about 1.5 miles, and turn right into the first entrance of the High School.

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I understand that the activity will be supervised and that the Township of Randolph DOES NOT INSURE particly coldent insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity puries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capa articipating in this program and that a medical physical by a doctor is recommended.

SIGNATURE	the second of the second of the second	
Parent/Guardian signature	(if competitor is under 18)	

Check here if you would like to be put on mailing list for next year's meet ☐ Check here if you would like to be put on mailing list for membership in GSAC.



# **WAVA Council Visits Buffalo**

T's hard to believe, but only 14 months remain until the start of the XI WAVA World Veterans Championships on July 13-23 in Buffalo, N.Y. While many masters competitors are still savoring the experience of Miyazaki last October, the WAVA Council met April 10-14 with the 1995 Organizing Committee in Buffalo, where over 5000 athletes from about 75 nations are expected next year.

The competition schedule and other details were confirmed. Council members toured the marathon course, a cool, beautiful, scenic course that crosses from Buffalo into Canada at the five-mile mark, and continues along the Niagara River to the finish line in Niagara Falls, Ontario.

Members also examined the road racewalk course, tree-bedecked in a park adjacent to the Niagara River.

Two first-class stadiums will be used, within a kilometer of each other on the grounds of Buffalo State University, site of the 1993 World University Games.

The university is about 13 miles from downtown and four miles from the airport. Each of those three areas will comprise most of the housing accommodations. Free shuttle bus service will be provided. There are 1300 university rooms with 3000 beds. Cost is \$35.50 (double); \$33.50 (triple), and \$31.50 (quad). Prices include three meals a day. Those who stay off campus may still purchase meal tickets in the cafeteria. Hotel prices top at \$120 per night down to about \$40.

The executive director of the Championships will be Vito Borrello, who is now working full-time on the event.

All three local TV stations filmed the Council's inspection of the stadiums and athletic facilities.

"Things appear to be very well

organized," said WAVA President Cesare Beccalli to the television audience. "We're all looking forward to coming here next year."

"The entire Buffalo community is excited and enthusiastic about this event," Borrello said at a reception held for Council members and local civic leaders. "We hope to make these Championships the best ever held."

# South Africa Violence Causes Concern

The recent violence centered around the elections in South Africa have caused some to wonder if the country will be safe for the staging of the XII WAVA World Veterans Championships, scheduled for Durban in the summer of 1997.

"It's far too early to predict whether the 1997 Championships, or even the WAVA African Regional Masters Championships, set for May 13-14, 1994, should be postponed," said Monty Hacker of the South African Masters Association.

"Hannes (Booysen, President of the S.A. Masters) and I are reasonably confident that it will not be necessary to postpone these competitions," Hacker said. "We have our ears to the ground and if, within two weeks of the African Championships, it appears as though it would be unwise and unsafe to hold a Championships, they will be postponed or even cancelled."

As for the 1997 Championships, Hacker said, any decision to look for a back-up site should be deferred for the next few months, hopefully to permit racial tensions between the Zulus and other South Africans to dissipate.

"Things are peaceful in both Johan-

nesburg and Durban," Hacker noted.
"Isolated outbreaks of violence which occur from time to time are confined to areas outside the reach of ordinary tourists."

Shortly after Hacker's comments, the Zulus agreed to lift their election boycott, and the violence subsided. Hopes for peace were high at NMN press time (April 22) as the elections approached.

Three international sporting events are currently taking place in South Africa:

1) An Australian cricket tour; 2) an international rugby tour, involving Australia, New Zealand and South Africa; and 3) the ITP tennis matches.

Cesare Beccalli, President of the World Association of Veteran Athletes (WAVA), said he will visit South Africa either this month for the Africa Championships (along with Bill Taylor, WAVA V-P, Stadia), or some time in early 1995, to evaluate the situation.

# Miyazaki Spends Over \$15 Million on Games

The Japanese spent more than US\$15 million to stage the 10th WAVA World Veterans Athletics Championships last year in Miyazaki.

A financial statement released by the Miyazaki Organizing Committee showed revenues and expenditures of \$15,210,615 (see chart on this page).

That doesn't include \$12,850,000 spent to build a new stadium in Miyazaki Prefectural Park. Nor does it include prefectural staff employees who worked on the event but were paid independently.

The staggering sum compared to expenditures of \$1.3 million for the 1991 Games in Turku, Finland; \$821,000 for the 1989 Championships in Eugene, Oregon; and \$660,000 for the 1987 event in Melbourne, Australia.

The prefectural (state) government donated \$9.7 million to the event; sponsorship brought in another \$3.1

million; the city government coughed up \$1.4 million.

On the expense side, the accounting was vague, but "planning" cost \$2.9 million; \$1.9 million was spent on promotion, while \$2.5 million went for the opening ceremony and special events.

"We feel it was a good investment," said the OC. "We showed our people they could accomplish a big task."

Kiyoshi Kounoike, Chairman of the Board of Directors of the Nippon Masters Athletic Union, said: "We hope the success of the Championships helped contribute to international peace. It is of great importance that we are promoting lifetime sports and we will cherish this invaluable experience."

Videotapes of the Championships are being mailed to all those who have placed orders.



FINANCIAL STATEMENT
WAVA WORLD
VETERANS
CHAMPIONSHIPS

MIYAZAKI, JAPAN OCTOBER, 1993

REVENUES:	
Prefectural Govt.	\$ 9,783,698
City Government	1,425,000
Ministry of Education	66,500
Entry Fees	340,659
Sponsorship	3,136,477
Results Book	61,616
Farewell Party	62,387
Accommodations	152,638
Telephone Cards	54,178
Rehearsal Meet Entry	Fees 4,788
Merchandise Sales	4,560
Interest	115,336
Other	2,778
TOTAL REVENUES	\$15,210,615
FYDENCEC.	

EXPENSES:	
General Administration	1,864,454
Guest Athletes	78,957
VIP	179,211
Prectural Staff#	0
Planning	2,880,582
WAVA Fee	136,042
Interpreting	1,022,602
Promotion/Advertising	1,944,551
Opening Ceremony and	
Special Events	2,543,539
Transportation	1,366,100
Medical	129,548
Athletic Events	2,357,483
Athletic Facilities*	370,711
Accommodations	336,831
Other	. 4
TOTAL EXPENSES	\$15,210,615

\*Cost (\$12,850,000) of new stadium paid by Prefectural Government separate from this budget.

#Prefectural staff employees who worked on event paid independently of this budget.



Delegates from Asia at the WAVA General Assembly in Miyazaki.



# Wave Starts

acques Serruys, president of the WAVA Non-Stadia Committee, disagrees with my proposal for a wave start in marathons at future world championships. However, he admits in his "International Scene" column in the April issue (NMN) that during his racing career he never has experienced a wave start.

That's the problem. Perhaps if Jacques had more experience, he would realize that wave starts, indeed, are quite workable.

He raised four negative points. Let me respond to each:

1. Starting in wrong categories: This can be controlled by issuing age-coded numbers - which they did anyway in Japan. My Miyazaki number (60-855) clearly identified my age group. If I attempted to shift waves in Buffalo wearing such a number, I would easily be spotted both by officials and other competitors.

Using a wave start is not asking for trouble, as is proved each year in the American Birkebeiner. Many major triathlons in the U.S. use wave starts. Computer programs do work.

2. Getting a clear picture: Jacques says "Onlookers would be unable to get a clear picture of the race's course after, say, 5 kilometers." I'm not sure what he means by that, but competitors would have a clearer picture of their race positions, because they will have started with their age peers in the same wave.

Separating the men from the women only partially addresses the problem caused by a mass start.

3. Time clocks would not indicate correct times: Most runners own digital watches and rely on them as much as clocks beside the course. I don't consider this a major drawback - particularly if runners know the time differential in advance.

4. Older participants start first: I suggested this as only one option. It might be preferable to start younger marathoners first; there is also nothing magic about three minutes separating waves. There could be less separation, or more.

As to whether or not runners might be lured into foolishly faster paces if passed by runners from waves behind them, if you can't control your pace, you're not likely to place in a marathon, regardless of where you start.

Jacques makes several other statements in his April column that also deserve response:

"Twenty years of WAVA history shows that 1000 is a more realistic figure (than 6000)." Twenty years of WAVA history shows that once every two decades we'll attract 6000. We

should be prepared to respond when that occurs. Besides, a wave start makes sense regardless of the number of competitors.

At the USATF championships in Provo, two age groups (M55, M60) were mixed in the 5000. As the starter called us to the line, I stopped him to ask that those in my (older) age group identify themselves. Even with this visual identification, I lost track of one runner who took a commanding lead by going with the younger group. I wouldn't have caught him anyway, but losing track of your competition is more likely in mass-start marathons.

'With respect to the Miyazaki starting line, I can only say its width was sufficient." Jacques, it was not! My complaint was that there were eight lanes available on the street at Miyazaki, and organizers utilized only four of them. How can you say the starting line was sufficient when a runner as capable as Ruth Anderson is forced to wait two minutes before starting to run?

"I am also against the proposal to start at 5:30 a.m. (in the dark), which would mean eating at 2:30 a.m." I didn't suggest a 5:30 start in the dark, but pointed toward the Honolulu Marathon with its start at that hour. Honolulu is run in December; a July start in Buffalo would not be in the dark.

There's nothing magic about that hour, but the start needs to be before 9:00, and probably before the 8:00 time suggested by Jacques. Honolulu marathoners seem to have little trouble adjusting their pre-race eating habits.

"WAVA could not have foreseen (the lack of water) as it is assumed to be the organizer's responsibility." Perhaps WAVA assumes too much - or too little. Part of my argument concerns the need for WAVA to exercise greater control on events to assure a better experience for the athletes, regardless of the competence of local organizers.

Having attended previous events in Buffalo, I assume the organization in 1995 will be top-rate. But, as an athlete, I shouldn't need to assume anything. Twenty years of WAVA history shows that most events are organized competently - but some are

WAVA must continuously upgrade the already high level of its organization.



Athletes wait for their race in the holding area near the starting line at the Miyazaki World Champion-

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# Report from Britain

from MARTIN DUFF

Nigel Gates justified his "favorite" tag to win the British Veterans Athletics Federation title on March 27 in the



Lee-Kaichik, 41, of Taiwan, ran 1:15:32 Ichinoseki Half-Marathon, Japan Photo by Tesh Teshima

60-69

4 00k

Kent town of Tunbridge Wells. The 40year-old went clear of Terry Osborne, 42, after one lap of the three-circuit 10.3K course to win by about 200 yards in 33:20. Bob Treadwell, 41, who won last year, came through to third, ahead of first M45 Alun Roper, 48, who clocked 34:08.

The separate over-50 race saw a close tussle between eventual M50 winner Les Davis, 50, in 36:11 and M55 winner Steve James, 56, in 36:34. James has now six second-places in this race in succession in M50-59 competition. Welshman Alan Jeffries was a close third (36:43) in the M50.

Laurie O'Hara bettered steeplechaser Maurice Morrell in the M60 class, 39:23 to 40:46.

Winner in the 6.4K women's event was Suzanne Morley, 36, in 25:12, to 41-year-old Paula Fudge's 25:34. Denise Hoogesteger, 40, was third in 26:05.

Pat Gallagher, 48, led the W45 group with 27:09. Anne Chapman, 58, headed all the W50s with a 29:27. Joselyn Ross, 65, ran 33:04.

Roper was given the best-male runner award, while Fudge won the equivalent for the women.

600 gms.

# Chilean Sprinter **Breaks Three** World Records

from BOB FINE

Sara Montecinos, 41, of Chile, was the star of the 7th WAVA South American Championships held in Cali, Colombia, March 18-21. She broke three W40-44 world records, two of which were over 20 years old.

Montecinos, an anesthesiologist, broke Phil Raschker's world record of 24.84 for the 200 set in 1989, with a 24.66. In the 400, she ran 53.68, shaving almost two seconds off the record 55.3 set by Maeve Kyle of Ireland in 1970. In the 800, she ran a 2:05.46 to erase South African Anne McKenzie's 2:06.5, the oldest record for W40-andover, having stood since 1967.

Montecinos wrapped up her stay in Cali with a 54-second 4 × 400 relay leg. She hopes to participate in the 11th WAVA Championships in Buffalo in 1995. □



Arizona's Katie and Don McIntyre. Katie won a silver medal in the W55 800 (2:56.24) and a bronze in the 1500 (5:59.94).

Australia's Marge Allison and Canada's Avril Douglas raced together in the W45 400 and 800 in Miyazaki at the World Veterans Championships. Allison nosed out Douglas for silver in the former, while Douglas broke Anne McKenzie's 23-year-old world W45 800 record of 2:19.2 with a 2:18.75, but had to settle for second as Australia's Judy Bandiera won in a new WR 2:17.06.

# Age-Graded **Tables Approved**

The final revisions of the new 1994 masters age-graded factors and standards have been completed and approved by the World Association of Veteran Athletes (WAVA) Council.

The five-year age-group factors for the decathlon, heptathlon, and weight pentathlon will be published in the 1994 WAVA Handbook, which should be available in 60-90 days.

The single-age factors and standards, from age 5 through age 100, will be published in a new 1994 Masters Age-Graded Tables Book, and will be available in about 60 days.

# WAVA/USATE Hurdles and Implements Specifications

WOMEN Race Hurdle To 1st Between No. of Hurdles Height .840m Finish 10.5m Distance Hurdle Hurdles 100m 13.00m 8.5m 30-39 42'8½" 12.00m 33" .762m 34'5" 12.00m 10 27'101/2' 40-49 80m 8.0m R 39'4" 30" 26'3" 39'4" 50-59 19.00m 7.0m 12.00m 80m .762m 22'111/2" 60-69 39'4" 30" 70 Plus 30-39 400m .762m 45.00m 35.00m 40.00m 10 40-49 147'734 114'91/2' 131'21/2' 50-59 7 300m .762m 50.00m 35.00m 40.00m 60-69 131'21/2' 70 plus 164'01/2 114'91/2'

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40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m` 42'8''	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	10 Min 1
50-59	400m	.840m 33"	147'7½"	114'9½"	131'2½"	10
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2¾"	7
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Men 30-49 50-59		16 lbs.)	2.00k 1.50k	7.26k (16 lbs.) 6.00k	800 gms. 800 gms.	

Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women.

5.00k

4.00

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# Masters Age Records 1992

(1993 Edition)

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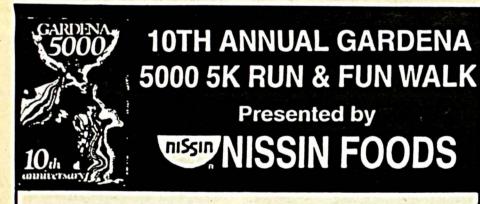
Kim Kwan, 46, of Korea, comes in third (35:10), Ichinoseki 10K, Japan.

Photo by Tesh Teshima



First Masters Team at the Panama Transisthmian Relay, Jan. 23. (From left to right) Horacio Melendez, Wilfrido Castillo, Edgardo Miranda, Edmundo Andrion, Guillermo Andrade, Lezcano Urena, Victor Cabrera, Zenen Carrillo, Felipe DeGracia, Jorge Mojica (alt.), Hilario Barria (alt.), and Enclides Cedeno (all are Panamian citizens).

Photo by Martin Rodriguez



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# IMASTERS SCENE

### NATIONAL

• The U.S. National Senior Sports Organization (USNSO) has been officially endorsed by the President's Council on Physical Fitness & Sports. "USNSO brings a national campaign, with representation in almost every state, to continue creating awareness of the need for daily exercise by mature adults," said Doug Corderman, President of USNSO. The group now has 90 local Senior Games in 47 states, involving more than 250,000 age 55+ seniors in year-round education and competition.

• Payton Jordan, 77, Los Altos, CA, sprint world-record holder was recently on the cover of Parade, the Sunday newspaper magazine distributed to millions of readers throughout the U.S., for the feature article "How to Live Longer, Better, Wiser," by Betty Friedan.

. Don DeNoon, M50, strode to a sixth-overall pending AR 1:33:38 for the 20K RW, National Invitational RWs, Washington, DC, March 27. DeNoon, of Illinois, qualifies for the USA Mobile 20,000m track walk in Knoxville in June (qualifying time = 1:34:00). James Carmines, of Michigan, also M50, was 11th in 1:41:08. The median age of the first 11 finishers was 26.

· Parties interested in hosting the 1997 USATF Masters National Indoor and/or Outdoor Championships should contact Scott Thornsley, the national championship meet coordinator, at 18 Colgate Drive, Camp Hill, PA, 17011-7624 (717-737-2385). Parties will receive a bid application packet with instructions as to what information is required. Both the indoor and outdoor 1997 championships

will be awarded at this year's USATF national convention in St. Louis on December 2.

#### EAST

 Francisco Ortega (45, 1:17:37) and Kathy Gribbon (40, 1:27:50), fifth of 213w, posted 40 + victories in the NYRRC Brooklyn Half-Marathon, Prospect Park, March 13. Joseph Burns (65, 1:33:50) and Lisa Praskins (59, 1:38:16) were notable division winners.

 Art Hall (47, 35:13) and Kathleen Horton (45, 42:37) danced to masters titles in the NYRRC Rites Of Spring 10K, Central Park, March 20. Bill Fortune, 65, was the standout performer, with a 41:08.

• Mel Williams, 56, Virginia Beach, VA, took M40+ laurels with a 3:00:10, George Washington Birthday Marathon, Greenbelt, MD, Feb. 20. Betty Blank, 40, Falls Church, VA, was the W40 + equivalent in 3:28:51. Masters team firsts in a three-leg marathon relay were M40 + Washington RC (2:43:40) and W40 + Washington Run Hers (3:32:18).

· Overall registration for the May 1 Giant Eagle/City of Pittsburgh Marathon and 10K is still on the rise, up 19 percent over last year at this time, with total registrants numbering 2591 as compared to 2179 at the same time in 1993. Of the total number registered to date, 1515 of those entries are for the marathon, which is a 10 percent increase over last year at this time. The largest increase continues to be for this year's 10K, with 1072 athletes registered, showing a 35 percent increase over figures during this time last year.

# **SOUTHEAST**

· Sam Lewis (40, 40:31), Charlotte, NC, and Marilyn Harris (43, 61:03), Lincoln, NE, were masters winners in the European Cross-Country 10K, the third event in the Camp Lejeune Grand Prix Series, Camp Lejeune, NC, March 19. Nearly 300 runners, representing 15 states, went from a forest path to knee-high mud and waist-deep water twice before finishing.

· Masters winners in the Gasparilla 15K, Tampa, February 26, were Martin Mondragon, Mexico, in 45:12, and Louise Fairfax, Australia. in 56:24. Runners-up were Nick Rose, England, 45:24, and Catherine Lempesis, Columbia, SC, 56:43.

#### MID AMERICA

 Husband and wife Terry and Judy Stewart were first 40+ in the Omaha YMCA Masters (35+) 8K, March 26. Terry finished second in 27:16; Judy was first woman overall in 34:56. Dale Bradley, 36, repeated last year's victory with a 25:12

• The Kansas City Ekiden Marathon Relay and 25K Relay, April 10, produced several outstanding performances by masters runners. The only new team record was in the Women's Masters Division, where Team Hot Flash set a new marathon record for the third year in a row. The team of Debra Callaway, Mary Edwards, Marcia Dowling, Suzie Kilbride, and Sharon Greenwood finished in 3:04:39, within two minutes of the winning open women's time. In the age/sex-graded division, two older teams fought it out for the overall win, with the MARA vets (average age 58+) beating out the Sexy



W55 medalists in the 60m, Fei-Mei Chou, 59, Sunnyvale, Calif., and Jane Dods, 58, Springfield, Ore., USATF National Masters Indoor T&F Championships, Columbia, Mo., March 25-27. Photo by Jerry Wojcik

Sexagenarians with an adjusted time of 2:16:14. The Male Masters Sand Rats team finished third overall in the marathon relay. Over 130 teams and 550 runners took part on a cool, overcast day with occasional gusty winds.

# **SOUTH WEST**

• Umitted from the March "New Age-Group Athletes" list was Richard Bartlett, Little, AR, born 3-25-39. Bartlett has run 69 marathons, with a PR 3:10 in 1980.

· Larry Jessee, 41, of El Paso, TX, set a new world masters pole vault record, April 16 in a home town meet with a leap of 5.24 meters (17-21/4), breaking his own official world M40 mark of 5.20, and bettering a pending vault of



Nancy Frey, W50-54 first (50:19), Straub Hawaii Women's 10K, Honolulu, March 6. Photo by Tesh Teshima

5.21 by Sweden's Kjell Isaakson in 1989. Jessee reportedly collected \$30,000 for the jump from an insurance company who bet him he couldn't do it.

### WEST

• Rick Sayre (40, 30:50) and Sharlet Gilbert (43, 36:48) flew to masters wins, San Jose Mercury News 10K, March 20, Joan Ottaway, 50, took the W50-59 race in 38:05.

• For the June 11 Pacific Association Meet, the javelin, hammer, and weight throws will be at KELfield, Santa Cruz (see schedule); all other events at Los Gatos HS.

· Michael Georgi, (41, 52:55) and Judy Huber-Cogswell (47, 70:16) were first 40 + in the Norman Tamanaha Memorial 15K, Honolulu, April 10.

• Dave Hill (43, 15:02) and Maria Somes (40, 17:31) collected \$1000 each for masters victories in the Carlsbad 5000, Carlsbad, CA, March 27. Clay Stenberg (40, 15:12) and Marina Jones (42, 17:54) got the \$500 runnerup prizes.

· A 12-race grand-prix series, sponsored by the Long Beach, CA Telegram, has been formed, commencing with the Los Alamitos 5K/10K in February and culminating in the Long Beach Marathon the following February. Competition points are awarded in each age division on a descending scale - from 20 points for first to 1 point for 20th place. No cash prizes, but free T-shirts to the winners. For more info., call the Long Beach Marathon, 310-498-2664.

# INTERNATIONAL

· At the European Indoor Championships in Paris, March 13, the women's 1500 was won by 41-year-old Yekaterina Podkopayeva of Russia in 4:06.46. She was born June 11, 1952, and her best outdoor time for 1500 was 3:56.65 in

• Klaus Goldammer (M40, 32:40), Germany, and Sandra Miller (W40, 45:10), Bermuda, took masters crowns in the 10K, Bermuda International Race Weekend, Jan. 15. Joe Fernandez, Fairhaven, MA, ripped to an M60-69 win with a 38:48. In the half-marathon, Jan. 16, 40 + wins went to Jim Butterfield (M40, 1:21.30), Bermuda, and Deborah Butterfield (W40, 1:26:40), Bermuda. Sid Howard, Plainfield, NJ, finished with an M60-69 course-record 1:16:10, after a 37:48 in the 10K. Rod Allen (M40, 2:54:16) and Heidi Bridges (W40, 3:48:31) took masters victories in the marathon.



# ATC MASTERS TRACK & FIELD MEET

Saturday, June 11, 1994 · Men & Women Ages 30+ Emory University · Atlanta, Georgia

\_\_ Club Affiliation \_\_\_\_

lust Age Sex Birthday mm/dd//yy

8-lane, 400 meter rekortan track (1/4" spikes max) Headquarters/Housing: Holiday Inn, 130 Clairmont A ar age groups.
FIELD EVENTS Decatur, GA 30030 (2 miles from Emory) Phone (404) 371-0204 or 1-800-225-6079 \$65.00 flat rate, 5000 meter run (2 heats) 8:30 High jump Long Jump Shot put 800 meter finals 9:00 200 meter finals 110 meter hurdles Triple jump (after Long jump) Javelin (follows High jump) 10:15 1-4 people. Rate guar anteed thru MAY 15. 4x100 meter relay 10:45 11:30 5000 meter racewalk 11:00 Pole vault (40+) Packet pickup at Holiday Inn, Friday, June 10, 7-8:30 pm. Hammer Pole vault (age 30-39) 400 meter finals 1:00 1:00 Weight throws 35/56 Late arrivals go to 2:00 Discus Open 1500 meter 2:00 check-in area at meet. 100 meter finals Open 100 meters 2:10 FIELD EVENT IMPLEMENT CERTIFICATION 2:35 All throwing implements must be certified between 8–8:45 a.m. at the equipment tunnel adjacent to the shot put area. Check at registration table for instructions. Height and distance between 2.45 400/300 meter hurdles hurdles and weight of throwing equipment will be in accordance with WAVA/USATF hurdle and implement specifications. 4x400 relays 3:45 USATF#\_ \_ (Required. May be purchased at event.) Phone Number ( )

Address \_\_\_\_\_ T-Shirt size: M L XL (please circle) Additional T-Shirts for sale at meet.

Please refer to above schedule and circle the events you wish to participate in. DUPLICATE THIS FORM TO RETAIN COPY OF SCHEDULE. \$6 First Event; \$5 each additional event (payable to Atlanta Track Club).

Relays free to registered participants. TOTAL ENCLOSED: \$
WAIVER FOR ALL EVENTS • ALL COMPETITORS MUST COMPLETE WAIVER. In consideration of my entry in the ATC Masters Track & Field Championship, I do hereby for myself and anyone entitled to act in my behalf, waive and release The Atlanta Track Club, Emory sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, video or motion pictures, recordings, or any other record of this event for any legitimate reason. I understand that all entries are final with no refunds. The meet director reserves the right in any event cy or local or national disaster to cancel the meet or to change the day and/or time to a later day and that in the event of cancellation or change there is no refund of entry fees.

SIGNED

All entries must be received by JUNE 6, 1994. NO LATE ENTRIES. Return with check/money order payable to Atlanta Track Club, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. Phone (404) 231-9065

# schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



# TRACK & FIELD

June 17-19. USNSO Senior Open, Washington U., St. Louis. 55 + . No local qualifying required. USNSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

July 16-17. USATF National Masters Decathlon/Heptathlon Championships, Missouri Southern St. College, Joplin. Charles Nodler, 1215 Northwest Blvd., Neosho, MO 64850. 417/451-0121(e); 625-9552(d).

August 11-14. 27th USATF National Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/687-1989.

August 20. USATF National Outdoor Weight & Superweight Throw Championships, U. of Washington. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-3923.

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

May 1, 15, 29. Potomac Valley TC Developmental Meets, Williams HS, Alexandria. 9 am. John Martin, 703/352-3057. May 8. MAC NY Relays (full meet), Randalls Island. 10 am. Post entry (after 4/27) \$6 individual events. Contact Roz Katz, 718/358-6233, 7-9 pm EDST, or SASE to 170-11 65th Ave., Flushing, NY 11365.

May 15. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Eric Weissbrot, 7 Drury Lane, Great Neck, NY 11023. 516/487-1417 or Roz Katz, 718/358-6233.

June 5. New Jersey USATF Submasters/Masters Championships, TBA. Sanford Kalb, 22 Addison Rd., Howell, NJ 07731. 908/363-5426.

June 11. Phila. Masters Development Meet, Germantown Academy, Ft. Washington, Pa. All events except 400 H. 9 am. SASE to Tim Dickens, 4 E. Germantown Pike, Plymouth Meeting, PA 19462.

June 18-19. Masters Relay Meet, Middletown, Conn. Wesleyan U. Invitational masters mile. Age-graded 100m, featuring ex-Olympians. 10-year age groups. Michael Augeri, 468 Mile Lane, Middletown, CT

06457. 203/632-2378.

June 18-25. Gay Games IV, NYC. Open to all. Unity '94, 19 W. 21st St., #1202, N.Y., NY 10010. 212/633-9494. Deadline 3/31.

June 26. Ninth Annual Garden State AC International Masters Meet, Randolph High School, Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph NJ 07869. 201/625-1764.

July 2. USATF Niagara Open & Masters Championships, Buffalo, N.Y. Lois Mesler, 837 Potomac Ave., Buffalo, NY 14209. 716/884-1733. July 9. Reebok Boston Masters and USATF New England Championships, Northeastern U., Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802; Fax: 617/964-8356. Entry form on page 9.

July 17. Phila. Masters Development Meet, Germantown Academy, Ft. Washington, Pa. All events except 400H. 9 am. SASE to Tim Dickens, 4 E. Germantown Pike, Plymouth Meeting, PA 19462.

July 30-31. Buffalo Belles & Brawn International Age-Group Classic, Buffalo, N.Y. Women on Sat.; men, Sunday. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

July 31. USATF East Regional Masters Championships, Brown U., Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

August 28. Phila. Masters Summer Championships, Swarthmore College, Pa. 9 am. SASE to Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031.

September 4. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

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

May 6-8. Southeastern Masters Invitational, North Carolina St. U., Raleigh. New t&f facility. Pentathlon/weight pentathlon/5K & 20K walks. SE USA Masters, Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919/831-6640, M-F 9-5, Eastern time.

May 7. Gainesville Meet IV. Jim Simpson, 615 SW 80th Dr., Gainesville, FL 32607. 904/392-3001.

May 14. Jacksonville TC Meet, Fla. Lamar Strothers, 904/388-7860.

May 21. Birmingham TC Classic, Samford U. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

May 21. USATF/Florida Masters Championships, Orlando. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

May 27. Jacksonville TC 19th annual Mile Festival, Bolles School track. 7 pm. Register at site/no entry fee. Lamar Strother, 904/388-7860.

May 28-29. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Pentathlon/weight pentathlon on 28th; all other events on 29th. Dean Waters, 615/483-7743 (e).

June 4. Broward Sports Festival, Lockhart Stadium, Fort Lauderdale. M&W, ages 19-80+. Bob Fine, 3250 Lakeview Blvd., Delray Beach. FL 33445, 407/499-3370.

June 10. Miami Northwest Express Meet, Fla. Jesse Holt, 305/836-2409.

June 10. Tennessee Sportsfest, Vanderbilt U. Ages 19 + . Sportsfest, 615/259-3338.

June 11. Atlanta Masters Meet. Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

June 18. Sunshine Games, Lockhart Stadium, Fort Lauderdale. M&W, ages 19-80 + . See June 3.

June 25-26. Tennessee Sportsfest Finals, Chattanooga. 615/259-3338.

July 2. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

July 16. Nashville TC Open & Masters, Tennessee Prep School. SASE to Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.

July 30. Jacksonville TC Summer Classic, Bolles Track. 10-yr. age groups for 30+. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 388-7860; 384-TRAK.

September 24-25 (tentative). Thomasville Fall Masters Decathlon/Heptathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910/476-1228.

# **MIDWEST**

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

May 21-26. Indiana State Senior Games, Evansville. 50+. Indiana SSG, PO Box 3938, 7 S.E. Martin Luther King Jr. Blvd., Evansville, IN 47737-3938. 1-800-253-2188. May 29. Wolfpack Pentathlon, Upper Arlington HS, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

June 4. 11th annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 11. USATF/Illinois Masters Championships, Wilde Field, Lisle/Chicago. Ray Vandersteen, 111 W. Butterfield Rd., Elmhurst, IL 60126. 708/833-7303.

June 15-18. Michigan Senior Olympics, Hope College, Holland. 55+. Sharon Hunt, MSO director, 312 Woodward, Rochester, MI 48307. 313/656-1403.

June 25. Byron Park District Masters Meet, Byron, IL. Jim Kann, 815/234-8435.

July 16. 4th Annual Dayton Masters Track Classic, Dayton H.S. Welcome Stadium, Dayton, Ohio. Bob Jones, PO Box 17706, Dayton OH 45417. 513/837-2754.

July 23. Cleveland Track Classic, Brunswick HS, Brunswick, Ohio (tentative). Geoff Packer, 2845 N. Park Blvd., Cleveland Hts, OH 44118-4030. 216/371-2822.

July 30. Midwest Masters Championships, Marshall U. (not regional championships). David Stooke, 119 Cheyenne Tr., Ona, WV 25545. 304/736-8474.

July 30. USATF Midwest Regional Masters Championships, Lisle, IL. Clarence Trinkner, 633 Sunset Drive, Janesville, WI 53545, 608/756-5260.

# MID-AMERICA

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

May 10-14. Mid-South Senior Olympics. 55+. Open to out-state. Dale Gaebler, PO Box 1407, Poplar Bluff, MO 63901. 314/785-5801.

May 13-14. Western Slope Senior Games. 55+. Norwest Bank Montrose, 400 Main St., Montrose, CO 81401. Evelyn Lawson, 303/249-2000

May 29-June 1. St. Louis Senior Games. Nancy Weigley, #2 Millstone Campus Dr., St. Louis, MO 63146. 314/432-5700, x188. Open to out-state. 55 + .

June 5. Blue River Valley Meet. City of Marysville, 209 N. Eighth, Marysville, KS 56508. 913/562-5331. Cleve Walstrom, 913/562-3021.

June 19. Leading Edge/Lincoln TC Open/Masters Meet, Nebraska Wesleyan U. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 25. USATF Iowa Association Championships. John Anderson, Rt. 1, Box 23, Slater, IA 50244. 515/685-3603.

# ON TAP FOR MAY

#### TRACK AND FIELD

The Southeast Regional Championships start a two-day stint on the 28th in Knoxville.

Before that, the Southeastern Masters Invitational, offering walks and pentathlons, opens for a three-day run on the 6th in Raleigh; the Gainesville, Fla., meet follows on the 7th as does the MAC N.Y. Relays on the 8th. The So. Calif. Striders Meet of Champions at CSU-Long Beach, and the Jacksonville, Fla., meet are set for the 14th, as is the NY Masters meet, Kings Point, L.I., on the 15th. On the 21st, the list becomes coastal with meets in Visalia, Calif., Birmingham, Ala., and Orlando - the Florida Championships.

The Dan Aldridge Memorial Meet, UC-Irvine, Calif., ends the month on the 29th.

LONG DISTANCE RUNNING

May Day is replete with major meets, including the Buffalo, Pittsburgh, Avenue of the Giants, and Long Island Marathons, plus the Lilac Bloomsday 12K in Spokane. The Kent River Bank 25K, Grand Rapids, Mich., and Gum Tree 10K, Tupelo, Miss., are listed for the 14th. The gargantuan Bay to Breakers 12K, San Francisco, and the Revco-Cleveland Marathon & 10K are scheduled for the 15th. The Capital City Marathon hits the streets of Olympia, Wash., on the 22nd, while the Big Boy 20K rolls into Wheeling, W. Va., on the 28th. Memorial Day holds the Cotton Row 10K, Huntsville, Ala., and the Bolder Boulder 10K in Col-

#### RACEWALKING

A more than ample schedule, topped by the USATF National Masters Men's 25K and Women's 20K Championships, Albany, N.Y. In addition to the events in the schedule listed solely as racewalks, many of the road races also have a racewalk category, and some of the t&f meets include a track racewalk.

July 24. USATF Mid-America Regional Masters Championships, National Sports Center, Blaine, 20 minutes north of downtown Minneapolis. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417/451-7417.

August 21. U.S. Masters—Senior Olympic EM "R" Meet, U. of Minnesota. Pre-register SASE to Rachel Lyga, 122 NE 631/2 Way, Minneapolis, MN 55432. 612/574-9661.

September 3-4. Rocky Mountain Masters Games, Potts Field, U. of Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

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#### SOUTHWEST Louisiana, Mississippi, Texas. Arkansas, Oklanoma

May 7. Waterloo Meet, Lake Travis H.S., Austin, Texas. John Conniff, 9130 Jollyville Rd. #350, Austin TX 78759, or Marion Coffee, 512/458-6010.

May 18-21. Texas Senior Games. 55 +.
Open to out-state. Dianne Darnell, PO Box
13309, Arlington, TX 76094. 817/273-3277.
June 25. Hill Country Masters Meet,
Mason, Texas. Lee Graham, Mason HS,
HC 60, Box 31C, Mason, TX 76856.
915/347-5921(w) /347-5620(h).

July 8-9. USATF Southern Association Championships. Weight Pentathlon, 56-lb. weight, 3K RW. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504/644-6930.

July 16. Texas Masters Championships, Dallas. Wayne Bennett, 1501 W. Lavender Ln., Arlington, TX 76013. 817/274-0448. July 23. USATF Southwest Regional Masters Championships, San Antonio. Arthur Rodriguez, 6606 Ben Hill, San Antonio, TX 78239. 512/655-4941.

### WEST Arizona, California, Hawaii, Nevada

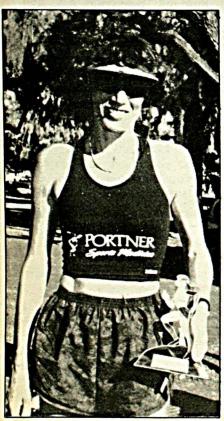
May 7. Ken Carnine Meet, combined with Sacramento State U. dual meet. Michael Ackley, director, 4649 Oakbough Way, Carmichael, CA 95608. 916/967-9003.

May 14. Southern Calif. Striders Meet, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad CA 92009. 619/436-7696.

May 21. Visalia Classic, Sunkist Stadium. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 28. Bruce Jenner Classic, San Jose CC. 100m W40+, M60+, M70+/200 M50+/400 M40+/1500 M40+. Bruce Springbett, PO Box 1334, Los Gatos, CA 95031. 408/354-7333.

May 28. KELfield Meet #28. All throws, including weight and superweight. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.



Rachel Portner, 40, broke the masters record with a 38:11 in the Straub Hawaii Women's 10K, Honolulu, March 6.

Photo by Tesh Teshima



June Gessner, 41, Richland, Wash., won the W40+ race (10:19.16), USATF National Masters 100K Championships, Sacramento, Calif

Photo by Jane Byng

May 29. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942(eve).

June 2-5. Senior Olympics, Sacramento, Calif. 55 + . Alan Boyd, 916/277-6094.

June 4. Arizona Masters Meet, Tempe, Ariz., 6 p.m. Bob Flint, 8436 East Hubbell, Scottsdale, AZ 85257. 602/949-1991.

June 11. Los Gatos Pacific Classic, Los Gatos HS. Rick Mylem, meet director, c/o Athletic Performance, 55 W. Main St., Los Gatos, CA 95030, 408/354-7365.

June 11-17. Aloha State Games, U. of Hawaii. Aloha State Games Headquarters, 1110 University Ave., #403, Honolulu, HI. Bob McLean, 947-4141.

June 18. USATF-SCA Championships, Occidental College. Christel Miller, 818/843-2139.

June 25-26. USATF/Pacific Association Open/Masters Decathlon/Heptathlon Championships, Soquel HS. Santa Cruz, Calif. Santa Cruz TC, PO Box 1803, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460. July 2-3. USATF West Regional Masters

Championships, Santa Monica College, Santa Monica, Calif. Bill Adler, director, 435 Tahquitz Canyon Way, Palm Springs, CA 92263. 619/325-6307.

July 10. Trojan Masters Meet, USC, Los Angeles, Russ Reabold, 818/917-6289.

July 16. Santa Cruz Age-Graded Championships, Soquel HS. Ages 18 and up. Santa Cruz TC, PO Box 1803, Capitola, CA 95010. Bill Johnson, meet director, 408/335-0460(h).

July 16-17. Patriot Invitational, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027-4711. 213/662-1062.

July 23. USATF/Pacific Masters & Submasters Weight Pentathlon Championships, KEL Field, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

September 10. Nor. Cal. Seniors Classic, UC-Berkeley. Mark Grubi, director, PO Box 424512, San Francisco, CA 94142-4512.

September 11. Sri Chinmoy Masters Games, CSU-Long Beach. 40+. Bigalita Egger, 310/645-0271.

October 1 (tentative). Club West Masters Meet, Santa Barbara City College. 805/682-9540.

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

May 14. Helena Throws Classic. Manuel White, PO Box 5058, Helena, MT 59604. 406/227-5020.

May 28. Oregon Senior Olympics, Silverton Union HS. M&W40+. Also 5 Mile RR. Amy Castle, 6350 Cascade Hwy., NE, Silverton, OR 97381. 503/873-8577.

June 11. Volcano Classic, St. Helens HS. Emil Torquato, 28 Sunset Place, St. Helens, OR 97051. 503/397-4102(eve).

June 11-12. Seattle Masters Classic. Pacific Northwest T&F, 4261 S. 184th St., SeaTac, WA 98188. 206/433-8868.

June 25-26. Hayward Classic, Hayward Field, Eugene, Ore. Site of 1994 Masters Outdoor Championships in August. Barbara Kousky/Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/687-1989; 503/687-1016(fax).

July 9. Helena Masters/Seniors Meet, Vigilante Stadium. Manuel/Helen White, P.O. Box 5058, Helena, MT 59604. 406/227-5020.

July 16. Washington State Summer Games, WSU, Pullman. Open to non-residents. USATF card required. Mike Hinz, 509/335-3325w; 509/332-1168h (5:30 pm-11 pm).

July 21-23. Montana Senior Olympics, Kalispell. 50 + Don Tavolacci, MSO, 465 Freedom Ave., Billings, MT 59105-2202. 406/252-2795.

July 23-24. USATF Northwest Regional Masters Championships, Lincoln Bowl, Tacoma. Pacific Northwest T&F, 4261 S. 184th St., SeaTac, WA 98188. 206/433-8868.

July 29-30. Montana Masters Meet, MSU-Bozeman. Mike Carignan, PO Box 5132, MSU, Bozeman, MT 59717-5132.

# CANADA

June 10-11. BC Masters Championships, Port Alberni, BC, Canada. Grant Lamothe 604/856-7381.

June 11-12. British Columbia Masters T&F Championships, Port Alberni, B.C. (nr. Victoria). All masters athletes welcome. Grant Lamothe 604/856-7381; John Woodcock 604/939-1324.

June 11-12. Ontario Masters Championships, Oshawa. M&W35+. 5-yr. age groups. Olive Sinclair, 26 Greenbush Place, Whitby, Ont. L1R 1T6. 905/430-7850.

July 9-10. BC Masters Decathlon Championships, Vancouver, BC, Canada, Grant Lamothe 604/856-7381.

# INTERNATIONAL

May 13-14. WAVA African Regional Championships, Durban, South Africa. Monty Hacker, PO Box 2102, Johannesburg 2000, South Africa. Phone: 2711-337-1263; fax: 2711-299-077

June 2-12. WAVA European Regional Championships, Athens, Greece. Europeans Only.

June 25-26. Mexico vs. USA Meet, Mexico City. Bill Adler, 435 E. Tahquitz Cyn., Palm Springs, CA 92262. 619/325-6307. July 1-9. WAVA Oceania Regional Championships, Suva, Fiji. Tony Compain, PO Box 1175, Suva, Fiji Islands.

July 16-17. 1st British Veterans Athletics Federation Championships, Bedford, 50 miles north of London. Peter Duhig, 42, Wimbotsham Rd., Downham Market, Norfolk PE389PE, England.

July 21-30. 1994 Goodwill Games, St. Petersburg, Russia. Participation events for masters. Elizabeth Morris, AICEP, 10 Canvin, Suite 33, Kirkland, Quebec H9H 4S4. Phone: 514/697-3735; Fax: 514/697-0628.

August 4-7. WAVA North American Regional Championships, Edmonton, Alberta, Canada. Liz McBlain, 10427 21st Avenue, Edmonton, Alberta, Canada, TJ6 5E9. 409/438-2911.

September 4-October 8. Third International Masters Games, Brisbane, Australia. 3rd International World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland, Australia 4001. 617/405-0999.

September 30-October 2. WAVA Asian Regional Championships, Jakarta, Indonesia. Asians only.

# LONG DISTANCE RUNNING NATIONAL

June 26. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Stephen Lobdell, 69 Beverly Ln., Fairfield, CT 06430. 203/374-7759.

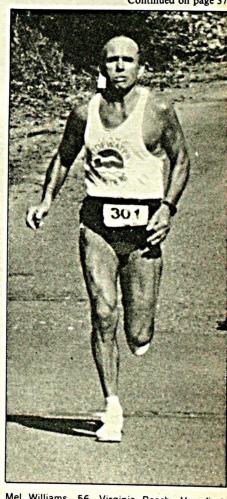
September 17-18. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 2. USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Ave., Minnetonka, MN 55345. 612/673-0778.

October 2. USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

315/446-6285.
October 16. USATF National Masters 10K
Cross-Country Championships, Canan-

Continued on page 37



Mel Williams, 56, Virginia Beach, Va., first M40 + (3:00:00), George Washington Birthday Marathon, Greenbelt, Md.

Photo by George Banker

Continued from page 36

daigua, N.Y. Peter Glavin, 170 Maywood Ave., Rochester, NY 14618.

November 6. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

November 13. USATF National Masters 15K Championships, Schenectady, N.Y. Ed Neiles, 17 Norwood St., Albany, NY 12203. 518/482-9032.

November 19. USATF National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802. December 4. USATF National Masters 10K Championships, St. Louis, Mo. Tom Eckelman, 7140 Waterman, St. Louis, MO 63130. 314/727-7582.

**EAST** 

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

May 1. Long Island Marathon, East Meadow. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554, 516/572-0251.

May 1. Giant Eagle/City of Pittsburgh Marathon/10K. 1001 Law & Finance Bldg., Fourth Ave., Pittsburgh, PA 15219. 412/765-3773.

May 1. Buffalo Marathon. Marathon Assn., PO Box 838, Buffalo, NY 14213-0838. 716/837-7223.

May 1. Broad Street 10 Miler, Philadelphia. Joe Cook, Dept. of Recr., Case Bldg., Belmont St. & S. Concourse, Philadelphia, PA 19131. 215/877-1356.

May 14. Riedman Insurance Lilac 10K, Rochester, N.Y. Lori Frank, 45 East Avenue, 8th fl., Rochester, NY 14604. 716/232-4424.

May 14. Alamo 5-Miler. NYRRC, 212/423-2290.

June 4. Freihofer's Run For Women (USATF 5K National Open Championships), Albany, N.Y. \$2000 masters money. George Regan, 233 Fourth St., Troy, NY 12180. 518/273-0647.

June 4. Advil MiniMarathon 10K, Central Park, NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

June 11. Western Heights Benefit 5K. Wayne Vaughn, 18619 Preston Rd., Hagerstown, MD 21742. 733-6076.

June 11. Shelter Island 10K. Shelter Island 10K, PO Box 266, Shelter Island, NY 11964. 516/749-7867.

August 6. Phelps Sauerkraut 20K, Phelps, N.Y. 28th Annual, George Tillson, Wiborn Rd, Shortsville, NY 14548, 716/289-4250.

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

May 9. (Monday). Heritage 5K, Sperling Sports Complex, DeLand. John Boyle, PO Box 1824, DeLand, FL 34721. 904/736-0002.

May 30. Cotton Row 10K. Lawrence Hills, 600 Ward Ave., Huntsville, AL 35801.

July 4. 25th Peachtree Road Race, Atlanta. SASE (before March 1) to Peachtree RR, Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305.

## **MIDWEST**

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

May 7. Race For The Cure 5K, Peoria, Ill. 309/655-2424. May 14. Old Kent River Run 25K. Old Kent RR, PO Box 2194, Grand Rapids, MI

49501. 616/771-5261.

May 15. Revco Cleveland 10K. Jack Staph, 1925 Enterprise Pkwy., Twinsburgh, OH 44087, 216/425-9811.

May 28. Big Boy Classic 20K. Hugh Stobbs, PO Box 1046, Wheeling, WV 26003. 304/242-7322.

May 28. Trinity Homes 500 Distance Classic, 10K/5K & RW/1 Mile. Rich Radez, 107 N. Pennsylvania St., Indianapolis, IN 46204. 800/285-1700; 317/633-1742.

May 30. Herrinfest 10K RRCA State 10K Championships/5K Walk/Park Ave. Straightaway Mile. \$1800 masters money. Art Reveal, PO Box 313, Herrin, IL 62948. 618/942-5702.

June 18. Steamboat Classic 4 Mile. Philip Lockwood, Running Central, 700 W. Main St., Peoria, IL 61606. 309/578-3524.

#### MID-AMERICA

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

May 30. Bolder Boulder 10K. BB, PO Box 9125, Boulder, CO 80301. 303/444-7223 June 5. Hospital Hill Half-Marathon. Rich Ayers, Crown Ctr., 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816/274-3196.

June 11. Dam To Dam 20K, Des Moines, Iowa. Masters money. DTD, 1603 22nd St., Ste 107, West Des Moines, IA 50266.

June 12. Race For The Cure Women's 5K, Davenport, Iowa. 319/326-8139.

June 12. Garden Of The Gods 10 Mile. Nancy Hobbs, PO Box 38235, Colorado Springs, CO 80937. 719/473-2625.

June 18. Grandma's Marathon. \$4000 masters money. 6000 entrant limit. SASE to Grandma's Marathon, PO Box 16234, Duluth, MN 55816-0234. Scott Keenan, race director, 218/727-0947.

# SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 1. New Orleans TC 31st Anniversary 3 Mile/1 Mile. Chuck George, NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

May 7. Bristow Wildflower Run, Downtown Bristow, Oklahoma. 9 am. Tommy Thompson, 918/665-2550 (d); 367-2324 (e).

May 14. Gum Tree 10K. Johnny Dye. 1007 Chester, Tupelo, MS 38801. 601/842-2039.

May 14. Dial-One Crimestoppers 8K
Run/Walk. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

June 5. New Orleans TC 5K Run/Walk for Storyland, City Park. Chuck George, NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

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

May 1. Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, Calif. SASE: Dept. MN, 281 Hidden Valley Road, Bayside, CA 95524.

May 7. Southern California Hillsea 7.57 Mile, Huntington Beach. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417. May 15. Bay To Breakers 12K. Examiner Bay To Breakers, PO Box 429200, San

May 28. 28th Annual Mt. Wilson Trial Race. May 9 deadline. Department of

Francisco, CA 94142. 415/777-7770.

Parks & Recr., 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024. 818/355-7135, x227

May 30. Memorial Day 8K, Tucson, Ariz. SAR, 326-9383.



Seven women competed in the 1994 USATF National Masters Pentathlon Championships in Chicago March 5. From left: Lorraine Tucker, Marlene Sachs, Karen Huff, Irene Thompson, Christel Miller, Phil Raschker, Liz McBlain.

June 4. Fontana Days Half-Marathon/5K Run & RW. Fontana Community Services Dept., 9460 Sierra Ave., Fontana, CA 92335. 909/350-7635.

June 5. Las Vegas Half-Marathon. Al Boka, PO Box 81262, Las Vegas, NV 89180, 702/876-3870.

June 5. Westlake Florist Flower 5K/10K. Prize money. Westlake Florist, 2851 Agoura Rd., Westlake Village, CA 91361. Pantelas, Harry 818/889-6408; 818/889-6408 (eve).

June 11. Palos Verdes Marathon, 3-Person Relay/5K, Los Angeles. W2 Promotions, 1501 Glenavon Ave., Venice, CA 90291. 310/828-4123.

June 25. L.A. Philharmonic Run/5K Run & Walk/ 10K Run/1K Kiddie/K. Walt Walston. 310/828-4123.

June 19, 10th annual Gardena 5K Run & Fun Walk, Gardena, Calif. Gardena 5000, 16820 S. Western Ave., Gardena, CA 90247. 310/324-7085.

September 17. Juan In A Million 5K, Las Vegas. Ed Preciado, 700 E. Charleston Blvd., Las Vegas, NV 89104. 702/366-7289.

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

May 1. Lilac Bloomsday 12K. Lilac Bloomsday Assoc., PO Box 1511, Spokane, WA 99210. 509/838-1579:

May 22. Capital City Marathon, Olympia. CC Marathon, PO Box 1681, Olympia, WA 98507. 206/786-1786.

May 29. Rocky Mountain 50 Mile/Wyoming Marathon, Laramie. Brent Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 307/635-3316.

June 5. Eugene Landmark 5 Mile. Oregon TC Masters, Eugene Landmark 5, PO Box 11364, Eugene, OR 97440. Eric Zemper, 503/485-4360.

July 4. Butte To Butte 10K. Oregon TC, BTB, PO Box 10825, Eugene, OR 97440. 503/687-1989.

## CANADA

May 8. Price Waterhouse Forest City Marathon & Big V Drug Stores 10K. Canadian Masters Championships. Thames Valley Children's Centre, 779 Baseline Rd. London, Ontario, Canada. 519/685-8675.

# **INTERNATIONAL**

June 4. Festival De Primavera 5K/10/5K RW, Rosarito Beach, Baja California (20 miles south of San Diego). SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

July 30-31. 2nd WAVA World Veterans Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K, 30th/25K & 20K RW, 31st. WAVA RR Championships, 1220 Sheppard Ave. East, Rm 218, Willowdale, Ontario, Canada, M2K 2X1. Phone: 416/495-4059; Fax: 416/495-4310.

## RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

May 1. Art Keay Memorial 10K, Toronto, Ontario, Canada. 10 am. B. Apollonio, 260 Town Centre Blvd., Suite 103, Markham, Ontario, L3R 8H8, Canada. 905/470-

May 7. Howard Wood Dakota Relays 5K RW, Sioux Falls. Dr. Glen E. Peterson, 1906 S. Hawthorne Ave., Sioux Falls, SD 57105, 605/336-6715.

May 15. Florida 5K Racewalk Championships (LaVonne Hottensmith Memorial RW), Coconut Creek. Florida Walkers, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407/499-3370; Sig Kurz, 305/987-0927.

May 22. USATF National Masters M25K/W20K Racewalk Championships, Albany, N.Y. Bob Ryan, 8 Spruce St., Lake Placid, NY 12946. 518/523-2240.

May 26-30. 6th annual RW Training Camp, Boulder, Colo. Every level. Beginners welcome. Ends with Bolder Boulder 10K. ARWA, 303/447-0156.

May 29. MAC 20K & Eastern Regional Masters RW Championships, Central Park. SASE to Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

July 10. MAC 3K Championships, Central Park, NYC. SASE to Stella Cashman, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

July 15-17. Martin Rudow 2nd Annual Racewalking Seminar, Niagara Falls. Paul Geyer, PO Box 1816, Detroit Lakes, MN 56502-1816, Ph/Fax 218/847-0410.

July 16. USATF National Masters 10K Racewalk Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361; 694-7683.

August 12-14. USATF National Masters 5000m/M20K & W10K Racewalk Championships, Eugene, Ore. See National T&F. September 11. USATF National Masters 40K Racewalk Championships, Ft. Monmouth, N.J. Elliott Denman, 28 No. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

September 24. M10K/W5K Racewalks, Dearborn Hts., Mich. Ross Barranco, 3235 Musson Rd., Howell, MI 48843.

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

<u>W35-39</u> Linda Lowery	Long Jump 16-2	6-06-87	M30-34 Scott R. King Warren S. Taylor	3000M Discus Shot Put	9:20.7 163-0 53-9	1-23-94 9-05-93 7-25-93	M50-54 Dennis McCraven Hewlett Nash	Shot Put Mile	44- <del>91</del> 4:55	2-12-94 10-23-93	M65-69 Edward Keene Jim Platis	Discus Long Jump Long Jump		8-06-93 7-19-92 7-18-93
Sandy Maryott	Shot Put 27-6⅓ High Jump 4-4 Long Jump 12-10	8-01-93 7-18-93 7-18-93	M35-39 Rick Samaha	1500M 5000M	3:13.34 15:41.95	3-26-94 4-01-94	M55-59 David Galligani	800M	2:21.2	1-30-94	Jack Starr	Triple Jump 5K RW	34-8½ 29:14	7-19-92 10-24-93
Jo Ann Owen Lurline Struppeck	5K RW 28:17 Javelin 115-0 Discus 88-0 Shot Put 31-111	2-19-94 7-24-93 7-24-93 7-24-93	M40-44 Matt Byrnes Robert Gunn		47-4 43-11 <u>1</u>	6-27-93 2-05-94	Dick Glasgow Joseph Hemler	100M 200M 100M 200M	12.7 27.1 12.66 26.15	11-12 <del>-9</del> 3 11-12 <del>-9</del> 3	M70-74			
W60-64 Joan Doucet Eda Ray Gore	Long Jump 11-2½ 100M 16.67	11-12-92 3-13-94	M45-49 Rich Dunphy Grant Lamothe	Shot Put Penthathlon	39-91 2676 Pts.	1-09-94 8-11-93	Dwaine Horton	400M Long Jump 100M	60.64 16-3 12.64	10-19-93 2-12-94	Alvin Levenson Gilbert Young	Shot Put 200M High Jump	38-6 27.76 4-2	3-25-94 5-22-93 7-10-93

PAR	U.S	. MA	STE	RS ST	ΓANI	DARI	DS O	F EX	CEL	LEN	CE	
		Marie Control				R ME	11/11/11				No.	
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
100 200 400	11.0 22.4 51.0	11.33 23.3 52.5	11.67 24.2 54.0	12.0 25.1 56.0	12.5 26.0 58.5	13.0 27.2 61.5	13.5 28.5 65.0	14.0 29.8 70.0	15.0 32.4 76.5	16.5 35.8 84.5	18.0 39.8 94.0	20.0 44.0 105.0
1500 Mile 5000	2:01 4:11 4:31 15:30	2:04 4:15 4:35 15:42	2:08 4:22 4:42 16:06		2:19 4:45 5:07 17:30	2:27 5:02 5:25 18:24	2:37 5:24 5:49 19:36	2:49 5:47 6:14 21:08	3:06 6:22 6:51 23:30	3:27 7:03 7:38 26:00	7:59 8:42 29:00	9:15 10:16 37:30
10000 110H 100H	32:11 15.3	32:35	33:30 17.75	34:45 18.75	36:15	38:10	40:30	21.3	48:30	54:30	61-15	39.30
80H 400H 300H	57.6	59.7	62.0	64.4	67.2 48.0	70.6 51.0	55.0	60.0	18.0	21.0 74.5	25.0 84.0	30.0 95.0
3K-SC 2K-SC	10:00	10:20	10:55		12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
HJ PV	1.94 6-45 4.40	1.85 6-3/4 4.15	1.76 5-9½ 3.90	1.68 5-6 3.60	1.59 5-2½ 3.30	1.50 4-11 3.05	1.41 4-75 2.80	1.32 4-4 2:55	1.23 4-½ 2.30	1.13 3-8 2.05	1.02 3-4 1.80	.92 3-1 1.50
IJ	6.55 21-6	13-7½ 6.20 20-4½	12-9½ 5.85 19-2½	11-9½ 5.45 17-10½	10-10 5.10 16-9	10-0 4.75 15-7	9-2½ 4.40 14-5½	8-4½ 4.00 13-1½	7-6 <sup>1</sup> / <sub>3</sub> 3.65 11-11 <sup>1</sup> / <sub>2</sub>	3.35 11-0	5-11 3.00 9-10	4-11 2.65 8-84
TJ Shot	13.35 43-9½ 15.20	12.65 41-6 14.10	11.90 39-1 13.00	11.15 36-7 12.00	10.40 34-15 12.40	9.65 31-8 11.20	8.90 29-2½ 12.00	8.20 26-11 10.80	7.50 24-7½ 10.00	6.80 22-4 8.80	6.10 20-1/2 7.65	5.50 18-1/2 6.50
Discus	49-10 <sup>1</sup> / <sub>3</sub> 44.80	46-3½ 42.60	42-8 40.60	39-45	40-8½ 40.00	36-9 36.40	39-4½ 40.00	35-5½ 36.80	33-0 31.60	28-10 <sup>1</sup> / <sub>2</sub> 26.40	25-1½ 21.40	21-4 16.20
Hammer	147-0 47.24 155-0	139-9 44.20 145-0	133-2 41.14 135-0	124-8 38.10 125-0	131-3 38.40 126-0	119-5 36.00 118-1	131-3 36.00 118-1	120-9 33.00 108-3	103-8 29.00 95-2	86-7 25.00 82-0	70-2½ 22.50 73-10	53-2 18.00 60-0
	62.00 203-5	57.00 187-0	52.60 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00 131-3	35.00 114-10		24.00 78-9	19.00 62-4	15.00 49-2
35#Wt. 25#Wt. 56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	11.00	10.00	9.00 3.50	8.00 3.00	7.00 2.50	6.00
Pen Dec	550	0 5250	5250	5250	5250	2600 5250 ine; use	5250	5250	5250	5250	5250	2600 5250
notes	2) Sho 3) Lor 4) Sho 5) Dir 6) Har 7) Jan	ort hurd ng hurdle ot pdt: scus thr mer: velin:	les: 30- es: 30- 30- ow: 30- 30- 30-	49: 39": 49: 36"; 49: 7.26 49: 2kg; 49: 7.26 59: 800g	50-59 50-59 k (16#) 50-59 k (16#) ; 60+:	: 36"; : 33"; : 50-59 : 1.5kg; : 50-59 600g.	60-69: 30" : 6k; 6 60+: 1 : 6k; 6	3"; 70- 60-69: 51 1.0kg. 60-69: 51	+: 30". k: 70+: k: 70+:	4k. 4k.		
	8) He	tric hei	ghts and	distanc	es are	the stan	dard; fe	at and	torin	isted for	WAV	nience. A).

	1000000					wo	MEN					
	1.5K	mile	3k	5k	8k	10k	15k	20k	25K	30k	40k	50
F30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	63:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2:
F40	7:37	8:21	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:4
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:2
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:0
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:26	7:39:4
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:2
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:31
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:18
F90	14:56	16:06	30:36	4214	1:25:30	1:47:18	2:48:13	3:51:12				
						M	EN :					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	234:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	239:47	3:37:53	4:44:41
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	246:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
MSS	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
MES	1:31	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	5246	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	7252	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

#### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 Event 30-34 35-39 40-44 14.2 29.2 65.5 15.0 31.4 69.5 15.6 32.5 71.5 16.9 35.7 17.8 18.8 20.0 21.2 43.5 96.5 4:09 30.3 2:32 2:35 2:40 2:54 4:35 5:10 5:19 5:34 5:44 19:45 20:30 5:29 5:55 21:20 5:40 6:07 5:58 6:26 6:20 6:48 7:19 7:23 7:46 8:04 8:52 26:08 56:00 28:08 60:00 22:16 23:12 24:16 41:00 42:40 52:00 18.2 80H 400H 16.5 17.6 18.7 20.2 22.2 25.0 28.0 75.5 79.9 84.4 66.0 96.0 1.35 4-54 1.02 3-4% 1.07 3-6% .97 .92 3-11 3-24 2.40 2.10 7-10½ 6-11 1.10 3-7½ 0.70 3-34 2-11 4.60 4.25 3.90 15-1 13-11½ 12-9½ 3.55 11-8 3.20 10-6 2.60 8-64 2.85 2:35 9-44 10.00 9.20 8.60 7.80 7.18 32-10 30-2½ 28-2½ 25-7½ 23-7 6.40 21-0 5.70 5.20 18-84 17-1 15-5 13-94 12-54 8.40 7.70 27-7 25-3% 7.95 7.20 26-1 23-74 33.50 27.50 109-11 93-6 21.50 25.00 19.00 70-61 82-0 62-4 18.00 16.00 59-1 52-6 14.00 45-11 26.0 85-4 22.0 72-2 20.0 65-8 27.8 13.5 44-4 35.0 32.5 30.0 131-3 114-10 98-5 25.0 82-0 23.0 22.0 75-6 72-2 20.0 65-8 14.0 12.0 9.0 45-11 39-5 29-7 18.0 59-1 20 Mt. 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3.50 notes: 1) 100 standards are for automatic time; use 2) Short hurdles: 30-39: 33"; 40+: 30" 3) Shot put: 30-49: 4k; 50+: 3k. 4) Jávelin: 30-49: 600gm; 50+: 400gm. 5) Hammer: 30-49: 4k; 50+: 3k. 6) Metric heights and distances are the standard; feet and inches listed for convenience.

ALL-AMER	ICAN CERTIFICA	TE/PATCH	
NAME	AG	E-GROUP	
ADDRESS	S	EX: M F _	
CITY	STATE	ZIP	
MEET	DATE OF MEE	т	
MEET SITE			
EVENT:	MARK:		
HURDLE HEIGHT	WEIGHT OF I	MPLEMENT	
CERTIFICATE	□ PATCH	PATCH	H TAG
If you have equaled or better completely.	red the standard of excellence, p	lease fill out this applic	cation,

**APPLICATION FOR AN** 

- or a note stating in which issue your results appeared MUST accompany this application.
- company this application.

  3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.

  4. Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

  5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we publish results more than 3 months old. Results (maximum 28 spaces/21/4" wide) in our format rec Deadline is the 10th of the month prior to issue date

# **NATIONAL**

Set It at the set I the se		NATIONAL	
USATF National Maste	rs I	TO THE PERSON NAMED IN	
Indoor Championship		4 Irvin Heath 5 Abelardo Lopez	8.14
U. of Missouri, Columb		6 Fred Niedermeyer	8.41
March 25-27	11/20	Final:	
<u>60m</u>	100	- Harold Morioka CAN	7.50
M30	7.13	1 David Denman 2 Dennis Buss	7.98
1 Mark Godbolt 2 Charles Johnson	7.34	3 Gary Oliphant	8.00
3 Mark Morse	7.64	4 Rab Hagin	8.03
4 William Hammonds	8.07	5 Robert Simmons	8.05
M35		7 Nick Gailey M55	8.20
Heat 1:	7.53	Heat 1:	
1 Donald Maryott 2 James Bonilla	7.57	1 Donald Schneider	8.05
3 Jay Mathis	7.58	2 Gil LaTorre	8.07
4 James Hilliard	7.60	3 Jim Mathis	8.14
5 Clark Allen	7.72	4 John Head 5 Larry Carter	8.56
6 Larry Burney	8.35	Heat 2:	
Heat 2: 1 Ben James	7.13	1 Paul Dorsey	8.06
2 Rory Hennings	7.41	2 Joe Henler	8.12
3 Tom Rewolinski	7.69	3 Wayne Bennett 4 James Wagner	8.17
4 Rodney Wilson	7.92	5 Joe Straub	8.97
5 Milton Scurlock	8.04	6 Ed Arnold	8.98
6 Anthony Doty Heat 3:	8.5	Heat 3: 1 Emil Pawlik	8.23
1 Lindy Raney	7.53	2 Mike Boudreaux	8.28
2 Cornell Sowell	7.54	3 Gene Harrell	8.53
3 Kevin McCarragher	7.58	4 Earl Mege	9.09
4 John Adams	7.78	5 George Heroux	9.12
5 Stephen Winkel Final:	8.16	Final: 1 Gil LaTorre	8.03
1 Ben James	7.16	2 Jim Mathis	8.06
2 Cornell Sowell	7.51	3 Mike Boudreaux	8.10
3 James Bonilla	7.55	4 Emil Pawlik	8.13
4 Jay Mathis 5 Lindy Raney	7.56	5 Donald Schneider	8.14
6 Don Maryott	7.58	6 Wayne Bennett	8.16
M40	The state of	Heat 1:	
Heat 1:	7 22	1 Marion Sanchez	8.15
1 Keith Witherspoon 2 David Craig	7.22 7.53	2 Troy Banks 3 James Stookey	8.24
3 Robert Bowen	7.57	4 Norman Robinson	8.27
4 Thomas Gilliard	7.69	Heat 2:	
5 Terry Erickson Heat 2:	7.77	1 Pierre Dobrovolny 2 Bob Santine	8.15
1 Bill Collins	7.32	3 Joe Summerlin	8.50
2 Fred Murrell	7.55	4 Bob Alexander	8.61
3 Willard Thompson	7.67	5 James Duncan	9.10
4 Jim Dolezel Heat 3:	7.97	6 Lawrence Greco	9.11
1 Kevin Nance	7.24	1 Earl Ventura	8.0
2 Thomas Jones	7.28	2 Harry Brown	8.0
3 Colin Williams	7.39	3 Estes Redditt	8.4
4 Jonnie Thomas 5 Dorel Watley	7.41	4 Vern Schewe 5 Lowell Bonfield	8.6
6 Jeff Evangelisti	7.76	6 Arthur Kurtz	8.6
Heat 4:		Final:	2344
1 Tom Dickson	7.47	1 Marion Sanchez	7.99
2 Walden Curry	7.84	2 Pierre Dobrovolny 3 Earl Ventura	8.11
3 Floyd Spiller 4 Bruce MacPherson	7.85	4 Harry Brown	8.20
5 Matthew Sitkowski	8.17	5 Troy Banks	8.23
Final:		6 James Stookey	8.30
1 Bill Collins	7.13	7 Bob Santine M65	8.55
2 Kevin Nance 3 Keith Witherspoon	7.14	Heat 1:	
4 Thomas Jones	7.21	1 Bernard Stevens	8.44
5 Jonnie Thomas	7.39	2 Ross Mitchell 3 Chuck Sochor	8.46
- Tom Dickson CAN	7.40	4 Jack Greenwald	8.64
6 Colin Williams M45 Heat 1:	8.32	5 Andy Anderson	8.87
1 Robert Mitchell	7.54	6 Bill Daprano	8.88
2 Ed Jones	7.79	7 Alfonzo Wilson Heat 2:	9.72
3 Doug Spencer	7.85	1 Jim Law	8.26
4 Caleb Brown	7.90	2 Melvin Larsen	8.37
5 Randall Brady Heat 2:	8.25	3 Bill Bowers	8.65
1 Danny Thiel	7.66	4 Bailey Gore 5 Buck Bradberry	8.65
2 Fred Collins	7.80	6 Dick Scott	9.06
3 John Battaglia	7.83	7 William Bergen	9.5
4 Al Oliveira BRAZ 5 Larry Harvey	8.20	Final:	
Final:	8.24	1 Jim Law	8.24
1 Robert Mitchell	7.43	2 Melvin Larsen 3 Ross Mitchell	8.33
2 Danny Thiel	7.49	4 Bernard Stevens	8.43
3 Fred Collins 4 Douglas Spencer	7.72	5 Bill Bowers	8.63
5 Ed Jones	7.79	6 Bailey Gore	8.75
6 Caleb Brown	7.88	7 Chuck Sochor	8.78
7 John Battaglia	9.9	8 Jack Greenwald M70	8.82
M50 Heat 1:		1 Paul Saunders	8.74
1 Harold Morioka	7.64	2 Tim Murphy	9.00
2 Gary Courtland	7.77	3 Sam Madia	9.14
3 Dennis Buss	7.89	4 Oscar Harris 5 Jack Hipple	9.25 9.35
4 David Denman 5 Robert Simmons	7.96 8.12	6 Max Goldsmith	9.47
6 Jim Swayze	8.14	7 Angelo Oliver	11.2
7 Thornton Shelton	8.18	M75 1 Rod Parker A	29.13
Heat 2:	0.00	(Barry Ivers/9.5/1992)	
1 Gary Oliphant 2 Rab Hagin	8.04	2 Jay Sponseller	9.73
3 Nick Gailey	8.10 8.12		10.06
	Sales ex	4 Al Fairchild	10.77

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M80			
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M80		SWEET.	Heat 1:
1 Virgil McIntyre		-	
M80			3 Robert Simmon
1 Virgil McIntyre			4 Thornton Shel
1 Virgil McIntyre   11.2   2 Jerry Wible   11.3   3 Claude Hills   11.5   11.	MRO		
2 Jerry Mible   11.3   3 Claude Hills   11.5   M85			
Master   James   J			
- Karl Trei CAN 12.3 william Park 12.3 william Hamnonds 1 Sensible Foreman 2 Pamela King 2 Pamela King 2 Pamela King 3.4 has a pamela		11.5	3 Bill Knocke
1   Saren Johnson   8.53   2   Belinda McCoy   8.57   3   Angela Nealy   8.64   3   Laah Rewolinski   9.94   W15   1   Phil Raschker   8.12/1993)   2   Lorraine Tucker   8.96   3   Penny Banielson   9.72   W50   1   Phil Raschker   8.12/1993)   2   Lorraine Tucker   8.96   3   Penny Banielson   9.72   W50   2   Jane Dods   10.87   2   Johnsye Valien   10.86   2   Lavina Baefele   2   Josephine Sullivan   11.99   W70   W70   W70   1   Stan Jefferson   21.49   2   Tom Lowe   23.99   3   Charles Johnson   24.86   4   Mark Morse   23.99   3   Charles Johnson   24.86   4   Mark Morse   25.99   M11   Martin Sanch   2   Jose Sumerli   1   Jain Mathis   2   Jose Sumerli   2   J	M85	N 12 3	4 Abelardo Lope
Naren Johnson   8.53   3 Robert Simmor   3 Angela Nealy   8.64   3 Leah Rewolinski   9.94   W45   1 Phil Raschker   0.86   3 Leah Rewolinski   9.94   W45   1 Phil Raschker   0.87   3 Penny Danielson   9.72   2 Lorraine Tucker   8.96   3 Penny Danielson   9.72   2 Howard Weiss			
2 belinda McCoy 8.57 3 Angela Nealy 8.64 W35 1 Denise Foreman 8.33 2 Pamela King 8.46 3 Laah Rewolinski 9.94 W45 1 Phil Raschker   WiR8.03 (Raschker/8.12/1993) 2 Lorraine Tucker 9.72 W50 1 Marilyn Mitchell 9.38 2 Barbara Stewart 9.49 W55 1 Fei-Mei Chou 10.50 2 Jane Dods 10.87 W60 1 Irene Obera WR9.01 (Joan Ogden/9.4/1988) 2 Marjorie Moore 11.19 W65 2 Lavina Haefele 10.65 2 Carol Peebles 12.4 200m M30 1 Stan Jefferson 21.49 2 Tom Lowe 21.99 3 Charles Johnson 24.86 4 Mark Morse 56.49 5 William Hammonds 29.11 M55 Heat 1: 180 James 12.86 4 Mark Morse 26.49 5 William Hammonds 29.11 M55 1 Een James 2.76 6 Tom Quigg 26.27 6 Tom Quigg 26.27 1 Jay Mathis 23.86 2 Rory Jennings 24.70 3 Janes Hilliard 24.94 4 Rich Clough 25.99 5 Rich Clough 25.99 6 Rochery Wilson 25.99 6 Rochery Milson 25.99 6 Rochery Kanik 23.30 4 Tom Jones 23.40 3 Dornel Matley 23.69 6 Robert Hahn 24.94 4 Keith Witherspoon 23.19 5 Gerry Krasinik 23.37 4 David Craig 24.33 5 Gerry Krasinik 23.77 6 Jonnie Thomas 24.94 7 John Marie William Harrell 24.94 8 Jonnie Thomas 23.77 8 Argel Rainel Rainel Rainel Moly 24.98 8 Andy Andersor William Mercell 24.98 8 Andy Andersor William Mercell 24.98 8 Andy Andersor William Mercell 24.99 9 Tore Lowe 24.99 9 Tore Lowe 25.99 9 Rich Clough 25.99 1 Rich Clough 25.99 1 Rich Clough 25.99 1 Rich Clough 26.90 1 Rich William Hamiland 26.92 1 Bill Bowers 3 Bernard Stew 27 1 Bernard	1 Karen Johnson	8.53	
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2 Pamela King		0 22	
3 Leah Rewolinski			
1 Phil Raschker   NH8.03     1 Raschker/8.12/1993     2 Lorraine Tucker   8.96     3 Penny Danielson   9.72     W50   1 Marilyn Mitchell   9.38     2 Barbara Stewart   9.49     W55   1 Fei-Mei Chou   10.50     2 Jane Dods   10.87     1 Irene Obera   WR9.01     1 Lavina Haefele   10.65     2 Josephine Sullivan   11.09     W70   1 Lavina Haefele   10.65     2 Carol Peebles   12.4     200m   N30   1 Stan Jefferson   23.49     2 Tom Lowe   23.99     3 Charles Johnson   24.66     4 Mark Morse   26.49     5 William Hamnonds   29.11     M55   1 Ben James   22.88     2 Tom Rewolinski   24.70     3 Janes Hilliard   24.94     4 Fred Hervert   25.99     5 Stephen Winkel   26.27     6 Tom Quigy   26.2     Haat 2:   1 Ben James   22.62     1 Jay Mathis   23.86     2 Rory Jennings   24.17     3 Joe Schwieterman   24.74     4 Rich Clough   25.24     5 Rodney Wilson   25.56     Final:   1 Tom Rewolinski   24.59     5 Rich Clough   25.29     6 Robert Hahn   25.41     7 Walden Curry   25.64     1 Tom Jones   23.10     2 Kevin Nance   23.40     2 Kevin Nance   23.40     3 Jonnie Thomas   24.08     4 Mort Mitherspoon   23.81     5 Jeff Evangelisti   25.39     6 Robert Hahn   25.41     7 Walden Curry   25.64     1 Tom Jones   23.53     2 Gerry Krainik   24.69     4 Keith Witherspoon   23.81     5 Jeff Evangelisti   25.39     6 Robert Hahn   25.41     7 Walden Curry   25.64     1 Bill Collins   24.89     4 Fred Gollins   24.89     5 Gerry Krainik   23.65     6 Jim Dolezel   25.25     6 Robert Mitchel   24.69     7 Jorn Mathis   24.89     8 Fred Collins   24.89     9 Fred Collins   24.89     1 Tim Murphy   2 Paul Saunders     2 Mary Bennet   24.08     2 Marter More   24.08     3 Harry Brown   24.07     4 Bob Sobolews   25.99     4 Rich Clough   25.29     5 Rich Clough   25.29     6 Robert Marter   24.69     7 Jorn Rewolinski   24.59     8 Fred Collins   24.69     9 Fred Collins   24.69     1 Tim Mithis   24.69     1 Tim Mathi			
Phil Rascker /8.1.2/1993  2   Lorraine Tucker   8.96   3   Penny Danielson   9.72   150   Marilyn Mitchell   9.38   2   Barbara Stewart   9.49   W55   1   Fei-Mei Chou   10.50   2   Jane Dods   10.87   W60   1   Irene Obera   WR9.01   (Joan Ogden/9.4/1988)   2   Marjorie Moore   11.19   W65   1   Johnnye Valien   10.86   2   Josephine Sullivan   11.09   W16   2   Josephine Sullivan   11.09   W170   1   Lavina Haefele   2   Josephine Sullivan   11.09   3   Carol Peebles   12.4   200m   W30   1   Stan Jefferson   21.49   2   Tom Lowe   23.39   3   Charles Johnson   4   Mark Morse   26.49   5   W11liam Hammonds   29.11   W175   W181			
Raschker/8.12/1993    2   Lorraine Tucker   8.96   3 Penny Danielson   9.72   1 Marilyn Mitchell   9.38   2 Barbara Stewart   9.49   W55   1 Fei-Mei Chou   10.50   2 Jane Dods   10.87   10.870   10.8		WR8.03	
3 Penny Danielson   9.72   1 Marilym Mitchell   9.38   2 Barbara Stewart   9.49   Wise Boudrea   1 Charley Mill   2 Mike Boudrea   3 Mayne Bennet   4 Joe Hemler   2 Josephine Sullivan   11.99   11.99   12.00m   11.19   12.00m   11.05   2 Carol Peebles   12.4   12.00m   13.00m   1			
1 Marilyn Mitchell			2 Howard Weisse
1 Marilym Mitchell 9,38 2 Barbara Stewart 9,49 W55 1 Fei-Mei Chou 10,50 2 Jane Dods 10,87 W60 1 Irene Obera WR9,01 (Joan Ogden/9,4/1988) 2 Marjorie Moore 11,19 W70		9.72	
2 Barbara Stewart		9.38	Heat 2:
1 Fei-Mei Chou		9.49	THE RESIDENCE OF THE PARTY OF T
2 Jane Dods 10.87   2 Jane Dods 10.87   1 Irene Obera WR9.01   (Joan Ogden/9.4/1988)   2 Marjorie Moore WR9.01   (Joan Ogden/9.4/1988)   2 Marjorie Moore 11.19   W55   1 Johnnye Valien 10.86   2 Josephine Sullivan 11.09   W70   1 Lavina Haefele 10.65   2 Carol Peebles 12.4   200m   W30   1 Stan Jefferson 23.49   2 Tom Lowe 23.99   3 Charles Johnson 24.66   4 Mark Morse 26.49   5 William Hamnonds 29.11   M35   Heat 1:	The second secon		
1 Irene Obera   WR9.01     1 Irene Obera   WR9.01     (Joan Ogden/9.4/1988)     2 Marjorie Moore   11.19     W65     1 Johnnye Valien   10.86     2 Josephine Sullivan   11.09     W70     1 Lavina Haefele   10.65     2 Carol Peebles   12.4     200m   M30     1 Stan Jefferson   23.49     2 Tom Lowe   23.99     3 Charles Johnson   24.86     4 Mark Morse   26.49     5 William Hamnonds   29.11     M35     1 Ben James   22.88     2 Tom Rewolinski   24.70     3 James Hilliard   24.94     4 Fred Hervert   25.98     5 Stephen Winkel   26.27     6 Tom Quigg   26.2     Heat 2:   1 Jay Mathis   23.86     2 Rory Jennings   24.73     4 Rich Clough   25.24     5 Rodney Wilson   25.96     Final:   1 Ben James   22.76     2 Jay Mathis   23.99     3 Rory Jennings   24.23     4 Tom Rewolinski   25.99     5 Rich Clough   25.29     6 Rodney Wilson   25.99     7 M00     Heat 1:   1 Bill Collins   22.90     2 Kevin Nance   23.40     3 Dorel Watley   25.41     5 Jeff Evangelisti   25.39     6 Robert Hahn   25.41     7 Walden Ourry   25.64     Beat 2:   1 Tom Jones   23.53     2 Gerry Krainik   23.69     4 David Craig   24.33     5 Tom Dickson CAN   24.58     6 Jim Dolezel   76.76     1 Bill Collins   24.98     5 Jeff Evangelisti   25.39     6 Robert Hahn   25.41     7 Walden Ourry   25.64     Beat 1:   1 Jim Law     1 Jim Law   2 Melvin Larser   3 Jack Greenwal     5 Jeff Evangelisti   25.39     6 Robert Hahn   25.41     7 Walden Ourry   25.64     1 Ben James   23.53     2 Gerry Krainik   23.69     3 Tom Dickson CAN   24.58     6 Jim Dolezel   76.76     7 Bay Mathis   23.69     8 Rodney Wilson   25.99     7 M00   7 David Craig   24.90     9 Jeff Evangelisti   25.39     1 Robert Mitchell   24.04     2 Douglas Spencer   24.90     2 P G Felton   24.89     3 Tom Bassett   25.32     4 Danna Bassett   25.32     1 Robert Mitchell   24.04     2 P G Felton   24.89     3 Tom Bassett   25.32     4 Danna Bassett   25.32     4 Dana Harrell   27.63     5 Dave Waller   24.04     2 P G Felton   24.89     3 Tom Bassett   25.32     4 Dana Harrell   2			
1   Irene Obera		10.87	5 Larry Carter
Johnnye Valien   10.86   2 Josephine Sullivan   11.09   W70   1 Lavina Haefele   10.65   2 Carol Peebles   12.4   200m   M30   1 Stan Jefferson   23.49   2 Tom Lowe   23.99   3 Charles Johnson   24.86   4 Mark Morse   26.49   5 William Hammonds   29.11   M35   M	The second secon	WR9.01	
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1   Lavina   Haefele   2   Carol   Peebles   12.4			3 Wayne Bennet
1 Lavina Haefele 200m M30		11.09	
2 Carol Peebles   12.4   200m   Milo   1 Stan Jefferson   23.49   2 Tom Lowe   23.99   3 Charles Johnson   24.86   4 Mark Morse   5 William Hammonds   26.49   5 William Hammonds   24.70   3 James Hilliard   24.94   4 Fred Hervert   25.98   5 Stephen Winkel   26.27   6 Tom Quigg   26.2   1 Marion Sanch   2 Estes Reddit   3 Pierre Dobro   4 Bob Alexande   Heat 3: 1 Harry Brown   2 Lowell Bonfi   3 Heart   2 Heat 2: 1 Marion Sanch   2 Estes Reddit   3 Pierre Dobro   4 Bob Alexande   4 Bob Alexande   4 Bob Alexande   4 Bob Alexande   5 Estes Reddit   3 Hearry Brown   2 Lowell Bonfi   3 Heart	the state of the s	10.65	
1 Stan Jefferson   23.49   2 Tom Lowe   23.99   3 Charles Johnson   24.86   4 Mark Morse   26.49   5 William Hammonds   29.11   M35   1 Ben Jawes   22.88   2 Tom Rewolinski   24.70   3 James Hilliard   24.94   4 Fred Hervert   25.98   5 Stephen Winkel   26.27   6 Tom Quigg   26.2   1 Jay Mathis   23.86   2 Estes Reddit   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Brown   4 Bob Sobolews   2 Lowell Bonfi   3 Harry Bro			
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3 Tom Bassett 25,32 3 Katie Whitene 4 Dana Harrell 27,13 4 Leah Rewolins 5 Dave Walter 27.63. W40	1 Robert Mitchell	24.04	1 Pamela King
5 Dave Walter 27.63. W40	2 P G Felton	24.89	2 Cheryl Alston
5 Dave Walter 27.63. W40	4 Dans Hassett	25.32	
6 Don Prososki 28,26 1 Jan Brummond	5 Dave Walter	27.13	
	6 Don Prososki	28.26	

asters News		
Final:	R23.14	W45 1 P
1 Fred Sowerby A (Roger Pierce/23.4/199	0)	(Rase
2 Stan Druckrey 3 Robert Mitchell	23.67 23.86	W50
4 Danny Thiel	24.40	W60
5 Fred Collins 6 P G Felton	24.54 25.21	1 I
7 'Tom Bassett 8 Doug Spencer	25.3 25.4	W70 1 L
M50		(Mar
Heat 1: 1 Harold Morioka CAN	24.09	400m M30
3 Robert Simmons	26.37 26.62	1 To
4 Thornton Shelton 5 Fred Niedermeyer		3 C
Heat 2: 1 Roger Phillips	0	5 S
2 Dennis Buss	25.80	M35
3 Bill Knocke 4 Abelardo Lopez	26.34	2 R 3 M
5 Nick Gailey Final:	28.19	4 R 5 J
1 Roger Phillips	25.42 25.72	6 J
3 Robert Simmons	26.41	7 F 8 S
4 Bill Knocke 5 Abelardo Lopez	26.59 27.03	9 F M40
	27.14	1 D
M55	27.00	2 R
Heat 1: 1 Jim Mathis	25.74	4 To
2 Howard Weisser 3 Ed Alexander	27.72 34.49	6 A
Heat 2:	SALES OF	7 R
1 Charley Miller 2 Mike Boudreaux 3 Wayne Bennett	26.29 26.40	9 M 10 J
3 Wayne Bennett 4 Joe Hemler	26.76 26.78	11 M
5 Larry Carter	28.74	12 D
6 Joe Straub 7 John Head	29.69 30.1	14 T
Final: 1 Jim Mathis	25.3	M45
2 Mike Boudreaux 3 Wayne Bennett	26.24 26.53	(Sta
4 Joe Hemler	26.59	2 F
5 Howard Weisser M60	27.57	4 L 5 D
Heat 1: 1 Bob Sobolewski	27.88	M50
2 Joe Summerlin	28.93	1 D
3 Vern Schewe 4 Lawrence Greco	28.97 30.39	2 I 3 F
Heat 2: 1 Marion Sanchez		4 7
2 Estes Redditt	27.82	5 A
3 Pierre Dobrovolny 4 Bob Alexander	27.91	
Heat 3: 1 Harry Brown	27.83	M55
2 Lowell Bonfield	29.16	2 1
3 Fred Gunther Final:	29.62	3 1
1 Marion Sanchez 2 Estes Redditt	26.51 27.57	5 1
3 Harry Brown	27.61	7 1
4 Bob Sobolewski 5 Box Alexander	28.13 28.61	8 .
6 Joe Summerlin 7 Lowell Bonfield	28.73 29.56	M60
M65		(Hai
	WR26.69	2 I
(Law/26.92/1991) / 2 Bill Bowers	29.23	4 H 5 F
3 Jack Greenwald	29.39	6 F
5 Andy Anderson	29.46 29.46	7 F 8 N
Heat 2: 1 Bernard Stevens	28.27	9 N M65
2 Melvin Larsen	28.27	1.0
3 Chuck Sochor 4 Peter Kronberg	28.32 28.8	2 (
5 William Bergen Final:	31.1	4 .
1 Jim Law	27.06	6 1
2 Melvin Larsen 3 Bernard Stevens	28.19 28.33	7 N M70
4 Chuck Sochor 5 Peter Kronberg	28.67 28.91	1 S
6 Jack Greenwald	29.17	3 F
7 Bill Bowers 8 Andy Anderson	29.18	4 A
M70 1 Tim Murphy	30.19	6 R M75
2 Paul Saunders	30.45	1 R
3 Oscar Harris 4 Sam Madia	31.09	(Jay 2 J
5 Jack Hipple M75	31.57	M80
1 Rod Parker	7R30.78	2 J
(Jay Sponseller/31.85, 2 Jay Sponseller	32.73	3 V W30
2 Jay Sponseller 3 Garfield Schoener 4 Al Fairchild	34.46 39.67	1 H 2 A
M80 1 Milo Lightfoot	THE RESERVE OF	W35
2 Virgil McIntyre		1 S 2 C
3 Jerry Wible	39.78	3 K
1 Belinda McCoy 2 Angela Nealy	29.04	W40
W35		2 D
1 Pamela King 2 Cheryl Alston	29.49 29.57	3 P W45
3 Katie Whitener 4 Leah Rewolinski	30.76 32.94	1 P
W40		- L
, oar brambin	35.43	2 D

	West State
1 Phil Raschker	WR26.06
(Raschker/26.31/1993	
2 Penny Danielson	33.32
W50 1 Marilyn Mitchell	31.94
W60	
1 Irene Obera	WR30.39
(Joan Ogden/31.6/198 W70	
1 Lavina Haefele	WR37.31
(Mary Wixey/37.4/199	91)
400m	
M30 1 Tom Lowe	52.59
2 Stan Jefferson	52.68
3 Calvin Johnson	53.05
4 Anthony Krainik 5 Scott Keller	53.11 58.12
M35 (sections combin	
1 Jay Mathis	52.96
2 Rory Hennings 3 Mike O'Malley	54.76 54.94
4 Rich Clough	55.14
5 James Reppert	56.07
6 John Adams	56.11
7 Frank Makozy	56.22
8 Stephen Winkel 9 Fred Hervert	56.54 57.47
M40 (sections combin	ned)
1 Dorel Watley 2 Randy Benson	52.00
2 Randy Benson	53.07
3 Ken Popejoy 4 Tom Jones	53.16 53.60
5 Gerry Krainik	53.73
6 Allen Russell 7 Robert Bowen	53.82
7 Robert Bowen 8 Mike Maryott	54.18 57.90
9 Michael Brown	58.29
10 Jeff Evangelisti	58.64
11 Marcus Hamilton	58.66
12 David Peaco 13 Bruce MacPherson	59.88 61.62
14 Tom Nelson	61.63
15 Pat Malone	63.49
M45 (sections combin	
1 Frederick Sowerby (Stan Whitley/51.15/	
2 Fred Collins	54.80
3 P G Felton	55.10
4 Luis Pannarale	58.58
5 Dustin Mann M50 (sections combin	58.95
- Harold Morioka	
1 Dennis Duffy	55.74
2 Irvin Heath	58.29
3 Kingsley Clarke	60.23
4 Abelardo Lopez 5 Allen McDaniel	60.49
2 WILCH LEGGITET	
6 Bill Knocke	
6 Bill Knocke 7 Steve Cottle	61.18
7 Steve Cottle 8 Rab Hagin	61.18
7 Steve Cottle 8 Rab Hagin MS5	61.18 61.81 64.54
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains	61.18
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker	61.18 61.81 64.54 56.45 57.97 58.37
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker	61.18 61.81 64.54 56.45 57.97 58.37
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Bowdreaux	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68
7 Steve Cottle 8 Rab Hagin MS5 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.5
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned)
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combi: 1 Marion Sanchez (Harry Brown/60.62/	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 need) AR60.57
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Benneut 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86
7 Steve Cottle 8 Rab Hagin MS5 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combi 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990)
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combi	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93 ned)
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93 ned)
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93 ned)
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93 ned)
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93 ned) 63.73 65.20 66.25 66.25 67.87
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Uarrell Mitchell	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 64.03 64.58 66.52 68.51 68.93 ned) 63.43 63.43 63.73 65.20 66.25 67.87 75.2
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Darrell Mitchell 7 William Bergen M70	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 64.03 64.58 66.52 68.51 68.93 ned) 63.43 63.73 65.20 66.25 67.87 75.2
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Darrell Mitchell 7 William Bergen M70	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 64.03 64.58 66.52 68.51 68.93 ned) 63.43 63.73 65.20 66.25 67.87 75.2
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Darrell Mitchell 7 William Bergen M70	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 64.03 64.58 66.52 68.51 68.93 ned) 63.43 63.73 65.20 66.25 67.87 75.2
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Darrell Mitchell 7 William Bergen M70 1 Sam Madia 2 Jack Hipple 3 Paul Schmitt	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 1990) 60.86 61.89 62.55 64.03 64.58 66.52 68.51 68.93 ned) 63.43 63.73 65.20 66.25 67.87 75.2 75.3
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Darrell Mitchell 7 William Bergen M70 1 Sam Madia 2 Jack Hipple 3 Paul Schmitt 4 Archie Messenger	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93 ned) 63.43 63.73 65.20 66.25 67.87 75.2 75.3
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Benneut 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Carrell Mitchell 7 William Bergen M70 1 Sam Madia 2 Jack Hipple 3 Paul Schmitt 4 Archie Messenger 5 Oscar Harris 6 Roy Englert	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93 ned) 63.43 63.73 65.20 66.25 67.87 75.2 75.3
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Benneut 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Carrell Mitchell 7 William Bergen M70 1 Sam Madia 2 Jack Hipple 3 Paul Schmitt 4 Archie Messenger 5 Oscar Harris 6 Roy Englert	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 64.03 64.58 66.52 68.51 68.93 ned) 63.43 63.73 65.20 66.25 67.87 75.2 75.3
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Uarrell Mitchell 7 William Bergen M70 1 Sam Madia 2 Jack Hipple 3 Paul Schmitt 4 Archie Messenger 5 Oscar Harris 6 Roy Englert M75 1 Red Barker	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93 ned) 63.43 65.20 66.25 67.87 75.2 75.3
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Darrell Mitchell 7 William Bergen M70 1 Sam Madia 2 Jack Hipple 3 Paul Schmitt 4 Archie Messenger 5 Oscar Harris 6 Roy Englert M75 1 Rod Parker (Jay Sponseller/73.6 2 Jay Sponseller/73.6 2 Jay Sponseller	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93 ned) 63.43 65.20 66.25 67.87 75.2 75.3
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Darrell Mitchell 7 William Bergen M70 1 Sam Madia 2 Jack Hipple 3 Paul Schmitt 4 Archie Messenger 5 Oscar Harris 6 Roy Englert M75 1 Rod Parker (Jay Sponseller/73.6 2 Jay Sponseller/73.6 2 Jay Sponseller/80	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 i 64.03 63.73 65.20 66.25 67.87 75.2 75.3 1:10.49 1:10.88 1:13.47 1:14.06 1:18.49 1:39.25
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Darrell Mitchell 7 William Bergen M70 1 Sam Madia 2 Jack Hipple 3 Paul Schmitt 4 Archie Messenger 5 Oscar Harris 6 Roy Englert M75 1 Rod Parker (Jay Sponseller/73.8 2 Jay Sponseller	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) 60.86 61.89 62.55 i 64.03 64.58 66.52 68.51 68.93 ned) 63.43 63.73 65.20 66.25 67.87 75.2 75.3 1:10.49 1:10.49 1:10.88 1:13.47 1:14.06 1:18.49 1:39.25
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Darrell Mitchell 7 William Bergen M70 1 Sam Madia 2 Jack Hipple 3 Paul Schmitt 4 Archie Messenger 5 Oscar Harris 6 Roy Englert M75 1 Rod Parker (Jay Sponseller M80 1 Milo Lightfoot 2 Jerry Wible	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 60.86 61.89 62.55 64.03 64.58 66.52 68.93 ned) 63.43 63.73 65.20 66.25 67.87 75.2 75.3 1:10.49 1:10.88 1:13.47 1:14.06 1:18.49 1:39.25 RR1:12.64 80/1993) 1:13.57
7 Steve Cottle 8 Rab Hagin M55 1 Jim Mathis 2 Bill McIlwains 3 Ken Baker 4 Howard Weisser 5 Mike Boudreaux 6 Wayne Bennett 7 Ed Alexander 8 John Cosgrove 9 Joe Straub M60 (sections combin 1 Marion Sanchez (Harry Brown/60.62/ 2 Lee Blount 3 Kenneth Luff 4 Harry Brown 5 Robert Sobolewsk 6 Paul Heitzman 7 Fred Gunther 8 Norman Robinson 9 Vern Schewe M65 (sections combin 1 Chuck Sochor 2 Gordon Seifert 3 Jim Law 4 Jack Greenwald 5 Andy Anderson 6 Darrell Mitchell 7 William Bergen M70 1 Sam Madia 2 Jack Hipple 3 Paul Schmitt 4 Archie Messenger 5 Oscar Harris 6 Roy Englert M75 1 Rod Parker (Jay Sponseller/73.6 2 Jay Sponseller/M80 1 Milo Lightfoot 2 Jerry Wible 3 Virgil McIntyre W30	61.18 61.81 64.54 56.45 57.97 58.37 60.9 61.68 62.45 66.5 66.7 66.8 ned) AR60.57 1990) 63.43 63.73 65.20 66.52 68.51 68.93 ned) 63.43 63.73 65.20 66.25 67.87 75.2 75.3 1:10.49 1:39.25  AR1:12.64 60/1993) 1:13.57 1:27.02 1:35.00 1:40.90
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1	3 Sylvie Kimche W50	1:12.59
1	1 Ruth Nalepa	AR1:11.58
١	(Linda Upton/1:12.8	6/Jan. '94
١	W55	1.24 62
١	1 Jane Dods 2 Elton Richardson	1:25.92
١	W60	
١	1 Irene Obera	WR1:15.99
١	(Betty Vosburgh/1:20 W70	0.26/1992)
١	1 Carol Peebles	1:55.1
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ı	M30	10 74
١	1 Gregg Harris	2:00 45
١	2 Andrew Pope 3 Mark Carver 4 Jim Busby	2:03.64
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١	M35 (sections combin	2:00.09
١	2 Bruce Frey	2:01.88
	3 Mark Stanbrough	2:05.24
	NS (sections combin 1 Richard Smith 2 Bruce Frey 3 Mark Stanbrough 4 John Anderson 5 Rodney Blis 6 Fred Hervert 7 James Reppert 8 Tom Aspel 9 Scott Rothe	2:07.17
ı	6 Fred Hervert	2:10.94
	7 James Reppert	2:11.51
	8 Tom Aspel	2:12.4
0	1 Ken Popejoy	1:58.86
	2 Nolan Smith	2:00.32
	3 Rick Easley	2:01.01
	1 Ken Popejoy 2 Nolan Smith 3 Rick Easley 4 Don Drozd 5 Ben Zhao 6 Tom Ryan	2:04.41
١	6 Tom Ryan	2:06.43
	7 Rich Schornstein	2:06.71
	9 Wayne Morris	2:16.19
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	5 Ben Zhao 6 Tom Ryan 7 Rich Schornstein 8 Norman Dodson 9 Wayne Morris 10 Ronnie Carda 11 Patrick Malone M45 (sections combi	2:28.84
	1 Fred Sowerby	2:08-17
	1 Fred Sowerby 2 Salih Talib	2:11.36
	3 Sverre FalckPedr	son2:13.67
	4 Gordon Reiter 5 Robert Weiner	2:16.96
	M50 (sections combi	ned)
	- Neil Macionald AU	S 2:09.24
F	1 Gene Timberlake 2 Dennis Duffy	2:10.28
	3 Allen McDaniel	2:12.00
	3 Allen McDaniel 4 Rick Kleyman 5 Bill McMillen	2:16.60
	5 Bill McMillen	2:20.16
	6 Michael Taglio 7 Steven Cottle 8 Kingsley Clarke 9 Michael Brazier	2:20.84
	8 Kingsley Clarke	2:21.37
	9 Michael Brazier	2:22.46
h	10 Jerome McFadden 11 Greyg Walhstrom	2:26.15
	M55 (sections combi	ned)
100	1 Sid Howard	2:11.58
i.	2 Ken Baker - Bill McIlwaineC	2:13.94 N 2:21 03
1	3 Mike Witkin	2:25.27
i.	4 Jim Clark	2:26.38 2:31.41
i i	5 Ken Oyden	2:31.41
No.	6 Ross Greathouse 7 Ed Alexander	2:37.73
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ı	1 Kenneth Luff	
		2:21.94
ı	2 Paul Heitzman 3 Charles Wimberle	2:21.94 2:23.31 v 2:24.69
١	2 Paul Heitzman 3 Charles Wimberle 4 Gary DeFrance	2:21.94 2:23.31 y 2:24.69 2:25.87
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	3 Charles Wimberle 4 Gary DeFrance 5 Richard Peck 6 Robert Culling	y 2:24.69 2:25.87 2:26.86 2:42.94
	3 Charles Wimberle 4 Gary DeFrance 5 Richard Peck 6 Robert Culling 7 Clint Leon 8 William Brobst	y 2:24.69 2:25.87 2:26.86 2:42.94
	3 Charles Wimberle 4 Gary DeFrance 5 Richard Peck 6 Robert Culling 7 Clint Leon 8 William Brobst	y 2:24.69 2:25.87 2:26.86 2:42.94 2:44.78 3:16.08
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4 Carroll DeWeese	10:28.33 10:33.68	1
5 John Craig 6 James McFadden 7 Wally Brawner	10:42.33	
8 Kenneth Katzer 9 Charles Johnson	12:01.5	
MS5 1 Mike Witkin	10:44.1	1
2 Ken Ogden 3 David Biersmith	11:19.19	
M60 1 Charles Williams		
2 Dick Wilson 3 Thomas Novak	11:09.86 11:10.75	1
4 Robert Culling 5 Ted Oviatt	11:55.85	31.34
6 Arnold Mueller 7 Jack Nyhan	12:40.34 13:17.53	
M65 1 Joe King 2 Gunnar Linde	11:22.94	1
3 Bill Carey 4 Ernie Hirshfeld	12:08.0 12:16.89 12:24.35	
M70 1 Don Greenwood	13:45.34	
2 George Rasch 3 Roy Englert	15:00.48 16:39.64	
M75 1 Bill Dyer	15:22.72	
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W30	21:22.1	1 E
1 Andrea Fischer 2 Jennifer Ditchflo W35	110:59.86	
1 Carla Hervert 2 Mimi Ney	10:34.92	1. 04
3 Laurel Russell W45	12:18.54	1
1 Jane Hutchison Al (Joni Shirley/11:06		100 m
- Linda FindleyCAN 2 Marilyn Salvetti	11:13.93	1
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1 Kati McIntyre 2 Jane Dods	13:29.0 14:13.63	
60m Hurdles M30		
1 Reyna 'Thompson 2 Robert Stanley	8.12 8.32	1
3 Calvin Johnson 4 Joe Gresham	8.34 8.97	SERVIN.
M35 1 Joe Schwieterman 2 Dan Glushefski	8.58 8.72	
3 Milton Scurlock 4 Charles Barnard	9.56	4
M40 1 Colin Williams	8.1	
2 Robert Zahn 3 Tom Gilliard	8.4 8.5	1
4 Donald Knapp 5 Michael Brown M45	11.2 23.5	
1 Stan Druckrey	WR8.43	
(Willie Davenport/8, 2 Rex Harvey 3 Fred Johnston	9.14	To See
4 Neal Schuster M50	11.75	
1 Hugh Adams 2 Gray Courtland	8.97 9.05	197%
3 Ken Winters	9.66	Ť
5 Fred Niedermeyer 6 Jeff Loubet	9.79 9.82	100
8 Tom Thorne	9.86 9.97	100
MS5 1 Charley Miller (Dale Lance/9.15/19	WR9.13	7
2 Emil Pawlik	9.35	12.30
3 John Head 4 Wayne Carter M60		14-2-14 A
1 Phil Mulkey 2 Marion Sanchez 3 Lowell Bonfield 4 Lee Blount	9.47 9.90	
3 Lowell Bonfield 4 Lee Blount	10.23 12.05	
M65 1 Denver Smith 2 Buck Bradberry		-
3 Dick Scott	11.87	
5 Alfonzo Wilson 6 Bailey Gore	13.82 14.7	
M70 1 Edwin Lukens	WR10.57	
(Les Williams/10.9) 2 Paul Saunders 3 Bob Warwick	13.53	
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1 Denise Foreman (Sherice Duchamp/10 W45		
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National I	M
10-49	ŀ
Decath Midwest 3:51.84 Southwest Regional3:52.84 West Valley TC 3:58.09 Los Angeles 4:09.29	1
Motor City Strider4:24.53	1
50-59 1 Decath Midwest 4:31.62 60-69 1 Kansas 4:55.02	
2 So Cal Striders 5:05.11	
1 Achievements Unltd4:42.27 x880y Relay 50-59	
1 Motor City Strider9:47.15 2 Lincoln TC 10:17.89 3 Decath Midwest 10:43.40	
60 60	
1 Kansas Regional 10:49.75 2 So Cal Striders 11:24.16 3 Iowa Regional 12:36.55 4 PlayItAyain Sprts12:58.96	١
1 Achievemnts Unltd10:52.9 2 Decath Midwest 10:58.3	
ligh Jump BO 1 Jeff Helton 1.93	١
35 1 James Barrineau 2.03 2 Charles Durrant 1.98	
James Barrineau 2.03 2 Charles Durrant 1.98 3 Bruce McBarnette 1.88 4 Paul Titus 1.83 5 Ken Ellis 1.78 6 Joe Lafferty 1.73	-
1 Dwight Stones WR2.10 Stones/2.10/Feb. 1994) 2 Walden Curry 1.85	
2 Walden Curry 1.85 3 Ken Rowe 1.80 4 Jim Dolezel 1.50 5 Donald Knapp 1.50	
45 1 James Sauers 1.75	
2 Jerry Cash 1.70 3 Thomas Light 1.60	
1 James Cawley 1.62 2 Tom Thorne 1.57 3 Bill Angus 1.57 4 Ken Winters 1.57	
4 Ken Winters 1.57 5 Larry Gardner 1.52 6 Dennis Stempel 1.47	
7 Bruce Mills 1.42	
1 Bill Pawlik 1.62 2 Tom Langenfeld 1.57 3 Paul Dorsey 1.52	
4 Richard Hotchkiss 1.52 5 Jerry Sullivan 1.47	
6 John Head 1.47 7 Larry Carter 1.42 8 DeWayne Holton 1.32 9 Ed Arnold 1.32	
7 M ALIOIU 1.32	
1.59 2 Richard Richardson 1.54 3 Phil Mulkey 1.49 4 Bill Butterworth 1.44 5 Norman Robinson 1.39 6 William Brobst 1.19	
5 Norman Robinson 1.39 6 William Brobst 1.19	-
1 J A Gillcrist 1.60 2 Gordon Seifert 1.50 3 Peter Kronberg 1.40	
1 J A Gillcrist 1.60 2 Gordon Seifert 1.50 3 Peter Kronbery 1.40 4 Dick Scott 1.30 5 Fred Hirsimaki 1.25 6 Ed Failor 1.20	
1 Ed Lukona 1 34	
2 Paul Saunders 1.29	
M75 1 Ham Morningstar 1.19 2 Wilbur Ragland 1.09 M80 1 Claude Hills 1.09	
1 Claude Hills 1.09 2 Milo Lightfoot 1.04 3 Virgil McIntyre 1.04 4 Bob Detweiler 0.89 5 Harold Massie 0.79	
- Karl Trei CAN WR1.04 (A. E. Pitcher/1.00/1990)	
1 Deborah Eckhardt 1.04	
1 Jan Brummond 1.17 W45 1 Phil Raschker WR1.53 (Raschker/1.50/Jan. 1994) - Liz McBlain CAN 1.39	
W50	
1 Barbara Stewart 1.04	1
W60 1 Marjorie Moore 1.04	
1 Johnnye Valien 1.04 2 Josephine Sullivan 0.99	
Pole Vault	
1 Paul Babits 4.85 2 Dave Wooley 4.40 3 Paul Herda 4.40	
1 Gary Hunter 4.85 2 Rick Rogers 4.55	
3 Ken Ellis 4.40 4 Wilson Soohoo 4.25 5 Jerry Rohn 3.80	
6 Stephen Winkel 3.50	1

		_
140 1 Richard Christoph	4.37 . 1	
2 Cone Bard	4.30	
3 Donald Knapp	3.93 3.93	
4 Chuck Lax 5 Jim Kleiger	3.78	
1 Jerry Cash 2 Warren Wilke	4.30	
2 Warren Wilke	4.12	
3 Rex Harvey	4.12	
4 Phil Wolter 5 Thomas Light	3.63	
5 Thomas Light 6 Neal Schuster	2.13	
1 Dennis Stempel 2 Jeff Loubet 3 Tom Thorne	3.33	
2 Jeff Loubet	3.33	
3 Tom Thorne	2.88	
1 Jim Hayslett	2.29	
1 Jerry Donley	3.34	
1 Jerry Donley 2 Phil Mulkey	3.34	
3 William Brobst 4 Franklin Brown	2.13	
M70		
1 Bob Warwick	1.73	
2 Jack Haefele M75	4 4 4	
1 Ham Morningstar	1.93	
M80 1 Carol Johnston	WR2.44	
(Johnston/2.40/1992)	ALL PROPERTY.	
2 Milo Lightfoot 3 Claude Hills	1.53	
W45		
1 Phil Raschker (Raschker/2.90/Jan.	WR3.20	
W50		
1 Barbara Stewart (Stewart/2.03/Jan. 1	AR2.28	
Long June	,,,,	
M35		
1 Derek Shelton 2 Donald Maryott	6.65	
	6.35	
3 Joe Lafferty 4 Joseph Smith 5 Paul Titus 6 Jay Mathis 7 Stephen Winkel 8 Clark Allen	6.27	
6 Jay Mathis	5.99	
7 Stephen Winkel	5.63	
8 Clark Allen M40	4.82	
1 Keith Witherspoon	7.00	
2 Scott Thornsley	5.99 5.98	
3 Michael Skofland 4 Fred Murrell 5 Mike Maryott 6 Jim Dolezel	5.91	
5 Mike Maryott	5.71	
6 Jim Dolezel 7 Phil Taylor	5.35 4.90	
8 Pat Malone	4.82	
M45 1 Edward Jones	5.95	
2 Rex Harvey	5.84	
3 Dana Harrell 4 Caleb Brown	5.40 5.12	
5 Neal Schuster	4.34	
1 Hugh Adams	5.66	
2 Ken Medley	5.65	
3 James Cawley 4 Dennis Stempel	5.29	
5 Hill Angus	5.08	
6 Jim Swayze	5.03 4.53	
7 David Denman 8 Jim Ratzlaff	4.29	
M55 1 Pmil Pawlik	5.35	
1 Emil Pawlik 2 Charlie Richard	4.85	
3 Don Schneider 4 Ed Arnold	4.78	
5 Gene Harrell	4.60	
5 Gene Harrell 6 John Head	4.32	
7 James Wagner 8 Earl Mege	4.29	
M60	857 48	
1 Phil Mulkey 2 James Stookey	4.92 4.82	
3 Earl Ventura	4.74	
4 Norman Robinson 5 Lowell Bonfield	4.72 4.58	
M65	Carlo V	
1 Melvin Larsen 2 Denver Smith	4.85 4.30	
3 Dick Scott	4.21	
4 Bill Daprano	4.05	
5 Bailey Gore 6 Ed Failor	3.95 3.90	
7 Jim Moorhead	3.48	
M70 1 Ed Lukens	4.43	
2 Paul Saunders	3.79	
3 Oscar Harris 4 Max Goldsmith	3.70 3.61	
5 Jack Hipple	3.39	
6 Bob Warwick M75	2.91	
1 Ham Morningstar	3.01	
M80	-	
1 Claude Hills 2 Virgil McIntyre	2.76	
M85		
- Karl Trei CAN (Russ Randall/2.66/1	WR3.00	
W35		
1 Pamela King	4.62	
2 Sarah Boslaugh W40	4.15	
1 Linda Lowery	4.48	
2 Deb Vestal	2.46	
1 Phil Raschker		
2 Deb Vestal W45 1 Phil Raschker 2 Lorraine Tucker - Liz McBlain CAN 3 Penny Danielson	5.04	

1.37 . 1	W50 1 Barbara Stewart	3.31
4.30 3.93	W55 1 Joann Grissom	3.69
3.93 3.78	2 Fei-Mei Chou W60	3.03
4.30	1 Marjorie Moore W65	2.86
4.12	1 Johnnye Valien	3.12
4.12 3.63	W70	3.05
3.18 2.13	1 Lavina Haefele Triple Jump	3.04
3.33	M30 1 Fred Lewis	13.31
3.33	2 Jeff Helton	12.40
2.29	M35 1 Josephy Smith	13.37
3.34	2 Derek Shelton 3 Joe Lafferty	13.35 12.34
3.34	4 Frank Makozy 5 Donald Maryott	11.71
2.13	M40 1 Keith Witherspoon W	R14.77
2.33	(Sean Power/14.15/	-)
1.73	2 Scott Thornsley 3 Larry Rodenbeck	12.44
1.93	4 Michael Skoflanc 5 Mike Maryott	11.37
R2.44	6 Jim Dolezel 7 Pat Malone	9.88 9.72
1.53	M45 1 Dave Johnson	11.13
R3.20	2 Dana Harrell 3 Don Prososki	10.56
94)	M50 1 Hugh Adams	10.09
R2.28	2 Ken Winters	10.59
(4)	3 Dennis Stempel	10.08
6.65	1 Charlie Richard 2 Tom Langenfeld	9.93
6.39	3 Larry Carter 4 John Head	8.74 8.46
6.35	5 DeWayne Bolton	8.36
6.21	M60 1 Phil Mulkey	10.65
5.63	2 James Stookey 3 Bill Butterworth	10.35 8.27
4.82	M65 1 Denver Smith	9.69
7.00 5.99	2 Bailey Gore 3 Fred Hirsimaki	8.57 8.49
5.98 5.91	4 Ed Failor	8.28
5.71	5 Bill Daprano 6 James Marcantoni	7.62 6.87
5.35 4.90	M70 1 Ed Lukens	9.65
4.82	2 Max Goldsmith	7.24
5.95 5.84	M75 1 Ham Morningstar	5.96
5.40	1 Claude Hills 2 Harold Massie	5.72 3.78
4.34	M85	3.78 WR6.67
5.66 5.65	- Karl Trei CAN (Konrad Boas/4.83/198	9)
5.29	W35 1 Sarah Boslaugh	9.28
5.19	1 Deb Vestal	5.26
5.03 4.53	W45 1 Phil Raschker	10.59
4.29	W50 1 Barbara Stewart	7.48
5.35 4.85	W55	
4.78	1 Joann Grissom W60	
4.60	1 Magdalena Kuehne (Betty Vosburgh/7.71/	WR7.85
4.32	2 Lucy Anne Brobst	6.96
4.05	1 Josephine Sullivan	6.26
4.92	Shot Put M30	
4.82 4.74 4.72	1 Mike Sharp M35	9.87
4.72	1 Jeff Crothers	10.64
4.85	1 Bill Leffler	
4.30 4.21	2 Robert Gunn 3 Pat Burns 4 James McCall	13.33
4.05	4 James McCall 5 Patrick Malone	12.29 8.64
3.95 3.90	6 Tim Fuehrer M45	8.36
		13.03
3.48	1 Tim Seifert	13.03
3.48 4.43	2 Jerry Senters 3 Henry Bussey	12.71 12.03
3.48 4.43 3.79 3.70	2 Jerry Senters 3 Henry Bussey 4 Bob Sager	12.71 12.03 11.27
3.48 4.43 3.79 3.70 3.61 3.39	2 Jerry Senters 3 Henry Bussey 4 Bob Sager 5 Fred Johnston 6 Larry Libbus	12.71 12.03
3.48 4.43 3.79 3.70 3.61	2 Jerry Senters 3 Henry Bussey 4 Bob Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage	12.71 12.03 11.27 10.86 10.35
3.48 4.43 3.79 3.70 3.61 3.39	2 Jerry Senters 3 Henry Hussey 4 Hob Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage 2 Larry Pratt 3 Glen Allen Johnson	12.71 12.03 11.27 10.86 10.35 14.93 14.42 14.05
3.48 4.43 3.79 3.70 3.61 3.39 2.91 3.01	2 Jerry Senters 3 Henry Hussey 4 Hob Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage 2 Larry Pratt 3 Glen Allen Johnson 4 Bill Mauck	12.71 12.03 11.27 10.86 10.35 14.93 14.42 14.05 13.58
3.48 4.43 3.79 3.70 3.61 3.39 2.91 3.01 2.76 2.62	2 Jerry Senters 3 Henry Hussey 4 Hob Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage 2 Larry Pratt 3 Glen Allen Johnson 4 Bill Mauck	12.71 12.03 11.27 10.86 10.35 14.93 14.42 14.05 13.58
3.48 4.43 3.79 3.70 3.61 3.39 2.91 3.01	2 Jerry Senters 3 Henry Bussey 4 Bob Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage 2 Larry Pratt 3 Glen Allen Johnson 4 Bill Mauck 5 La Vane Johnson 6 Sheppard Miers 7 George Mathews 8 Phil Hower	12.71 12.03 11.27 10.86 10.35 14.93 14.42 14.05 13.58
3.48 4.43 3.79 3.70 3.61 3.39 2.91 3.01 2.76 2.62 WR3.00	2 Jerry Senters 3 Henry Bussey 4 Bob Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage 2 Larry Pratt 3 Glen Allen Johnson 4 Bill Mauck 5 La Vane Johnson 6 Sheppard Miers 7 George Mathews 8 Phil Hower M55 1 Richard Hotchkiss 1	12.71 12.03 11.27 10.86 10.35 14.93 14.42 14.05 13.58 12.89 12.86 12.58 12.29
3.48 4.43 3.79 3.70 3.61 3.39 2.91 3.01 2.76 2.62 WR3.00	2 Jerry Senters 3 Henry Bussey 4 Bob Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage 2 Larry Pratt 3 Glen Allen Johnson 4 Bill Mauck 5 La Vane Johnson 6 Sheppard Miers 7 George Mathews 8 Phil Hower M55 1 Richard Hotchkiss I (Richard Lee/13.32/19) 2 Stephen Coben	12.71 12.03 11.27 10.86 10.35 14.93 14.42 14.05 13.58 12.89 12.86 12.58 12.29
3.48 4.43 3.79 3.70 3.61 3.39 2.91 3.01 2.76 2.62 WR3.00 3)	2 Jerry Senters 3 Henry Bussey 4 Bob Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage 2 Larry Pratt 3 Glen Allen Johnson 4 Bill Mauck 5 La Vane Johnson 6 Sheppard Miers 7 George Mathews 8 Phil Hower M55 1 Richard Hotchkiss (Richard Lee/13.32/19) 2 Stephen Cohen 3 James Bart	12.71 12.03 11.27 10.86 10.35 14.93 14.42 14.05 13.58 12.89 12.86 12.58 12.29
3.48 4.43 3.79 3.70 3.61 3.39 2.91 3.01 2.76 2.62 WR3.00 3)	2 Jerry Senters 3 Henry Bussey 4 #bb Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage 2 Larry Pratt 3 Glen Allen Johnson 4 Bill Mauck 5 La Vane Johnson 6 Sheppard Miers 7 George Mathews 8 Phil Hower M55 1 Richard Hotchkiss / (Richard Lee/13.32/19) 2 Stephen Cohen 3 James Hart 4 Tom Wesselowski 5 Jack Miller	12.71 12.03 11.27 10.86 10.35 14.93 14.42 14.05 13.58 12.89 12.86 12.58 12.29 13.14 13.04 11.69
3.48 4.43 3.79 3.70 3.61 3.39 2.91 3.01 2.76 2.62 WR3.00 3) 4.62 4.15 4.48 2.46	2 Jerry Senters 3 Henry Bussey 4 Bob Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage 2 Larry Pratt 3 Glen Allen Johnson 4 Bill Mauck 5 La Vane Johnson 6 Sheppard Miers 7 George Mathews 8 Phil Hower M55 1 Richard Hotchkiss (Richard Lee/13.32/19) 2 Stephen Cohen 3 James Hart 4 Tom Wesselowski 5 Jack Miller 6 DeWayne Bolton 7 F Lee Slick	12.71 12.03 11.27 10.86 10.35 14.93 14.42 14.05 13.58 12.89 12.86 12.58 12.29 13.14 13.04 11.69
3.48 4.43 3.79 3.70 3.61 3.39 2.91 3.01 2.76 2.62 WR3.00 3) 4.62 4.15	2 Jerry Senters 3 Henry Bussey 4 #bb Sager 5 Fred Johnston 6 Larry Libbus M50 1 Tom Gage 2 Larry Pratt 3 Glen Allen Johnson 4 Bill Mauck 5 La Vane Johnson 6 Sheppard Miers 7 George Mathews 8 Phil Hower M55 1 Richard Hotchkiss / (Richard Lee/13.32/19) 2 Stephen Cohen 3 James Hart 4 Tom Wesselowski 5 Jack Miller	12.71 12.03 11.27 10.86 10.35 14.93 14.42 14.05 13.58 12.89 12.86 12.58 12.29 13.14 13.04 11.69 11.47 10.75 7.79

2 Town Division of the last	11.05
3 James Duncan	11.03
4 Pay Carstensen 5 Dick Richardson	10.63
6 Earl Ventura 7 Jack Eighmy	10.56
7 Jack Eighmy	10.26
8 James Barnhart M65	0.40
M65 1 Phil Brusca	12.83
2 J A Gillcrist	12.46
3 Ken Weinbel	8.86
M70 1 Hill Bangert	12.58
1 Bill Bangert 2 Scott Herrman	12.51
3 Bill Walmroth	12.51
4 William Nettles	11.84
5 Alvin Levenson 6 Angelo Oliver	11.75
M75	0.00
1 Ham Morningstar	9.48
M80	
1 Ross Carter (Leon Joslin/9.27/199	WK11.41
2 Milo Lightfoot	8.32
3 Bob Detweiler	6.11
W30	9 00
1 Angela Nealy 2 Deborah Eckhardt	8.09 7.39
W35	
1 Sarah Boslaugh	10.08
W40	
1 Carol Joyce Long	6.36
W45	
- Liz McBlain CAN 1 Lorraine Tucker	9.39
	9.00
W50	10.78
1 Vanessa Hilliard 2 Barbara Stewart	6.38
3 Joyce Spiller	6.36
W55	AD12 C1
1 Joann Grissom (Bernice Holland/9.86	AR12.01
W60	,,,,,,,,,
1 Sally Polk	7.84
Weight	
M35	William Barr
1 Ken Jansson 2 David VanDerGriff	18.73
3 Bill O'Connor	14.63
4 Jeff Crothers	8.73
M40	
1 Peter Farmer	16.38
2 John Parker 3 Tim Evemrer	10.91
M45	7.48
1 Bob Sager	11.54
M50	
1 Tom Gage	16.62
2 George Mathews 3 Dennis Stempel	13.94
MSS Stemper	6.32
1 Richard Hotchkiss	AR13.22
M55 1 Richard Hotchkiss (Cliff Blair/12.70/19	AR13.22
1 Richard Hotchkiss (Cliff Blair/12.70/19 2 Tom Wesselowski	AR13.22 989) 10.35
2 Tom Wesselowski 3 James Hart	8.62
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60	10.35 8.62 7.65
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson	10.35 8.62 7.65 AR17.49
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson	10.35 8.62 7.65 AR17.49
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen	10.35 8.62 7.65 AR17.49 990) 12.43
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Woicik	10.35 8.62 7.65 AR17.49 990) 12.43 12.15
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16,67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart	10.35 8.62 7.65 AR17.49 990) 12.43
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDernott/12.24	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDermott/12.24 2 Bill Bangert	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDernott/12.24 2 Bill Bangert M75	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00 //1991)
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDernott/12.24 2 Bill Bangert M75 1 Tom McDermott	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00 1/1991) 11.87
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDernott/12.24 2 Bill Bangert M75	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00 1/1991) 11.87
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDernott/12.24 2 Bill Bangert M75 1 Tom McDermott (James York/8.64/199 2 Ham Morningstar M80	10.35 8.62 7.65 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00 //1991) 11.87 AR10.28 1)
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDermott/12.24 2 Bill Bangert M75 1 Ton McDermott (James York/8.64/199 2 Ham Morningstar M80 1 Nolan Fowler	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00 (/1991) 11.87 AR10.28 1) 8.27
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDermott/12.24 2 Bill Bangert M75 1 Ton McDermott (James York/8.64/199 2 Ham Morningstar M80 1 Nolan Fowler 2 Bob Detweiler W30	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00 1/1991) 11.87 AR10.28 1) 8.27 7.00 5.29
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDernott/12.24 2 Bill Bangert M75 1 Tom McDermott (James York/8.64/199 2 Ham Morningstar M80 1 Nolan Fowler 2 Bob Detweiler W30 1 Deborah Eckhardt	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00 (/1991) 11.87 AR10.28 1) 8.27
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDermott/12.24 2 Bill Bangert M75 1 Tom McDermott (James York/8.64/199 2 Ham Morningstar M80 1 Nolan Fowler 2 Bob Detweiler W30 1 Deborah Eckhardt W35	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR10.28 1) 8.27 7.00 5.29 6.82
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDernott/12.24 2 Bill Bangert M75 1 Tom McDermott (James York/8.64/199 2 Ham Morningstar M80 1 Nolan Fowler 2 Bob Detweiler W30 1 Deborah Eckhardt W35 1 Sarah Boslaugh	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00 (/1991) 11.87 AR10.28 1) 8.27 7.00 5.29 6.82 10.20
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDermott/12.24 2 Bill Bangert M75 1 Tom McDermott (James York/8.64/199 2 Ham Morningstar M80 1 Nolan Fowler 2 Bob Detweiler W30 1 Deborah Eckhardt W35 1 Sarah Boslaugh W45 - Liz McBlain CA	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00 (/1991) 11.87 AR10.28 1) 8.27 7.00 5.29 6.82 10.20
2 Tom Wesselowski 3 James Hart 4 F Lee Slick M60 1 Stewart Thomson (Cliff Blair/16.67/1 2 Pay Carstensen 3 Ray Feick 4 Jerry Wojcik 5 James Barnhart M65 1 Ken Weinbel 2 Phil Brusca M70 1 Bill Walmroth (Tom McDermott/12.24 2 Bill Bangert M75 1 Tom McDermott (James York/8.64/199 2 Ham Morningstar M80 1 Nolan Fowler 2 Bob Detweiler W30 1 Deborah Eckhardt W35 - Liz McBlain CA	10.35 8.62 7.65 AR17.49 990) 12.43 12.15 10.13 7.81 11.34 11.29 AR13.00 1/1991) 11.87 AR10.28 1) 8.27 7.00 5.29 6.82 10.20
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May 1994		National M	lasters News	A LIVER LIBERT THREE	page 41
Continued from previous page		W45 Sylvie Kimche 5:56.10	ROOSEVELT WEAVER NYP 56 8.081	RICHARD HOWEIT FM 50 10:27.6 STAN EDELSON SAC 52 10:36.2	WOMEN'S 400 METER DASII DENISE JONES TOC 30 65.3
M65 1 Ken Weinbel 5.84	EAST	G. O'Cone 7:11.58	JOHN MACDONALD GSAC 57 8.58 HAIG BOHIGIAN NYM 57 8.70	ANTHONY FERRARI NL 52 14:13.2	LOUISE CLARK TOC 36 65.1 CHERYL ALSTON AUI 37 67.8
2 Phil Brusca 5.05	Coors/MAC Indoor Masters	M35 A. Watson 9:39.09	VINCE RUFFIN SAC 58 8.72 ED KENT NYM 55 8.78	NORM GOLUSKIN CPTC 55 10:54.9  JACK NYIIAN BRC 62 12:13.2	EDNA CRANLEY AUI 35 71.7
M70 1 Bill Walmroth 5.66	Championships 168th St. Armory, New York,	M45 Bob Moritz 9:56.04 Bob Weiner 10:51.34	MEET RECORD - 1ST TIME RUN AT 60M	DUDLEY HEALY UN 79 15:37.6	MARY ROSADO CPIC 44 73.1  SYLVIE KIMCHE CPIC 47 72.2*
2 Bill Bangert 5.36	N.Y.; Feb. 25	Joe DeMaio 11:24.34 M75 George Jaffe 18:42.59	JAMES STOOKEY MM 64 8.41	THE REST SERVICES AND PROPERTY.	HOMEN'S 800 METER RUN
1 Tom McDermott 4.63	M30 Michael Mallory 7.28	Mile RW	TOM BROOKS NYP 63 8.84	MEN'S 3000 METER RACENALK MICHAEL KOBOL PR 35 14:07.0 *	MARGE DEMARRAIS WIC 30 2:12.0
M80 1 Nolan Fowler 3.58	M35 Rob Doran 7.87 M40 Pershing Reid 7.17	M45 Gary Null 7:03.33 Frank Panjoni 7:54.83	LAWRENCE GRECO NJS 64 9.11	SHAKA LUMUMBA NL 36 21:28.4 BRIAN SHEPHERD NL 42 20:01.2	MELINDA REINER CPIC 30 2:57.0  EDNA CRAWLEY AUI 35 2:48.5
2 Bob Detweiler 2.64	Louis Miller 8.92	Sandifer 7:54.87	ED COX SC 66 8.601	GARY NULL NL 49 13:45.3 RON SALVIO TERA 45 17:13.6	PAULA DICKSONTAYLOR AUI 40 2:28.4  MARY ROSADO CPTC 44 2:43.0
25# Weight W30	William Overby 7.28	M60 8:06.28 Bob Barrett 8:16.83	BOB NAYLOR NUM 68 9.09 WILLIAM BERGEN MM 65 9.57	BOB BARRETT PR 60 16:22.6	SYLVIE KINCHE CPIC 47 2:38.7
1 Deborah Eckhardt 4.25	Dennis Newton 7.47 M50 Rich Jones 7.36	Val Gero 9:42.10 M65 C. Robinson 8:11.03	MANNY HERSCHER NYTC 68 10.12 LESTER E WRIGHT UN 71 9.71	JACK BOITANO CIRW 61 16:46.1  JAN GERO PR 60 17:56.9	WOMEN'S 1500 METER RUN
W35 1 Sarah Boslaugh 6.32	Walter Thorne 7.72	W35 Kathryn Davis 12:09.84	JERRY WIBI.E PM 80 11.420	LEO RIVERA UN 60 18:27.4 CERVIN ROBINSON PR 65 18:04.5	PAULA DICKSONTAYLOR AUI 40 5:09.9 MARILYN SALVETTI AUI 48 5:37.5
W50 1 Vanessa Hilliard 10.60	Gene Ballard 8.28 M55 Roosevelt Weaver 7.60	W40 Teresa Yodice 10:32.70 L. Schoonejans10:33.73	MEN'S 200 METER DASII	JAY CHARLES PR 71 21:57.8	WOMEN'S 3000 METER RUN
W55	Cliff Pauling 7.78 M60 Bob Gerlough 8.35	Susan Lacina 10:57.53 W45 Sonia Morales 9:12.00	JOHN BROOKS BSS 31 23.69 GSAC 39 23.64	MEN'S HIGH JUMP GREGORY PETERNAN UN 32 1.88	JANICE MORRA UN 35 10:06.
1 Joann Grissom 8.31	Thomas Brooks 8.39	V. Dimitrov 9:26.64	FOCKDALE HUDSON GSAC 39 25.79 JOIN FOLAN SBSS 36 25.97	JOE LAFFERTY UN 35 1.52	SHELLEY KEELING NYM 42 12:20. MARILYN SALVETTI AUI 48 11:53.
1 Sally Polk 6.08	John Darrell 8.59 M65 Manny Herscher 9.56	W55 E. Richardson 9:00.16 W65 Joan Rowland 10:49.03	THOMAS A JONES MM 40 23.80*	MADRAY ANDREWS BRC 44 1.65	WUMEN'S 3000 METER RACHWALK
3000m Racewalk M30	W30 Louise Clark 7.83	Minna Charles 12:16.47	LOU MILLER UN 42 35.17	IVAN BLACK UN 45 1.52 RON SALVIO TERA 45 1.42	SILARON LYONS CIRM 30 16:50.
1 Daniel Vogel 14:47.86 2 Donald Tesero 18:57.95	Betty Whitaker 8.19	W70 Q. Thompson 11:26.50 55HH	RON JOHNSON MOTU 48 24.69 WILLIAM OVERBY MOTU 46 25.18	HANS FIRNSTROM SAC 52 1.27	ELIZADETH SHELLEY NL 33 18:28
M40	W45 Lorraine Tucker 8.21	M30 Greg Peterson 8.62 M45 M. MiLove 9.00	SINKSINT FIGHERS SRC 45 25.33 THADDEUS MORRIS UN 49 25.64	DAVE CONNOLLY GSAC 53 1.17 GERALD COUNTINN NYAC 55 1.55	KATHRYN DAVIS NL 38 22:51 JEAN JEROME NL 41 20:24
1 Mike DeWitt 13:17.28 2 Boydan Bulakowski13:26.76	M30 Fred Feaster 24.95	Ivan Black 9.75	JULIO CESAR MARIN NYSM 52 28.31	JOIN MACDONALD GSAC 57 1.42 HAIG BOHIGIAN NYM 57 1.27	SUSAN LACINA NI. 40 20:56 TERESA YUDICE NL 41 21:13
3 Don Anderson 15:18.64	Lewis Jefferson 26.4 Nick Mitchell 26.47	Kevin Smith 11.52 SHOT PUT	EDWARD SHALL NYP 55 26.31	JAMES STOOKEY MM 64 1.42	SONIA MORALES NL 46 18:30
4 Stephen Frey 16:47.80 5 Ron Winkler 17:04.6	M35 David Cherry 23.68 Val Barnwell 23.70	M40 Bob Cooney 10.38 M45 Rich Dunphy 11.67	RICHARD RIZZO NYP 57 26.80  JOHN MACDONALD GSAC 57 28.01	PAUL SORAPARU (2ND)GSAC 63 1.22 WILLIAM BROBST (3RD) PE 64 1.22	FRANCIS MOORE 23:32 SLITON RICHARDSON UN 55 17:48
M45	M40 25.36	Ivan Black 6.95	VINCENT RUFFIN SAC 58 28.31  JAMES STOOKEY MM 64 27.69*	EDWIN LUKENS SC 72 1.22	MINA CHARLES PR 69 21:31
2 Michael Wiggins 13:40.81	Dennis Brown 25.98 Louis Miller 34.78	M50 Edward Fox 11.90 Brian McKenna 10.62	FRITZ SCHLERETH SC 60 27.81	MEN'S POLE VAULT	QUEENTE THOMPSON NL 71 22:22 Q WALKED AN EXTRA LAP
3 Max Walker 15:31.90 4 Vince Abell 16:45.0	M45 Ron Johnson 24.71	M65 Al Jankola 9.33	OSCAR TAYLOR NJM 62 27.95 BOB GERLOUGH SAC 63 29.97	ROB DORAN MLAC 38 3.66 ROB DORAN UN 35 3.05	HOMEN'S LONG JUMP
5 Steve Geary 17:54.0	Paul Henry 25.72 P.G.Felton 25.75	M70 Ed Coyle 8.15 W30 Nicole Phillips 9.49	JOIN DARRELL NYP 61 30.09 LAWRENCE GRECO NJS 64 32.15	TOM RAUSCHER UN 47 3.81 RON SALVIO TERA 45 2.44	SARAH BOSLAUGH NYM 37 14'4" JULIE WIEDIS UN 35 10'11
6 Eric Hedges 17:55.0 7 William Banton 19:26.41	M50 William Burrell 26.20 Rich Jones 26.36	H. Carter-Range 9.45 Denise Jones 7.62	ED COX SC 66 29.48 BOB NAYLOR NJM 68 31.13	GERALD COUNTIIAN NYAC 55 3.58	MICHAEL MARIE HILL UN 47 14'2.
M50	Walter Thorne 27.06	W35 Sarah Boslaugh 10.53	WILLIAM BERGEN MM 65 31.22	MEN'S LONG JUMP JOE LAFFERTY UN 35 18'11"	LORRAINE TUCKER UN 47 13'9. BARBARA STEWART NYM 52 11'8.
1 Donald DeNoon WR12:45.39 (Jan Roos/13:59.2/1989)	M55 Edward Small 26.40 Richard Rizzo 27.08	W40 Betty Clair 9.23 W50 Roslyn Katz 7.18	JIM MANNO NJM 73 31.51	JOE LAFFERTY UN 35 18'11"  JOSEPH JOHNSON MUTU 49 16'9.75"	LIBBY HAGEMAN UN 73 7'9.
2 Ed Kousky 14:55.86 3 John Elwarner 14:56.65	M60 Bob Gerlough 30.37	WEIGHT THROW	ROSCOE C BROWN NYP 72 35.68 GEORGE BLYN PM 74 41.92	DANA J HARRELL BRC 45 16'7.5" MICHAEL MILOVE NYM 48 16'0.75"	WOHEN'S TRIPLE JUNP
4 James McFadden 15:22.6	Hans Hunziker 31.69	M30 Peter Cabrera 9.52 M45 J. Casamassima 12.46	JERRY WIBLE PM 80 40.49	IVAN BLACK UN 45 15'9.75"	SARAH BOSLAUGH NYM 37 29'3' BARBARA STEHART NYM 52 22'11
5 James Norvill 16:56.23 6 Gary O'Daniels 16:57.96	M65 Manny Herscher 35.08 W30 Louise Clark 28.71	M50 Brian McKenna 10.20 M55 Norm Cyprus 11.55	• MEET RECORD	JULIO CESAR MARIN NYSM 52 13'3"	LIBBY HAGEMANN UN 73 14'11
7 Bernie Finch 17:01.15	Betty Whitaker 28.80	M65 Al Jankola 8.71	MEN'S 400 METER DASH MARK BALDANI AE 32 55.07	INVE CONNOLLY GSAC 53 12'0" INVESTIGATION SAC 52 110.75"	BARBARA STEWART NYM 52 2.13
8 Frank Soby 17:02.0 9 Dennis Withem 17:51.90	Denise Jones 29.70	W30 H. Carter-Range 7.38 Nicole Phillips 8.54	LEWIS JEFFERSON NYP 32 55.75 DOUGLAS MILLER TRRC 34 57.15	JAMES STOOKEY MM 64 15'7.5" OSCAR TAYLOR NUM 62 14'1.75	WOMEN'S SHOT PUT
Don Mowles DQ	M30 Fred Feaster 53.6 Michael Mallory 54.6	D. Eckhardt 6.52	TOM CARROLL WIC 34 59.54	JOIN DARRELL NYP 61 13'7.5"	NICOLE PHILLIPS NYTC 30 10.12 HARRIET CARTER-RANGE UN 32 9.55
M55 1 Paul Johnson 15:40.75	Patrick Daleus 54.9	W35 Sarah Boslaugh 9.50 W50 Roslyn Katz 8.94	RALPH PENN JR DOM 42 53.19 'THOMAS A JONES MM 40 53.31	PAUL SORAPARU GSAC 63 11'10.5 WILLIAM BROBST PE 64 9'3.75	DENISE JONES TOC 30 7.72
2 Ray Everson 17:23.0 3 Alan Poisner 17:38.0	M35 David Cherry 53.1 James Easter 54.1	LONG JUMP M30 R. Abdullah 22-2	JESSE NORMAN CPTC 43 55.31	BILL TOWNSEND SC 67 12'10" MANNY HERSCHER NYTC 68 10'7"	DEBORAH ECKHARDT GRTC 34 7.33 SARAH BOSLAUGH NYM 37 10.10
M60 1 Cedric Hustace 17:53.0	M40 Don Hodge 55.60	Vance Rogers 16-8]	POBERT WALKER UN 41 56.90 DENNIS BROWN NYP 43 57.05	EDATIN LUKENS SC 72 14'3.5" LESTER E WRIGHT SR UN 71 11'10.5	JULIE WIEDIS UN 35 5.8
2 Joe Rogers 18:00.0	Walter Brown 56.74 Brown 57.93	M35 Joe Lafferty 20-0 M45 Dana Harrell 16-10}	MIKE BLAKE CPTC 43 57.77 ALEX CONSTANTINOU H UN 43 59.40	MEN'S TRIPLE JUMP	CAROL LONG AUI 42 6.4
3 Leo Rivera 18:32.0 4 Shelby Pruett 19:36.28	M45 P.G. Felton 55.69 Paul Henry 58.44	Ivan Black 16-7 Michael MiLove 16-3	PHILIP FELTON DPM 45 56.1	JOE LAFFERTY UN 35 39'9.5"	POSLYN KATZ NYM 52 7.3
5 Presley Donaldson19:42.0 Franklin Brown D	S.W. Flowers 60.16 M50 Walter Thorne 59.78	M60 John Darrell 13-11	SHAKSHAT FLOWERS SRC 45 57.7 BOB BURKE CPTC 45 59.7	G TAYLOR TUNSTALL FM 44 34'6"  IVAN BLACK UN 45 34'8.75	ANN CIRULNICK NYM 59 8.1
Vance Genzlinger DQ	M55 Edward Small 58.93	Paul Soraparu 12-2 W35 G. David 17-2	MICHAEL BILLMAN UN 47 60.7 KEVIN SMITH UN 48 60.8	MIKE BILLIANN UN 47 32'1.25 RON SALVIO 'TERA 45 29'0"	LIBBY INGENIN UN 73 6.9
M65 1 Ed Gawinski 16:52.0	M60 Hans Hunziker 68.78 Bob Gerlough 69.86	Sarah Boslaugh 13-0 W45 L. Tucker 13-54	LES WRIGHT JR CPTC 51 59.28 ROBERT WILLIAMS NYP 54 62.68	BOB O'BRIEN GSAC 54 30'8"	DEBORNI ECKNARDT GRTC 34 1.00
2 Bob McClaran 19:36.0	John Darrell 70.33	TRIPLE JUMP	KEN BAKER NJM 57 58.0	JULIO CESAR MARIN NYSM 52 28'0" INNS EIRNSTROM SAC 52 24'10"	SARAII BOSLAUCH NYM 37 1.30 JULIE WIEDIS UN 35 1.10
3 Dick Donley 20:23.0 James Marcantoni DQ	W30 Denise Jones 1:05.6 Louise Clark 1:06.8	M30 Leroy Carver 44-1 M45 Ivan Black 34-41	JOIN MCDONALD GSAC 57 61.2	IIAIG BOHIGIAN NYM 57 32'2" ED KENT NYM 55 30'0.75	CHELLEY KEELING NYM 42 1.10
M70 1 Donald Cotner 19:40.7	600 M30 Sal Allah 1:15.63	Ken Kienzle 30-1	FRITZ SCHLERETH SC 60 60.8*  JOHN DARRELL NYP 61 67.9	JAMES STOOKEY MM 64 32'0"	JOHNNIE HILL-HUDGINS UN 47 1.30
M75	Fred Feaster 1:17.49	W35 Saran Boslaugh 29-11 HIGH JUMP	BOB GERLOUGH SAC 63 68.5	EDI-IN LUKENS SC 72 31'0.25	WOMEN'S WEIGHT THROW
1 Bill Tallmadge 19:45.3 2 Tom Kirley 20:11.8	Rick Smith 2:17.78 M40 Rob Jackson 1:21.78	M45 Ivan Black 5-2 M50 G. Counihan 5-2	BOB NAYLOR NJM 68 71.4 WILLIAM BERGEN MM 65 75.5	SAARESTE HILLAR UN 72 24'2" EDWARD COYLE SHSS 73 19'1.5"	DEBORAH ECKHARDT GRIC 34 6.65
W30	Walter Brown 1:22.2 Jose Martinez 1:28.43	M60 John Darrell 3-2	JIM MANNO NJM 73 82.5 GEORGE BLYN PM 74 91.4	MEN'S SHOT PUL	SARAH BOSTAUCH NYM 37 9.54
1 Jackie Moore 16:51.97 2 Lisa Rutherford 20:14.0	M45 Mike Billman 1:31.90	Tom Talbott 3-0 W30 D. Eckhardt 3-2	JERRY WIBLE PM 80 93.8*	JEFFREY COPLAND UP 42 9.88	ROSLYN KATZ NYM 52 7.36
W35 1 Therese Iknoian WR15:31.58	M55 Ken Baker 1:25.30 Richard Rizzo 1:28.70	POLE VAULT	MEN'S 800 METER RUN DOUGLAS MILLER TRRC 34 2:05.1	RICH DUNPHY GSAC 46 11.68	ANN CIRULNICK NYM 59 5.87
(Cath Reader/16:25.4/1990)	Cliff Pauling 1:32.04	M35 Rob Doran 9-0 M45 Ron Salvio 8-0	LARRY KING 2:08.9	LARRY PRAIT PM 52 14.09	LIBBY INGEMANN UN 73 6.38
2 Kathy Finch 17:37.30	M60 John Darrell 1:47.73 Tom Talbott 1:50.32	M50 G. Counihan 12-0	RICK SMITH BRC 36 2:00.1	EDHARD FOX UN 50 12.00	TEAM SCORING MEN AND WOMEN COMBIN
1 Jeanette Smith 16:20.10	800	USATF East Regional	SETH OKREND TOC 38 2:25.3 THOMAS HARTSHORNE UN 40 2:04.5	LLOYD LONG AUI 53 11.06 HANS EIRNSTROM SAC 52 10.04	BY FIVE YEAR AGES (5,3,2,1 BASIS TEAM TITLE 30-39
2 Annella Smith 16:29.43 3 Laurel Williams 17:41.0	Michael Collins 2:18.96	Championships 168th St. Armory, NYC	ROBERT WALKER UN 41 2:04.9 JOE SHOWERS TU 41 2:05.8	NOR4 CYPRUS NYAC 55 11.32	1. TOUCH OF CLASS 47
4 Debbie Hammen 18:59.24 5 Alice Winkler 20:21.46		March 13	VINCENT SHAW UN 40 2:07.6 DON HODGE NYP 43 2:12.8	RAY E FEICK PM 62 12.09	2. NEW YORK MASTERS 30 3. ACHIEVEMENIS UNIMID INT 29
6 Cheryl Sunman 20:33.0	M40 T. Hartshorne 2:06.77	ALL TIMES FAT UNILESS IN TENTHS MEN'S 60 METER HURDLES	MIKE BLAKE CPTC 43 2:13.1	PAY CARSTENSEN NYM 62 11.31 PAUL SORAPARU GSAC 63 9.66	4. GARDEN STATE AC 20 5. NATURAL LIVING 13
7 Janet Rapala 22:03.1	Vincent Shaw 2:11.71 Rob Jackson 2:13.46	NNGELO BOOKER PM 34 8.261 MARK BALDANI AE 32 8.94	SALIH TALIB UN 48 2:08.48 AL SAENSON HITC 47 2:10.35	NED CURRAN PV 65 9.34 AL JANKOLA GSAC 69 8.48	OVERALL TEAM TITLE  1. NEW YORK MASTERS 121
1 Jackie Jessup 17:17.19 2 Olga Figueroa 19:35.0	M45 Salih Talib 2:12.10 Bob Weiner 2:20.53	GREGORY PETERMAN UN 32 8.99	BRUCE CARTER PM 49 2:12.31 BOB WEINER PV 46 2:25.96	BOB NAYLOR NJM 68 7.46	2. PHILADELPHIA MASTERS 84 3. CARDEN STATE AC 83
3 Michelle Welch 19:51.0	Bill Idek 2:29.72	MICHAEL MILOVE NYM 48 9.50	BILL INDEX GSAC 47 2:29.10 S1D HOWARD CPTC 55 2:10.72	JACK HACEMAIN IN 76 8 31	4. SYRACUSE CHARGERS 56
4 Pat Walker 20:20.0	Pennenga 2:23.22	IVAN BLACK UN 45 9.8 KEVIN SMITH UN 48 10.2	KEN BAKER NJM 57 2:18.21	MEN'S WEIGHT THROW	5. ACHIEVEMENTS UNLATED INT 54 6. CENTRAL PARK TC 52
W50 1 Valerie Stowe 17:48.39	M60 Hans Hunziker 2:38.03 M70 John McManus 2:44.20	DAVE CONNOLLY GSAC 53 12.161 NATE BYRD PM 55 10.91	GEORGE BLYN PE 64 3:22.0  GEORGE BLYN PM 74 3:35.40	JOHN CASAMASSIMA UN 45 12.20	7. NATURAL LIVING 47 8. NEW YORK PIONEER 47
2 Dorothy Withem 18:05.21 3 Sandy Spiller 18:50.0	W40 Betty Clair 2:43.62	JACK LANCE GSAC 63 13.121	DUDLEY HEALY UN 79 3:51.08	HANS EIRNSTROM SAC 52 9.91	9. TOUCH OF CLASS 47 10. MARYLAND MASTERS 44
4 Susan Hoch 20:28.0	Mary Rosado 2:49.77 Myra Majors 3:04.19	BILL TOWNSEND SC 67 11.581	JERRY WIBLE PM 80 3:52.82	PAY CARSTENSEN NYM 62 13.23	11. NORTH JERSEY MASTERS 43 12. SHORE AC 36
W55 1 Elton RichardsonWR17:35.0	W45 Sylvie Kimche 2:44.19	MEN'S 60 METER DASH	MEN'S 1500 METER RUN  CAMERON STRACHER WIC 32 4:02.73	RAY E FEICK PM 62 12.36 AL JANKOLA CSAC 69 8.77	13. BOSTON RUNNING CLUB 31
(Pam Horvill/18:27.8/1990)	M30 Leo O'Connor 5:23.84	MATT GODBOLT SAC 32 7.15	RICHARD MOORE UN 31 4:12.00 PAT FORKINS NJS 39 4:12.88	NED CURRAN PV 65 7.68	14. PARK RACEHALKERS 30 15. NEW YORK AC 20
2 Sami Bailey 18:15.6 3 Beth YoungGrady 19:11.2	Tom Carroll 5:24.63 M35 Hal Sorkins 4:39.22	STEVEN GORRIARAN BSS 31 7.22 ANGELO BOOKER PM 34 7.38	THOMAS HARTSHORNE UN 40 4:12.30	GLENDA TRUESDALE NYP 30 9.091	TEAM TITLE 40-49  1. CENTRAL PARK TRACK CLUB 27
4 Delores Rogers 19:28.50 5 Martha Moore 20:18.5	6 A. Watson 4:40.38	JOHN BROOKS GSAC 39 7.311 DON MCNEILL GSAC 37 7.81	TONY PLASTER UN 42 4:13.74 BRIAN SHEPHERD NL 40 4:22.87	SARA BOSLAUGI NYM 37 12.991 MICHAEL MARIE HILL UN 47 11.310	2. NATURAL LIVING 27
Ruth Everson DQ	Miles Vaughn 4:41.99 M40 T. Hartshorne 4:37.83	SHERMAN WEATHERSPOON BM 37 7.86 ROCKDALE HUDSON GSAC 39 7.94	AL SWENSON HTC 47 4:16.52 PAUL ZINK TU 46 4:19.36	BARBARA SITHART NYM 52 14.100	ACHIEVEMENTS UNLATED INT 25     BOSTON RUNNING CLUB 21
W60 1 Ruth Eberle WR17:31.8	Vincent Shaw 4:55.53 Tony Plaster 5:18.25	THOMAS A JONES MM 40 7.321 NEIL STEINBERG BRC 40 7.50	FRED DEDRICK PM 45 4:41.06	HOLE S OF FETER LABIT	5. PHILADELPHIA MASTERS 19 TEAM TITLE 50-59
(Ruth Leff/18:19.0/1988)	M50 Sid Howard 4:59.51	PERSHING REID BRC 43 7.57	BOB WEINER PV 46 4:47.15 VICTOR MEDINA UN 45 4:54.60	DENISE JONES TOC 30 8.704	1. NEW YORK MASTERS 61
2 Maureen Lia 18:34.2	M55 Frank Ruddy 6:10.22	LOU MILLER . UN 42 9.71	JIM FILLIS MR 56 4:54.30 EDWARD LOUIS 6:17.88	CHERYL ALSTON AUI 37 8.784 EDNA CRAWLEY AUI 35 9.40	2. GARDEN STATE AC 31 3. NEW YORK PIONEERS 26
1 Jean McClaran 20:39.0 2 Joan Rowland 20:45.0	M60 Jack Nynan 6:30.04	SHAKSHAT' FLOWERS SRC 45 7.776 DENNIS NEWTON BRC 47 7.80	WILLIAM BROBST PE 64 6:56.83	LORRAINE SIBILIA SAC 38 12.29	4. CENTRAL PARK TC 20 5. NEW YORK AC 20
3 Jo Presser 23:28.0	Don Preven 7:24.47	JOSEPH JOHNSON MOTU 49 7.82 EDDIE WATSON UN 48 7.87	GEORGE BLYN PM 74 6:51.62 DUDLEY HEALY UN 79 7:45.29	MAJORIE SMITH UN 78 14.84	Continued on next page
4 Jean Wasser 24:05.3	M65 Joe Burns 6:02.78 W35 Kathryn Davis 9:08.22	RICHARD JONES UN 51 7.94		HOMEN'S 200 METER DASII	easta
1 Jean Cotner 25:44.0	W40 Mary Rosado 6:05.31	GENE BALLARD NYP 52 8.26 RAB HAGIN GSAC 50 8.28	PAT FORKINS NJS 39 9:27.7		BRASA
the state of the state of the	Diana Hawkins 6:22.27 Myra Majors 6:52.21	TOM HARTMAN GSAC 51 8.51 DAVE CONNOLLY GSAC 53 8.63	ANTHONY WATSON BKRC 35 9:30.2 AL SWENSON HTC 47 9:29.3	LORRAINE TUCKER UN 47 29.75	W. C.
		0.03			TO THE PERSON NAMED IN COMME

LOUISE CLARK CHERYL ALSTON EDNA CRANLEY TOC 36 65.1 AUI 37 67.8 AUI 35 71.7 CPIC 44 73.1 MARY ROSADO SYLVIE KIMCHE CPIC 47 72.2\* MOMEN'S 800 METER RUN
MARGE DEMARRAIS WIC 30 2:12.02°
MELINDA REINER CPIC 30 2:57.07
EURA CRAWLEY AUI 35 2:48.50
PAULA DICKSLWITAYLOR AUI 40 2:28.41°
MARY ROSADO CPIC 44 2:43.05 SYLVIE KIMCHE CPIC 47 2:38.74 NOMEN'S 1500 METER RUN PAULA DICKSONTAYLOR AUL 40 5:09.98 WARILYN SALVETTI AUI 48 5:37.58 JANICE MORRA UN 35 10:06.2\* NYM 42 12:20.5 AUI 48 11:53.5\* SHELLEY KEELING MARILYN SALVETTI WIMEN'S 3000 METER RACEWALK SILVRON LYCKS CTIM 30 16:50.0° ELAINE PERRY NL 34 18:10.3 ELIZADETH SHELLEY NL 33 18:28.8 NL 38 22:51.0 NL 41 20:24.8 NI. 40 20:56.5 NL 41 21:13.50 JEAN JEROME SUSAN LACINA TERESA YUDICE NL 46 18:30.8 23:32.1 UN 55 17:48.6° PR 69 21:31.6° NL 71 22:22.9 SONIA MORALES FRANCIS MOORE ELTON RICHARDSON MINA CHARLES QUEENIE THOMPSON & WALKED AN EXTRA LAP HOMEN'S LONG JUMP NYM 37 14'4" UN 35 10'11' JULIE WIEDIS UN 35 10"11"
MICHAEL MARIE HILL UN 47 14"2.5"
LORRAINE-TUCKER UN 47 13"9.25"
BARBARA STEMART NYM 52 11"8.5" UN 73 7'9.75" LIBBY HAGEMAN WOMEN'S TRIPLE JUMP SARAH BOSLAUGH NYM 37 29'3" BARBARA STEMART LIDBY INGEMANN NYM 52 22'11.5" UN 73 14'11.5" WOMEN'S POLE VAULT NYM 52 2.13+ WOMEN'S SHOT PUT NICOLE PHILLIPS NYTC 30 10.12 NICOLE PHILLIPS NYTC 30 10.12
HARRIET CARTER-RANGE UN 32 9.55
DENISE JONES TOC 30 7.72
DENORAH ECHARART GRTC 34 7.31
SARAH BOSLAUCH NYM 37 10.10
LORRAINE SIBILLA SAC 38 7.25
JULIE WIEDIS UN 35 5.80
CAROL LONE AULU 4.5 6.43 CAROL LONG CAROL LONG AUI 42 6.43
JOHNNIE HILL-HUDGINS UN 47 8.47 ANN CIRULNICK NYM 59 8.10 LIBBY HAGEMANN HUMEN'S HIGH JUMP DEBORAH ECKHARDT GRTC 34 1.00 NYM 37 1.30 UN 35 1.10 NYM 42 1.10 SARAII BOSLAUGH JULIE WIEDIS CHELLEY KEELING MICHAEL MARIE HILL UN 47 1.304
JOHNNIE HILL-HUDGINS UN 47 1.20 WOMEN'S WEIGHT THROW
NICOLE PHILLIPS NYTC 30 8.10
DEBORAH ECKHARDT GRIC 34 6.65 NYM 37 9.54 SAC 38 6.36 NYM 52 7.36% ROSLYN KATZ ANN CIRULNICK NYM 59 5.87% LIBBY INGEMAN UN 73 6.38% % THREW 20-LB WEIGHT TEAM SCORLING MEN AND WOMEN COMB! NED BY FIVE YEAR AGES (5,3,2,1 BASIS) TEAM TITLE 30-39 2. NEW YORK MASTERS
3. ACHIEVEMENTS UNLANTO INT
4. GARDEN STATE AC
5. NATURAL LIVING 30 29 20 13 OVERALL TEAM TITLE

1. NEM YORK MASTERS
2. PHILADELPHIA MASTERS
3. CARDEN STATE AC
4. SYRACUSE CHARGERS ACHIEVEMENTS UNLATED INT 54 52 47 47 47 44 43 36 31 30 20 5. ACHIEVEMENTS UNLATED II
6. CENTRAL PARK TC
7. NATURAL LIVING
8. NEW YORK PIONEER
9. TOLCH OF CLASS
10. MARYLAND MASTERS
11. NORTH JERSEY MASTERS
12. SHORE AC
13. BOSTON RUNNING CLUB
14. PARK RACEMALKERS
15. NEW YORK AC TEAM TITLE 40-49

1. CENTRAL PARK TRACK CLUB 2. NATURAL LIVING
3. ACHIEVEMENTS UNLMITD INT
4. BOSTON RUNNING CLUB
5. PHILADELPHIA MASTERS 19 1 PHILADELPHIA MAST TEM TITLE 50-59 1. NEW YORK MASTERS 2. GARDEN STATE AC 3. NEW YORK PIONEERS 4. CENTRAL PARK TC 5. NEW YORK AC Continued on next page

Triple Jump M30-39 John Allen 31 37-9

# page 42 Continued from previous page MEN'S 4x200 METER RELAY 30-39 TUUCH OF CLASS (VAL BARNMELL, DAVID CHERRY, NIGEL GABRIEL, FRED FEASTER) 1:34.0\* GARDEN STATE AC (JOHN BROOKS, DON MCHEIL, ROCKDALE HUUSON, TOM JOHES) 1:37.1 MARYLAND MASTERS (JESSE NORMAN, RALPH PENN, RODNEY JONES, DENNIS BROWN) 1:37.4 40-49 MASTERS OF THE UNIV(WILLIAM OVERBY, JOE JOHNSON, RON JOHNSON, ERROL LEE) 1:40.3 DOSTON RUN CLUB (PERSHIHG REID, MAYBERRY ANDREWS, DANN HARRELL, JOE KOPKA) 1:41.4 50-59 P. CARDEN STATE AC (TOM HATMAN, JOHN MCDONALD, VINCE RUFFIN, BOB O' BRIEN) 1:51.6\* MEN'S 4x400 METER RELAY 30-39 30-39 TUUCH OF CLASS (ADRIAN STERRETT, DAVID CHERRY, VAL BARNWELL, FRED FEASTER) 3:42.59 % 40-49 CERTIFAL PARK TC (JESSE NORMAN, MIKE BLAKE, BOB BURKE, ROBERT WALKER) 3:52.18 BOSION RUNCLUB (MIKE BILLMAN, PERSHING REID, DANA HARRELL, MAYBERRY ANDROHS) 4:02.55 50-59 CENTRAL PARK TC (KAI MICHAELSEN-FALZ, ED COPLIN, NORM GOLUSKIN, SID HOMARD) 4:18.66 MEN'S 4x800 METER RELAY 30-39 TOUCH OFCLASS(LEWIS JEFFERSON, GROVER PRINCE, SEIH OKREND, ADRIAN 40-49 TEAM UNITED (PAUL ZINK, MORRIS MORGAN, RODNEY WILTSHIRE, AL LO WOMEN'S 4x200 METER RELAY 30-39 TOUCH OF CLASS(LOUISE CLARK, KELLY ETHERIDGE, BETTY WILTAKER, DEN HOMEN'S 4x400 METER RELAY 30-39 TOUCH OF CLASS(LOUISE CLARK, KELLY ETHERIDGE, BETTY WHITAKER, DEN ACHIEVEMENTS UNLIMITED INTERNATIONAL (CHERYL ALSTON, EDNA CRAWLEY, MARILYN SALVETTI, PAULA DICKS CENTRAL PARK TC(MARY ROSADO, JACQUIE CARTER, MELINDA REINER, SYLV

55mH M30 Joe Schwieterman 8.19

Grea	ater Rochester TC Meet
U. o	Rochester Fieldhouse;
	March 20

45m	
M30 Tom Smith	5.84
M40 Greg Bennett	6,19
W30 Marcia Wallace	6.74
800m	
M30 D Pringle	2:39
M40 Tom Carr	2:31
M50 Jim Palmeri	2:32
W30 Marcia Wallace	3:20
3000m	Deep .
M30 Gary Moore	9:21
J Wilmott	10:27
M40 Ton Carr	11:00
M50 Dave Winn	11:00
High Jump	in State of
M40 Skip Lyon	5-2
W30 Marcia Wallace	4-0
Long Junp	
M40 Skip Lyon	15-8
Shot Put	
M30 Jim Cole	36-8
M40 Dick O'Riley	34-2
W30 Marcia Wallace	29-8
Relay (4x1 828m)	
M30 Rodriguez/Poplela	
O'Riley/Watson	46.4
M40 Downs/Van Auker/H	
Fox	46.8

## **MIDWEST**

#### **USATF Illinios Indoor** Championships Proviso West HS, Hillside Feb. 5

55m	
M35 Tom Rewolinski	6.91
Randy Koopman	7.25
M40 Al Wright	7.15
Mike Skoflane	7.27
M45 John Hess	8.08
M55 Don Amery	8.14
M55 Don Amery M60 Pierri Dobrovotny	7.68
M65 Ken Yahiro	9.12
M70 Lee Farmer	8.32
W30 Karen Johnson	8.08
W35 Leah Rewolinski	9.15
W55 Joann Grissom	9.54
200m	Marie III
M35 Tom Rewolinski	24.97
Randy Koopman	26.22
M50 Kingsley Clarke	27.16
M55 Donald Amery	29.47
M60 Harry Brown	27.37
M75 Milo Lightfoot	38.20
W30 Angela Nealy	32.04
W35 Leah Rewolinski	33.78
400m	33.70
M35 Jeff Watry	57 15
M40 Gerry Kraninik	57.15
M45 Stan Druckrey	
M50 Kingsley Clarke	54.75
M60 Harry Brown	60.09
M75 Milo Lightfoot	62.6
	82.26
800m M30 Dick Konnedu	2.02 00
	2:03.86
	2:09.90
	2:27.32
	2:24.4
	2:42.35
1600m	THE REAL PROPERTY.
	5:10.1
	5:16
	5:17.8
M50 Vic Heckler	4:43.5
Tom Sullivan	5:15.5
M55 Ernie Tracy	5:48
W45 Peggy Whitlow	5:44.4
3000m	* WILL O
	9:24.8
	2:06.87
Time of the second	24

M30 Joe Schwieterma	
M40 Greg Williams M50 Bruce Mills	11.1 10.96
M55 Don Amery	11.86
CC_11	
M30 Joe Schwietenna	n 8.19
M35 Robert Zalın	8.23
Jeff Watry	8.90
M40 Greg Williams M45 Stan Druckrey	11.1
Neil Schuster	8.12 11.19
M50 Bruce Mills	10.96
M55 Donald Amery	11.86
High Jump M35 Jeff Watry	6-0
M35 Jeff Watry John Valiska	6-0 5-6
M40 Ken Rowe M45 Neal Schuster M50 Bruce Mills	6-0
M50 Bruce Mills	4-6 4-6
M55 Jim Mills	4-8
Don Amery	4-8
M75 Milo Lightfoot W50 Jane Mills	3-6
Pole Vault	3-2
M40 John Anderson	13-6
Neal Schuster	7-0
M55 Keith Petranek	13-6
Jeff Watry M75 Milo Lightfoot	11-0 5-6
Long Jump	34-2-17-
M35 Jeff Watry	18-6
M40 Mike Skoflank M45 Neal Schuster	19-1½ 15-6
M50 Bruce Mills	13-6
M50 Bruce Mills M55 Jim Mills	14-21
Don Amery	13-10
M60 Harry Brown	15-5 <del>1</del> 13-8
M65 Ken Yahiro M70 Lee Farmer	11-101
0.5	
W55 Joann Grissom	11-92
Shot Put	11-93
Shot Put M40 Pat Burn M45 Tim Saifort	11-9±
Shot Put M40 Pat Burn M45 Tim Saifort	11-9½ 41-8 41-7½ 39-3
Shot Put M40 Pat Burn M45 Tim Saifort	11-9½ 41-8 41-7½ 39-3
Shot Put M40 Pat Burn M45 Tim Saifort	11-9± 41-8 41-7± 39-3 44-3± 33-7±
Shot Put M40 Pat Burn M45 Tim Saifort	11-9½ 41-8 41-7½ 39-3
Shot Put M40 Pat Burn M45 Tim Saifort	11-9± 41-8 41-7± 39-3 44-3± 33-7± 33-7± 32-8 27-7 19-1
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom	11-9± 41-8 41-7± 39-3 44-3± 33-7± 32-8 27-7
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6₺
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Mery W55 Joann Grissom 3000m Racewalk	11-9½ 41-8 41-7½ 39-3 44-3¼ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4 18-9½
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler	11-9½ 41-8 41-7½ 39-3 44-3¼ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4 18-9½
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9½ 17:28 20:26
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger	11-9½ 41-8 41-7½ 39-3 44-3¼ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola	11-9½ 41-8 41-7½ 39-3 44-3¼ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55 23:09.18
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger	11-9½ 41-8 41-7½ 39-3 44-3¼ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewelk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic	11-9½ 41-8 41-7½ 39-3 44-3½ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewelk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic	11-9½ 41-8 41-7½ 39-3 44-3¼ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom Weight M40 Ron Winkler Garland Moore M50 Don Mowles M50 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic  MID A MILL USATF Minnesota Championship	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9⅓ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewelk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic  MID A MILL USATF Minnesota Championship U. of Minnesota Fie	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9⅓ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic  WSATF Minnesota Championshig U. of Minnesota Fie Feb. 26	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic  USATF Minnesota Championship U. of Minnesota Fie Feb. 26 55m M30-39 John Beaudot	11-9½ 41-8 41-7½ 39-3 44-3½ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M50 Rone M50 Non Winkler Garland Moore M50 Don Mowles W50 Joann Tecic  M1D A MILL USATF Minnesota Championship U. of Minnesota Fie Feb. 26 55m M30-39 John Beaudot John Allen 31	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9⅓ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6     Indoor
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Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom Weight M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6½ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6       Indoor is idhouse
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic  MID A MILL USATF Minnesota Championship U. of Minnesota Fie Feb. 26 55m M30-39 John Beaudot John Allen 31 Don Tarasewic M40 Doug Holmberg 41 Rich Perrine 40 M45 Dan Labelle 47	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6  2/C/4 Indoor 15 Indoor
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic  WSATF Minnesota Championshig U. of Minnesota Feb. 26  55m M30-39 John Beaudot John Allen 31 Don Tarasewic M40 Doug Holmberg 41 Rich Perrine 40 M45 Dan Labelle 47 Russ Anteronen 4	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6  23:09.18 23:44.6  23:09.18 23:44.6  23:09.18 23:44.6
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom Grissom Som Weight M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic  WSATF Minnesota Championship U. of Minnesota Fie Feb. 26 55m M30-39 John Beaudot John Allen 31 Don Tarasewic M40 Doug Holmberg 41 Rich Perrine 40 M45 Dan Labelle 47 Russ Anteronen 4 M50 Randall Cleven 5	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 20:26 16:13.48 19:55 23:09.18 23:44.6   Indoor  Indoor
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic  WSATF Minnesota Championship U. of Minnesota Fie Feb. 26 55m M30-39 John Beaudot John Allen 31 Don Tarasewic M40 Doug Holmberg 41 Rich Perrine 40 M45 Dan Labelle 47 Russ Anteronen 4 M50 Randall Cleven 5 Mike Merriman 51 George Labelle 5	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9⅓ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6  2/// 23:09.18 23:44.6  2/// 23:09.18 23:44.6  2/// 23:09.18 23:44.6  2/// 23:09.18 23:44.6
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom Weight M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic  M10 2 Minnesota Championship U. of Minnesota Fie Feb. 26 55m M30-39 John Beaudot John Allen 31 Don Tarasewic M40 Doug Holmberg 41 Rich Perrine 40 M45 Dan Labelle 47 Russ Anteronen 4 M50 Randall Cleven 5 Mike Merriman 51 George Labelle 47 Kans Anteronen 4 M50 Randall Cleven 5 Mike Merriman 51 George Labelle 5 M55 Jim Peterson 59	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9⅓ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6 23:09.18 23:44.6 23:09.18 23:44.6 23:09.18 23:44.6 23:09.18 23:44.6
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom 3000m Racewalk M40 Ron Winkler Garland Moore M50 Don Mowles M50 Royer Swearinger W45 Nancy Marchrola W50 Joann Tecic  MID A MILL USATF Minnesota Championshig U. of Minnesota Fie Feb. 26 55m M30-39 John Beaudot John Allen 31 Don Tarasewic M40 Doug Holmberg 41 Rich Perrine 40 M45 Dan Labelle 47 Russ Anteronen 4 M50 Randall Cleven 5 Mike Merriman 51 George Labelle 5 M65 Jim Peterson 59 M60 Ray Eiland 61	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7⅓ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9⅓ 11-9½ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6  21 Indoor 25 Indoor 25 Indoor 26 Indoor 27 Indoor 28 Indoor 31 6.87 7.01 7.96 7.96 8.02 17.85 8.04 48.24 8.64 8.74
Shot Put M40 Pat Burn M45 Tim Seifert Jerry Senters M50 Scott Berry M55 Don Amery M65 Ken Yahiro M75 Milo Lightfoot W50 Jane Mills W55 Joann Grissom Weight M40 Ken Rowe M45 Neil Schuster M55 Don Amery W55 Joann Grissom Weight M40 Ron Winkler Garland Moore M50 Don Mowles M55 Roger Swearinger W45 Nancy Marchrola W50 Joann Tecic  M10 2 Minnesota Championship U. of Minnesota Fie Feb. 26 55m M30-39 John Beaudot John Allen 31 Don Tarasewic M40 Doug Holmberg 41 Rich Perrine 40 M45 Dan Labelle 47 Russ Anteronen 4 M50 Randall Cleven 5 Mike Merriman 51 George Labelle 47 Kans Anteronen 4 M50 Randall Cleven 5 Mike Merriman 51 George Labelle 5 M55 Jim Peterson 59	11-9½ 41-8 41-7½ 39-3 44-3⅓ 33-7½ 32-8 27-7 19-1 38-11½ 21-6⅓ 11-9½ 30-7 3/4 18-9½ 17:28 20:26 16:13.48 19:55 23:09.18 23:44.6 2/// 23:09.18 23:44.6 2/// 17:80 7.96 5 8.02 17.85 8.04 4 8.24 8.64 8.74 11.04

AN STERRETT)9:13.22*
LOGIE) 8:45.92*
ENISE JONES) 1:51.1*
ENISE JONES) 4:25.47*
KSON-TAYLOR) 4:44.81
LVIE KIMCHE) 5:06.56
200m
M30-39 John Allen 31 24.50 D J Tarasewicz3924.78
M40 Rich Perrine 40 28.20 Doug Holmberg 41 29.87
M45 Russ Anteronen 45 28.94
M50 Randall Cleven 51 26.99 George Labelle 54 33.20
M55 Jim Peterson 59 31.09 M60 Ray Eiland 61 32.34
M75+E G Balz 75 44.01
W30-39 JoeAnn Jackson3127.20 400m
M30-39 John Beaudot 31 50.23 M40 Doug Holmberg 63.75
M50 T J O'Shaughnessy2:01.81
M75+E G Balz 75 93.93 Shot Put
M30-39 John Beaudot 31 35-1
Tim Fuehrer 28-10
M45 Dan Labelle 35-9½. M50 George Labelle 37-7
M55 Jim Peterson 33-6½
Mile M30-39 Chas Hubbard324:37.23
Mel Alvarez33 4:49.72
R A Hoska 36 4:52.00 Pat Eastman32 4:52.09
M40 Ben Zhao 4:43.84 John Kann 4:47.60
Ton Eisenrich 4:48.17
M45 Ed Gustavson 5:16.1
Rick Recker 5:24.39 M50 Gregg Wahlstrom 5:40.00
M55 Dan Conway 4:53.69
M70 Lloyd Young 6:15.69 W40 Jeannine Naslund 6:17.56
W45 Mary Hiatt 6:07.36 Carol Klitzke 6:23.74
800m
M40 John Naslund 2:12.2 Tim Zbikowski 2:13.7
M50 Rick Kleyman 2:14.8
Arthur Maillet 2:35.7 M60 Gary Defrance 2:30.5
W40 Jeannine Naslund 3:12.22 W45 Mary Hiatt 2:54.77
3200m
M40 Rich Perrine 13:15.5 5000m
M30-39 David Avenson3115:36.46 Bobby Paxton3715:53.04
M Humphrey30 15:59.58
M40 Jim Breitenbucher17:37.1 M55 John Quinton 18:48.4
55mH M40 Doug Holmberg 10.76
M50 George Labelle 10.47
Mike Merriman 11.15 M55 Jim Peterson 10.90
High Jump M30-39 Brett Bohanon31 6-2
Kevin Hanson 35 4-2
Rich Perrine 40 5-2
Doug Holmberg 4-8 M50 George Labelle 4-2
Mike Merriman 3-8
M55 Tom Langenfeld 5-0 Jim Peterson 4-4
Pole Vault M30-39 Paul Herda 32 14-0
Doug Weimerskich3213-6
Mike McNellis 32 12-0 M40 Nick Landherr 10-6
the second secon
Long Jump M30-39 John Beaudot 31 19-41 John Allen 31 18-0
M40 Doug Holmberg 16-62
M50 Mike Merriman 16-5 George Labelle 12-4
M55 Jim Peterson 14-10
W40 Deb Vestal 8-8½

M50 Mike Merriman	37-9 30-10
M50 Mike Merriman George Labelle M55 Jim Peterson	26-7 29-6
W40 Deb Vestal	17-6
Mile Racewalk M45 David Koskenmaki	dq
M50 D H Walker M70 Paul Geyer	8:05.87
M70 Paul Geyer W30+Sue Klappa 37	10:43.77 8:38.66
Decathlon Midwe	
Pittsburg, KS; Mare	
60v	
M35 Jim Hillard	6.41
Ken Ellis M45 Ross Jensen	6.98 7.27
Jim Shoemaker	7.75
M50 T E Shelton Ken Winters	7.31
M60 Bob Santine M70 Bob Warwick	7.60
M70 Bob Warwick 200m	9.39
M35 Jim Hillard Ken Ellis	24.77
M40 Jim Dolezel	25.59 26.66
Larry Rodenbeck	28.17
M45 Ross Jensen M50 T E Shelton	27.32 28.69
Ken Winters	30.31
M60 Bob Santine	29.63
M35 Ken Ellis	55.42
M40 Rick Easley Jim Dolezel	54.79 60.81
M50 Ken Winters	67.03
600y M40 Rick Fasley	1.20 65
M40 Rick Easley M45 Charlrs Nodler	1:41.04
3000m	
M45 Charles Nodler W45 Jane Hutchinson	11:09.35
60yH	0 10 N
M35 Ken Ellis M50 Tom Thorne	8.10 9.40
Long Jump	
M35 Ken Ellis M40 Jim Dolezel	18-5± 17-6±
Larry Rodenbeck	16-81
M70 Bob Warwick	10-7
Triple Junio M50 Ken Winters	35-7
Triple Juno M50 Ken Winters Shot Put M35 Ken Fllis	36-6
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis	36-6
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis	36-6
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight	36-6 32-3 41-5 40-6
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman	36-6
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman M55 Tom Wesselowski M70 Scott Herman	36-6 32-3 41-5 40-6 36-2 19-0
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman M55 Tom Wesselowski M70 Scott Herman M55 Tom Wesselowski M70 Scott Herman	36-6 32-3 41-5 40-6 36-2 19-0
Triple Junp M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman Scott Herman USATF Oklahoma In	36-6 32-3 41-5 40-6 36-2 19-0
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman M55 Tom Wesselowski M70 Scott Herman M55 Tom Wesselowski M70 Scott Herman	36-6 32-3 41-5 40-6 36-2 19-0
Triple Junp M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman  SOUTHW USATF Oklahoma In Championships Norman; Feb. 1	36-6 32-3 41-5 40-6 36-2 19-0 EST
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman  SOUTH W USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt	36-6 32-3 41-5 40-6 36-2 19-0 EST
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Soott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman  SOUTHWE USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams	36-6 32-3 41-5 40-6 36-2 19-0 DST
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1 55m M35 David Hunt M40 Colin Williams Jim Dolezel Ronnie Hunt	36-6 32-3 41-5 40-6 36-2 19-0 EST adoor
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman  SOUTH W USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz	36-6 32-3 41-5 40-6 36-2 19-0 EST adoor 3 7.54 6.74 6.96 7.19 7.26
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant	36-6 32-3 41-5 40-6 36-2 19-0 EST adoor 3 7.54 6.74 6.96 7.19 7.26 7.40 7.09
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman  SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Rormie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall	36-6 32-3 41-5 40-6 36-2 19-0 EST indoor 3 7.54 6.74 6.74 6.76 7.19 7.26 7.40 7.09 7.59
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35% Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly	36-6 32-3 41-5 40-6 36-2 19-0 EST adoor 3 7.54 6.74 6.96 7.19 7.26 7.40 7.09 7.59 7.86 8.85
Triple Jump M50 Ken Wirters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles	36-6 32-3 41-5 40-6 36-2 19-0 EST adoor 3 7.54 6.74 6.74 6.74 7.09 7.59 7.86 8.85 7.74
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35// Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright	36-6 32-3 41-5 40-6 36-2 19-0 EST Indoor 3 7.54 6.74 6.96 7.19 7.26 7.40 7.09 7.86 8.85 7.74 8.00 8.01
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Ronnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers	36-6 32-3 41-5 40-6 36-2 19-0 EST adoor 3 7.54 6.74 6.96 7.19 7.26 7.40 7.09 7.59 7.86 8.85 7.74 8.00 8.01 7.76
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35 Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tim Murphy	36-6 32-3 41-5 40-6 36-2 19-0 EST Indoor 3 7.54 6.74 6.96 7.19 7.26 7.40 7.09 7.86 8.85 7.74 8.00 8.01
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35% Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tum Murphy Doc Bennett	36-6 32-3 41-5 40-6 36-2 19-0 EST Indoor 3 7.54 6.74 6.96 7.19 7.26 7.40 7.09 7.86 8.85 7.74 8.00 8.01 7.76 9.94 7.79 9.94 7.99 10.18
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35 Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tim Murphy	36-6 32-3 41-5 40-6 36-2 19-0 EST 40-6 36-2 19-0 EST 46.74 6.74 6.74 6.96 7.19 7.26 7.40 7.09 7.59 7.86 8.85 7.74 8.00 8.01 7.76 9.94 7.95
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35% Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Ronnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tim Murphy Doc Bennett M80 Ed Bost W55 Sue Tunnicliff	36-6 32-3 41-5 40-6 36-2 19-0 EST adoor 3 7.54 6.74 6.96 7.19 7.26 7.40 7.09 7.86 8.85 7.74 8.00 8.01 7.76 9.94 7.95 10.18 10.04
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35 Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Bowers Floyd Jack M70 Tim Murphy Doc Bennett M80 Ed Bost W55 Sue Tunnicliff  200m M30 Joe Dial	36-6 32-3 41-5 40-6 36-2 19-0 EST adoor 3 7.54 6.74 6.96 7.19 7.26 7.40 7.09 7.86 8.85 7.74 8.00 8.01 7.76 9.94 7.95 10.18 10.04
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35// Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tun Murphy Doc Bennett M80 Ed Bost W55 Sue Tunnicliff 200m M30 Joe Dial M35 Randy Henson	36-6 32-3 41-5 40-6 36-2 19-0 EST adoor 3 7.54 6.74 6.96 7.19 7.26 7.40 7.09 7.59 7.86 8.85 7.74 8.00 8.01 7.76 9.94 7.95 10.18 10.04 10.68
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Ronnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tim Murphy Doc Bennett M80 Ed Bost W55 Sue Tunnicliff 200m M30 Joe Dial M35 Randy Benson David Hunt M40 Robert Hahn	36-6 32-3 41-5 40-6 36-2 19-0 EST indoor 3 7.54 6.74 6.74 6.96 7.19 7.26 7.40 7.09 7.59 7.86 8.85 7.74 8.00 8.01 7.76 9.94 7.95 10.18 10.04 10.68
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35 Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tim Murphy Doc Bennett M80 Bi Bost W55 Sue Tunnicliff 200m M30 Joe Dial M35 Randy Benson Lavid Hunt M40 Robert Hahn Jim bolezel	36-6 32-3 41-5 40-6 36-2 19-0 EST 40-6 36-2 19-0 EST 40-6 36-2 19-0 EST 40-7 40-7 40-7 40-7 40-7 40-7 40-7 40-7
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Ronnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tim Murphy Doc Bennett M80 Ed Bost M55 Sue Tunnicliff 200m M30 Joe Dial M35 Randy Benson David Hunt M40 Robert Hahn Jim Dolezel Hidge Kirby M45 Mike Steinmetz	36-6 32-3 41-5 40-6 36-2 19-0 EST adoor 3 7.54 6.74 6.96 7.19 7.26 7.40 7.09 7.59 7.86 8.85 7.74 8.00 8.01 7.76 9.94 7.95 10.18 10.04 10.68
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35 Weight M55 Tom Wesselowski M70 Scott Herman  SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tim Murphy Doc Bennett M80 El Bost M55 Sue Tunnicliff 200m M30 Joe Dial M35 Randy Benson Lavid Hunt M40 Robert Hahn Jim Dolezel Hidge Kirby M45 Mike Steinmetz Ron Kuykendall	36-6 32-3 41-5 40-6 36-2 19-0 EST 40-6 36-2 19-0 EST 40-6 36-2 19-0 EST 40-7 40-7 40-7 40-7 40-7 40-7 40-7 40-7
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35# Weight M55 Tom Wesselowski M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Ronnie Hunt M45 Mike Steinmetz Paul Wilson M50 Cary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tim Murphy Doc Bennett M80 Ed Bost W55 Sue Tunnicliff 200m M30 Joe Dial M35 Randy Benson Lavid Hunt M40 Robert Hahn Jim bolezel Hidge Kirby M45 Mike Steinmetz Ron Kuykendall M50 Thornton Shelton Mike Kendall	36-6 32-3 41-5 40-6 36-2 19-0 EST 40-6 36-2 19-0 EST 46.74 6.74 6.74 6.96 7.19 7.26 7.40 7.09 7.59 7.86 8.85 7.74 8.85 7.74 8.00 8.01 7.76 9.94 7.95 10.04 10.68
Triple Jump M50 Ken Winters Shot Put M35 Ken Ellis M45 Jim Shoemaker M55 Tom Wesselowski M70 Scott Herman 35// Weight M55 Tom Wesselowski M70 Scott Herman M70 Scott Herman SOUTHW USATF Oklahoma In Championships Norman; Feb. 1  55m M35 David Hunt M40 Colin Williams Jim Dolezel Romnie Hunt M45 Mike Steinmetz Paul Wilson M50 Gary Oliphant Mike Kendall M55 John Head Roy Kelly M60 Stan Giles Lowell Bonefield Bill Wright M65 Bill Bowers Floyd Jack M70 Tim Murphy Doc Bennett M80 Ed Bost W55 Sue Tunnicliff 200m M30 Joe Dial M35 Randy Henson Lavid Hunt M40 Robert Hahn Jim Dolezel Hidge Kirby M45 Mike Steinmetz Rom Kuykendall M50 Thornton Shelton	36-6 32-3 41-5 40-6 36-2 19-0 EST 40-6 36-2 19-0 EST 40-7 40-7 40-7 40-7 40-7 40-7 40-7 40-7

	0.03
M60 Stan Giles	7.74
Lowell Bonefield	8.00
Bill Wright	8.01
M65 Bill Bowers	7.76
Floyd Jack	9.94
M70 Tim Murphy	7.95
Doc Bennett	10.18
M80 Ed Bost	10.04
W55 Sue Tunnicliff	10.68
200m	
M30 Joe Dial	23.71
M35 Randy Benson	
David Hunt	24.03
M40 Robert Hahn	28.27
Jim Dolezel	25.64
Hidge Kirby	26.07
M45 Mike Steinmetz	26.92
Ron Kuykendall	28.04
M50 Thornton Shelton	29.99
Mike Kendall	27.76
Robert Flagler	29.48 31.21
M55 John Head	
Jim Kennedy	28.91
M60 Bill Pardue	30.47 30.12
Stan Giles	
M65 Bill Bowers	30.19
M70 Tim Murphy	29.05
Doc Bennett	29.24 40.33
M80 Ed Bost	39.85
W35 Rita Flagler	31.17
400m	31.17
M35 Randy Benson	53.17
Jim Repoert	56.19
M40 Rick Easley	53.91
Steve Calonkov	64.34
M45 Ron Kuykendall	69.50
M50 Thorton Shelton	68.18
Mike Kendall	69.22
Robert Flagler	71.42

Robert Flagler

69.22 71.43

		_
HEE Tim Vonnadu	68.03	
M55 Jim Kennedy Roy Kelly Sr	1:44.24	
W35 Rita Flagler	70.89	
	70.09	200
800m	2.10 14	200
M35 Jim Reppert	2:18.14	2
M40 Rick Easley	2:02:29	50
Neil Howk	2:07.80	M5
M45 Gene Timberlake	2:11.82	M5
Ron Kuykendall	2:32:96	M6
M50 Robert Flagler	2:36.78	M6
James Tisdall	2:45.29	M7
M55 Jim Kennedy	2:33.58	M7
Roy Kelly	3:57.31	M8
W30 Fran Olson	2:38.29	W5
W35 Rita Flagler	2:39.89	W5
1500m		W6
M35 Doug Wright	4:46.68	W7
M40 Ronnie Hunt	4:48.71	
Steve Calonkey	5:19.14	W7
M45 Gene Timberlake	4:34.02	MR.
Randy Taylor	4:35.77	10
M50 Robert Flagler	5:32.45	M5
James Tisdell	5:43.86	M5
M55 Jim Kennedy	6:12.54	M6
Roy Kelly	8:50.43	M6
	5:22.92	M7
W30 Fran Sharp		M7
W35 Rita Flagler	5:50.35	M8
55mH		M8
M35 Ken Ellis	8.15	M9
M40 Colin Williams	7.64	W5
M60 Lowell Bonifield	10.42	W5
High Jump		W6
M35 Allen Blaylock	5-10	W6
Ken Ellis	5-6	W7
M40 Jim Dolezel	4-11	
M45 Bobby Preston	5-1	W7
Tim McGough	4-5	W8
M50 Sam Pfenning	4-5	200
Mike Kendall	4-3	M5
M55 John Head	4-9	M5
M60 Bill Butterworth	4-9	M6
M60 Bill Butterworth Bill Boyce	4-9	M6
Bill Boyce	4-5	M7
M70 Doc Bennett	3-11	M7
Bob Warwick	3-94	M8
Scott Herman	3-94	W5
Pole Vault		
M30 Tom Gorzillo	10-0	W6
M35 Ken Ellis	14-9	W7
MAO Jim Dolezel	10-6	W7
M40 Jim Dolezel M45 Warren Wilke	13-9	40
M50 Mike Wilhite	7-6	M5
M55 Dale Lance	12-6	M5
M60 Bill Boyce	9-2	M6
M70 Bob Warwick		M6
	7-0	M7
Long Jump	20.4	M7
M35 Allen Blaylock	20-1	M8(
Ken Ellis	19-0	W55
M40 Colin Williams	18-91	W60
Jim Dolezel	15-10	W65
M45 Paul Wilson		W70
Tim McCough	12-8	W7
M50 Gary Oliphant	16-6	80
Mike Wilhite	14-0	M5
Mike Kendall	13-8	M5
M55 John Head	441	
	14-54	M6
M60 Lowell Bonnefield	d 15-0	
Bill Wright	15-0 13-5	M6
Bill Wright Bill Butterworth	13-5 <del>1</del> 13-5 <del>1</del> 13-3	M6 M6 M7
Bill Wright Bill Butterworth M65 Flowd Jack	15-0 13-5 <del>1</del> 13-3 9- <del>1</del>	M6 M6 M7 M7
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick	15-0 13-5 13-3 9-½ 10-5½	M6 M6 M7 M7 M8
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett	15-0 13-5 13-3 13-3 9-½ 10-5 9-11	M6 M6 M7 M7 M8 W5
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick	15-0 13-5 13-3 9-½ 10-5 9-11	M6 M6 M7 M7 M8 W5
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff	15-0 13-5 13-3 13-3 9-½ 10-5 9-11	M6 M6 M7 M7 M8 W5 W5 W6
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump	15-0 13-5\(\frac{1}{2}\) 13-3 9-\(\frac{1}{2}\) 10-5\(\frac{1}{2}\) 9-11 9-\(\frac{1}{2}\)	M6 M6 M7 M7 M8 W5 W5 W6
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel	15-0 13-5\(\frac{1}{2}\) 13-3 9-\(\frac{1}{2}\) 10-5\(\frac{1}{2}\) 9-11 9-\(\frac{1}{2}\) 32-9\(\frac{1}{2}\)	M6 M6 M7 M7 M8 W5 W5 W6 W6
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff 'Triple Jump M40 Jim Dolezel M45 Bob Everoski	15-0 13-5\(\frac{1}{4}\) 13-3 9-\(\frac{1}{2}\) 10-5\(\frac{1}{2}\) 9-11 9-\(\frac{1}{2}\) 32-9\(\frac{1}{2}\) 29-8\(\frac{1}{2}\)	M6 M6 M7 M7 M8 W5 W5 W6
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite	15-0 13-5± 13-3 9-½ 10-5± 9-11 9-± 32-9± 29-8± 29-1	M6 M6 M7 M7 M8 W5 W5 W6 W6 W7
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite	15-0 13-5± 13-3 9-½ 10-5± 9-11 9-± 32-9± 29-8± 29-1	M6 M6 M7 M7 M8 W5 W6 W6 W7
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce	15-0 13-5‡ 13-3 9-½ 10-5½ 9-11 9-½ 32-9½ 29-8½ 29-8½ 27-7 22-1	M6 M6 M7 M7 M8 W5 W5 W6 W6 W7 W7
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett	15-0 13-5± 13-3 9-½ 10-5± 9-11 9-± 32-9± 29-8± 29-1	M6 M6 M7 M7 M8 W5 W6 W6 W7 W7
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put	15-0 13-5\\ 13-5\\ 13-5\\ 13-3 9-\\ 10-5\\\ 10-5\\\ 9-11 9-\\\ 10-5\\\ 29-8\\\ 29-8\\\ 27-7 22-1 21-6	M6 M6 M7 M8 W5 W6 W6 W7 W7 W7 M5 M6 M6
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek	15-0 13-5‡ 13-3 10-5½ 9-11 9-½ 32-9½ 29-8½ 29-8½ 27-7 22-1 21-6	M66
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams	15-0 13-54 13-54 13-3 9-1 10-5½ 9-11 9-2 32-9½ 29-8½ 29-8½ 27-7 22-1 21-6 13.17 12.34	M66 M70 M66 M70 M66 M70 M66 M70 M66 M70
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman	15-0 13-5‡ 13-3 9-½ 10-5½ 9-11 9-½ 32-9½ 29-8½ 27-7 22-1 21-6 13.17 12.08	M66
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman M45 Tim McGough	3 15-0 13-5\\ 13-5\\ 13-5\\ 13-3 9-\\ 10-5\\\ 9-\\ 10-5\\\ 9-\\ 10-5\\\ 9-\\ 10-5\\\ 9-\\\ 10-5\\\ 9-\\\ 10-5\\\ 9-\\\ 10-5\\\ 9-\\\ 10-5\\\ 9-\\\ 10-5\\\ 9-\\\ 10-5\\\ 9-\\\ 10-5\	M66 M70 M66 M70 M66 M70 M66 M70 M66 M70
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman M45 Tim McGough M50 Sheppard Miers	315-0 13-5‡ 13-5‡ 10-5½ 9-11 9-½ 32-9½ 29-8½ 29-8½ 27-7 22-1 21-6 13.17 12.34 12.08 11.44 13.30	M6 M6 M7 M7
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman M45 Tim McGough M50 Sheppard Miers M60 Engel Crow	15-0 13-5‡ 13-3 9-½ 10-5½ 9-11 9-½ 32-9½ 29-8½ 29-½ 27-7 22-1 21-6 13.17 12.34 12.08 11.44 13.30 11.90	M6 M6 M7 W5 W5 W5
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman M45 Tim McGough M50 Sheppard Miers M60 Engel Crow Jim Barnhart	31 15-0 13-5\frac{1}{4} 13-5\frac{1}{4} 13-3 9-\frac{1}{2} 10-5\frac{1}{2} 9-11 9-\frac{1}{2} 29-8\frac{1}{2} 29-8\frac{1}{2} 27-7 22-1 21-6 13.17 12.34 12.08 11.44 13.30 11.90 9.89	M6 M6 M7 W5 W6
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman M45 Tim McGough M50 Sheppard Miers M60 Engel Crow Jim Barnhart	31 15-0 13-5\frac{1}{4} 13-5\frac{1}{4} 13-3 9-\frac{1}{2} 10-5\frac{1}{2} 9-11 9-\frac{1}{2} 29-8\frac{1}{2} 29-8\frac{1}{2} 27-7 22-1 21-6 13.17 12.34 12.08 11.44 13.30 11.90 9.89	M6 M6 W5 W6 W6 W6 W6
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue "Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman Craig Wiseman M45 Tim McCough M50 Sheppard Miers M60 Engel Crow Jim Barnhart M65 Floyd Jack	315-0 13-5\\ 13-5\\ 13-5\\ 13-5\\ 13-7 10-5\\ 10-5\\ 9-11 9-\\ 10-5\\ 9-11 9-\\ 10-5\\ 9-11 9-\\ 10-5\\ 9-11 9-\\ 10-5\\ 1	M6 M6 W7 W5 W6 W7
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman M45 Tim McGough M50 Sheppard Miers M60 Engel Crow Jim Barnhart M65 Floyd Jack M70 Soott Herman	31 15-0 13-5‡ 13-5‡ 10-5½ 9-11 9-½ 32-9½ 29-8½ 29-8½ 29-8½ 22-7 22-1 21-6 13.17 12.34 12.08 11.44 13.30 11.90 9.89 11.35 12.16	M6 M6 M7 M5 W5 W6 W6 W7 W5 W6 W7
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman M45 Tim McGough M50 Sheppard Miers M60 Engel Crow Jim Barnhart M65 Floyd Jack M70 Scott Herman Doc Bennett	32-9½ 10-5½ 10-5½ 10-5½ 10-5½ 29-8½ 29-8½ 29-8½ 27-7 22-1 21-6 13.17 12.34 12.08 11.44 13.30 11.90 9.89 11.35 12.16	M6 M6 M7 W5 W5 W6 W6 W6 W6 W6 W7
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman M45 Tim McGough M50 Sheppard Miers M60 Engel Crow Jim Barnhart M65 Floyd Jack M70 Scott Herman Doc Bennett	32-9½ 10-5½ 10-5½ 10-5½ 10-5½ 29-8½ 29-8½ 29-8½ 27-7 22-1 21-6 13.17 12.34 12.08 11.44 13.30 11.90 9.89 11.35 12.16	M6 M6 M7 W5 W5 W6 W6 W6 W7 W5 W6 W6 W7 W7 W7 W7 W5 W6 W6 W7
Bill Wright Bill Butterworth M65 Floyd Jack M70 Bob Warwick Doc Bennett W55 Sue Tunnicliff Triple Jump M40 Jim Dolezel M45 Bob Everoski M50 Mike Wilhite M60 Bill Butterworth Bill Boyce M70 Doc Bennett Shot Put M35 John Turek M40 Colin Williams Craig Wiseman M45 Tim McGough M50 Sheppard Miers M60 Engel Crow Jim Barnhart M65 Floyd Jack M70 Scott Herman Doc Bennett	32-9½ 10-5½ 10-5½ 10-5½ 10-5½ 29-8½ 29-8½ 29-8½ 27-7 22-1 21-6 13.17 12.34 12.08 11.44 13.30 11.90 9.89 11.35 12.16	M6 M6 M7 W5 W5 W6 W6 W6 W6 W6 W7

#### Cantu Masters Mile no TY: March 11

Li Callipo, 1A	, 1000	H CH A	-
Participant	Age	Time	A-G%
Ino Cantu		5:12	
Chuck Hull	40	4:43	85.5
Eddie Cantu	58	5:59	77.7
Shun Fierro	37	5:09	77.0
David Alvarado	30	5:03	75.6
Bill Conrad	66	6:45	74.8
David Partridge	40	5:40	71.4
Adrian Quintero	44		71.1
Clint Harris	44		69.6
Bill Barr	47		69.0
	_		

#### **UNO Invitational Meet** "Special 100m - Sr. Olympics" New Orleans, LA; April 2

100		
M55	Mike Boudreaux	13.10*
-9-9	Fred Eitmann	22.15
M60	Al Badinger	14.72
	Sid Montecino	15.04
M65	Louis Riecke	13.95
	Albert Rieke	14.65
M70	Ted Yenari	17.29
1	New Meet Record	

WEST	
Arizona State Ga Tempe; Feb. 19	
50m M50 Jim Swayze M55 Frd Kjer	7.16 6.97
M60 Doug McFetters	7.14
M65 Andy Anderson M70 M Silverstein M75 C Trahan	7.79 8.68
M80 John Mays W50 C Parmenter	8.67 8.85
W55 Nancy Merrill W60 Joan Dugan	8.20
W70 Helen Coyte W75 Kath Bauer W80 H Johnson	12.26 11.21 13.10
100m M50 Steve Robbins	11.96
M55 Fred Kjer M60 Doug McFetters	12.96 13.55
M65 Ben Knaub M70 M Silverstein	14.16
M75 C Trahan M80 John Mays	17.06 17.65
M85 John Hedges M95 Guy Sibley	51.20 51.20
W50 Vera Shury W55 Bobbie Peters W60 Joan Dugan	19.94
W60 Joan Dugan W65 Ruth Kasper W70 Nona Todd W75 Kath Bauer	16.00 23.50 28.60
W75 Kath Bauer W80 Mary Berlangiero	22.30
200m M50 Steve Robbins	24.92
M55 Fred Kjer M60 Charles Rice	26.65 30.64
M65 Andy Anderson M70 M Silverstein	30.23 31.04
M75 C Trahan M80 Lloyd Houston W55 Nancy Merrill	37.27 37.14 47.38
W65 Ruth Kasper	50.93
W70 Nona Todd W75 Kath Bauer	67.20 60.37
M50 Eric Owers M55 Cliff Bedell	60.37 62.93
M60 D McFetters M65 Ben Knaub	67.76 66.44
M70 Glen Dody M75 Chas Whitney	76.75 1:41.72
M80 Lloyd Houston W55 K McIntyre	1:30.02
W60 Esther Gerson W65 Ruth Kasper	1:31.75 2:41.30
W70 Mona Todd W75 K Bauer 800m	2:41.30 2:11.80
M50 Eric Owers M55 Cliff Bedell	2:18.93 2:25.34
M60 Frank Patania M65 Ben Knaub	2:49.00
M70 Glen Dody M75 Tom Bailey	3:02.63 4:51.98
M80 Lloyd Houston W50 S Crittenden	3:22.79
W55 K McIntyre W60 E Gerson W65 Ruth Kasper	3:10.08 3:44.92 4:39.68
W70 Mona Todd W75 K Bauer	3:40.29 5:02.12
1500m	Talah
M50 G Whitehead M55 Cliff Bedell M60 F Patania	5:31.40 5:07.00 5:36
M65 J DeFabis M70 Rich McGrath	5:34.80
M75 Edson Sower W50 J Chalmers	7:07.92 6:09.10
W55 K McIntyre W60 Therese Frank	6:28.69 7:32.60
W65 Ruth Kasper W70 Nona Todd	9:03.30 10:51.70
W75 Sis Warnke 3000m M50 P Halesworth	10:20.10
M55 G Foster M60 Ben Comer	11:00.34 15:11.21
M70 Paul Pixler M75 F Smithberg	15:47.40 15:35.32
W50 C Parmenter W55 V Flemmer	14:59.97 16:42.56
W65 Rose McCourt W70 J Loomis	18:45.10 24:03.30
W75 Sis Warnke High Jump	23:65.50
M50 George Davies M55 Bob Berfeldt M60 Dave Douglass	5-0 4-10
M65 Tom Maloy M70 Charles Obye	4-4 4-6 4-4
M75 Charles Roloff M80 Virgil McIntyre	3-4 3-4
M85 John Eichman W50 Cheryl Parmente	2-8
W60 Joan Dugan W65 Johnnye Valien	3-10 4-4
M50 George Davies	10-0
M55 Bob Bergfeldt M60 Warren Wolfe	9-0 8-0
M65 Tom Maloy M70 Tom DeVaughn	6-6 7-0
M80 John Mays	6-0

Continued on next page

May 1994		National IV	lasters riews	Children and Children and Children and Children	puge
Continued from previous page		M60 Marion Sanchez 13.1	M70 Burl Gist 4-2	Javelin	M65 Bill Carey 5:45.00
Long Jump	M65 Julius DeFabis 5:34.80 M75 Floyd Smithberg 7:09.40	Sam Flory 13.6	M75 Jim Vernon 3-4	M35 Tom Silva 193-7	Manuel Teodoro 5:53.73 M60 Earl Fee 4:43.66 WR
M50 Jim Swayze 5.09	M75 Floyd Smithberg 7:09.40 W50 Josie Chalmers 6:09.10	Tony Nasralla 13.9	M80 Carol Johnston 3-4	M40 Gary Kelmenson 103-11 M50 Len Leon Olson 121-7	(4:43.75 J.Sutton USA '93)
M55 Bob Bergfeldt 4.64 M60 Grant Twitchell 4.09	W55 Kati McIntyre 6:28.69	M65 Joe Schiavo 14.5 Peter Escobar 14.6	Pole Vault M30 Greg Charles 13-6	Mike Parker 93-3	Peter Tink 6:33.10 M55 Ian Atkinson 5:28.37
M60 Grant Twitchell 4.09 M65 Jim Moorehear 4.26	W60 Therese Frank 7:32.60	Tom Miller 15.8	M40 Doug Sparks 12-6	M55 Don Hughes 61-5	Wayne Cosgrove 5:40.49
M70 Charles Obye 4.05	W65 Ruth Kasper 9:03.30	M70 Burl Gist 17.4	M45 Bob Bly 10-6	Weight Throw M40 Gary Kelmenson 41-11;	Dennis Foyle 6:06.50 M50 Dan Anderson 5:00.13
M75 Charles Roloff 2.79	W70 Nona Todd 10:51.70	M75 Clarence Killion 16.2 M80 Bert Morrow 18.1	M65 John Cleveland 8-6 Don Roser 7-0	M55 Jim Hart 33-4±	M45 Ron Frid 4:17.50 Ole Nielsen 5:20.43
M80 John Mays 2.66 M85 John Eichman 1.31	W76 Sis Warnke 10:20:10	W30 Robyne Moore 13.1	M75 Jim Vernon 8-0	Don Hughes 29-7	Jim Clarke 5:45.0
M95 Guy Sibley 0.63	High Jump M50 George Davies 5.00	Linda Cummings 15.6	M80 Carol Johnston 7-0	CANADA	M40 Tim McMullen 4:14.15 George Aitken 4:30.64
W50 Cheryl Parmenter 3.36	M44 Bob Bergfeldt 4.10	W35 April Thomas 16.3	W65 Shirley Kinsey 5-0 Long Jump		John Spasiw 5:05.01
W55 Marilyn Ramirez 2.46 W60 N Filiatrault 2.80	M60 Dave Douglass 4.40	Karyn Vaughn 18.6	M30 Greg Hawkins 16-10	Ontario Masters Indoor	Doug Smith 5:22.55 M35 Dave Reed 4:13.35
W65 Johnnye Valien 2.13	M65 Thomas Maloy 4.60	Mary Herse 19.0	Claude Simmons 14-1	Championships	Kevin Orr 4:24.87 W70 Judith Kazdan 7:58.20
W70 Adele McCormick 1.98	M70 Charles Obye 4.40	W50 Jeanne Carter 15.8 W60 Magdalena Kuehne 16.4	M35 Anthony Davis 17-6 Nathan Neal 14-3	Toronto; Mar. 5	W65 Dorly Brechbuehl 6:59.13
Shot Put M50 Duane Thompson 11.59	M75 Charles Roloff 3.40 M80 Virgil McIntyre 3.40	200m	M40 Don Perkins 14-4	M80 Jim Whale 12.39 M70 John O'Neill 8.39 WR	W45 Linda Findlay 5:09.64 W35 Janet Takahashi 4:43.89
M55 Bob Beck 12.26	M85 John Eichman 2.80	M35 James Bonilla 24.7	Thierry Boucquey 13-5	(8.46 Payton Jordan USA'89)	Op J.Ditchfield 5:07.3
M60 Ben Clark 13.40	W50 Cheryl Parmenter 3.80	Steve Cummings 25.2 Mike Kerrigan 25.6	M45 Carl Flowers 20-2 Bill Weinstock 18-4	Art Obokata 9.91 M65 Ross Mitchell 8.32	L.Soucy-Fraser 5:18.51 3000m
M65 Wes Goodwin 11.18 M70 Dale Buysse 11.57	W60 Joan Dugan 3.10	Ron Neal 26.1	Leroy Clipps 16-3	Chuck Sochor 8.64	M75 Whitey Sheridan 19:17.74 M70 Kurt Gelbhaar 12:23.57
M75 Ross Carter 11.86	W65 Johnnye Valien 3.40	M40 Don Perkins 23.4	M50 Terry Rowan 14-8	Norm Baum 8,95 M60 Ronold Peoples 8.79	Art Wilson 14:11.05
M80 John Mays 8.78	Pole Vault M50 George Davies 10.00	Phil Gnesin 29.3 M45 Ron Beadle 23.7	M55 Roger Tsuda 16-9 M60 Ed Martin 12-10	Kesar Poonia 9.01 Ken Morris 9.42	M65 John Reeves 12:22.58 Manuel Teodoro 12:23.61
M85 John Eichman 6.40 M95 Guy Sibley 3.45	M55 Gary Isham 9.60	Herman Castillo 24.5	M65 Joe Schiavo 14-10	M55 Charles Agnoo 7.91	Felix Charles 13:30,84
W50 Laurie Rothrock 8.25	M60 Warren Wolfe 8.00	Bill Weinstock 24.9	M75 Clarence Trahon 10-2	Byron Henry 8.01 John VanDerVleuten 8.08	M60 Ed Whitlock 10:05.3 Peter Tink 14:25.53
W55 Marlene Ramirez 7.68	M65 George Butchko 6.00	M50 Walt Butler 24.9 Diethart Reichardt 25.7	W30 Sabrina Williams 17-1 W40 Deby Sweezey 17-0	Carlos Vernon 8.41	M55 Jack Geddes 10:48.26 Lloyd Kehoe 11:25.7
W60 N Fillatrault 8.01 W65 Kathryn King 7.50	M70 John Mays 6.00	Charles Loftis 26.1	Tina Stough 14-7	Clarke Little 8.58 M50 Scott Tyler 7.7	Ian Atkinson 11:47.64
W70 Adele McCormick 5.80	W50 Laurie Rothrock 8.25 W55 Marlene Ramirez 7.68	M55 Ken Dennis 25.3	W45 Barbara Stratton 9-1	Chuck LaChiusa 8.01	Dennis Foyle 13:09.89 Norm Abbott 14:11.70
W80 S Vollintine 3.33	W55 Marlene Ramirez 7.68 W60 Nancy Filiatrault 8.01	Roger Tsuda 27.1 M60 Marion Sanchez 27.1	W60 Magdalene Kuehne 11-4 Shirley Kinsey 9-3	Bruce Mitchell 8.68	M50 David Sheridan 9:50.69
Discus M50 George Davies 40.23	W65 Kathryn King 7.50	Tony Nasralla 29.1	Triple Jump	Peter Tams 8.89 M45 Bob Zimmerman 7.80	Hugh Wilson 11:28.6 Dan Anderson 11:50.19
MSS Ben McGrady 37.97	Long Jump	Frank Kishi 30.5	M45 Carl Flowers 38-2	Mike Nedd 7.82	M45 Ron Frid 9:35.91 Gary Hastings 10:04.93
M60 Ben Clark 37.22 M65 Wes Goodwin 38.19	M50 Jim Swayze 5.09	Ed Martin 30.9 M65 Sam Flory 29.3	M50 Terry Rowan 29-11	Dave Treleaven 8.08 Arnold Laframboise 8.32	Mike Bedley 10:05.16
M65 Wes Goodwin 38.19 M70 Dale Buysse 37.13	M55 Bob Bergfeldt 4.64	Al Escobosa 29.6	M70 Charles Mercurio 25-11	M40 George Kenins 7.71 Dan Swanson 7.82	John Pickard 10:17.17 Bert deVries 10:17.45
M75 Ross Carter 36.49	M60 Grant Twitchell 4.09 M65 Jim Moorehead 4.26	Louis Beadle 29.8	W45 Barbara Stratton 20-11 W60 Magdalena Kuehne 24-6	Bert Lee 8.03	Mike Sheridan 10:31.35 Gaetan Breton 10:36.11
M80 Leon Joslin 31.48 M85 John Eichman 20.28	M70 Charles Obye 4.05	M70 Clarence Killion 33.2 Charles Mercurio 33.9	W60 Magdalena Kuehne 24-6 Shot Put	Jim Geer 8.33 Michael Walker 8.43	Dale Ladd 10:46.69
M95 Guy Sibley 6.89	M75 Charles Roloff	W30 Robyne Moore 28.5	M30 Mike Hall 33-6	Ian Crichton 8.57	John McIsaac 10:49.55 M40 Henry Bickford 9:01.63
W50 Sharon Pearson 20.45	M85 John Eichman 1.31	Linda Cummings 33.7	M35 Scott West 42-1 M45 Mike Deller 33-6	M35 Rodney Wilson 7.80 Jeff Therrien 7.88	John Clarke 9:24.79
W55 Marlene Ramirez 14.83 W60 Judith Fetherson 21.83	M90 Guy Sibley .63	W35 Karen Vaughn 33.5 W40 Tina Stough 29.1	M50 Mike Parker 40-3	Blair Roblin 8.00 Mike Stevely 8.09	George Aitken 9:33.0
W60 Judith Fetherson 21.83 W65 Kathryn King 16.41	W50 Cheryl Parmenter 3.36 W55 Marlene Ramirez 2.46	W50 Jeanne Carter 32.1	Cornelius McCormick39-9	Rob Walker 8.31	M35 Dave Reed 9:02.88 Joe Allegretti 9:27.89
W70 Adele McCormick 16.47	W55 Marlene Ramirez 2.46 W60 Nancy Filiatrault 2.80	W60 Magdalena Kuehne 36.3	Luigi Schiavo 25-9 M55 Hal Smith AR45-9	Rick Goudreau 8.38 Hector Mayers 9.45	Kevin Orr 9:35.21 Fred Dykman 10:17:71
W80 S Vollintine 6.65  Javelin	W65 Johnnye Valien 3.13	M35 Ben Neal 58.8	(44-6/Smith & J Hart)	W70 Elga Meri W60 Doreen Carmichael 10.42	David Irvine 10:30.21
M50 Lon Tumlinson 33.82	W70 Adele McCormick 1.98	M40 Don Parker 52.5	Bob Eldbridge 30-8	Janet Holmes 10.58	W70 Judith Kazdan 16:54.16 W65 DorlyBrechbuehl 14:47.10 W
M55 John Tansley 40.20 M60 Roger Pearson 32.86	M50 Duane Thompson 11.69	Jim Kim 59.1 Philip Gnesin 64.5	M65 Phil Brusca 49-9 Arnie Gaynor 38-0	Violet Darling 11.04 W55 Edith Gray 10.28	(14:47.4 J.Kazdan CAN '87) W60 Molly Turner 12:08.8 W
M65 Bill Brazelton 39.10	M55 Bob Beck 12.26	M45 Herman Castillo 54.5	Hal Wallace 34-9	W50 Barbara Stewart 9.48 Audrey Rowswell 10.11	(12:33.4 Joselyn Ross GB'90) W50 Jean McKeigan 16:52.69
M70 Charles Obye 33.98 M75 Charles Roloff 23.34	M60 Benjamin Clark 13.40	Walter Fus 62.7 M50 Bill Knocke 61.0	M70 Bill Bangert 39-10 M80 Ross Carter 38-9	W45 Pamela Duncan 9.24 Josephine Cross 9.59	60m Hurdles
M80 Leon Joslin 18.60	M65 Wes Goodwin 11.18 M70 Dale Buysse 11.33	Charles Loftis 63.8	W35 Karen Vaughn 26-2	W35 Terry Manley 8.92	M80 Karl Trei 15.31 M70 Valden Sadul 12.91
M85 John Eichman 17.00 W50 Laurie Rothrock 19.92	M75 Ross Carter 11.86	M55 Jesse Carrington 64.3 M60 Will Robinson 65.2	W40 Janet Wilson 32-6 W55 Christel Miller 29-5	M80 Aleks Brnesaks 35.50	M65 Chuck Sochor 11.74 Jim Mathers 12.55
W55 Marlene Ramirez 22.14	M80 John Mays 8,78	Tony Nasralla 69.1	Mary Herse 27-3	M75 Ben Mackereth 35.37 M70 Art Obokata 33.52	Jim Flowers 12.58
W60 Barbara Brandt 23.80 W65 Norma Elliott 15.54	M87 John Eichman 8.40 M90 Guy Shibley 3.45	M65 Louis Beadle 65.9 Al Escobosa 69.7	M30 Mike Hall 103-4	M65 Chuck Sochor 29.22 Norm Baum 30.2	Hugo Bain 12.2
W70 Adele McCormick 21.92	W70 Adele McCormick 5.80	Avery Bryant 69.9	M35 Brian DeRod 114-4	M60 Earl Fee 28.64 Ken Morris 31.73	M50 Scott Tyler 9.27 M45 Bill DeHorn 10.51
W75 Helen Robinson 9.44 W80 S Vollintine 5.74	W80 Stella Vollintine 3.33 Discus	W40 Tina Stough 65.3	M45 Mike Deller 136-7	M55 John VanDerVleuten 26.58 Charles Agnoo 27.68	M40 George Kenins 10.59 M35 Daniel Glushefski 8.90
Senior Olympics	M50 George Davies 40.23	M30 Mike Friedl 2:11.3	M50 Lee Schwartz 133-6 Mike Parker 115-2	Carlos Vernon 29.26 Clarke Little 29.34	Bill Mathers 11.76 W50 BarbaraStewart 13.41
Phoenix, AZ; Feb. 19-Mar. 6	M55 Ben McGrady 37.97	Joe Gilboy 2:12.4 M35 Dan Goldman 2:07.1	C McCormick 112-3	Ian Atkinson 30.99 M50 Peter Tams 28.55	3000m Walk M80 George Peterson 24:42.2
50	M60 Benjamin Clark 37.22 M65 Wes Goodwin 38.19	M45 Herman Castillo 2:13.7	Luigi Schiavo 101-4 M55 Joe Marino 125-0	M45 Bob Zimmerman 24.80	MGS S. Brancaccio 17:45.0
M50 Jim Swayze 7.16	M70 Dale Buysse 37.13	Ron Rook 2:28 Walter Fus 2:38.9	Bob Eldbridge 87-7	Mike Nedd 25.54 Mark Steinman 28.16	Peter Fellowes 19:52.0 M55 S. Summerhayes 16:24.7
M55 Fred Kier 6.97 M60 Doug McFetters 7.14	M75 Ross Carter 36.49	M60 Robert Culling 2:42.1	M60 Ed Martin 129-9 M65 Arnie Gaynor 138-5	Phil Hankins 29.68 M40 Dan Swanson 26.14	Len Weinstein 16:47.4 M50 Mike Freeman 16:33.7
M65 Andy Anderson 7.40	M80 Leon Joslin 31.48	Jerry Withers 2:56.4 Ray Archibald 3:17.5	Phil Brusca 133-5	Jim Geer 26.81 Michael Walker 27.64	Frank Soby 17:00.0 Michael Gough 18:22.4
M70 Milton Silverstein 7.79	M86 John Eichman 20.48 M90 Guy Shibley 6.89	M65 Avery Bryant 2:54.8	Hal Wallace 127-8 Don Roser 100-0	Norm Creen 27.97	M45 M.T. Kelly 17:36.3 W70 Elga Meri 21:29.9
M75 Harold Bach 8.81 M80 John Mays 8.67	W50 Laurie Rothrock 15.09	Harold Willis 2:57	M70 Bill Bangert 124-2	John Spasiw 30.46 M35 Rodney Wilson 26.50	W50 Jean McKeigan 21:20.8
W50 Cheryl Parmenter 8.85	W60 Judith Fetherston 21.82	M30 Mike Friedl 4:23.6	M80 Ross Carter AR120-0	Rick Goudreau 29.01 W60 Janet Holmes 37.83	W45 Marilyn Chute 17:24.0 ShelaghO'Connor 19:00.6
W55 Bobbie Peters 8.38	W65 Kathryn King 16.41 W70 Adele McCormick 16.47	M45 Conrad Brooks 4:26.1 M60 Robert Culling 5:21.7	(102-4/Leon Joslin) W40 Janet Wilson 134-3	Doreen Carmichael 38.74 W50 AnnMarieRosenitsch 31.59	Heather Berry 20:01.4 W40 Sherry Watts 17:41.0
W60 Joan Dugan 8.00	W80 Stella Vollintine 6.65	Ray Archibald 6:38.8	Javelin	W45 Rhona Trott 30.00	Marjorie Calla 21:40.4 W35 Susan Burnett 17:21.4
W70 Helen Coyte 12:26 W75 Katherine Bauer 11:21	Javelin	M65 Avery Bryant 5:46.4 Harold Willis 6:06.2	M45 Ron Rook 134-1 Richard Rook 109-10	Pam Duncan 30.57 Josephine Cross 31.66	Karen Weaver 18:10.6
W80 Helen Johnson 13.10	M50 Lonny Tumlinson 33.82	3000m	MSO Lee Schwartz 107-10	W35 Terry Manley 30.36	Long Jump M80 Karl Trei 3.12
100	M60 Roger Pearson 32.86 M65 William Brazelton 39.10	M45 Conrad Brooks 10:49 Thomas Enid 10:52	Mike Parker 97-2 Luigi Schiavo 92-0	M80 Aleks Ernesak 82.3 M75 Ben Mackereth 84.8	M70 Valden Sadul 3.71 M65 Jim Mathers 3.70
M50 Stephen Robbins 13.18 M55 Fred Kjer 12.96	M70 Charles Obye 33.98	M50 Dick Jones 10:54	MS5 Larry Stuart 206-8	M65 Chuck Sochor 63.3	M60 Roger Burke 4.41 Ronold Peoples 4.18
M60 Doug McFetters 13.55	M75 Charles Roloff 23.34	M65 Gunnar Linde 11:31	(age-56 WR/176-9/Morales) Phil Fehlen 149-3	Norm Baum 68.2 M60 Ken Morris 75.4	Ken Morris 3.99
M65 Ben Knaub 14.16	M80 Leon Joslin 18.60 M85 John Eicman 17.00	Avery Bryant 12:47 Luigi Schiavo 12:56	Hal Smith 123-1	MSS JohnVanDerVleuten 59.4 Bill McIlwaine 59.7	Max Woerle 3.48 M55 Carlos Vernon 4.15
M70 Milton Silverstein 14.46	W50 Laurie Rothrock 19.92	W35 Tracy Cox 12:47	M60 Ed Martin 121-11	Clarke Little 66.7	M50 Alan Slater 5.22
M75 Clarence Trahan 17.06 M80 John Mays 17.65	W55 Marlene Ramirez 12.14	W40 Narina Jones 10:55	M65 Del Pickarts 148-5 Phil Brusca 117-8	Ian Atkinson 68.2 Winston Aleong 74.5	Peter Tams 4.39 Dan Anderson 4.25
M85 John Hedges 52.20	W60 Barbara Brandt 23.80	M30 Kent Wilson 8.4	Don Roser 106-6	M50 Hugh Wilson 66.3 M45 Mike Nedd 57.3	M45 Dave Treleaven 5.01
M90 Guy Sibley 51.20	W65 Norma Elliott 15.54 W70 Adele McCormick 21.92	M35 Mike Kerrigan 8.7	W35 Karen Vaughn 62-5 W55 Christel Miller 87-9	Mark Steinman 63.7 Jim Clarke 66.7	Armand LaFramboise 4.58 M40 Marek Nowicki 5.05
W50 Vera Shury 19.94	W75 Helen Robinson 9.44	M40 Sheridon Groves 9.7 M50 Walt Butler 8.4	4x100m Relay	M40 Jim Geer 60.4	Bert Lee 4.17 M35 Rick Goudreau 4.62
W55 Bobbie Peters 16.50 W60 John Dugan 16.00	W80 Stella Vollintine 5.74	Fred Niedermeyer 9.6	Monsoon 49.9 Mile Relay	OrlandoBuonastella 62.1 John Spasiw 64,1	Bill Mathers 4.64
W65 Ruth Kasper 23,50	John Ward Meet	M55 Phil Fehlen 11.8 M60 Marion Sanchez 10.1	Jimmy Jan 4:09	Rick Holmes 65.2 Charles Swaneekamp 66.9	Mike Stevely 4.07 Rob Walker 3.94
W75 Katherine Bauer 22.30	Santa Ana, CA; March 12	M80 Bert Morrow 11.3	- the state of the	M35 Blair Roblin 62.5 Gordon Eddy 64.4	W55 Edith Gray 3.25 Dortha Swanson 2.61
W80 Mary Berlangiero 38.40	and the second second second	W30 Linda Cumnings 12.8 W40 Deby Sweezey 8.7	KELfield Throws Series #26 Santa Cruz, CA; March 19	W45 Rhona Trott 67.8	W50 Barbara Stewart 3.57 W45 Josephine Cross 3.76
M50 Eric Owers 2:18.93	100m	W55 Christel Miller 10.4	किन्यु पर पर विकास के जाता है। जी किन्यु के जाता के जा	M70 Kurt Gelbhaar 2:53.5	Triple Jump M80 Karl Trei 6.54
M55 Cliff Bedell 2:25.34	M30 Kent Wilson 11.1 Gregg Hawkins 12.2	300mH M35 Phil Queller 48.2	M30 Ron McKee 55-6‡	M65 Chuck Sochor 2:50.3 Bill Carey 2:58.0	M65 Jim Mathers 7.31
M60 Frank Pantania 2:49.00 M65 Ben Knaub 2:36.44	Claude Simmons 13.0	M45 Sheridon Groves 46.0	John Cook 50-1	M60 Peter Tink 3:10.6 M55 Bill McIlwaine 2:26.3	M60 Roger Burke 8.67 Ronold Peoples 8.52
M70 Glen Dody 3:02.63	M35 James Honilla 11.7 Anthony Davis 12.2	M50 Bill Knocke 47.6 M60 Marion Sanchez 46.7	M40 Gary Kelmenson 35-0 M50 Mike Parker 40-10+	Ian Atkinson 2:41.8 M50 Dan Anderson 2:27.9	Max Woerle 6.85 M55 Carlos Vernon 9.26
M75 Tom Baily 4:51.98	Steven Cummings 12.5	Will Robinson 50.2	M55 Jim Hart 41-11	Hugh Wilson 2:35.1	Bob Land 8.86 M50 Alan Slater 11.23
M80 Lloyd Houston 3:22.79 W50 Susan Crittenden 3:52.60	M40 Thierry Boucquey 12.3 Don Perkins 13.2	M80 Bert Morrow 62.6 High Jump	Don Hughes 16# 26-10½ Discus	M45 Dale Ladd 2:19.7 Jim Clarke 2:35.4	Dave Waddell 9.04 Dan Anderson 8.78
W55 Kari McIntyre 3:10.08	George Weston 13.7	M30 Doug Dreibelbis 6-6	M40 Gary Kelmenson 105-2	M40 Mike Hasenauer 2:17.8 John Spasiw 2:34.8	M45 Dave Treleaven 10.21
W60 Esther Gerson 3:44.92	Vinson Nobles 13.7 M45 Ron Beadle 11.7	M40 Thierry Boucquey 4-4 M45 Charlie Rader 6-2	M50 Mike Parker 123-6 M55 Jim Hart 132-11	Rick Holmes 2:35.4 M35 Gordon Eddy 2:35.1	M35 Bill Mathers 10.82 W70 Helgi Pedal 6.37
W65 Ruth Kasper 4:39.68 W70 Nona Tod 3:40.29	Bill Weinstock 11.9	Bill Wood 4-8	Don Hughes 85-0	W60 Jean Horne 2:53.7 W50 Judy Willmott 3:02.6	(5.44 Libby Hagemann USA'91) W50 Audrey Rowswell 7.38
W74 Katherine Bauer 5:02.12	Carl Flowers 12.1 M50 Walt Butler 11.9	Bob Bly 4-6 M50 Terry Rowan 4-4	Hammer M35 Bob Pryor 138-5	W45 Linda Findlay 2:34.4	Barbara Stewart 6.92
1500	Diethart Reichardt 12.5	M55 Phil Fehlen 5-6	M40 Gary Kelmenson 136-6	W35 Janet Takahashi 2:22.0 Op J. Ditchfield 2:32.9	M80 Karl Trei 1.03
M50 Gordon Whitehead 5:31.40 M55 Cliff Bedell 5:07.00	Charles Loftis 12.7 M55 Ken Dennis 12.2	Jerry Sullivan Marion Sanchez 4-10	M50 Mike Parker 83-1 M55 Jim Hart 107-7	1500m M70 Kurt Gelbhaar 5:41.78	M70 Victor Koresaar 1.20
M60 Frank Patania 5:36,80	Roger Tsuda 13.1	M60 Sam Flory 4-6	Don Hughes 80-1	Art Wilson 6:31.30 Bud Crozier 6:54.30	Valden Sadul 1.20 Continued on next page
					The state of the s

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Continued from prev	vious page	M50 J Gomez	COL 2:11.84
M65 Jim Mathers M60 Roger Burke	1.30	M55 F L Penha M60 J E Builes	BRA 2:20.79 COL 2:39.66
Max Woerle M55 Bob Land	1.30	M65 Victor Huaco	PER 2:46.07
M50 Peter Tams M45 Bill DeHorn	1.25	M70 P J Cardozo M75 A A Fonseca	COL 2:53.24 BRA 3:20.08
M35 Bill Mathers	1.66	M80 A PaduaDeAssi W30 O Gonzalez	sBRA 4:53.53 CHI 2:22.94
W70 Helgi Pedal (1.09 M.Bowermaster		W35 M Reyes	VEN 2:30.61
W60 Lida Sawdyk W55 Edith Gray	1.03	W40 Sara Montecin (WR/old-McKenzie,	
Pole Vault M65 Jim Mathers	2.19	1967) W45 C Toro	COL 3:16.21
M55 Brian Merrilees Bob Land	2.80	W50 C Triana	COL 3:01.35
M45 Tom Rauscher Bill DeHorn	3.70	W55 M Costa W60 R Bautista	BRA 3:10.28 COL 3:22.00
Hugh Miller W50 AnnMarieRosenit		W65 A C Perilla W70 M I Suarez	COL 3:18.40 COL 3:37.54
Shot Put M75 Lembit Saar	CHARLES TO ALL	1500m	The same of the same
Aleks Upmalis M70 Garry Bachman	10.79 10.23 12.79	M35 J Restrepo M40 B Guartos	COL 4:14.70 COL 4:21.40
Peder Nielsen Victor Koresaar	10.33	M45 L Camayo J Lozano	COL 4:24.90
M65 Helmut Lange Bvalds Vickers	10.46	M50 N Endo	COL 4:34.10
Jim Flowers M60 Alf Sundin	8.35	M60 J E Builes	COL 4:46.70 COL 5:34.40
Kesar Poonia Max Woerle	10.82	M65 V Huaco M70 R Pariasca	PER 5:45.20 PER 5:56.00
M55 Juhan Toomes	11.29	M80 A PaduaDeAssi W30 C M Guevara	SBRA 9:52.80 COL 4:59.10
M35 Mike Stevely W70 Helgi Pedal	9.14 7.35	W35 M Ordura	COL 5:18.20
W65 Velta Tomsons W60 Lida Sawdyk	7.03	W40 S Gaviria W45 R C Diaz	COL 5:29.50 COL 6:18.30
W55 Edith Gray	7.86	W50 L Pantano W55 M Costa	COL 6:09.10 BRA 6:27.40
Dortha Swanson W50 Audrey Rowswell W45 Rhona Trott	7.35 8.62	W60 R Bautista W65 A C Perilla	COL 6:41.00 COL 7:02.66
Weight Throw	A ROTAL PORT	3000m	
M75 Aleks Upmalis M70 Peder Neilsen	9.12 11.14	W50 M DaSilva W55 M Costa	BRA 11:32 BRA 13:20
M65 Helmut Lange M60 Alf Sundin Max Woerle	10.94	W60 C Kisser W65 M Molineros	ARG 14:19 COL 15:30
M55 Juhan Toomes	10.50	W70 M Suarez	COL 15:51
M35 Mike Stevely W55 Dortha Swanson	8.70 USA 8.36	5000m M35 J Restrepo	COL 15:46.0
INTERNATI	ONAL	M40 E Castellanos M45 F F Lozano	VEN 15:32.5 COL 16:53.7
7th WAVA South A	-	M50 S E Jimenez	ARG 17:35.1
Regional Champio		M55 L Luna M60 A Llanos	COL 17:33.4 COL 20:25.3
Cali, Colombia; Marc		M65 J Garez M70 M Nieto	ARG 22:25.2 COL 25:01.0
M35 R C Viveros M40 E Cueva	COL 11.78	M75 A Costa	CHI 28:41.0
M45 P S Burity	BRA 12.07	M80 P Hurtado W30 C M Guevara	COL 29:01.2 COL 18:57.8
M50 Z Bueno M55 L Pedroza	BRA 12.68 COL 12.57	W35 C Giraldo W40 S Gaviria	COL 18:55.7 COL 21:31.0
M60 A Standen M65 H Delyado	CHI 13.68 PER 13.47	W45 N Gomez	COL 23:03.2
M70 A Chatna M75 A Machado	ARG 14.75	M35 P Ponguita	COL 33:55.1
M80 C Diaz	CHI 18.42	M40 E Castellanos M45 R Chavez	HOT. 35:32.7
W30 B Guerra W35 P Gaviria	VEN 13.00 COL 14.19	M50 H Barreneche M55 A Rios	COL 36:29.5 ARG 38:18.9
W40 N Mena W45 J Morania	COL 13.80 ARG 15.11	M60 F Puerto M65 J Gomez	COL 41:54.3 ARG 47:03.5
W50 N Foukal	ARG 15.79	M70 L Rios	COL 51:21.0
W55 M Marin W60 J Garcia	COL 17.21 VEN 15.36		CHI 62:17 COL 64:31
W65 K F Wara W70 M Garcia	BRA 17.20 COL 19.66	High Hurdles M35 F Navarro	COL 17.59
W75 M Maldonado W80 J Izquierdo	COL 22.70 COL 24.20	M45 W Ferrin	COL 19.49
200m			CHI 16.69 COL 16.55
M40 I Urbina	COL 23.59 VEN 24.04	M60 S Munoz M65 J Figueras	CHI 18.20 URU 20.39
M45 M A Shaybeh M50 Z Bueno	PER 25.24 BRA 25.10		COL 16.95
M55 L Pedroza	COL 25.39	W30 S Sepulveda	COL 21.38
M60 S Munoz M65 Y Shimizu	CHI 28.17 BRA 27.51 CO1 33.13		COL 21.40
M70 P Cardozo M75 V Echeverri	COL 36.48	W40 L Avalos W45 K Martins	BOL 17.57 BOL 18.59
M80 C Diaz	CHI 39.48 COL 29.69	W50 R Shirahata Long Hurdles	BRA 17.91
W35 R Obregon	COL 28.97	M35 Juan Velez	
W40 Sara Montecino (WR/old record-Ras		M40 D Pereira M45 J Aleman	PER 66.13
24.84, 1989) W45 J Morania	ARG 31.92	M50 A LauroDeLemo M55 P Medina	COL 69.39
	COL 31.71 BRA 34.08	M60 S Munoz M65 H B Corradini	CHI 51.64
W60 J Garcia W65 A C Perilla	VEN 31.99	M70 O Ortega	COL 72.18
W70 M Garcia W75 M Maldonado	COL 44.58	W30 O Gonzalez W35 A Dos Santos	BRA 75.34
400m	The Market of the last	W50 R Shirahata Steeplechase	BRA 62.16
M35 R Viveros M40 M Montoya	COL 52.70 COL	M35 G Aranda M40 L Sanchez	COL 10:14.3 COL 10:36.0
M45 J E Duque	COL 54.72 BRA 56.23	M45 J Lozano	COL 10:23.7
M55 T Figueroa M60 S Munoz	BRA 56.23 CHI 60.40	M60 A Villalobos 4x100 Relay	the with the same
M65 H Delgado	CHI 64.37 PER 67.39	M35 Colombia (Lam Miranon/Vivero)	
M70 P J Cardozo M75 V Echeverri	COL 73.41 COL 73.41	M45 Colombia (Bar cas/Plaza/Cuevas	rrios/Cabar-
M80 A PaduaDe Ass. W30 D Guerra	is BRA 82.00	M50 Venezuela (Pa	alencia/
W35 M Reyes	VEN 62.70 VEN 62.46	Kohnenkamp/Croque M55 Argentina (Ko	orani/Yanzon/
W40 Sara Montecin (WR/old-Kyle, 55.	3. 1970)	Rios/Cabrero) M60 Colombia (Esc	55.33 cobra/Ramos/
W45 J Moranta W50 D Munoz	ARG 71.99 COL 72.33	Guerrero/Galindo M65 Brazil (Wada/	57.79
W60 J Garcia W65 A C Perilla	COL 72.33	Shimizu/Corradine	56.30
W70 L Gallego	COL 2:24.19	M70 Chile (Diaz/M Gundlach/Hemcke)	88.26
W75 M Maldonado W80 J De Gaona	COL 2:18.09	M75 Brazil (Feder	rico/Padua/
800m		W30 Venezuela (Cha	aparro/Guerra
M35 O Pineda M40 C H Loaiza	COL 2:05.34 COL 2:04.29	W35 Colombia (Obr	52.54 regon/Romero/
M45 J E Duque	COL 2:11.71	Ramirez/Gaviria)	57.26

	National M
W40 Venezuela ( Ojeda/Castillo)	59.69
W45 Argentina () Hinoz/Moranto) W50 Brazil Kohi	62.13
chata/Kaneyama/ W55 Colombia (O guez/Sanchez/Ma	ortes/Rodri-
W60 Colombia (S Renteria/Areval	antander/
W65 Colombia (R Fontan/Pinto) W70 Colombia (L	eal/Brinez/
Gallego/Garcia) W75 Colombia (I Maldonado/Foren	1:52.60 zguierdo/
4x400 Relay	1:56.98
M35 Colombia M40 Colombia M45 Colombia	3:33.85 3:41.41 3:48.24
M50 Venezuela M55 Colombia M60 Chile M65 Brazil	3:57.54 4:17.73
M65 Brazil M75 Brazil	4:42.14 4:58.04 6:48.46
M75 Brazil W30 Venezuela W35 Colombia W40 Colombia	4:14.94 4:43.85
W45 Venezuela W50 Colombia W60 Colombia	5:25.96
W65 Colombia W70 Colombia	5:11.24 5:55.67 6:28.61 7:04.56
Long Jump M35 F Navarro M40 L Ribeiro	Erold Editor (Lugar Par)
MAS I Guariema	VENI 5 50
M50 N Pereira M60 M Sepulveda M65 Y Shimizu M70 W Helmke M75 J Igi	CHI 4.28 BRA 4.85 CHI 2.50
M75 J Igi W30 X Troncoso W35 I Romero	CHI 4.55
W40 E Melo W45 E Mondragon	CHI 3.98 COL 3.92
W50 T Masmela W55 M Kanegawa W60 M Salas W65 A Canal	CO1 3.37 BRA 3.79 PER 2.93
W80 J DeCaona	COL 1.82 COL 1.16
Triple Jump M35 J Bielli M40 L Ribeiro	ARG 10.97
M45 E Paul M50 M Rudas M55 H Salazar	ARG 10.58 COL 8.29 COL 11.34
M60 M Sepulveda M65 Y Shimizu	CHI 9.06 BRA 10.33
M75 J Igi W30 J Maturana W35 Y Romero	BRA 6.27 COL 9.62 COL 9.69
W40 E Melo W45 K Martins W50 B Archila	CHI 9.19 BOL 7.16 COL 6.82
W55 M Kanegawa W60 M Mejia	BRA 8.15 COL 5.28
W65 K Wara W75 A Canal High Jump	CUL 4.23
M35 D Figuerero M40 L Ribeiro M45 R Rossi	COL 1.62 BRA 1.75 ARG 1.60
M50 P Avalos M55 T Figueroa	CHI 1.60 CHI 1.40
M65 P Gregorio M70 S Pelaez M75 J Igi	BRA 1.30 COL 1.25 BRA 1.05
M80 M Martin W30 J Maturana W35 M Barco	CHI 0.95 OUL 1.40 OUL 1.35
W40 E Melo W45 K Martins	CHI 1.30 BOL 1.15
W55 C DeAndrade W60 M Salas W65 M Hofmann	BRA 0.95 PER 0.80 CHI 1.05
Pole Vault M35 P Mantelo M40 Manuel Diaz	ARG 3.35 COL 3.10
M45 W Hincapie M50 H Garcia	COL 2.30 ARG 3.35
M55 T Figueroa M60 J Alzamora M65 N Ussami	CHI 2.80 CHI 2.00 BRA 2.15
M70 S Pelaez M75 F Hochstatt Shot Put	OT. 2.15
M35 J Sanoja M40 R Ortiz	VEN 10.48 COL 10.00
M45 W Asbby M50 J Villafare M55 J Dos Reys	ARU 11.09 COL 12.87 BRA 12.00
M60 L Kittstein M65 O Wada	er CHI 12.00 BRA 8.78
M75 E Gundlach M80 M Martin	BRA 9.06 CHI 8.50 CHI 8.12
W30 J Maturana W35 E Cotes W40 E Jimenez	COL 9.09 COL 9.38 CHI 7.96
W45 U Pino W50 E Garcia	OOL 9.50 ARG 10.10
W60 M Mejia W65 J Huapaya	COL 7.64 COL 6.94 PER 8.18
W70 M Fleckner W75 C Sanabria W80 J Izquierdo	CHI 5.37 COL 5.64
Discus M35 F Navarro M40 J Salazar	COL. 34 82
MAN D Salazar	VEN 31.20

M	lasters News	
1	M45 H Imberti	ARG 38.48
	M50 N Travaglino M55 J Dos Reys	
	M60 M Dos Santos M65 R Tobar	BRA 37.92 BRA 37.66 COL 29.76 COL 29.48
١	M70 G Martinez	
1	M75 F Hochstatter M80 P Villanueva	COL 22.46
	W30 G Lopez W35 E Cotes	COL 29.88 COL 26.48
	W40 E Jimenez W45 V Totaro	CHI 27.18 ARG 23.24
9	W50 E Garcia	ARG 29.86
	W55 C Espinoza W60 D Sosa	COL 20.96 BRA 20.72
8	W65 J Huapaya W70 M Garcia	PER 21.68 COL 15.08
2	W70 M Garcia W75 C Sanabria W80 J Izquierdo	COL 13.94 COL 10.56
	Hammer	
	M35 A Guerrero M40 F Gallardo M45 W Hincapie	COL 15.40 CHI 46.12
	M50	COL 28.00
	M55 J De Almeida M60 J Alzamora	BRA 31.14 CHI 24.04
	M65 L Lopez M70 W Kupper	ARG 30.12
	M75 E Gundlach	BRA 43.10 CHI 24.62
	M80 M Martin W30 L Bello	CHI 22.04 COL 25.20
	W35 B Ramirez W40 A Franco	COL 26.66 CHI 33.74
	W45 U Pino W50 E Garcia	WL 22.26
	W55	ARG 39.26
	W60 L San Martin W65 J Huapaya	
	W70 M Fleckner W80 M Pedraza	PER 23.04 CHI 15.46 COL 8.82
3	Javelin	0.02
	M35 A Guerrero M40 J Salazar	COL 46.28 VEN 47.34
	M45 L Planchart	VEN 40.12
	M55 H Acosta	URU 31.08
	M60 L Kittsteiner M65 N Ussami	BRA 27.60
	M70 G Martinez M75 F Hochstatter M80 P Villanueva	COL 25.74 BRA 25.08
	M80 P Villanueva W30 M Caicedo	COL 18.56
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	W40 L Ortiz W45 N Rodriguez	COL 18.46 COL 27.98
	W50 T Masmela	COL 23.30 COL 28.56
	W60 J Garcia	VEN 25.56
	W70 M Garcia	COL 16.94
	W80 J Izquierdo	COL 12.14 COL 9.72
	5000 Trackwalk M35 A Lopez	COL 24:11.5
	M40 H Rodriguez M45 E Alfaro	COL 24:23.7 COL 23:33.3
	M50 P Casallas	COL 27:29.7
1	M55 D Ramirez M60 Bob Fine	COL 24:20.5 USA 29:40.3 CHI 31:11.8
2	M65 M Aguayo M70 C Guerrero	COL 32:09.0
	M75 A Fonseca	BRA 34:45.2 ARG 26:41.5
	W35 L Carriego W40 A Garcia	COL 29:18.6 ARG 30:17.8
	W45 O Buitrago W50 D Ramirez	COL. 31:12.0
	W55 E Faveron W60 C Kisser	PER 34:21.4 ARG 32:43.7
	W65 M Forero 10K Racewalk	COL 38:17.8
	M35 O Zamora M40 E Noguera	COL 48:30 VEN 46:33
	M45 J Quironez	COL 46:38
	M50 E Vanegas M55 D Ramirez	COL 53:53 COL 49:34
	M60 Bob Fine M65 M Aguayo	USA 58:43 CHI 62:32
	M70 C Guerrero W35 L Carriego	COL 65:54
	W40 A Garcia	ARG 52:18 COL 57:21
	W45 Olga Buitrago W50 D Ramirez	ARG 59:26 COL 62:53
	W55 I Medero W60 L Correa	CHI 67:41 COL 68:07
	W65 M Forero W75 T Reyes	COL 77:16
	Half-Marathon	CHI 89:20
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	M45 M Pabon M50 H Barreneche	COL 1:11:43
	M55 A Filho	BRA 1:17:14
	M60 F Puerto M65 R Ramirez	COL 1:26:35 COL 1:40:59
	M70 L Rios M75 A Costa	COL 1:40:59 COL 1:47:15 CHI 2:17:12 COL 2:06:31
	M80 P Hurtado W30 G Lopez	COL 2:06:31 VEN 1:28:15
	W35 M Ordura	WL 1:26:13
	W40 O Silva W45 N Gomez	COL 1:39:13 COL 1:42:35
	W50 M DaSilva W55 M Franco	BRA 1:26:07 COL 2:27:43
	W65 M Molineros	COL 2:01:49

lammer	THE PARTY NAMED IN	Greenbeit,
135 A Guerrero	COL 15.40	Overall
440 F Gallardo	CHI 46.12	Alan Ruben 36
445 W Hincapie	COL 28.00	B Barnard-Lope
150	THE REST	M40 Jon Gang 4
455 J De Almeida	BRA 31.14	Tom Brantl
		M50 Mel Willia
M60 J Alzamora M65 L Lopez	ARG 30.12	Bud Bettle
470 W Kupper	BRA 43.10	M60 James Roch
475 E Gundlach	CHI 24.62	
M80 M Martin	CHI 22.04	C E Stalze
	COL 25.20	M70+Don McNell
W35 B Ramirez	COL 26.66	W40 Betty Blar Diane Paul
W40 A Franco	CHI 33.74	Diane Paul
W45 U Pino	COL 22.26	Bethesda Cha
W50 E Garcia	ARG 39.26	
W55	ANG 35.20	20K R
W60 L San Martin	URU 22.06	Bethesda, N
W65 J Huapaya	PER 23.04	5K
W70 M Fleckner		
W80 M Pedraza	CHI 15.46	Overall
	COL 8.82	Joseph Waldron
Javelin		Heather Sanders
M35 A Guerrero	COL 46.28	M40 Bruce Tay
M40 J Salazar	VEN 47.34	William T
M45 L Planchart	VEN 40.12	Max Leske
M50 B Troceoli	VEN 33.54	
M55 H Acosta	URU 31.08	The same of the same of the same of
M60 L Kittsteiner	CHI 39.46	Charles A
M65 N Ussami	BRA 27.60	William B
	COL 25.74	M50 Poul Aren
M70 G Martinez M75 F Hochstatter	BRA 25.08	Roger Her
M80 P Villanueva	COL 18.56	W40 Wendy Le
W30 M Caicedo	COL 36.14	
W35 S Ojeda	VEN 30.68	The second secon
		Danielle K
N40 L Ortiz N45 N Rodriguez	COL 18.46	Candace S
V45 N Rodriguez	COL 27.98	W50 Sherry Dri
V50 T Masmela	COL 23.30	20K
V55 E Alvear	COL 28.56	The second secon
V60 J Garcia	VEN 25.56	Overall
V65 M Hoffman V70 M Garcia	CHI 21.94	Ric Banning
170 M Garcia	COL 16.94	Bonnie Barnard-
775 C Sanabria		M40 Ric Banni
V80 J Izquierdo	COL 9.72	Spark Rog
0000 'Irackwalk	mr 24-11 C	Bennett B
135 A Lopez	COL 24:11.5	M45 Herbert T
440 H Rodriguez	COL 24:23.7	And the second s
145 E Alfaro	COL 23:33.3	Ken Ship
450 P Casallas	COL 27:29.7	John Sher
455 D Ramirez	COL 24:20.5	M50 Russ Abb
M60 Bob Fine	USA 29:40.3	Roy Koeh
M65 M Aguayo	CHI 31:11.8	Jim Carls
M70 C Guerrero	COL 32:09.0	M55 David Wh
M75 A Fonseca	BRA 34:45.2	
W35 L Carriego	ARG 26:41.5	Julian Ive
W40 A Garcia	COL 29:18.6	Art Morey
W45 O Buitrago	ARG 30:17.8	M60 T Momiya
W50 D Ramirez	COL 31:12.0	Alex Hers
W55 E Faveron	COL 31:12.0 PER 34:21.4	Jerry DeW
	ARG 32:43.7	M70 Francis Pi
W65 M Forero	COL 38:17.8	Date Commence of the Commence
10K Racewalk		M76 Alvin Gut
M35 O Zamora	COL 48:30	W40 Kathleen
M40 E Noguera	VEN 46:33	Beth Schr
M45 J Quironez	COL 46:38	G Welde
M50 E Vanegas	COL 53:53	W45 Judith Bu
M55 D Ramirez	COL 49:34	
M60 Bob Fine	USA 58:43	Penny Gu
M65 M Aguayo	CHI 62:32	Ellie Thay
M70 C Guerrero	COL 65:54	W50 Lis Villad
W35 L Carriego		Judith Fla
W40 A Garcia	ARG 52:18 COL 57:21	Kathy Pric
WAS Olga Duitman	WL 57:21	W55 Nancy Wh
W45 Olga Buitrago		
W50 D Ramirez	COL 62:53	W65 Pat Nesley
W55 I Medero	CHI 67:41	20K Masters Tea
W60 L Correa	COL 68:07	Gnats - Men
W65 M Forero	COL 77:16	(Rogers/Spark/T
W75 T Reyes	CHI 89:20	
Half-Marathon	The second	John/Davies/Kirl
M35 F Ardila	COL 1:10:14	NRCC Masters-\
M40 E Castellanos	VEN 1:07:39	(Flannery/Judith/
M45 M Pabon	COL 1:11:43	Rosen/Setsu/Gar
M50 H Barreneche	COL 1:11:43 COL 1:15:43	AND DESCRIPTION OF THE PARTY OF
M55 A Filho	BRA 1:17:14	20K RW
M60 F Puerto	COL 1:26:35	James Moreland
M65 R Ramirez	COL 1:40:59	Sal Corrallo 63
M70 L Rios	COL 1:47:15	Jim Goldstein 45
M75 A Costa	CHI 2:17:12	Valerie Meyer 3:
M80 P Hurtado		Daniel Kornhaus
W30 G Lopez	COL 2:06:31	Times! Comnaus
W35 M Ordura	VEN 1:28:15	Timothy Good 3
W40 O Silva	COL 1:26:13	Pat Nesley 65F
W45 N Gomez	COL 1:39:13	Nancy Whitney
	COL 1:42:35	,
W50 M DaSilva	BRA 1:26:07	NYRRC
W55 M Franco	COL 2:27:43	Half-Marathon,
W65 M Molineros		
	COL 2:01:49	
C. Browning		NYC; M

# LONG DISTANCE

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces/2¼" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

George Washington Birthday Marathon Greenbelt, MD; Feb. 20

The state of the s	
Overall	
Alan Ruben 36	2:37:54
B Barnard-Lopez 34	3:02:19
M40 Jon Gang 43	3:04:16
Tom Brantle 42	3:09:41
M50 Mel Williams 56	3:00:10
Bud Bettler 50	3:08:00
M60 James Roche 61	3:45:22
C E Stalzer 66	4:21:55
M70+Don McNelly 73	5:45:17
W40 Betty Blank 40	3:28:51
Diane Paul-Brown	424:54:12

# ase 5/20K Run/ Racewalk MD; March 6

<u> </u>		
Overa	II and the second	
Joseph	Waldron	18:05
Heath	er Sanders	22:32
M40	Bruce Taylor	26:09
	William Timmer	28:53
	Max Lesko	36:23
M45	Jim Wolcott	22:58
10145	Charles Adams	23:28
	William Buchana	
M50	Poul Arendal	29:22
	Roger Hernandez	38:54
W40	Wendy Lesko	45:07
W45	Mary Hanley	28:47
	Danielle Kaczens	kv33:19
	Candace Segal	45:37
W50	Sherry Drilling	33:19
	Sherry Dilling	33.19
20K		
Overa		
	anning	1:07:03
Bonn	ie Barnard-Lopez	1:17:04
M40	Ric Banning	1:07:03
	Spark Rogers	1:12:48
	Bennett Beach	1:16:04
M45	Herbert Tolbert	1:15:19
	Ken Shipp	1:18:44
	John Sherlock	1:21:57
M50		1:25:59
MISO	Russ Abbott	
	Roy Koehn	1:29.37
750	Jim Carlson	1:33:22
M55	David Whitten	1:21:30
	Julian Ives	1:26:06
	Art Morey	1:28:21
M60	T Momiyama	1:32:12
1	Alex Hershaft	1:51:30
	Jerry DeWitt	2:00:12
1170		
M70	Francis Pierce	1:49:29
M76	Alvin Guttag	2:49:20
W40	Kathleen Nixon	1:34:04
	Beth Schmid	1:40:05
	G Welde	1:40:30
W45	Judith Bugyi	1:33:15
	Penny Gulden	1:36:35
	Ellie Thayer	1:37:57
W50	Lis Villadsen	
*****		1:34:09
	Judith Flannery	1:38:45
	Kathy Price	1:43:00
W55	Nancy Whitney	2:13:22
W65	Pat Nesley	2:12:16
20K I	Masters Teams	
	- Men	5:17:12
	ers/Spark/Tolbert/S	
Icha/	Davies/Kirk)	neriock/
John/	Davies/Kirk)	
	C Masters-Women	
(Flan	nery/Judith/Newbu	rgh,Janet/
Roser	/Setsu/Garcia-Zan	nor/Rosen)
20K	RW	The state of
Jame	s Moreland 41	1.50.46
SalC	orrallo 63	1:59:46
lim C	Foldstein 45	2:05:02
Vale	is Manua 350	2:09:58
Valer	ie Meyer 35F	2:12:03
Danie	l Kornhauser 37	2:14:48
Timo	thy Good 34	2:23:52
Pat N	esley 65F	2:27:01
Nanc	y Whitney 58F	2:28:07
	•	

# Brooklyn I, Prospect Park, March 13

	And the same of
Overall	
Esteban 23	1:09:43
Gordon Bakoulis 33	1:20:21
M40 Robert Briglio	1:18:09
Kevin O'Connor	1:19:17
Nick Caswell	1:19:37

M45 Francisco Ortega	1:17:37
Luis Guachichulca	1:20:18
Julio Aguirre	1:23:11
M50 L Flores	1:25:45
Hector Rivera	1:27:03
Dennis Howe	1:27:55
M55 Richard Murphy	1:27:58
Joe Dilorio	1:28:45
Philmore Brewer	1:30:07
M60 Ken Jones	1:32:30
Frank Dudley	1:39:53
Al Chameides	1:43:40
M65 Joe Burns	1:33:50
John Corrigan	1:37:29
Frank Mortillo	1:49:33
M70 William Coyne	1:49:58
Sab Kolde	1:58:58
Sidney Butensky	2:06:38
M75+Wilfredo Rios	2:14:08
Georye Jaffe	2:47:17
Frank Brownstein	
W40 Kathy Gribbon	1:27:50
Lindsey Folson	1:32:20
Kerry Massett	1:34:54
W45 Flora Flores	1:37:53
Marjorie Kos	1:40:08
Mary Spera	1:42:31
W50 Carol Hasan	1:50:03
Angela Conte	1:50:12
Kathy Nitschelm	1:51:28
W55 Lisa Praskins	1:38:16
Wen-Shi Yu	1:45:09
Lynn Sherman	1:59:40
W60 B Bellinghausen	1:42:03
Thelma Wilson	1:53:32
W65 Daisy Klein	2:21:23
Bertha McGruder	2:43:32
W70+Althea Wetherbee	
Vivian Lowery	2:47:38
Finishers: 753m/213w Weather: 44°/clr/sun	
weather: 44°/clr/sun	ny

# Nestle's St. Paddy's Day 10 Mile Freehold, NJ; March 20

Overall 12 Byes IVE	45   The
Kevin Ruch	50:07
Laura Mason	56:51
Masters Overall	
Roger Price 45	57:25
Judy Gironecks	69:21
M40 Carlos Santos	57:55
Sammy Sanchez	57:57
Kelly Jensen	58:51
M45 Syl Benson	59:15
Henry Carlton	60:16
Rolando Castro	62:45
M50 Maury Dean	59:15
Bill Wegman	60:50
Victor Cruz	61:42
M55 Gene Chase	62:59
Kent Sabin	68:69
Russ Lenninz	70:02
M60 Ralph Aguino	75:03
Bill Ingle	75:34
George Ivanovich	80:04
M65 Les Ridings	80:36
Bob Mann	81:38
Harry Berner	82:46
M70+Bill O'Brien	81:26
Fred Ely	81:54
W40 Margie Neslin	69:49
Pat Hancock	70:23
Cathy Soto	72:42
W45 Joyce Rankin	69:57
Linda Fisher	79:02
Georgette O'Kane	87:42
W50 Cindy Clark	77:22
Sue Schreck	85:17
Darryl Sander	88:50
W60 Janice Maltus	88:22
Flat/some rolling/hill mile 5; w15-35mph/38°-	at
mile 5; WID-35mph/38"-	43

# NYRRC Rites Of Spring 10K Central Park; March 20

-
30:3
35:20
31:3
31:59
35:50
38:1:
35:1
37:1
36:2
37:0
41:2
44:5
41:0
44:1
41:0
51:5
49:2
50:1

Continued on next page

May 1994	
Continued from previous page	M40 Bob Anastasio 32:26
M75+James Keeney 78 58:46	Dan Brach 32:57 Chris Webber 33:29
Wilfredo Rios 77 58:56 George Jaffe 78 67:05	Alan Oman 33:33
W40 Amy Bahrt 43:19	M45 Mike Piper NZ 34:56 Bob Moritz 35:29
Laurie Goldin 44:40 Diane Hawkins 44:57	Jack Porzio 36:31
W45 Kathy Horton 42:37	Joe Featherston 36:53 M50 Maury Dean 35:51
Flora Flores 44:42 W50 Melanie Benvenue 46:42	Bob Pike 37:43
Laurie Baker 47:19	Dan Badalament 38:12 M55 Joe Cordero 37:39
W55 Joan Bondell 48:11 May Chou 53:23	M55 Joe Cordero 37:39 Mike Goldman 39:46
W60 Thelma Wilson 50:48	John Boyle 39:48
Rosa Nales 55:26 W65 Muriel Merl 54:40	M60 Geza Feld 40:21 Ray Fletcher 43:16
Bertha McGruder 68:56	Hans Hunziker 43:16
W70+Althea Wetherbee 7568:01 Finishers: 869m/517w	M65 Colin Harris 40:54 John Corrigan 43:21
Weather: 42°/w12mph/sunny	Jack Haar 44:05
Mike Hannon 4-Mile Run/	M70+John McManus 43:27 Sab Kolde 49:18
20 Mile Run	W40 Barbara Anderson 41:43 Janet Piez 42:42
Central Park, NYC; March 26	Sue Curtis 43:15
Overall	W45 Liz Penagos 45:35 Betty Horstman 46:45
Shawn Marcelle 20:26	Hilary Boucher 48:36
Gillian Beschloss 22:52 M40 Lawrence Torella 21:28	W50 Annette Frisch 45:30 Beverley Bramlot 47:13
Vincent Shaw 22:15	W55 Marion Stanjones 43:53
Hal Tozer 23:01	Wen Shi-Yu 45:47
M45 Art Hall 21:54	W60 Cecile Miller 58:07 Gwen Fox 74:47
Jay Hildebrand 24:41 Donald Hock 24:44	W70+Althea Wetherbee75 63:21
M50 Jim Wharton 21:26	Rolling course/one tough hill; 43°/clr/w14-23mphE
Maury Dean 23:20	
Edward Holiday 24:51	Boston Marathon
M55 Witold Bialokur 24:22 Michael Goldman 25:40	April 18
Arthur Reilly 26:41	Overall VEN 2:07:15
M60 Arnie Green 25:53 Hans Hunziker 27:36	Cosmos Ndeti KEN 2:07:15 Uta Pippig GER 2:21:45
Hans Hunziker 27:36 Eruic Seiff 28:58	M40-49
M65 William Fortune 25:32	Doug Kurtis 42 MI 2:15:48 Pierre Levisse 42FRA 2:17:13
George Thompson 29:20	Ian Bloomfield 41GBR 2:17:42
Herbert Silber 36:49 M70 John McManus 27:32	Martin Mondragon MEX 2:19:17 John Barbour 40 MA 2:20:26
Wallace Cutler 33:24	Kurt Hurst 42SUI 2:20:52
Thomas Gibbons 34:27 M75 James Keeny 36:04	Ric Sayre 40 OR 2:20:52 Juriy Michailov41RUS 2:23:26
M75 James Keeny 36.04 George Jaffe 42.09	Leonid Mosejev 41RUS 2:23:36
W40 Diane Ditchfield 25:19	Vladimir Krivoy43UKR 2:24:09
Mary Rosado 27:02	Tom Birnie 41NZL 2:25:39
W45 Cheryl Ralya 25:26	Dan Black 40 MI 2:30:45 Stephen Jayson 41 TX 2:31:53
Ann Makoske 27:22	Steven Lacau 45 MA 2:31:55
W50 Marilyn Greeley 29:08	Phil Riley 42 MA 2:34:09
Carol Hasan 30:47	Max O'Kane 40NZL 2:34:33 Stephen Sipes 44 AR 2:34:37
Susanna Beltrandi 32:00 W55 Joan Bondell 31:16	Larry Olsen 47 MA 2:34:47
W55 Joan Bondell 31:16 Naomi Vogel 34.52	Dave Elger 40 FL 2:34:48
Anne Perzeszty 40:17	Gary Holda 42 IL 2:34:53 Bill Rogers 42 VA 2:35:01
W60 B Bellinghausen 29:00 Marguerite Logan 40:29	Fred Schaffstein IN 2:35:18
Linda Scharer 45:34	Artemio Navarro44 CO 2:35:21
W65 Bertha McGruder 41:35	Vinny Reda 42 NY 2:35:49
Arlene Kernis 41:58 Shirley Wallach 48:46	John Zupanc 41 WI 2:35:56
W70 Althea Jureidini 49:01	Hal Goforth 49 CA 2:36:46 Richard Miller 40 ME 2:37:04
20-Mile Run	Robert Ruel 41 MA 2:37:24
Overall Alfonso Polania 1:51:54	Masahiko Furuta40JPN 2:37:36
Yumi Tomoda 2:10:08	Geoffrey Smith 40 MA 2:37:52 Humberto Clavijo COL 2:37:55
M40 David Dunne 1:58:17	Richard Weeks 47 TN 2:38:29
Robert Briglio 2:00:04  Israel Rivera 2:00:16	David Cordwell 47GBR 2:38:32 Tim Smith 46 CT 2:38:58
M45 F Ortega 2:08:41	Joe Nzau 45 NV 2:38:50
Julio Aguirre 2:12:55	David Dunne 41 NJ 2:38:56 Pete Blomquist 41 MA 2:39:00
Steven Yurgel 2.14:10 M50 Samuel Skinner 2:04:21	Bruce Glasspoole CAN 2:39:18
Dennis Howe 2:17:48	Craig Donath 44 IL 2:40:52
Oda Kazumasa 2.24:21	Gary Madison 47 OK 2:40:54
M55 Joseph Dilorio 2:17:47 Richard Murphy 2:19:33	Kurt Lauenstein43 NC 2:41:00 Jim Rasch 40 FL 2:41:05
Richard Murphy 2:19:33 R Ratmeyer 2:24:26	Kelly Jensen 40 NJ 2:41:10
M60 Jay Sturdevant 2:23:04	Yuri Laptev 45KZK 2:41:48 Joe Knap 43 OH 2:41:57
George Reilly 2:32:56	Walter Mann 42 MA 2:42:14
Erik Kaymin 2:50:26 M65' Frank Mortillo 2:54:54	Richard Gates 45 MA 2:42:27
Richard Hollman 3:41:16	Brian Spencer 40 MA 2:42:55
M70 Sab Koide 3:16:40	M50-59 Richard Crampon51CAN 2:36:45
W40 Lindsey Folsom 2:25:04 Suzanne Rohr 2:29:04	Fay Bradley 56 DC 2:39:47
Suzanne Rohr 2:29:04 Susan Smith 2:35:58	Julian Barrera 51ESA 2:41:28 Tsun, Yamazaki 54JPN 2:44:18
W45 Flora Flores 2:37:27	Joe Burgasser 55 FL 2:44:47
Marjorie Kos 2:44:18  Jillian Lazaridis 2:45:05	Hans Vugts 52HOL 2:46:24 John Kirkpatrick MD 2:46:30
W50 Edith Jones 2:49:21	Harry Clayton 58GBR 2:47:24
Angela Conte 2:59:32	Bob Derbidge 55 UT 2:48:49 Mel Williams 56 VA 2:49:19
Joan Kramer 3:02:37 W55 Wen-Shi Yu 2:48:04	The state of the s
W55 Wen-Shi Yu 2:48:04 Billie Moten 3:46:44	Jon Macpherson 52 CA 2:50:29
The state of the s	Tony Cerminaro 57 PA 2:51:44 Mike Meredith 53CAN 2:51:53
Plainview Run For	Bobby Ogle 52 GA 2:53:16

# A.S.P.I.F Plainview, L.I Overall Don DiDonato

Barbara Gubbi

Iollman	3:41:16	WC0 C0	1.50		
e	3:16:40	M50-59	SICAN	2.26.45	
Isom	2:25:04	Richard Crampor			
Rohr	2:29:04	Fay Bradley			
ith	2:35:58	Julian Barrera			
		Tsun. Yamazaki			
es	2:37:27	Joe Burgasser			
Kos	2:44:18	Hans Vugts	52HOL	2:46:24	
zaridis	2:45:05	John Kirkpatrio			
es	2:49:21	Harry Clayton			
onte	2:59:32	Bob Derbidge			
ner	3:02:37	Mel Williams	56 VA	2:49:19	
Yu	2:48:04	Sterling Basset	tt TX	2:49:36	
ten	3:46:44	Jon Macpherson	52 CA	2:50:29	
	3.40.44	Tony Cerminaro	57 PA	2:51:44	
		Mike Meredith	53CAN	2:51:53	
v Run		Bobby Ogle	52 GA	2:53:16	
R.E. 1	The second secon	Alfred Liber	53LUX	2:53:20	
I., NY	April 4	Bob Taggart	53 DE	2:54:11	
	de la	Hartmut Bethke	51SUI	2:54:42	
	31:17	Jim Powers	50 MO	2:54:44	
ns	36:26	John Rogucki	51 MI	2:55:04	
-					

		National
32:26	Richard Hoyt	53 MA 2:55:13
32:57	Jon Patton	51 OH 2:55:29
33:29	Gus Foley	51 MA 2:55:50
33:33	Mike Sanchez	51 CA 2:56:01
34:56	Bob Graham	50 CT 2:56:39
35:29	Dave Buddingto	n52 CT 2:56:51
36:31	16	The second second
36:53	Bob Hellweg	51 MA 2:56:54
35:51	Leo Tomasetti	55 RI 2:57:17
37:43	Jerry Rosa	50 NH 2:57:52
38:12	Bill Boardman	53 MA 2:58:19
37:39	Pete Shovlin	53 PA 2:58:20
39:46	Ian Eccott	
39:48	Bill Riley	57 MA 2:58:57
40:21	John Pierce	
43:16	Leon Chiappini	54 MA 2:59:26
43:16	Mike Hawkes	53 NV 2:59:57
40:54	Joe Noonan	50 MA 3:00:17
43:21		51 MI 3:00:35
44:05	Jim O'Toole	58 MA 3:00:35
43:27	Marcel Brazeau	51CAN 3:00:52
49:18	M60+	A. A. A. P. S. A.
41:43	Yuzo Tamaru	60JPN 2:49:34
42:42 43:15	Mal Gillis	60 AL 2:50:50
45:35	Dale Urbain	60 MN 2:56:35
46:45	Verne Carlson	61 CO 3:03:31
48:36	Joe Fernandez	65 MA 3:08:34
45:30	Jay Sturdevant	63 CT 3:10:28
47:13	Sunao Yamanaka	61JPN 3:11:47
43:53	Mike Goldman	62 IN 3:11:52
45:47	Jim Schleisman	60 IA 3:13:53
58:07	Sam Smidley	64 CA 3:13:59
74:47	John Murphy	61 CA 3:15:46
63:21	Bob Daly	61 MI 3:16:25
gh hill;	Gerolf Habel	62GER 3:16:30
T Wall	Louis Joline	61 MO 3:17:14
	Rich Hause	60 PA 3:17:42
AND THE RESERVE	macin illudoc	

	74:47 erbee75 63:21 one tough hill; phE	John Murphy Bob Daly Gerolf Habel Louis Joline	61 CA 3:15:46 61 MI 3:16:25 62GER 3:16:30 61 MO 3:17:14
Boston Ma	arathon	Rich Hause Walt Gronski	60 PA 3:17:42 62 NY 3:18:3
April	18	Frank Dudley	60 PA 3:19:58 61 NY 3:21:55
rall	Salar Sa	Carl Pegels Jim Parks	65 FL 3:22:00
mos Ndeti	KEN 2:07:15	Jim Lacey	60 PA 3:22:38
Pippig	GER 2:21:45	W40-49	

W40-49			
Emma Scaunich	40	ATI	2:33:36
Irina Bondarch	uck	RUS	2:36:53
Sharlet Gilber	t42	CA	2:43:46
B Portenski	44	NZL	2:45:37
Diana Tracy	41	CA	2:46:56
Marina Jones	42	CA	2:48:06
Judith Hine	45	NZL	2:49:46
Debbie Hanson	40	UT	2:51:15
Terri Martland	40	RI	2:57:39
Kri Guderyon	40	WI	3:01:16
Janet Jordan	45	OR	3:02:51
Kathy Beebee	48	MA	3:04:21
Eileen Troy	40	CT	3:05:24
Barbara Beeman	43	OK	3:05:54

Daivara Deeman 43	UK	3:03:34
Eunice Phillips430	CAN	3:06:06
Rose Galligan 43	NH	3:06:52
Ruth Fina 48	WI	3:07:17
Linda Leonard 44	MI	3:08:04
Mary Ann Malarkey	IL	3:08:15
Nancy Huy-Perry43	FL	3:10:35
W50-59		41.75
Melody Schultz 52	CA	3:20:28

W50-59		
Melody Schultz	52 CA	3:20:28
Christine Huf	52GER	3:20:51
Wen-Shi Yu	59 NY	3:24:18
W60+		

#### SOUTHEAST

#### European Cross-Country 10K Camp Lejeune, NC; March 19

Overall	K. Harris
Andy Ball 26	35:22
Christine Reaser 28	41:18
Top M40+	
Sam Lewis 40	40:31
Sammie Simmons 41	42:47
A Larry Martin 41	43:23
Top W40+	
Marilyn Harris 43	61:03
Joyce Hodges-Hite 56	61:21
Trudy Jepson 42	67:59
M40 Kim Nutter	48:04
Paul Jarmul	50:37
Joe Huff	52:00
M45 Malcolm Laurey	46:19
Ross Howard	48:31
Mike Olson	51:03
M50 F Carl Barr	53:29
Jack Butler	54:59
J C Hickey	55:17
M55 Ed Shifflette	51:40
Jim Hite	56:47
Jim Van Riper	65:42
M65 Domenick Irrera	63:22
W40 Lea Efrid	77:51
W45 Sarah Whitmore	73:28

#### Shamrock Sportsfest Masters 8K/Marathon Virginia Beach, VA; March 19

Masters 8K	
Top Masters Men	
Nick Rose	42 24:25
Bill Rodgers	46 24:58
Bryan Stride	43 25:28
Charles McMullen	42 25:52
Roger Tumasonis	40 25:59
Paul Cumnings	40 26:16
James Pryde	40 26:25
Chuck Moeser	42 26:29
M40 Joseph Nzau	26:33
Bill Lee	27:58

Ronnie Knepper	28:05
Rick Platt	28:08
Zeph Putnam	28:48
Tim McMullen	28:51
Chik Boston	29:19
	30:49
Jack Dempsey	
M45 Herbert Tolbert	28:57
Steve Frisk	29:01
Jeff Long	29:07
George Myers	29:17
Fred Steier	29:22
Hans Tall	29:37
	29:40
Peter Rodenbaugh	29:46
Paul Steele	29:46
Bill Hart	29:47
M50 Hugh Sweeny	28:05
John Benkert	
	28:08
Thomas Hare	28:12
Joseph Sieller	29:38
Daniel Hamner	30:29
John Haubert	30:40
Bob Hartless	31:32
M55 Fay Bradley	28:25
Frank Wagner	30:23
Chan Robbins	30:56
Tom Bashara	
	32:18
Dick Jamborsky	34:01
Dick Johnson	34:46
M60+Larry Dickerson 62	33:18
Ctan Witamahi Co	
Stan Witomski 60	34:25
James Hart 61	35:56
Herbert Chisolm 67	36:50
M70+Robert White 70	35:34
	43:04
John Bays 72	43:04
Top Masters Women	
Gretchen Maurer 42	29:47
	29:57
Barbara Filutze 47	
Rae S Baymiller 50	30:30
W40 Donna Harrison	32:15
N 11' W 1	32:21
Phyllis Yester	
Joyce Adams	32:30
Joyce Adams Linda Gulick	32:30 33:05
Joyce Adams Linda Gulick Karen Erb	32:30 33:05 33:37
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline	32:30 33:05 33:37 35:51
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson	32:30 33:05 33:37 35:51 36:33
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore	32:30 33:05 33:37 35:51 36:33 37:54
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter	32:30 33:05 33:37 35:51 36:33 37:54 37:59
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter	32:30 33:05 33:37 35:51 36:33 37:54 37:59
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell	32:30 33:05 33:37 35:51 36:33 37:54 37:59 38:07
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50	32:30 33:05 33:37 35:51 36:33 37:54 37:59 38:07 33:14
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Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52	32:30 33:05 33:37 35:51 36:33 37:54 37:59 38:07 33:14 37:02 38:40 37:28
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52	32:30 33:05 33:37 35:51 36:33 37:54 37:59 38:07 33:14 37:02 38:40
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60	32:30 33:05 33:37 35:51 36:33 37:54 37:59 38:07 33:14 37:02 38:40 37:28
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Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon Overall Tambala Smartey 29	32:30 33:05 33:37 35:51 36:33 37:59 38:07 33:14 37:02 38:40 37:28 48:46
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon Overall Tambala Smartex 29 2 Roxi Erickson 31	32:30 33:05 33:37 35:51 36:33 37:54 37:59 38:07 33:14 47:02 38:40 37:28 48:46
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon Overall Tambala Smartex 29 2 Roxi Erickson 31 22 M40 Daniel Black 3rd 2	32:30 33:05 33:37 35:51 36:33 37:54 37:59 38:07 33:14 37:02 38:40 37:28 48:46
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Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon Overall Tambala Smartex 29 2 Roxi Erickson 31 1182 Royal Daniel Black 3rd 2 Sadot Mendez 2 Bill Royers 42 2	32:30 33:05 33:37 35:51 36:33 37:59 38:07 33:14 37:02 38:40 37:28 48:46 23:39 :39:47 :26:06 :40:47 :40:47
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Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon Overall Tambala Smartex 29 2 Roxi Erickson 31 182 Sadot Mendez 2 Bill Royers 42 2 Larry White 2 John Merk 2 M45 Larry Coley 2	32:30 33:05 33:37 35:51 36:33 37:59 38:07 33:14 37:02 38:40 37:28 48:46 23:39 :22:39 :39:47 :26:06 :46:38 :46:38 :52:03 :51:50
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Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon- Overall Tambala Smartex 29 2 Roxi Erickson 31 1182 Ado Daniel Black 3rd 2 Sadot Mendez 2 Bill Royers 42 2 Larry White 2 John Merk 2 M45 Larry Coley Anthony Higham 3 Bill Magnan 3 Tom Dixon 3 M50 Budd Bettler 2 James Derham 3 Joseph Noonan 3 M55 Mel Williams 2 Bernie Davis 3 Bob Hastings 3 M60+Lee Cooper 63	32:30 33:05 33:37 35:51 36:33 37:59 38:07 33:14 37:02 38:40 37:28 48:46 23:39 :39:47 :23:39 :39:47 :43:06 :40:47 :43:06 :46:38 :52:03 :51:50 :04:18 :05:58 :07:09 :59:18 :07:09 :59:18 :07:09 :59:18 :07:09 :59:18 :07:09 :59:18 :07:09 :59:18 :07:09 :59:18 :07:09 :07
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Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon Overall Tambala Smartex 29 2 Roxi Erickson 31 82 M40 Daniel Black 3rd 2 Sadot Mendez 2 Bill Royers 42 2 Larry White 2 John Merk 2 John Merk 2 M45 Larry Coley Anthony Higham 3 Bill Magnan 3 Tom Dixon 3 M50 Budd Bettler 2 James Derham 3 Joseph Noonan 3 M55 Mel Williams 2 Bernie Davis 3 Bob Hastings 3 M60+Lee Cooper 63 3 Neil Wilson 65 3 Richard May 60 3 M70+Cokey Daman 75 4 Reff Stafford 72 4 W40+Jeanne Kruger 46 3 Betty Blank 41 3 Diane McNamara 403	32:30 33:05 33:37 35:51 36:33 37:59 38:07 33:14 37:02 38:40 37:28 48:46 :23:39 :39:47 :43:06 :40:47 :43:06 :46:38 :52:03 :51:50 :04:18 :05:58 :07:09 :59:18 :03:22 :04:11 :46:54 :06:33 :07:18 :21:06 :32:28 :35:47 :15:07 :22:44 :33:43
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon Overall Tambala Smartex 29 2 Roxi Erickson 31 82 M40 Daniel Black 3rd 2 Sadot Mendez 2 Bill Royers 42 2 Larry White 2 John Merk 2 John Merk 2 M45 Larry Coley Anthony Higham 3 Bill Magnan 3 Tom Dixon 3 M50 Budd Bettler 2 James Derham 3 Joseph Noonan 3 M55 Mel Williams 2 Bernie Davis 3 Bob Hastings 3 M60+Lee Cooper 63 3 Neil Wilson 65 3 Richard May 60 3 M70+Cokey Daman 75 4 Reff Stafford 72 4 W40+Jeanne Kruger 46 3 Betty Blank 41 3 Diane McNamara 403	32:30 33:05 33:37 35:51 36:33 37:59 38:07 33:14 37:28 48:46 23:39 39:47 26:06 40:47 43:06 40:47 43:06 104:18 105:58 107:09 104:18 105:58 107:09 104:18 105:58 107:09 106:33 107:18 106:33 107:18
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon Overall Tambala Smartex 29 2 Roxi Erickson 31 22 Sadot Mendez 2 Bill Rogers 42 Larry White 2 John Merk 2 M45 Larry Coley 2 Anthony Higham 3 Bill Magnan 3 Tom Dixon 33 M50 Budd Bettler 2 James Derham 3 Joseph Noonan 3 M55 Mel Williams 2 Bernie Davis 3 Bob Hastings 3 M60+Lee Cooper 63 Richard May 60 Richard May 60 Reff Staffford 72 W40+Jeanne Kruger 46 Betty Blank 41 Diane McNamara 403 Janet Gerber 43 Janet Gerber 43	32:30 33:05 33:37 35:51 36:33 37:59 38:07 33:14 37:28 48:46 23:339 39:47 26:06 40:47 24:43:06 46:38 52:03 55:20 35:51:50 6:46:38
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon Overall Tambala Smartex 29 2 Roxi Erickson 31 22 Sadot Mendez 2 Bill Royers 42 2 Larry White 2 John Merk 2 M45 Larry Coley 2 Anthony Higham 3 Bill Magnan 3 Tom Dixon 3 M50 Budd Bettler 2 James Derham 3 Joseph Noonan 3 M55 Mel Williams 2 Bernie Davis 3 Bob Hastings 3 M60+Lee Cooper 63 3 Neil Wilson 65 3 Richard May 60 3 M70+Cokey Daman 75 Reff Stafford 72 4 W40+Jeanne Kruger 46 3 Betty Blank 41 3 Diane McNamara 403 Janet Gerber 43 3 W50+Julia Bunn 50 4	32:30 33:05 33:37 35:51 36:33 37:59 38:07 33:14 37:28 48:46 :23:39 :39:47 :26:06 :40:47 :43:06 :40:47 :43:06 :40:47 :43:06 :40:47 :43:06 :40:47 :43:06 :40:47 :43:06 :46:58 :07:09 :59:18 :03:22 :04:11 :46:54 :06:33 :07:18 :21:06 :32:28 :35:20 :34:14 :35:47 :15:07 :22:44 :33:43 :36:00 :16:49
Joyce Adams Linda Gulick Karen Erb W45 Marj Travaline Callie Edmundson Anna Moore Sally Carter Ginny Maxwell W50+Chris Stockdale 50 Judy Flannery 54 Charlene Magee 52 W60+Gloria Brown 62 Hisea Reichel 60Half-Marathon Overall Tambala Smartex 29 2 Roxi Erickson 31 2 Roxi Erickson 31 2 Sadot Mendez 2 Bill Royers 42 Larry White 2 John Merk 2 John Merk 2 Anthony Higham 3 Bill Magnan 3 Tom Dixon 3 M50 Budd Bettler 2 James Derham 3 Joseph Noonan 3 M55 Mel Williams 2 Bernie Davis 3 Bob Hastings 3 M60+Lee Cooper 63 3 Neil Wilson 65 3 Richard May 60 3 M70+Cokey Daman 75 4 Reff Stafford 72 4 W40+Deanne Kruger 46 3 Betty Blank 41 3 Diane McNamara 403 Janet Gerber 43 3 W50+Julia Bunn 50 4 Renate Woodard 514	32:30 33:05 33:37 35:51 36:33 37:59 38:07 33:14 37:28 48:46 :23:39 :39:47 :26:06 :40:47 :43:06 :40:47 :43:06 :40:47 :43:06 :40:47 :43:06 :40:47 :43:06 :40:47 :43:06 :46:58 :07:09 :59:18 :03:22 :04:11 :46:54 :06:33 :07:18 :21:06 :32:28 :35:20 :34:14 :35:47 :15:07 :22:44 :33:43 :36:00 :16:49

# **MIDWEST**

# Metro-Macomb Runners 3 Mile, Harrison Township, MI; March 19

IVII, IVIGI CII 23	
Overall	
Todd Kelly	15:57
Nancy Collister	17:44
M40 Dave Kaufman 40	19:27
Don Harp 47	19:28
M50 Herb Seegert 58	21:27
Tom James 54	21:40
M60 Bob Rudins 61	24:40
Tony Volino 61	25:55
M70+Fred Gurol 72	25:10
MAO Magray Zidar 44	21:17

#### Metro-Macomb Runners 4 Mile, Metropolitan Beach, Harrison Township, MI;

march 25	
Overall	-
John Nemans 22	21:30
Maggy Zidar 44	28:20
M40 Tom Henderson 45	23:57
Jim Scholl 40	24:59
Dave Enzler 41	25:11
M50 Herb Seegert 58	29:15
M60 Irv Barat 62	31:54
Al Evers 66	40:42
M70+Fred Gurol 72	33:10

# MID-AMERICA

#### Kansas City Ekiden Marathon & 25K Relays Kansas City, KS; April 10

Men Masters
Sand Rats Masters (Richard

Sand Rats Masters (Richard
Ebel, Jim Dicker, Leon Cald-
well, Steve Riley, Kent Mc-
Conald) 2:38:44
Women Masters
Team Hot Flash (Debra Calla-
way, Mary Edwards, Marcia
Dowling, Suzi Kilbride,
Sharon Greenwood) 3:04:39
Age/Sex Graded
MARA Vets (Mel Yoder 57, Paul
Heitzman 63, Wally Browner 54,
Dick Wilson 62, Dick Wootton
55) 2:48 :56/adjusted 2:16:14
25K Relay
Men Masters
Firness Sports Capital Stri-
ders (Raul DeAnda, Curt
Hoegh, James Pollard, Mark
McConeghey) 1:27:09
Mixed Masters
Chef's Salad (Margaret Rivers,
Sarah Butler, Gary Hild,
Larry Rivers) 2:02:49

## SOUTHWEST

# Run On The Bayou 10K

Westwego, LA; Marc	ch 6
Overall	
Dr. Pat 44	33:02
Denise Billiot 30	39:14
M40 Junius Nixon	34:03
Roy Roberson	38:41
M45 Juan Perez	36:08
J R Brown	36:19
M50 Charles LaGarde	40:44
Al Dehon	41:26
M55 Don Ardell	36:20
Gholam Peyman	38:07
M60 Eddie LeRouge	45:37
M65+Bob Allen	50:17
W40 Stephanie Payne	44:59
Rosa Canessa	49:20
W45 Tillie Clark	46:55
Judy Salvaggio	48:00
W50 Angela Dufour	50:32
W55 Judy Kirchoffer	57:30
W65+Eliz Van Battum	51:02
Racewalkers	79
M30 Eric Parker	64:55
M40 Sidney Holmes	60:26
M50 Jose Paz	70:30
M60+Chas Gaskill	68:22
W30 Michele Rodgers	64:05
W40 Eva Beck	63:25
M50 Mary Mills	77:28
W60+DeeDee Peelerin	78:38
the court frame of the con-	A CHARLES WAS IN

#### Charlie Mitchell 5K Tulsa, OK; March 12

Overall	
Jon Wild	14:4
Catrina Campbell	17:45
M35 Trevor Fieldsend	16:08
M40 Bill Weeks	17:06
M45 Gary Madson	17:08
M50 George Marchetti	17:45
M55 Jim Peller	18:11
M60 Steve Blanchard	18:42
M65 Michael Walter	21:24
M70+Jim Smith	22:41
W35 Debra Strope	19:23
W40 Martha O'Rourke	19:21
W45 Trudy Calloway	20:33
W50 Lydia Borges	21:34
W55 Dru Young	23:53
W60 Marilyn Thompson	25:51
W65 Opal Alexander	29:06
W70+Pell Harrison	44:3
Racewalk	200
1 Mike Hairston 39	24:38
2 Jim McFadden 54	24:39
3 Cecil Kilpatrick 51	
5 cecii kiipatiick 5.	
1 Ann Domin 40	30:51
2 Colleen Cummins 32	
	31:13
Certifiedpoint to poi	
5moh headwind/50°/sepai	rate

# WEST

#### San Jose Mercury News 10K San Jose, CA; March 20

Overall	
Azzedine Sakhri 25	28:52
Linda Somers 32	33:17
M40 Rick Sayre 40	30:50
Leonard Hill 41	31:28
Dennis Kurtis 40	32:51
James Tracy 43	33:44
M50 Jerry La Londe 52	36:00
Jack Wheeler 51	39:46
Tom Kaiser 53	39:53
James Weber 51	40:57
M60 Robert Smith 62	39:51
Hank Fragoza 64	41:48
Ray Renteria 64	42:42
John Cahill 69	43:46
M70+Parshan Grewal 73	42:38
Leo Gries 70	51:16
M70+Parshan Grewal 73	42:38

	Woody Riley 73	58:18
W40	Sharlet Gilbert 43	36:48
-	JoAnn Dahlkoetter4	040:10
1	Jenny Collins 44	42:43
W50	Joan Ottaway 50	38:05
	Susan Brown 51	47:26
	Lynne Rosser 52	49:34
W60	Joy Johnson 67	52:16
	Mabel Rodarte	54:18
	Relma Siirila 65	64:44
W70-	Muriel Dickinson70	74:16

# Statsenberg 5/10K

Stotsenberg 5/10K Malibu, CA; March 26		
5K	alibu, CA, Marci	20
Overa	n ist consti	ezente.
Jim Pe		18:02
	lusinov	21:20
M40	Karl Schulze	20:18
	Danny Yamazaki	21:11
M45	Joseph Sestay Bill Sampson	22:49
M43	Paul Akiyama	-21:13
3 3	Bill Waldron	22:06
M50	Larry Templeman	23:00
1	Robert Taylor	26.31
1	Ben Hutchinson	26:38
M55	Harry Pantelas Leroy Kim	21:51
	Jack Larson	22:06
M60	Walt Keller	24:20
1	Alphonso MacRae	25:35
200	Will Robinson	26:13
M65	Larry Banuelos	22:32
-	Pete Petrazeil Milo Sather	23:35
M75	Fraser MacMinn	30:25
141,5	Richard Gardner	34:32
	Fred Shanley	35:54
M80	Dean Scofield	50:48
W40	Control of the second second	32.53
W45	Cathy Caballero	22:57
100	Adell Williams	25 48 40:20
WSO	Maria Hargett	27:15
1	Pauline Freeland	28.29
	Gail Larson	41:26
W55	Carol Davis	26:27
1 1	Dolores Vega	32:57
11/10	Eddye Brown	36:58
W60 W65	Arleene MacMini Maija Hunter	1 45:26 35:18
1403	Judy Godsey	40.00
W80		42:21
10K		1
Overa	Nusinov	42:17
Jim P		36:14
M40	Doug Davis	38:47
100	Richard Potter	42:54
1 1 10	Craig Bowman	43:56
M45	Jon Hunter	37.26
	Bill Sampson Paul Akiyama	41:32
M50	Tom Duket	37:30
	Gary Koch	41:12
	Robert Beehler	42:57
M55	Harry Pantelas	44:41
1	Leroy Kim	45:09
M60	Robert Bernard R Windishar	49:49 52:34
MOO	Rod Legate	53:00
M65	Ellis Revness	49:43
M75	Eddie Lewin	53:32
M80	E Van Leeuwen	60:57
W40	Debra Schrotz	48.34
1	Pamela Davison Joan McNamara	52:29 69:29
W45	Cathy Caballero	48:14
1	Lynn Cornfield	56:03
146	Jeannette Rasker	56:34
W50	Pauline Freeland	63:31
W60	Sabrina Rouse	67:17
Car	Carlsbad 5000	

TIN

Carlsbad, CA; March 27		
Overall		
Josephat Machuka 18	13:21	
Colleen De Reuck	15:20	
M40 Dave Hill	15:02	
Clay Stenberg	15:12	
F-J Gailson	15:15	
Barry Molony	15:31	
Rory Trup	15:50	
Harold Ketting	15:53	
Sam Hall	15:54	
Ian Cumming	15:55	
Bob Hawker	16:03	
M45 Ronald Jensen	16:12	
Bob Bettancourt	16:20	
Gary Tuttle	16:50	
Daniel Kelly	16:55	
Mike Corning	17:26	
M50 Vic Heckler	16:18	
Tom Curry	16:21	
Mike Scott	16:44	
Catarlino Gonzalez		
Juan Cabeza	17:02	
W40 Maria Somes	17:31	
Marina Jones	17:54	
Continued on ne	xt page	

St. Patrick's Day 5K RW

Boca Raton DARE 5K RW

page 46	
Continued from previo	us page
Sandy Robbins Sherri Hall	18:05 18:14
Mindy Ireland Loi Coker	18:39 18:56
W45 Joni Shirley Ann Walker	19:06 19:59
Cheryl Mazur Gayle Taylor	20:00 20:53
Margaret Neville W50 Rae Baymiller	21:01 17:58
Joan Ottaway Eileen Pue	18:20 20:49
Josie Chalmers Barbara Alvarez	21:21
Tamanaha Memorial	15K
Honolulu; April 1 Overall	.0
Jim Tuson 32 Darlene Mota 29	49:00 55:07
M30 Robin Kane Glenn Miller	53:32 57:08
M35 Steve Bremner Joe Daueau	53:10 55:04
M40 Michael Georgi Frank Pugliese	52:55 55:28
Torg Fadum Pete Trump	61:19 61:55
M45 Ron Pate Mike Chauvin	57:01 61:05
Delbert Brooks	61:17
M50 Larry Fee	59:30
Tony Nonan Brian Clarke	62:10
Howard Wiig M55 Michael Tymn	63:39 58:46
Bart Mathias M60 Russell Allen	69:09 68:24
Dick Colven M65 Scott Hamilton Jr	
M70 Martin Sherman	75:51 90:39
	96:56 :59:22
M80 Don Marsters 1 W30 Rhonda LohMcMahon	:56:30 63:19
Tomoko Magruder W35 Candas Smiley	66:46 62:47
Sarah Rogers W40 Cion Anderson	65:13 70:27
Rebecca Nadler Jan Crooke	72:28 72:52
W45 Judy HuberCogswel Roki McMillian	1 70:16 71:00
Judith Inazu W50 Judy McMullen	80:44 75:14
Nancy Frey WSS Christa Obara	78:18 75:07
Nancy Frey W55 Christa Obara Sharon Calligan W60 Mollie Chang	83:44 81:06
Nancy Frey W55 Christa Obara Sharon Calligan W60 Mollie Chang	83:44 81:06 i 85:23 1:49:18
Nancy Frey W55 Christa Obara Sharon Calligan W60 Mollie Chang Barbara Zamparell W65 Wakae Spencer W70 Ruth Munro Racewalk	83:44 81:06 i 85:23 1:49:18 1:41:08
Nancy Frey W55 Christa Obara Sharon Calligan W60 Mollie Chang Barbara Zamparell W65 Wakae Spencer W70 Ruth Munro Racewalk 1 Gordon Chang 45 2 John Skrinskus 53	83:44 81:06 i 85:23 1:49:18 1:41:08 1:39:16 2:01:13
Nancy Frey W55 Christa Obara Sharon Calligan W60 Mollie Chang Barbara Zamparell W65 Wakae Spencer W70 Ruth Munro Racewalk 1 Gordon Chang 45 2 John Skrinskus 53	83:44 81:06 i 85:23 1:49:18 1:41:08 1:39:16 2:01:13
Nancy Frey W55 Christa Obara Sharon Calligan W60 Mollie Chang Barbara Zamparell W65 Wakae Spencer W70 Ruth Munro Racewalk 1 Gordon Chang 45 2 John Skrinskus 53	83:44 81:06 i 85:23 1:49:18 1:41:08 1:39:16 2:01:13
Nancy Frey W55 Christa Obara Sharon Calligan W60 Mollie Chang Barbara Zamparell W65 Wakae Spencer W70 Ruth Munro Racewalk	83:44 81:06 i 85:23 1:49:18 1:41:08 1:39:16 2:01:13 1:36:53 1:46:22 1:51:29 1:55:36 2:01:08
Nancy Frey W55 Christa Obara Sharon Calligan W60 Mollie Chang Barbara Zamparell W65 Wakae Spencer W70 Ruth Munro Racewalk 1 Gordon Chang 45 2 John Skrinskus 53 1 Cheryl Embry 36 2 Blessing Joao 36 3 Barbara Colven 61 4 Mindy Jaffe 44 5 Joan Davis 53	83:44 81:06 i 85:23 1:49:18 1:41:08 1:39:16 2:01:13 1:36:53 1:46:22 1:51:29 1:55:36 2:01:08
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Marathon	with the state of the state of the
Overall Eddy Hellebuyck BEL 2:25:45	100
Tammy Slusser USA 2:44:47	- Open 199
M40 Rod Allen 2:54:16 Kim Isham 3:07:28	Jonathan Matthe
M50 Antun Duzevic 3:12:41	Victoria Herazo
Giorgio Zanol 3:16:14 M60 Robert Maytag 4:08:18	Ray Funkhouser
M70+Leon Hayward 6:18:57	Bob Novak Dean Easterlund
W40 Heidi Bridges 3:48:31 W50 Jeanne Quinn 4:43:58	Jim Wass
93 finishers	Jerry Parrish Bob Huppe
Weather: 67°/h45%/w30knts/wet	M45
Dutch National	Joe Light Stan Chraminski
Championships Cross-Country	Alan Price
Apeldoorn, Netherlands	Lew Jones Steve Leitner
Feb. 13	M50
5550s W 35 Marjon Liefers 20.50	Larry Walker James Carmines
Hetty Everhardus 21.16	Don Mowles
S. Groen in't Woud 21.22	John Elwarner Jim McFadden
N 40 Hennie Zantinga 20.20	John Schulz
Joleen Jansen 21.09 Tonnie Huijbers 21.12	Kirk DeFord Thomas Zrodjews
W 45 Els Raap 21.18	Pat Bivona
Manna Lukkien 21.42	Manny Eisner Amir Garrison
Pep Hauser 22.11	M55
W 50 Corry Keijsers 22.39 W 55 Mientje Hofseyer 25.31	Paul Johnson Dave Romansky
W 60 Sophie Wisman 28.24	Carl Acosta
116/0e	Richard Oliver Claude Wrathall
M 40 Henk van Velzen 37.10 Jan de Lange 38.07	Stuart Sonne
Jan van Oss 38.19	James Lemert Ben Ottmer
M 45 Peter Vlaarkamp 40.32	<u>M60</u>
San Folderman 40.42	Jack Bray Sal Corrallo
Ad Tierie 40.54	Tom White
M 50 Wim van Heeswijk 31.31	Dick Petruzzi Robert Fine
Cor Messing 32.17	Gerry Gomes
Jan Broekroelofs 32.35 M 55 Ad Heijdens 31.27	Andrew Briggs Huey Johnson
M 55 Ad Heijdens 31.27 Jan Tenbult 33.47	William Woodbur
Teun Leeuwerink 34,46	M65 Bob Mimm
N 60 Joep Rüter 33.20	Ed Gawinski
Siem Herlaar 34.24 Jo Verlinden 36.06	William Moremer Ken Long
M 65 Hein Zethof 36.35	Klaus Timmerhau
Hans Parperdijk 40.34	Bob Eisner Dick Cherry
Piet Ettema 45.31 N 70 Mel Rijsdijk 45.24	M70 Sidney Wright
National clubchampions	Richard Bennett
W De Bataven . Leiden	Troy Grove Melvin Lees
Atletica Vlissingen Noordkop Den Helder	John Levinsohn
M De Rataven Leiden	M75 Howard Campbell
AV 34 Aceldoorn	Wayne Dexter
GAC Sewert	M80+ Harry Drazin
Total competitors: 225	<u>W40</u>
	Phyllis Hansen Pat Weir
British Veterans Athletics	Sally Focacci
Federation Cross-Country	Marianne Martin
Federation Cross-Country Championships (M40 +	<u>W45</u>
Federation Cross-Country Championships (M40 + 10.3K, M70 + & W35 + 6.4K)	Diane Graham-H
Federation Cross-Country Championships (M40 +	Diane Graham-H Donna Cetrulo Beth Alvarez
Federation Cross-Country Championships (M40 + 10.3K, M70 + & W35 + 6.4K) Tunbridge Wells, Kent March 27 M40 Nigel Gates 33:20	Diane Graham-H Donna Cetrulo Beth Alvarez Christina Bald
Federation Cross-Country Championships (M40 + 10.3K, M70 + & W35 + 6.4K) Tunbridge Wells, Kent March 27  M40 Nigel Gates 33:20 Terry Osborne 33:49 Bob Treadwell 33:56	Diane Graham-H Donna Cetrulo Beth Alvarez Christina Bald Nancy Linky Clara Frederic
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RACE WALKING			
	e-Hour Postal Racewalk	Meters	
Open Jonathan Matthews Victoria Herazo	11/14 Los Altos Hills, CA 12/11 Santa Monica, CA	14,059 13,044	
Ray Funkhouser Bob Novak	10/23 Ft. Monmouth, NJ 11/20 Edmonds, WA	13,001 11,134	
Dean Easterlund Jim Wass	9/11 Rock Island, IL 10/17 Alexandria, VA	10,628	
Jerry Parrish	12/11 Durham, NC	10,426	
Bob Huppe M45 Joe Light	11/20 Edmonds, WA 10/3 Cambridge, MA	10,183	
Stan Chraminski	11/20 Edmonds, WA	11,406	
Alan Price Lew Jones	10/17 Alexandria, VA 11/20 Edmonds, WA	11,349	
Steve Leitner M50	12/11 Santa Monica, CA	10,264	
Larry Walker	12/11 Santa Monica, CA	12,276	
James Carmines Don Mowles	11/28 Ft. Monmouth, NJ 5/2 Kenosha, WI	11,707	
John Elwarner Jim McFadden	9/18 Warren, MI 11/27 Tulsa, Ok	11,213 10,815	
John Schulz	11/21 Kentfield, CA	10,714	
Kirk DeFord Thomas Zrodjewski	11/14 Los Altos Hills, CA 10/17 Alexandria, VA	10,507	
Pat Bivona Manny Eisner	12/19 Ft. Monmouth, NJ 11/20 Ft. Monmouth, NJ	10,229	
Amir Garrison M55	11/21 Kentfield, CA	10,168	
Paul Johnson	11/27 Tulsa, OK	11,339	
Dave Romansky Carl Acosta	12/10 Ft. Monmouth, NJ 12/11 Santa Monica, CA	10,862	
Richard Oliver	12/11 Santa Monica, CA	10,425	
Claude Wrathall Stuart Sonne	11/20 Edmonds, WA 10/11 Aurora, CO	9,748 9,708	
James Lemert Ben Ottmer	9/19 Alexandria, VA 10/23 Ft. Monmouth, NJ	9,696	
M60			
Jack Bray Sal Corrallo	11/13 Kentfield, CA 10/17 Alexandria, VA	11,346	
Tom White Dick Petruzzi	12/11 Tampa, FL 6/27 Carmichael, CA	10,038 9,745	
Robert Fine	10/23 Ft. Lauderdale, FL	9,716	
Gerry Gomes Andrew Briggs	10/23 Ft. Lauderdale, FL 12/11 Durham, NC	9,699 9,552	
Huey Johnson William Woodburn	12/26 Kentfield, CA 10/17 Alexandria, VA	9,403 9,052	
M65	September 1 to 12 to 12		
Bob Mimm Ed Gawinski	12/10 Ft. Monmouth, NJ 10/17 Alexandria, VA	10,046 9,923	
William Moremen Ken Long	11/14 Los Altos Hills, CA	9,883 9,319	
Klaus Timmerhaus	12/11 Durham, NC 10/11 Aurora, CO	9,278 9,254	
Bob Eisner Dick Cherry	6/27 Carmichael, CA 10/17 Alexandria, VA	9,251	
M70 Sidney Wright	10/11 Aurora, 00	9,051	
Richard Bennett Troy Grove	11/20 Edmonds, WA 12/19 Kentfield, CA	8,878 8,838	
Melvin Lees	12/18 Los Angeles, CA 12/19 Kentfield, CA	8,795 8,812	
John Levinsohn M75	<b>和中国的特别是是国际的</b>		
Howard Campbell Wayne Dexter M80+	10/11 Aurora, CO 10/17 Alexandria, VA	9,278 7,238	
Harry Drazin W40	12/10 Ft. Monmouth, NJ	7,823	
Phyllis Hansen Pat Weir	10/23 Ft. Monmouth, NJ 10/23 Ft. Monmouth, NJ	11,112	
Sally Focacci	6/27 Carmichael, CA 10/11 Aurora, CO	10,377	
Marianne Martino	AND REPORT OF THE PARTY OF THE	9,972	
Diane Graham-Henry Donna Cetrulo	9/26 Glenview, IL 11/20 Ft. Monmouth, NJ	9,622 9,351	
Beth Alvarez Christina Baldwin	10/17 Alexandria, VA 11/21 Kentfield, CA	9,323 9,297	
Nancy Linky	12/19 Ft. Monmouth, NJ	9,252	
Clara Frederickson W50	11/20 Edmonds, WA	8,127	
Elton Richardson Jolene Steigerwalt	10/3 Cambridge, MA 12/11 Santa Monica, CA	10,202	
Lois Dicker	10/17 Alexandria, VA	10,095 9,746	
Barbara Welsch Walda Tichy	9/11 Rock Island, IL 9/18 Warren, MI	9,076	
Lani LeBlanc	12/19 Kentfield, CA	8,839	
Gail Jones W55	11/20 Edmonds, WA	8,797	
Bev LaVeck Joyce Decker	11/20 Edmonds, WA 9/19 Kenosha, WI	10,282	
Nancy Whitney	10/3 Alexandria, VA	9,661	
Marcia Shapiro Catherine Ratiner	10/23 Ft. Monmouth, NJ 10/17 Alexandria, VA	9,241 9,168	
Rachel Norton Ena Dubnoff	9/11 Rock Island, IL 12/11 Santa Monica, CA	9,076 8,346	
<u>W60</u>	HE THE HE I A VINCE OF THE PARTY OF THE PART		
Ruth Eberle June-Marie Provost	10/23 St. Louis, MO 12/11 Naples, FL	9,623	
Shirley Dockstader Ria Marsh	11/21 Kentfield, CA 12/18 Los Angeles, CA	9,281 8,917	
Maurine Lia W65	10/23 St. Louis, MO	8,826	
Ruth Leff	9/19 Kenosha, WI	9,210	
Patricia Nesley Masashi Noritake	9/19 Alexandria, VA 12/18 Monterey Park, CA	8,819 8,528	
Joann Beers W70	12/18 Los Angeles, CA	8,485	
	thy 10/23 St. Louis, MO 12/11 Naples, FL	7,102	
Teams		7,075	
M50 Potomac Valley	(Chraminski/Novak/Jones) (Canmines/Guy/Litwinski)	32,856 31,372	
M60 Florida AC (Whi	Romansky/Bivona/Eisner)	31,313 29,453	
Potomac Valley	(Corrallo/Cherry/Woodburn) cers (Grove/Levinsohn/Arrow)	28,889	
W40 Shore AC (Hanse W50 Potomac Valley	(Dicker/Whitpey/Patings)	26,119	
W60 Naples Walking	Club "A" (Provost/Vaughn/Lun	28,575 d)26,440	

Boca Raton, FL; Feb. 12	Huntington Beach, CA
M30 T DePalma 44:52	March 20
M35 Carey Witov 31:54 M40 Joel Mandel 41:33	M40 David Crabb 48 27:35 M50 Stuart Ray 51 30:49
M45 Dana Sanders 34:03	M60 Stan Howser 61 31:55 W40 Donna Cunningham 4728:34
M50 Buck Jordan 32:34 M55 Alan Levine 41:10	W50 Tammy Kiernan 51 30:20
M60 Bob Fine 1-OV 28:40 M65 Jerry Kauffman 33:36	W60 Rita Marsh 61 33:26
M70+Sam Gadles 39:45	YMCA's Midwest Masters 8K & 2 Mile RW
W30 Sharon Opkins 32:16 W35 Jimi Lyn Ross 35:06	Omaha, NE; March 26
W40 Donna Pape 1-0V 30:56	Overall 36 35.13
W45 Julia McNair 36:20 W50 Ms Solomon 33:06	Dale Bradley 36 25:12 Judy Stewart 41 34:56
W55 Lorraine Wedgle 47:05 W60 Terry Stoleson 46:23	M35 D Bradley 25:12 Mike Cregeen 26:41
W70+Vivian Jeffers 37:37	Hector Sanchez 27:49
Eggleston 8K RW	M40 Terry Stewart 27:16 Tim Taylor 27:38
Atlanta, GA; Feb. 26	Ron Meiergerd 28:30 Rob Cubrich 28:36
Overall Bohdan Bulakowski 39:31	Rich Markley 28:59
Patti Henderson 48:04 M40 Bohdan Bulakowski 39:31	M45 Jan Brusso 29:07 Jerry Friedrichsen 29:08
Gary Langley 47:56	Kevin Gallagher 30:25
M50 Jim Norvill 48:32 Ron Poteete 50:54	Tom Nelson 30:28 M50 Bill Monahan 30:12
M60+Charles Cohn 58:54	Wendell Oderkirk 30:32 Marlin Binnebose 31:35
W40 Laura Barnes 56:46 Jan Austin 58:47	M55 Cyrus Huffman 31:07
Susan Murphy 60:10 W50 Nan Martin 55:15	Don Nelson 32:32 Jack Heidel 33:56
Avis Daugharty 57:38	M60 Leonard Fuxa 33:30
Annette Kramer 62:24 W60+Betty Gray 67:08	Raymond Heldt 33:43 Less Demmel 35:36
87 RWers/21 Des	M65+Bill Birdge 65 40:57
Miami Half-Marathon/	W35 Karen Jankevicius3735:24
4-Miler RW Miami, FL; Feb. 27	Teri Kohl 38 36:09 W40 J Stewart 34:56
Half-Marathon	Bea Sides 36:41
Men	Sally Studnicka 38:55 MaryJane Bruening 39:51
Mike Mason 45 5:31:15	W45 Diane Johnson 37:50 Percee Easdale 38:09
Sig Kurz 64 6:35:40 Women	Mary Durow 40:06
Nan MacMaster 32 5:31:40	W50 Anne Medeiras 35:33 Barbara Manning 40:31
4-Miler Overall	Patricia Adwers 44:40
Peter Black 38:28 Sara O'Bannon 38:47	W55 Jeanne O'Rourke 50:46 W60+Reva Stack 61 53:08
M30 Mark Bleyefr 61:39	2 Mile RW Overall Men
M40 Dave Littlehales 40:53 M50 Jay Dash 41:18	Gary Shamblen 39 18:10
M60+Summer Shafmaster 44:00	Dean Jungman 53 18:11 Mike Storm 46 19:30
W40 Juanita McMillon 51:04	Overall Women Ginni Inclan 57 22:39
W50 Doris Miller 49:08 W60+June Marie Provost 39:57	Laurie Shamblen 40 22:42
	Renee Prochaska 35 22:45
Calle Ocho 5K RW	Renee Prochaska 35 22:45  National Invitational RW &
Calle Ocho 5K RW Miami, FL; March 6	National Invitational RW & Eastern Zone Championships
Calle Ocho 5K RW	National Invitational RW & Eastern Zone Championships Washington, DC; March 27
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12	National Invitational RW & Eastern Zone Championships
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44	National Invitational RW & Eastern Zone Championships Washington, DC; March 27 Men's 5K  R Funkhouser 43 24:57 Tom Bower 49 26:36
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19
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Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19 Ron Stein 42 33:38 Phillip Spinosi 65 34:42 Donald Gerson 59 35:02
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19 Ron Stein 42 33:38 Phillip Spinosi 65 34:42 Donald Gerson 59 35:02 John Lucey 57 35:55
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumper Shafmaster 7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz 4337:56 Jeanne Harper 49 38:42	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19 Ron Stein 42 33:38 Phillip Spinosi 65 34:42 Donald Gerson 59 35:02 John Lucey 57 35:55 Ronald Auten 54 38:40 Team Scores
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Predericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19 Ron Stein 42 33:38 Phillip Spinosi 65 34:42 Donald Gerson 59 35:02 John Lucey 57 35:55 Ronald Auten 54 38:40 Team Scores Laurel Mt (Bower/ 1:25:33
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19 Ron Stein 42 33:38 Phillip Spinosi 65 34:42 Donald Gerson 59 35:02 John Lucey 57 35:55 Ronald Auten 54 38:40 Team Scores Laurel Mt (Bower/ 1:25:33 Goodwin/Shaffer) PHAST (McCoy/ 1:42:38
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumper Shafmaster 7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz 4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19 Ron Stein 42 33:38 Phillip Spinosi 65 34:42 Donald Gerson 59 35:02 John Lucey 57 35:55 Ronald Auten 54 38:40 Team Scores Laurel Mt (Bower/ 1:25:33 Goodwin/Shaffer) PHAST (McCoy/ 1:42:38 Mazepink/Auten)
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Ilarper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19 Ron Stein 42 33:38 Phillip Spinosi 65 34:42 Donald Gerson 59 35:02 John Lucey 57 35:55 Ronald Auten 54 38:40 Team Scores Laurel Mt (Bower/ 1:25:33 Goodwin/Shaffer) PHAST (McCoy/ 1:42:38
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Predericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Ilarper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20	National Invitational RW & Eastern Zone Championships Washington, DC; March 27
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Ilarper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20 Overall	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19 Ron Stein 42 33:38 Phillip Spinosi 65 34:42 Donald Gerson 59 35:02 John Lucey 57 35:55 Ronald Auten 54 Team Scores Laurel Mt (Bower/ 1:25:33 Goodwin/Shaffer) PHAST (McCoy/ 1:42:38 Mazepink/Auten) Women's 5K Terry Dusicsko 40 29:16
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20 Overall Dave McGovern 28 22:00 Ann Lankowitz 18 27:47	National Invitational RW & Eastern Zone Championships Washington, DC; March 27
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20 Overall Dave McGovern 28 22:00 Ann Lankowitz 18 27:47 M30 Michael Korol 35 24:34	National Invitational RW & Eastern Zone Championships Washington, DC; March 27
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20 Overall Dave McGovern 28 22:00 Ann Lankowitz 18 27:47 M30 Michael Korol 35 24:34 N Dispensieri 30 29:59 M40 A Fernandes 41 31:25	National Invitational RW & Eastern Zone Championships Washington, DC; March 27
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20 Overall Dave McGovern 28 22:00 Ann Lankowitz 18 27:47 M30 Michael Korol 35 24:34 N Dispensieri 30 29:59 M40 A Fernandes 41 31:25 Kirit Shah 47 34:11	National Invitational RW & Eastern Zone Championships Washington, DC; March 27
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster 7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz 4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20 Overall Dave McGovern 28 22:00 Ann Lankowitz 18 27:47 M30 Michael Korol 35 24:34 N Dispensieri 30 29:59 M40 A Fernandes 41 31:25 Kirit Shah 47 34:11 Arthur Brown 35:20 M50 Sherwin Wilk 55 30:13	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19 Ron Stein 42 33:38 Phillip Spinosi 65 34:42 Donald Gerson 59 35:02 John Lucey 57 35:55 Ronald Auten 54 38:40 Team Scores Laurel Mt (Bower/ 1:25:33 Goodwin/Shaffer) PHAST (McCoy/ 1:42:38 Mazepink/Auten) Women's 5K Terry Dusicsko 40 29:16 Julie Bodzislaw 40 34:45 Kathy Mitchell 42 35:28 Kathy Trent 42 35:51 Margaret Walker 72 Nancy Auten 44 36:14 Ceane Rabada 43 Stephanie Kirk 43 Team Scores Laurel Mt (Rearick/ 1:46:00 Mitchell/Trent)
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumorer Shafmaster 70:33:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz 43:37:56 Jeanne llarper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost 60:30:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20 Overall Dave McGovern 28 22:00 Ann Lankowitz 18 27:47 M30 Michael Korol 35 24:34 N Dispensieri 30 29:59 M40 A Fernandes 41 31:25 Kirit Shah 47 34:11 Arthur Brown 35:20 M50 Sherwin Wilk 55 30:13 Steven Cohen 55 36:01	National Invitational RW & Eastern Zone Championships Washington, DC; March 27  Men's 5K R Funkhouser 43 24:57 Tom Bower 49 26:36 Bill Goodwin 47 29:17 Ronald Shields 50 29:17 Fred Shaffer 63 29:39 David Bower 46 31:34 Greg McCoy 43 31:38 George Maffet 61 32:11 Mark Mazepink 41 32:19 Ron Stein 42 33:38 Phillip Spinosi 65 34:42 Donald Gerson 59 35:02 John Lucey 57 35:55 Ronald Auten 54 38:40 Team Scores Laurel Mt (Bower/ 1:25:33 Goodwin/Shaffer) PHAST (McCoy/ 1:42:38 Mazepink/Auten) Women's 5K Terry Dusicsko 40 29:16 Julie Bodzislaw 40 Kathy Mitchell 42 35:28 Kathy Trent 42 35:51 Margaret Walker 72 Nancy Auten 44 Ceane Rabada 43 Stephanie Kirk 43 Team Scores Laurel Mt (Rearick/ 1:46:00
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20 Overall Dave McGovern 28 22:00 Ann Lankowitz 18 27:47 M30 Michael Korol 35 24:34 N Dispensieri 30 29:59 M40 A Fernandes 41 31:25 Kirit Shah 47 34:11 Arthur Brown 35:20 M50 Bob Barrett 60 27:34 C Robinson 65 30:26	National Invitational RW & Eastern Zone Championships Washington, DC; March 27   Men's 5K   R Funkhouser 43   24:57   Tom Bower 49   26:36   Bill Goodwin 47   29:17   Ronald Shields 50   29:17   Fred Shaffer 63   29:39   David Bower 46   31:34   Greg McCoy 43   31:38   George Maffer 61   32:11   Mark Mazepink 41   32:19   Ron Stein 42   33:38   Phillip Spinosi 65   34:42   Donald Gerson 59   35:02   John Lucey 57   35:55   Ronald Auten 54   38:40   Team Scores   Laurel Mt (Bower/ 1:25:33   Goodwin/Shaffer)   PHAST (McCoy/ 1:42:38   Mazepink/Auten)   Women's 5K   Terry Dusicsko 40   29:16   Julie Bodzislaw 40   34:45   Kathy Mitchell 42   35:28   Kathy Trent 42   35:51   Margaret Walker 72   36:03   Nancy Auten 44   Ceane Rabada 43   37:02   Stephanie Kirk 43   38:53   Team Scores   Laurel Mt (Rearick/ 1:46:00   Mitchell/Trent)   PHAST (Rabada/ 1:52:09   Auten/Kirk)   Men's 20K
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster 70:33:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz 43:37:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20 Overall Dave McGovern 28 22:00 Ann Lankowitz 18 27:47 M30 Michael Korol 35 24:34 N Dispensieri 30 29:59 M40 A Fernandes 41 31:25 Kirit Shah 47 34:11 Arthur Brown 35:20 M50 Sherwin Wilk 55 30:13 Steven Cohen 55 36:01 M60 Bob Barrett 60 27:34 C Robinson 65 30:26 Jan Gero 30:47	National Invitational RW & Eastern Zone Championships Washington, DC; March 27   Men's 5K   R Funkhouser 43   24:57   Tom Bower 49   26:36   Bill Goodwin 47   29:17   Ronald Shields 50   29:17   Fred Shaffer 63   29:39   David Bower 46   31:34   Greg McCoy 43   31:38   George Maffet 61   32:11   Mark Mazepink 41   32:19   Ron Stein 42   33:38   Phillip Spinosi 65   34:42   Donald Gerson 59   35:02   John Lucey 57   35:55   Ronald Auten 54   38:40   Team Scores   Laurel Mt (Bower/ 1:25:33   Goodwin/Shaffer)   PHAST (McCoy/ 1:42:38   Mazepink/Auten)   Women's 5K   Terry Dusicsko 40   29:16   Julie Bodzislaw 40   34:45   Kathy Mitchell 42   35:28   Kathy Trent 42   35:51   Margaret Walker 72   Nancy Auten 44   36:14   Ceane Rabada 43   37:02   Stephanie Kirk 43   Team Scores   Laurel Mt (Rearick/ 1:46:00   Mitchell/Trent)   PHAST (Rabada/ 1:52:09   Auten/Kirk)   Men's 20K   Donald Denoon 50   1:33:38
Calle Ocho 5K RW Miami, FL; March 6  Overall Nicholas Harding 27 24:26 Daisy Platero 27 30:12 M30 John Lukacs 39 35:54 Mark Barr 34 41:44 M40 John Fredericks 46 24:48 Don Stockwell 45 27:59 M50 Peter Black 51 28:58 Buck Jordan 52 32:47 M60 Gene Wells 63 34:02 Erik Johansson 68 35:12 M70+Sumner Shafmaster7033:05 Sam Gadless 86 37:36 W30 Linda Talbott 31 31:45 Kyong Rich 36 37:54 W40 Belinda Grothpietz4337:56 Jeanne Harper 49 38:42 W50 June Ranofsky 59 34:00 Anne Dann 57 34:43 W60 June Marie Provost6030:17 Miriam Gordon 68 33:19 W70+Blanch Waldman 70 41:58 Mabel Wolf 74 53:22  St. Patrick's Day Celebration 5K Racewalk Central Park, NYC; March 20 Overall Dave McGovern 28 22:00 Ann Lankowitz 18 27:47 M30 Michael Korol 35 24:34 N Dispensieri 30 29:59 M40 A Fernandes 41 31:25 Kirit Shah 47 34:11 Arthur Brown 35:20 M50 Sherwin Wilk 55 30:13 Steven Cohen 55 36:01 M60 Bob Barrett 60 27:34 C Robinson 65 30:26 Jan Gero 30:47 M70+ Jay Charles 40:06 W30 Elaine Perry 34 32:11	National Invitational RW & Eastern Zone Championships Washington, DC; March 27   Men's 5K   R Funkhouser 43   24:57   Tom Bower 49   26:36   Bill Goodwin 47   29:17   Ronald Shields 50   29:17   Fred Shaffer 63   29:39   David Bower 46   31:34   Greg McCoy 43   31:38   George Maffet 61   32:11   Mark Mazepink 41   32:19   Ron Stein 42   33:38   Phillip Spinosi 65   34:42   Donald Gerson 59   35:02   John Lucey 57   35:55   Ronald Auten 54   38:40   Team Scores   Laurel Mt (Bower/ 1:25:33   Goodwin/Shaffer)   PHAST (McCoy/ 1:42:38   Mazepink/Auten)   Women's 5K   Terry Dusicsko 40   29:16   Julie Bodzislaw 40   34:45   Kathy Mitchell 42   35:28   Kathy Trent 42   35:51   Margaret Walker 72   36:03   Nancy Auten 44   36:14   Ceane Rabada 43   37:02   Stephanie Kirk 43   38:53   Team Scores   Laurel Mt (Rearick/ 1:46:00   Mitchell/Trent)   PHAST (Rabada/ 1:52:09   Auten/Kirk)   Men's 20K   Donald Denoon 50   1:33:38   James Carmines 50   1:41:08   Thomas Zdrojewski 53   2:00:06
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Continued from pre	evious page	M40-49 E. Camarena	52:56	5K Race
Donna Cetrullo 45	1:04:17	Michael Bayne	67:57	M30-39
Catherine Ratiner 55	1:08:31	M50-59 Paul Johnson	55:46	M40-49
Pat Nesley 65	1:08:40	John Schulz	56:21	M40-49
Emily Hewitt 49	1.10.04	Richard Oliver	58:28	M50-59
Isabel Stuper 47	1:16:28	Dave Snyder	61:52	M30-33
Indoor Track Challe	nga Saries	M60-69 Carl Acosta	56:26	M60-69
Indoor Frack Challe	inge series	Jack Bray	57:58	
1 Mile Races		Mel Schultz P. Sutherland	58:36 62:11	M70-79
Indianapolis, IN	Apr. 1	Arvid Rolle	63:44	W30-39
M35 Rick Meyers	9:22	Mel Grantham	71:17	
M40 Bob Sunman	10:13	Mei Grantham	11.17	
M50 George Quin	n 8:48	M70-79 Mel Lees	71:50	1
W40 Cheryl Sunn	ian 11:04	Jorge Newbery	74:33	W40-49
W50 Dorothy With		W30-39 Therese Ikonian	53:05	
W55 Sami Bailey	9:23	W40-49 D. Cunningham	57:23	i .
Mt. San Antonio	College	Sheila Galinsky	67:45	1
	Conce	W50-59 Shirley Capps	66:01	W50-59
Relays		Vangi Campos	66:34	
Walnut, CA; A	pr. 10	Helen Palomo	67:02	1
10K Racewalk		April Mittman	78:16	1
M30-39 Jerry Welt	65:00	W60-69 Ria Marsh	66:02	
		Alice Garcia	74:26	W60-69

M30-39 Richard Lenhart	23:54
	25:27
M40-49 Steve Leitner	28:51
Steve Cox	31:58
	30:50
Oerio initaman	37:08
M60-69 Hugh Pendelton	30:35
George Solis	34:03
M70-79 M. Noritake	34:10
<b>W30-39</b> Francine Bustos	26:00
Lelise Folse	30:37
Virginia Fong	30:44
Julie Strait	33:04
W40-49 E. Gunderson	30:58
B. Kowalski	31:03
Linda McDonald	34:05
Holly Osborne	42:01
W50-59 Tammy Kiernan	30:53
Carol Ferris	33:40
Elizabeth Stark	35:45
Margaret Speiss	
Pat Willis	37:14
W60-69 Jody Barsaleau	37:47

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## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH

MINIETES MINIEM MEM DIVISION I	nis munin mat 1994	
ATHLETE (RESIDENCE) WILLIAM BAILLIE (NZ) THADDEUS BELL (N. CHAS, SC) JIM BLOUNT (ORLANDO, FL) VIKTOR BOLSHOV (URS) FRITZ BOSCHEN (WG) FRITZ BOSCHEN (WG) FRITZ BOSCHEN (WG) FRITZ BOSCHEN (WG) FRANK BOZANICH (VISTA, CA) AVERY BRYANT (PALOS VERDES, CA) WILBUR BUCHANAN (PACOIMA, CA) LEO CLOUTIER (BRUNSWICK, ME) DON FINLAY (GB) DAVID FRAITAG (SAN DIEGO, CA) JOHN GILMOUR (AUS) ALEXANDER GREEN (FORT LAUDERDALE, FL) LEON HACKER (RSA) AGNAR HATTELAND (NOR) STANLEY HERMANN (SANTA BARBARA, CA) ENAR HJORTLING (SWE) MIKE HOGAN (LA JOLLA, CA) JAMES KING (SAN DIEGO, CA) VILJO KYYRO (FIN) DON LEE(TX) HARRY LINDELL (SWE) HAVARD LUND (NORWAY) JANIS LUSIS (URS) ISTVAN MAJOR (HUN) EDWARD MCCOMAS (BALTIMORE, MD) REG MCCRAE (AUS) DAVE MCKENZIE (CA) GEORGE MURRAY (HONOLULU, HI) FIDELIS NDYABAGYE (UGA) KARE OKSAVIK (NOR) STEVEN PECK (DANVILLE, CA) W. RAMM (WG) GENE ROCHAMBEAU (SAN DIEGO, CA) FRED SCHLADEN (WG) EDWARD STABLER (SYRACUSE, NY) FRANC VIVOD (YUG) TOM WALNUT (DEWITT, NY) RONALD WHITE (GB) KARL WILLMS (WG) EDWARD STABLER (SYRACUSE, NY) FRANC VIVOD (YUG) TOM WALNUT (DEWITT, NY) RONALD WHITE (GB) KARL WILLMS (WG) PATRICIA MCGRATH (WESTCHESTER, PA) RAGNA ROKSVAG-ZANGER (US) FELICITAS SALAZAR (SAN DIEGO, CA) EMILY STONE (BERKELEY, CA) MARY STOREY (RIVERSIDE, CA) PENNY TAYLOR (US) IRENE THOMPSON (SYRACUSE, NY) ROSE THOMSON (MADISON WI) BRENDA WEBB (AUSTIN, TX) CLAUDINE DEMBOURG (FRA) NGAIRE DRAKE (NZ) RIETJE VAN WALREE-HEYSTEE (HOL) MARGARETA HOLM (SWE) JORUN NYGARAD (NOR) IMKE PARLEVLIET (HOL) SEVERINA PESANDO (ITA) GILLIAN PLATER (GB) HEIDI PRATSCH (WG) MARAGRETE ELLEN SMITH (AUS) ELLAINE STATHAM (GB) AGNES SEPECHES CTEPOCKY (REL) ELLAINE STATHAM (GB) AGNES SEPECHES CTEPOCKY (REL)	BIRTHDATE 5-28-34 5-14-44 5-11-29 5-23-39 5-5-59 5-7-24 5-25-24 70-74 5-18-24 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-17-29 5-18-29 5-26-39 5-27-79 5-11-4 90-94 5-19-39 5-28-19 75-79 5-11-4 5-10-4 5-10-4 5-10-4 5-10-4 5-29-34 5-10-4 5-29-34 5-10-4 5-29-34 5-29	
KARE OKSAVIK(NOR) STEVEN PECK(DANVILLE,CA) W. RAMM(WG) GENE ROCHAMBEAU(SAN DIEGO,CA) FRED SCHLADEN(WG) EDWARD STABLER(SYRACUSE,NY) FRANC VIVOD(YUG) TOM WALNUT (DEWITT,NY) RONALD WHITE (GB) KARL WILLMS(WG) DOROTHY ANDERSON(EUGENE,OR) SANDRA FOLZER(WYNCOTE,PA) RUBYE FOWLER(COOKEVILLE,TN) KATIE JOCOY(DEL MAR,CA) PATRICIA MCGRATH(WESTCHESTER,PA) RAGNA ROKSVAG-ZANGER(US) FELICITAS SALAZAR(SAN DIEGO,CA) BECKY SISLEY(EUGENE,OR) EMILY STONE(BERKELEY,CA) MARY STOREY(RIVERSIDE,CA) PENNY TAYLOR(US) IRENE THOMPSON(SYRACUSE,NY) ROSE THOMSON(MADISON,WI) BRENDA WEBB(AUSTIN,TX) CLAUDINE DEMBOURG(FRA) NGAIRE DRAKE(NZ) RIETJE VAN WALREE-HEYSTEE(HOL) MARGARETA HOLM(SWE) JORUN NYGAARD(NOR) IMKE PARLEVLIET(HOL) SEVERINA PESANDO(ITA) GILLIAN PLATER(GB) HEIDI PRATSCH(WG) MARAGRET ELLEN SMITH(AUS) ELAINE STATHAM(GB) AGNES SERGERS STERCKX(BEL) MARY THOMAS(AUS) CHRISTA VAHLENSIECK(WG) MARY WAHREN(AUS) COMPILED BY PETER MUNDLE	5-7-29 5-69 55-89 55-89 55-89 55-89 55-18-44 55-15-44 55-15-44 55-10-39 55-14-29 55-11-29 55-11-29 55-11-29 55-130-54 40-44 40-44 55-30-554 55-30-5	



Jane Hutchison, 48, Webb City, Mo., broke the U.S. record of 11:06.77 for the W45 3000, with an 11:04.18, USATF National Masters Indoor T&F Championships, Columbia, Mo., March

Photo by Jerry Wojcik

## DISPLAY ADVERTISING RATES

					Examp	les:
Ad Size	1 x	3 x	6 x	12 x	Width	Height
Back Cover	600	540	\$510	\$480	10"	13"
(2-color)						
Full Page	460	414	391	368	10"	13"
3/4 Page	380	342	323	304	71/2"	13"
					5"	13"
1/2 Page	300	270	255	240	10"	61/2"
					71/2"	81/2"
	100	162	153		5"	61/2"
1/4 Page	180	102	133	144	10"	314"
1/8 Page	120	108	102	96	5"	314"
1/6 Fage	120	100	102	70	21/4"	61/2"
1/16 Page	72	65	61	58	21/4"	31/4"
1 Column Inch	36	32	31	29	214"	1"
(Frequency discour	nts bas	ed on	1-yes	r cycle.)		

COMMISSIONS: Agency commission of 15% allowed to recognized agencies. SPECIAL RATES

25% discount for race and meet notices, (1/3 discount for races and meets under 200 participants.) Inserts: \$400. No frequency discounts or agency commissions. TERMS

Net 10 days from billing date.

#### CLASSIFIED RATES

75 cents per word. Count name and address as 5 words. Race notices are 50 cents per word. Prepayment required with copy.

#### MECHANICAL REQUIREMENTS

- a. See display rates for ad sizes.
- b. Photo offset printing.
- c. Negative ok. No mats, cuts or plates.d. Screen: 85 lines per inch.

#### CLOSING DATES

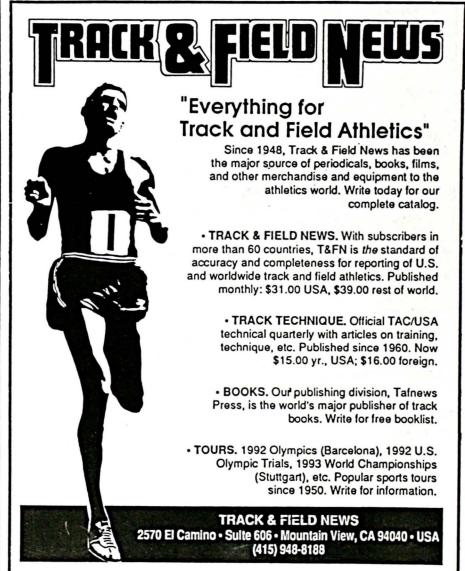
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# 1994 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS

Eugene, Oregon • Hayward Field • August 11-14, 1994

## GENERAL INFORMATION

MEET DIRECTORS: Tom Jordan & Barbara Kousky 503/687-1989; FAX: 503/687-1016

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 11, 1994 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. On-site registration will be available; however, we strongly urge you to obtain your USATF card in advance through your local Association.

Foreign competitors may compete as guests with no USATF registration required.

Proof of date of birth will be required from all competitors in advance. A photocopy of driver's license, passport, or birth certificate must be sent with your entry form to ensure eligiblity.

AWARDS: USATF Championships medals will be awarded to the top three U.S. citizens in each age division of each Championships final. Foreign guest competitors finishing in the top three will receive a non-Championships medal. All competitors will receive a Certificate of Participation.

ENTRIES: All entries must be RECEIVED BY JULY 20, 1994. Confirmation of entry will be sent to all competitors who have registered by July 14, 1994. (If your form is received after July 14th, no confirmation will be sent.) Late entries received after July 20th will be assessed a \$25 penalty. Absolutely no entries will be accepted after July 31, 1994. No entry will be considered complete unless it is accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

**RELAYS:** Relays must be comprised of duly accredited athletes from a single club or Region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is \$40 per team. If any relay team members have not also entered an open event, they will be required to provide proof of date of birth and USATF registration.

AIR TRAVEL: The Championships Organizing Committee has been able to obtain air discounts on United and United Express through Wilcox Travel (1-800-234-1605) of five percent discount on an excursion fare and ten percent discount on a coach fare. Travel dates are July 24 through August 17. Air can be ticketed into Eugene or Portland. Tickets are subject to all applicable restrictions imposed by the airlines. When calling ask for the "Masters Desk."

ACCOMMODATIONS - HOTEL/MOTEL: The Championships Organizing Committee has blocked rooms at the following hotels/motels. Please identify vourself as a competitor in the USATF National Masters Championships to the Reservation Clerk. All Franklin Blvd. properties are within walking distance of Hayward Field. Free shuttles will be provided from

 selected outlying hotels to the venue.

 Barron's Motor Inn
 503-342-6383

 1859 Franklin Blvd.
 FAX: 503-342-6383

 \$53.00 - \$66.00 plus 9.5% room tax

\$53.00 - \$66.00 plus 9.5% room tax

Best Western New Oregon Motel

503-683-3669

1669 Franklin Blvd. FAX: 503-484-5556

\$68.50 for one or two beds plus 9.5% room tax

\$ 2.00 per each additional person

Best Western Greenfree Motel

1758 Franklin Blvd. 503-686-2094

\$68.50 for one or two beds plus 9.5%

1/58 Franklin Bivd.

\$68.50 for one or two beds plus 9.5% room tax
\$ 2.00 per each additional person

Franklin Inn

503-342-4804
FAX: 503-342-3114

Franklin Inn 503-342-4804
1857 Franklin Blvd. FAX: 503-342-3114
s35.00 - \$48.00 plus 9.5% room tax
Red Lion Inn — Springfield 503-726-8181
3280 Gateway Road FAX: 503-747-1866
s65.00 for one bed, one person plus 9.5% room tax
s80.00 for one bed, two persons plus 9.5% room tax
s80.00 for one bed, two persons plus 9.5% room tax
Red Lion Inn — Eugene 503-342-5201
s60.00 for single or double plus 9.5% room tax
s80.00 for two-four persons (2 queen beds)
plus 9.5% room tax
Rodeway Inn 503-746-8471

Rodeway Inn 3480 Hutton Street FAX: 503-747-1541 \$60.00 per room (2 queen beds) plus 9.5% room tax tilley River Inn 503-687-0123 00 Valley River Way FAX: 503-683-5121 Valley River Inn 50.
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ADDITIONAL HOTEL/MOTEL HOUSING: For additional general hotel/motel housing, contact the Convention and Visitors Association of Lane County, Oregon, Box 10286, Eugene, OR 97440. Telephone 1-800-547-5445; FAX: 503-343-6335.

**DORMITORY HOUSING:** Dormitory housing is located directly across the street from Hayward Field. The price per day includes three meals: double occupancy, \$34 per day; single occupancy, \$43 per day. If you wish to receive a Dormitory Reservation Form, please check the box on the entry below. For more information about dorm housing, call 503/687-1989. However, absolutely no dorm reservations will be taken over the phone.

SHUTTLE: Free roundtrip shuttles for athletes and accompanying person will be available from the airport to major hotels and dorms. Free shuttles from major hotels to and from Hayward Field will run daily throughout the Championships.

CHAMPIONSHIPS BARBEQUE: A post-meet barbeque open to all athletes and accompanying persons will be held at the end of competition on Saturday, 8/13. Cost is \$12.50 per person. Pre-purchase of tickets with your entry is required.

#### SCHEDULE OF EVENTS

(Note: Exact event starting times will be determined after all entries have been received and entered into the computer. However, under no circumstances will an event be changed from the day listed below.)

#### THURSDAY, AUGUST 11

5000 Meters (W) 5000 Meters (M) Pentathlon (M) Pentathlon (W)

800 Meters-Trials (W) 800 Meters-Trials (M)

400 Meters-Trials (W) 400 Meters-Trials (M)

Shot Put (W) Javelin (W)

#### FRIDAY, AUGUST 12

5000 Meters Track Walk (W) 5000 Meters Track Walk (M) High Hurdles (W)

High Hurdles (M) Hammer (W)

Hammer (M) Long Jump (W) Long Jump (M60+)

High Jump (M30-59) Pole Vault (M60&M65)

100 Meters-Trials (W) 100 Meters—Trials (M)

1500 Meters-Trials (W) 1500 Meters-Trials (M) 400 Meters—Finals (W)

400 Meters-Finals (M) Steeplechase (W) Steeplechase (M)

Pole Vault (M40)

# SATURDAY, AUGUST 13

10,000 Meters (W) 10,000 Meters (M) IH Hurdles (W) IH Hurdles (M)

Discus (W) Discus (M) Long Jump (M30-59) High Jump (W)

High Jump (M60+) Pole Vault (M50&M55)

800 Meters-Final (W) 800 Meters-Final (M) 100 Meters-Final (W) 100 Meters-Final (M)

200 Meters-Trials (W) 200 Meters-Trials (M)

4 x 100 Regional Relays (W)\* 4 x 100 Regional Relays (M)\*

Pole Vault (M45)

#### SUNDAY, AUGUST 14

10K Road Walk (W) 20K Road Walk (M) 1500 Meters-Final (W) 1500 Meters-Final (M) 200 Meters-Final (W) 200 Meters-Final (M)

Triple Jump (W) Triple Jump (M) Pole Vault (W) Pole Vault (M70+) Javelin (M60+)

Shot Put (M30-59)

Age-Graded 100 Meters (W)\* Age-Graded 100 Meters (M)\*

4 x 100 Meter Relay (W)

4 x 100 Meter Relay (M)

4 x 400 Meter Relay (W)

4 x 400 Meter Relay (M) 4 x 800 Meter Relay (W)

4 x 800 Meter Relay (M)

Pole Vault (M30&M35)

Javelin (M30-59) Shot Put (M60+)

\*Non-Championships Event

#### 1994 USA TRACK & FIELD NATIONAL MASTERS OUTDOOR CHAMPIONSHIPS ENTRY FORM

\_ First Name \_

Address	C	ity/State	Zip
Telephone	Club/Affiliation		
MF	Date of Birth	Age on Aug. 1	1, 1994
Event #1 & Best Mo	ork		× \$25
Event #2 & Best Mo	ork		× \$15
Event #3 & Best Mo	ork		× \$15
Event #4 & Best Mo	ork		× \$10
Pentathlon & Best	Mark		× \$25
Championships Bo	rbeque	× \$12.5	0 per person
	cluded in entry fee) S		
Extra Shirts			x \$10 each
☐ SEND INFORMA	TION ON DORMITORY HOUSIN	G	
<b>USATF</b> Registration	No	TOTAL	ENCLOSED \$









Method of Payment-Check or money order in U.S. dollars payable to Championships Organizing Committee

Mail to: COC, Box 10825, Eugene, OR 97440. Remember to include your proof of birth date.

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve Northwest Event Management, Inc., Oregon Track Club, USA Track & Field, USATF Oregon, the corporate sponsors, and the University of Oregon of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1994 USATF Notional Masters Outdoor Championships. I also verify that I am registered for the 1994 year with USA Track & Field.