

# NATIONAL MASTERS NEWS

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

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## Sprinters, Teams Star in Penn Relays

by PETER TAYLOR

"Masters track the way you like it" was not the official theme of the 104th running of the Penn Relays, April 24-25, at historic Franklin Field, Philadelphia, but it well could have been. After all, masters athletes treated the crowds (3-day attendance was 90,982) to a brilliant display of sprinting in both the 100 and the relays.

For those who preferred their sprinters a little faster (but much younger), Michael Johnson and Marion Jones were on hand to anchor their respective 4x200 relay teams with "nothing but smoke." But just how did these two speedsters stack up with 81-year-old Payton Jordan?

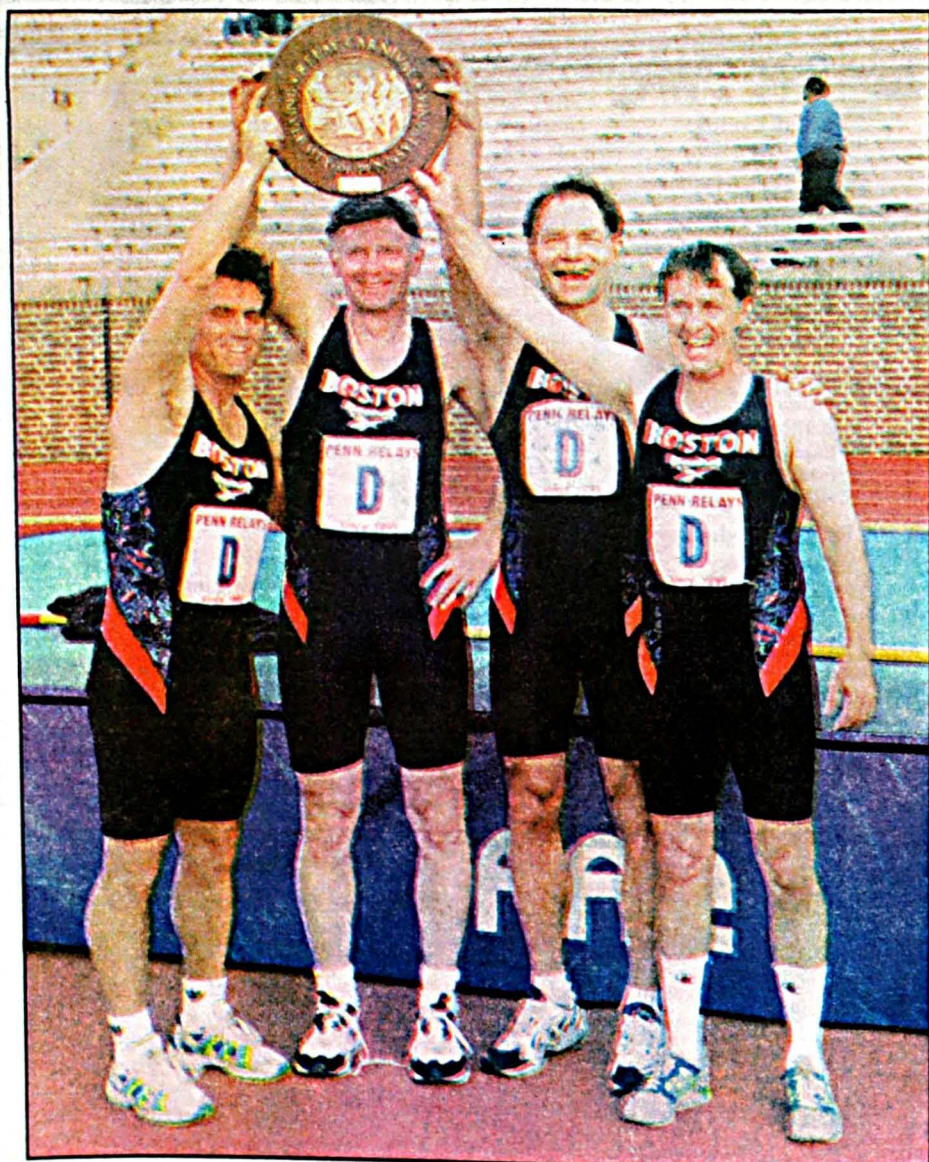
"Payt," a charter member of the Masters Hall of Fame, 1968 Olympic track coach, and head coach at

Stanford University for 30 years, returned to Penn to compete in the M75+ 100, hooking up with 1997 world M75 100 champ Tim Murphy, 76, of Texas, two-time Penn winner Milt Silverstein, 78, of Arizona, and assorted other speedsters.

It was Jordan's first competition at Penn since the 1941 U.S. outdoor championships, in which he won the 100 (he recalled a 10.4 time). The only trouble at this year's event was that Jordan's good friend Murphy beat him. Murphy got out quickly, was actually headed by Jordan well into the race, but fought back and won it in 14.40. Jordan ran 14.52; Silverstein turned in a sparkling 14.68.

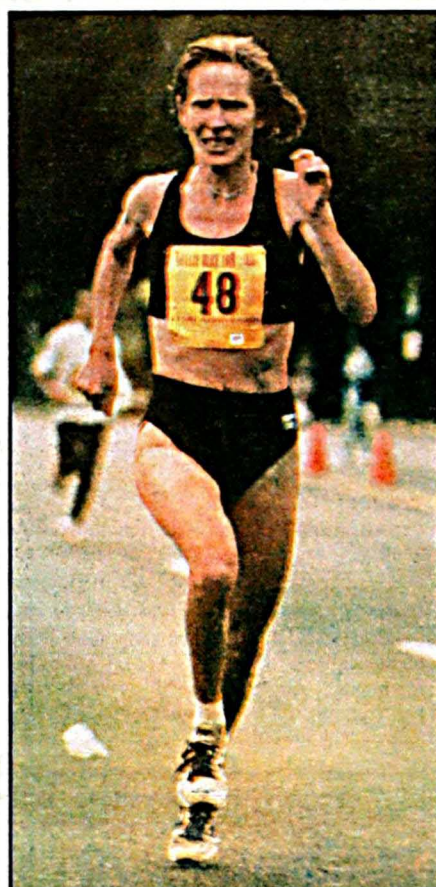
For Jordan, it was a wonderful return to Philadelphia and an occasion

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The Boston RC team of (l to r) Warren Graff, Ralph Souppa, Bic Stevens, and Roger Pierce, after winning the M50+ 4x400 at the Penn Relays, April 24, in 3:46.99, a U.S. M50-59 club team record.

LARRY SCHWORE



VICTOR SAILER/PHOTO RUN  
Irina Bondarchouk, 45, first masters woman (36:14), Sallie Mae 10K, April 26.



VICTOR SAILER/PHOTO RUN  
Craig Young, 41, masters winner (30:42), Sallie Mae 10K, April 26.

## Young, Bondarchouk Triumph in Sallie Mae 10K in Washington

by JANNA WALKUP

Running at a brisk 4:57 pace, Craig Young, 41, Colorado Springs, Colo., sprinted to a masters win and top-15 overall placing at the Sallie Mae 10K in Washington, D.C., April 26. Young's 30:42 was the race's top age-graded performance (91.4%) as he easily outdistanced runner-up Farley Simon, 42, Woodbridge, Va., who clocked 31:32 on the course. Jim

Hage, 40, Lanham, Md., finished third in 31:38.

In the women's competition, the top two masters finishers dipped under a six-minute pace. Irina Bondarchouk, 45, Memphis, Tenn., powered to the finish in 36:14 (89.8%), ahead of Claudia Kasen, 42, San Antonio, Tex., who was right behind in 36:28 (86.3%). Linda Wack, 42,

Continued on page 6

## Plasencia, Valadka, Machala Win Half-Marathon Titles at Indy Life 500

by JANNA WALKUP

Elite masters runners – Olympians and Olympic trials qualifiers among them – took advantage of fast competition and the promise of prize money at the USATF Masters Half-Marathon Championships, hosted by the Indianapolis Life 500 Festival Mini-Marathon on Friday, May 1. The race kicked off the 1998 Indy Life Circuit, and athletes responded with record-

setting performances.

Steve Plasencia and Patty Valadka sped to the overall masters titles. Like last year, Plasencia, 41, Shoreview, Minn., set a U.S. masters record 1:05:27, bettering his old mark of 1:05:33. The two-time Olympian battled Colorado Springs' Craig Young, 41, throughout the race, but Plasencia prevailed by 11 seconds over Young,

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**Editor and Publisher:** Al Sheahen  
**Senior Editor:** Jerry Wojcik  
**Associate Editor:** Angela Egremont  
**Administrative Editor:** Suzy Hess  
 PO Box 50098 Eugene, OR 97405  
 541-343-7716 Fax: 541-345-2436  
 e-mail natmanews@aol.com  
<http://members.aol.com/natmanews/index.html>  
**Assistant Editors:** Jane Dods, Janna Walkup  
**Subscription Manager:** Stark Services  
 818-760-8983

**Marketing Director:** Sue Hartman  
**National Advertising Director:** Claudia Malley

**Sales Representatives:** Lisa Fronti 610-967-8896

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**Racewalking Records:** Bev LaVeck  
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**Contributing Editors:** Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

**Correspondents:** Ruth Anderson (CA), George Banker (MD), Maury Dean (NY), Bob Fine (FL), Courtland Gray (TX), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Mulkey (GA), Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY), Phil Raschker (GA), Pete Taylor (VA), Mike Tymn (HI), John White (OH).

**International Correspondents:** Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlus (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Jim Tobin (NZL).

**Photographers:** George Banker (MD), Suzy Hess (OR), Hank Kiesel (MO), Charlie Kluttz (NC), Vic Sailer (NY), Larry Sillen (NY), Tesh Teshima (HI), Jerry Wojcik (OR).

**Creative Art:** Eugene Paasinen, Herb Parsons  
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Ken Weinbel  
 4103 Hillcrest Ave., S.W.  
 Seattle, WA 98116  
 (206) 932-3923  
 (206) 932-3917 (Fax)

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 San Diego, CA 92124  
 (619) 292-6132

## Secretary:

Suzy Hess  
 1430 Willamette St. #404  
 Eugene, OR 97401  
 (541) 342-8050 (H)  
 (541) 343-7716 (W)  
 (541) 345-2436 (Fax)

## Treasurer:

Madeline Bost  
 P.O. Box 458  
 Ironia, NJ 07845  
 (973) 584-0679

## National:

## Championship

Scott Thomsley  
 512 Spradley Dr.  
 Troy, AL 36079-2937  
 (334) 807-0371 (H)  
 (334) 670-3755 (W)  
 (334) 670-3753 (Fax)

## Multi-Events:

Rex Harvey  
 USATF Masters Multi-Events  
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 Mentor, OH 44060  
 (440) 255-0751 (H)  
 (440) 954-8122 (W)  
 (440) 954-8111 (Fax)  
 rexjh@aol.com (e-mail)

## Records:

Pete Mundle  
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## Rankings:

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 Long Valley, N.J. 07853  
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## Team Manager:

Richard Lee  
 2091 McMillan St.  
 Eugene, OR 97405  
 (541) 687-1689 (h)  
 ralee@efn.org (e-mail)

## Rules Coordinator:

Graeme Shirley  
 (address above)

## Regional Coordinators:

**East:**  
 Haig Bohigian  
 225 Hunter Ave.  
 Sleepy Hollow, NY 10591-1316  
 (914) 631-1547

## Southeast:

Bob Fine  
 3250 Lakeview Blvd.  
 Delray Beach, FL 33445  
 (561) 499-3370

## Midwest:

Mel Larsen  
 2316 Willemore  
 Springfield, IL 62704  
 (217) 546-2909

## Mid-America

Tom Thorne  
 525 Oak Ridge Dr.  
 Neosho, MO 64850  
 (417) 451-7417

## Southwest:

John Head  
 21024 Cedar Branch  
 Garden Ridge, TX 78266

## West:

Gary Miller  
 1740 Grandview Ave.  
 Glendale, CA 91201-1263  
 (818) 242-8484  
 gdmiller@hsc.usc.edu

## Northwest:

Becky Sisley  
 310 East 48th  
 Eugene, OR 97405  
 (541) 342-3113 (H)  
 (541) 346-3383 (W)  
 (541) 346-3583 (Fax)

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Norm Green  
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 (610) 407-0632 (Fax)  
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Charles DesJardins  
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Basil & Linda Honikman  
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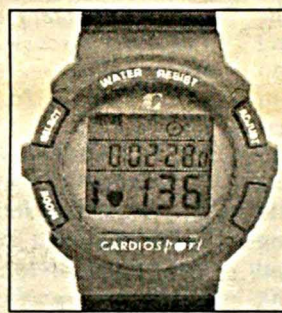
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### NEW ORGANIZATION

For the past few years I've been trying to understand what is going on in the masters program and where it is headed. There's been a strong undercurrent that all is not well.

An ongoing debate about the rules (i.e., false starts and straight leg), the questioning of the motives and decisions of the officers, and concerns about credibility are some of the more recent issues. The chairman's recent comments and budget problems point out current and future concerns.

What I haven't read much about are the positive aspects of masters t&f. No one is saying anything about what I/we can do to help advance and promote our sport. Those of us currently involved in the sport have much to gain and, perhaps, even an obligation to help ensure we leave a solid program to those who follow us.

An idea I have been considering for several months is the possibility of organizing masters athletes. The Masters Committee has served us long and well, but notice that there is no membership chairperson. What I'm offering for consideration is the formation of an organization we might call the "National Association of Masters Athletes." Its primary purpose would be to promote and advance existing masters athletic programs. For a small annual membership fee of \$20-30, members would gain representation and perhaps a voice/ear at meetings, a newsletter and, most importantly, a representative at national, state and regional events actively promoting our sport. The right to wear a special

insignia (i.e., a winged foot over an "M") with a standard uniform color could be adopted. With growth in numbers, we could conceivably obtain sponsors and qualify for various discounts.

I don't bring any special organizational skills or resources to this endeavor. As a "riffed" IBMer, at age 60 I am re-employed in state government. Having completed the Memphis Marathon and a sprint triathlon in prior years, I now compete in the decathlon. While not a particularly gifted athlete, as the saying goes, I'm able so to do it.

What are your thoughts? I would appreciate hearing from you. I can be reached at 403 E. Ridge St., Brazil, IN 47834; 812-442-6941 (after 6 p.m.); [www.division1.com/nama](http://www.division1.com/nama).

Rex Hane  
Brazil, Indiana

*(There already is such an organization - USA Track & Field, with national and regional masters representatives. Volunteers are always needed. For more discussion of this important issue, please see Ken Weinbel's T&F report on page 16. - Ed.)*

### CHAMPIONSHIPS SCHEDULE

Things will not be going well for us hurdlers at the National Meet in Maine unless the event schedulers start to pay some attention to the needs of masters hurdlers.

It is *dangerous* to expect masters hurdlers to run two 400H races within four hours, as may happen in Maine and actually happened at the WAVA meet in Buffalo in 1995 (on the hottest day of the year, no less!). As a college

400H, I never had to run two 400H races on the same day, much less four hours apart!

It is *dangerous* for masters hurdlers to run 110H into the wind. As a high school and college high hurdler, we always ran with the wind, including at the state track meet, for the safety of the athletes. If the wind exceeded the allowable limit, no records were allowed, but at least the safety of the athletes was paramount. Not so for masters. The most ridiculous situation happened at the WAVA meet in Buffalo, where we ran the finals of the 110H into a 5-meter-per-second headwind (that's an 11 mph headwind).

It would be greatly appreciated if meet organizers and schedulers stopped placing unnecessary and dangerous "hurdles" in front of masters hurdlers.

David Ortman  
Seattle, Washington

*(Long-hurdle heats have never been run in national masters meets and none will be held this year. The long hurdles will be run as sectioned finals, i.e. no heats. The statement in the entry form (May issue) that heats might be held was incorrect. If there are more than eight long hurdlers in an age-group, the slower runners will compete in the first section; the fastest runners in the second section, based on the "best performance" listed on the entry form. Places will be determined by time. - Ed.)*

### QUALIFYING STANDARDS

I take issue with the substance and style of Karen Boen's comments in the May 1998 NMN in favor of national meet qualifying standards and elimination of competition in ages 30-39.

First, Ms. Boen's logic escapes me

- a qualifying standard would not solve her enviable dilemma of being too fast for the field. I can understand (though I disagree with) the notion that standards might eliminate futile competition requiring preliminaries, but will more competitors suddenly appear if we impose standards?

Second, Ms. Boen supports the elimination of ages 30-39, a move which would surely leave her even more "alone" in 40+ competition, since 30-39 athletes who are not quick enough or have access to open and collegiate competition will have no competitive forum prior to age 40.

Finally, Ms. Boen maligns the efforts of her competitors in a most unmasterly manner (particularly so since, if I have correctly read the results of her combined age race), she, 40, outpaced Kathryn Martin, 46, by only a three second margin in a race of nearly 11 minutes.

I've been munching on Peter Grimes' 400H dust since 1990, but I've heard only words of advice and encouragement from him. This is typical of a level of sportsmanship in masters competition which can only benefit our sport, and which Ms. Boen would apparently discard.

Douglas C. Schneebeck  
Albuquerque, New Mexico

### NO FALSE START RULE

Once again I had the misfortune to witness the no-false-start rule serve to embarrass the purpose of our masters program. At a recent Senior Olympics event, a newcomer twitched at the "Set" command and was disqualified from the race (properly, per the rules). He was starting in the 100 - standing up, no blocks, no spikes - just there to enjoy the experience and give it a try.

He left in disgust, angry and upset, likely never to return. It reminded me of watching a small boy, seven or eight years old, at the West Regional Meet quietly and sadly ask a disqualified sprinter, "Grandpa, why won't they let you run?" It left me feeling empty and sad for this family.

The NFS rule misses the point and purpose of masters track - participa-

Continued on page 12

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## Penn Relays

Continued from page 1

for reuniting with friends of old, not to mention being treated so well by the crowd. Even the announcer gave him a special introduction, as well he should have. For the quick-starting Murphy, who's just 5-6½, it was another impressive performance, especially for someone who laid off track and field for four decades – he came back in 1984, only to undergo coronary artery bypass graft surgery the following year.

### Two-Team Duel

Later in the afternoon, the big crowd didn't miss another chance to whoop it up for the masters. The occasion was the 4x400 relay for men 40+. The race boiled down to a two-team duel between the defending champion Central Park TC, anchored by 1994-1996 M40 outdoor 400 champion (and 1997 M45 world 100 champ) Ed Gonera, and challenger Maryland Masters, anchored by Steve Coenen (second American in the 1997 M40 400 at San Jose). Fortunately for Coenen, he had an excellent supporting cast in Garry Crawford, Herman "Tony" Belcher, and the courageous Ralph Penn, who, even though injured, gave Coenen a very slight lead.

Ed Gonera, who had been preceded by the very capable trio of Frank Schiro, Archie Glaspy, and Clement Easton, passed Coenen on the first turn, and the race was really on. Coenen told a reporter later that he told himself not to panic; his intention was to keep Gonera in range. Coenen estimated that he swung out to lane two with 130m to go. Somehow, with the crowd going absolutely stark raving mad, he managed to outfinish the powerful Gonera.

Maryland won in 3:27.56; Central Park ran 3:28.39. Later, Coenen said he couldn't believe the noise had been for the two of them. On Gonera's part, he recalled to a reporter the screaming of the fans, Jamaican flags waving, and the shadow of Steve Coenen.

Scheduled for 4:55 p.m., the teams were in an excellent time slot and, to borrow from director Spike Lee's latest, they showed conclusively that "the masters got game."

### An Impressive Field

Friday morning, the masters got going with the M40+ 4x100 relay. Unfortunately, the listed time was 9:05 a.m., and the crowd was small. The runners were impressive, however, and for the second year in a row Gonera anchored the winning M40 Central Park squad (44.51). Maryland Masters, anchored by none other than Coenen, was second (44.90). Preceding Gonera on the Central Park squad were Val Barnwell, John Brooks, and hurdler Lloyd Jeremiah.

Listed for 9:07 a.m., in only the third track competition of the day, was the M50+, W40+ 4x100 relay. Again, Central Park, anchored by Ken Brinker (with William Overby, Jesse Brewer,

and Ron Johnson before him) won (47.59). Potomac Valley, with Joe Johnson anchoring, took the silver (48.08).

In the afternoon, it was time for the masters 100s (M40+, M50+, M60+, and W40+). The M40+ race lost some of its luster when defending champion Neville Hodge and 1997 masters track athlete of the year Bill Collins both scratched, but it was still a good one. National indoor 200 and 400 champ Ben James prevailed (11.46), with Thomas Jones second and Willard Thompson just edging out Bob Bowen for third. In the M50+ race, Charles Allie of Pittsburgh, who won the 200 and 400 at Boston, got out like a shot and was never seriously threatened, winning in an excellent time of 11.69. Joe Johnson was second in 11.84.

### Colbert Way Ahead

In the M60+ 100, the reliable Larry Colbert won by a big margin in 12.85, with Dick Ocker second in 13.30. For Colbert, who had no high school or college career and didn't compete in track until he was in his 30s, it was his second of three strong efforts this day, as he was to come back in the 4x400 in the early evening.

In the W40+ 100, another competitor with no high school or college track experience prevailed. In fact, Cindy Steenbergen, who at 5-9, 145 lbs., seems particularly well suited for the 400 (which she won along with the 200 and 100 last summer at San Jose), had never entered a real track meet until she signed up for the 1996 Indoor Masters at Greensboro, where she took silvers in the 60m and 200.

At Penn, Cindy ran 13.01 for the gold; Louise Clark, who wowed them with her singing at Boston in March, was second in 13.41. Local favorite, Renee DiGiacomo, a thoroughbred jockey for 17 years, got up at the wire for third.

The early evening was time for some more fun, the 4x400 relay for M50+ and W40+. At the final exchange, it was 61-year-old Larry Colbert with a modest lead, faced with the unenviable task of holding off anchors Ken Brinker, 50, of Central Park, and Roger Pierce, 53, of the Boston RC. Colbert managed to hold off Brinker, but it was Pierce who swung wide and won in a thrilling finish.

Boston RC ran a U.S. club record

Continued on page 11

## NORTHERN CALIFORNIA SENIORS TRACK & FIELD CLASSIC July 12, 1998

to be held at **James Logan High School**  
Sanctioned by **Pacific Association USATF**

**Entry must be postmarked and/or received by Friday, July 3, 1998**  
(Late or meet day entries only accepted provided there is room in the event)

- ENTRIES:** Must be postmarked and/or received by Friday, July 3, 1998.  
Phone entry O.K. (415) 457-8177.
- FEES:** Paid prior to July 3, 1998.  
\$15 First event. \$10 Each additional event. Relays free.  
Late Entries (received after July 3, 1998) \$20 per event.
- ELIGIBILITY:** All women and men with current 1998 USATF registration.  
Race day USATF registration is \$15.
- AGE GROUPS:** 30 years old and above in 5 yr. age groups – Age on July 12, 1998 determines age group.
- AWARDS:** Medals to first three places in all events by 5 yr. age groups.
- T-SHIRTS:** NCSTC Classic Shirts for sale at the meet.
- FACILITIES:** James Logan High School, 1800 "H" Street, Union City. All weather track surface (1/4" spikes only). Javelin – grass runway.
- HEATS:** We will combine races where we do not have enough runners by specific 5 yr. age groups.

**\*\*\* All Athletes are subject to drug testing \*\*\***

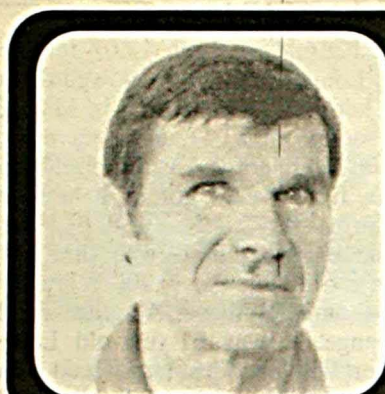
CUT ALONG DOTTED LINE

Name \_\_\_\_\_ ☐ Male ☐ Female  
Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
City/St/Zip \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
Club Affiliation \_\_\_\_\_ Age as of 7/12/98 \_\_\_\_\_  
USATF Card # \_\_\_\_\_

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims, damages I may accrue against Northern California Senior Track Club, USA Track and Field, James Logan High School, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held July 12, 1998 at James Logan High School, Union City, CA.

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_





## Third Wind

by MIKE TYMN

### Is Road Racing a Dying Sport?

I know I'm not supposed to suggest things like that. I should look at the bright side and say that we're having a few problems now, but we're going to come out of it stronger than ever. Certainly, the real running writers would take that approach. But I guess I'm much too much of a realist. I've always called it the way I see it, not the way I'd like it to be.

No, I'm not talking about the Kenyan dominance or the lack of American men on the world-class road racing scene. Frankly, I'm not really that concerned about Americans doing well on the world distance scene. It would be nice, but I'm not going to lose sleep over it or make any donations toward some running camp for American distance runners. Pardon me if I offend those who see this as a matter of American pride.

Let's get to the point, you say, if you've read this far. Okay, let me begin by saying that in 'most everything else, especially the business world, Honolulu is said to be a year or two behind the Mainland USA. That is, it takes that long for things that are hot or trendy or popular to really catch on out here in the Pacific Ocean, where I live.

#### Races Canceled

There's an exception, however, and that's in road racing. As I've observed it over the past 25 years, Honolulu has been a year or two ahead of the Mainland. I think it has something to do with the pioneering health and fitness efforts of Dr. Jack Schaff and his cohorts during the early 1970s. The running boom of the '70s could be observed here and then witnessed on the Mainland a year or two later. The birth of many marathons and then the death of many both seem to have begun here. Even the Kenyan dominance has its roots in Honolulu, beginning in 1985 with Ibrahim Hussein's three consecutive victories in the Honolulu Marathon.

What those of us who live in Honolulu are now seeing is popular

competitive races failing. Three of the city's best annual races – the Hawaiian Style 8K, the King Kamehameha Day Kukini, a four miler, and the Hard Rock Cafe 10K – were all recently canceled. Each of them had been on the race calendar for 1998, but the race organizers pulled the plug on them about 60-90 days before the races were scheduled during May and June.

#### Lack of Support

"When you get right down to it, I think it's a matter of sponsorship," said Jim Barahal, president of the Honolulu Marathon Association, which had underwritten the King Kamehameha Day Kukini beginning two years ago. "We wanted to put on a quality race with prize money for local competitors, but it didn't get as much as we had hoped for. We got up to about 700 (participants), but, given the cost of putting on the race, we just felt that the interest was insufficient to continue with it."

Back in 1975, the Kam Day Kukini was Honolulu's most popular race. It preceded the parade honoring the former king and had a cheering section all along the four-mile route. The 400 entrants in the '75 race was a record for participation in Honolulu and the event was deemed a big success. Now, however, 700 entrants means *failure*.

What's the difference? Clearly, it's the cost of putting on events. Barahal said that the Kam Day event needed a field of about 1000 to break even. "We were willing to take a loss and support it as long as it was moving in the right direction (i.e., growing)," Barahal added, "but we didn't see it getting much bigger than the 700 we had the last two years."

#### A Matter of Economics

According to Barahal, the \$7000 in prize money was by no means the difference. It was the total of that, the T-shirts, the road closures, police escorts, computerized timing, refreshments, and entertainment. Barahal was reluctant to put a price tag on the race but indicated it was going to take something in the vicinity of \$50,000 to stage the event. Simple math tells us that the entry fee would have had to be \$75 if the 700 runners alone were going to support the race. At that fee, however, a large percentage of the 700

would have been turned away.

Back in 1975, there was no prize money, no need to pay the city to close the streets, no need for a dozen motorcycle police officers, no computerized results, no liability insurance, no T-shirts, no refreshments, no entertainment. We just ran, got our times from stopwatches, and the winners collected some worthless prizes. In spite of all the things we didn't have then, I think we enjoyed ourselves more than they do today.

Organizational and financial problems also appear to be the reason for the cancellation of the Hawaiian Style 8K and the Hard Rock 10K. The latter event drew a field of 1500 last year.

A spokesperson for the Hard Rock Cafe explained that the restaurant was trying to make money for charity but the cost of putting on the race was more than the restaurant was taking in.

#### Dynamics Explained

To fully understand the dynamics of the situation, one has to look at the race fields. The three events that failed were all considered highly competitive. However, there are very few real competitors in any race. In last year's Hard Rock 10K, which served as the 10K championship, there were possibly 200 of the 1500 who were displaying any kind of intensity. The other 1300 were walking or strolling along, content to collect a T-shirt and join in the festivities at the restaurant after the race.

A better example yet is the Honolulu Marathon. In recent years, it has attracted more than 30,000 people, but there are perhaps 1000 runners and 4000 joggers among those 30,000. Most of the field comes from Japan to just walk over the course and gain bragging rights back home to being a "marathoner." There are no marathons in Japan for people who want to take eight or nine hours to finish, as many do in Honolulu.

The bottom line is that a race organizer needs all those walkers and strollers to make the race look big and important. When you look big and important, the commercial sponsors want a piece of the action. That means big prize money and world-class runners. The more world-class runners, the more the media coverage, and the more people hear about the race for next year.

#### The Numbers Game

But what happens if the walkers and



TESH TESHIMA

John and Ellen Humphrey, husband and wife, won the 70-74 division races in 80:05 and 90:56, respectively, Norman Tamanaha 15K, Honolulu, Hawaii, April 12.

strollers stop coming? What if the Japanese stop coming to Honolulu next year and there are *only* 20,000? What if only 10,000 lined up for the race? Back in 1982, the Honolulu Marathon broke 10,000 for the first time and it was big news. It was a success. But if it were now to go back to 10,000, there's a good chance it would be called off. The sponsors would begin folding their tents, the prize money would go down, the world-class runners would go away, and the media would lose interest.

To some degree that's what has happened on a smaller scale with the three events which recently folded. The walkers and strollers seem to shy away from races that are considered competitive. They opt for the charity races that cater to them. They don't care all that much about certified courses, computerized timing, published results, and the other things competitors look for in a race. By calling them "fun runs," the race organizers attempt to convey a message that it is a non-competitive event.

I sense that much of what we are seeing in Hawaii is already happening on the Mainland. If Honolulu is the pacesetter in this respect, don't look for things to improve. □

### FIFTEEN YEARS AGO June, 1983

- Bill Stewart, 40, Breaks M40-44 1500 AR with a 3:54.87
- Philadelphia Masters TC Sets M40-49 AR of 3:25.40 for 4x400 at Penn Relays
- Bill Hall, 42 (2:23:19), and Tina Hayward, 42 (3:02:35), First Masters in Boston

### Sallie Mae 10K

Continued from page 1

Germantown, Md., was a distant third in 38:18.

Sixty-year-old sensation Fay Bradley, racing in his hometown, continued his domination of the M60 field. His 35:53 was good for an M60 title, 15th place overall, in the men's masters field, and the second-best age-graded time of the day (91.3%). Dixon Hemphill, 73, Fairfax Station, Va., another consistent age-group winner, led the M70s home in 47:27. D.C.'s

Gerry Ives, 58, covered the course in 37:30 (85.8%) for a speedy M55 win.

The oldest runner in the women's competition recorded one of the most impressive times. Hedy Marque, 80, Alexandria, Va., averaged a 9:05 pace en route to easily winning her age group in 56:17 (89.3%). Fellow Virginian Janice Stoodley, 57, of Falls Church, took the W55 title in 43:50 (83.1%).

Nearly 1800 runners crossed the race's finish line □



## Indy Life Circuit

Continued from page 1

the 1997 Indy Life Circuit men's masters Grand Prix champion. Overall, Plasencia and Young finished 6th and 7th and earned open and masters prize money, \$2500 and \$1400, respectively.

For the masters women, Valadka, 40, a Houston resident, won her first USATF masters title in 1:17:16, with Regina Joyce second in 1:18:07. Valadka, a two-time Olympic Marathon Trials qualifier and Joyce, a 1984 Olympic marathoner, placed 4th and 5th overall and also pocketed open and masters prize money, \$2600 and \$1350. Three other female masters, all Californians, finished in the top 10 - Diana Fitzpatrick, 40, (7th, 1:18:32),



JERRY WOJCIK

Marina Jones, of California, W45 winner (19:08.77) in the 5000, 1997 National Masters Championships. The 1998 Championships will be held in Orono, Me., July 30-Aug. 2.

## INDY LIFE CIRCUIT

Jeanne Lasee-Johnson, 40 (8th, 1:18:44), and, in her half-marathon debut, 41-year-old Ruth Wysocki (9th, 1:19:43).

The runners also were ranked by converting their actual times into age-graded times. Plasencia produced the top men's masters age-graded performance (1:03:23), followed by Young (1:03:33) and Warren Utes, 77, from Park Forest, Ill., third (his 1:36:40 converts to a 1:05:23). Four men - Plasencia, Young, Utes, and 60-year-old Fay Bradley from Washington, D.C. (1:19:21 converting to 1:05:54), scored over 90% (world class).

The top age-graded woman was June Machala, 67, Spokane, Wash. Her 1:39:40 (a U.S. 65-69 age group record) adjusts to 1:13:33 (89.4%). Valadka turned in the second-best age-graded performance (1:14:37), while Joyce was third (1:14:50) and Joan Ottaway, the 1997 Indy Life Circuit age-graded Grand Prix champion, finished fourth (her 1:27:43 converts to a 1:14:51).

The championship race also doubled as the first event in the 1998 Masters Indy Life Circuit and Circuit points were worth triple value. In the masters division, Plasencia and Valadka are in first place with 45 points each, and in the age-graded standings, Plasencia and Machala have the top position with 150 points each.

The Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company, features eight races (seven per gender) and \$76,500 in race prize money plus a \$50,000 grand prix purse.

"The 1997 Circuit showed that running is a sport for life, and we again look forward to being part of a sport that is consistent with our ideals of taking care of people both physically and financially," said Bob Schnell, Indianapolis Life Vice-President.

Like last year, the distances will range from 5K to the marathon, each race will offer at least \$2500 in masters prize money per gender and there will be a \$50,000 grand prix purse - \$22,000 for the masters division and \$28,000 for the age-graded division.

Next up on the Circuit slate were the Berwyn 5000 for men, Berwyn, Ill., May 16, and Freihofer's Run for Women 5K, Albany, N.Y., May 30. All runners will come together on July 18 for the Bastille Day Celebration 8K in Newport Beach, Calif.

The Indianapolis Life Insurance Company, the Circuit sponsor, is dedi-

cated to providing the best in insurance coverage and service. Indianapolis Life offers a unique product called Runner'sEdge, which features significant premium discounts for runners.

Runner'sEdge 10, 15, 20 or 30-year guaranteed level premium term plans are available to individuals who complete a 5K or longer race within a specified time. Runner'sEdge is not available in all states. For more information, call toll free (888) RUN-EDGE (786-3343) or visit their website (<http://www.runnersedge.net>). □

(Road Racing Information Center contributed to this article.)

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**OCTOBER 25 - Casino Niagara International Marathon, Niagara Falls, Ontario, CANADA.**  
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### Final Schedule for the 1998

## INDY LIFE CIRCUIT

July 18	Bastille Day Celebration 8K	Newport Beach, California
August 22	Crim Festival of Races 10-Mile Run	Flint, Michigan
September 7	Pacific Sun 10K	Kentfield, California
October 4	Twin Cities Marathon	Minneapolis/St. Paul
October 31	Tulsa Run 15K	Tulsa, Oklahoma

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## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Flat Feet

**Q.** I'm a 56-year-old runner with flat feet. My condition never bothered me very much until I decided to increase my training efforts. After a hard workout, the muscles in my lower leg and foot become very sore and swollen. Will flat feet cause this problem? What can I do to eliminate the soreness?

**A.** the pros and cons of flat feet have been debated in athletic circles for years. Some flat feet range in severity from a very mild forefoot deformity to a foot that becomes unstable during normal walking.

The forefoot deformity, which allows the foot to over-pronate or turn and twist excessively, can cause painful leg fatigue by making the muscles and tendons of the foot contract prematurely. This condition can also put stress on the lower leg and cause muscles to over-compensate.

Since you are only experiencing discomfort as a result of an increased training schedule, it would seem that cutting back your workout routines should help alleviate the problem. Also, switching to proper-fitting shoes

is a good idea.

If the condition remains the same or worsens after you reduce your running, it would be advisable to have a thorough biomechanical examination by a foot specialist. □

*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, P.O. Box 50098, Eugene, OR 97405.*

## Masters Age Records

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Contestants in the masters women's timed-start handicap 800, Mt. SAC Relays, Walnut, Calif., April 19, (l to r): Mary Libal, 48; Joni Shirley, 51; Diane Heil, 40; Carla Hoppie, 41; Dee Dee Grafius, the winner, 49; and Debbie Barraza, 41.

### John McGorry Conquers More Than Bronze

by MAURY DEAN

Top docs had John McGorry down for the eight count. His 39th birthday was no celebration — with John enduring a steady round of chemo and prayers in his brave bout with non-Hodgkins lymphoma. At Stage IV (the worst form), his prognosis loomed from bleak to ominous. His college 4:19 mile speed had propelled him to a thousand trophies. He never expected that the grim road ahead would be a washout and much more. In the Mulcahy 5 Mile in December 1996, John finished last overall in the thousand-legged stampede.

When I ripped up my calf again at the three mile mark at the 1997 Mulcahy race, I was hopping back to the finish line, muttering AAARRGH-style oaths at the six-minute pace I'd lost. Somewhere in the 7 1/2-minute mile wave, a miracle appeared — John McGorry, on the remission rebound. I frequently chased Big John as he zoomed to some 15:55 triumph, but after he became ill, I never thought I'd see him again up front.

At the Islip Pride 5K on March 19 in John's hometown of Islip, Long Island, 200 fearless, drenched souls

toed the START stripe, and with the gun, John lofted those long limbs into his old stride.

At a half a mile, I cheered him on, figuring he'd fade back to reality. But running a spectacular 18:09, he glommed masters silver behind new master Alan Porter (17:09) and an overall bronze behind Long Island legend Paul Capolino, 37, who recorded a 16:22. I can't recollect the last time I was so happy to watch an old racing competitor stomp my best efforts.

The rivulets and puddles squashed any PRs on the flat windless course for overall female winner Sharon Zuhoski, 44, whose sodden 21:35 just outkicked a swift silver effort by overall second-place and master Ellen Weinstein (21:39). Joe Cordero (19:47) and Hilton Goring (20:07) from the M60+ group were 9th and 12th overall.

Both have been troubled by injury or illness, but one of the great things about road racing is comebacks, such as John McGorry's.

Welcome back, John. Happy Birthday. And by the way, happy birthday and happy hardware (and moral victory) to all the rest of you who are on a comeback trail. □

### TEN YEARS AGO June, 1988

- ICI Signs on to Sponsor 15-Race Masters Circuit
- Masters Course Records Set by Ryszard Marczak, 43 (2:17:53), and Priscilla Welch, 43 (2:30:53), in Boston
- Bill Tobin (5:31:38) and Jan Kreuz (6:37:22) Top Masters in National 50 Mile

### Coaching/Training Update

The list of masters coaching groups and individuals published in March 1998 will be updated in the July issue. Send additions and corrections before the June 10th deadline to Coaches, NMN, PO Box 50098, Eugene, OR 97405.



## Held, Stuart Stick Javelin Records in Striders Meet of Champions at CSU Long Beach

by JERRY WOJCIK

One U.S. and two world records were broken in the Southern California Striders Meet of Champions at CSU-Long Beach on May 9. Both world records were in the javelin. Larry Stuart, 60, obliterated Del Pickarts' M60 191-10 in 1987 with a 213-10, which age-graded to a 100+% performance. Bud Held, 70, erased Erik Eriksson's M70 151-10 with a 152-0, an A-G 92.6%.

The most competitive race of the day came in the M60 100, won by Harold Tolson, 60, with an A-G 97.2% 12.14 in a field of eight. The first seven finishers had performances better than 88%, and the next

three behind Tolson were over 90% - Dick Richards, 63, 12.56, 96.1%; Jerry McCullough, 61, 12.64, 94.1%; and Ken Dennis, 60, 12.79, 92.3%.

Walt Butler, 57, holder of the M50 (13.57) and M55 (14.49) world records in the short hurdles, registered a 97.7% 14.92 in the hurdles and a 93.1% 12.42 in the 100.

Phil Fehlen, 62, with a high jump of 5-6, A-G at 97.6%, teased the U.S. record of 5-6½. Annalies Steekelenburg, 50, high jumped 4-6. Sue DiMarco, 35, flew over the pole vault bar with a 10-8.

One of oldest continuous masters meets in the country, this year's Meet of Champions was directed by Ross Dunton. □



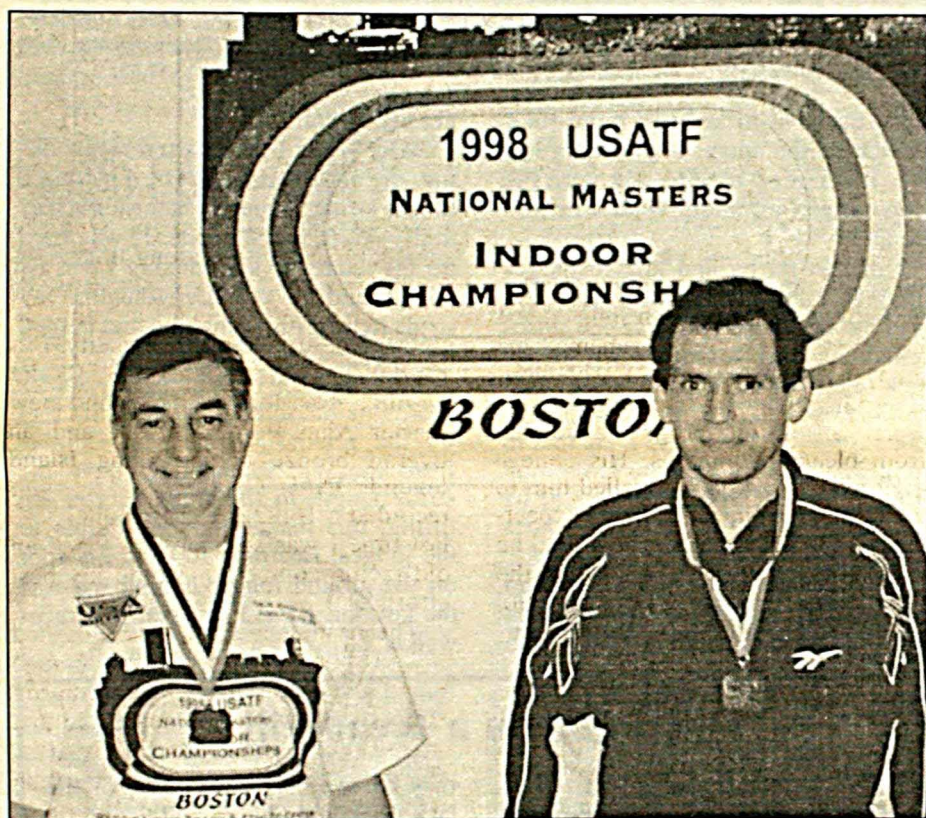
An aerial photograph of the campus of the University of Maine, Orono, site of the National Masters Championships, July 30-Aug. 2. Additional throwing areas are situated left of the eight-lane track.

### MIDWEST MASTERS REGIONAL CHAMPIONSHIPS and MIDWEST MASTERS OUTDOOR TRACK & FIELD CLASSIC

July 25

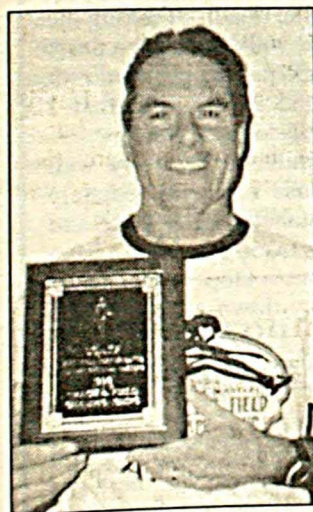
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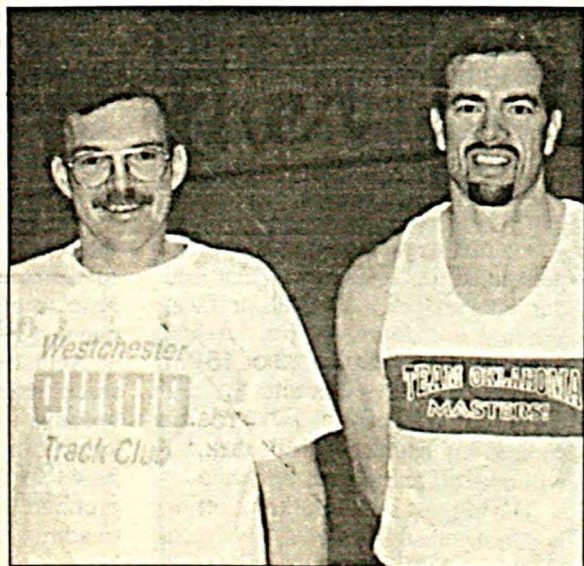
SUZY HESS

Tom Iagulli (l), third M50 in the high jump (4-11), and Bob McVicker, first M30 in the triple jump (42-10½), National Masters Indoor Championships, Boston. Both live in Alum Bank, Pa.



BOB SANTINE

Dale Lance, 60, broke M60-64 world records this indoor season in the 60mH (9.04) and pole vault (12-10) and was honored as Oklahoma's 1997 Senior Olympic Male Athlete of the Year.



Ken Ellis (r), 40, first M40, and Jeff Watry, 42, second, National Masters Indoor Heptathlon Championships, Hillside, Ill., April 4-5. Ellis' point total of 5753 was the highest ever recorded for a masters indoor heptathlon.



### San Diego Senior Sports Festival Presents

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Saturday, September 12, 1998

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Chula Vista, California

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- ◆ 100m, 200m and 400m dashes
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# Masters Racewalking

by ELAINE WARD

## Racing Strategies – Michelle Rohl

**M**ichelle Rohl (W30) holds the American track records for 5K in 20:56.88 and 10K in 44:41.87; and the American road record for 10K in 44:17. She finished 20th in the 1992 Olympics and 14th in the 1996 Olympics, securing her position as the fastest American woman. Michelle and her husband, Mike, recently gave a racewalking clinic in Albuquerque, New Mexico, sponsored by the New Mexico Racewalkers.

**EW:** When you and Mike talk about race strategies at your clinics, what do you emphasize?

**MR:** The first thing I usually stress is the importance of negative splits. We talk about the physiological and psychological reasons for this strategy.

Physiologically, you want to avoid a lactate spike when your legs feel really heavy in the last kilometer. This is when you can't pick it up and kick it in to finish. Most people have had that feeling. A lactate spike happens when you go out too fast.

For example, if you are doing a 10K and have an 8:00 minute race pace, I would say to start at an 8:10 pace for about a mile and then pick it up to an 8:00 minute pace. When you come to the last mile, you should be able to do a 7:50 pace which will bring you right on your 8:00 minute pace. If you go out at a 7:50 pace and get a lactate spike, you risk ending the race at an 8:20 pace.

### 1:2 Ratio

A general rule is that for every second you go out faster at the beginning of the race, you will lose two seconds at the end of a race. That rule tends to be true although not everybody follows it.

There is another physiological reason for going out easy that is specific to racewalking. If you go out hard, you're going to tire at the end and have a harder time maintaining your technique. If you've kept to your pace, you're going to have a stronger technique at the end and you'll feel more confident in passing people. You'll also feel more confident in front of the judges.

**EW:** How about the psychological reasoning behind negative splits?

**MR:** Let's say I am doing a 10K race. I think about pacing the first 5K and only feel I'm really racing the last 5K. As I feel fresh, I start passing people in the second half which makes me feel even better. Also, it's easier to hold your pace when you're passing people than if you're being passed. When everybody else is breathing hard, and you're feeling really good, it gives you a psychological edge. If you're discouraged, it's harder for you to keep your pace.

One thing Mike and I emphasize in our clinics is not to schedule more workouts than you can realistically do. That way you aren't setting yourself up for failure. If you can only train four days a week, make your workout schedule for only four days a week. Also, be sure to make your goals something you can achieve on four days a week of training.

It often surprises people when we say that it probably takes a lot less than they realize to achieve their goals. Quality work is what is important, not necessarily endless miles. We emphasize quality not quantity.

### Judging

**EW:** As a very experienced walker who has also been disqualified, what is your attitude toward judging?

**MR:** I think we have to realize that the judges are there because they care about racewalking. It's important not to think, "They are out to get me." I've been victim to this think-



JERRY WOJCIK

Mixed age-group competition in the 3000 racewalk, Masters Indoor Championships, Boston. Maryanne Torrellas #671, 39, of Connecticut, won the W35 race (14:57.99), with Kelley Cullenberg #162, 36, of Maine, second (14:58.69), and Marcia Gutsche #264, 36, of Massachusetts, third (14:59.95). Sandy DeNoon, 42, of Illinois, behind Torrellas, was the W40 winner (15:11.52).

ing. You have to keep in mind their service to the sport. If you do get a call, it's a good idea to talk with the judge afterward about what's behind the DQ.

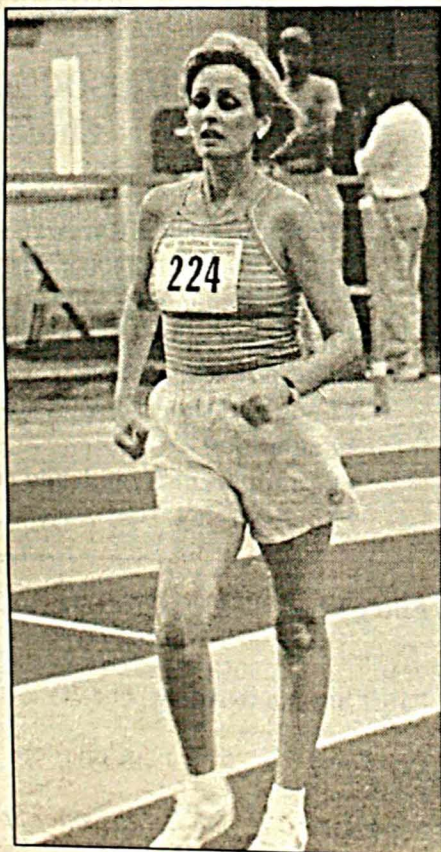
I like to go up and talk to judges although I don't necessarily like them to come up to me and give me unsolicited coaching advice. When judges stick to telling me what they see, then I will know what that particular judge looks for and likes. I will keep that in mind. Different judges are looking at different things. One judge told me he just didn't like the way my shoes looked.

**EW:** Because you are slight and fast, you have a tendency to look light on the ground. Has this caused you to

get lifting calls?

**MR:** When I first started racewalking, my coach really stressed getting a longer stride because I had such a naturally short, quick stride. It was hard for the judges to see whether I was on the ground or not. Lengthening my stride helped my technique and helped my appearance.

I also worked on making my ankles more flexible to help me keep my foot on the ground behind me. Coming from running, I tended to have my stride length in the front. If you are lifting, this makes it more visible to the judges. Learning to keep my foot on the ground longer behind me was the key for me as I evolved as a racewalker. □



JERRY WOJCIK

Pris French, 49, placed fourth in the W45 3000 racewalk (21:33.74), 1998 National Masters Championships, Boston.

## Training on a Treadmill

(The following was taken from an interview with Kelly Murphy-Glenn (W35) in March 1998 – ew.)

Because I belong to a Rec Center, I usually use the treadmill there for my speed workouts. It is a Star Track. I am sure it is quite expensive because it is an industrial, health club type, but it is not fancy. It can be set at inclines and has a full panel of information for programming and monitoring.

I always set the treadmill at a one percent incline. I read in *Runner's World* that a one percent incline will help make up for the fact that you don't have the wind in your face. When I am doing intervals, I just watch the red dots that flash. If I'm doing 1-mile intervals and the red dot flashes on a mile, I will stop. As soon as my heart rate drops down, I will take off and go again.

The biggest problem I have training on the treadmill is that I overheat before I overtake. It is difficult to tell the difference. You may not be as tired as you think you are; you just

may be overheating because of the lack of air moving around you.

For example, you sweat harder and you breathe harder, especially if you are doing a fairly intensive workout. When I am doing intervals, I will get off the treadmill during the recovery time, walk over, get a drink and walk back just to get some air moving around me. I find that I recover a lot faster that way.

The treadmill works really well for me, because I can immediately know the distance I have gone and the time it has taken me. I don't have to worry about a stop watch. I just have to glance down at the display panel.

Actually, I get more bored on a track than I do on a treadmill, because on a treadmill I always know exactly what I am doing and how I am doing. However, there is a problem. I do so much training on a treadmill, that when I get outside I have a hard time telling what my pace is. I have to really pay attention not to go out too fast in a race. □





## Health & Fitness

### What To Do?

**W**hat to do after you've finished a tough race? Doug House, an exercise physiologist at Baylor College of Medicine in Houston, suggests: 1) drink plenty of fluids; 2) stretch to keep muscles as loose as possible; 3) take a warm bath and, if possible get a massage; 4) take a nap.

Acupuncture, which was recently endorsed by the National Institutes of Health for control of some types of pain, is also finding its niche in the treatment of sports injuries.

"We've had excellent success with acupuncture in treating sprains," said Dr. John Cianca of The Baylor College of Medicine. "Within a treatment or two, many patients have noticed a 50- to 75-percent reduction in pain and swelling."

Many older adults can maintain normal blood pressure and reduce their needs for antihypertension medications by losing weight and reducing salt intake, according to the first major study of such lifestyle changes

in an aging population.

The study was reported in the *Journal of the American Medical Assn.*

How well we age is determined more by what we do than who our parents are, says a 10-year body of research on aging reported in *Successful Aging* (Pantheon).

Only about 30% of physical aging can be blamed on genes, says the analysis of dozens of studies done under sponsorship of the MacArthur Foundation.

Americans are discovering massage. Doctors have started prescribing massage to help patients manage stress and pain. A few HMOs have

begun sharing in the cost.

Scientists are finding that massage can reduce blood pressure, boost the immune system, dampen harmful stress hormones and raise mood-elevating brain chemicals such as serotonin. Massage can also stimulate nerves that carry signals from the skin and muscles to the brain.

Scientists are questioning how much of the memory loss that comes with "normal aging" can be prevented, or even reversed. There are promising leads: drugs being researched offer hope of rejuvenating the mind and memory. Studies show reducing stress levels can improve the brain's performance.

Still, many doctors are reluctant to prescribe specific life-styles or treatments to deal with memory loss. More research is needed, they say.

Dr. William McEntee, at Clinical Studies in Sarasota, says: "My guess is that more than half the population over age 50 probably has AAMI (age-associated memory impairment)."

Symptoms of AAMI range from difficulty remembering names to serious gaps in recall. To fight memory loss, researchers suggest reducing alcohol intake, avoiding steroid use, keeping fit, staying mentally active, and seeing a doctor if the problem seems serious. □



JERRY WOJCIK

Joe Hurtado, of California, first M55 (38:52.66) in the 10,000, 1997 National Masters Championships. The 1998 Championships are scheduled for July 30-Aug. 2 in Orono, Me.

### Penn Relays

Continued from page 5

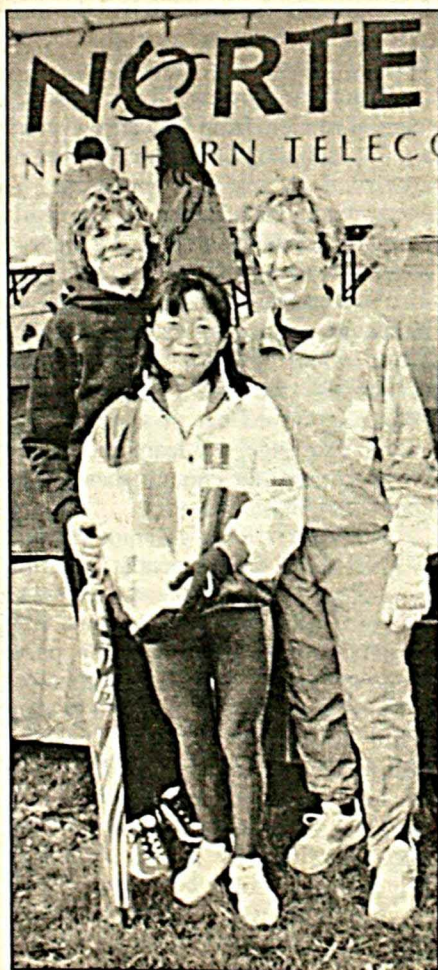
3:46.09 (Warren Graff, Ralph Souppa, and Bic Stevens were Pierce's teammates), with both Potomac Valley (3:46.37) and Central TC (3:46.89) also bettering the Philadelphia Masters' listed mark of 3:47.09.

Two other events of interest to masters fans, both contested early Saturday morning, were the 10,000 masters racewalk for men (a listed 7:00 a.m. start) and the 5000 masters racewalk for women (8:00 a.m.). Both Jim Carmines (49:37.68) and Dave Romansky (49:41.48) broke the 8-minute per mile standard in taking first and second. Gloria Rawls (27:04.54) was the 5000 winner. □

### FIVE YEARS AGO June, 1993

• Wes Wessely, M45, and Trudy Branderhorst, W40, Capture National 5K Titles in Alaska

• Chuck Moeser, 41, and Rose Malloy, 44, Win in Cherry Blossom 10 Mile



GEORGE BANKER

Hideko Pirie (c), W50 winner (70:22), with Sharon Myers (l), fourth (75:34), and Dee Nelson, fifth (77:11), Nortel Cherry Blossom 10 Mile, Washington, D.C., April 5.

### THE THIRTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY JUNE 28, 1998 RANDOLPH NEW JERSEY The GSAC/Randolph Classic is for Athletes of all ages.

#### New in 1998 F.A.T.!

TRACK EVENTS		FIELD EVENTS	
5000 Meters	10:00 am	Pole Vault	10:00 am
1500 Meter RW	10:30 am	Shot Put	10:00 am
110 Meter HH	11:00 am	Weight Throw	1:00 pm
Youth Mile	11:30 am	High Jump	10:30 am
Mile Run	12:00 am	High Jump	10:30 am
Youth 100 Meter Dash	12:30 am	Long Jump	10:00 am
100 Meter Dash	1:00 pm	Javelin	10:00 am
Youth 400 Meter Dash	2:00 pm	Discus	10:00 am
400 Meter Dash	2:15 pm	Triple Jump	2:00 pm
800 Meter	2:45 pm		
200 Meter Dash	3:15 pm		
Youth 4X400 Relay	3:45 pm		
4X400 Relay	4:00 pm		

Divisions: Open (Age 15-29), Submasters (Age 30-39).

Masters (Age 40+) in 5 Year Age Groups, Youth (9-10, 11-12, 13-14)

All events will be run Youngest to Oldest, Males first. Meet director may combine age divisions if the size of the fields warrant.

**PLEASE NOTE: REGISTRATION CLOSES AT NOON FOR ALL EVENTS Don't be shut out! Pre-enter!**

**SPIKES ALLOWED - 1/4" or less HURDLE HEIGHTS & IMPLEMENTS - USAF Open and Masters Rules.**

**USATF MEMBERSHIP REQUIRED!** Card must be presented, NO EXCEPTIONS! Can apply at meet \$15.00 - Youth - \$12.00.

**FALSE START - No false start rule applies.**

**FEES - Free to Randolph residents who pre-register. Randolph residents must still be USATF member.**

Pre-registered - Received on or before June 22 - \$6.00 per event for all events.

Received after June 22 or Day of Meet - \$10.00 Late Fee added to first event, except for relays.

Relay Teams - \$16.00 per Open and Masters Teams. \$12.00 per Youth Teams.

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

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**DIRECTIONS** to Randolph High School - From the George Washington Bridge, take Route 80 West to Route 287 South. Route 10 West Exit. Continue on Route 10 West for about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left onto Millbrook Avenue by making a right onto the jug-handle ramp to cross Route 10. Travel about 1.5 miles on Millbrook. The High School complex is on the right, at the top of long hill. Take the first entrance into the complex.

**FILL OUT AND RETURN TO: GARDEN STATE ATHLETIC CLUB, Post Office Box 458, Ironia, NJ, 07845.**

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Club \_\_\_\_\_ USATF No. \_\_\_\_\_ Age on 6/28 \_\_\_\_\_ Sex \_\_\_\_\_

EVENTS ENTERED Field - ☐ PV ☐ SP ☐ WT ☐ HJ ☐ JT ☐ DT ☐ LJ ☐ TJ

Track - ☐ SK ☐ 5K ☐ 1500 RW ☐ H Hurdles ☐ Mile ☐ 100 ☐ 400 ☐ 800 ☐ 200 ☐ 4X400 Relay

I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Department, Randolph Township, the Randolph Board of Education, Garden State Athletic Club, or the Meet Directors and Officials resulting from my participation in this meet. I understand that the activity will be supervised and the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

SIGNATURE \_\_\_\_\_

Date \_\_\_\_\_

Parent or Guardian if competitor is under 18





## On The Run

by HAL HIGDON

### The Cutting Edge of Insanity

**W**hen in years to come I look back on the 1998 River to River Relay, I will remember the Fly Lady, the Poop Lady, the Turtles, and C&W music blasting on the van radio as we rolled through the hill country.

River to River is a singularly special event that brings eight-runner teams – several hundred of them – to the southern tip of Illinois for 80 miles of back-country running. The race begins on a bluff near Wolf Lake overlooking the Mississippi River and ends at the town of Golconda beside Ohio River levees. Each runner runs three times carrying a baton, each leg lasting about three miles – although some legs are longer and some harder than others. The total for my three legs in the second position was 10.9 miles. My carries varied from a flat first leg to a rolling second leg to a third leg that featured a hill twice as high and long as infamous Heartbreak Hill in the Boston Marathon, run the same weekend in April.

River to River was in its 11th year. The event was founded by Gordon Pitz, who patterned it after the longer Hood to Coast Relay in Oregon. Pitz shares organizational duties with Keith McQuarrie and remains a visible presence with his bush hat and silvery beard. "This is a very curious race," Pitz admitted when we spoke at registration. "Wonderful things usually happen."

For many of the nearly 2000 runners who participate in it – some year after year – River to River is more than wonderful; it is an exploration of their psyche and willingness to endure running at the edge of fatigue, not all of it caused by the running itself. In fact, almost as much energy during an event that fills a full day will be spent getting to and from the start and finish and hopping in and out of transport vans and sitting in those vans waiting to run your next leg. Add to that the need to eat and drink between carries and do what needs to be done between eating and drinking – but we'll get to the Poop Lady later.

#### The Poop Lady

Thus, running a multi-leg road relay is both easier and more difficult than a

marathon. Mostly, it is a test, and runners love tests. This was my second time at River to River. I first ran the Relay in 1990 with a team from Northwest Indiana and might have returned more often were the event not the same weekend as the Boston Marathon. Researching and promoting a book timed for that race's 100th running kept me away. This year, when Henning Falkenstein, a professor at Valparaiso University, began recruiting at our club runs, I said yes.

But I was going to tell you about the Fly Lady and the Poop Lady and the Turtles. The Fly Lady was a woman on a team running about the same pace as ours. We kept seeing her at exchanges. She wore blue eye makeup and didn't really look like a fly, but the women on our team dubbed her that. I missed the performance of the Poop lady who at one exchange stepped out of her van, dropped her shorts and let loose on the grass.

Taylorville Turtles was the name of another team toiling near us who wore obnoxious green singlets. One of their members kicked past me at the end of my second leg and, as though in



JERRY WOJCIK

Paul Zink, winner of the M50 800 (2:10.85), 1998 USATF National Masters Championships, Boston.

penance, the team captain offered me a plastic turtle and a coffee cup with their team name on it.

#### What's In A Name?

Part of the River to River is choosing crazy names. We were "Migrating Dunies." Other teams were named "Team Godzilla," "April Fools," and "The Cutting Edge of Insanity." My favorite team was one that had the message on the back of their shirts: "No Walkin' Till the Van Passes."

Then there were the Silver Striders, a team of runners from Chicago, average age 71, including Dick Lamermayer, an arch-rival in my age category. We encountered each other in the early hours before dawn in the first exchange zone and swapped quick greetings. I love seeing Dick in a race, because he motivates me to run faster. Alas, the Silver Striders led with their fastest runner, and by the time I got the baton, Dick had moved out of sight. By the second exchange, my team had passed him and moved far enough ahead so he couldn't sight on me.

One of the necessary ironies of River to River is that despite nearly 2000 runners, staggered starts spread the field so that often you run in a vacuum with nobody nearby running your pace. Thus, to run fast requires much more concentration than it might in a standard road race. I finally saw Dick finishing in Golconda. One of the traditions of River to River is that the rest of the team follows their anchor runner into the finishing chute. Although Migrating Dunies beat the Silver Striders to the line, their age permitted them more of a time handicap, so they beat us in the standings for the handicap division.

#### Looking Good

But trophies is not why we had come to Southern Illinois. Most of today's fit-

ness-oriented runners never ran in high school and never experienced the camaraderie of being part of a team, or carrying a baton in a relay where success depends as much on the skills of the slowest as on the fastest. River to River fulfills a need for bonding, so the limited field fills within days of when entry blanks appear in mailboxes.

It was a difficult day of running for me, despite cool and cloudy weather. But who said running was supposed to be easy? After dreading the final hill that I knew was higher and steeper than Heartbreak, I somehow found the will to reach the top, then surprised myself by finding strength for a final sprint before handing the baton to our next runner. "You look great!" my teammates told me. It's not how fast you run, I told myself, but how good you look doing it.

Through the long day's events, I swore I'd never run this stupid race again, but cresting that final hill I already had begun to reconsider that vow. In two visits to the River to River Relay, I had run two different legs, which means six remain, should I accept the challenge to return. As an aging runner, it is good that a few challenges remain in my life. God bless River to River. □

(Hal Higdon is a Senior Writer for *Runner's World*, whose writing and training advice also can be found on his web site: [www.halhighdon.com](http://www.halhighdon.com).)

### Write On

Continued from page 4

tion, camaraderie, exercise motivation, and, perhaps most of all, fun. Most of us do not have coaches or blocks with which to practice starts, and probably not much time to practice at all.

I hope our leaders understand this when making rules, and do not cater to creating a program with only the elite, well-equipped, coached athletes in mind. Hurdle heights, throwing implements, etc., have all been adjusted with the age of the athlete and the purpose of the program in mind. I urge the same with regard to the no-false-start rule.

Lee Gillespie  
Irvine, California

#### COACHING ON THE ROAD

During my extensive tour of the U.S. late this summer, I would like to conduct some Masters T&F training/coaching clinics. I will be able to present a lot of training information as well as doing on the spot video analysis. To cover some of my "out of pocket" costs for copying and video tape, I anticipate having a minimal charge of about \$5.00 per person. I would like to have a minimum of about seven athletes per stop.

If you have an interest and can put together a small group and have access to track, a park or a playground, let me know and I will do my best to arrange a stop. I will tailor the

Continued on page 13

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## Write On

Continued from page 12

presentation to your needs.

After June 4th, I will have moved into a residence motel for a few weeks, so there will be a "call forwarding" number on my phone. I will not have the FAX line, but you may still use the same mailing address and e-mail number.

Ross Dunton  
512 Somerset, Placentia, CA  
92870  
(714) 524-9966  
(714) 579-3200-after June 4th  
e-mail-coach@pacbell.net

### RUSSIAN INDOOR CHAMPIONSHIPS

The Russian Indoor Championships in April was my first trip as a master to an international event, but the other athletes told me it was one of the best trips they had ever gone on. We expected a different world altogether. Moscow and St. Petersburg were absolutely beautiful cities and culturally excellent.

We were given our own interpreter and shown around all the different historical areas. Our evening entertainment was also impressive.

The indoor track looked like a 400m track as we have only one indoor track, which is very small, in Ireland.

Everything was arranged perfectly for us, and we could certainly recommend a trip, especially if one were going to the Russian Outdoor Championships in September, as the weather would not be so cold.

Bernadette Kavanagh  
Secretary, Irish Veteran Athletes  
Association, Dublin, Ireland

### MASTERS MEMORIES

As a subscriber to the NMN for many years, I would like to share with your readers some thoughts regarding my participation in sports. I am 83 and continue to be active in local and international sports. I was born in North China and emigrated to Palestine (now Israel) in 1935. During my career as a civil engineer and army officer, I continued to participate in sporting events. I hold the Israeli M70, M75, and M80 records in the 60m, 200, and long jump.

Most recently, I competed in the 1998 USATF Masters Indoor Championships in Boston and returned to my small village with the best presents one could bring: three silver medals. During the long jump, I had the privilege of meeting Ed Mathews, a fellow sportsman, with whom I shared a room at the 1991 WAVA Championships in Turku, Finland. Needless to say, we were both very happy to meet again after seven years, participating in sports activities which we both love so much.

Eliahu BarJosef  
Omer, Israel

## PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

### Masters Age Records (1998 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1997. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

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### Masters Track & Field Rankings (1997)

Men's and women's 1997 U.S. outdoor track & field 5-year age group rankings. 52 pages. 125-deep in some events. All T&F events. Compiled by Jack Lance, USATF Masters T&F Rankings Chairman. \$7.00.

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### Masters Track & Field Indoor Rankings (1997)

Same as above, except indoor rankings for 1997. 4 pages. \$1.50.

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### Masters Age-Graded Tables

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

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### Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of March 1, 1998; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

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U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc. \$12.00.

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### IAAF Scoring Tables

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Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

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## The Weight Room

by JERRY WOJCIK

### The Javelin – In with the New and Out in the Cold

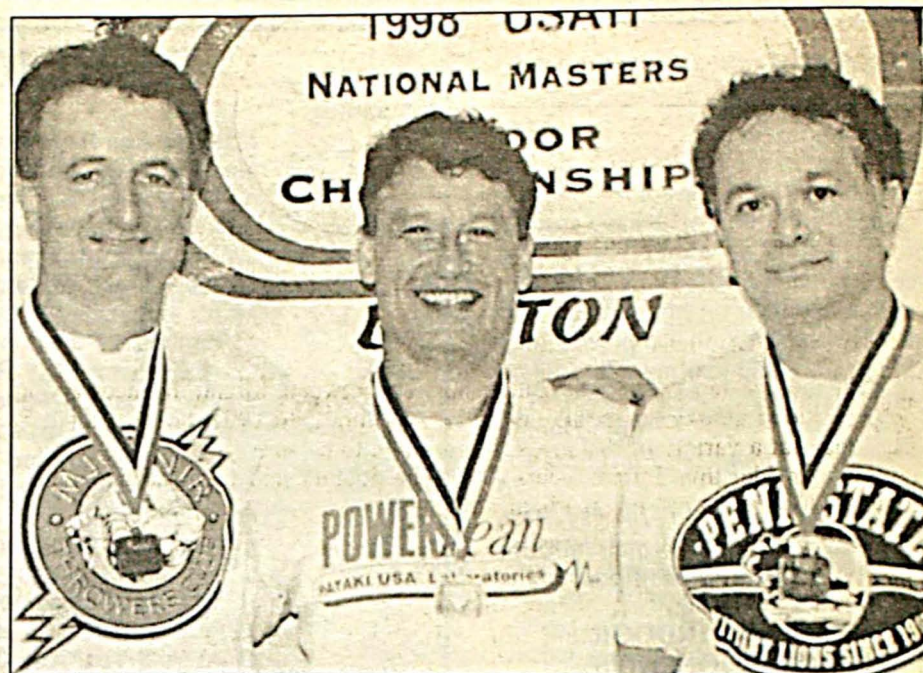
Change in competition rules affecting masters always results in repercussions. Hurdlers leaped at the chance to comment for and against when the hurdle specifications were altered and the 300H introduced a few years ago. A change concerning implements is particularly unsettling, because it may involve laying out money for another implement to replace one you bought three months before, and, more significantly, it may affect records.

This has been especially true for the javelin, which has undergone two major changes in the last decade. Details aside, the 800 gram javelin, sometimes called the "men's javelin," was adapted by changes in its specifications so as not to fly as far, because it was being thrown "out of the park," discerned as a potential danger to unwary distance runners engaged in visualization and sprinters with Walkmans, listening to Gene Krupa doing his drum solo in the Benny Goodman Band rendition of "Sing,

Sing, Sing," recorded at Carnegie Hall in 1938.

So we dumped the "old" javelin, and after a few years grace, during which either one could be used, took up the "new" javelin.

Now, the 600g javelin, sometimes referred to as the "women's javelin," although M60+ throwers also use it, has been changed. The maximum distance from the tip to the center of gravity has been limited to 92 cm from the previous 95 cm, the object being to help the



SUZIE HESS

Top three in the M50 shot put, Masters Indoor Championships, Boston, (l to r): Bruce Hedendal, Florida, second; Lad Pataki, California, first (51-10, ties world record); and Joseph DeStefano, Massachusetts, third.

implement, if thrown properly, to fall with the point hitting the ground first, or, with a little luck, even stick. If you've ever watched the most conscientious, eagle-eyed javelin officials trying to mark a flat throw, this doesn't need any further elucidation.

No one's performances have been more influenced by "new" javelins than those of Larry Stuart, a recent M60, who has been throwing the spear since the discovery of fire. Checking the JT WRs, you'll find that he owns the M50 (215-9) and M55 (215-8), both legit with the new 800g javelin. All past records with the old have been removed. According to Pete Mundle, the records guru, the same thing will happen to records made with the old 600g when the grace period for those implements ends on January 1, 2004. They will be replaced by the best new

javelin marks at that time.

In the Southern California Striders Meet of Champions, May 9, Stuart and Bud Held broke javelin age-group WRs. Stuart increased the M60 to 213-10, and Held expanded the M70 to 152-0. I hope they used the new implements because the longer they wait, the more the ravages of time may catch up to them.

On the other hand, all of this concern with implements, technique, training, shoes, etc., may be a delusion. The primary element of successful javelin may be the month in which you were born. Both Stuart and Held joined their new age groups in October last year. Stuart on October 19, and Held on October 25. Could be.

#### Javelins in Absentia

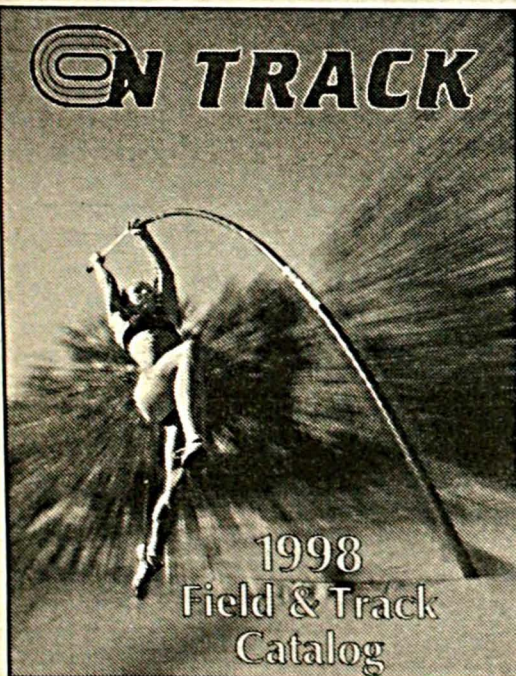
No problems with javelins in the initial Weightman's Pentathlon held in Seattle on April 25 – there weren't any in the five-throw event sponsored by the Seattle Masters AC at West Seattle Stadium. It was replaced by the super-weight, much to the relief of the 12 men and 2 women who participated. The javelin is not looked upon with delight by most weight pentathletes, as attested to by their generally low marks with that implement.

Buoyed by perfect weather, a new hammer cage, and plenty of Olympic-experienced officials, plus a great luncheon menu, a good time was had by all. Ken Jansson, 40, of Kansas, celebrated his graduation to recent masterhood by compiling the highest score. George Mathews, 54, of Seattle, was a close second, and Jim Hart, 61, of California, third. The top three men and both women (top scorer was Georgia Cutler, 55, of Oregon) received cash prizes and handcrafted awards of stained glass.

The U.S., instead of the WAVA, weights were used, which necessitated some calculations with the Partridge Tables.

Jansson, commenting on the significant aspects of the meet, said it was historic because it was the first masters meet to finish ahead of schedule. □

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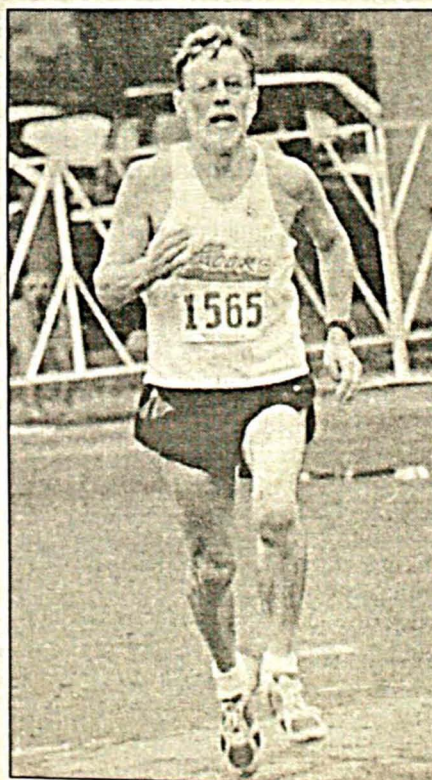
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GEORGE BANKER

Gerry Ives, 58, Washington, D.C., eighth master (56:52), George Washington Parkway 15K, Alexandria, Va., April 19.



# PROFILE

## Bob Littky - Never Say Die

by RON MARINUCCI

For the last ten years, Bob Littky has run between 40 and 50 races a year. Included among those have been 18 marathons. In 1997, he completed 52 races at a variety of distances. Impressive, to be sure.

Now, consider this. Fifteen years ago, "The doctors said I was dead - twice," related Littky. His story is a medical miracle.

"I was 48. I was a smoker and I was fat," he said. He was also "a Type-A" businessman, putting in lots of time and effort running the family print shop. In retrospect, it's not surprising that Littky had a heart attack.

Surviving, he began a rehabilitation program, working with a group at a local hospital called CardiAthletes. He said, "I was walking, jogging, running. I lost fifty pounds and decided to do a marathon."

### A "Big" Headache

Littky, who lives in Farmington Hills, Mich., a suburb of Detroit, trained all the next summer and into the fall, his goal being the 1984 Detroit Free Press Marathon in October. Then, while he was out for a short run just a week before the big race, disaster struck again. The "terrible headache" he developed during his run turned out to be an aneurysm. Two blood vessels had burst in his brain.

Falling into a coma, he was rushed to the hospital. Doctors didn't offer his wife, Loretta, much hope. "The doctors cut into my brain," he said.

As if the picture wasn't bleak enough, he suffered a second stroke while still in the hospital. Not once, but twice, doctors said he died during surgery. Revived, he had two more operations and, after a thirty-day hospital stay, recovered enough to go home.

He recalled, "I couldn't walk, read, or write. I had aphasia - an inability to use or comprehend words." He told me, "This conversation, a couple of years ago, we couldn't have had it."

Among other things, Littky is determined and strong-willed. He began rehab again, eventually working back to running. He believed it was running that had saved his life before and he wanted to run again. But the going was slow.

"With the stroke and aphasia, for the longest time I didn't even know what a watch was," he mused. Short runs became longer runs; he would get lost and forget where he was. He persevered, acknowledging, "I was very lucky. I couldn't even drive a car."

In stepped Loretta, who, Littky said, was "terrific" through all of this. She would drive him to places, sit and wait for him to complete a run, then drive him home.



Bob Littky

Justice prevailed; the hard work and determination paid off. He completed his target marathon, the Free Press, albeit three years late. "I finished in five hours and thirty minutes. Six of my doctors ran with me."

### Spinning

Today, he runs four or five days a week and he does some cross-training the other days. He's "into spinning." Spinning? "Yeah, it's aerobics with biking. It started in California." He "spins" at his health club. "They really push you hard. It's an incredible workout."

He has radically changed his diet over this time span. He eats "nothing from the cow - no dairy, no eggs." He proudly said, "My bypass was fifteen years ago. My doctors checked my heart six months ago. They said I'm better than ever." That's saying something, considering that just last year

they told the 63-year old that "inside (he's) more like 40."

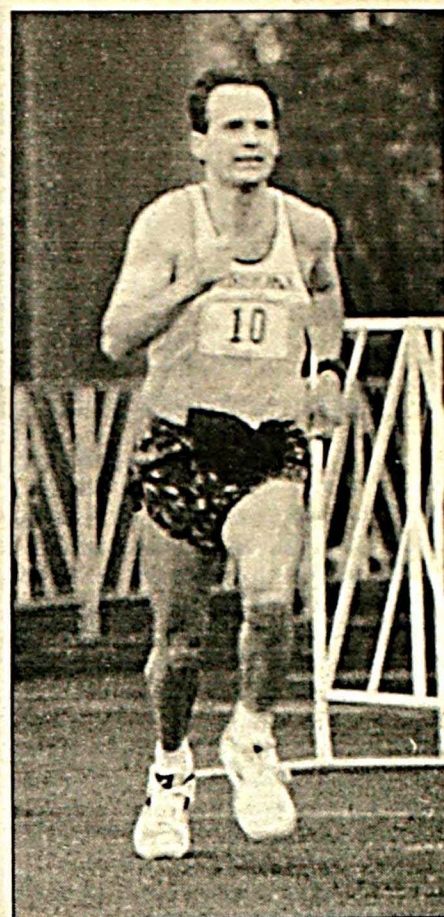
"I've been very lucky," he said more than once. In appreciation, he gives back. Currently, he does motivational work at hospitals, Jewish homes, and stroke clubs. Four or five days a week, he helps "forty-fifty people, seventy-, eighty-, ninety-years old" with their exercising.

He works the mind, too. "If you push your brain, things get better . . . It's very easy to quit. I won't live that way." And he doesn't.

### A Full Calendar

His goals for 1998 include "hopefully . . . going to do the Columbus Marathon . . . this year one marathon and three or four half marathons." On tap are two of Michigan's nationally recognized runs, the Old Kent River Bank Run, a 25K in Grand Rapids, and the Crim, a ten-miler in Flint. And Detroit-area runners can expect to see him at his normal one, two, or three races a weekend. Of course, Loretta will drive him.

And who says you can't teach old dogs new tricks? While gushing about his grandchildren, he boasts, "For my sixty-third birthday, they bought me a baby jogger, so I can run with my nine-month old granddaughter." Quite fittingly, he added, "I think I'll do some races with it." □



GEORGE BANKER

John Doub, 40, first master (50:02), George Washington Parkway 15K, Alexandria, Va., April 19.

## USATF MASTERS TRACK & FIELD SOUTHERN CALIFORNIA ASSOC. DISTRICT CHAMPIONSHIPS FULLERTON COLLEGE, JULY 11, 1998

ENTRY FEES: First event \$12, additional events \$5—Relay teams free—Late entries (after deadline or entry at meet on July 11th), \$15 for first event, \$6 per additional event—**NO REFUNDS!**

DEADLINE: JULY 3, 1998

DIVISIONS: Men and women in 5 year age groups—sub-masters (30 to 39) and masters (40 & up) Age grading on a one year basis

AWARDS: 1st, 2nd & 3rd place medals in each event (INDIVIDUAL EVENTS ONLY)

FACILITIES: 9 lane all weather track—1/4 inch max. length spikes required—concrete throwing rings

REGISTRATION: USATF 1998 registration—available at meet for \$15

DIRECTIONS: 91 Freeway, exit Lemon Street and north to a right on Chapman and go one block to a left on Berkeley—Track is 1/2 block on left—Via 57 Freeway, exit at Chapman (north of 91 Fwy) and go west (approx 3 miles) to a right on Berkeley and 1/2 block to track on left.

### EVENT SCHEDULE

(OLDEST TO YOUNGEST—WOMEN FIRST-AGE GROUPS MAY BE COMBINED)

#### TRACK EVENTS

9:00 AM 5000M RUN (combined M&W)  
10:00 AM 5000M WALK (combined M&W)  
11:00 AM 4X100 RELAY  
11:15 AM 1500M RUN  
11:45 AM SHORT HURDLES (80/100/110M)  
12:15 PM STEEPLE CHASE (2000/3000M)  
12:45 PM 100M DASH

1:45 PM 400M DASH  
2:10 PM 1500M WALK  
2:40 PM 800M RUN  
3:10 PM 200M DASH  
3:45 PM INTERMEDIATE HURDLES (300/400M)  
4:15 PM CO-ED SPRINT MEDLEY (2+2)  
4:25 PM 4X800 RELAY

#### FIELD EVENTS

9:30 AM WEIGHT THROW  
10:30 AM POLE VAULT (men 50+ & women)  
& DISCUS  
11:30 AM HIGH JUMP

1:00 PM POLE VAULT (men: to age 49) & SHOT PUT  
1:30 PM LONG JUMP  
3:00 PM TRIPLE JUMP & JAVELIN

#### ENTRY FORM (Please print)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Club \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
1998 USATF Reg. No. \_\_\_\_\_ EVENTS \_\_\_\_\_

Amount enclosed: \_\_\_\_\_ (Required to register—no refund)—Make check payable to: Dunton Sports Management  
Mail to: Ross Dunton, 512 Somerset, Placentia, CA 92670—(714)524-9966—e-mail: coachr@pacbell.net

Waiver:—In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against Fullerton College, the Fullerton College Track & Field program, Dunton Sports Management, USATF, the meet director, any and all sponsors of the track & field meet, their successors, representatives and assigns for any and all injuries which I may suffer while traveling to and from, and while competing in the USATF/SCA MASTERS T&F MEET on July 11, 1998 at Fullerton College in Fullerton. I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_





## Track and Field Report

by KEN WEINBEL,  
Chairman, Masters T&F

### We Get Letters . . .

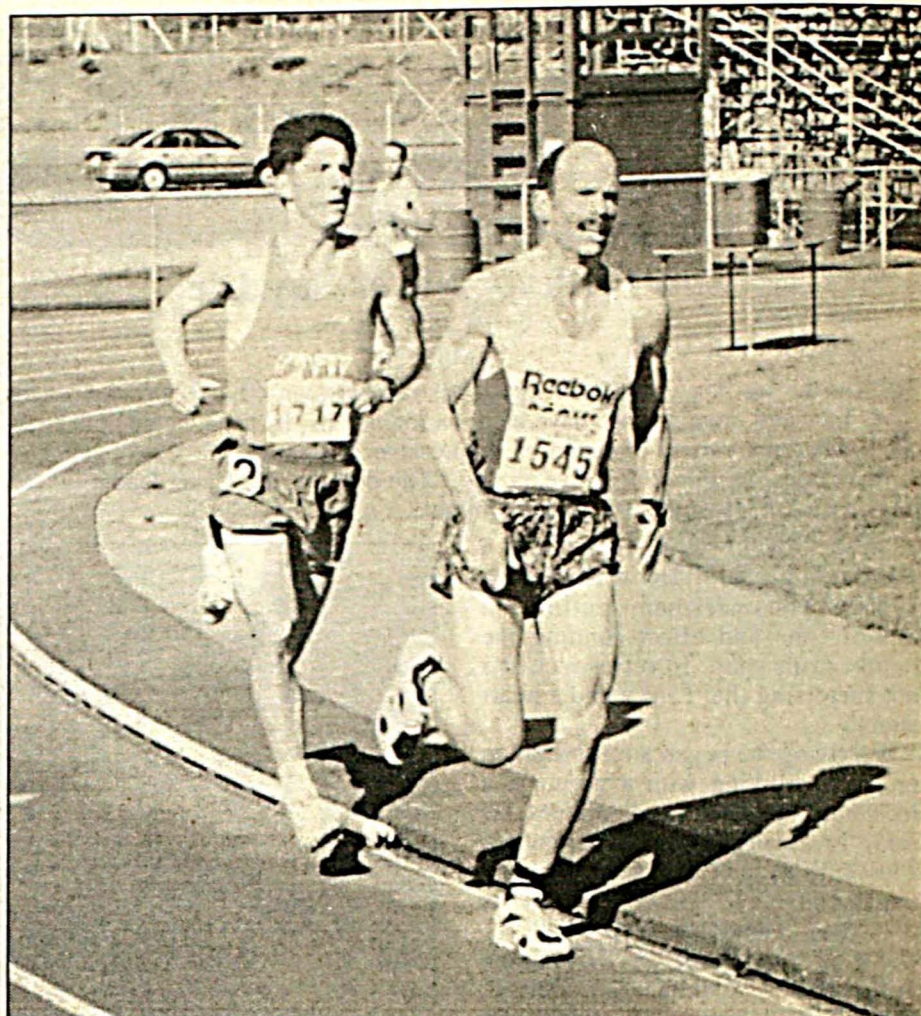
The *National Masters News* receives many letters to the editor which I always read with interest. The letters are one of the too few tools available to this chairman to check the pulse of the membership, their wants and desires, their approval and disapproval. This month one of our athletes, Rex Hane, 60, Brazil, Indiana, wrote an interesting letter that prompts me to share a response with the membership.

Rex is an active athlete who obviously is interested in the health of masters track and field. His main source of information has probably been the *National Masters News* and, unless he has been active in his local association, he has no other means of obtaining details of up-to-date happenings in the masters program.

Rex is concerned that he has not read much about the positive aspects of masters track and field. He is not alone. I dare say not a day passes that the *National Masters News* does not receive one or more negative letters or com-

plaints. My office phone, fax and e-mail are the constant carriers of complaints about everything from the shape and size of medals to the cost of entry fees at local meets. Positive communication is welcome relief.

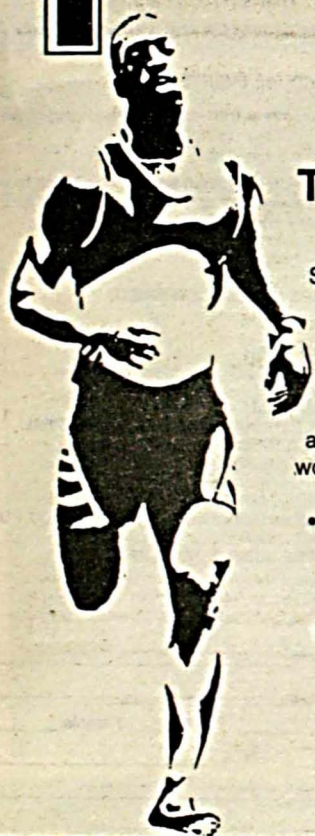
Prior to becoming chairman, I, too, was oblivious to what was really going on. I pledged to myself that I would not run a closed-door operation and would share with the membership all the pro and con happenings of our organization. Perhaps my past commentary has been more downbeat than upbeat, but it is informatively truthful.



JERRY WOJCIK

Tom Cushman, #1545, won the M40 5000 in 16:22.33, with Denis Villeneuve finishing second, 1997 Hayward Masters Classic, Eugene, Ore. This year's meet, also the USATF Northwest Regional Championships, is set for June 27-28.

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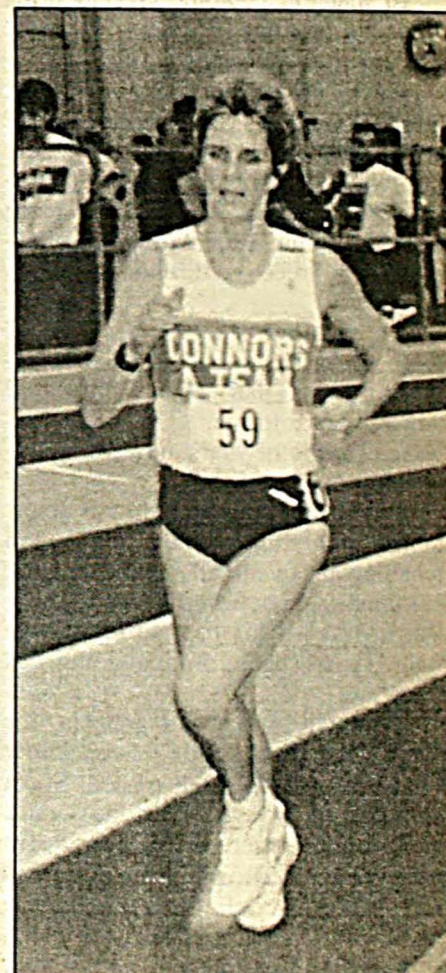
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USA Track and Field has experienced difficult times and is currently undergoing a restructuring program, which will affect the masters program. Jerry Crockett, LDR chairman, and I have been doing our utmost to continually apprise the USATF Executive Committee and officers of the importance and value of the masters program. We are cautiously confident that we are being heard.

Rex is seeking ways to help the program and has proposed organizing a "National Association of Masters Athletes." I suggest to Rex that we already have such an organization. You joined when you paid for your USATF registration. We have in place by-laws and organizational structure: local, regional, national and international (WAVA) associations, with which you can and should become involved. By being active in your local association, you have a voice. Your messages are transmitted to those you elect to represent you. The system does work, but only if we support it and provide input.

Rex also suggests that a more personal identification to Masters Track and Field be considered, such as a standard uniform and special insignia. Masters have traditionally identified with local masters clubs. There have been common uniforms available for athletes competing in the WAVA championships. Our secretary, Suzy Hess, is presently working with the national office for the 1999 uniform. I see no reason why we cannot have a national insignia patch made available and will bring it up for discussion at the annual meeting.

I appreciate letters such as Rex's and encourage the membership to get more involved. USA Track and Field needs your positive support. □



JERRY WOJCIK

Karen Boen, 40, of Massachusetts, winner (10:40.48) W40 3000, Masters Indoor Championships, Boston.





## Speaker's Corner

by **GRAEME SHIRLEY**  
**USATF Masters T&F Vice**  
**Chairman and Rules**  
**Coordinator**

### More Thoughts on the No-False-Start Rule

**D**uring the past few years, as part of my job as Masters Track & Field Rules Coordinator, I have solicited opinions from sprinters, starters, coaches, directors, and other interested parties concerning the no-false-start rule. Masters Track & Field adopted the rule in 1986, and there have been formal proposals to change it in (at least) 1992, 1994, 1996, and there will be again in 1998. In the committee meetings, we have had additional discussions beyond that.

For the past decade, I have seen the same objections to the rule: "Why DQ someone who paid a lot to come to the meet?" "Why pick on sprinters?" "Why be different from the rest of the sport?" It seems to come as a great surprise that advancing these easily refuted objections had no more success in 1997 than in 1987.

This failure by opponents of the current rule to reverse the position of the proponents has produced characterizations, name calling, and an attempt to pit one group against another.

As Rules Coordinator, one of my jobs is to moderate discussion of the proposals. That responsibility includes imposing some civility, insisting on discussing the issues and not the personalities.

To that end I would like to offer some observations.

The original proposers and supporters of the Rule perceived a problem in our championship meets, namely, that repeated false starts were creating a great deal of difficulty in meet management. That problem is magnified by the fact that we conduct 24 championships in each sprint, not two as at

the open level.

Since the Rule was adopted, those same supporters have seen significantly fewer problems in the sprints.

As a basis for discussion, I would like to suggest that opponents of the no-false-start rule at least acknowledge that, more than ten years ago, there was a problem, and that the Rule was a solution.

I also suggest that almost everyone would agree to the following: (1) no one wants to kick anyone out of a meet, whether they came across the country or drove ten miles to get there, and (2) no starter enjoys DQing anyone.

I have, once again, submitted the proposed amendment to rescind the no-false-start rule to the Chairman of the Rules Committee. And once again we will debate the merits of the Rule in the Masters Track & Field Committee at the annual USATF Convention in Orlando in December, 1998.

What will opponents do with this opportunity? They can get up and make personal attacks on the committee, lose the vote again and spend two

more years using the failure as confirmation of everything that has recently, and unfortunately, appeared in print.

Or the opponents can deal constructively with the problem perceived by the proponents: in a meet with 24 championships in every event, repeated false starts can create havoc with the schedule. I suggest the following might be more responsive.

First, note that the no-false-start rule, as with all masters rules, applies to championship meets. Other meet directors are encouraged to follow the rules, but we do not mandate that. Why not enlist a couple of decent-sized meets to operate under a one-false-start rule, then have the meet director report the effects on the meet? More attendance? No problem with staying on schedule?

There is a chance that the results of such an experiment might work well. Many of the sprinters in our program have been coached under a no-false-start rule, and have developed starts which focus on good reactions rather than trying to outguess the starter. Maybe there will be better discipline now than prior to 1986.

Second, if there were problems in the '80s, note that the outdoor meet is now four days long. Can the extra day accommodate more time for the sprints? Can we try to put the sprints at the end of sessions, so if they run long, they do not affect start times for other events? I will let others look at

this, but what might have been intolerable ten years ago might be manageable now.

The opponents have had two years to prepare for a debate and another decision. There are reasonable people on both sides of the issue, and an intelligent argument can certainly swing votes.

I will close by repeating what I requested when chairing the discussion in 1994. I would like the issue presented in a manner which allows a fair hearing and provides a decisive vote. I do not want 18-17 which gets reversed by a similar split two years later, ad nauseam. The committee vote then was decisive, but we are back again.

Let us have a civilized, productive discussion of the issue. Let us make the decision which helps us conduct the best championship meets we can. And let us ensure that the decision of the Masters Track & Field Committee represents all interests in the sport. □

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

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### DON BRADY MEMORIAL MASTERS & OPEN MEET

Sponsored by the Nashville Striders & Nashville Track Club  
 Saturday, June 27th Vanderbilt University Track

#### Adult Events (19+ above)

1:00pm PV (at another site-map on reverse)  
 1:45pm HJ  
 2:30pm LJ  
 2:30pm DT  
 3:30pm TJ  
 3:30pm SP  
 4:00pm JT

#### Youth Events (0-18)

2:00pm 100m  
 2:15pm 1500m  
 2:30pm 400m  
 2:45pm 1500m RW  
 3:00pm 100, 110m H  
 3:20pm 800M  
 3:30pm 200m  
 3:45pm 3000m

#### Open & Masters Events

5:00pm 80, 100, 110m H  
 5:15pm 800m  
 5:25pm 100m  
 5:45pm 1500m Racewalk  
 6:00pm 300, 400m H  
 6:10pm 200m  
 6:30pm 4 x 100m Relay  
 6:40pm 1500m  
 6:55pm Children's 50m Dash  
 7:00pm 400m Dash  
 7:10pm 3000m  
 7:40pm 4 x 400m Relay

Youth age groups: 0-8, 9-10, 11-12, 13-14, 15-16, 17-18.

Open age groups: 19-29, Masters: 30-34, 35-39, 40-44, etc. M & W.

Women first then men, oldest to youngest.

Younger athletes may compete in open

if they so desire. If so, they can not

compete in the youth category.

Some age groups may be combined.

NOTE! Events may start ahead of schedule

BE READY!!

Fees: \$6.00 first event, \$4.00 each additional event (excluding youth who pay \$2.00 flat fee). Youth may participate in 3 events. Awards: Medals to first 3 in each age group in adults, ribbons to first three in each age for youth. Facility: Eight lane polyurethane surface. Starting blocks provided. You must provide your own field implements. NOTE! MEET-DAY REGISTRATION cut off at 2:00 PM except for youth.

Tear off and return with fees

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

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Events entered: (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_ (4) \_\_\_\_\_

Fees enclosed: \$ \_\_\_\_\_ Return with fees to: Nashville Striders  
 P.O. Box 128276  
 Nashville, TN 37212 (615) 331-0111

Waiver: In consideration of your acceptance of my entry into this meet I, myself, my heirs, executors, and administrators, waive and release any and all sponsors, including the Nashville Striders/Nashville Track Club, Vanderbilt University, officials, their successors or assigns from any and all liability arising from injuries and damages I may suffer as a result of my participation in this meet. I further state that I am physically fit to compete in this meet.

Signature: \_\_\_\_\_ Parent or guardian if under 18 \_\_\_\_\_





JANE DODS  
Pam Turner and Daryl Egbert, Eugene, Ore., looking relaxed before the start of the Kakegawa Marathon, Japan, April 19.

## Kakegawa Marathon – Sister to Sister

by JANE DODS

April 19 was a special day for the sister cities of Eugene, Ore., and Kakegawa, Japan. Among the 6300 participants in the Kakegawa Marathon (Japan's fifth largest) were three invited runners from Eugene. Two of the three are masters – Pam Turner, 52, and Daryl Egbert, 42. The third Eugene runner, Teri Loew, 37, led the race until the 40K when fumes from the lead vehicle forced her to slow her pace, thus allowing Japan's Makiko Hotta, 31, to grab the women's victory.

Despite the far from favorable weather – mid-80s and humid – the American runners had nothing but praise for this unique intercultural experience, which also included a home stay with Japanese hosts.

The course runs through rice paddies and tea fields, almost to the Pacific Ocean, before returning to the finish at a major sports complex. Turner commented, "The scenery was beautiful, the interaction with people in the small towns even more beautiful." She also mentioned the delicious strawberries and kiwis available on the sidelines, as well as sponges to sop up the pervasive perspiration.

Eugene is looking forward to returning the favor when two Kakegawa masters runners will be invited to compete in that northwest city's long-standing Butte to Butte 10K on July 4th. □

*(I ran in the accompanying 10K race, wherein the heat and humidity definitely took its toll, but a warmth that will always be cherished is that which I (and my roommate, Teri Loew) experienced in the home of Kiyoko and Petro Kastuyoshi Hashimoto. Domo arrigato gozai mashita! – Jane Dods)*

## Pending World Records

by PETER MUNDLE  
USATF Masters T&F Records Officer

In response to all those athletes concerned about their world record marks not appearing in the list of world records in the April issue of NMN, there are approximately 160 records that have been submitted to the WAVA Council for its approval. These include records bettered in the 1997 Durban and 1991 Turku WAVA World Championships, the 1997 San Jose U.S. National Championships, and others submitted to me since July 1997.

It was decided at the records committee meeting in Durban to accept all records bettered in WAVA Championships without the need of record application forms as long as they conformed to the rules. This, of course includes Durban and Turku. The WAVA Council has the responsibility of ratifying world records as spelled out in the WAVA Bylaws. □

## Wind, Rain Slow London Marathoners

by MARTIN DUFF

Despite the advance publicity, no records were set in the 18th London Marathon as runners battled a difficult wind and, for the slower finishers in the older age groups, heavy rain.

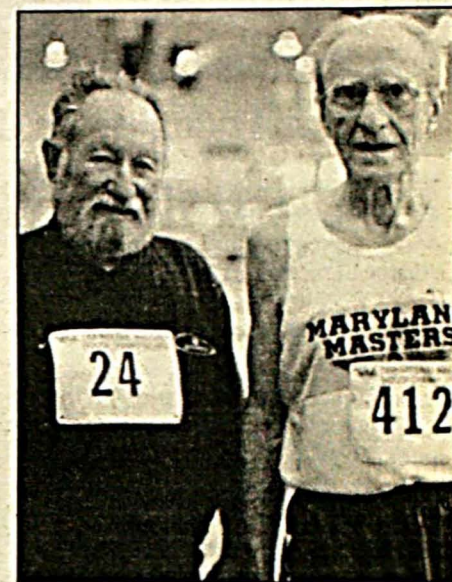
Tony Duffy, second last year, was over four minutes slower this time but still took the M40 title in 2:25:42 (\$1000), half a minute ahead of Paul Bennett (\$500).

Unlike Boston, which was run a week earlier, the London course does meet all the requirements for record purposes so any good times are always top class. Such was the case in the M50 division, where 100K International winner Stephen Moore came home for a two-minute victory in 2:32:33. Bob Pearl was also a strong age-group performer, taking the M70 class in 3:10:34.

The first three finishers in the women's race were also slower than in previous years, with Debbie Percival taking the W35 division in 2:39:54. Second-place Sandra Branney was the W40 winner in 2:48:48, while Zina Marchant was the W45 victor in 2:53:10. Canada's Carol Eustace was a classy W50 winner in 3:00:16, and Pam Jones took the W60s in 3:35:37.

With the Computerchip system

being used extensively throughout, it was possible to make accurate assessments of runners' race splits. It was clearly evident that marathon runners have forgotten how to run even-paced. Most athletes, throughout the age groups, went out far too fast and slowed dramatically toward the end. □



Eliahu BarJosef, 83, of Israel, and Ed Matthews, 77, of Maryland, roommates at the 1991 WAVA Championships, Turku, Finland, met again at the 1998 Masters Indoor Championships in Boston.

## Athletes from Over 65 Countries to Participate in World Masters Games

Preparations are being finalized for the fourth World Masters Games, a 25-sport multi-event extravaganza to be staged this summer in Oregon. The track & field competition will be held at Hayward Field, Eugene Ore., August 10-22.

Large international groups are expected to compete in this quadrennial event – Russia and Japan are two countries with large contingencies entered in the athletics events. There are over 65 countries registered to participate in the Games.

Registered track and field athletes will find a variety of special events awaiting them at the Games. Athletics

co-commissioners, Tom Jordan and Barbara Kousky, are busy finalizing details of the competitions and social activities. Social events include an



Opening Ceremony, a BrewFest and athletes' barbecue, all hosted by the city of Eugene.

In addition, as was reported last month, several track and field "legends" will be conducting free clinics during the Games. Olympians Willie Davenport, Dick Fosbury, John Thomas, Ron Laird, Mac Wilkins, Alberto Salazar and Yue Ling Chen, will be conducting clinics in their respective fields of expertise.

To reserve your place in the Games, call 503-226-1998 or visit the Games website at [www.worldmasters.org](http://www.worldmasters.org).

– Sue Carpenter

## XIII WAVA CHAMPIONSHIPS GATESHEAD, ENGLAND

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# Masters Scene

## NATIONAL

• Apologies to **Harold Tolson** and **Jack Bray** for omitting their pending record-setting performances at the Indoor Championships in Boston from the May issue. Tolson, of California, ran 7.75 in the M60 60m. The present record is one of the oldest masters indoor WRs on the books, the 20-year-old, hand-timed 7.7 set by **Payton Jordan** in 1978. Bray, of California, demolished **Vance Genzlinger's** M65 AR 16:40.36 in the 3K RW by almost a minute with a 15:41.41, just two seconds short of the WR of 15:39.67.

## EAST

• **John Doub**, 40, Waynesboro, PA, sixth in 50:02, and **Linda Wack**, 42, Germantown, MD, fifth female in 59:57, forged masters wins in the George Washington Parkway 15K, Alexandria, VA, April 19. **Gerry Ives**, 58, Washington, DC, with a 56:52, and **Sharon Dolan**, 56, Gaithersburg, MD, with a 64:00, ran away with victories in the 55-59 divisions. **Hedy Marquee**, 80, Alexandria, VA, finished in a fast 85:15.

• Masters standout, **Gillian Horovitz**, 42, triumphed in two NYRR races in Central Park, winning W40+ honors (23:30) in the Nike Run For The Parks 4 Miler, March 29, and the Run For The Rainforest 5K (18:06), April 14. **Skip Murphy**, M40, was first master in 21:33. Bounding to age 40+ firsts in the NYRR Rabbit Run 5K, Central Park, April 11, were **Paul Mascali**, 45, with a fourth overall 15:42, and **Judy Harrigan**, 48, in 20:36. **John McManus**, 74, won the M70 title in 23:01. On April 19, **Stuart Calderwood**, 40, 74:01, and **Kari Proffitt**, 41, 82:58, mastered the course in the NYRR Half-Marathon, College Point, Queens, NYC.

• Noteworthy results in the Potomac Valley TC Invitational RWs, Bull Run Park, Manassas, VA, March 28, included a second overall by **Steven Pecinovsky**, 43, with a 97:29 in the 20K, and an age-group win by **Bev LaVeck**, 61, with a 63:00 in the 10K. **Vince Peters**, 44, 26:53, and **Lillian Whalen**, 46, 31:27, garnered third places overall in the 5K.

• **Jeff Foster**, 41, Edinboro, PA, 2:31:41, and **Marina Jones**, 46, Rancho Santa Fe, CA, 2:59:02, powered to masters wins in the UPMC Health System City of Pittsburgh Marathon, Pittsburgh, PA, May 3.

• Staten Islanders **Andy Burek**, 47, 2:56:13, and **Kari Proffitt**, 41, 2:58:35, trotted to masters wins at the Canon Long Island Marathon, East Meadow, NY, May 3. Proffitt also broke the tape as the first woman overall.

• Capitalizing on age-graded technology, masters athletes dominated the field in the debut running of the New Age 10K, the NYRR's first-ever age-graded competition, Central Park, NYC, March 1. Led by masters age-graded winners **Samuel Skinner**, 55, NY, 38:19 (33:00), and **Gillian Horovitz**, 42, NY, 37:53 (35:42), 59 masters men and women earned prizes at the competition. Horovitz, who finished second overall, boasted the top age-graded time in the women's field.

## SOUTHEAST

• **Tony Chioccarelli**, 41, Sarasota, FL, can perhaps lay claim to an unofficial world best for the 98-lb. weight after a 17-1 throw in a weight meet in Naples, FL, April 18. The best effort with the 98-lb. in the 1997 Ultra Weight Classic in Seattle was a 13-11 by **Tim Edwards**, 49, of Colorado.

• **Jon Sinclair**, 40, in 30:53, and **Patty Valadka**, 40, 35:25, chewed up their competition to masters firsts in the Gum Tree 10K, Tupelo, MS, May 9. Grandmasters (50+) winners were **Kent Oglesby**, 50, sixth M40+ in 36:37, and **Mary Priesel**, 51, in 39:42. **Susie Klutz** won the

W60 race in an expeditious 46:09.

• The *Florida Running & Triathlon*, May/June 1998, reports that **George Johnson**, 58, Palm Bay, FL, has been officially disqualified from the 1998 Walt Disney Marathon. His first place in M55 (2:54:18) could not be substantiated by his ChampionChip, which did not register a time for him at the 20-mile check point. In the 1997 Disney, he ran a 4:10:36, and a 22:59 in the 1997 Flamingo 5K. **Roger Rouiller**, Ft. Pierce, FL, was moved to first in the M55 with a 2:56:42.

• Runners in rain-soaked Virginia Beach, VA, received a brief respite from rain and wind during the Shamrock Sportsfest Marathon and 8K, March 21. Taking advantage of ideal marathon conditions were masters winners **Robert Marino**, 2:29:12, and **Sheri Segal**, 3:00:32. Both Marino and Segal placed third overall. **Keith Anderson**, 23:41, and **Tatiana Pozdnyakova**, 26:48, claimed decisive 8K victories. Other top finishes included women's masters marathon runner-up and W50 winner **Jeanne Kruger**, 3:15:39, and 8K age-group victors **Fay Bradley**, 28:33, first in M60, and **Randon Fritsch**, 32:56, first in W50.

• Battling 15-20 mph winds, **Gary Bloome**, 43, 16:20, dashed to an overall win at the Spring Splash 5K, West Palm Beach, FL, April 11. **Roger Rouiller**, 59, 17:57, was the second master and 11th overall.

• Securing prize money and top-15 overall places in the prestigious Gate River Run 15K, Jacksonville, FL, March 7, were long distance legends **Steve Plasencia**, 40, MN, 45:45 (\$1100), and **Patty Valadka**, 42, TX, 54:09 (\$700).

## MIDWEST

• **Julie Rathbone**, 42, Parkersburg, WV, 3:30:40, strode to the top overall women's finish in the Athens Marathon, Athens, OH, April 5. Four of the top five women overall were 40+. Men's masters winner **Tom Antle**, 42, Athens, 2:45:53, crossed the finish line second overall in the race. Half-marathoners **Ed Frohnapp**, 42, Morgantown, WV, 1:13:52, and **Renee Steele**, Cincinnati, OH, 1:35:02, took home masters wins.

## MID-AMERICA

• **Dan Futrell**, 41, won the Drake Relays Masters 800, April 24, with a 1:55.65, leaving **Michael McDowell**, 41, two seconds back for second. **Jean-Gelan Ruleau**, 41, was third in 2:02.48.

## WEST

• Which blocks give a faster start? The traditional blocks used with a four-point stance? Or the Moye brand which enables a three-point stance similar to a football player? The 1997 California high-school state champion recently used the Moye blocks to run a career-best 10.52 for 100 meters. He was using the Moye blocks because they put less pressure on his strained hamstring.

• **Mack Stewart**, 60, Houston, TX, added a pending U.S. M60 record for the outdoor 800 to his recent indoor record time (Boston, 2:16.87) with a 2:13.33 in a Senior Olympics meet in Houston, April 5. **Jim Sutton**, who holds the present record at 2:13.98, also holds the indoor record (2:17.09).

• The date of the annual Sri Chinmoy Meet has been changed from Oct. 11 to Oct. 25 at Long Beach State U.

• M65 hurdler **Will Robinson** will be moving from Thousand Oaks, CA, to Santa Fe, NM, where he's building a new home. "My training is suffering, but I hope to be back in action when I get settled, maybe next year," he said.

## NORTHWEST

• **Carol Scott Kortge**, Eugene, OR, winner of silver and bronze medals in USATF Masters Racewalk Championships, is the author of *The Spirited Walker*. The book, published by HarperSanFrancisco and available for \$15, offers easy-to-do breathing exercises, visualizations, and advice to transform fitness walking into a meditative practice.

• **Cheryl Tronson**, 40, Bend, OR, claimed the women's title in the Pear Blossom 10 Mile, Medford, OR, April 11, with a first-overall 60:42. **Sandra Rowan**, 41, was fifth female in 65:38. **Scott Buttinghausen**, 41, Eugene, OR, took the M40+ race with a 12th-place 54:24. **Leonard Hill**, 45, Klamath Falls, OR, was 13th in 54:52. The 1500 starters were hampered by rain.

• **Steve Lester**, 55, set an M55-59 AR for the 8K the hard way on April 18. On a newly-certified, looped course at 4500 feet altitude, he ran a 26:36, taking 24 seconds off **Norm Green Jr.'s** AR set in 1990. Lester was seventh overall and won the M40+ race in a field of 600. On May 3, Lester ran a 41:24 in the Lilac Bloomsday, 12K, Spokane, bettering **Sal Vasquez's** M55 mark of 41:29 last year in the Bay To Breakers. Lester, first M50+ and fifth master, pocketed \$200.

## INTERNATIONAL

• **Steven Seema**, 45, sailed through the Two Oceans Marathon (56K) in 3:27:23 to take the M40+ title by four seconds over **Johan Burger**, 40, in Cape Town, SA, April 11. **Wolfgang Thamm**, 51, Germany, was the M50-59 winner in 3:52:01. **Denise Dippenaar** breezed to the W40+ win by 10 minutes with a 4:06:30.

• Reminiscent of the USSR powerhouses of yore, W40+ shot putters expunged three world records in the Russian Indoor Championships, Moscow, April 3-5. The meet drew 462 participants from nine countries, including Ireland (16 athletes) and Taiwan (27 athletes).

• **A. Maddings** broke **Payton Jordan's** M70 200 record (28.00) with a 27.89, BVAF Indoor Championships, Glasgow, Feb. 28.

## CORRECTIONS

• In the "Racewalk World Best Performance" list on p. 22 of the April issue, in the 50K, W55-59, the best performance should be 5:56:47 by **Marina Hoernicke**, of Spain, on April 5, 1997, in Basildon, GBR, according to compiler **Bev LaVeck**.

• The May NMN listed **Thom Weddle** as the M55 winner in the Nortel Cherry Blossom 10-Miler, held in Washington, DC, on April 5. **Barbara Spannaus** was also listed as the W50 runner-up. Neither Weddle nor Spannaus participated in the race, yet their names appeared in the official results.

Weddle and Spannaus sent their "You're Accepted" cards to a representative of the team with whom they would be participating, but it appears that their numbers went ahead and ran without them. "Apparently no action was taken to inform the race director that we would not be competing," Weddle said. "It is also apparent someone else ran with our numbers, something we did not intend to happen."

• **Doralie Segal**, 67, Arlington, VA, with a 1:24:28 should have been listed as the winner of the W65 division in the Cherry Blossom 10 Mile results in the May issue.

## WAVA/USATF Hurdles and Implements Specifications

### HURDLES

#### WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

#### MEN

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

### IMPLEMENTS

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

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.  
WAVA weights are used for USATF weight pentathlons.



# Schedule

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

## TRACK & FIELD

### NATIONAL

**July 25-26.** USATF National Masters Decathlon & Heptathlon Championships, Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-2655(w).

**July 30-August 2.** 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: <http://www.ume.maine.edu/~track/trackfield.html>

**August 29.** USATF National Weight & Superweight Championships, Seattle, Wash.

**September 5.** USATF National Masters Weight Pentathlon Championships, Citrus College, Glendora, Calif. (near L.A.). SASE to Lloyd Higgins, 629 Marie Ave., Los Angeles, CA 90042. 626-914-8652; fax: 914-8659.

**August 26-29, 1999.** 32nd annual USATF National Masters Championships, Orlando, Fla.

**October 20-29, 1999.** U.S. National Senior Sports Classic VII, Orlando, Fla.

### EAST

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

**June 3, 14, 17.** Philadelphia Masters Meets, Swarthmore College, Pa. No PV. 3rd & 17th Weds., 6 pm-8 pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

**June 4-7.** Empire State Senior Games, Syracuse, N.Y. Marty Castle, 315-492-9654.

**June 5-7.** Connecticut Senior Olympics, Southington. Will Berger, 860-621-4661.

**June 12-14.** Massachusetts Senior Games, Springfield. Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413-788-2457; fax: 788-2458.

**June 12-14.** New Jersey Senior Sports Classic, Fort Monmouth. John Wanat, 732-542-1326.

**June 19-21.** Rhode Island Senior Games, Providence. Mike Lyons, 401-431-5007.

**June 20.** MAC Masters Championships, St. John's U., Queens, NYC. MAC, 212-227-0071, ext. 0 (10 am-5 pm), or Roz Katz, 718-358-6233 (7-9:30 pm NY time).

**June 28.** Garden State AC International Masters Meet, Randolph, N.J. GSAC, c/o Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

**July 1, 15, 29.** Philadelphia Masters Meets, Germantown Academy, Fort Washington, Pa. Weds. eve, 6 pm-8 pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

**July 13-18.** Pennsylvania Senior Games, Shippensburg. State residents only. David Farrand, 717-823-3164.

**August 5 (Wed.)** Philadelphia Masters Meet, Germantown Academy, Fort Washington, Pa. 6 pm-8pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

**August 8.** Beverly Lions 2nd Annual All-Comers Age-Graded Meet, Beverly, Mass. 978-921-6150, x5466; e-mail: bevions@aol.com.

**August 16.** Philadelphia Masters Championships, Germantown Academy, Fort Washington, Pa. See Aug. 5.

**September 5-6.** Potomac Valley Games, Williams HS, Alexandria, Va. PVG, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206.

**October 25.** Philadelphia Masters Runners Pentathlon, Germantown Academy, Fort Washington, Pa. 3000/800/200/1500/400; age/sex-graded. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672; Bill Krieger, 215-722-8859.

### SOUTHEAST

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

**June 6.** Birmingham TC Classic/Southeast Police & Fireman Championships, Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031; e-mail: GESEIF@aol.com. Entry form in April *National Masters News*.

**June 6.** Nashville Striders Meet, David Lipscomb H.S. 615-331-0111.

**June 13.** USATF Southeast Regional Masters Championships, Atlanta, Ga. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 561-499-3370; fax 561-495-5054.

**June 20.** USATF Florida Championships, Kissimmee. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 561-499-3370.

**June 27.** Don Brady Memorial Masters & Open Meet, Vanderbilt U. For an entry form, send SASE to Nashville Striders, PO Box 128276, Nashville, TN 37212, or call 615-331-0111.

**June 27.** Sunshine Games, Kissimmee, Fla. See June 20.

**July 11.** Nashville Striders Meet, David Lipscomb H.S. 615-331-0111.

**July 25.** Jacksonville TC Summer Track Classic, Bolles School Track, Jacksonville, Fla. All ages. Field events:

5:00 pm; running events: 5:15 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205; 904-388-7860, or JTC, 904-384-TRAK.

**August 8.** Nashville Striders Meet, David Lipscomb H.S. 615-331-0111; 383-6733.

### MIDWEST

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

**June 1-6.** Indiana State Senior Games, Evansville. Steve Patrow, 800-253-2188.

**June 6.** Augustana College Masters Meet, Augustana, Ill. Fred Whiteside, 309-794-7524.

**June 13.** USATF Michigan Open & Masters Championships, Charlevoix. Ken or Mary Plude, 616-547-4873.

**June 13.** USATF Illinois Masters Championships, Wilde Field, Lisle. USATF Illinois, 630-953-2052.

**June 18-21.** West Virginia Senior Games, Charleston. Charles Entsminger, 304-344-1500.

**June 23-27.** Michigan Senior Olympics, Frankenmuth. Carrie Montcalm, 248-608-0265.

**June 27.** Byron Midwest Masters Meet, Byron, Ill. Byron Park District, 815-234-8435.

**July 5.** Cleveland Track Classic, Independence HS, Ohio. SASE to Norman Thomas, Over The Hill TC, 9065 Gettysburg, Twinsburg, OH 44087.

**July 5-12.** Ohio Senior Olympics, Canton. Virginia Neutzling, 330-492-6739.

**July 11.** Masters Return to Illinois, Libertyville HS, Libertyville, Ill. Craig Dean, 847-361-6347.

**July 18.** Lisle Masters/All Comers Open Meet, Wilde Field, Lisle, Ill. USATF Illinois, 630-953-2052.

**July 25.** USATF Midwest Regional Masters Championships, Huntington, W. Va. Tom Plummer, 27 S. Queens Court, Huntington, WV 25705. 304-523-6046; fax: 523-1662; e-mail: tptrack@aol.com.

**July 25.** Dayton Masters TC Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, Dayton Masters, 937-837-2754.

**August 16.** Oak Forest Masters and Open Meet, Oak Forest HS, Illinois. Gerry Krainik, 708-687-2124.

**September 10-13.** Southwestern Illinois Regional Senior Games, Edwardsville. Cheryl Marshall, SIRSG, Inc., Campus Box 1084, Edwardsville, IL 62026. 618-692-3210; e-mail: cmarsha@siue.edu.

### MID-AMERICA

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

**June 7.** Jolly Jogathon Meet, Marysville, Kansas. City of Marysville, 209 N. 8th St., Marysville, KS 66508. 913-562-5331, or Cleve Walstrom, 913-562-3021.

**June 11-14.** Iowa Senior Games, West Des Moines. Cheryl Michael, 515-226-2898.

**June 13.** USATF Mid-America Regional Masters Championships, Wichita St. U., Wichita, KS. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; fax: 316-687-9400.

**June 20.** BD Track Club Meet, Ames HS, Ames, Iowa. Registration: 11 am. \$3 per event. 5-yr. age groups. Dale Grosvenor, 515-292-4687; John Anderson, 515-685-3603.

**June 23.** Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436.

## ON TAP FOR JUNE

### TRACK AND FIELD

Three USATF Masters Regional Championships top a full schedule: the Southeast in Atlanta, Ga., and the Mid-America in Wichita, Kans., on the 13th, and the Northwest, held in conjunction with Hayward Masters Classic, Eugene, Ore., on the 27th-28th. Other offerings range from the Birmingham TC, Alabama, on the 6th; Portland Masters/ USATF Oregon Championships and Los Gatos Classic in California, both on the 13th; California State Senior Games, Los Angeles, on the 13th-14th; MAC Championships, NYC, and USATF Illinois, Minnesota, and Florida Championships on the 20th; to the Garden State AC Meet, New Jersey, and Trojan Meet at U.S.C. on the 28th. A dozen Senior Games (50+) are scattered throughout the month from N.Y. to California.

### LONG DISTANCE RUNNING

No USATF Masters Championships or Indy Life Circuit events this month, but plenty of action otherwise, starting on the 6th with the Dam To Dam 20K in Iowa; the Palos Verdes Marathon and Fontana Days races, both in the L.A. area; and the Governor's Cup Marathon in Montana. The 7th features the Fairfield Half-Marathon in Connecticut and the Orange Classic 10K in N.Y. The Sound To Narrows 12K hits the roads in Tacoma, Wash., on the 13th, and Park Of Roses Marathon runs through Columbus, Ohio, on the 14th. Three oldies are set for the 20th: the Mt. Washington 7.6 Mile in New Hampshire; Steamboat Classic 4 Mile, Peoria, Ill.; and Grandma's Marathon in Minnesota; while the initial Rock 'N' Roll Marathon debuts in San Diego, Calif., on the 21st. Ultra marathoners can partake of the Western States 100 Mile on the 27th-28th in California. Brugge, Belgium, hosts the 25th International Veterans Grand Prix 10K & 25K on the 28th.

### RACEWALKING

The Lynnette Atkins Memorial 8K serves as the USATF Michigan and North Regional Championships and also offers a judged 5K. The MAC 15K Championships strut off on the 28th in Central Park. □

**June 26-27.** Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 404 Jesse Hall, Columbia, MO 65211. 573-882-1462.

**June 27-28.** Star Of The North Summer Games, Brooklyn Park, Minn. Masters in 5 yr. age groups. Minn. Amateur Sports

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Comm., Summer Games Office: 612-493-8356; Statewide Office: 612-785-5678, or 800-756-STAR.

**July 13-17.** Northland Senior Games, Duluth, Minn. Chuck Campbell, 218-723-3724.

**July 21.** Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436.

**August 4-9.** Rocky Mountain Senior Games, Greeley, Colo. Sheri Lobmeyer, 970-350-9433.

**August 5-9.** New Mexico Senior Olympics, Albuquerque. State residents only. Cecilia Acosta, 505-623-5777.

**August 18.** Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436.

**August 20-23.** Nebraska Senior Olympics, Kearney. Scott Hayden, 308-237-4644.

**September 5-6.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline, Boulder, CO 80302; Jim Weed, 507-726-2452; Tom Wesselowski, 316-722-2586.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**June 13.** Hill Country Classic Meet, Mason HS, Mason, Texas. Field events start at noon; track events at 5:30 pm. Lee Graham, HC Classic, PO Box 384, Mason, TX 76856; 915-347-5620(h). Joey McQueen, 915-347-5921(w).

**July 18.** Texas Masters Championships, Martin HS, Arlington. Dallas Masters, 1501 W. Lavender Ln., Arlington, TX 76013. 817-274-0448.

### WEST

Arizona, California, Hawaii, Nevada

**June 13.** Los Gatos Classic, Los Gatos HS, Calif. O&M. Pre-entry deadline, June 4. 408-395-9486. HT/WT/SW/SC at West Valley College, Saratoga, Calif.

**June 13-14.** California State Senior Games Championships, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 626-685-6754.

**June 13-14.** Aloha State Games, Kaiser HS, Honolulu. Jack Karbens, 735-6366.

**June 23-July 30.** All-Comers Meets, Los Angeles. Tues., Banning HS; Wed., Birmingham HS; Thurs., Bell HS. 7 pm. No entry fee.

**June 25.** Los Gatos All-Comers, Los Gatos HS, Calif. 5:30 pm. Willie Harmatz, 408-354-7365.

**June 28.** Trojan Masters Meet, USC, Los Angeles. Russ Reabold, 626-917-6289.

**July 2, 9, 16, 23, 30.** Los Gatos All-Comers, Los Gatos HS, Calif. 5:30 pm. Willie Harmatz, 408-354-7365.

**July 11.** USATF Southern California Association Championships, Fullerton College. Ross Dunton, 512 Somerset, Placentia, CA 92870. 714-524-9966 (until 8 pm); fax: 524-9992; e-mail: coachr@pacbell.net.

**July 12.** Northern California Seniors T&F Classic, James Logan HS, 1800 "H" Street, Union City, CA. 415-457-8177.

**July 18-19.** USATF West Regional Masters Championships, Santa Barbara CC, Calif. Robin Paulsen, 805-965-0581; 805-563-1498(h).

**July 25.** Santa Barbara Fiesta Pole Vault Championships On The Beach. HS/O/M. Steve Morris, 42 Tinker Way, Santa Barbara, CA 93101. 805-569-1289.

**August 6, 13.** Los Gatos All-Comers, Los Gatos HS, Calif. 5:30 pm. Willie Harmatz, 408-354-7365.

**September 12.** San Diego Senior Olympics, San Diego, Calif. All t&f events, plus 50m, two RWs, National Masters News Age-Graded 100m. SDO Office, 619-543-9046; David Pain, 619-582-3316(h); fax: 619-582-5769; Floyd Gibbons, 619-466-5756.

**October 3.** Club West Meet, Santa Barbara CC, Calif. Beverley Lewis, 805-969-5851.

**October 17-18.** Orange County Senior Games, Saddleback College, Mission Viejo, Calif. 50+. Everett Brewer, 28000 Marguerite Parkway, Mission Viejo, CA 92692. 949-582-4835.

**October 25.** Sri Chinmoy Masters Games, Cal State Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

### NORTHWEST

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

**June 6.** Seattle Parks Dept. Masters Meet, West Seattle Stadium. Paula Petesch, 206-684-7093.

**June 13-14.** Portland Masters Classic/USATF Oregon Association Championships, Mt. Hood CC. Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950.

**June 18-20.** Montana Senior Olympics, MSU, Missoula. 50+ Entries: Don F. Tavolacci, 465 Freedom, Billings, MT 59105; 406-252-2795, or Evelyn King, 406-542-1868.

**June 25-28.** Wyoming Senior Games, Riverton. WSG, PO Box BD, Riverton, WY 82501. 1-800-856-4398.

**June 27-28.** Hayward Masters Classic/USATF Northwest Regional Championships, Hayward Field, U. of Oregon, Eugene. Ruth BreMiller/Frank Lulich, Co-directors, 590 W. 29th Ave., Eugene, OR 97405.

**July 11-12.** Oregon State Games, Mt. Hood CC, Gresham. Ron Allen, 503-520-1319.

**July 17-19.** Big Sky Games, Billings, Mont. 406-254-7426.

**July 24-25.** Seattle Masters Classic/USATF Pacific Northwest Association Championships, West Seattle Stadium. Ken Weinbel, 206-932-3923.

**August 5-9.** Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324.

**August 6-9.** Washington Senior Games, Olympia. Lisbeth Naber, 360-438-5458.

**August 9-22.** NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, OR 97440. 541-687-1989; fax 687-1016.

**October 3-4.** Octoberfest Throws & Weight Pentathlon Meet, Helena, Mont. Manuel White, 406-227-5020.

**October 12-24.** Huntsman World Senior Games, St. George, Utah. Track dates: 19 (Mon.) - 20 (Tues.) Huntsman World Senior Games, 82 W. 700 South, St. George, UT 84770. 800-562-1268; 435-674-0550; e-mail: hws@infowest.com

### CANADA

**June 13-14.** Ontario Masters Championships, London, Ont. 35+. Richard Lenz, 146 Sussex Place, London, Ont. N5Y 5G9. 519-672-4017.

**July 3-5.** CMAA Championships, Saskatoon, Sask. Judy Warick, 106

Meglund Pl., Saskatoon, SK S7H 4Z7. 306-373-3604. <http://www3.sk.sympati.co.ca/athletic/masters.htm>

### INTERNATIONAL

**June 20-21.** International Meet (Holland/France/Belgium/UK), Calais, France.

**July 11-12.** BVA National Championships, Spyty, Newport, Wales. Margaret Cowap, 5 Brunner Dr., Clydach, Swansea, SA6 5JY, Wales. Tel: 01792-843835.

**August 10-22.** NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax 687-1016.

**August 20-22.** African Veterans Athletic Championships, Mauritius.

**September 3-5.** Russian Veterans Outdoor Championships, Moscow. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

**September 11-19.** European Veterans Championships, Cesenatico, Italy. Dr. Maria Luisa Moriconi, Istituto di Fisica dell'Atmosfera (CNR), Area di Ricerca Tor Vergata. Tel: 39 6 49934288; fax: 39 6 49934323.

**September 12.** San Juan Annual International Masters Meet, Puerto Rico. Gilberto Gonzalez, PO Box 11074, San Juan, PR 00922. 787-765-5702; fax: 787-763-7490.

**October 14-18.** X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

**November 1-7.** WAVA South America Championships, Port Alegre, Brazil. Jorge Alzamora, PO Box 685, Santiago, Chile. Phone/fax: 56-2-621-1417. Hotel & room reservations: Continental Tourist Agency, 55-51-224-5796; fax: 55-51-224-5001.

**November 19-22.** North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. Fax: 440-954-8111; e-mail: rexjh@aol.com.

**July 29-August 8, 1999.** XIII World Veterans Athletics Championships, Gateshead, England.

## LONG DISTANCE RUNNING

### NATIONAL

**June 18-20.** 40th Anniversary RRCA National Convention, Peoria, Ill. RRCA National Office, 703-836-0558; Web site: [www.ivs.org](http://www.ivs.org)

**July 18.** Pacific Care Bastille Day Celebration 8K, Newport Beach, Calif. Indy Life Circuit Race. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-720-6869; fax: 760-434-7706.

**August 22.** Crim 10 Mile Run, Flint, Mich. Indy Life Circuit Race. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-3396.

**September 7.** Pacific Sun 10K, Kentfield, Calif. Indy Life Circuit Race. Kees Tuinzing, 80 Mitchell Blvd., San Rafael, CA 94903. 415-472-7223.

**October 4.** USATF National Masters Marathon Championships/Twin Cities

Marathon, Minneapolis/St. Paul, Minn. Indy Life Circuit Race (1 1/2 x points). Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 11.** USATF National Masters 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620.

**October 25.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820.

**October 31.** USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-6553.

### EAST

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

**June 4. (Thurs.)** Ithaca Twilight 5K, Ithaca HS. 7:30 pm. John Beach, 614 S. Albany St., Ithaca, NY 14850. 607-272-2308.

**June 6.** NYRRC Women's Mini-Marathon 10K, Central Park, NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

**June 7.** Fairfield Half-Marathon, Fairfield, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Blvd., Branford, CT 06405. 203-481-5933.

**June 7.** Orange Classic 10K, Middletown, N.Y. Orange Classic, Times Herald Record, 40 Mulberry St., Middletown, NY 10940. 914-343-2181, x1200.

**June 13.** NYRRC PowerBar 8 Flavor 8K, Central Park. See June 6.

**June 20.** Mt. Washington 7.6 Mile, Gorham, N.H. Bob Teschek, c/o Granite State Race Services, PO Box 990, Newport, NH 03773. 603-863-2537.

**June 20.** Vestal XX 20K, Vestal, N.Y. 607-797-9215.

**June 21.** NYRRC Father's Day 4 Miler, Central Park. See June 13.

**July 4.** Finger Lakes Fifties - 50K & 50 Mile (RRCA Eastern Regional Championships), Hector, N.Y. Joe Reynolds, 57 Cayuga St., Trumansburg, NY 14886. 607-387-6281.

**July 5.** Fitchburg Half-Marathon & 3 Mile Racewalk, Fitchburg, Mass. Ken Robichaud, PO Box 173, Brookline, MA 03033.

**July 11.** Spirit of Gettysburg 5K/1 Mile Fun Run/Walk, Gettysburg, PA. Contact: YWCA of Gettysburg & Adams County, 909 Fairfield Rd., Gettysburg, PA 17325. 717-334-9171.

**July 12.** Utica Boilermaker 15K. Earle Reed, PO Box 4729, Utica, NY 13504. 315-797-1310; fax 797-3762.

**July 18.** Subaru Buffalo 4 Mile Chase. Masters money. James Nowicki, 47 Windsor Ave., Buffalo, NY 14209. 716-881-1652; fax 716-884-9669.

**July 18.** Long Island Women's 5K, Farmingdale, N.Y. Mike Polansky, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646; fax 349-7647.

**August 1.** Beach To Beacon 10K, Cape Elizabeth, Me. BTB 10K, c/o Marketing Dept., PO Box 9540, Portland, ME 04112-9540. 888-480-6940.

**August 8.** George Sheehan 5 Mile, Red Bank, N.J. John Haulenbeck, PO Box 2087, Ocean Township, NJ 07712. 908-974-8457.

**August 16.** Falmouth 7.1 Mile. FRR, PO

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Box 732, Falmouth, MA 02541. 508-540-7000.

**August 30.** Annapolis 10 Mile. Annapolis Striders, PO Box 187, Annapolis, MD 21404. 410-268-1165.

**September 6.** Connecticut Classic 10K, Danbury. Masters money. Carlos Lopes, 333 Main St., Danbury, CT 06810. 203-731-3400; fax: 203-792-2163.

**September 7.** New Haven 20K, New Haven, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Rd., Branford, CT 06405. 203-481-5933.

**September 13.** Eriesistible Marathon, Erie, Pa. EM, PO Box 8311, Erie, PA 16505. 814-452-1023.

**September 19.** Great Cow Harbor 10K, Northport, N.Y. Rich Boziwick, PO Box 41, Northport, NY 11768. 516-754-5064.

**September 20.** Harvard Pilgrim 5K, Providence, R.I. Nancy Cerrone, c/o Public Affairs, HPHC/NE, One Hoppin St., Providence, RI 02903. 401-331-4034, x43369.

**September 20.** Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603. 914-471-0777.

**September 20.** Yonkers Marathon. A.J. Cambria, Yonkers Park & Rec., 285 Nepperhan Ave., Yonkers, NY 10701. 914-377-6430.

**September 26.** Donald J. Trump Fifth Avenue Mile, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

**September 27.** The Great Race 10K, Pittsburgh. Mike Radley, 400 City-County Blvd., Rm 459, Pittsburgh, PA 15219. 412-255-2493.

**September 27.** Philadelphia Half-Marathon. SASE to PDR, Box 43111, Philadelphia, PA 19129. 215-864-8225.

**September 27.** Adirondack Marathon, Schroon Lake. Daniel Perry, PO Box 583, Schroon Lake, NY 12870. 888-SCHROON; fax 518-532-7675.

**October 10.** Greater Hartford Marathon/Half Marathon/5K. Hartford Marathon Inc., 221 Main St., Hartford, CT 06106. 860-525-8200; fax: 860-724-7317.

**October 25.** Philadelphia Masters 5K Cross-Country, Germantown Academy, Fort Washington, Pa. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

**October 25.** Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; fax: 703-784-2265.

**November 1.** New York City Marathon. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

### SOUTHEAST

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

**July 4.** Peachtree 10K, Atlanta. Expect 55,000 runners. Peachtree '98, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065.

**July 4.** Yorktown Freedom 5K, National Park Service Center, Yorktown, Va. Harry Fagan, 757-898-9251, or Peninsula TC, PO Box 11116, Newport News, VA 23601.

**July 18.** Women's Distance Festival 5K, Hampton, Va. Rhonda Venable, 757-838-7127, or Peninsula TC, see July 4.

**September 7.** U.S. 10K Classic, Atlanta, Ga. Masters money. Corporate Sports, 6400 Highlands Parkway, Suite C,

Symrna, GA 30082. 770-431-0100.

**September 26.** Virginia 10 Mile, Lynchburg. Chris Ellis, Chamber of Commerce, PO Box 2027, Lynchburg, VA 24501. 804-845-5966.

**October 17.** First Of America Running Festival 10 Mile, St. Petersburg, Fla. Masters money. Steve Edwards, 131-92nd Ave., Treasure Island, FL 33706. 813-363-7866; fax: 813-360-9710.

### MIDWEST

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

**June 14.** Park Of Roses Marathon, Columbus, Ohio. Denny Fryman, 7581 Glenhurst Dr., Dayton, OH 45414. 937-898-7015.

**June 20.** Steamboat Classic 4 Mile, Peoria, Ill. Running Central, 700 W. Main St., Peoria, IL 61606. 309-676-6378.

**August 8.** State Street Mile/USATF Illinois Championships, Rockford, Ill. Runners Image, 815-963-2171.

**August 22.** Parkersburg Half-Marathon/USATF M & W Open National Championships, Parkersburg, W. Va. Masters money. 304-424-2786.

**August 23.** Abes Amble 10K/USATF Illinois Championships, Springfield, Ill. Jon Hartnett, 217-787-4400.

**September 6.** Scotty Hanton Marathon & Half-Marathon, Port Huron, Mich. Becky Lapine, PO Box 129, Marysville, MI 48040. 810-364-4550; fax: 364-4556.

**September 7.** The Smoot Mile, Parkersburg, W. Va. Masters money. Dorsey Cheuvront Jr., 3330 Emerson Ave., Parkersburg, WV 26104. 304-422-8916(day); fax: 422-6585.

**September 13.** Chicago Half-Marathon. Dillon Productions, Inc., PO Box 577017, Chicago, IL 60657. 773-929-5978; fax: 929-6047.

**September 13.** Columbus Half-Marathon. UltraFit USA, PO Box 06358, Columbus, OH 43206. 614-481-9077.

**September 19.** USATF Marathon, Wright-Patterson AFB. Tom Fisher, 88 SPTG/SVC, 5215 Thurlow St., Ste. 2, Wright Patterson AFB, OH 45433-5542. 937-257-4350, or 800-467-1823.

### MID-AMERICA

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

**June 6.** Dam To Dam 20K, Des Moines. Masters money. Bill Wallace, 5004 Country Club Blvd., Des Moines, IA 50312. 515-279-6072; fax: 515-243-0516.

**June 20.** Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN 55816. 218-727-0947.

**July 4.** "Hannibal Cannibal" 10K Run/5K Walk, Hannibal, MO. Marisa Brown, Hannibal Regional Hospital, Highway 36 West, Hannibal, MO 63401. 888-426-6425.

**July 5.** Fair St. Louis 10K. Masters money. Tom Eckelman, St. Louis TC, 2385 Hampton Ave., Ste. 101, St. Louis, MO 63139. 314-781-3926(d).

**July 25.** Bix 7-Mile, Davenport, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf, IA 52772. 319-359-9197.

**August 16.** Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

**September 7.** Heart Of America Marathon, Columbia, Mo. Joe Duncan, Columbia TC, PO Box 1872, Columbia,

MO 65205. 573-445-2684.

**September 27.** Duke City Marathon & Half-Marathon, Albuquerque. DCM, PO Box 3038, Albuquerque, NM 87190. 505-890-1018.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 4.** Baytown Heat Wave 5 Mile, Baytown, Texas. Joel Moyer, 7318 Bois D'Arch Ln., Baytown, TX 77521. 281-383-7283.

**October 17.** Alamo 10,000, San Antonio, Tex. Masters money. Carl Owens, Director, PO Box 500324, San Antonio, TX 78280. 210-543-0444; fax: 543-0445.

### WEST

Arizona, California, Hawaii, Nevada

**June 6.** Palos Verdes Marathon, Palos Verdes (Los Angeles suburb), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 90405. 310-828-4123.

**June 6.** Fontana Days Half-Marathon & 5K. Don Day Community Ctr., 14501 Live Oak Ave., Fontana, CA 92337. 909-428-8383; 428-8385.

**June 13.** Sober, Safe & Healthy 3 Mile, Long Beach, Calif. Oscar Rosales, 714-841-5417.

**June 21.** Rock 'N' Roll Marathon, San Diego. Limited to 12,000. Elite Racing, 10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121. 619-450-6510.

**June 27-28.** Western States 100 Mile Endurance Run, Squaw Valley, Calif. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916-683-1161.

**July 4.** Huntington Beach 4th Of July Parade 5K, Huntington Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-2312; fax: 434-7706.

**July 12.** San Francisco Marathon. SFM, c/o 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622.

**July 26.** Wharf to Wharf 6 Mile, Santa Cruz, Calif. Kirby Nicol, PO Box 307, Capitola, CA 95010. 408-475-2196.

**August 16.** America's Finest City Half-Marathon, San Diego. Neil Finn, PO Box 3879, San Diego, CA 92163. 619-297-3901.

**August 30.** Silver State Marathon, Reno, Nev. Ski Pisarski, SSM, 2358 Camelot Way, Reno, NV 89509. 702-849-0419.

**December 13.** Honolulu Marathon, Honolulu, HI.

### NORTHWEST

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

**June 6.** Governor's Cup Marathon, Helena, Mont. GC Festival, PO Box 451, Helena, MT 59624. 406-447-3414.

**June 13.** Sound To Narrows 12K, Tacoma, Wash. The News Tribune, PO Box 11000, Tacoma, WA 98411. 206-597-8566; 800-750-7223.

**June 27.** Magna Classic 10K, Magna, Utah. Masters money. Demetrio Cabanillas, 694 W. Jenny Sue Ct., Murray, UT 84123. 801-288-9555.

**June 27.** Wyoming Governor's Cup 5K/USATF Wyoming Championships, Lander. Marty Higginbotham, 385 Mt. Arter, Lander, WY 82520. 307-332-2282.

**July 24 (Fri).** Deseret News Marathon, Salt Lake City. DNM, SLC Recr., 2001 S.

State St., S-4900, SLC, UT 84190. 801-468-2560.

**July 25.** Rose City 50 Mile & 75 Mile Relays, Portland, Ore. AA Sports Limited, 4840 SW Western Ave., Ste 400, Beaverton, OR 97005. 503-644-6822; fax: 503-520-0242.

**July 26.** Avon Women's 10K, Portland, Ore. Avon Running, 27th Flr., 1345 Avenue of the Americas, NY, NY 10105-0196. Fax: 212-282-6034.

**August 28-29.** Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax: 292-4113.

### CANADA

**October 25.** Casino Niagara Intl. Marathon, Niagara Falls, Ontario, Canada. Karen Stearne, Heart Niagara, Allied Health Bldg., 206-5673 North St., Niagara Falls, Ontario, Canada L2G-1J4. 905-358-5552.

### INTERNATIONAL

**June 28.** 25th International Veterans Grand Prix 10K & 25K, Brugge, Belgium. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. 00-329(0)50 34 17 81; fax: 00-32(0) 50 33 25.

**November 1.** Athens Marathon, Greece. Athens Marathon, c/o Apostolos Greek Tours, 3145 So. Akron St., Denver, CO 80231. 303-755-2888. <http://www.rural-net.net/~apostolo>

### RACEWALKING

**June 27.** Lynnette Atkins Memorial 8K Racewalk/USATF Michigan & USATF North Regional Championships, Kalamazoo. Also 5K judged RW. Stephen Atkins, 616-372-3533.

**June 28.** MAC & Open 15K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

**July 11.** USATF National Masters Men's 10K Championships, Niagara, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6361.

**July 31.** USATF National Masters 5000 (track) Championships, Orono, Me. See National T&F.

**August 2.** USATF National Masters Men's 20K & Women's 10K Championships, Orono, Me. See National T&F.

**August 9.** MAC & East Region 3K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC, 10028. Tel/fax: 212-628-1317.

**September 12.** USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-229-4364.

**September 13.** USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**October 4.** USATF National Masters One-Hour & Two-Hour Championships, Worcester, Mass. USATF New England, PO Box 1905, Brookline, MA 02146. 617-566-7600.

**November 7.** USATF South Region One-Hour Championships, Myrtle Beach, S.C. USATF South Carolina, PO Box 491, Union, SC 29379-0491. 803-427-1829.



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

<b>M30-34</b>				
Terry Duncan	Long Jump	21-9 1/2	6-7-97	
<b>M40-44</b>				
Richard Watts	3K Steeplechase	10:53.58	8-8-97	
<b>M50-54</b>				
Johnie Meisner	High Jump	5-7	2-14-98	
Dennis Schmitt	Pole Vault	10-10	4-5-98	
<b>M55-59</b>				
Douglas Geertgens	Triple Jump	10.41	3-25-98	
Ron Sholes	Superweight	5.31	3-15-98	

<b>M60-64</b>				
William Eisenhart	Shot Put	12.61	5-8-10-98	
	Javelin	44.04	5-8-10-98	
<b>M65-69</b>				
Dick Petruzzi	10K Racewalk	1:00:17	5-3-98	
<b>W35-39</b>				
Susan Menz	800	2:33.11	3-29-98	
<b>W50-54</b>				
Carole Conklin	Discus	76-10	6-21-97	
Erika Szanto	Discus	76-64	8-7-10-97	
<b>W65-69</b>				
Georgia Johnson	100	18.34	8-15-97	

The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data.

All American Standards Committee

## U.S. MASTERS STANDARDS OF EXCELLENCE

### FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30
110H	15.4	16.5	17.8	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
	6-2 1/4	6-7/8	5-9/16	5-6	5-3	4-11	4-9	4-6	4-1 1/4	3-9/16	3-3/4	2-7/8
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	8-4 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20-7/8	19-2 1/4	18-4 1/4	17-8 1/4	16-1	14-9 1/4	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/4	36-1 1/4	29-6	26-3	19-8 1/4
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/4	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-5	13-1 1/4	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50
							37-6 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9 1/4
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
	31-2	29-6 1/4	27-10 1/4	26-5	19-8 1/4	16-5	14-9	13-1 1/4	11-5 1/4	9-10	8-2 1/4	6-6 1/4
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 7) Javelin: 30-59: 800g; 60+: 600g  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

### WOMEN

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	5:50:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:13	2:48:13	3:51:12				

### MEN

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
	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	
	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53	
	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49	
	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24	
	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	
	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	
	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	
	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01	
	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51	
	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	
	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	
	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	
	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37	

Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

## U.S. MASTERS STANDARDS OF EXCELLENCE

### FOR WOMEN

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



# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

**NOTICE:** The National Masters News will no longer process results that are submitted handwritten.

## EAST

### Penn Relays

Philadelphia; April 24-25

#### M40-49 100m

Ben James 41	11.46
Thomas Jones 44	11.61
Will Thompson 45	11.78
Bob Bowen 45	11.79
Mike McPherson 41	11.91
Chris Wiles 40	12.18
Joe Hehn 43	12.55
Alan Shultz 42	nta
Val Barnwell	dq/fs
Neil Steinberg	dq/fs

#### M50-59 100m

Charles Allie 50	11.69
Joe Johnson 53	11.84
Roger Pierce 53	12.33
Greg Marshall 50	12.50
Thad Bell 53	12.54
Lloyd Hathcock 51	12.62
Robert Davis 50	12.76
Ron Mosley 51	13.44
Larry Harvey 59	14.17

#### M60+ 100m

Larry Colbert 61	12.85
Dick Ocker 60	13.30
Dick Camp 61	13.43
Alex Johnson 64	13.52
Richard Rizzo 61	13.53
K M Thomas 61	13.82
Tim Murphy 76	14.40
Payton Jordan 81	14.52
Milt Silverstein 78	14.68
Blair McFarlane 75	15.04
Jim Manno 77	15.26
Lester Wright 76	15.62
John McCarthy 76	17.16
Bob Gamberg 73	18.81

#### W40+ 100m

Cindy Steenbergen 44	13.01
Louise Clark 41	13.41
Renee DiGiacomo 43	15.58
Phil Raschker 51	15.64
Mary Rosado 48	16.06
Sylvie Kinche 51	16.39

#### M40+ 4x100m Relay

Central Park TC	44.51
(V Barnwell/J Brooks/ L Jeremiah/E Goner)	

#### Maryland Masters A

NY Pioneers	46.23
Phila Masters A	46.32
Boston RC	47.43
Phila Masters B	48.76
Maryland Masters B	49.03

#### M50+ 4x100m Relay

Central Park TC	47.59
(W Overby/J Brewer/ R Johnson/K Brinker)	

#### Potomac Valley TC

Atlanta TC	49.12
Boston RC	49.49
NY Pioneers	51.21
Phila Masters	51.34
Garden State AC	52.95
Dayton Masters	54.45

#### M50+ & W40+ 4x400m Relay

Boston RC	3:46.09
*club AR/Phila Mast/3:47.09/95	
(W Graft/R Souppa/B Stevens/ R Pierce)	

#### Potomac Valley TC

Central Park TC	3:46.89
Atlanta TC	3:58.71
NY Pioneers	4:02.44
Garden State AC	4:17.68
Shore AC	4:18.88
Central Park TC W40+	4:55.49

#### M40+ 4x400m Relay

Maryland Masters	3:27.56
(G Crawford/T Belcher/R Penn/ S Coenen)	

#### Central Park TC

Team United	3:32.56
Phila Masters	3:36.87
Central Park TC B	3:37.09

#### NADIA TC

Boston RC	3:40.21
Touch of Class TC	3:42.00
Phila Masters B	3:49.07
Shore AC	3:50.18

#### M40+ 10,000m Racewalk

Jim Carmines	49:37.68
Dave Romansky	49:41.48
Vince Peters	55:11.67

#### W40+ 5000m Racewalk

Gloria Rawls	27:04.54
Sherry Brosnahan	30:53.06

#### MAC N.Y. Spring Carnival

##### Brooklyn Poly Prep HS

May 3

#### 100m

M30 David Drucker	13.78
M40 Val Barnwell	11.53
David Cherry	12.16
M45 C D Cook	13.11
M50 Michael Augeri	14.33
M60 KM Thomas	14.26
M65 Tom Talbott	24.30
M70 Manny Herscher	17.32
W30 Aletha Morris	13.08

#### 200m

M30 Patrick Smith	25.90
M40 Val Barnwell	23.70
David Cherry	24.03
M45 C D Cook	27.67
M50 Michael Augeri	30.89
M55 Richard Stewart	28.07
M65 Tom Talbott	46.90
M70 Manny Herscher	37.92
W30 Aletha Morris	25.91
Dawn Best	30.84
W35 S Vega	30.24

#### 400m

M55 Richard Stewart	1:00.66
M65 Tom Talbott	1:42.42
W30 Aletha Morris	57.28
M35 Tom Sassi	2:04.27
Larry Glazer	2:08.26
M40 Seth Okrend	2:47.63

#### 3000m

M65 Joseph Kernan	17:06.96
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#### 400m Hurdles

W30 Dawn Best	1:19.65
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#### High Jump

M60 KM Thomas	1.07
W35 Carol Senn	1.42

#### Long Jump

M60 KM Thomas	4.30
M65 Tom Talbott	2.02
W30 Dawn Best	4.23

#### Triple Jump

M60 KM Thomas	6.91
M65 Tom Talbott	4.64

#### Shot Put

M50 Rich Dunphy	11.64
Carl Levine	9.55
Steve Budihas	9.55

#### M65 Pete Barker

W35 Carol Senn	11.46
W55 Roslyn Katz	8.40
W60 Ann Cirulnick	7.45
W60 Ann Cirulnick	7.46

#### Discus

M50 Rich Dunphy	30.90
Steve Budihas	30.00
Carl Levine	27.98

#### M65 Pete Barker

M70 Manny Herscher	36.82
W55 Roslyn Katz	24.94
W60 Ann Cirulnick	19.24
W60 Ann Cirulnick	17.42

#### Javelin

M50 Edward Fox	38.08
Steve Budihas	32.62
Carl Levine	26.14
M65 Pete Barker	27.64
W35 Carol Senn	32.02
W55 Roslyn Katz	15.36

## SOUTHEAST

### Polk Senior Games

Barton, FL; Feb. 28

#### 50m

M50 Eric Hill	7.18
M55 Leon Williams	7.25

M60 Alexander Johnson	7.11
M65 Gerald Foster	8.22
M70 Howard MacMillan	7.87
M75 Ervin Szwecuga	9.54
M80 Nicholas Lichatz	10.91
W50 Carol Dissinger	9.74
W55 Barbara Cleveland	8.27
W60 Avis Pixley	11.20

#### 100m

M50 Eric Hill	13.82
M55 Leon Williams	14.07
M60 Alexander Johnson	13.56
M65 Gerald Foster	15.30
M70 Howard MacMillan	15.04
M75 John Anoka	16.28
M80 Murrell Loy	17.73
W50 Carol Dissinger	20.19
W55 Barbara Cleveland	16.36
W60 Beverly Arthur	20.48
W65 Myrt Hudnall	26.23

#### 400m

M50 Eric Hill	1:05.45
M60 A Johnson	1:07.10
M65 Gerald Foster	1:36.38
M70 H MacMillan	1:18.52
M75 John Anoka	1:19.35
W50 Carol Dissinger	1:49.71
W60 Avis Pixley	1:53.11
W65 Eva Oldham	2:51.67

#### 800m

M50 Rob Mason	2:45.65
M55 Bob Payne	2:44.07
M60 Myron Humphries	2:56.06
M65 Joe O'Hara	3:59.59
M70 Bob Arthur	3:13.95
M75 Gordon Johnson	3:44.83
W60 Avis Pixley	4:14.40
W65 Jean Hopkins	3:27.98

#### 1500m

M50 Rob Mason	5:45.29
M55 Bob Payne	5:33.03
M60 Myron Humphries	6:15.24
M70 Bob Arthur	6:40.27
M75 Gordon Johnson	7:29.76

#### High Jump

M50 Stephen Luxford	4-5
M55 Lawrence Judd	5
M60 Elias Cy Lemon	3-8
Bernard Stearns	3-8
M70 Hop Pinther	2-8.50
M75 Cecil Wallace	3-6
M80 F L McFadden	3-2
Nicholas Lichatz	3-2

#### M85 Wilbur Strader

W55 Cleveland	2-8.50
W60 Helen Wiper	3
W70 ?	2-8.50

#### Long Jump

M50 Eric Hill	14-5
M55 Lawrence Judd	14-3
M65 Bernard Stearns	12-5
M70 C Iskenderian	9-9
M75 C Clement	8-8
M80 Gilbert Fair	8
W50 Carol Dissinger	5-10
W55 B Cleveland	12-4

#### Shot Put

M50 Eric Hill	26-6
M55 Jerry Arline	36-8.50
M60 Edward Strader	31-7
M65 Len Olson	41-2

#### M70 George Stealy

M75 Robert Wagner	26-10.50
M80 Nicholas Lichatz	28-2
W50 B Cleveland	20-6.50
W60 Erika Messner	26-9.75
W65 Katy Felkner	31-5
W70 Harriet Boyd	24-11
W70 Harriet Boyd	20-5.50

#### Discus

M50 Gary Lane	139-9
M55 Jerry Arline	130-6
M60 Paul Moores	109-2
M65 Len Olson	157-5
M70 Hop Pinther	35-2
M75 Coleman Clement	77-10
M80 Wilbur Ott	59-7
M85 Wilbur Strader	49-7
W50 Carol Dissinger	48-4
W55 Barbara Cleveland	67-3
W60 Erika Messner	65-8
W65 Katy Felkner	45-10
W70 Harriet Boyd	48-10
W75 Dorothy Platt	34-7

#### Javelin

M50 Gary Lane	127-4
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M55 Jerry Arline	107-11
M60 Bob Kennedy	102-1
M65 Len Olson	111-4
M70 Jack Rooney	79-1
M75 Robert Wagner	70-6
M80 Nicholas Lichatz	45
W50 Carl Dissinger	36-9
W55 Barbara Cleveland	74-5
W60 Erika Messner	97-6
W65 Katy Felkner	40-1
W70 Harriet Boyd	43-4

#### 1500m RW

M50 Chet Dissinger	12:11.26
M55 Walter Deal	8:30.75
M60 Ted Sager	9:33.82
M70 Bob Smith	10:40.43
M75 Cecil Wallace	12:20.74
M80 Gilbert Fair	11:58.78
W55 Jill Brown	10:37.16
W60 Helen Wiper	10:58.21

#### 5000m RW

M50 Chet Dissinger	43:16.87
M55 Paul Cole	33:33.56
M60 M Humphries	34:20.48
M70 Bob Smith	36:35.58
M75 P Limkemann	40:48.99
W55 Jill Brown	37:45.15
W60 Helen Wiper	38:08.99

#### 5K Road Race

M50 John Sedmera	20:24
M55 Bob Payne	20:30
M60 Myron Humphries	22:03
M65 Norman Crittenden	22:01
M70 Bob Smith	25:07
M75 Gordon Johnson	27:34
W50 Dee Bays	20:20
W65 Jean Hopkins	25:52

#### Naples on the Golf WP2

Naples, FL; April 18

#### Weight Pentathlon

(HT/SP/DT/JT/WT) Points

M40 A Chiocearelli	2721
(49.24/10.34/35.81 - 15.07)	
M50 Bruce Hedendal	4091
(44.13/13.13/47.38/40.60/16.16)	
John von Rohr	3710
(45.26/13.62/41.10/31.41/14.50)	
Vlaardingerbroek	3657
(37.18/12.64/39.62/46.71/12.79)	
M55 Bob Cahners	3111
(36.32/9.92/29.88/22.83/13.32)	
M60 Esse Sattari	1717
(-- 12.21/43.10/-- --)	

#### M65 Len Olson

(40.65/13.02/46.45/34.40/14.89)	
Austin Baggett	4113
(38.64/9.73/36.73/32.94/15.92)	
Pay Carstensen	3962
(38.03/10.51/34.12/29.29/15.31)	
Reed Quinn	3652
(31.06/10.67/37.12/29.19/12.25)	
W55 Vanessa Hilliard	4754
(42.07/11.07/31.46/28.99/15.15)	

#### 98# Weight Throws

M40 A Chiocearelli	5.21
M50 Bruce Hedendal	3.87
John von Rohr	3.68
M55 Bob Cahners	3.00
M65 Pay Carstensen	3.43
Austin Baggett	3.22
Reed Quinn	3.18

#### Great Gainesville Meet VIII

U. of Florida; April 24

#### 100m

M30 Orlando Matthews	11.4
M35 Randy Brower	12.1
M40 John Roberts	11.8
M50 Jon Davis	12.8
M55 Ed Box	15.3
M60 Nemour DeLaneuvill	14.9
M65 Davie Slocum	14.6
M70+Les Rudy	15.9



Continued from previous page

W55	Ann Erickson	6:05.44
	Edwina Rison	10:59.01
W60	Garvis Brenner	7:45.61
	Cris Sjoval	9:41.86
W70	Marie Williams	8:23.51
<b>High Jump</b>		
M50	Robert Juett	4'08
	Dennis Schmitt	4'06
	Paul Coons Jr	4'02
M55	James Paddie	4'10
	Ray Kozusko	4'06
	Lawrence Silver	4'04
	Milan Martinec	4'04
M60	Paul Beckman	4'04
	Wayne Bennett	4'02
	William Morris	4'00
	Jerold Krieger	4'00
M65	Russ Vrooman	4'06
	Larry Jackson	4'00
	Bill Smith	3'10
	Val Smith	3'10
M70	Edward Williams	3'10
	William Buerger	3'08
M75	Paul Coons Sr	3'03
W50	Connie Conover	4'00
	D VanderCruyssen	3'10
	Linda Douglas	3'08
W55	Shelly Whitlock	3'06
W60	Margaret Atkinson	3'10
W70	Ruth Seeger	3'04
	Marie Williams	2'11
W75	Margaret Hinton	3'06
<b>Long Jump</b>		
M50	Ed Jones	17'04
	Ron Helton	16'05
	Dennis Schmitt	15'08
M55	Ray Kozusko	17'01
	Robert Kocot	13'05
	Henry Howe	12'08
M60	Charlie Richard	15'04
	Paul Beckman	14'06
	James Leggitt	13'09
M65	Ernie Alcocer	11'06
	Bill Smith	9'10
	John Linney	9'09
M70	Jack Gilbert	13'00
	Keith Tompkins	11'04
	William Buerger	10'05
M75	Paul Coons Sr	10'06
	Lawrence Riggs	8'02
M80	Wade Alexander	9'08
W50	Corry Meijer	13'06
	Janice North	13'03
	D VanderCruyssen	11'06
W55	Patrice Grammer	9'03
	Shelly Whitlock	5'09
W60	Margaret Atkinson	11'00
	Scottie Scott	6'03
W70	Ruth Seeger	8'03
	Marie Williams	8'02
W75	Margaret Hinton	8'04
<b>Pole Vault</b>		
M50	Dennis Schmitt	10'10
	Don Uptegraph	10'10
	David Middour	9'00
M55	Jim Tinelli	10'06
	Steven Warr	10'00
M60	George Jageman	7'06
	Scott Atkinson	7'00
	William Morris	6'06
M65	Paul Adams	7'00
	Sam Shalala	6'00
M70	Keith Tompkins	7'06
M75	Paul Coons Sr	6'00
W55	Shelly Whitlock	4'00
W60	Loretta Watson	5'01
<b>Shot Put</b>		
M50	John Hartfield	44'08
	Harry Windham	38'01
	Don Uptegraph	37'08
M55	Mark Chapman	36'02
	Harold Landry	32'04
	Robert Kocot	28'04
M60	Harold Crater	37'11
	Don North	32'11
	Paul Beckman	32'05
M65	Jim Gerhardt	36'00
	Roland Baird	31'08
	Bill Smith	30'10
M70	Pete Sjoval	30'02
	George Bennett	29'04
	Jack Gilbert	29'03
M75	Dale Buysse	32'11
	Vincent Buckley	27'02
	Robert Woolfolk	26'09
M80	Wade Alexander	25'11
	James Feagin	20'07
	Shou Chang Ou	17'09
W50	Dolores Williams	28'08
	Barbara Woodward	26'06
	Cindy Perry	24'01
W55	Fay Richard	25'09

W60	Loretta Watson	31'02
	Scottie Scott	24'10
	Jody Williams	24'06
W70	Juanita Mosley	33'03
	Ruth Seeger	25'10
	Doris Tait	16'01
W75	Margaret Hinton	21'07
	Millie Buchert	17'02
	Dorothy Feagin	15'05

<b>Discus</b>		
50M	Arthur Lawrence	120'11
	Don Uptegraph	119'11
	Harry Windham	113'01
55M	Mark Chapman	106'07
	Ray Kozusko	92'06
	Harold Landry	80'06
M60	Don North	130'05
	Harold Crater	117'11
	Paul Beckman	108'06
M65	Jim Gerhardt	134'11
	Bill Smith	111'10
	Paul Adams	103'00
M70	Pete Sjoval	97'04
	Jack Gilbert	88'06
	Bernard Dorn	75'01
M75	Dale Buysse	82'02
	Robert Woolfolk	69'11
	Cyril Buchert	58'09
M80	Wade Alexander	49'07
	Chou Chang Ou	43'04
	James Feagin	37'11
W50	Janice North	60'04
	Dolores Williams	54'01
W55	Fay Richard	50'09
	Shelly Whitlock	44'09
W60	Loretta Watson	70'08
	Jody Williams	60'03
	Sylvia Brooks	56'07
W70	Ruth Seeger	59'11
	Juanita Mosley	57'10
	Doris Tait	33'06
W75	Margaret Hinton	56'10
	Millie Buchert	40'05
	Dorothy Feagin	20'06

<b>Javelin</b>		
M50	Arthur Lawrence	171'09
	Vincent Breaux	128'09
	Johnny Gonzalas	105'05
M55	Jim Tinelli	117'09
	Lawrence Silver	113'05
	Mark Chapman	110'10
M60	Don North	123'04
	Charlie Richard	108'08
	Paul Beckman	98'01
M65	Zby Przewodek	134'07
	Skip Meneely	112'04
	John Linney	103'11
M70	Pete Sjoval	89'07
	Bernard Dorn	61'06
M75	Dale Buysse	74'01
	Robert Woolfolk	52'05
M80	Wade Alexander	74'10
	Chou Chang Ou	40'03
W50	Cindy Perry	74'06
	Janice North	71'00
	Linda Douglas	66'06
W55	Fay Richard	83'08
W60	Loretta Watson	73'02
	Sylvia Brooks	57'08
	Jody Williams	55'00
W70	Ruth Seeger	61'02
	Doris Tait	29'01
	Mary Gilbert	17'02
W75	Margaret Hinton	52'09
	Millie Buchert	41'09

<b>1500m Racewalk</b>		
M50	Donald Lindsay	8:51.36
M55	John Knifton	8:21.80
	James Bauser	11:32.15
M60	Bob Skaer	9:31.40
	Pete Romero	9:32.20
M65	B Blumenthal	10:54.78
	Robert Cockran	12:38.79
M70	Ray Holbrook	10:19.25
M75	Cyril Buchert	9:57.99
	Delmar Gerard	10:16.24
W50	Patricia Mills	10:16.21
W55	Juanita Rogillio	11:12.10
	Mary Jansen	11:23.41
W60	Patsy Lamont	13:50.69
W65	Aleda Brasher	10:04.67
W70	Addie Kephart	11:50.24
	Theresa Fritz	11:56.24

<b>5K Racewalk</b>		
M50	Donald Lindsay	32:18.81
M55	John Knifton	29:44.59
M60	John Cook	30:47.12
	Pete Romero	32:27.17
	Carl Mills	33:57.81
	Glenn Johnson	35:47.65
	Barney Thomas	40:01.31
M65	B Blumenthal	38:12.30
	Robert Cockran	42:38.00

Frank Corso	43:01.25
M70 Tom Bass	34:09.59
Gene Eastman	38:13.13
M75 Cyril Buchert	34:20.10
Delmar Gerard	35:48.75
W50 Patricia Mills	36:25.32
W55 Juanita Rogillio	38:24.90
Mary Jansen	42:51.34
W65 Aleda Brasher	34:25.54
W70 Jane Nightingale	35:48.40
Addie Kephart	38:06.16

### El Paso Senior Games El Paso, TX; April 18

<b>50m</b>	
M50 Ron Jordan	6.47
M55 Bufo Morrison	7.57
M60 Don Judd	7.62
M65 Jim Powell	7.19
M70 Lynn Parsons	8.54
W55 Cindy Fleharty	10.29
<b>100m</b>	
M50 Don Neidig	12.10
M55 Joe Johnson	12.75
M60 Jim Leggitt	13.90
M65 Jim Powell	13.88
M70 Lynn Parson	17.96
W55 Cindy Fleharty	19.59
W65 Mary Theisen	18.87
W75 Sis Warnke	25.94

<b>200m</b>	
M50 Al Harrison	29.00
M55 Joe Johnson	27.44
M60 Jim Leggitt	30.56
M65 Bill Heame	30.43
W65 Mary Theisen	55.52
W75 Sis Warnke	1:15.06

<b>400m</b>	
M50 Don Neidig	59.65
M60 Jim Leggitt	1:20.25
M65 Don Navrkal	1:31.22
W55 Cindy Fleharty	1:58.58
W75 Sis Warnke	2:48.66
<b>800m</b>	
M50 Jerry Whitten	3:36.25
M65 Don Navrkal	3:11.19
M70 Bill Barton	3:37.90
W50 Laurie Barton	4:03.90
W75 Sis Warnke	5:56.55

<b>1500m</b>	
M50 Jerry Whitten	8:13.37
M65 Don Navrkal	6:33.37
M70 Bill Barton	7:19.44
W50 Laurie Barton	9:01.85
W75 Sis Warnke	13:00.78
<b>High Jump</b>	
M50 Jerry Whitten	3-8
M55 Joe Johnson	5
M60 Jim Leggitt	4-4
M65 Jim Powell	4-6
M70 Doug Cochran	4
W65 Barbara Brandt	3-6

<b>Long Jump</b>	
M50 Ron Jordan	14-7
M55 Bufo Morrison	12-1
M60 Jim Leggitt	13-5
M65 Jim Powell	14
M70 Doug Cochran	10-3
W50 Laurie Barton	9-5
W55 Wanda Fisher	6-7
W65 Mary Theisen	7-3
W70 Lupe Carrasco	4-9

<b>Shot Put</b>	
M50 Fernie Singh	31-3
M55 Joe Johnson	35-8
M60 Bob Beck	42
M65 Gerald Fleharty	26-4
M70 Wes Goowin	39-9
M75 Robert Broadbent	24-6
W55 Wanda Fisher	18-2
W60 Marie Molina	18-8
W65 Mary Theisen	21-8
W70 Adele McCormick	20-10

<b>Discus</b>	
M50 Fernie Singh	86-8
M55 Avi Paz	107-8
M60 Bob Beck	128-8
M65 Art Brandt	101-5
M70 Wes Goodwin	112-11
M75 Robert Broadbent	61-9
W55 Wanda Fisher	44-10
W60 Rosa Castro	36-1
W65 Barbara Brandt	58-6
W70 Adele McCormick	57-1

<b>Javelin</b>	
M50 Fernie Singh	87-5
M55 Bufo Morrison	109-7

M60 Bob Beck	104-2
M65 Ed Wilkinson	92-4
M70 Doug Cochran	94-4
M75 Robert Broadbent	58-7
W50 Wanda Fisher	48-5
W60 Rosa Castro	38-6
W65 Barbara Brandt	77-7
W70 Adele McCormick	64-8
<b>1500m RW</b>	
M50 Richard Eckert	10.13
M55 Bufo Morrison	11.05
M60 Ken Uecker	9.45
M65 Doyle Quillin	12.12
M70 F Castorena	13.09
W55 Mary Morrison	11.21
<b>5K RW</b>	
M50 Richard Eckert	35.23
M55 Bufo Morrison	38.09
M60 Ben Arriola	38.00
M65 Doyle Quillin	42.10
M70 F Castorena	46.42
W55 Mary Morrison	38.42
W75 Betty Barrie	42.27

### WEST

#### Mt. SAC Relays

Walnut, CA; April 19

W40+	Distance	Handicap	100m
Name	Distance	Run	Time
Mary Libal	48	89.0m	12.10
Kathy Bergen	58	82.4m	12.14
Lorraine Tucker	51	87.0m	13.19
Johnny Valien	72	71.8m	13.67
Elaine Iba	37	96.8m	13.75
<b>W40+Timed-Start Handicap800m</b>			
<b>Tot time/Actual</b>			
DeeDee Grafius	49	2:26/2:22	
Carla Hoppie	41	2:38/2:25	
Diane Heil	40	2:40/2:26	
Joni Shirley	51	2:42/2:42	
Mary Libal	48	2:48/2:43	
Debbie Barraza	41	2:52/2:39	

<b>100M</b>	
Stan Whitley	52 12.06
Harold Tolson	60 12.31
Frank Little	54 12.33
Dick Richards	63 12.45
Glen Johnson	48 12.48
Dennis Kenny	62 12.69
Dale Herring	52 13.08
Frank Hollier	61 13.23
Dan Garling	53 18.59
<b>200M</b>	
Dray Hargrave	40 22.88
Eugene Driver	47 23.89
Jim Bonnilla	42 24.02
Johnny Williams	46 24.63
Steve Cummings	42 25.12
Robert Richardson	45 25.13
Tom Bias	42 25.46
Al Cain	47 25.62

#### USATF Arizona Masters

Invitational

Tempe, AZ; May 3

<b>100m</b>	
M30 James Smith	11.86
M35 Rayle Crichlow	11.43
M40 Sab Onyepunuka	11.53
M45 Robe Richardson	12.40
M50 Ronald Jordan	13.87
M55 Bob Osterhoudt	13.96
M60 Hugh Coogan	13.29
M65 Andy Anderson	14.68
M75 Milt Silverstein	14.96
W40 Kathryn Herring	16.83
W50 Kathy Jager	14.30
W55 Nadine O'Connor	14.92

<b>200m</b>	
M30 James Smith	24.45
M35 Anthony Krainik	23.84
M40 Sab Onyepunuka	23.72
M45 Mich Slaughter	NTA
M50 Abe Rodriguez	26.24
M55 Mich DeStefano	26.63
M60 Hugh Coogan	26.79
M65 Andy Anderson	30.38



Continued from previous page

Harold Willis	40.87 64.1%
M75	
Thomas Pico	36.95 74.9%
Bob Hunt	39.70 71.6%
M80	
Clarence Killion	39.38 75.1%
M85	
Bert Morrow	39.85 80.1%
Anthony Castro	41.00 82.2%
W30+ -400m-	
W40	
Patricia Contreras	69.41 74.3%
Debbie Selby	1:29.95 57.7%
M30+ -400m-	
M30	
Gregory Doud	57.85 75.7%
M35	
Karry Cameron	53.78 85.2%
Dave DiMASSA	55.87 81.4%
Cary Hardwick	57.69 78.4%
M40	
Dan Goldman	57.23 81.6%
Angelo Decollibus	58.90 78.8%
M45	
Eugene Driver	57.36 84.4%
Philip Gnesin	61.91 78.7%
M50	
Ron Salupo	58.99 86.4%
Bob Russell	59.28 84.0%
M65	
Jim Selby	68.09 86.0%
AL Sheahan	72.53 77.4%
M70	
Rodney Brown	66.56 90.1%
Louis Beadle	79.15 74.8%
M75	
Bob Hunt	1:40.35 64.5%
M80	
Vincent Malizia	1:40.29 71.2%
M30+ -800m-	
M40	
Jim Hershberger	2:08.71 84.7%
Dan Goldman	2:09.03 85.1%
Angelo Decollibus	2:10.92 83.3%
Frank Boegeman	2:17.47 78.8%
Thomas Bowman	2:20.00 77.9%
M50	
Simeon Baldwin	2:20.28 85.9%
Bob Russell	2:21.15 83.3%
Steve Shepherd	2:25.06 81.7%
M55	
George Decottes	2:42.39 76.9%
M60	
Fred Hartman	2:48.49 75.4%
M65	
Jim Selby	2:43.81 85.3%
M70	
Rodney Brown	2:48.53 85.0%
AL Escobosa	2:58.61 79.2%
Harold Willis	3:22.60 69.8%
W30+ -800m-	
W45	
Tina Stough	2:34.56 82.0%
W60	
Jeanne Hoagland	3:09.00 78.4%
W30+ -1,500m-	
W40	
Patricia Contreras	5:20.39 76.6%
Lan Henricks-Huzvar	6:03.30 68.1%
M30+ -1,500m-	
M35	
Mark Cleary	4:28.10 81.1%
M40	
Timothy Geraghty	4:22.42 83.5%
Jon Cook	4:34.89 79.7%
Gregory Lash	4:56.06 76.2%
M45	
Gary Foltz	4:32.74 83.3%
Steve Kellmyer	4:50.96 79.3%
M50	
Mark Mahl	4:45.01 82.9%
Bob Russell	4:52.66 81.4%
M60	
Peter Faust	5:32.20 79.2%
M65	
Robert Culling	5:23.61 84.8%
Jim Selby	5:45.70 82.1%
M80	
Vincent Malizia	7:40.40 76.4%
M30+ -3km-	
M35	
David Norwood	10:04.37 76.5%
M40	
John Arbogast	16:53.20 46.2%
M45	
Steve Kellmyer	10:51.39 75.8%
M55	
John Cosgrove	12:55.73 70.3%
M70	
Avery Bryant	13:03.40 81.3%
M60+ -2km SC-	
M65	
Robert Culling	8:09.98 91.6%
M70	
Avery Bryant	9:15.80 90.5%
M95+	
Don Robinson	9:47.87 91.6%
M60+ -300m IH-	
M65	
Jim Selby	61.72 76.1%

Phillip Johnson	63.05 71.5%
M95+	
Earl Smith	55.28 84.8%
Gregory Doud	64.47 73.5%
Steve Selvidge	71.22 68.0%
M70+ -80m HH-	
M85	
Bert Morrow	19.46 90.2%
M50-69 -100m HH-	
M50	
Dr. Sheridan Groves	15.63 87.4%
M55	
Walt Butler	14.92 97.7%
Theo Viltz	15.00 95.0%
M60	
Delos Eyer	19.98 74.2%
Chuck Coutts	27.40 55.5%
M30-49 -1'0m HH-	
M35	
Karry Cameron	16.40 83.6%
M40	
David Perrin	16.30 88.1%
M45	
Richard Watson	20.40 71.0%
Barney Phillips	8.04m 54.5%
Thomas Pico	9.63m 72.7%
M80	
Roland Ortmyer	8.20m 69.0%
W30+ -HJ-	
W40	
Karen Vaughn	1.32m 72.5%
M50	
Anali Steekelenburg	1.37m 85.0%
M30+ -HJ-	
M35	
Derek Brown	1.68m 74.3%
M40	
Jason Meisler	1.83m 87.1%
Mel Embree	1.83m 87.1%
David Perrin	1.4m 70.6%
M45	
Richard Watson	1.42m 68.9%
M50	
Dale Herring	1.47m 76.9%
Glen Palmer	1.42m 73.5%
M55	
Dave Perry	1.37m 77.4%
M60	
Phil Fehlen	1.68m 97.6%
Ira Ramjoo	1.47m 83.5%
M65	
Sam Teaford	1.17m 71.7%
M30-49 -PJ-	
M40	
Charles Brown	4.27m 81.0%
John Arbogast	2.41m 45.0%
M45	
Steve Morris	4.06m 84.9%
Wayne Lambert	3.96m 86.4%
W30+ -PJ-	
W35	
Sue Dimarco	3.25m 79.6%
M50+ -PJ-	
M50	
Greg Miguel	4.61m 87.5%
M60	
Terry Cannon	3.40m 84.1%
Gary Miller	2.95m 73.0%
W30+ -LJ-	
W35	
Elaine Iba	4.81m 70.8%
M55	
Nadine O'Conner	4.00m 77.3%
M70	
Johnnie Valien	2.89m 70.4%
M30+ -LJ-	
M35	
Derek Brown	6.54m 78.0%
Lavell Davenport	6.43m 76.7%
Steve Selvidge	5.40m 63.5%
M40	
David Perrin	5.38m 71.4%
M50	
Glen Palmer	4.00m 58.3%
M60	
Dick Richards	5.42m 92.9%
Rogr Tsuda	5.07m 85.9%
M65	
Paul Bambrook	4.29m 79.7%
Vincent Salce	3.98m 72.1%
Sam Teaford	2.51m 45.4%
M70	
Barney Phillips	3.11m 58.6%
M75	
Thomas Pico	3.15m 63.5%
W30+ -TJ-	
W35	
Elaine Iba	8.89m 62.4%
M30+ -TJ-	
M35	
Lavell Davenport	14.22m 80.5%
Steve Selvidge	11.77m 65.6%
M45	
Robert Richardson	10.90m 70.2%
M60	
Ira Ramjoo	9.35m 74.8%
M65	
Paul Bambrook	8.37m 76.3%

M75	
Charles Mercurio	7.38m 76.7%
W30+ -SP-	
W40	
Karen Vaughn	8.99m 44.7%
W50	
Hattie Perry	5.33m 33.8%
M70	
Johnnie Valien	7.07m 73.4%
M30+ -SP-	
M35	
Steve Barba	11.67m 52.5%
M40	
Bill Gardner	14.30m 74.5%
James Kerman	12.43m 60.6%
M50	
Glen Palmer	12.81m 70.6%
Larry Lloyd	7.66m 41.2%
M55	
Dennis McCraven	12.06m 74.0%
David Pena	11.33m 68.0%
Jack Rutheford	8.53m 54.7%
M60	
Douglas Cronin	10.84m 69.2%
Bob Eldridge	9.29m 60.5%
M65	
Don Hegberg	9.77m 72.5%
Carlos Martinez	9.61m 71.3%
M70	
Arnold Gaynor	13.58m 92.0%
M30+ -JT-	
M35	
Steve Barba	50.74m 58.0%
M40	
Vern McGarry	40.28m 53.5%
David Perrin	39.52m 52.5%
M45	
Richard Watson	45.72m 61.9%
Ron Rook	38.66m 56.5%
M50	
Mark Mahl	36.16m 53.8%
M55	
David Pena	36.68m 59.9%
M60	
Larry Stuart	65.18m 07.9%
Delos Eyer	35.86m 61.7%
Edward Martin	32.46m 58.0%
Donald Alexander	30.86m 55.1%
Leon Barette	20.42m 35.1%
M65	
Floyd Gibbons	24.68m 47.5%
M70	
Bud Held	46.32m 92.6%
Earl Johnson	31.70m 63.3%
M80	
Roland Ortmyer	16.46m 39.7%
M30+ -DT-	
M40	
David Perrin	30.56m 46.0%
M45	
Richard Watson	32.92m 50.6%
M50	
Glen Palmer	36.68m 56.9%
Larry Lloyd	21.50m 32.6%
M55	
Dennis McCraven	36.52m 63.1%
David Pena	34.94m 59.0%
M60	
Bob Humphreys	46.26m 76.0%
Joe Marino	44.36m 69.6%
Douglas Cronin	40.26m 66.1%
Edward Martin	34.90m 59.8%
Bob Eldridge	30.36m 50.9%
Donald Alexander	28.26m 48.4%
M65	
Don Hegberg	40.02m 76.5%
Carlos Martinez	32.02m 61.2%
Walter de Rothne	22.20m 38.8%
M70	
Arnold Gaynor	41.94m 81.9%
Earl Johnson	25.82m 50.4%
M75	
Bob Hunt	27.18m 61.8%
Thomas Pico	23.70m 51.5%
M80	
Roland Ortmyer	20.86m 50.6%
M30+ -HT-	
M45	
Richard Watson	38.54m 56.9%
M50	
Larry Lloyd	23.14m 34.5%
M60	
Bob Humphreys	43.50m 76.1%
Joe Marino	35.40m 59.3%
W30+ -5km WALK-	
W45	
Joan Brogdon	41:45.60 54.7%
M30+ -5km WALK-	
M45	
Tom Williams	29:32.40 68.0%
M50	
Timothy Staats	30:20.30 68.8%
Michael Blakeman	35:11.60 60.8%
M55	
Isaac Melo	29:54.20 72.8%
M60	
Leon Glazman	32:44.60 72.3%
M65	
John Kelly	31:07.80 79.3%
Donald Carter	35:32.00 67.3%
Walter de Rothne	39:31.00 60.5%

## NORTHWEST

Seattle Masters Spring Fling  
West Seattle Stadium; April 25

HT/WT/SP/DT/SW

Men	
Ken Jansson 40	4183
55.96(877)/19.23(979)/13.11(722)/	
36.05(585)/12.60(1020)	
George Mathews 54	4104
48.73(941)/13.21(750)/12.67(885)/	
31.94(616)/8.43(835)	
Jim Hart 61	4026
38.79(765)/12.71(750)/12.23(993)/	
41.47(816)/6.23(702)	
Leon Joslin 86	3833
18.17(538)/7.10(852)/7.40(1017)/	
21.62(804)/4.40(622)	
Tim Edwards 49	3717
38.87(710)/13.63(792)/10.07(662)/	
36.95(750)/9.16(823)	
Ken Weinbel 70	3686
35.87(763)/11.53(862)/8.70(760)/	
23.21(508)/8.79(793)	
Mark Neal 45	3491
37.68(617)/12.33(634)/12.36(767)/	
45.16(859)/7.67(614)	
Art Jaago 72	3426
29.73(640)/7.96(592)/10.15(948)/	
27.48(663)/6.43(583)	
Steve James 51	3080
42.29(737)/10.84(612)/9.71(599)/	
30.80(543)/6.66(589)	
Fred Shanaman 64	3027
27.30(536)/10.03(613)/8.69(717)/	
27.90(645)/4.65(516)	
Gary Zimovich 42	2931
38.37(585)/11.20(535)/12.47(635)/	
36.29(589)/7.69(584)	
Leif Fredrickson 50	2017
19.34(255)/7.02(349)/9.52(569)/	
28.05(469)/4.72(375)	
Women	
Georgia Cutler 55	3084
28.89(658)/9.59(876)/6.95(510)/	
17.97(424)/6.29(616)	
Edie Plewis 63	2765
16.01(374)/6.78(729)/6.14(575)/	
16.91(490)/4.67(597)	
*WT M30-59 35#; M60+ 25#; W30-49	
20#; W50+ 16#	

## CANADA

Ontario Masters Indoor  
Championships

York U., Toronto; March 14

60m	
M35 Andrew Yap	7.3
M40 Val Grose	7.5
M45 Les Hale	7.5
M50 Richard Lech	7.7
M55 Alan Slater	8.2
M60 Bill Wright	8.1
M65 Ross Mitchell	8.6
M70 John O'Neill	8.5
W30 Karyn Humber	7.8
W35 Balinda McCoy	8.5
W40 Deborah Lenz	8.3
W45 Rhona Trott	8.9
W55 A M Rosenitsch	9.9
200m	
M35 Andrew Yap	24.53
M40 Val Grose	24.39
M45 Les Hale	24.35
Horace Hudson	25.62
M50 Richard Lech	27.04
M55 Hugh Wilson	31.80
M60 Bill Wright	28.61
M65 Earl Fee	28.72
M70 Chuck Socher	30.24
W30 Linda Carty	27.78
W35 Belinda McCoy	29.51
W40 Deborah Lenz	27.79
W45 Rhona Trott	29.84
W55 A M Rosenitsch	33.15
W65 Doreen Carmichael	35.72
400m	
M35 Michael Heron	56.8
M40 Ken Devis	57.4
M45 Gerald Feeney	55.3
M50 F Machado	1:00.1
M55 Daniel Anderson	1:07.1
M60 Dev Sharma	1:13.0
M65 Ken Morris	1:18.2
M70 Chuck Socher	1:15.3
W35 Gillian Slater	1:05.7
W40 Carol Felephuk	1:06.2
W45 Rhona Trott	1:08.4
W55 A M Rosenitsch	1:13.9
W65 Jean Horne	*1:14.5
800m	
M35 R DaSilva-Jardine	2:14.1
M40 Fred Robbins	2:09.8
M45 Gerald Feeney	2:09.9

M50 F Machado	2:24.7
M55 Bill McIlwaine	2:25.7
M60 Jim Pascoe	2:37.6
M65 Earl Fee	2:18.7
M70 Kurt Galbhaar	2:55.3
W35 J Ditchfield	2:39.2
W50 Linda Findley	2:39.6
W65 Jean Horne	*2:54.8
1500m	
M35 Tim Andrew	4:33.1
M40 Fred Robbins	4:20.9
M45 George Aitkin	4:37.2
M55 Hugh Wilson	5:48.7
W35 J Ditchfield	5:15.4
W50 Linda Findley	5:20.7
W70 Dorly Brechbuehl	7:45.6
W75 Judith Kazdan	8:50.9
Mile	
M70 Kurt Gelbhaar	6:30.7
M75 Odino Soligo	7:28.9
M80 Les Leyland	7:41.5
3000m	
M35 Bob Earl	9:28.07
M40 Philip Steel	10:03.29
M45 George Aitkin	9:53.52
M50 Neil Dunford	10:07.38
M55 Brian Drewett	11:03.39
M60 Brian Delaney	11:53.21
M65 Ed Whitlock	11:11.73
M75 Odino Soligo	15:40.68
M80 Les Leyland	18:18.98
W35 Gillian Slater	11:30.34
W40 Janice Robinson	11:31.02
W45 Rhona Trott	13:22.19
W50 Joan Stubbard	12:53.30
W65 Jean Horne	*13:23.38
W70 D Brechbuehl	17:01.40
W75 Judith Kazdan	19:17.80
Short Hurdles	
M35 Glenn Chipkar	9.34
M40 Wayne Bowman	11.05
M50 Richard Lech	10.44
M55 Daniel Anderson	12.88



Continued from previous page

M45 Toni Schreiner	2:09.00
M50 Murray Clarkson	2:19.64
M55 Chagas DeSouza	2:19.44
M60 Patrick Mills	2:31.75
M65 John Downey	2:27.04
M70 Rodney Brown	2:42.14
M75 Eric de Lautour	3:49.15
M80 Andy Smith	4:51.57
M85 Frank Cox	5:39.10
W30 Jenny Drummond	2:30.71
W35 C Brice-Heaven	2:23.70
W40 Victoria Adams	2:46.57
W45 B Portenski	2:29.73
W50 Loris Reed	2:35.98
W55 Fay Riley	3:13.18
W65 Margarette Sutton	3:26.55
W70 Agness Acott	3:42.63
<b>1500m</b>	
M30 Robert Dabb	4:44.89
M45 G Blacklaws	4:21.49
M50 Murray Clarkson	4:30.93
M55 Ron Robertson	4:23.91
M65 John Downey	5:05.97
M70 John Eccles	6:00.96
M75 Eric de Lautour	6:19.78
M80 Clem Green	9:06.52
M85 Frank Cox	11:37.69
W30 Jenny Drummond	5:06.11
W35 Judith Cantwell	4:59.59
W40 Janis Robb	5:38.41
W45 Karen Kerr	5:17.17
W50 Loris Reed	5:22.37
W55 T Woodham	6:13.25
W60 June Miles	6:30.55
W65 M Sutton	7:13.14
<b>5000m</b>	
M30 Kevin Wylie	22:41.70
M40 Colin Earwaker	15:48.02
M45 Kevin Jury	16:01.55
M50 M Clarkson	17:09.83
M55 Ron Robertson	16:06.04
M60 Colin McLeod	17:57.70
M65 John Downey	18:57.66
M70 John Eccles	21:43.95
M75 Eric de Lautour	25:18.05
M80 Clem Green	32:45.64
W30 R Stansfield	18:38.15
W35 Clare Burnard	19:24.72
W40 Michele Allison	18:16.01
W45 B Portenski	17:32.13
W50 Loris Reed	20:05.48
W55 T Woodham	21:44.84
W60 Isabel Foley	22:58.71
W65 Nan Little	25:37.85
<b>Short Hurdles</b>	
M30 David Rondon	20.68
M40 Noel Burr	19.36
M45 Chris Strange	15.91
M50 Alan Isaac	17.10
M55 Roy Petrie	19.30
M60 Hans Miekautsch	14.79
M65 Charlie Deacon	17.58
M70 George Goode	19.49
M75 Dennis Sibley	25.98
W40 Kerrie Macey	13.91
W45 Joanne Andersen	15.68
W55 Moana Ropiha	42.92
W60 Mavis Carter	23.82
<b>Long Hurdles</b>	
M40 Noel Burr	1:06.51
M45 Chris Strange	1:04.01
M50 M Callaghan	1:05.69
M55 Richard Trembath	45.30
M60 Stewart Foster	50.76
M65 Ron Johnson	55.37
M70 George Goode	1:06.19
W30 Tania Mason	2:06.24
W35 Lynda Bateson	1:12.60
W40 Kerrie Macey	1:19.27
<b>2000m Steeplechase</b>	
M60 Vic Sykes	7:47.03
M65 John Downey	7:47.95
M70 John Eccles	8:42.86
M75 Charlie Jelley	11:50.26
W30 Linda Reynolds	8:36.45
W35 Lynda Bateson	8:35.71
W40 Brenda Fortune	8:48.39
W45 Judith Stewart	7:51.25
W50 Loris Reed	8:13.48
W55 Fay Riley	10:09.25
W60 Dawn Cumming	10:46.44
W65 M Sutton	11:12.19
<b>3000m Steeplechase</b>	
M40 Brett Ryan	10:08.80

M45 Murray Laird	11:08.52
M50 Geoff Capon	11:35.26
M55 Ron Robertson	10:11.60
<b>4x100m</b>	
M40 New Zealand	48.55
M50 Australia	51.22
W35 Australia	53.44
W45 New Zealand	56.73
<b>1600m Medley</b>	
M40 New Zealand	3:39.88
M50 New Zealand	4:06.01
W35 Australia	4:45.24
W45 New Zealand	4:55.28
<b>High Jump</b>	
M30 Mark Macfarlane	1.63
M45 Murray Anderson	1.51
M55 Hand VanTwiiver	1.48
M60 Hans Miekautsch	1.51
M65 Jim J Blair	1.30
M70 Rudi Hochreiter	1.30
M75 Dennis Sibley	1.00
M80 Andy Smith	.90
M85 Frank Cox	.80
W35 Marie Kay	1.50
W40 Sue Graham	1.12
W45 Joanne Anderson	1.33
W50 Erica Mercer	1.02
W55 Barbara Bird	.99
W60 Mavis Carter	1.14
W65 Winnie Pepene	.99
<b>Pole Vault</b>	
M30 Jamie Marett	3.80
M40 Kieran McKee	2.80
M45 Murray Anderson	3.00
M50 John Bradley	3.08
M55 Brian Senior	2.20
M60 Noel Jones	1.80
M65 Ron Johnson	2.10
M70 Rudi Hochreiter	2.10
M75 Dennis Sibley	1.10
W35 Kerry Halls	1.80
W45 Wilma Perkins	2.20
<b>Long Jump</b>	
M30 Robert Dabb	5.39
M40 William Doney	5.33
M45 Murray Anderson	5.01
M50 Noel Peters	5.29
M55 Neville McIntyre	5.48
M60 Peter Berry	4.34
M65 Ron Johnson	4.13
M70 Rudi Hochreiter	4.27
M75 Dennis Sibley	2.88
M85 Frank Cox	2.08
W30 Rosemary Cameron	3.70
W35 Rosemary Clarke	4.94
W40 Sue Graham	3.41
W45 Ann Hunter	4.71
W50 Ann Hathaway	4.16
W55 Nyala Millar	3.67
W60 Judy Hammond	3.75
W65 Marcia Petley	3.27
W70 Agnes Acott	2.51
W75 Rona Smith	1.64
<b>Triple Jump</b>	
M30 Mark Macfarlane	10.57
M40 Clyde Riddoch	10.43
M45 Paul Sharland	9.71
M50 Noel Peters	11.06
M55 Neville McIntyre	10.91
M60 Peter Berry	9.07
M65 Ron Johnson	8.35
M70 Rudi Hochreiter	8.98
M75 Ken Swindells	5.21
M80 Andy Smith	4.51
M85 Frank Cox	3.96
W30 Raylene Bates	9.50
W35 Marie Kay	10.85
W40 Anne Hunter	9.31
W50 Allison Duncan	7.04
W55 Nyala Millar	8.05
W60 Mavis Carter	7.89
W65 Colleen Blair	7.00
W70 Agnes Acott	6.06
<b>Shot Put</b>	
M30 Stuart Chirside	10.89
M40 Joseph Bradley	10.13
M45 Frederic Cassier	12.23
M50 Ray Green	13.68
M55 Keith James	11.56
M60 Richard Harris	13.24
M65 Charlie Deacon	10.10
M70 Rudi Hochreiter	12.72
M75 Dave Scratton	10.20
W30 Raylene Bates	12.68

W35 Marie Kay	10.21
W40 Sue Graham	7.81
W45 Christine Schultz	12.71
W50 Mary Thomas	12.36
W55 Val Hood	8.68
W60 Clarine Scratton	6.88
W65 Winnie Pepene	7.32
W70 Pamela McArthur	6.07
W75 Rona Smith	4.45
<b>Discus</b>	
M30 Stuart Chirside	38.16
M40 Joseph Bradley	38.03
M45 Frederic Cassier	37.43
M50 Ray Green	42.24
M55 Keith James	39.33
M60 Richard Harris	43.15
M65 Cecil Scott	36.77
M70 Rudi Hochreiter	38.96
M75 Dave Scratton	28.62
W30 Raylene Bates	38.44
W35 Sharon Clayton	31.71
W40 Margaret Smith	21.47
W45 Christine Schultz	42.66
W50 Beverly Church	21.96
W55 Marie Kay	30.64
W60 Val Hood	25.30
W65 Clarine Scratton	19.78
W65 Gladys McKeown	18.59
W70 Audrey Williams	16.75
W75 Rona Smith	9.75
<b>Hammer</b>	
M30 Stephen Weeks	33.70
M40 George McNie	41.05
M45 Frederic Cassier	45.04
M50 Ray Green	67.13
M55 Keith James	36.03
M60 Laurie Devlin	44.85
M65 Cecil Scott	28.79
M70 Rudi Hochreiter	37.98
M75 Max Carr	32.87
W30 Raylene Bates	42.65
W35 Sharon Clayton	33.80
W40 Jocelyn Hurring	20.58
W45 Christine Schultz	32.67
W50 Beverley Savage	41.68
W55 Val Hood	34.59
W60 Clarine Scratton	26.87
W65 Colleen Bruner	24.50
W70 Audrey Williams	16.09
W75 Rona Smith	13.05
<b>Javelin</b>	
M30 Stuart Chirside	38.10
M40 Joseph Bradley	54.59
M45 Cameron Murch	44.99
M50 Ivan Sobotka	42.06
M55 Keith James	40.21
M60 Fred Goodall	37.15
M65 Ron Johnson	30.64
M70 Arthur Grayburn	38.93
M75 Dave Scratton	27.89
W30 Rosemary Cameron	21.47
W35 Marie Kay	31.18
W40 Sheila Smidt	26.86
W45 Christine Schultz	30.97
W50 Mary Thomas	40.59
W55 Barbara Bird	23.27
W60 Clarine Scratton	17.46
W65 Winnie Pepene	25.08
W70 Audrey Williams	16.37
W75 Rona Smith	10.09
<b>Pentathlon</b>	
M30 Stuart Chirside	1684
M40 David McGregor	2701
M45 Kevin Bradley	2503
M50 Graeme Noden	3138
M60 Pacifico Gatti	3331
M65 Hector Mein	2970
M80 Andy Smith	870
W30 Ronnie Cole	1980
W35 Rosemary Clarke	2382
W40 Kerrie Macey	2505
W45 Tui Ramanui	2913
W50 Ann Hathaway	3366
W55 Glen Watts	1894
W60 Judy Hammond	3141
W65 Marcia Petley	2527
W70 Agness Acott	2390
<b>Weight Pentathlon</b>	
M30 Stuart Chirside	2723
M40 Joseph Bradley	2989
M50 Ray Green	3493
M55 Michael Katmadass	3247
M60 Laurie Devlin	3633
M65 Cecil Scott	3045
M70 Feliks Jakabsons	3920

M75 Dave Scratton	3682
W30 Raylene Bates	3339
W35 Sharon Clayton	2563
W40 Jocelyn Hurring	1614
W45 Christine Schultz	4355
W50 Mary Thomas	4049
W55 Val Hood	3328
W60 Clarine Scratton	2845
W65 Winnie Pepene	2955
W70 Audrey Williams	15.99
W75 Rona Smith	2098
<b>Heptathlon</b>	
W45 Joanne Anderson	520
<b>Decathlon</b>	
M30 Mark Macfarlane	691
M45 Kelvin Berryman	649
M55 Robert McGregor	691
M60 Noel Jones	540
M65 Ron Johnson	738
M70 Peter Keeton	261
M75 Bill Nicholson	746
<b>5000m RW</b>	
M30 Rodney Gillum	27:00.40
M40 Clyde Riddoch	24:41.28
M50 Ian Richardson	25:50.35
M55 Gary Little	22:14.93
M60 Jack Tregurtha	27:17.34
M65 Colin Silcock	30:25.40
W35 Christine Tuka	26:16.79
W40 Sheila Meyer	35:33.74
W45 Barbara Lambert	30:29.93
W50 Celia Johnson	29:12.26
W55 Penny Hall	30:54.79
W60 B Anderson	32:28.87
W65 Jean Albury	31:52.10
W70 Laure Warman	44:37.95
<b>10,000m RW</b>	
M30 Rodney Gillum	55:25
M40 Clyde Riddoch	50:49
M50 Ian Richardson	53:57
M55 Gary Little	45:39
M60 Jack Tregurtha	53:53
M65 Colin Silcock	1:02:17
M70 Keith Sanders	1:09:35
W35 Diane Barrett	53:16
W40 Sheila Meyer	1:14:33
W45 Barbara Lambert	1:00:54
W50 Celia Johnson	58:26
W55 Penny Hall	1:01:48
W60 Beverly Anderson	1:05:12
W65 Jean Albury	1:04:13
W75 Laure Warman	1:30:44
<b>8000m Cross Country</b>	
M35 G Sciacovelli	38:35
M40 Colin Earwaker	26:24
M45 Barry Prosser	26:56
M50 Murray Clarkson	28:41
M55 Ron Robertson	27:31
M60 Colin McLeod	29:46
M65 John Downey	32:00
M70 John Eccles	35:35
M75 Eric DeLautour	43:31
M80 Clem Green	57:51
M85 Frank Cox	1:14:00
W30 Robyn Stansfield	31:20
W35 Clare Burnard	37:14
W40 Michele Allison	31:15
W45 Bernie Portenski	30:39
W50 Loris Reed	33:01
W55 Beverley Blair	36:08
W60 Isabel Foley	38:47
W65 Margarette Sutton	46:31
W70 Nan Little	43:23
W75 Laure Warman	1:14:40
<b>Half-Marathon</b>	
M30 Steven Hopa	1:31:03
M35 Kevin Wylie	1:49:28
M40 Tony Price	1:12:44
M45 Kevin Jury	1:15:57
M50 Doug Bissett	1:21:53
M55 Tony Johnson	1:29:07
M60 Colin McLeod	1:19:28
M65 Ellis Goodyear	1:31:15
M70 Norman Goldstein	2:07:49
M80 Clem Green	2:53:27
W30 Ronnie Cole	1:32:09
W35 Rita Paton	1:47:49
W40 Brenda Fortune	1:29:58
W45 Bernie Portenski	1:19:38
W50 Beryl Smith	1:37:58
W55 Beverly Blair	1:36:53
W60 Isabel Foley	1:44:49
W65 Natalie Radley	3:17:18
W70 Nan Little	1:55:38
W75 Laure Warman	3:17:31

BVAF Indoor Championships		
Glasgow, Scotland; Feb. 28		
60m		
M40	K Ansah	7.23
M45	B Oliver	7.26
M50	G Sutton	7.65
M55	J Henson	7.76
M60	B Gray	8.10
M65	C Williams	8.20
M70	A Meddings	8.52
M75	L Williams	11.16
W35	J Low	8.30
W40	J Harwood	8.04
W45	J Lawson	8.35
W50	V Parson	8.83
W60	E Williams	9.80
W65	B Green	11.21
W70	J Ogden	10.12
W75	M Wixey	11.55
200m		
M40	S Peters	23.14
M45	V Oliver	23.08
M50	G Sutton	25.12
M55	W Hunter	25.27
M60	D Burton	27.07
M65	C Williams	27.54
M70	A Meddings	*27.89
M75	L Williams	36.87
M80	L Watson	40.39
W35	A Beadnell	26.57
W40	J Harwood	25.98
W45	A Munro	27.78
W50	M Hocknell	30.35
W55	M Axtell	32.14
W60	D Fraser	33.70
W65	B Green	41.43
W70	J Ogden	33.11
400m		
M40	M Coker	52.20
M45	R Stevenson	53.31
M50	G Pope	57.30
M55	J Henson	56.81
M60	C Field	1:09.78
M65	A Blackman	1:08.51
M70	J Cowler	1:13.01
W35	A Brown	1:00.56
W40	D McKenzie	1:03.44
W45	C Marler	1:01.62
W50	M Hocknell	1:10.54
W55	I Hornsey	1:17.00
W60	D Fraser	1:18.59
800m		
M40	A Donlop	1:59.63
M50	T Alderdice	2:14.52
M55	M Smith	2:18.76
M60	J Wilson	2:30.22
M65	M Morrell	2:36.52
M70	H McGinlay	2:48.87
M75	J Todd	2:56.09
W35	J Thompson	2:23.72
W40	D Howard	2:24.06
W45	N Hitchmough	2:26.98
W50	P Gallagher	2:25.34
W55	I Hornsey	2:56.53
1500m		
M40	D Wilcock	4:15.37
M45	A Jenkins	4:18.73
M50	J Potts	4:28.91
M55	P Cartwright	4:38.78
M60	J Gormley	5:09.29
M65	M Morrell	5:12.23
M70	H McGinlay	5:53.14
M85	E Farrell	9:31.05
W35	J Thompson	4:52.81
W40	D Howard	4:52.95
W45	N Hitchmough	4:57.78
W50	P Gallagher	4:55.46
W55	J Jay	5:24.35
W60	L Smith	7:02.59
3000m		
M40	K McLellan	9:19.04
M45	A Jenkins	9:21.67
M50	C Youngson	8:33.00
M55	P Cartwright	10:05.88
M60	J Gormley	10:35.52
M65	W McBrinn	11:34.48
W35	L Marr	10:46.83
W40	S Weatherburn	11:08.18
W45	A Foster	11:53.10
W55	B Stracey	13:51.06
Short Hurdles		
M40	M Coker	8.58
M45	J Martindale	10.25
M50	J Charlton	9.12
M55	J Howe	9.92
M60	C Shafto	10.04



Continued from previous page

W50 G Kovalskaya	9.2
W55 Sie Lin-Su	9.7
W60 N Aseeva	10.0
W65 V Shapkina	15.5
W70 L Sokolova	15.5

<b>200m</b>	
M30 V Sukhachev	24.3
M35 A Rybakov	23.0
M40 N Dantsevich	24.2
M45 L Kasantsev	25.4
M50 A Selesnev	25.6
M55 Kuo I-Sung	26.7
M60 V Kargapolov	29.4
M65 V Kudriashov	31.1
M70 E Savchenko	37.2
M75 A Erokhov	33.9
M80 A Prokopovich	44.7
W30 E Zaitseva	28.4
W35 C Carry	28.4
W40 I Chernykh	28.2
W50 G Kovalskaya	32.1
W55 Hsieng Mei-Yung	34.2
W60 N Aseeva	37.9
W65 V Shapkina	40.2
W70 K Volodina	54.3

<b>400m</b>	
M30 K Shestakov	52.9
M35 V Starodubtsev	50.5
M40 A Poselenov	54.1
M45 P Kornienko	55.4
M50 V Maksimov	59.7
M55 N Paszhigaev	61.8
M60 V Kargapolov	65.9
M65 M Faustov	71.7
M70 A Sirasnov	73.6
M75 L Nemov	82.0
M80 A Prokopovich	146.8
W30 E Zaitseva	62.8
W35 N Sergeeva	72.6
W40 I Chernykh	63.0
W50 M Kiselevich	88.8
W55 A Kolesnikova	71.3
W60 L Mararenko	99.3
W65 E Orlova	81.8
W70 L Sokolova	2:39.6

<b>800m</b>	
M30 V Avramenko	2:09.4
M35 E Lisakonov	2:02.0
M40 J Keenan	2:04.2
M45 P Kornienko	2:07.3
M50 L Vlasov	2:26.5
M55 Y Savinkov	2:25.8
M60 I Skvortsov	2:27.5
M65 M Faustov	2:41.2
M70 V Matveyev	2:56.1
M75 L Nemov	3:12.9
W35 I Guseva	2:28.0
W40 A Chalikova	2:56.8
W55 A Kolesnikova	2:41.0
W60 M Evdokimova	3:07.6
W65 E Orlova	3:09.2
W70 L Sokolova	5:35.8

<b>1500m</b>	
M30 A Sharmakov	4:16.1
M35 V Guriev	4:02.8
M40 A Arbusov	4:15.0
M45 V Zhdanov	4:32.3
M50 A Bavkunov	4:39.9
M55 Y Savinkov	4:54.8
M60 I Skvortsov	5:05.2
M65 I Osipov	5:04.0
M70 A Sirasiev	5:21.8
M75 I Lishchinski	7:45.5
M80 K Osin	9:54.8
W35 N Edovina	4:48.7
W40 G Mikrukova	6:37.4
W45 M McCearney	5:33.7
W50 B Lonergan	6:09.0
W55 A Woodlock	6:43.2
W60 M Evdokimova	6:13.2
W65 A Veselova	11:16.3
W70 N Naumenko	6:58.5

<b>3000m</b>	
M30 A Sharmakov	9:01.0
M35 V Guriev	8:41.8
M40 A Arbusov	8:53.2
M45 A Bozhko	9:55.8
M50 V Smyshliaev	9:58.0
M55 V Kun	10:02.2
M60 G Sitski	10:41.9
M65 I Osipov	10:46.4
M70 A Sirasiev	11:05.9
M75 I Lishchinski	16:47.3
M80 A Prokopovich	16:49.9
W35 N Edovina	10:04.5
W40 A Chalikova	12:05.6
W45 T Kazankina	10:29.3
W50 V Polyakova	11:56.1
W55 T Bobysheva	12:36.9
W60 M Evdokimova	12:57.1
W65 M Borovkova	15:12.2
W70 N Naumenko	14:54.9

<b>60mH</b>	
M30 M Shirokov	8.8
M35 A Semkin	8.6
M40 A Poselenov	9.5
M45 S Shirokov	10.6
M50 A Abramov	9.4
M55 N Leshchenko	9.5
M60 L Ismaev	10.7
M65 G Subbotin	11.6
M70 A Lokotetski	14.7
W35 G Golubetskaya	10.8
W45 N Kovaleva	10.5
W65 K Gomberadze	13.3

<b>High Jump</b>	
M30 V Kravchenko	1.80
M35 V Kolupaev	1.90
M40 L Bulakh	2.00
M45 G Kovalchuk	1.75
M50 A Abramov	1.60
M55 N Leshchenko	1.55
M60 L Ismaev	1.45
M65 M Aratski	1.15
M70 Y Kononov	1.30
M75 A Erokhov	1.20
W30 G Sukhareva	1.45
W35 M Skvortsova	1.50
W55 Hsieng Mei-Yung	1.20
W60 G Kovalenskaya	1.05
W65 K Gomberadze	1.10

<b>Pole Vault</b>	
M45 A Fetisov	4.00
M50 S Beresinski	3.30
M55 N Leshchenko	3.00
M60 B Noskov	3.30
W60 D McLennon	1.80

<b>Long Jump</b>	
M30 S Zaozerski	6.76
M35 S Grishin	6.60
M40 E Pudovnikov	6.27
M45 A Nishchik	6.13
M50 S Sauliak	6.03
M55 M Semashko	5.26
M60 V Porokhin	4.84
M65 V Popov	5.17
M70 V Rud	3.75
M75 V Kotenkov	3.72
W30 T Veretina	4.70
W35 M Sushkina	6.05
W40 L Chugina	5.02
W45 K Lotova	4.90
W55 Hsieng Mei-Yung	3.46
W60 N Aseeva	2.78

<b>Triple Jump</b>	
M35 V Kolupaev	13.30
M40 E Pudovnikov	13.35
M45 A Nishchik	12.42
M50 V Stabrovski	13.24
M55 V Zotov	8.07
M60 V Roitman	11.39
M65 V Popov	10.38
M70 V Rud	8.05
M75 V Kotenkov	8.14
W30 M Mamlina	9.30
W35 E Kharitonova	8.50
W45 K Lotova	10.86
W55 T Tupikova	7.37
W65 K Gomberadze	7.56

<b>Shot Put</b>	
M30 D Selivestrov	11.60
M35 A Atsuta	12.80
M45 V Pashchupkin	12.17
M50 A Zenkin	13.64
M55 Y Ovsianikov	12.07
M60 V Porokhin	11.33
M65 S Saidov	11.29
M70 N Metelkin	10.32
M75 S Kusnetsov	8.11
W35 L Stepanova	WR14.44
(Carter/13.45/1987)	
W40 Lin Chen-Hiu	8.59
W45 N Zubekhina	WR12.76
(Thomas/11.84/1996)	

<b>W50 G Kovalskaya</b>	8.67
W55 T Danilova	11.55
W60 G Kovalenskaya	10.13
W65 G Zybina	WR10.13
(Ogden/9.24/1993)	

<b>3000m Racewalk</b>	
M30 A Piataev	12:53.8
M35 V Sukmanov	14:59.9
M40 P Chernobrov	14:02.3
M45 A Oleinik	13:21.7
M50 N Matrosov	15:29.1
M55 V Korchagin	14:21.2
M60 B Grusintsev	17:13.4
M65 N Larionov	16:00.0
M70 B Olerov	17:26.2
M75 A Anisimov	21:13.4
M85 I Sokolov	25:06.2
W40 V Prudnikova	16:38.2
W50 G Akhmadullina	19:30.2
W55 V Diachenko	20:13.3
W60 O Krivitskaya	20:25.5
W65 L Troshenkova	21:07.2

**LONG DISTANCE RESULTS**

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

**NATIONAL****USATF National Masters Half-Marathon****Championships/Indianapolis Life 500 Festival Mini-Marathon**

Indianapolis, IN; May 1

<b>M40</b>	
Steve Plasencia	MN 65:27
Craig Young	CO 65:38
Peter Koeh	NM 68:11
Antoni Niemczak	NM 69:06
Kenneth Wilson	NM 69:08
Charlie Gray	MO 69:47
Cesar Perez	ESP 70:11
Bud Coates	PA 70:40
Kevin Nickodem	WI 73:30
Marcus Phelps	IN 73:36
Lloyd Stephenson	CA 73:53
Terry Fletcher	IN 76:14
Kurt Floyd	IN 77:18
David Engelke	IL 78:11
Mark Wilhelm	IN 78:49
<b>M45</b>	
Gary Romesser	IN 71:10
Tom Simpson	IN 77:45
Wayne Beaver	IN 79:11
Fred Schaffstein	IN 79:59
Roger Steffen	IN 80:13
Robert Meier	IN 81:58
Terry Priebe	IN 82:22
Scott Wareham	IN 82:26
Bill Deal	IN 83:27
Bob Huston	OH 84:19
Scott Wilson	GA 84:34
John Ryder	IN 84:40
Douglas Newton	IL 84:54
Gary Riekner	NC 84:55
Jed Pearson	IN 85:13
<b>M50</b>	
Ken Sparks	OH 74:50
Chuck Koepfen	IN 81:24

<b>Jan Frisby</b>	CO 82:20
Gary Tuttle	CA 83:48
Doug Schmidt	IN 84:08
Bernie Candy	FL 84:54
Dan Lindley	IL 86:15
Roger Harrison	IN 86:21
Alvin Langhals	IN 87:32
Don Curry	IN 87:33
Gary Buck	IN 88:40
Mike Whiteman	IN 88:42
<b>M55</b>	
Jack Nelson	IL 79:20
Ron Gentle	IN 89:19
Paul Wilson	IN 89:44
Bill Hardesty	IN 91:49
Frank Tuckerman	IN 94:21
Bill Crane	IN 97:09
Les Vaughn	IL 98:34
Duane Peka	IN 1:40:19
David Whicker	IN 1:40:41
Darel Crouter	IN 1:40:56
Jimmy Gilbert	KY 1:41:38
Walter Williams	IN 1:41:56
<b>M60</b>	
Fay Bradley	DC 1:19:21
Sonny Monioz	CA 1:28:30
Bobby Kincaid	MO 1:30:16
Bruce Katter	WA 1:30:45
John Norris	IN 1:32:21
John Quinton	IL 1:35:21
Bill Rees	IN 1:40:31
Rodger Goodwin	IN 1:44:26
Jack Beasley	IN 1:44:57
Jim Kirkwood	IN 1:45:48
<b>M65</b>	
Dick Wilson	KS 1:24:42
Paul Heitzman	KS 1:30:01
Tom Hathaway	IN 1:34:22
Pat Devine	CA 1:39:57
Robert Lemont	IN 1:43:13
John Gilliland	IN 1:43:53

Robert Coffey	TX 1:46:08
Richard Opsahl	NY 1:46:13
Tom Depenbrock	FL 1:46:41
Don Cole	IN 1:53:17

<b>M70</b>	
Dixon Hemphill	VA 1:46:18
Ed Hartley	MI 1:50:07
Bill Sedam	IN 1:52:26
Phil Hall	KY 2:01:44
Fred Dietz	IN 2:05:35
Bill Bales	IN 2:05:57

<b>M75</b>	
Warren Utes	IL 1:36:40
Lloyd Pleasants	IN 2:27:48
M80	
Dudley Healy	NJ 2:27:21
Charles Symmes	IN 2:43:38

<b>W40</b>	
Patty Valadka	TX 77:16
Regina Joyce	WA 78:07
Diana Fitzpatrick	CA 78:32
Jeannelasse Johnson	CA 78:44
Ruth Wysocki	CA 79:43
Suzi Morris	CA 81:06
Lesley Chaplin	GA 83:26
Ruth Vomund	CA 86:56
Jeanne Olash	KY 87:29
Kimberlee Campo	CA 88:19

<b>W45</b>	
Victoria Crisp	TN 1:21:53
Linda Branstetter	IN 1:30:59
Amy Chappell	IN 1:42:30
Lucy Witte	IN 1:43:03
Patty Rose	IN 1:45:43
Debbie Robertson	IN 1:47:04
Paula Hannigan	IN 1:47:56
Roxanna Morgan	IN 1:48:08
Beth Onines	IL 1:48:22
Ruth Ann Sellers	IN 1:48:47

<b>W50</b>	
Joan Ottaway	CA 1:27:43
Gloria Jansen	MN 1:28:57
Jody Carrier	IN 1:34:50
Linda Frisby	CO 1:35:05
Merle Hines	IN 1:41:23
Carol Hansen	NY 1:43:59
Susan Rossetter	IN 1:44:34
Linda Tortora	IN 1:44:38
Ruth Ross	IN 1:49:14
Marianne Mulrey	TX 1:50:48

<b>W55</b>	
Marilyn Grissom	IN 1:38:01
Ellen Nitz	MI 1:43:04
Bonnie McElwee	IL 1:45:59
Margie Crisp	IN 1:49:08
Carol Tenorio	IN 1:54:07
Beverly Schulz	IL 2:01:30
Margaret Gerkin	IN 2:02:34
Susie Todd	OH 2:07:18

<b>W60</b>	
Luella Bogenschutz	IN 2:07:23
Ruth Everson	IN 2:11:25
Dorothy Marden	MN 2:12:30
Hiro Nishida	IL 2:21:10
Sami Bailey	IN 2:22:56
Alicia Garcia	IN 2:23:10

<b>W65</b>	
June Machala	WA 1:39:40
Marge Ferris	IN 1:51:11
Ann Schwendener	MI 1:58:09
Ruth Anderson	CA 2:16:03
Bernice Fairchild	IN 2:38:13
Jo Ann Dietz	IN 2:48:30
<b>W70</b>	
Joan Crozier	IN 3:33:34
Betty Thompson	IN 3:45:16

<b>Men's Age-Graded Results</b>	
1. Steve Plasencia	1:05:27 1:03:23
2. Craig Young	1:05:38 1:03:33
3. Warren Utes	1:36:40 1:05:23
4. Fay Bradley	1:19:21 1:05:54
5. Gary Romesser	1:11:10 1:05:55
6. Ken Sparks	1:14:50 1:06:05
7. Dick Wilson	1:24:42 1:06:12
8. Antoni Niemczak	1:09:06 1:06:26
9. Kenneth Wilson	1:09:08 1:06:27
10. Peter Koeh	1:08:11 1:06:29

<b>Women's Age-Graded Results (Unofficial)</b>	
1. June Machala	1:39:40 1:13:33
2. Patty Valadka	1:17:16 1:14:37
3. Regina Joyce	1:18:07 1:14:50
4. Joan Ottaway	1:27:43 1:14:51
5. Diana Fitzpatrick	1:18:32 1:15:50
6. Victoria Crisp	1:21:53 1:15:51
7. J Lasee-Johnson	1:18:44 1:16:02
8. Ruth Wysocki	1:19:43 1:16:22
9. Suzi Morris	1:21:06 1:18:19
10. Gloria Jansen	50:28:57 1:18:50

\* Ineligible for USATF Championship medal because not a member of USATF. Other runners move up accordingly.

**EAST****New Age 10K****New York, NY; March 1****Men's Age-Graded Results**

	Actual	A-G
1 Brian Quinn 22	30:27	30:27
2 Art Gunther 26	31:26	31:26
3 Alem Kahsay 25	32:26	32:26
4 Jerry Macari 38	33:24	32:47
5 Sam Skinner 55	38:19	33:00
6 Joseph Puopolo 39	33:57	33:05
7 H Castorena 37	33:35	33:11
8 Peter Sargent 52	37:38	33:14
9 Mike Owens 24	33:19	33:19
10 Jack Porzio 49	36:54	33:23
11 Michael Goldman 61	41:11	33:35
12 Julio Aguirre 51	37:50	33:41
13 Skip Murphy 41	35:09	33:46
14 Amador Ibanez 41	35:15	33:52
15 Joseph Burns 69	45:35	34:08
16 James Davis 45	36:44	34:16
17 John Walsh 47	37:26	34:24
18 Wm Chawner 50	38:40	34:43
19 Michael Hudick 52	39:29	34:52
20 James Walsh 48	38:24	35:01
21 Warren Kish 25	35:12	35:12
22 Carlo DiGiorgio 65	45:01	35:15
23 Takeshi Miyashita 32	35:16	35:16
24 Julio Lugo 55	41:02	35:21
25 John Owens 36	35:35	35:24
26 Robert Barker 22	35:30	35:30
27 Juan Parra 19	35:47	35:35
28 Patrick Schnell 33	35:34	35:34
29 Peter Diaz 44	37:52	35:36
30 David Jacobs 52	40:27	35:44
31 Frank Tone 42	37:28	35:44
32 Jon Weillbaker 39	36:47	35:51
33 David Cobb 52	40:38	35:53
34 Mike McGarry 31	36:03	36:03
35 Wolfgang Sander 54	41:49	36:20
36 Eric Ohlson 48	40:00	36:29
37 Henry Arroyo 31	36:31	36:31
38 Tim Bartholomaeus 17	37:25	36:35
39 Craig Chilton 30	36:36	36:36
40 P Stuart-Smith 36	36:52	36:41
41 Marco Cason 27	36:43	36:43
42 John Samsel 54	42:21	36:47
43 Roberto Velez 53	42:01	36:48
44 Neil Feldman 45	39:30	36:51
45 Y Kawanishi 50	41:04	36:52
46 Michael Daly 66	47:37	36:53
47 Mario Pelaez 48	40:30	36:56
48 Matthew Farrand 41	38:38	37:07
49 Pascal Weber 37	37:36	37:09
50 Sundar Dalton 48	40:48	37:12
Women's Age-Graded Results		



Continued from previous page

Betsy Frew 48:28  
W75 Althea Jureidini 42:43  
M920/W1015  
75 deg/partly sunny, warm

# **NYRRC Nike Run for the Parks 4-Miler**

Central Park, NYC; April 11

## **Overall**

Art Gunther 26 19:31  
Gordon Bakoulis 37 22:41  
M30 Jerry Macari 38 20:29  
Karl Amundson 37 20:57  
Chris Bergland 32 21:20  
M40 Skip Murphy 21:33  
James O'Brien 21:34  
Peter Diaz 23:54  
M45 Larry Graham 21:35  
Richard Shaver 23:56  
Eric Ohlson 24:48  
M50 James Hudick 24:24  
Robert Hansen 25:20  
John Samsel 26:53  
M55 Richard Creditor 26:29  
Pinchas Berger 28:26  
Marty Linsky 29:09  
M60 Witold Bialokur 25:30  
Michael Goldman 26:06  
Roland Ratmeyer 26:10  
M65 Robert Kahn 28:20  
Joseph Burns 28:44  
Albert Puma 36:26  
M70 Sab Koide 32:23  
M75 Thomas Gibbons 37:38  
M80 Wilfredo Rios 39:48  
Vincent Carnevale 44:12  
W30 C Nooney 31 23:31  
Suja Thomas 31 25:19  
Yumi Ogita 36 25:23  
W40 Gillian Horovitz 23:30  
Stephanie Kessler 24:21  
Meryl Hornstein 27:17  
W45 Carol Gellman 27:27  
Jacqueline Seltzer 28:56  
Maureen Barry 29:37  
W50 Sylvie Kimche 27:48  
Irene Jackson 27:57  
Ann Makoske 28:06  
W55 Patty Parmalee 29:27  
Ruth Fairbrother 33:46  
Nike Mizelle 34:37  
W60 Rosa Nales 32:20  
Naomi Vogel 32:46  
Ruth Kassanga 36:45  
W65 Bertha McGruder 44:18  
Gloris Merridy 51:08  
Elizabeth Thomas 53:45  
W70 Muriel Merl 36:08  
Jozi Neulinger 52:44  
Pearl Jones 58:33  
W75 Juanita Goldman 1:02:50  
M681/W791  
44 deg/wind 15 MPH, overcast

# **NYRRC Rabbit Run 5K**

Central Park, NYC; April 11

## **Overall**

Hans Parrado 31 15:31  
Deborah Gaebler 33 18:25  
M30 Jerry Macari 38 15:35  
M40 Jim O'Brien 16:32  
M45 Paul Mascali 15:52  
M50 Mike Piper 17:44  
M55 Maury Dean 18:20  
M60 Michael Goldman 19:46  
M65 Robert Kahn 21:37  
M70 John McManus 23:01  
M75 Thomas Gibbons 28:55  
M80 Alfredo Rios 30:43  
W30 Yumi Ogita 36 18:55  
W40 Darcy Winters 20:38  
W45 Judy Harrigan 20:36  
W50 Ann Makoske 21:40  
W55 Patty Parmalee 22:42  
W60 Rosa Nales 24:45  
W65 Bertha McGruder 34:02  
W70 Lucille Singleton 45:06  
M484/W499  
40 deg/sunny, clear

# **NYRRC Queens Half-Marathon**

College Point, Queens, NYC

## **Overall**

Elijah Kitur 26 1:07:21

Milka Jephchirchir 19 1:18:31  
M30 Srba Nikolic 31 1:07:29  
Trevor Murray 32 1:08:34  
Tommy Nohily 31 1:09:20  
M40 S Calderwood 1:14:01  
Jose Santiago 1:14:54  
Mario Reyes 1:16:10  
M45 Jack McShane 1:18:10  
James Davis 1:20:40  
John Walsh 1:22:02  
M50 Hector Vargas 1:22:51  
Anthony Galfano 1:24:25  
Brown Yoo 1:24:42  
M55 Thomas McGee 1:26:42  
Julio Lugo 1:28:15  
Theodore Haiman 1:28:39  
M60 Philmore Brewer 1:34:42  
Otis Matthews 1:35:22  
Alfred Finger 1:36:40  
M65 Louis Castelo 1:49:47  
Guy Forehlig 1:50:43  
Dick Murphy 1:55:23  
M70 John Corrigan 1:51:34  
George Dennis 2:24:34  
Alvanza Wilson 2:35:12  
M75+Mel Freidel 77 2:24:51  
W Rios 81 2:27:47  
Sheldon Zinn 75 2:56:21  
W30 Babakhanian 31 1:21:50  
Eileen Barnes 38 1:22:36  
Ana Ingram 37 1:22:57  
W40 Kari Proffitt 1:22:58  
Sarah Gross 1:31:25  
Debra Kenney 1:34:24  
W45 Carol Gellman 1:39:39  
Deborah Barchat 1:40:30  
Dorothy Fuscaldo 1:44:46  
W50 Betty Horstmann 1:38:10  
Renee Vettorello 1:38:22  
Marjorie Kos 1:40:00  
W55 Ruth Fairbrother 1:56:29  
Caryl Baron 1:59:04  
Rosemary Macaya 2:00:14  
W60 Rosa Nales 1:57:40  
Naomi Vogel 2:00:28  
Jane Benbow 2:18:02  
W65 Joan Zinn 3:39:01  
M1379/W509  
54 deg/rain, windy

# **George Washington Parkway 15K**

Alexandria, VA; April 19

## **Overall**

Darrell General 31 45:55  
Martha Merz 35 56:26  
M40 John Doub 50:02  
Michael Bressi 50:12  
Mike Lehman 52:26  
Dante Ciolli 54:53  
Peter Rushford 55:02  
Rick Bingham 56:36  
Larry Jones 57:58  
Art Rivers 58:17  
Jamie Jeremiah 58:37  
Vernon Loeb 59:43  
M45 Ron Knepper 53:55  
Peter Lunt 59:16  
Desi Alston 60:51  
Jerry Merkel 61:12  
Tyrone Miles 61:13  
M50 Ken Shipp 58:15  
Ken Dent 58:40  
Jim Mercure 61:33  
Dick Thacker 64:09  
David Morehead 64:34  
M55 Gerry Ives 56:52  
Bernie Gallagher 65:10  
Stephen Forman 65:39  
James Cavanaugh 68:42  
M60 Jack Schmid 68:38  
John Huddleston 76:09  
Dick Clement 77:25  
Brad Leonard 77:40  
M65 Don McCarten 75:53  
James Conner 77:38  
Leonard Wagman 1:40:18  
M70 Ray Blue 79:27  
Ben Moore 80:31  
Bill Morrison 81:20  
W40 Linda Wack 59:57  
Cathy VenturaMerkel 61:10  
Patricia Donohue 64:35  
Christine Newsham 65:07  
Linda Shemio 66:52  
W45 Susan Humphries 62:26  
Karen Erb 63:53  
Marilyn Segal 69:43  
Beth Schmid 69:47  
Judy Ferrier 69:58

W50 Randon Fritsch 66:04  
Hideko Pirie 72:37  
Laura Cantrell 78:48  
Sherry Kelley 83:54  
W55 Sharon Dolan 64:00  
Nancy Linck 79:51  
Godhild Habib 80:43  
Diane Swan 82:33  
W60 Jeanette Chambers 85:00  
Jean Kiker 1:49:01  
W65 Ethel Autorino 90:34  
Marge Stahl 1:47:59  
W70 Kay Morrison 93:35

# **Skaggs-Walsh/NYRRC College Point 5K**

College Point, Queens, NYC

## **Overall**

Mike Guastella 27 15:36  
Linsey Scherf 11 18:38  
M30 Alan Wells 34 16:03  
Walter Dupont 16:48  
M40 Walter Dupont 16:48  
M45 Edwin Maysonet 19:55  
M50 Dennis Brazil 19:11  
M55 Thomas Farr 20:06  
M60 Stevan Baron 24:15  
W65 Robert Kwit 24:41  
M70 Jack Haar 24:05  
M75 William Benson 28:00  
M80 Vincent Carnevale 33:33  
W30 Nancy Easton 32 19:13  
W40 Luann Mestre 21:23  
W45 Judy Harrigan 20:33  
W50 Marsha Henkin 24:11  
W55 Joan Bondell 23:46  
W60 Margaret Carinci 24:58  
W65 Dolly Finkelstein 31:20  
W70 Lucille Singleton 40:53  
M139/W90  
54 deg/heavy rain, windy

# **St. James 5 Mile**

St. James, NY; April 25

## **Overall**

Michael Aldrich 32 28:03  
Beth Gustin 27 34:08  
M40 Frank Pellegrino 31:14  
Steven Schmidt 32:21  
Rich Booth 33:41  
Michael Hughes 33:57  
M45 Danny O'Donnell 33:21  
Klaus Neumann 34:29  
Terry O'Brien 34:36  
M50 Walter O'Brien 33:58  
Howie Bergesen 34:41  
Bill Miller 36:40  
M55 Maury Dean 31:16  
Bill Bostrom 35:50  
Floyd Thornton 37:13  
M60 Mel Cowgill 33:55  
Robert Mitchell 34:33  
Homer Detwiler 37:16  
M65 Ray Fletcher 38:28  
Jim Mahoney 43:18  
M70 Calvin Weeks 51:00  
M75+Mel Freidel 60:22  
W40 Sharon Donnelly 37:15  
Meg O'Neill 40:45  
Noreen Kelly-Miles 42:22  
W45 Estella Clasen 38:39  
Mona Rechner 44:26  
Colleen Sesnewicz 46:25  
W50 Hilary BoucherCarlin 41:56  
Barbara Clute 55:27  
Susan Savino 55:43  
W55 Rosemary Riccardi 44:27  
Elisabeth Hennessy 47:28  
W60 Gail Pisciotta 57:03  
Finishers: 357  
Weather: 60deg/sunny/w25mph; hilly

# **Sallie Mae 10K**

Washington, DC; April 26

## **Overall**

William Kiptum 27 28:17  
Breeda Dennehy 28 33:09  
M40 Craig Young 30:42  
Farley Simon 31:32  
Jim Hage 31:38  
Brad Pace 32:17  
Robert Marino 33:00  
Peter Kirk 33:06  
Steven Ward 33:52  
David Lovegrove 35:14  
Lionel Scatliffe 35:20  
Dante Ciolli 35:25  
Mike Hart 35:30  
Michael Anderson 36:25  
Mark Howard 36:34  
Curtis Davis 37:08  
Art Kron 37:35

Ken Boggs 37:52  
Rick Bingham 38:16  
Simon Stephenson 38:44  
Robert Costanza 38:46  
Jim Adams 38:59  
John Wallerstedt 39:01  
Mark Rakes 39:13  
Daryl Knuth 39:31  
Vic Degraffinrealdt 40:22  
Jose Costa 40:40  
M45 Rick Platt 34:04  
Ron Knepper 34:25  
David Webster 34:29  
Jack Barrar 36:39  
Jonathan Graybill 39:12  
Milan Basta 39:13  
Robert Lees 39:50  
Edward Coates 40:02  
Glenn Tacy 40:15  
Alden Clark 40:24  
Steve Fryxell 41:30  
George Ovitt 41:45  
Lennie Carter 41:52  
John Dunn 42:03  
Thomas Skelly 42:06  
Paul Over 42:11  
Richard Hoffman 42:24  
Patrick Finn 42:29  
Andrew Pillar 42:47  
John Gray 43:08  
M50 Jay Housman 40:40  
Jim Mercure 41:08  
William Scott 41:39  
Tom Borger 41:41  
Les Bell 42:43  
Kenneth Hill 43:24  
John Bell 43:45  
James Murphy 43:47  
Louis Davis 45:00  
Andreas Friedrich 45:37  
S Michael Scadron 45:56  
Richard Hays 46:15  
Jack Bickley 46:22  
Dennis Jenkins 47:15  
Robert Barnes 47:32  
M55 Gerry Ives 37:30  
Francisco Sanches 40:26  
Malcolm O'Hagan 42:39  
Quin Barber 44:42  
Chet Coates 45:19  
Ralph Bayrer 47:29  
Jerry Pentoney 47:37  
Robert Barry 48:50  
Richard Strange 54:05  
Richard Thomas 54:12  
James Jones 54:33  
Thomas Martin 54:46  
M60 Fay Bradley 35:53  
Bozia Hall 42:32  
Maynard Weyers 43:34  
Ken Quincy 46:51  
Edo Pyle 49:38  
Donald Smith 50:27  
Philip Burkhalter 51:03  
Jeffrey Gorman 54:20  
M65 Donald McCartan 47:40  
An Duong 47:46  
Yasuhiro Wakasugi 53:22  
Donald Butler 1:03:44  
H Tomaszewski 1:12:11  
Val Sellers 1:15:55  
M70 Dixon Hemphill 47:27  
Ray Blue 51:47  
Marcel Bitoun 51:53  
William Daniels 1:07:27  
W40 Claudia Kasen 36:28  
Linda Wack 38:18  
C Ventura-Merkel 39:15  
Sheri Segal 39:44  
Linda Sheimo 42:07  
Kathy Hibbert 43:24  
Colleen Reilly 44:02  
Patricia Baker 44:20  
Debra Harber 47:09  
J Beauchesne 47:16  
Carole Roeder 48:28  
Maureen Oswald 50:38  
Elizabeth Ross 51:04  
Cynthia Stanton 51:22  
Mary-Alice Curtiss 51:43  
Kimberley McKeon 52:16  
Pam Roda 52:36  
Karen Ackley 52:44  
W45 Irina Bondarchouk 36:14  
Susan Humphries 40:18  
Moira Dudrin 40:30  
Karen Erb 41:40  
Betty Blank 42:09  
Valerie Campbell 43:03  
Linda Mills 44:41  
Judy Ferrier 45:29  
Marjorie Marque 49:00  
Susan Murphy 49:32  
Reiko Wakasugi 50:14  
Elizabeth Board 51:11  
Cynthia Coates 51:41  
Wenda Travers 53:15

Karen Rainey 53:16  
W50 Dee Nelson 47:00  
Marylynne Hays 49:18  
Laura Cantrell 49:33  
Gale Cordell 49:45  
Loida Velilla 51:02  
A Cahen-Coppock 51:24  
Kathleen Aux 52:05  
Claudia Crawford 52:14  
Diane Beasley 58:58  
Joan Bellsey 1:01:01  
W55 Janice Stoodley 43:50  
Elsa Hobart 56:26  
Paula Compton 59:15  
Sharon Wright 59:28  
M Tomaszewski 1:00:43  
Ursula Wagman 1:02:28  
W60 Olga Rojo 50:37  
Tami Graf 51:16  
W80 Hedy Marque 56:17

# **UPMC Health System City of Pittsburgh Marathon**

Pittsburgh, PA; May 3

## **Overall**

Keith Brantly 35 2:12:31  
Albina Galiamova 33 2:36:50  
M40 Jeff Foster 2:31:41  
Malcolm East 2:34:41  
Carl Bialo 2:39:03  
Barry Mittermeier 2:44:22  
Tim Hewitt 2:44:39  
Jeffrey Brandt 2:45:07  
S Mark Courtney 2:46:38  
Thomas Abbott 2:51:43  
Frank Delose 2:53:04  
Tim Reed 2:53:21  
Jerry Corcoran 2:53:55  
Brian Spellman 2:54:10  
Robert Berg 3:00:48  
Steven Sibenik 3:02:59  
Lee Rhein 3:04:27  
Kenneth Eiszier 3:04:42  
Chris Moosey 3:05:06  
Frank Tone 3:05:19  
John Shostrom 3:05:21  
Keith Kneustaut 3:06:34  
M45 Don Slusser 2:43:27  
Christopher Gibson 2:52:41  
Stephen Fowler 2:56:09  
Bob Jordan 3:01:34  
Eck Zimmerman 3:07:11  
Bill Winters 3:08:25  
Francis Sellers 3:08:34  
Stephen James 3:09:39  
Jim Neigh 3:11:18  
Martin Smrek 3:13:54  
Dirk Balcaen 3:17:51  
Joe Schramm 3:18:04  
Daniel Driskell 3:18:20  
Robert Gaylord 3:18:44  
M50 Terry Hayden 3:02:14  
David Daubert 3:04:53  
Joseph Donahue 3:09:03  
Aiden McConville 3:09:29  
Kurt Baumgartner 3:09:33  
Bob Gracie 3:12:24  
Bob Furnish 3:12:38  
Leland Jonas 3:13:51  
James Shelton 3:16:24  
Robert Crawford 3:16:54  
Joseph Marroquin 3:18:10  
Ferdinand Saglio 3:20:49  
M55 John Mook 3:03:12  
Tony Mauro 3:09:33  
W Schmidtlerick 3:22:31  
Lou Alaksin 3:24:53  
Paul Marraccini 3:25:02  
Paul Halbert 3:29:13  
Paul Hargrave 3:31:34  
Tom Guano 3:34:04  
John Moyer 3:34:41  
Ron Macy 3:34:43  
M60 Jim Benson 3:19:56  
Kent Sabin 3:20:36  
Ray English 3:25:42  
Carl Trimmer 3:35:47  
Donald Siefers 3:45:50  
William Maraney 3:50:31  
John Ireland 3:59:33  
Ronald Canton 4:00:40  
M65 Regis Costello 3:53:11  
Hal Keniston 4:24:29  
Dwayne Weeda 4:31:02  
Charles Warren 4:34:41  
M70 Witmer Ralph 4:14:57  
Harry Kirsch 4:15:28  
Jim Walsh 5:02:30  
W40 Marina Jones 2:59:02  
Robin Smith 3:11:29  
Ginny Ellwood 3:13:29  
Cynthia Baird 3:25:39  
Nancy Ferris 3:25:58  
Jill Jilin 3:30:40  
Eileen Petrone 3:35:12  
Connie Roble 3:36:57  
Patricia Liebman 3:36:58

Elizabeth Camody 3:37:43  
Louise Hensley 3:38:50  
Cathy Horvitz 3:44:31  
Irene Binash 3:46:20  
Elizabeth Brandon 3:46:33  
Patricia Godsen 3:49:10  
W45 Debra Cully-Smith 3:34:02  
Linda Paul 3:41:28  
Donna Marie Olson 3:41:54  
Kay McVey 3:43:37  
Donna Swanson 3:45:47  
Katherine McIntire 3:52:06  
Norma Lundy 3:52:08  
Shirley MacEle 3:52:37  
Linda Geishman 3:55:00  
W50 Patricia Koester 3:39:41  
Grace Louwsma 3:41:31  
Chris Deschamp 3:45:15  
Kathy Shoaf 3:48:36  
Angie Riccelli 3:52:59  
Dolly Esterberg 4:04:44  
W55 Beverly Bernard 3:55:31  
Beverly Yates 4:00:25  
Rose Scheid 4:02:33  
W60 Eleanor Vercher 5:37:17

# **Canon Long Island Marathon**

East Meadow, NY; May 3

## **Overall**

Carlos Castro 29 2:37:25  
Kari Proffitt 41 2:58:35  
M40 Jeff Kaplan 2:57:01  
Jose Santiago 3:01:02  
Steven Lerner 3:03:42  
Amador Ybanez 3:05:33  
Rich Bernheim 3:07:20  
Bruce Alwiel 3:08:38  
Tony Fleck 3:08:42  
Ivan Mills 3:10:21  
Bill Fleming 3:11:18  
Juan Peralta 3:14:39  
M45 Andy Burek 2:56:13  
Arpan DeAngelo 3:05:27  
Bobby Schuler 3:06:57  
Charlie Hanley 3:09:17  
Benoit Jadoul 3:09:45  
Sal Pipitone 3:10:00  
Vincent DiCanio 3:14:06  
Miguel DeLeon 3:14:15  
Bill Tooker 3:16:00  
David Lee 3:17:44  
M50 Julio Aguirre 3:03:25  
Richard Andron 3:03:34  
Louis Rodriguez 3:06:01  
Brown Yoo 3:13:53  
Jay Salenstein 3:23:15  
Tom Yu 3:23:47  
Paul Roberts 3:23:53  
Steve Yurgel 3:25:29  
M55 Joe Di Iorio 3:34:08  
Thomas Brown 3:41:50  
Joseph Fitzgerald 3:50:28  
Tom Shay 3:54:01  
Jack Bowman 4:00:42  
M60 Ben Mathews 3:24:09  
Mel Cowgill 3:26:46  
Joseph Viverito 3:50:54  
Thomas Rooney 3:57:28  
John Devlin 3:57:40  
M65 Americo Fiore 3:32:22  
Richard Opsahl 3:38:20  
Joseph Pascarella 4:21:15  
Moises Salama 4:39:38  
M70 Sab Koide 4:52:07  
M80 Wilfred Rios 5:30:11  
W40 Kari Proffitt 2:58:35  
Helen Visgauss 3:14:24  
Nadine Thomas 3:41:19  
Agnes Oquendo 3:42:05  
Wendy Silverstein 3:43:31  
Laura Dipadova 3:53:23  
Lydia Small 3:59:22  
Kathy Rippetoe 4:09:26  
W45 Katharine Brown 3:59:40  
Sharon Sanak 4:02:07  
Joanne Cicero 4:11:09  
Karen Andronico 4:15:51  
Eve Volorakis 4:16:16  
W50 Carol Johnston 3:41:03  
Nancy Geygan 4:32:50  
Ginger Boland 4:44:28  
W55 Helma Clavin 4:21:32  
Ruth Fairbrother 4:42:23  
Carolyn Ciccone 5:06:19  
W60 Wen-Shi Yu 4:11:43  
Naomi Vogel 4:14:28  
Judith Opsahl 5:25:27

# **SOUTHEAST**

Gate River Run 15K

Jacksonville, FL; March 7

## **Overall**

Todd Williams 29 44:06

Jennifer Rhines 23 51:00

Continued on next page



Continued from previous page

M40 Steve Plasencia	45:45
James Rasch	51:06
Mathew Ausmus	53:56
Roy Harkins	53:59
Eddie Diaz	54:08
Keith Winn	54:37
David Yon	56:19
Warren Wilson	56:22
Bill Phillips	56:33
Jim Vancleave	56:48
William Thomas	56:56
Paul Oppenheim	57:14
Michael Peters	57:39
Jack Lunsford	57:51
Gregory Umberger	58:02
Larry Sassa	58:26
Curtis Wilson	58:30
Dale Steffens	59:26
Ray Owens	59:36
Michael O'Brien	59:40
Jay Herring	59:49
Bryan Crement	59:50
Michael Gallagher	59:51
Jim Garrison	59:54
Tony Dasilva	59:59
M45 Gary Rommester	49:54
Jack Fultz	54:56
Rusty Jones	55:14
Tom Groves	55:39
Robert Torchia	55:57
Bernie Candy	56:51
Terry Presnell	56:55
James McQuaig	58:13
Paul McKee	58:34
Ignacio Leon	58:37
Gary Kenney	58:53
Bryan Bartosik	58:56
Octavio Diaz	59:20
Patrick Gaughan	59:26
Robert Fernee	1:00:24
Jerry Speckman	1:00:40
Kenneth Black	1:01:13
Mike Cooper	1:01:20
Thomas Gilligan	1:01:31
Clifton Jenkins	1:01:32
M50 Tom Dooley	54:23
Bruce Holmes	57:29
David Lawson	59:01
Tom Hoffman	1:00:49
Herbert Taskett	1:01:29
Charles Strickland	1:01:47
Joel Sutton	1:01:52
Gary Reynolds	1:02:10
David Ohnman	1:02:46
Rod Hill	1:02:52
Edward Smith	1:03:51
Roger Anderson	1:04:21
Philip Metzger	1:04:29
Robert Irvin	1:04:35
Patrick Lanier	1:04:38
William Carbone	1:04:40
Bill Longenecker	1:04:51
Paul Hibel	1:05:03
M55 John Boyle	59:24
Mike Hayney	1:02:50
Frank Frazier	1:02:58
George Sharp	1:03:42
Tomas Buchanan	1:04:01
Matt Ross	1:04:02
Rex Reed	1:04:43
Roy Clarke	1:05:05
Charles Allen	1:08:26
Robert Leaman	1:08:35
Charlie Kramer	1:09:04
Cliff Olson	1:09:12
William Duke	1:09:25
Harvey Warnock	1:09:35
Charlie Lamkin	1:09:41
M60 Luis Varga	1:04:14
Larry Miller	1:04:51
Joe Nettles	1:06:02
Art Morey	1:07:19
Fred Fiala	1:07:44
Everett Crum	1:08:22
Tom Radzikowski	1:10:23
Bill Searce	1:11:10
Phil Giusto	1:12:11
Juan Guarderas	1:13:16
Richard Walker	1:14:30
Norb Leckband	1:15:02
M65 Jim Blount	1:08:36
Tom Deppenbrock	1:15:50
John Aimone	1:18:16
Edward Schelonka	1:18:19
Bob Carr	1:19:21
Harley Hoffman	1:19:34
Herb Peyton	1:23:18
Bo Holub	1:23:43
Rupert Ifill	1:24:19
Don Krueger	1:24:50
M70 Joe Connolly	1:17:22
Willie Watson	1:26:24
Gus Prince	1:28:25
Malcolm Anderson	1:33:26
Curtis McLemore	1:36:37

Henry Purser	1:46:53
Lewis Hunter	1:47:51
Noah Jenerette	1:49:14
M75 Okross Waltzer	1:37:46
John Carson	1:39:34
Clarence Patten	1:55:07
Robert Wilson	2:15:32
M80 Allan Pearce	1:43:30
Claudis Hawkins	2:19:25
John Hampton	2:26:13
Mike Vasilko	2:35:00
W40 Patty Valadka	54:09
Kim Halliday	59:43
Nancy Stewart	1:01:05
Stephanie Griffith	1:06:17
Karen Gately	1:06:27
Barbara Edwards	1:07:04
Janet Lavoie	1:08:46
Avajoy Niklas	1:08:47
Kathy King-Truitt	1:08:53
Donna Vandervelde	1:09:16
Kim Crist	1:09:20
Stacie Hernandez	1:09:29
Gayle Shickel	1:09:50
Lynn Monahan	1:10:08
Carol Grooters	1:10:15
Laura Vancleave	1:10:24
Mona Krasienko	1:10:26
Julie Blazina	1:10:29
Barbara Frye	1:11:36
Denise Dailey	1:12:04
W45 Barbara Ebers	1:05:42
Anne Shumaker	1:05:52
Maureen Barrett	1:07:37
Paulette Gavan	1:07:38
Kathy Klesmit	1:08:34
Adrian Crement	1:08:54
Gail Rosa	1:10:23
Jan Taylor	1:10:52
Maryjean Last	1:12:09
Margaret Hayden	1:12:46
Nancy Carmichael	1:13:17
Georgia Lewis	1:14:02
Diane Miller	1:14:37
Diane Hadsell	1:15:25
Susan Wallis	1:15:46
W50 Susan Branley	1:06:50
Patt Sher	1:08:41
Judie Kean	1:09:39
Joy Siegner	1:16:39
Angela Wannall	1:16:40
Carolyn Disher	1:19:32
Cindy Purcell	1:20:54
Madeline Geiger	1:21:12
Sylvia Salcedo	1:21:55
Pamela Pritchard	1:22:30
W55 Elfrieda Wyner	1:06:50
Jan Parke	1:16:01
Judith Daniel	1:16:12
Pam Bohanan	1:17:04
Ginger Herring	1:17:24
Barbara Vitsky	1:19:58
Karen Connolly	1:24:33
W60 Carol Leckband	1:21:55
Lupe Parsons	1:24:48
Cheyney Geren	1:25:49
Helen Ramos	1:26:05
Gerry Merritt	1:31:08
Dot Skofronick	1:34:25
W70 Irene Herbertson	1:43:46
Maryruth Johnson	1:49:23
Peggy Holloway	2:07:14
Gloria Laws	2:10:26

### Shamrock Sportsfest Marathon Virginia Beach, VA; March 21

Overall	
Michael Harrison	2:27:52
Olena Semanova	2:41:43
Overall Men's Masters	
Robert Marino	2:29:12
David Mathews	2:43:21
Michael Fuller	2:43:42
M40 Steve Bremmer	2:47:06
William Romito	2:47:46
David Dwornick	2:49:02
Lionel Scatliffe	2:49:03
Jeffrey Douglass	2:51:42
M45 Chuck Lollar	2:58:54
Kevin Frye	3:01:24
Per Kristiansen	3:02:02
Gene Doran	3:10:27
Bill Winters	3:11:19
M50 Reuban Beauchamp	2:50:26
Ronnie Wong	3:06:29
Leo Villano	3:07:59
Rudy Bettler	3:10:15
Thomas Waites	3:14:24
M55 Robert Wright	3:02:41
Tom Fetterman	3:14:45
Joel Feldman	3:21:25
Andrew Kotulski	3:27:52
David Harrell	3:28:44
M60 Mel Williams	2:56:46
Bernie Davis	3:22:20
Jerry Lewis	3:28:17
Bill Spruill	3:30:37

Bob Ferguson	3:31:28
M65 Lee Cooper	3:48:59
Robert Shimmer	3:51:57
Peter Peterson	4:11:39
Milton Taylor	4:25:35
Norm Frank	4:52:18
M70+Wally Herman	3:48:03
Charles Staltzer	4:33:57
Burt Carlson	4:35:02
Frederick Simmons	5:13:45
EB Lloyd	5:21:38
W40 Sheri Segal	3:00:32
Cathy Johnson	3:25:43
Doris Hoopes	3:33:06
Donna McCarthy	3:34:45
Kathy Jennings	3:37:24
W45 Barb Mathewson	3:25:56
Peggy Frederick	3:33:35
Martha Freeman	3:43:55
Sheryl Fahey	3:51:48
Sue Glover	3:53:50
W50 Jeanne Gruger	3:15:39
AS Flythe	4:02:02
Elsie Scimecca	4:24:25
Marge Baldwin	4:24:33
Margaret Neal	4:25:46
W55 Kathy Lewis	3:49:18
Delores Horn	4:01:41
Deane Parker	4:29:19
Linda Cooke	4:30:08
Joan Firman	4:33:28
W60+J Hodges-Hite	4:23:41
Pat Ewell	4:55:36
Barbara Guerrieri	5:13:48
Carolyn Defonso	5:14:55

### Masters 8K Results Overall Men's Masters

Keith Anderson	23:41
Jon Sinclair	24:28
Amit Neeman	24:29
Jim Hage	24:38
Tewodros Jaleta	25:17
Edward Sheehan	25:33
Lanny Doan	26:07
Thad Jones	26:15
Pete Gibson	26:17
Peter Kirk	26:22
M40 George Altieri	26:23
Ed Frohnafel	26:26
Donald Didonato	26:30
David McDonald	27:17
Mick Gallant	27:37
M45 Rudolph Pekarek	27:34
Rick Platt	27:48
Bill Hart	28:31
E Swartzendruber	29:38
Gillie Jenkins	29:51
M50 Steve Frisk	29:04
Jeff Long	29:17
Ben Dyer	29:37
Bernard Wright	29:59
Jim Porterfield	31:04
M55 John Benkert	29:09
John Haubert	31:19
Larry Turner	31:55
Ed Brinkley	33:00
Bob Spencer	33:37
M60 Fay Bradley	28:33
Chan Robbins	31:10
Charles Ross	32:59
Tom Ray	34:15
Ronald Moon	34:57
M65 George Vernosky	35:36
Neil Wilson	37:39
John Cholith	37:52
William Middleton	38:40
Butch Fussell	39:24
M70+Dixon Hemphill	37:50
Cokey Daman	41:59
Rudi Schuster	45:27
Elbert Jones	47:48
Jim Johnson	48:58
W40 Tatiana Pozniakova	26:48
Patty Valadka	27:56
Cindy Keeler	28:32
Claudia Kasen	28:48
Lesley Chaplin	29:28
W45 Irina Bondarchouk	28:44
Catherine Wides	32:19
Karen Erb	33:22
Linda Gulick	33:26
C Wamsley-Morris	34:52
W50 Randon Fritsch	32:56
Suzanne Stansfield	35:39
Bonnie Friend	37:54
Barbara Ivey	37:55
Barbara Biasi	38:45
W55 Joan Coven	40:00
Charlene Magee	41:09
Margaret Broadus	43:04
Pauline Ely	45:37
Ursula Wagman	46:59
W60+Susie Klutz	36:05
Jill Bowman	41:11
Alice Wilson	45:39
Yvonne Aasen	47:59
Anne Perzeszy	51:59

### Spring Splash 5K West Palm Beach, FL; April 11

Overall	
Gary Bloome	16:20
Erica Sanders	18:22
M40 Gary Bennett	19:03
M45 Berit Soden	18:07
M50 Jay Foy	19:06
M55 Kyosti Annala	20:34
M60 Jim Lynch	20:42
W40 Kim Doran	22:34
W45 Judy Isacoff	24:15
W50 Joy Siegner	23:07
W55 Charlene DeWitt	24:44
W60 Carol Stephain	51:31

### MIDWEST

#### Athens Marathon & Half-Marathon Athens, OH; April 5

Overall	
Dan Putka 25	2:43:23
Julie Rathbone 42	3:30:40
M40 Tom Antle	2:45:53
Doug Sundling	2:51:59
Harold Edwards	2:55:06
M45 Mark Squire	2:56:45
Shawn Chialag	3:02:28
Brad Cramer	3:19:56
M50 Gordon Bing	3:28:00
John Parson	3:31:27
Delbert Ruckle	3:34:45
M55 Buck Walsh	4:26:48
Jim Reeve	5:11:41
M60 Charles Kickkupf	3:37:54
George Stump	3:52:13
Bob Henschel	4:40:11
M65+Mike Fremont 76	4:34:27
Mathew Smith 74	4:34:28
W40 Julie Rathbone	3:30:40
Irene Weston	3:41:10
Leann Myhre	3:43:10
W45+Mitzi Henschel 57	4:40:11
Half-Marathon	
Overall	
Mike Dudley 28	1:07:00
Sue McGhie 28	1:20:23
M40 Ed Frohnafel	1:13:52
Alan Chester	1:22:03
Dan Pierce	1:26:03
M45 David Blankenship	1:15:47
Dale Leeper	1:18:13
Ken Montavon	1:37:10
M50 Glenn Reeser	1:33:26
Rom Lemerick	1:34:05
Greg Ervin	1:37:49
M55 James Siefring	1:25:42
Gary Miller	1:29:24
Don Mega	1:40:49
M60 Fritz Hagerman	1:39:59
Willis Riderour	1:46:01
Ken Hall	1:48:38
M65+Ray Thomson 65	1:49:00
Robert Jackson 74	2:04:28
Jack McClain 76	2:45:00
W40 Renee Steele	1:35:02
Kitty Consolo	1:38:03
Janalee Stock	1:42:02
W45 Linda McAdams	1:40:07
Pam Waybright	1:41:56
Clarice Pavlick	1:43:22
W50 Linda Curtis	1:50:46
Diana Porter	1:51:36
Paula Russell	2:02:45
W55+Jean Fry 56	1:59:51
Ruth Jordan 57	3:53:40

### MID-AMERICA

#### AllSport Half-Marathon St. Louis, MO; March 29

Overall	
Greg Hill 35	72:11
Amy Knobloch 22	86:15
M40 David Talburt	1:21:37
Bill Muchnick	1:28:50
Paul Whitley	1:28:53
M45 Ray Battistini	1:19:44
Stephen Gregory	1:20:19
Larry McMahon	1:25:17
M50 Mark Hosler	1:25:51
Neil Ackerman	1:27:16
M55 Glen Roth	1:36:47
Orlyn Skrien	1:46:16
M60 Harold Dix	1:42:45
John Munch	1:44:56
M65+A G Mueller 66	2:04:40
Albert Ifrig 70	2:14:31
W40 Marti Cooksey	1:30:24
Jill Bowman	1:34:08
W45 Diana Hall	1:49:26
Kay McVey	1:49:34
W50 L W Boettcher	1:46:50

Rae Mohrmann	1:48:46
W55 Jo Ann Flandaca	2:10:54
W60 Sue Fay King	2:15:16

### SOUTHWEST

#### St. Patrick's 5K Bun Run Tulsa, OK; March 15

Overall	
John Wild 25	14:40
Donna Levy 29	16:15
M40 Norman Roper	15:48
John Stukey	16:10
Mark Morris	16:14
M45 Bill Isaac	18:35
Larry Krutka	19:06
Terry Panther	19:24
M50 Rick Brower	17:37
Charles Mabry	17:39
Sean O'Callaghan	18:00
M55 George Marcetti	17:53
Dan Vasicek	19:09
Jim McFadden	19:19
M60 Bob Adkins	20:23
Jose Herrera	20:56
M65 Jim Campbell	21:14
Sidney Hughes	23:48
M70 Art Roepke	22:20
Michael Waller	23:35
M75+Fisher Lewis 77	25:47
Leo Wade 77	29:59
W40 Roxanne Meyer	18:54
Debra Strobe	19:26
S Brandenberger	20:19
W45 Barbara Luciano	19:12
Donna Spencer	19:13
Barbara Hess	21:23
W50 Jane Hutchison	19:01
Claudia Patrick	21:24
Irene Stockard	21:37
W55 Lydia Borges	22:50
Donna Eichner	23:28
W60 Dru Young	24:34
Kathy Moffitt	25:07
W65 Joan Whitmore	28:15
Marilyn Thompson	31:18

#### Gum Tree 10K Tupelo, MS; May 9

Overall	
Simon Sawe 25	29:05
Irina Timofeyeva	33:58
M40 Jon Sinclair	30:53
Tom Mather	31:35
Tim Simpkins	34:00
John Taylor	34:58
Rodney Pearson	36:57
Robert Dancy	37:14



Continued from previous page

**Kakegawa Marathon**  
**Kakegawa, Japan; April 19**

Overall	
Kazuyuki Shioho	2:22:06
Makiko Hotta	2:54:09
M40 K Kashiwagi	2:40:47
M45 Mitsuaki Miyake	2:53:13
M50 Ryozi Oki	2:50:02
M55 Takeyoshi Yamao	3:08:48
M60 H Yamazaki	3:10:17
M65 Shogo Suzuki	3:07:16
W40 Izumi Sugioaka	3:17:02
W45 Kazuko Taguchi	3:30:13
W50 Junko Umezawa	3:34:08
W55 Kyoko Sato	3:41:01
W60 Miya Ishigami	3:36:15

**London Marathon**  
**London, England; April 26**

M40 Tony Duffy	2:25:42
Paul Bennett	2:26:12
Richard Jordan	2:30:42
M45 John Kerr	2:31:25
Graham Moxham	2:36:48
Arthur Johns	2:39:17
M50 Stephen Moore	2:32:33
Jimmy Bell	2:34:21
Bill Chance	2:38:52
M55 Peter Andrews	2:45:20
Ken Burgess	2:50:21
Peter Goreham	2:52:13
M60 Pasquale Servilio	2:57:52
Keith Spleed	2:59:00
Bob Emmerson	3:00:13
M70 Bob Peart	3:10:34
Max Jones	3:22:43
Jack Gillies	3:27:37
M75 Tom Wood	4:13:53
W35 Debbie Percival	2:39:54
Julia Cornford	2:54:07
Heather Robinson	2:55:55
W40 Sandra Branney	2:48:48
Anne Jeeves	2:54:43
Janice Moorekita	2:54:49
W45 Zina Marchant	2:53:10
Edwina Turner	2:57:30
Diane Tierney	2:57:37
W50 Carol Eustace	3:00:16
Sarah Barrett	3:18:21
Marie Kruger	3:22:37
W60 Pam Jones	3:35:27
Margaret Ackers	3:49:46
Cath O'Regan	3:52:13
W65 Eileen Quinton	3:56:07
W70 Iva Barr	4:43:45
Katie Seccombe	4:49:35
W75 Jose Waller	5:14:24

**RACEWALKING****1997 1-Hour Postal Racewalk**

Open	Meters
Curt Clausen	13,457
Victoria Herazo	11,934
M40 Warrick Yeager	12,567
Steve Pecinovsky	12,086
Curt Sheller	11,716
Doug Vermeer	10,612
James Cohen	10,345
Steve Lide	10,141
Paul Cajka	10,055
Art Klein	9,917
M45 Rob Frank	11,441
Brian Savilonis	11,240
Shoja Torabian	10,826
Tom Quattrocchi	10,350
Robert Ullman	10,222
Scott Richards	10,097
Larry Titus	9,673
Tim Staats	9,658
Stanley Sosnowski	9,655
Steve Smelsner	9,343
James Wass	9,190
Garland Moor	9,015
Joel Escrin	9,008
Garland Murphy	8,361
M50 James Carmines	12,164
Richard McGuire	11,493
Robert Keating	11,305
Jack Lach	11,231
Norm Frable	11,168
Alan Price	10,841
Joe Light	10,813
Ron Shields	10,400
George Fenigsohn	10,140

Malcolm Hall	9,841
Ed Dunphy	9,789
Richard Jirousek	9,684
Victor Litwinski	9,663
Eric Hedges	9,568
John Gersh	9,447
John Doane	9,256
Ron Clark	9,070
Fred Seeworker	9,015
Ralph Edwards	8,921
Dana Sanders	8,670
Bob Young	8,466
Garland Murphy	8,111
James Thompson	7,716
M55 Dave Romansky	12,027
Jim Stuckey	10,228
Gordon Pitx	9,983
John Schulz	9,909
Thomas Knatt	9,813
Bernie Finch	9,515
Larry Freeman	9,393
John Backlund	8,997
Jim McHose	9,069
John Molenoyk	8,885
Arthur Salerno	8,550
Hugh Thompson	8,431
Gerry Kass	8,215
Stu Kinney	8,047
Tim Weber	7,791
M60 Jack Bray	10,941
Carl Acosta	10,210
Paul Johnson	10,100
Lee Duffner	10,093
Bob Barrett	10,380
Ben Ottmer	9,729
Jonathon Johnson	9,256
Leon Glazman	9,179
James Brown	8,880
John Lyle	8,827
Robert Beaudet	8,811
Huey Johnson	8,712
Vilman Strautins	8,709
Donald Carter	8,506
Elliott Denman	8,485
Avram Shapiro	8,430
Jim Debell	8,326
Ronald Gerson	7,852
E Robert Premo	7,675
Henry Black	7,367
M65 Jack Bray	10,694
Jack Starr	10,147
Sal Corrallo	9,933
John Kelly	9,769
Mike Michel	9,731
William Moreman	9,187
Louis Free	8,940
Nelson Oertel	8,761
George Solis	8,554
Bill McCann	8,547
Doug Vaughn	8,295
Virgil Shuler	7,125
M70 Tom Northam	3,200
Bob Mimm	9,713
Albert Goldman	8,406
Richard Hansen	7,920
Dan Marzano	7,694
Corning Stewart	7,512
M75 Howard Channell	8,800
Tim Dyas	8,468
John Levinson	8,073
Herman Arrow	7,821
Troy Groule	7,754
Dom Mori	7,723
John Carroll	7,373
Joseph Mallod	7,372
Meyer Mathis	6,883
M80+ Harry Drazin	6,981
W40 Virginia Fong	9,387
Maureen Robinson	7,261
W45 Ann Gerhardt	10,258
Christine Vanoni	10,005
Nancy Goldman	9,600
Sue Laks	9,535
Ann Lee	9,005
Donna Green	8,934
Christi Elniff	8,673
Posie Carroll	8,665
Sheila Danahey	8,561
Barbara Currier	8,248
Linda Althouse	8,158
Doris McGuire	8,099
Ivy Strausberg	8,059
Tina Koehler	7,889
Jan Baldi	7,774
Marcia Marinich	7,336

Kathleen Buckley	6,681
W50 Jolene Steigerwalt	9,772
D Graham-Henry	9,707
Kathy Frable	9,245
Patricia Pulley	8,982
Anne Montgomery	8,667
Kathy Smart	8,516
Dixie James	8,256
Carolyn Rose	8,189
Nancy Mackola	8,123
Darlene Macklund	8,029
Norma Hadnutt	7,798
Bonnie Turner	7,259
Carol Coltan	6,675
Carmen Covington	6,615
W55 Elton Richardson	10,186
Lois Dicker	9,376
Doris Cassels	9,202
Donna Andrews	9,117
Patricia Morgan	9,002
Phyllis Abbate	8,753
Marjorie Gamero	8,603
Eva Dubnoff	8,300
Marcia Shapiro	8,230
Norma Hadnutt	8,053
Dotty Hale	7,684
Sue Hock	7,595
Judie Rowell	7,250
Betty Giffitt	6,200
Dorothy Keller	5,900
Doris Keller	5,600
W60 Maurine Lia	9,451
Shirley Dockstader	9,337
Katie McIntyre	8,838
J W Shepardon	8,833
Shirley Capps	8,630
Rachel Beaudet	8,012
Linda Burnett	8,012
Anne Whittaker	8,077
Liz Michiels	7,784
Donna Toft	7,289
Joyce Keilholtz	6,200
W65 Ruth Eberle	9,473
Bonnie Vaughan	7,900
Grace Moreman	7,572
Loarelei Ruben	7,449
Roselyn Bingham	7,325
Kathleen Edwards	7,300
Terry Hamilton	7,260
Reba Smith	7,100
Priscilla Black	6,652
W75 Louise Stutsman	6,834
W80 Mary Lathram	6,483
W85+ Dorothy Roberts	6,638

**PVTC National Invitational**  
**Racewalks, Bull Run Park**  
**Manassas, VA; March 28**

Men's 20K	
Overall	
Michael Rohl	1:37:06
M30 Michael Rohl	1:37:06
M35 Keith Luoma	1:45:22
M45 Bill Reed	2:01:29
M50 Victor Litwinski	2:08:56
M55 Dave Romansky	1:46:35
M60 Jim McGrath	2:05:04
M65 Max Green	1:54:47
Women's 10K	
Overall	
Michelle Rohl	46:55
W30 Michelle Rohl	46:55
W35 Joanne Dow	47:42
W40 Kathy Finch	1:05:47
W45 Gayle Johnson	1:00:08
W60 Bev Laveck	1:03:00

Men's 5K	
Overall	
Jeff Salvage	24:40
M30 Jeff Salvage	24:40
M35 Ed Fitch	29:29
M40 Vince Peters	26:53
M45 Greg McCoy	34:08
M50 Alan Price	28:37
M55 Dick Jirousek	29:53
M60 Jack Lucey	32:34
M65 Sal Corrallo	30:51
M70 Dick Cherry	34:57
M80 Edward Seeger	39:39
Women's 5K	
Overall	
Pat Zerfas	29:32
W35 Pat Zerfas	29:32
W40 Debbie Flanagan	35:29
W45 Lilian Whalen	31:27

W50 Donna Cetrulo	32:21
W55 Lois Dicker	32:29
W70 Terry Hamilton	39:51

**North Region 10K Racewalk**  
**Championships**  
**Univ. of Wisc-Parkside**  
**Kenosha, WI; April 19**

Overall	
Matt DeWitt	54:03
Jill Zenner	49:19
M40 Vince Peters	57:20
M45 Pete Holman	1:05:44
M65 Al DuBois	59:29
W40 Jayne Herring	1:10:33
W45 Lynn Tracy	1:09:56
W50 Sheila Scholl	1:22:24
W55 Bette Zilligan	1:21:47
W60 Joyce Decker	1:05:12

**Borgess/USATF Michigan 5K**  
**Road Racewalk Championships**  
**Kalamazoo; April 25**

Overall	
Gary Morgan	22:11
Debra Benton	28:24

M45 Bill Reed	26:16
Hank Meyer	26:31
M50 Hal Phillips	28:25
Mike Burris	28:41
M70 Hugh Acton	31:27
W35 Cynthia Stone	42:13
W40 D Benton	28:24
Louise Wiggins	33:49
Ann Wright	34:59
W45 Debbie Topham	29:01
StephanieKonsza	29:05
Ellen Schock	32:16
W50 BarbBratherton	43:00
W55 Lila Lynn	36:04
W65 Carolyn Selby	37:45
W75 Dorothy Ray	41:31

**USATF Pacific Association**  
**Open & Masters 10K Racewalk**  
**Championships**  
**Palo Alto, CA; May 3**

M45 Art Klein	59:29
M50 Bill Penner	56:17

M55 John Doane	61:27
M60 Jim Fisher	66:56
M65 Dick Petrucci	60:17
M70 Bill Moremen	68:01
M80 Ernest Lucken	80:10
W30 Loribeth Jacobs	61:54
W40 Therese Iknoian	58:58
W55 Hansi Rigney	62:35
W65 Shirley Parlan	89:30

**Mid-America Racewalk Circuit**  
**5K, Univ. of W-Parkside**  
**Kenosha, WI; May 3**

Overall	
Matt DeWitt	24:23
Lynn Tracy	28:17
M35 Daniel Vogel	25:15
M45 Ron Winkler	30:03
M65 Emmanuel Eckert	34:28
W45 Lynn Tracy	28:17
W60 Joyce Decker	31:31
W65 Kate Marrs	34:48

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUNE 1998**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MANFRED D'ELIA (RIDGECROFT, NJ)	6-19-8	90-94
WILLIE DAVENPORT (US)	6-28-43	55-59
GUNNAR EKMAN (SWE)	6-18-43	55-59
MEL ELLIOT (SANTA MONICA, CA)	6-7-38	60-64
CHET FORTIER (LUNENBURG, MA)	6-1-33	65-69
BILL FORTUNE (PEARL RIVER, NY)	6-26-28	70-74
DAVID FRANCIS (GB)	6-14-28	70-74
GILBERTO GONZALEZ (PUR)	6-18-13	85-89
KARL HEIN (WG)	6-11-8	90-94
HENRY HOPKINS (INDIANAPOLIS, IN)	6-17-43	55-59
EARL MEADOWS (US)	6-29-13	85-89
GERALD MORRISON (KANSAS CITY, MO)	6-10-23	75-79
JAMES OUTLAW (TYLER, TX)	6-20-18	80-84
MARIO RIBONI (ITA)	6-13-13	85-89
PAUL RICHARD (BOUNDBROOK, NJ)	6-28-38	60-64
HOWARD RUBIN (NEW HARTFORD, NY)	6-9-28	70-74
JANUSZ SIDLO (POL)	6-19-33	65-69
SREKO STIGLIC (YUG)	6-11-43	55-59
SHELDON VARNEY (HONOLULU, HI)	6-26-28	70-74
ZDENEK VITULA (CZE)	6-18-28	70-74
JAMES YORK (MODESTO, CA)	6-29-13	85-89
LUCILLE ADNEY (LONG BEACH, CA)	6-11-13	85-89
MARTIE BEHRENS (ANTIOCH, CA)	6-23-48	50-54
LUCY ANN BROBST (KITTY HAWK, NC)	6-19-33	65-69
CHARLOTTE CARTER (AUSTIN, TX)	6-4-53	45-49
BARBARA CLARK (NEWBERG, OR)	6-14-53	45-49
DOROTHY DONNELLY (EL CAJON, CA)	6-21-23	75-79
MARILYN GRAY (TALENT, OR)	6-30-33	65-69
BARBARA GREENLEAF (CA)	6-26-28	70-74
MELBA HENDERSON (US)	6-6-23	75-79
KATHY JAGER (PHOENIX, AZ)	6-26-43	55-59
KATHLEEN KENNEDY (UNIVERSAL CITY, CA)	6-5-53	45-49
SUMIYE LEONARD (HUNTINGTON BEACH, CA)	6-9-28	70-74
SANDRA NEWTON (EUGENE, OR)	6-30-53	45-49
DONNA NIELSEN (LONG BEACH, CA)	6-7-58	40-44
SUMI ONODERA (CA)	6-9-28	70-74
NANCY OSHIER (SPENCERPORT, NY)	6-17-48	50-54
MARY OWEN (US)	6-23-43	55-59
MARDI REED (ME)	6-2-43	55-59
PAULA DICKSON-TAYLOR (W. ORANGE, NJ)	6-7-53	45-49
JUNE THATCHER (MANHATTAN BCH., CA)	6-19-18	80-84
MILDRED TOMAN (PARMA, OH)	6-1-38	60-64
TRAUDE WELTER (HOUSTON, TX)	6-16-23	75-79
UNA GORE (GB)	6-18-38	60-64
LENA GROBLER (RSA)	6-28-23	75-79
CHRISTEL HAUSER (WG)	6-12-43	55-59
KIRSTEN HAUSKEN (NOR)	6-22-48	50-54
ISABELLA HOFMEYER (RSA)	6-4-28	70-74
VALERIE HOWE (GB)	6-2-43	55-59
KAREN KOCHIVITZKE (WG)	6-17-43	55-59
KAREN KOSCHNITZKE (WG)	6-17-43	55-59
MITSU MORITA (JPN)	6-29-23	75-79
OLGA OLDRICHOVA (CZE)	6-1-28	70-74
LISELOTTE POLUSCHINSKY (GER)	6-25-23	75-79
TERESA RAPONAVICIENE (URS)	6-24-33	65-69
CAREN JOAN REINDL (CAN)	6-8-58	40-44
MELANIA LUZ DE SANTOS (BRA)	6-1-28	70-74
INGEBORG H. SCHOTT (GER)	6-19-38	60-64
ERIKA WERNER (WG)	6-1-23	75-79
ELLEN WESSINGHAGE (WG)	6-28-48	50-54
LESLIE WOODS (AUS)	6-14-43	55-59

Compiled by Pete Mundle, World and U.S. Masters T&amp;F Records Chairman

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# 1998 USATF NATIONAL MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

@ University of Maine, Clarence Beckett Family Track Facility, Orono, Maine.  
**JULY 30 - AUGUST 2, 1998**



You will discover yourselves surrounded by friends, in Maine. We will have information booths and activities to assist in making your stay relaxing and enjoyable; canoe and kayak rentals, day outdoor adventure trips, fishing, scenic ocean routes, museums.

**ELIGIBILITY:** Open to all men and women 30 years of age and older, including non-US citizens.

Age on July 30 determines age group. Competition is in 5 year age groups; relays are in 10 year age groups.

**Proof of date of birth is required** [send photocopy with entry form]. 1998 USATF membership will be required of all US citizens. Membership may be obtained through your local association, or on site for \$20. Competitors from other countries compete as guests, with no membership required.

**ENTRY DEADLINES:** July 10 is the deadline for the early entry fee, and a guarantee that confirmation of entry and instructions will be mailed to you. No entries will be accepted after July 20. Relay registration will take place on site.

## DECLARATIONS AND PACKET PICK UP:

Declarations must be made at least 30 minutes before the scheduled start of all events. Declaration and scratch sheets will be available for all events beginning Wed. July 29 at the Track, if you wish to declare or scratch early.

**AWARDS:** USATF Championship medals will be awarded to the top three U.S. citizens in each event.

Foreign guests in the top three receive medals also.

**DIRECTIONS:** driving north on I-95 to exit 51, right, go through 2 lights, at 3rd light turn right go one mile.

**FOR TOURIST INFORMATION: CONTACT**

**VISITORS BUREAU: call: 800-91-MOOSE**

## THE FABULOUS CHAMPIONSHIP COOKOUT

Saturday Aug. 1, at 7:30 p.m., at the Fieldhouse, with Downeast hospitality and entertainment which you'll joyously remember. Cost is \$18 per person paid with entry form. Choices of: Lobster, Steak, Chicken, vegetarian Lasagna. Various Maine and Acadia entertainment groups will perform.

**T-Shirt Swap:** bring a t-shirt from your region of the country and we will swap with others.

**EQUIPMENT:** Meet management will have throwing implements[2], and starting blocks available for use by

1998 SCHEDULE OF EVENTS			
THURSDAY, JULY 30	FRIDAY, JULY 31	SATURDAY, AUGUST 1	SUNDAY, AUGUST 2
<b>A.M.</b>	<b>A.M.</b>	<b>A.M.</b>	<b>A.M.</b>
5000 meter run	5000 meter Racewalk	10,000 meter run	10K/20K Roadwalk
Pentathlon W & M	Long Jump M60; W	Long Jump M30-59	Triple Jump W; M
Hammer W; M60+	Pole Vault W; M60+	**Pole Vault M40-59	Pole Vault M30-39
800 meter [trial or semifinals]	High Jump M30-59	High Jump W; M60+	Shot Put W
	Discus W; M60+	Shot Put M60+	Javelin M 30-59
<b>P.M.</b>	<b>P.M.</b>	<b>P.M.</b>	<b>P.M.</b>
Hammer M30-59	Discus M30-59	***400/300m. Int. Hurdles	200 meter [semifinals from trials]
400 meter [trials or semifinals]	400 meter [semifinals from trials]	100 meter [semifinals from trials]	1500 meter [finals]
Break	1500 meters [semifinals]	Shot Put M30-59	200 meter [finals]
800 meter [semifinals from trials]	High Hurdles [semifinals/ finals]	800 meter [finals]	Age Graded 100 meter
	100 meters [trials or semifinals]	100 meter [finals]	4 X 800 meter relay
	400 meter [finals]	200 meter [trials or semifinals]	4 X 100 meter relay
	3K/2K steeplechase	* Championship Lobster Cookout Feast & Downcast Entertainment*	4 X 400 meter relay
	*Athletes Meeting*		

\*Order of competition: oldest to youngest; women first [except where noted]; W = women, M = men

\*Events will not be moved to different days from this schedule. \*\*Pole Vault M40-59 begins 1.5 hours after L.J. M30-59 begins.

\*By rule: trials are run when there are more than 16 entries; semifinals are run when there are 9-16 entries. 1500m is different

\*\*\* 400/300m. Int. Hurdles: No semi-finals. If 9 or more entries, two sections with place determined by time.

\*Precise Time Schedule will be sent to competitors once all entries are in and we know the numbers.

all competitors. You may bring your own throwing implements. Implement weigh-in will be at the throwing site prior to your age group competition. Spike length is 1/4".

**TRAVEL:** Orono Travel Agency; 800-682-4125, will assist you in finding the best discounts and accommodating flights. Bangor International Airport is 15 minutes to campus. Portland ME. is 2 hours; Boston is a scenic 4 hours.

Delta Airlines is the official airline and is the only airline company to offer special discounts. file number: 114135A.

Delta will direct ship pole vault poles and javelins by freight but you must arrange it 2-3 days prior to your flight.

CUT

**CAR RENTALS:** at Bangor International Airport.

**PARKING:** ample parking on campus. R.V. day parking on campus, no R.V. overnight parking, use campgrounds.

**CAMPGROUNDS:** with special low rates.

Pleasant Hill Campground; 207-848-5127

Paul Bunyan Campground; 207-941-1177

**HOUSING:** Campus dorms: Telephone 207-581-4093

for a reservations and information. Great rates, and meals.

**AREA HOTELS:** with special rates if reserved 30 days before arrival. Best Western Black Bear Inn: Orono, 207-866-7120.

Comfort Inn: Bangor-Mall; 207-942-7899.

Country Inn at the Mall; 207-941-0200.

Hampton: Bangor-Mall; 207-990-4400.

Holiday Inn Civic Center: Bangor; 207-947-8651.

Penobscot Inn: Civic Center; 207-947-0566.

Holiday Inn Odlin Road: Bangor; 207-947-0101.

Days Inn: Odlin Rd.; 207-942-8272

Econo Lodge: Odlin Rd.; 207-945-0111.

Riverside Inn: State St. Bangor; 207-947-3800

Ranger Inn: outer Hammond; 207-945-2934

**ENTRY FEES:** \$30 for first event [includes free commemorative championship T-shirt];

\$15 for 2nd event; \$15 for 3rd event;

\$10 for each subsequent event.

Pentathlon is a separate \$30.

All fees must be paid in advance.

Relays are \$40 per team taken on site, paid and declared by 7:00p.m. Sat. Aug. 1.

Make Checks payable to University of Maine.

US funds only, drawn on a US bank.

**MAIL TO:** University of Maine

c/o Willi Gallant

National Masters Entry

5747 Memorial Gymnasium

Orono, ME, 04469-5747

For information re: the Meet.

**INFORMATION:** call: 207-581-2099; 581-1077

<http://www.ume.maine.edu/~track/trackfield.html>

The web site has very comprehensive information.

And it has a downloadable complete entry form

## 1998 USATF NATIONAL OUTDOOR TRACK & FIELD CHAMPIONSHIPS..... ENTRY FORM --July 30 - Aug. 2, 1998

Last Name: \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Team/club: \_\_\_\_\_

1998 USATF Number: \_\_\_\_\_ Male / Female \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as of July 30/98 \_\_\_\_\_

EVENT:	Best Recent Performance/date	FEE:
1. _____	_____	\$30 [ free T-shirt]S_M_L_XL_XXL_
2. _____	_____	\$15 _____
3. _____	_____	\$15 _____
4. _____	_____	\$10 _____
5. _____	_____	\$10 _____
6. _____	_____	\$10 _____

**CHAMPIONSHIP COOKOUT:** # of persons attending \_\_\_\_\_ x \$18 ea. \_\_\_\_\_ entree -mark choice and number.

Lobster # \_\_\_\_\_ Steak # \_\_\_\_\_ Chicken # \_\_\_\_\_ Vegetarian Lasagna # \_\_\_\_\_

Extra T-Shirts S# \_\_\_\_\_ M# \_\_\_\_\_ L# \_\_\_\_\_ XL# \_\_\_\_\_ XXL# \_\_\_\_\_ at \$10 ea. \_\_\_\_\_

Late fee for entries postmarked after July 10 ----- \$25 \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED \$** \_\_\_\_\_

I will require a shuttle [may be a small fee]; I am staying at this hotel \_\_\_\_\_

I would like more outdoor recreation information \_\_\_\_\_

**WAIVER:** I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of stated age on this application. I absolutely relieve the University of Maine System, Maine Association of USATF, corporate sponsors, volunteers of responsibility for any injury, loss or damage to myself or my property which I sustain in the course of [or in connection with] the 1998 USATF National Masters Outdoor Championships. I also verify that I am registered for [or will register at the championship meet site] 1998 with USATF.

**SIGNATURE:** \_\_\_\_\_ **DATE** \_\_\_\_\_