

Russians Triumph at "Brutal" Boston

BY SUSANNAH BECK

"Boston was brutal," explained my aunt, Sarah Reed, 47, a first-timer at Boston. "It could have been the hills, a little dehydration, and the amazing amount of congestion at all the water stops. Both my quads and calves were screaming at me. It was a gorgeous day, but about 71 degrees in Hopkinton, which was a bit warm. I could tell who had run the next day at the airport, because we all got pretty well sunburned."

Brutal, indeed. It was hot and headwindy at this year's Boston Marathon, April 21. The course itself, challenging as usual: hilly, hilly, hilly, and from 20-24 miles, a quad-mangling downhill.

Moscovite ex-pats Fedor Ryzhov, 43, 2:15:29, and Firaya Sultanova-Zhdanova, 41, Gainesville, Fla., 2:31:30, bulled through the race to each claim their second masters titles at Boston. Ryzhov was first master in 2001, Sultanova-Zhdanova was first W40+ last year.

Eddy Hellebuyck, 42, Albuquerque, N.M., made a great play for the masters title, hounding Ryzhov literally step for step, from one side of the road to the

other for 35K. Television coverage showed the diminutive Hellebuyck one step behind Ryzhov, aggressively drafting off the slightly larger man, and certainly ruffling Ryzhov's composure.

The pace set by the elite open men on that hot morning was conservative; a significant masters moment was overlooked by TV commentators as Ryzhov and Hellebuyck actually led the lead pack of the race at around the ten mile mark.

Ryzhov, who lives in Portugal and was running Boston for the fourth time, made his breakaway move on the big downhill, putting a minute on Hellebuyck before the 40K mark, and starting to reel in the leaders. He placed sixth overall.

Hellebuyck, 2:17:18, finished tenth overall, and was the top U.S. runner. "Sure, 2:17 is not a good time," Hellebuyck wrote on www.letsrun.com's message board, "but the windy conditions were horrible. Three things I am proud of were my 1:05:19 half-marathon split, which is pretty good running into a headwind... Secondly, being the fist U.S. runner in a major

Continued on page 6



ALEX MIROSHNICHENKO

Eddy Hellebuyck, 42, nips Dennis Simonaitis, 40, at the line, Carlsbad 5K. Both were timed at 14:38.

Races in Texas and California Draw Elite Masters Fields

BY SUSANNAH BECK

The 21st Annual Schlotsky's Bun Run 5K got Austin, Texas, cooking, April 13, with hot masters prize money (\$1500/first) that drew speculating elite masters away from big boy Carlsbad 5000 (\$1000/first), Carlsbad, Calif., the same day.

Bun Run

In sunny Texas, Andrew Masai, 43,

Nairobi, Kenya, 14:32, and Lyubov Kremleva, 41, St. Petersburg, Russia/Gainesville, Fla., 16:16, savored delicious masters victories in the midst of multi-weekend racing binges. Gennadi Temnikov, 41, Russia/Maryland, 14:39 (\$750), Peter Fleming, 41, UK/Colorado Springs, Colo., 15:05 (\$500), and Paul Zimmerman, 42,

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Masters Thrill Crowds at Penn Relays

By PETER TAYLOR

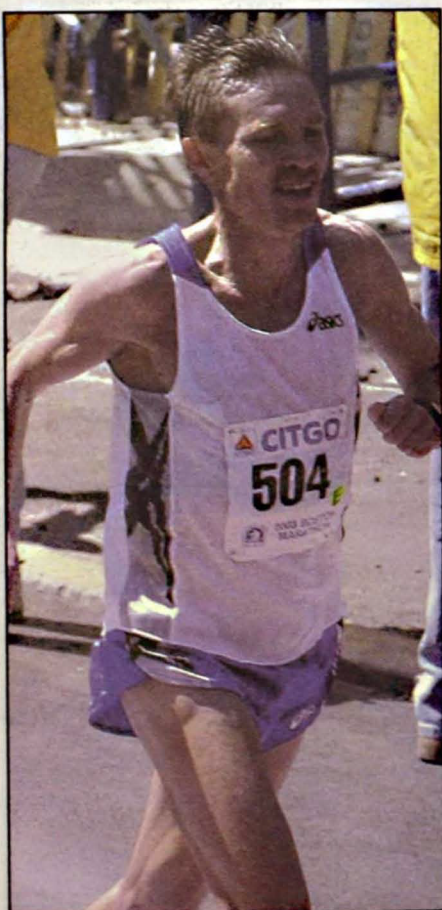
PHILADELPHIA, April 26 – Big, ardent crowds; marvelous efficiency (who else would allot only 25 minutes for 103 teams to run a 4 x 200?); and masters performing brilliantly – these traditions were all in evidence today as the Penn Relays completed its 109th running at Franklin Field.

The Sprint Force America quartet of 2001 world M40 400 champion Saladin Allah, U.S. M40 indoor 400 record holder Ray Blackwell, national M50 champion Ed Gonera, and 2003 indoor sprint champion Mitchell Lovett lived up to its resumé with an awesome 3:25.09 (51.27 per man) in the M40+ 4x400. The time was made even more impressive by the cool weather (high of 58) and the wet track.

AURA International was second (3:35.76) and Maryland Masters third (3:36.33).

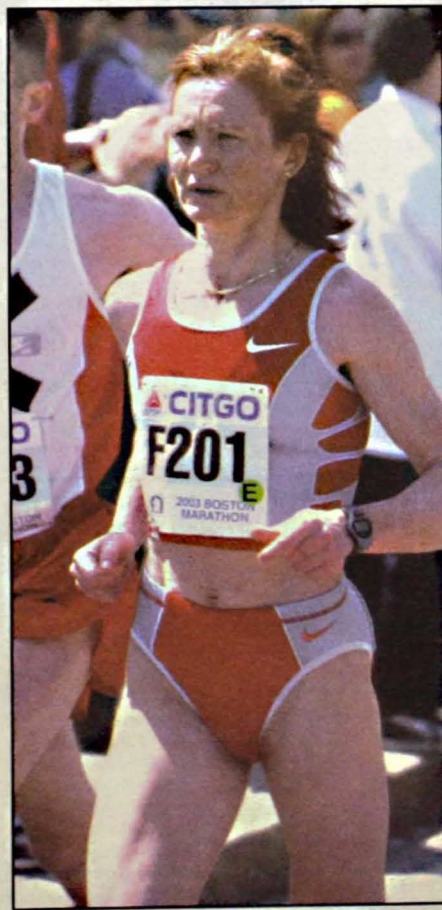
The M75+ 100 again elicited a huge response. Announcer Ron Lopresti introduced the athletes in spirited fashion, giving special attention to 101-year-old Everett Hosack. Immediately

Continued on page 9



RANDY OSGA

Fedor Ryzhov, 43, 2:15:29, wins the masters division at the Boston Marathon, finishing sixth overall.



VICTOR SAILER / PHOTO RUN

Firaya Sultanova-Zhdanova, 41, 2:31:30, first masters woman, and seventh overall at the Boston Marathon.

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2003 USA NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 7-10, 2003 • Hayward Field, Eugene, Oregon
Presented by the Oregon Track Club Masters and Oregon Track Club

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 7, 2003 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. On-site registration will be available. However, we strongly urge you to obtain your USATF card in advance through your local Association or on-line at USATF.org.

Proof of date of birth will be required from all competitors in advance. A photocopy of your passport or birth certificate must be sent with your entry form to ensure eligibility.

AWARDS: USATF Championships medals will be awarded to the top three U.S. citizens in each age division of each championships final. Ribbons will be awarded to places 4-6. Individual winners will also receive a Champion's Patch (limit one per athlete). All competitors will receive a Certificate of Participation.

ENTRY FEES AND PROCEDURES: All entries must be RECEIVED BY MONDAY, JULY 21, 2003. Confirmation of entry will be sent to all competitors who have registered by July 21st. Late entries received after July 21st will be assessed a \$50 penalty. Absolutely no entries will be accepted after Monday, July 28, 2003.

No entry will be considered complete unless it is accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

On-line registration is available at www.eugenechamps.com. All entry deadlines still apply. Proof of date of birth must be provided before you will receive your athlete's packet.

With the encouragement of the USA Masters Committee, an 8-kilometer road race will be held on Sunday, August 10th, primarily on the bike paths along the Willamette River. This event is not an official Championships event; however, non-Championships medals will be awarded to the top three in each age group.

A commemorative USA National Masters T-shirt may be purchased for \$8.50 in advance, or \$12.00 on site.

AIR TRAVEL: The Championships Organizing Committee has been able to obtain air discounts on United/United Express through Eugene Tour & Travel (1-800-905-4131) of at least five percent on an excursion fare. Travel dates are August 3 through August 14. Air can be ticketed into Eugene or Portland. Tickets are subject to all applicable restrictions imposed by the airlines. When calling ask for the "Masters Desk".

ACCOMMODATIONS - HOTEL/MOTEL: A complete listing of hotels and motels is available at our website (eugenechamps.com), or call 1-800-547-5445.

DORMITORY HOUSING: To reserve dormitory housing at the University of Oregon, contact the University Housing Office directly at 1-800-280-6218 or 1-541-346-4303. Fax: 1-541-346-3545. To register on-line, go to eugenechamps.com and click on dormitory housing. E-mail inquiries may be directed to roomres@darkwing.uoregon.edu. Room rates are \$41 per person per night double occupancy (3 meals included), and \$47 per person per night for a single (3 meals included). Room only rates are \$28.25 per person double occupancy, and \$34.25 single occupancy. **Please Note: Dormitory housing must be arranged directly with the University Housing Office, not with the Championships organizers.**

SHUTTLE: Free shuttle for athletes and accompanying persons will be available from the Eugene airport to the University area on Wednesday 8/6 and Thursday 8/7. Free return shuttles to the Eugene airport will be available on Sunday 8/10 and Monday morning 8/11 from the dormitories.

EQUIPMENT: Maximum spike length in 1/4" for all surfaces except the high jump and javelin runways, which may take 3/8" spikes. Meet management will have field event implements (including a range of vaulting poles) and starting blocks available for use by all competitors. Personal implements and blocks may be used by a competitor, subject to approval by weights & measures. Personal implements are exempt from the loss-of-identity rule; i.e., they need not be made available to other competitors.

CHAMPIONSHIPS DINNER: A dinner open to all athletes and accompanying persons will be held at the end of competition on Saturday, August 9. Cost is \$18.50 per person. Pre-purchase of tickets with your entry is encouraged.

Event Schedule

Thursday Track

5000 Finals W/M
800 Prelims M
400 Prelims W/M

Thursday Field

Pent(M) LJ, JT, 200, DT, 1500
Pent(W) HH, HJ, SP, LJ, 800
Pole Vault W, M70+
Shot Put W/M

Friday Track

5000 Race Walk W/M
High Hurdle Prelims M
100 prelims W/M
1500 Prelims M
400 Finals W/M
High Hurdle Finals W/M
Steeplechase W/M

Friday Field

Long Jump W/M
Discus W
Javelin M 70+
Hammer M30-69
Pole Vault M50-69
High Jump M30-49

Saturday Track

10K Run W/M
100 Round 2, if necessary, M
Int. Hurdle Prelims M30-64
100 Finals W/M
800 Finals W/M
200 Prelims W/M

Saturday Field

Pole Vault M30-49
High Jump M50+

Triple Jump W/M
Javelin W
Discus M

Sunday Road

10K Road Walk W/M
8K Road Race W/M (non champs)

Sunday Track

200 Round 2, if necessary, M
1500 Finals W/M
Int. Hurdles Finals W/M
200 Finals W/M
Relays 400, 3200, 1600, W/M

Sunday Field

High Jump W
Hammer W, M70+
Javelin M30-69

2003 USA National Outdoor Track & Field Championships

Competition Entry Form

All Entries Must Be Received By July 21, 2003

Last Name _____
First Name _____
Address _____
City _____
State _____ Postal Code _____
Country _____
Telephone (Day) (____) _____
☐ M ☐ F Age (as of August 7, 2003) _____
Date of Birth (M) _____ (D) _____ (Y) _____
2003 USATF No. _____
Citizenship _____
E-Mail Address _____
Fax No. _____
Telephone (Eve) (____) _____

Event	Best Performance 02-03	Fee
1. _____	_____	\$35.00
2. _____	_____	\$20.00
3. _____	_____	\$20.00
4. _____	_____	\$15.00
5. _____	_____	\$15.00
6. _____	_____	\$15.00
7. _____	_____	\$15.00
Pentathlon (\$35, regardless of other events entered)	_____	\$35.00
Surcharge for entries received after July 21st	_____	\$50.00
Championships Supporter (Optional)	_____	\$15.00
USATF Masters Committee Fee (Mandatory)	_____	\$10.00
T-Shirt Order S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> # _____ shirts x \$8.50 each	_____	\$10.00
(Shirts ordered will be available at packet pickup.)	_____	
Championships Dinner # _____ x \$18.50 per person	_____	
Total Amount \$ _____		

Payment for entry fees, t-shirts, and Dinner tickets **must** accompany your entry form. To pay by check or money order, send full payment (made out to the Championships Organizing Committee) to Post Office Box 10825, Eugene, OR 97440.

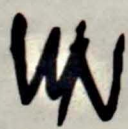
To pay by Visa or Mastercard, complete the following: **Visa** ☐ **MC** ☐
Credit Card No. _____ Expiration Date _____

Signature _____
If paying by credit card, you may fax this form to 541-687-1016. If paying by check or money order, mail this form along with payment to the address above.

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve Northwest Event Management, Inc., Oregon Track Club, USA Track and Field, USATF Oregon, the corporate sponsors, and the University of Oregon of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 2003 USATF National Masters Outdoor Championships. I also verify that I am registered or will register with USA Track & Field for the year 2003.

Signature _____ Date _____





WRITE ON!

Address Letters to: National Masters News
P.O. Box 50098, Eugene, OR 97405 or
E-mail: natmanews@aol.com

PROMOTING MASTERS

For the last two years, I've made presentations at the Optimist Club, to the men of a large Lutheran church, at a Boy and Girl Scouts annual dinner, two community sessions that were announced in our local paper (15-20 attended), and at the local retirees' CIO meeting.

My presentation covers, among other items, the differences between masters and Senior Olympics. I take implements and show them during the talk. Most have never seen a hammer or weight and are not aware of the decrease in the size of the implements as athletes get older.

During my talk, I demonstrate a "put" with the shot rather than a throw, and drop a shot, which I've secretly substituted with a foam ball, on the table to get their attention. So far, no one has had a heart attack when it hits the table.

I don't charge for my presentation, just hoping to get people involved in the masters movement. Presently, I'm working with a 69-year-old retired P.E. teacher. She will compete by the middle of the summer in local meets. I think she has potential.

Ray Feick
Gilbertsville, Pennsylvania

WEIGHTY MATTERS

Carol Young's suggestions in the May issue to change the superweight go a little too far. The intent of the superweight was to create a challenge to the regular weight by trying to get close to doubling the existing weights, not to create a similar event by adding four pounds. My suggestions: W70+ 20#, instead of the present 25#; M80+ 25#, instead of the present 35#.

Pay Carstensen
from e-mail

SOUTHEASTERN MEET

I am bitterly disappointed in the handling of the men's 100 in the Southeastern Masters Meet/USATF NC Championships in Raleigh, May 4.

I went there with the world best for age 82 in mind. They ran me unopposed. The age group just below mine went off with only two men, and the age group below them ran another man unopposed.

Usual procedure is to combine age groups, so there is at least some semblance of competition. We all agreed that, had they combined all four of us in one race, we would have enjoyed it more and run faster.

Since there is little or no point in running alone (we do that enough in training), I skipped the 200, and I don't mind telling you that I was more than slightly peeved. I paid \$47 and drove 350 miles for that misadventure. Egregious.

My time? Oh, yes. It was a little over one second off the world best.

Marlen McWilliams
Supply, North Carolina

MASTERS EXHIBITION

I found the title "Masters Put on Show in Boston" (NMN April) for the article on the masters exhibition races at the Open Championships in Boston quite appropriate. Why do masters athletes need to "put on a show" to gain recognition?

Mark Cleary's program is flawed in that it focuses primarily on the younger 40-year-old athlete who, quite honestly, hasn't "paid his dues" on the masters circuit. We have some incredible masters athletes who deserve this "spotlight" after many, many years of quality participation in masters athletics.

If anyone needs a list of top quality, deserving athletes aged over-60 for the

Sustainers for June 2003

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

We are grateful for the support of masters athletes.

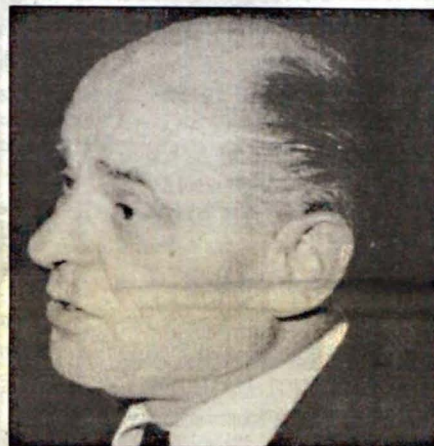
Special thanks this month go to:

Steven Bowles
Marshall Lipton
Robert Pratte
Herbert Tolbert
Richard Wilcox

Henderson, Nevada
Kingston, New York
Albuquerque, New Mexico
Montgomery Village, Maryland
Long Beach, California

next masters exhibition, I will provide it immediately. Not only have the older athletes paved the way for us, but you will find many times that their age-graded times are superior to the younger runners.

Frank Schiro
New York City



Jacques Serruys

FAREWELL

This letter is a farewell to my activities and a look back on my 34 years of veterans activities. Some of the "young" council members among us must remember the efforts of dedicated people, who paid travel and hotel expenses by themselves and made it possible to realize what we have now.

It seems that the aim of "friendship and health" goals at the start of the veterans movement has changed in some cases to "politics." I wish that, in the future, friendship remains.

Besides 34 years of WMA council activities, I have also run 100 marathons and several 100K runs.

Jacques Serruys
President, European Veterans
Athletic Association

(In his involvement with the masters movement, Serruys has served as vice-president of WAVA, was involved in the founding of IGAL in 1968, the world association of long distance runners, was co-founder of the EVAA in 1978, and has been a WMA council member as delegate of Europe.)

MASTERS THROWING SECTOR

The throwing sector for the masters discus, hammer, and weight throws needs to be reconsidered. The objective in these events is distance, not

accuracy. Because spinning is involved in these events and the thrower delivers the implement with maximal effort, it is very difficult to control the direction of the throw. A wider sector will not help the implement travel farther, but a narrower sector can negate an otherwise fair, long throw.

When I began competing in these events as a college freshman in 1958, the sector was 90 degrees, and sector fouls were rare. The following year, the sector was reduced to 60 degrees, and sector fouls were still uncommon. When world-class marks in the discus and hammer began to soar in the 1970s and 1980s, the sector was again reduced, first to 45 degrees, then to 40 degrees, and sector fouls became common. Now we have the 34.92-degree sector.

The main reason these sector reductions were made was to safely accommodate the discus and hammer within the track infield at major meets in Europe, as well as at the Olympic Games and the IAAF World Championships. A narrower sector allows a narrower cage opening which, hopefully (but not always), will contain errant throws.

But, in the USA, the hammer is seldom held within the track infield, even at major meets such as the open USATF and NCAA national championships. To a lesser extent, the discus is also often held outside the track.

Even major masters meets such as the USATF national championships and the WMA world championships usually hold the hammer (and often the discus) outside the track. Thus, a wider sector could be used safely in college, open, and masters meets in the USA. USATF rules could differ from IAAF rules on this issue, as they do on other issues.

The masters throwing sector for the discus, hammer, and weight throws should be 60 degrees, as it is for high schools. The high schools use a wider sector because most young throwers have less developed throwing skills than college or open throwers. Likewise, most masters throwers have diminished throwing skills compared to college or open throwers.

The concept of a wider sector for masters is consistent with the lighter

Continued on page 15

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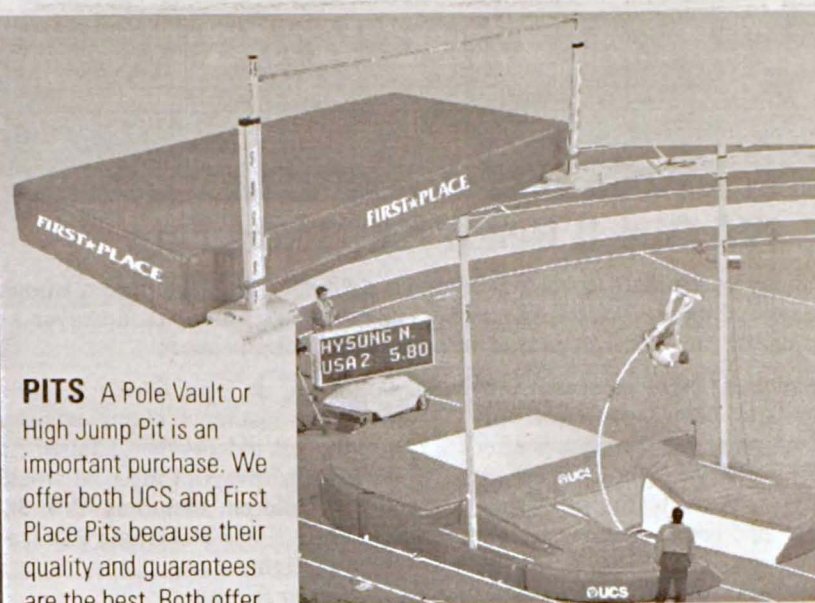
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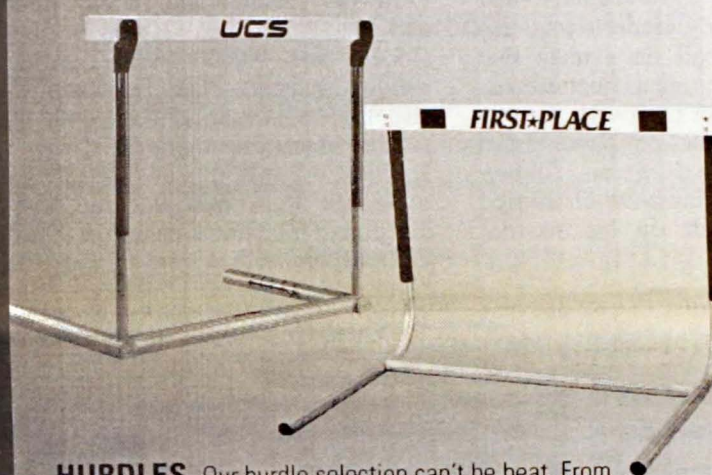
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Third Wind

By MIKE TYMN

Bill Olrich Ready for Victory Lap

For many years, Bill Olrich of Lexington, Kentucky, has been ranked among the top competitors in his age group. His racing days are over, however, as Olrich, 67, has been diagnosed with inoperable brain cancer.

Not too long ago, doctors gave Olrich up to a year to live (on this plane of existence). However, after some recent seizures, indications are that he will make it to the finish line sooner than had been anticipated.

"Bill appears to have lost the ability to talk and swallow, among other functions," said Sonny Whitt, a friend and fellow Lexington runner. "He may not have much more time."

Olrich competed in high school track, taking third in 440 in the Kentucky prep championships of 1953, recording 53 seconds and change on a muddy cinder track. He also played football on a team that included Paul Hornung as quarterback. At the University of Louisville, he was a two-way end, catching passes from future professional great Johnny Unitas. In those days, Olrich carried around 200 pounds on his six-foot frame.

Following college, Olrich began a career as an insurance claims adjuster for a national independent adjustment company. With wife Linda, he would raise six children, including Bill, Jr., now 44 and a standout masters runner in his own right.

Return to Running

It wasn't until 1972, at age 37, after his father died from a sudden coronary, that Olrich returned to running, as part of a lifestyle change. He would shed some 50 pounds from his college weight before becoming competitive.

In 1977, competing in the 40-44 division, Olrich, then 42, won the 5000 (15:44) and 10,000 (32:57) in the national masters championships. He also finished fourth in the Louisville Metro Marathon that year with a 2:30:06.

At age 46, Olrich won the 45-49 division of the Nike Grand Prix 10K in Philadelphia with a time of 32:28. I



Bill Olrich

ran in that race, and had pulled away from Fritz Mueller at about five miles. I thought I had the division won, when about 10 yards from the finish line, this guy goes flying by me like he was running the 100.

Avoiding the Limelight

I later found out it was Bill and was hoping to meet him at the awards ceremony, but he didn't show up. A few years later, I wanted to feature Bill in my masters column in *Runner's World*, but he declined. I gathered that he didn't want any recognition.

Danny Place, a neighbor and another fellow runner, described Olrich as a very private person. "He never talked much about his times or his accomplishments," said Place, "but we all knew he was good."

In 1985, at age 49, Olrich lowered his 10,000 personal best to 32:23.

After turning 50, he ended Norm Green's winning streak at 76 races, defeating Green in the national 10K championship at Asbury Park, New Jersey.

Outstanding Runner

In 1988, he was named USA Track & Field's outstanding runner in the 50-54 division. In 1992, at 56, he won the national championship in the Crim 10-miler with a 57:49.

"Meeting people and finding I was having success at what I was doing," Olrich told a *Lexington Herald-Leader* reporter when asked what he enjoyed most about the sport. That interview took place before his recent seizures.

Olrich continued to win into his 60s, setting a national single age-group record of 36:09 in the 1995 Cow Harbor (NY) 10K. In 1999, he won the Bluegrass 60-64 division in 40:19, and in 2000 he was the Bluegrass 65-over champion at 1500 and 3000.

"He was still running hard right up until recently, when he found out about the cancer," said Place.

Unusual Style

Olrich was known for a somewhat unorthodox running style, his arms flapping, the right one higher than the left. "I could see him coming from a long distance by his form," mused his wife, Linda. "I always said he was like a leaf floating down the street on a windy day in the fall."

According to Linda, Bill is, with the help of his Roman Catholic faith, facing up to the finish line with characteristic stoicism. □

(Editor's Note: Bill Olrich crossed over to the spirit world on May 19.)

Tennessee Association USATF Masters Track & Field Championship

Team Nashville / Don Brady Memorial

Saturday, July 12, 2003 - Vanderbilt University's New Mondo Track

Nashville, Tennessee



9:00am	Pole Vault, Hammer Throw, Long Jump
9:30	High Jump
10:30	Shot Put, Triple Jump, Javelin Throw,
12:00	Discus Throw
	► Break ◄
6:00pm	3000m RW
6:30	80, 100, 110m H
6:50	800m
7:00	100m
7:15	400m
7:30	1500m
7:45	300, 400m H
8:00	3000m
8:20	200m



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Madison, TN 37116

Fees: \$10.00 1st event - \$5.00 each additional before July 7th. Between July 7th and July 11th \$12.00, 1st event - \$6.00 each additional; on site - \$15.00 1st event - \$9.00 each additional.

Events: Ages are 30+. All events open to athletes 18-29. Women precede men in all events.

Timing: FinishLynx by CFP Timing (Results CFP Timing.com & National Masters News)

Sponsors: Team Nashville Athletic Store, New Balance, Vanderbilt University, Nashville Striders

Awards: Stop watch/compass awards to top three in each age group.

Equipment: You must provide your own equipment and have it/them inspected at check-in. 1/4 spike maximum.

(Tear off and return with fees)

Event(s) entered at meet: (1) _____ (2) _____ (3) _____ (4) _____ (5) _____ (6) _____

Best mark prior to meet: (1) _____ (2) _____ (3) _____ (4) _____ (5) _____ (6) _____

T-shirts: \$10.00. Size (S) _____ (M) _____ (L) _____ (XL) _____ XXL # ordered _____ @ \$10.00 = \$ _____

Name: _____ Age (day of meet): _____ Female _____ Male _____
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Waiver: In consideration of your acceptance of my entry into this meet I, for myself, my heirs, devisees, executors, administrators, and assigns, hereby waive, release and discharge any and all claims against officials, Vanderbilt University Nashville Striders and all sponsors for any injury I may receive by participating in the meet. I do further attest that I am physically fit to participate in the meet.

Signature: _____ Date: _____, 2003 USATF# _____

Boston Marathon

Continued from page 1

marathon, and top ten finish. Third, I made my sponsors proud."

Firaya-Sultanova set the women's masters course record at Boston last year (2:27:58), but this year had a more difficult run. "I thought I was better prepared this year... but the weather was different," the red-headed powerhouse told the *Boston Globe*. After running with the lead women's pack for most of the race, she faded to seventh place overall (1:13:21/ 1:18:09).

Former Boston masters winner (2000 and 2001) Gitte Karshoj, 43, Hoejbjerg, Denmark, was second female master for the second year in a row, 2:40:52 (1:17:09/1:23:43), about five minutes off her usual Boston performance. Top U.S. master Linda Somers-Smith, 41, San Luis Obispo, Calif, recovering from the flu, placed third, well off her usual form, in 2:49:41 (1:19:09/1:30:32).

The Boston Marathon capitalizes on its rich history, of course, even clinging to some traditions that may be antiquated for a reason, such as the age-group groupings: 40-49, 50-59, 60-69, 70+.

Stephen Jayson, 50, Stockdale, Tex., won the closely-packed men's "Seniors" division, 2:50:21 (1:21:50/1:28:31), coming from behind to pass 2001 "Veterans" champion Alan Oman, 53, Babylon, N.Y., 2:50:57 (1:21:27/1:29:30), and the early

leader, 2002 "Veterans" champion Vladimir Krivoy, 52, Halifax, Mass., 2:52:25 (1:19:29/1:32:56).

Mitsunobu Fukuda, 63, Utsunomiya, Japan, was one of the few runners to race faster than he did last year. His 2:53:59 (1:24:33/1:29:26) this year won him the "Seniors" category in which he placed third last year (3:01:53).

Janice Kreuz, 55, Cincinnati, Ohio, a retired flight attendant, won the women's "Veterans" age group, 3:21:20 (1:38:43/1:42:37) in a narrow win over Martha Degrazia, 52, Slingerlands, N.Y., 3:22:36 (1:37:30/1:45:06).

Triathlete Mary Nathan, 62, Far Rockaway, N.Y., 3:54:15 (1:47:41/2:06:34), repeated as "Seniors" women's winner, just two minutes off her time last year.

Boston had 17,046 finishers this year, with a drop-out percentage of only 3% on a challenging day. Runners from every state and 73 countries participated. Bucking the national trend, women comprised only 37% of the field.

For excellent photos of top U.S. masters at the Boston Marathon (men and women finishing faster than 3:10 or so), go to www.fast-women.com/photos/boston03/ or www.mensracing.com/photos/boston03/index.html. □

— from race reports by *Boston Globe*, and *Letsrun.com*



Health & Fitness

By JANE DODS

Exercise Training – the Fountain of Youth

I recently returned from Dallas, Texas, where I was poked, prodded, deprived of blood, dunked in a tank, and run to exhaustion. These procedures were all part of a study to determine how aging and exercise affect the function of the heart and to what extent endurance exercise training programs can prevent or treat congestive heart failure in the elderly. As individuals age, their hearts weaken and stiffen. This can lead to inadequate pumping and an excess of fluid which is linked to congestive heart failure. The test subjects' diastolic heart function was evaluated using the latest imaging techniques.

Three different groups of people over 65 were tested: 1) masters athletes, 2) healthy sedentary people (a group hard to find), and 3) people with congestive heart failure. The study, proposed by researcher Dean Palmer at the University of Texas, was funded by a \$1.7 million grant from the National Institute of Health and took place at the University of Texas Southwestern Medical Center.

Rigorous Testing

As a member of group one, I pounded the treadmill for my VO_2 max: was hooked up for an EKG, an echocardiogram, and for a series of controlled breathing exercises; underwent a 24-hour blood pressure monitor (try that some night you don't want much sleep); was entubed for an MRI scan; had a catheter inserted into my arm which led directly into the heart (to measure pressure before each beat); and, last but not least, was placed in a box-like chamber (from the waist down) that sucked blood into my lower body via a vacuum device (testing the heart's reaction to negative pressure).

When my blood pressure dropped

to 70, I got nauseous and dizzy and nearly passed out. That was normal. I felt just fine in a few seconds when they sent my blood north again.

Positive Results

According to Dr. Benjamin Levine, associate professor of internal medicine at the medical center and chief doctor on the research team, "Exercise is one of the most important things any individual can do to maintain their vigor and functional capacity as they age." Ever since a landmark study in 1966, researchers have been getting positive feedback on the importance of exercise training to a healthy heart. Results have been irrefutable.

Despite a few "inconveniences" in the testing, I was very grateful to be able to take part in the study. The cost of undergoing such procedures on my own dime would be unthinkable. And in the end I came home with the knowledge that I had the heart of a 25-year-old. That's certainly an incentive to keep exercising!

Now if only the region's worst ice storm in 30 years hadn't passed through while I was there, I could have gotten in a little sightseeing. □



TESH TESHIMA

After finishing the Big Island International Marathon, Hilo, Hawaii, March 23, these four runners had completed 1023 marathons (from l): Layne Reibel, M45, 5:28:44, 154 marathons; Henry Rueden, M50, 6:15:42, 332 marathons; Eugene DeFonzo, M60+, 5:41:31, 206 marathons; and Donald Lang, M60, 6:23:16, 331 marathons.

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

New Treatment for Plantar Fasciitis

Previously, we've discussed plantar fasciitis and various methods of prevention and treatment. In the past year, a new mode of therapy has emerged in the form of shockwave or extracorporeal shockwave therapy.

As most readers know, plantar fasciitis is mainly a running injury. Due to overload and biomechanical pathologies, the plantar fascia becomes inflamed at its attachment to the heel bone. This results in thickening of the plantar fascia and pain.

Various Therapies

We have discussed the various modes of treatment including shoe therapy, orthoses, injection therapy, physical therapy, and oral medication. These have, in part or in whole, proven successful when tailoring treatment to the individual patient's risk factors and preferences.

In essence, extracorporeal shockwave therapy is an electromagnetic shockwave guided by ultrasound to the medial plantar area of the foot. These are usually mobile units designed for orthopedic use.

Depending on the unit, treatment starts out with the lowest energy levels with approximately 50 impulses (up to 2000 impulses) of energy. This usually requires three separate treatment sessions.

Doubly Unpleasant

Depending on the type of unit, the patient needs to have local or regional anesthesia or, in some cases, general anesthesia. In all honesty, most consider the therapy to be unpleasant, not only physically, but financially as well. For example, we've seen estimates ranging from \$3000 to \$6000.

Varied Results

Numerous studies have been conducted with participants reporting improvement ranging from placebo effect (35%) to treatment (72%).

As to whether extracorporeal shockwave therapy should be used for long distance runners with plantar

fasciitis, it seems that the jury is still out. Additional controlled trials specifically with athletes probably need to be performed, but this method of treatment is an interesting concept that may become the treatment of the future. □

(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, he can be reached by e-mail at thefootbeat@aol.com).

Carlsbad 5K

Continued from page 1

Austin, 15:10, made it an honest race.

Local heroine Carmen Ayala-Troncoso, 44, cranked out a 16:43 for second W40+, ahead of supernova Tatyana Pozdnyakova, 48, Russia/ Gainesville, Fla., 17:04, third. Ayala-Troncoso also took home \$1500 as first female Austinite.

Race sponsor Schlotsky's is a delicatessen franchise based in Austin. John Wooley, CEO and president of Schlotsky's, Inc., was especially tickled by the elite field, and announced plans to increase the prize money for next year.

Carlsbad 5000

Under the same sunny sky, 1373 miles farther west, just where the land stops and the surfing begins, Carlsbad hosted its 18th annual bevy of battles. The famously fast T-shaped course would be further flattened by the beating feet of nine separate races for invitational, open, and masters men and women, walkers, and wheelers. It was breezy, and wily Eddy Hellebuyck, 42, Albuquerque, N.M., outleaned Dennis Simonaitis, 40, Draper, Utah, for a 14:38-14:38 win (\$1000-\$500).

For Hellebuyck, it would be his second-to-last tune-up race for the Boston Marathon in eight days. For Simonaitis, an expensive reminder to keep working on his kick. 1999 USA Marathon champion Alfredo Viguera, 40, Woodland, Calif., was one length back, 14:41 (\$200).

Former Irish Olympian Regina Joyce, 46, Lynwood, Wash., sped away in the W40+ race, 17:38, with Kathryn Martin, 51, Northport, N.Y., hanging tough at 18:00 for second. Sandy Meister-Meredith, 40, Ramona, Calif., kicked in for third, 18:14.

U.S. M50-54 5K record-holder (15:36/2001) Nolan Shaheed, 53, Pasadena, Calif., 16:05, nailed the M50 crown. Thom Weddle, 64, Burnsville, Minn., whipped the M60, 19:02; John Brennand, 67, Santa Barbara, Calif., 19:21, burnished the M65; and Jim McCowan, 81, San Diego, 27:55, excelled in the M80.

Race director Kathy Loper, 61, San Diego, cruised to the W60, 22:48; Eve Pell, 66, Mill Valley, Calif., sailed to 22:26; and Gerry Davidson, 82, Fallbrook, Calif., breezed to 35:01. Edith Allen, 91, Laguna Woods, Calif., 46:15, ran the first ratified 5K by a 91-year-old woman. She already holds the single-age U.S. records for age 89 and 90 (44:17 and 45:41, respectively). □



BARB SPANNAUS

Mike Dove #744, second M55 (17:14) and Gary Tuttle, third M55 (17:54), Carlsbad 5000.



ALEX MIROSHNICHENKO

Regina Joyce, 46, gives an interview after her W40+ win at Carlsbad 5K.

Midwest Masters Regional Track and Field Meet

Sunday, July 27, 2003

Oak Forest High School • Oak Forest, Illinois

Meet Description:

Track and Field Competitions:
 Men and Women Master Athletes in five year age groups (30-90+)
 Open athletes 18 and older (no high school athletes)
 To be held at Oak Forest High School on
 Sunday, July 27th, 2003
 Check in: 9:00AM-9:45 AM
 Field begins at 10:00 AM
 Racing begins at 11:00 AM

There will be no locker or shower facilities.
 Entry deadline: July 21, 2003 I'd like to have the meet organized, please advance register!
 Late fee: \$15

Make checks payable to: Gerry Krainik
 15124 Hillside Ave
 Oak Forest, IL 60452-1924

Fees: \$20.00 for Midwest Masters Club Team Member
 \$25.00 for non-Midwest masters athlete.

Events

Weight Throw, Shot Put, Discus, Hammer, Javelin, Long Jump, Triple Jump, High Jump, Pole Vault

Oldest to youngest, ladies first!

11:00 AM Hurdles
 100 Meters
 3000 Meters
 800 Meters
 300 IM Hurdles, HS markings
 400 Meters
 1500 Meters
 200 Meters

Awards: Medals for first, second, third place each age-division. Maximum of three medals, additional medals may be purchased.

The meet will not be re-scheduled if rained out, no refunds.

Age Graded Percentage Scoring
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Registration Form

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Please Print or Type

Name _____ Age (on 7/27/2003) _____
 Address _____ DOB _____
 City _____ State _____ Zip code _____ USATF Number _____
 Phone Number _____ Club _____
 Events _____ Total Amount _____

I understand that competing in a track / field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release USATF, USATF Illinois, Oak Forest High School, and the Midwest Masters Track and Field Club and all sponsors and officials from all claims of any kind arising out of my participation in the 2003 Midwest Masters Region meet. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature _____ Date _____ Emergency Phone Number _____

Penn Relays

Continued from page 1

after the crack of the starter's pistol the athletes were engulfed by a huge roar – what a fabulous show it was.

Mel Larsen, 78, got there first (14.45), with Ed Cox, 75, second (15.02) and last year's winner, Wilford Scott, 76, next (15.46). Champion Goldy, 86, was first over 80 (18.79), and Hosack turned in a 55.73. The presenter of the Penn Relays watch, Olympian Jon Drummond, effusively praised Larsen, Scott, and Cox.

Six masters teams lined up for the 4x400 mixed relay (men 50+, women 40+, or any combination). Herman "Tony" Belcher gave Maryland Masters a nice lead after one lap, but Roger Pierce handed Sprint Force America teammate Carroll "Butch" Blake a healthy advantage after two. Blake passed to Ed Gonera, and that was it, as Sprint Force America won handily in 3:42.88.

Maryland Masters was timed in 3:50.14. An all-women's team, Bohemia TC (Caryl Senn, Phoebe Anderson, Helen Visgauss, and Lori McKeough were listed), took fifth in 4:37.22.

Six masters sprints, from M40 through M65, were run. In the M40, Mitchell Lovett, who runs the 100 in a seemingly unhurried fashion that calls

to mind the style of a 400 runner, was safely in front at the finish (11.25). Cornell Stephenson of California was second (11.40).

In M45, California's Kevin Morning was searching for defending champion (four-time Olympian Neville Hodge) at the start, but could not find him, as Neville had scratched due to injury. Morning, who went double gold at the XIV World Masters Games, Brisbane, with an 11.24 in the 100 and a torrid 22.36 in the 200, edged world M40 100 champion Val Barnwell, 11.38 to 11.47.

Morning later said that everyone wants to run against Hodge (the M45 world recordholder at 10.96) and pronounced Penn the best meet of all in which to run.

The M50 100 saw the absence of world champion Bill Collins, 52, injured in the 4x100 earlier in the day just after the announcer had proclaimed him the world's fastest man over-50, which all reports indicate he is. In his stead, Bob Bowen surged to victory in his characteristically authoritative style (12.15), with Jesse Norman next (12.56) and the ultra-versatile Alston Brown third (12.63).

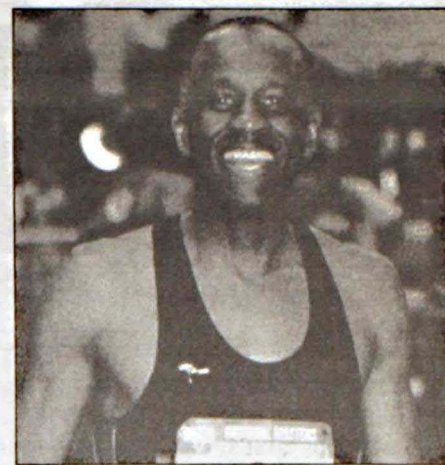
In M55, California's Stan Whitley celebrated his return to the Penn Relays after a 39-year absence (he ran for famed Spingarn H.S., of Washington,

D.C., in the 1964 edition) by getting the job done in 11.99, downing Charles Allie (12.21) and Robert Koontz (12.48).

In M60 there was no one who could touch Steve Robbins (12.34), who used his patented high-knee, piston-like style to win over Richard Jones (13.08) and a masters great of years back, Harry Tolliver (13.40). Finally, in M65, New England's Reverend Dick Camp won impressively in 13.47, with Richard Ocker second (13.71) and Bill Bittner third (13.82).

In the M40+ 4x100, a Maryland Masters squad of Eugene Vickers, Thomas Jones, Neville Hodge, and Jeff Gold sizzled to a 44.08, even though Hodge, somewhat doubtful before the race, injured himself during his leg. Southern California TC was second (44.34) and Sprint Force America third (44.35).

The M50+/W40+ race was similar, as the preternaturally fast Collins (he now holds the M50 world 100 mark at an unreal 10.95 seconds) treated the crowd to a display of awesome form and speed, only to be clearly hobbled late. Still, the Houston Elite squad of Allie, Collins, Horace Grant, and John Hartfield prevailed easily in 46.44, with Maryland Masters running 46.97 and AURA International 48.01. □



SUZY HESS

Charles Allie, M55 winner of the 60m, 200, and 400, with a U.S. record 55.31, 29th National Masters Indoor Championships.

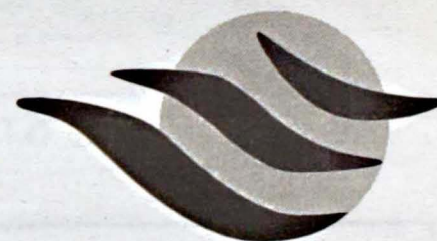
FIFTEEN YEARS AGO June 1988

- 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

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JULY 26-AUGUST 3

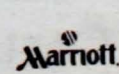
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Baseball
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Masters Racewalking

By ELAINE WARD

Competition is Strong Motivation for Racewalking

Competitive racewalkers have an advantage over fitness walkers. They enjoy an inner drive that motivates them to train and become the best they can. Over the years, I have asked many athletes, "Why do you compete?" Some answers follow.

Donna Cunningham: Up until my early forties, I thought I was a non-competitive person, but after winning my first race, the floodgates opened. I've continued to surprise myself ever since. Maybe it was all those years working with racehorses. It's the feeling of when one horse looks others "in the eye" and refuses to let them pass or wears them down inches at a time. Anyway, I caught the spirit.

Even now when I'm out for an easy jog and see somebody else up ahead, I find myself trying to match strides just to see if I can't be that little bit better.

Racing is *fun*. The endorphins are up and I can usually go just a little beyond myself. If things in my life aren't working out particularly well at the moment, it can be a source of self-satisfaction to have done a good race. And if the race has really taken a lot

out of me, as is often the case, there's that wonderful feeling of deserving to take a rest.

If it wasn't for the incentive of racing, I'm sure my morning workouts would eventually consist of walking from the coffee pot to the newspaper in the front yard. I'm grateful to everybody else who "gets out there and does it," and who shares the ups and downs.

Don DeNoon: Masters racewalking is great because it provides an opportunity for people to reach goals in athletic pursuit. Goals are what make life go. When I was 48, my goal was to try to make the Olympic Trials. It kept me going.

Other people have the goal of winning their age-group division in a particular race, or of beating a masters record. People can grab hold of such goals at any age and become physical-



JERRY WOJCIK

Sandy Marr (l), W40, and Kathy Finch, W45, in the 5000 racewalk, 2000 National Masters Championships, Eugene, Ore. This year's championships will be held in Eugene on Aug. 7-10.

ly fit and mentally alive.

Elton Richardson: Competition is a way of reaffirming my health and my strength. I think of 1984 and 1985 and how I could barely walk because of osteomalacia and surgery. I am a new person for being an athlete.

Jim Carmines: When I race, my drive is to be the best master in the race. I am confident that I can be com-

petitive, and that is what I want to be. I want to be up at the top. I set goals for myself that I can obtain, and then strive to push beyond them in a race.

I have learned that there is no age limit to what you can do. I have gotten where I am today because I recognize no limits and will not recognize them. You can excel within the potential of who you are yourself.

Patti Kennedy: I compete because I love to compete. I wasn't competitive when I was younger, but I got into racewalking several years ago and found it was something I could do and have fun with. I love to see how far I can go and who I can beat. It is an *up* for me.

Now that I'm older, it's a little easier. There aren't as many in my age group (W70), and I still love to do it. Then there's the social part. I so enjoy meeting people at races. Over the years, you see the same people and it gets to be like a big family.

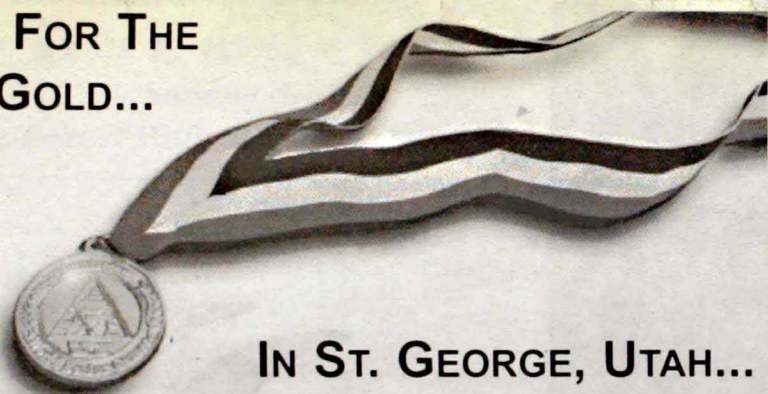
Enrique Camarena: I have been experiencing a lot of things that I never thought would happen to me during the last few years that I have been competing. The more I discipline what I am doing, the more I learn. Everything comes together.

Discipline, mind set, relaxing and racing. That is why I never get afraid that someone is going to beat me. If they can go faster, fine, but my mind is already set on what I am going to do.

By being able to set goals and achieve them, competition builds self-confidence and self-esteem. When

Continued on page 11

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Identify appropriate category: Age-group record (e.g. 40-44) _____ Indoor/Outdoor Track/Road
Single-age "Best" (not an official USA T&F Record) _____

Event distance _____ Age _____ Official time achieved _____ Date _____

Where held (name of track or course, town, state, country) _____

Name of competitor, birthdate, address, phone #, e-mail _____

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

Verification (to be completed by Event Referee)

Time recorded _____ Name of head timer _____

Watch #1 _____ Watch #2 _____ Watch #3 _____ Include 10ths of seconds (100ths if FAT)
Hand timed? _____ FAT? _____

USATF Rules require that track records must have a minimum of 5 certified judges and road races must have a minimum of 6 certified judges. At least half of the judges must have National judging certification or higher and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are needed. Race must be USATF sanctioned.

List all judges _____ Certification # _____ Level of Certification _____

Judge #1 _____

Judge #2 _____

Judge #3 _____

Judge #4 _____

Judge #5 _____

Judge #6 _____

additional judges _____

Course Certification # _____ Track 440y/400m/other _____ 2-in high continuous curb? yes _____ no _____
5K road records must be on circuits no larger than 1250 meters.

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

Signature, address, phone and/or e-mail address of Referee or Meet Director _____

Submit lap times for record applicant and complete race results
Beverly LaVeck, 511 Lost River Rd., Mazama, WA 98833, (509) 996-2423, (206) 524-4721 bevlaveck@aol.com,
bevlaveck@methow.com



Track & Field Report

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

Status of the Inaugural World Indoor Championships

As a follow-up to last month's report on the bid by New York, I am sad to report that the WMA Council has voted to recommend that the first WMA Indoor Championships be held in Sindelfingen, Germany. They can only recommend, as the General Assembly has not yet approved that such an event be added to the Championships agenda.

We knew that, going into the bid process but thought it was worth the chance that the General Assembly would approve the Championships and approve having it start in 2004 instead of 2006.

We believed our strong technical superiority, 6 lanes vs. 4 lanes, and the ability to have the weight throw indoors, as well as many other points, would make us the obvious choice. We thought, wrongly, that the Council would consider New York to be the best venue available for this inaugural event. Considering this, together with the fact that the next two outdoor championships will be in Europe, it seemed fair that the United States would get this meet.

When I pointed out the European dominance over the next few years, Torsten Carlius, WMA president, said we should be happy to have had the outdoor championships in Puerto Rico, which is a U.S. Territory. He fails to understand that the second-place bidder for the 2003 WMA Championships is not part of the U.S. Federation and is, therefore, not an award to the U.S.

Why would anybody outside of Europe waste their time and money on a

WMA bid that is obviously awarded on political merit? This being said, one thing is clear, the present WMA Council

does not follow the WMA Constitution and By-laws. What will it take for them to gain credibility of its members?

I hope the Council will make sure there is complete disclosure of the tech-

"...the present WMA Council does not follow the WMA Constitution and By-laws. What will it take for them to gain credibility of its members?"

nical reports immediately so all delegates will have time to review them in advance of the General Assembly in Puerto Rico.

I suggest that the question of whether there should be a WMA Indoor Championships be taken up in the first session. And, if approved, that a vote be taken in the second session regarding

whether the General Assembly should follow the Council recommendation to uphold the illegal award to Germany. If not, then the bidders should be given a chance to make their presentations to the General Assembly and then vote.

Germany is well aware that this could happen. All bidders were warned by Mr. Carlius that this could happen.

Even if this is the case, I believe, considering the European dominance of this organization, we will probably lose.

I think WMA needs to review how it does business and follows its own Constitution. There are other issues concerning promoters of international competitions being on the Council. They will probably just change the Constitution to meet their personal business requirements. We will see! □



Chuck McMahon Memorial Masters Track & Field Meet

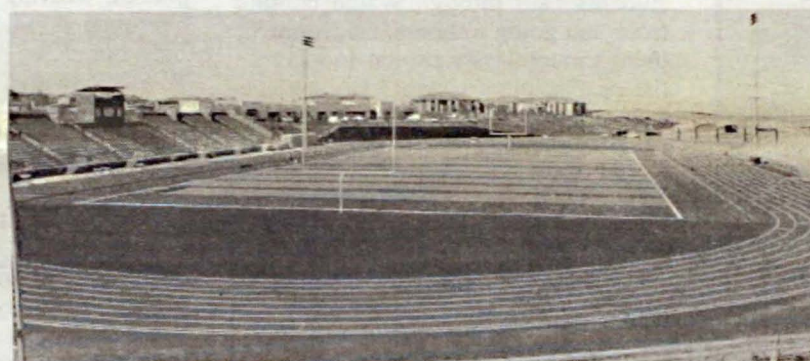
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Left on Carmel Valley Rd. Left
on Camino Del Sur/Camino
Ruiz. Track is in south corner
of parking lot.

Medals given to top three winners in each age group. Free fruit and water will be available...Concession stand benefits Westview High School Youth Athletics
HOW TO ENTER: Choose the appropriate EVENT CODE(S) & Description(s) from the list below and complete the Entry Form found to the right. Each athlete must submit an entry form and signed waiver with the registration and event fee.

EVENT CODE	EVENT DESCRIPTIONS	Approximate Start Times
RA - 01	Race walking 5000m	7:00am
TR - 01	5000m run	
RA - 02	Race walking 1500m (Expert)	
RA - 03	Race walking 1500m (Novice)	
TR - 02	80/100/110m hurdles	10:00am
TR - 03	1500m run	
TR - 04	400m dash	
TR - 05	100m dash	
	LUNCH BREAK	1:00pm-1:30pm
TR - 06	300/400m hurdles	1:30 pm
TR - 07	50m dash	
TR - 08	800m run	
TR - 09	200m dash	
	FIELD EVENTS	
FD - 01	Pole Vault	9:00am
FD - 02	High Jump	9:00am
FD - 03	Discus Throw	9:00am
FD - 04	Long Jump	10:00am
FD - 05	Shot Put	1:00pm
FD - 06	Javelin Throw	After Discus Throw
FD - 07	Hammer Throw	TBA (Maybe conducted offsite)
FD - 08	Triple Jump	After Long Jump

Rules: USATF Masters Rules apply

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LIABILITY WAIVER: I, undersigned participant, hereby agree to indemnify and hold harmless the organizers of the San Diego Senior Olympics (SDSO), San Diego Senior Sports Festival, City of Poway Unified School District and all sponsors, their agents, employees, and representatives or assigns, from any and all actions or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have due to any injury or property damage arising out of my participation in the SDSO. I understand and agree that any dispute regarding injury or property damage caused by myself or by another participant is not the responsibility of the San Diego Senior Sports Festival or SDSO. I warrant and represent to the organizers that I have prepared myself for the event(s), which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition, am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the SDSO. The organizers have advised me that it would be in my best interest to consult a physician prior to my preparation for and participation in the SDSO. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate an unrecognized pre-existing cardiovascular disorder or other physical condition, which I may have, thereby resulting in serious or life-threatening physical harm to me. The organizers have my permission to have a physician treat me during my participation in the SDSO.

Print Name: _____

Signature: _____

2003 Individual Registration Form

Name: _____ Circle One: M/F

Address: _____

City/State/Zip: _____

Phone Number/ (Evening): _____

Email: _____

B-day: _____

Person to contact in case of emergency:

Name: _____

Phone: () _____

Entry Information- List Event Code(s)- Found on left side of page

Event Code	Event Descriptions
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
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PAYMENT INFORMATION

- 1) Registration Fee (\$20.00)
- 2) After 6/20 (Postmarked by) Add \$10.00/person
- 3) Day of event add another \$5
- 4) Total Event Fees: # of Events x \$5
- 5) Donation to SDSF tax-deductible

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For Additional Information
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Racewalking

Continued from page 10

you commit yourself to a training program and discipline yourself to do it, it is good for all the rest of your life. Sport gives you a chance to prove yourself to yourself.

Don Johnson: The competitive spirit is individual to each person. Some competitors have to go by the book and do all the advised training mileage. Then, when they get into a race, all they can do is what they have put in.

Other people will just come alive in a race and go way beyond their training. They essentially get more out than they put in. I think the competitive spirit is something inside.

Bob Mimm: If I go to a race, I like to win. Yet if I don't win, I am ready for the next race. I know some people who will not enter a race if they don't think they can win. I think the competitive spirit is simply the desire to compete.

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



On The Run

By HAL HIGDON

The Road to Waldo

A friend warned us about Waldo. "It's a speed trap," she said. "Go more than one mile an hour over the speed limit, and they'll nail you! It's been on national TV.

Waldo is a small town a couple of dozen miles north of Gainesville. I was scheduled to deliver a speech to the

Florida Track Club. We would need to pass through Waldo driving south from Jacksonville. Forewarned, I shifted speeds as signs warned me of changes in the limit from 65 to 45 to 55 to 35, then back up to 65 mph. Every few miles, the limit moved up or down. You didn't dare miss a sign for fear of getting caught.

Approaching a school zone, we were instructed to drive 15 mph if the yellow light was flashing. Remarkably, all the cars in front of me were going exactly that speed! How often do you see that happen?

Deserved Reputation?

I'm not sure Waldo deserves its bad reputation as a speed trap. Maybe its citizens merely want to slow down crazy drivers. University of Florida students pass through Waldo coming from and going to home. Had some of them thoughtlessly driven too fast in the past? Gotten caught? Do students post signs in the dorms warning

FIVE YEARS AGO June 1998

- Craig Young (41, 30:42) and Irina Bondarchouk (45, 36:14) Triumph in Sallie Mae 10K
- Sprinters, Teams Star in Penn Relays
- Steve Plasencia, 41, Wins USA Masters Half-Marathon Championships with record 65:27 in Indianapolis; Patty Valadka (40, 77:16) Takes W40+ Title



KAREN HUFF

Finalists in the M70 60m (from l): Vern Schewe, fourth; Harry Brown, second; Bob Keegan, first (8.47); and Joe Summerlin, third, 29th National Masters Indoor Championships, Boston.

friends to slow down? Can you think of a better form of speed control.

Back in Illinois, I sometimes travel I-65, the main route for students from the University of Illinois and Illinois State University traveling to and from Chicago. Students often rush past, driving 90 mph, talking on their cell phones, weaving in and out of traffic. Not quite as wild as the Autostrada in Italy, but close. Perhaps Illinois needs a Waldo. Perhaps a lot of our highways do.

During the question-and-answer period of my talk in Gainesville, one of the runners asked: "How do you avoid injuries?"

Setting Limits

I suggested that you needed to determine the precise amount of training (how many miles, how much speedwork) that permits you to maximize performance without getting hurt. Then you do slightly less than that amount, except for occasional and cautious pushes above to see if you can

nudge your training and fitness upwards.

Maximizing performance depends on balancing speed with distance, hard work with rest. Get the formula right, know when to put on the brakes, and you won't have to waste money being seen by sports doctors.

Close Parallel

Driving back to Jacksonville later that evening, I realized that I had been speaking of Waldo, the ultimate speed trap. Just as signs on the roads through Waldo show shifts from 65 to 45 to 55 to 35, then back up to 65 mph, we also need to shift levels of training as we seek to maximize performance and avoid unnecessary injuries.

We all need a speed trap. We all need a Waldo. Finding one is the great challenge. □

(Hal Higdon is a Senior Writer for Runner's World. For more information on training, visit his website at: www.halhigdon.com.)

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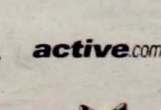
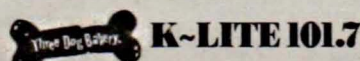
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SANTA BARBARA NEWS-PRESS



SUZY HESS

Top M50 finishers in the 400 (from l): Francis Schiro, third; Ed Gonera, first (53.64); Alston Brown, second; Carroll Blake; and Ric Lapp, 29th National Masters Indoor Championships.



JERRY WOJCIK

Lynne Ingalls, 60, the W60 national champion in the 100, 200, and 400, 35th National Masters Championships. The 36th Championships are scheduled for Aug. 7-10, in Eugene, Ore.

TEN YEARS AGO June 1993

- Wes Wessely, M45, and Trudy Branderhorst, W40, Capture National Masters 5K Titles in Alaska
- Chuck Moeser, 41, and Rose Malloy, 44, Win in Cherry Blossom 10 Mile

MASTERS TRACK & FIELD CALIFORNIA STATE GAMES

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WHAT IS THE CALIFORNIA STATE GAMES? California State Games is a multi-sport festival of Olympic-style competition for California's amateur athletes of all ages and abilities. State Games is a community based member of the United States Olympic Committee.

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SAN DIEGO JULY 2003

PUBLICATIONS ORDER FORM

Quantity Total (US\$)

Masters Age Records (2002 Edition)

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

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

Masters Track & Field Rankings (2002)

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

McMahon Family Trust Masters Track & Field Indoor Rankings

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

Masters Age-Graded Tables

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

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of Dec. 7, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Coordinator. \$2.00.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). \$2.00.

Competition Rules for Athletics (2003 Edition)

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

USATF Directory (2003)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

New! WMA Handbook (2001-2003)

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

USATF Governance Handbook (2003)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

Running Encyclopedia, The Ultimate Source for Today's Runner

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

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

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

USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

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

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

Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

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The Weight Room

By JERRY WOJCIK

The Indoor, Not Over Yet

Spring has been late in coming here to Eugene, so, even though it's June, that gives me license to mention the 2003 Masters Indoor Championships in Boston. One shot put, nine weight throw, and three superweight records fell. The most notable was a 10.79 by W40 Oneitha Lewis in the 35# SW, to erase her own 8.85 in 2001, an increase of well over six feet.

For those wondering how nine weight records, most just one year old, could be broken in one meet, let me explain. Last year, the Masters T&F Executive Committee voted not to wait for three years while accumulating "bests" before submitting marks for new events or events with new implements (weight pentathlon, for instance) for approval at USATF's annual meeting. In the past, we had followed the path that WMA takes, which is to stockpile potential "best" marks of new events for three years before culling out the records.

Now, marks of record quality, such

as for the recently adopted WMA weights, are submitted for approval without any delay. The ASAP adoption eliminates what many thought was the delusive "best" when referring to outstanding marks for three years. It also diminished the possibility that U.S. record breakers might have gone to the Hayward Field in the sky before receiving recognition.

It also made for questionable records based on marks at national championships, while better marks from meets where directors dragged their feet or didn't submit forms at all are nowhere to be found, yet.

Potential world records in the combined-events that include a new event (javelin, weight, hurdles) by U.S. masters have been on hold because of the WMA three-year waiting period.

In answer to a query about the shot put, Rule 202 in the USATF Competition Rules Book states: "The maximum diameter for all outdoor shots used in masters competition shall be 130mm for men and 110mm for women."

Speaking of indoor activities, it appears that the first WMA indoor world championships may still be up for grabs. Instead of the Armory T&F Center in NYC, we might get Sindelfingen in Germany. Outside of the U.S., Canada, and several other enlightened countries, the weight, not a WMA-sanctioned event, is not on the schedule in most national indoor championships, and the superweight is unheard of. The WMA General



Top three M50 shot putters (from l): Craig Shumaker, second; Ron Summers, first (16.00); and Michael Shiaras, third, 29th National Masters Indoor Championships, Boston.

Assembly in Puerto Rico will vote on adopting the weight in 2005.

I hope that there will be a campaign to add the weight and superweight to the championships if they take place outside of the U.S., which will certainly have both if the championships come to NYC. If inclusion of the weights doesn't happen, I can't imagine many U.S. throwers, most of whom enter the shot, weight, and superweight in our championships, traveling halfway around the world for one event.

George Mathews, Masters T&F Committee Chairman, was even toying with the idea of adding some outdoor throwing events, weather not withstanding, if the world indoor championships came to NYC to entice throwers by giving them a little bang for their buck.

Even if the science & technology mutual funds in my portfolio take a huge jump by next year, I don't think I'll be needing any euros until I get to Spain in 2005. □

2003 Hayward Classic Offers Championships Preview

Athletes who plan on entering the 2003 National Masters Championships can preview the venue and the ambiance of famed Hayward Field, the site of the Championships, by competing in the Hayward Classic, scheduled for June 21-22, at Hayward Field, University of Oregon, Eugene.

Hosted by the Oregon Track Club Masters, the Hayward Classic, "America's Premier Masters Meet," is open to men and women aged 30-and-above, competing in five-year age groups.

In addition to the usual track & field events, the Hayward Classic offers some events not found in most masters meets: 10,000, 5000 racewalk, steeplechase, weight throw, superweight, an age-graded mile, and three relays.

This year's meet is also the USATF Northwest Regional Masters Championships. Guest athletes from out of the region are welcome to enter but are not recognized as regional champions. The OTCM will provide throwing implements, including the 56# superweight for men 30 to 69.

USATF registration is necessary and may be acquired at the meet headquarters Phoenix Inn, at packet pickup, 6-8 p.m., on the 20th, or at Hayward Field during the meet. For reservations at the Phoenix Inn, call 800-344-0131. A Saturday evening reception is planned for 4:30 p.m. at the U. of Oregon's Casanova Center.

The entry deadline must be post-

marked by Fri., June 13. A \$10 late entry fee will be charged after the 13th. No entries will be accepted after Thurs., June 19. For more information, contact 541-687-9675; brem@oregon.uoregon.edu; www.haywardclassic.com.

The USATF National Masters Championships are scheduled for Aug. 7-10. □



Gold medalists at the Palm Desert Senior Games, Palm Desert, Calif., (from l): Jerry Silsdorf, 79, high jump; Arnie Gaynor, 75, shot and discus; and Angelo Rinaldi, 53, shot and discus.

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JERRY WOJCIK

Russ Jacquet Acea, M45, at the 2002 Hayward Classic, Eugene, Ore. The 2003 Hayward Meet is scheduled for June 21-22.

Micros Plan Assault On M40 4X1500 World Best

On Sunday, June 22, four "Mighty Micros" will be taking on the M40-49 4x1500 world best mark at the Hayward Classic, Eugene, Ore. The squad will consist of Peter Magill, Tony Young, David Olds, and Angel Roman. The present world's best stands at 16:44.78 by France, but the "Micros" are itching to bury that one. "We want to go sub-16, really put this mark out where it won't get touched for a while," said Magill.

That may be a bold statement, but not really – considering the impressive credentials of this group. Tony Young has a pending M40 U.S. 1500 record at

3:46.43. David Olds is the current national masters cross-country champion at 10K and 6K. Angel Roman is the 2002 Indoor 800 champion. Peter Magill has already clocked 3:58.44 for 1500 this year.

All currently hold world bests as members of a masters 4x1600 or distance medley, or both. These guys are the cream of the crop of M40 masters milers.

A reception, shortly following this historic race, will be held at the nearest brew pub. Go "Micros!" □

– Dave Clingan, President, Mighty Micros T&F Brew Club



JERRY WOJCIK

Harold Nolan, winning the M55 800 (2:16.03), 35th National Masters Championships, Orono, Me. Gordon Reiter #780, was second (4:16.30). Dale Gaide (second left) passed Richard Tucker #968 for third. Richard Hamner was fourth. The 36th Masters Championships will be held on Aug. 7-10 in Eugene, Ore.

Write On

Continued from page 4

implements and lower hurdle heights used for the upper age groups.

Abe Sheinker
Youngstown, Ohio

RECORD APPLICATIONS

On March 8, I competed in the MAC O/M Championships in NYC's Armory T&F Center. Also competing that day were two of the finest women runners in the U.S. – Long Island's Kathy Martin, W50, and Marie-Louise Michelsohn, W60 – who both broke age-group records in the 3000.

After my 800 race, I was surprised to see Kathy's husband, Chuck, walking around trying to get signatures on the record application form. I told him that it was the responsibility of officials to do the paper work, not him. In truth, he had to do it, because there was no one else around who seemed interested.

Chuck had the application form due to the wisdom of the *National Masters News* which includes a copy with the indoor and outdoor age records it publishes. I told him there were rules involving record submissions and that he didn't have to run all over the Armory to get signatures from the photo evaluator, chief timekeeper, three timekeepers, referee, starter, measurer's certificate, and a newspaper clipping and marked program, all of which are on the form.

I remembered that I had read something in the NMN on records and, when

I got home, found in the NMN, March 1999, in a "Speakers Corner" by Graeme Shirley, USATF Masters T&F Rules Coordinator, the following: "First, the officers of the USATF Masters T&F Committee need to accept responsibility for what we publish. It is not the athlete's job to bring the form, get signatures on it, and know where to send it. It is our job to properly document the history of the sport."

"Second, as the governing body, it is our job to enforce Rule 180.2 and Rule 52: 'For all athletics meets, there shall be included in the list of officials a Recorder of Records. The Recorder of Records shall see that records are properly applied for. He/she should have at the site of the competition an adequate supply of record forms. He/she should have no other duties.'"

Would someone from the powers that be decide whether the rules should be followed, or if it is up to the athlete to submit forms?

Bill Benson
Valley Stream, New York

KUDOS

Congratulations on an outstanding May 2003 issue of *National Masters News*. I very much enjoyed the coverage of the Indoor Championships in Boston, Mike Tymn's feature on Jim Manno, and the records section.

Regrettably, my review of the records only put a punctuation mark on my sorry state of fitness, but I do move to a new age category in two years!

Dallas Masters Stage Age-Graded 200

By WAYNE BENNETT

The Dallas Masters T&F Club staged an age-graded 200 at the U. of Texas-Arlington Open Track Meet, May 3, for the second year in a row. Proving that age-grading works, the top four finishers were within 0.19 seconds of each other at the finish line.

Cindy Steenberg, 49, was the winner with a time of 21.34 seconds, running 159.4m. The other runners were Ed Jones, 58, second, 21.38, 169.5m; Wayne Bennett, 66, third, 21.51, 160.4m; Don Denson, 62,

fourth, 21.53, 164.9m; Joe Summerlin, M71, fifth, 23.51, 154.6m; and Bernard Scott, 43, sixth, 25.20, 187.4m.

We have already been invited back for next year's meet. Coach John Sauerhage, head UT-A track coach deserves a big "Thank you" for letting us have this event. We felt we put on a great show for the college youngsters who watched us. They were impressed that we can still move well at our age. One of our goals is to show them that track is a sport for life. □

Thanks for all you do on behalf of our sport.

Craig A. Masback
CEO, USA Track & Field

My husband, Jeff, and I really enjoy the *National Masters News*. It has re-inspired Jeff to get on the track and try to qualify for nationals. He avidly reviews times in his age group and started indoor track this winter for the first time in years.

Nancy Hobbs, Chair
USATF Mountain Ultra Trail
Running Council
Colorado Springs, Colorado

TWENTY 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

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MASTERS CLUBS

Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405; natmanews@aol.com.

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www.mvsridders.com

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www.northmedfordclub.org

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4217 W 91st
Tulsa, OK 74132-3739
TEAM_OKLAHOMA@bigfoot.com

Texas Track Club
3334 S. SW Loop 323, #140
Tyler, TX 75701
Robert Hahn
903-561-9511
903-561-9512 (fax)

Tulsa RC
PO Box 3304
Tulsa, OK 74101-3304
918-496-1939
www.tulsarunningclub.com

Waterloo T&F Club
4112 Burnet Rd.
Austin, TX 78756
512-458-6010
www.geocities.com/hurdle4fun/

Cal Coast TC
PO Box 7132
Newport Beach, CA 92660-7132
949-476-7076
Bill Summer/Rick Herr

Club West
Beverly Lewis
PO Box 5730
Santa Barbara, CA 93150
805-969-5852
OR

Gordon McClenathan
PO Box 99
Goleta, CA 93116-1099
805-964-3005

Corona del Mar TC
19103 S. Andmark Av.
Carson, CA 90746
310-638-7125

Elite Health TC
10738 Jefferson Blvd.
Culver City, CA 90230
310-559-9739

Elite Health TC
10738 Jefferson Blvd.
Culver City, CA 90230
310-559-9739

Excelsior TC
311 Lexington Way
Burlingame, CA 94010
415-592-8353

Feel The Heat TC
Rawle Crichtow
1522 E. Southern Ave., #2041
Tempe, AZ 85282-5664

Great Strides Honolulu
1521 Punahou St., #1302
Honolulu, HI 96822
808-942-9567

Hawaii Masters TC
PO Box 15763
Honolulu, HI 96830-5763

Heart & Sole TC
2817 San Mateo Blvd. NE
Albuquerque, NM 87110
John Reardon
505-620-9923
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Inland Empire Racewalkers
PO Box 261
Riverside, CA 92502
714-877-3548
714-824-2336

KEL Club
Gary Kelmenson
5601 Empire Grade
Santa Cruz, CA 95060
831-458-0300
kelfield@aol.com

Los Gatos AA
PO Box 1334
Los Gatos, CA 95031
408-354-7333

Marin Race Walkers
Jack Bray
PO Box 21
Kentfield, CA 94914
415-461-6843
marinrw@earthlink.net
http://www.marinracewalkers.org

No. Calif. Senior TC
John Coudill, President
1367 Oakland Av.
Piedmont, CA 94611
510-655-5901

Pacific Racewalkers
Box 513
Carmichael, CA 95609
916-483-2917

Personal Record Vertical Sports Club
802 Brentwood Ave.
Vallejo, CA 94591
Eddie Seese
707-645-8555
prsp1@aol.com

Phoenix Bobcats Track & Field Club
PO Box 26545
Phoenix, AZ 85068-6545
www.phoenixbobcats.com
602-392-3599

Pole Pilots/Kinaesthetics Inc. Track Club
1137 E. Edison St.
Tucson, AZ 85719-3530
Roy D. Willets, Jr.
Jennifer L. Croissant
520-206-9322
www.polepilots.org

Rankings compiled by Larry Patz (Weight and Superweight compiled by Jerry Wojcik)

55 Meters 55M MEN'S 30-34 CHAD RUEBER 6.80 DON DRUMMOND 6.88 DAVE BOWERS 7.05 MICHAEL LUCAS 7.19 WILL HOLLAND 7.21 CORBIN LANG 7.41 JAMES GRIFFIN 7.46 TOM BRUNO 7.50 DEAN THOMPSON 7.60 JOE MULLIGAN 8.04 LYNDELL PATTERSON 6.6h WILL HOLLAND 6.9h JOHN EGAR 7.2h JOHN EAGER 8.0h 55M MEN'S 35-39 STEVEN BUNN 6.42 BARNEY BORRAMEO 6.69 CHRISTIAN BODA 6.85 SEAN MCKINNEY 6.93 GORDON MCKEE 7.29 ANDREW GAMBLE 7.33 RONALD DAVY 7.66 MARK MANSON 7.66 MARK DELONG 7.73 TOM PERRY 7.82 MARK PEARSON 8.19 DERRICK GOLDEN 6.6h ASTON SCOTT 6.8h JAMES MCKEEN 7.1h JAMES SCESNEY 7.2h ERIC MARWITZ 7.2h 55M MEN'S 40-44 DAVID ASHFORD 6.90 JEFFERY FRERKS 7.00 HAROLD PIERCE 7.11 DAVID NEUMANN 7.13 STEVE HIESKELL 7.14 ROBERT WILLIAMS 7.31 TONY MULHOLLAN 7.38 DOUGLAS HEEREN 7.49 WILLIAM COOMBS 7.55 PAUL BELMANSKI 7.59 JEFF SIEK 7.69 RONALD UTE 7.86 ROBERT GUSKY 8.00 ERIC MAKI 8.01 CRAIG O'BRIEN 8.33 BRIAN MCBRIDE 8.83 LOVELL BUTLER 6.5h BENJAMIN MCLEOD 6.3h TONY FULTON 6.7h ROBERT HARDING 7.0h TONY DISALVO 7.0h TONY RINGGOLD 7.2h CLIFFORD ANDREWS 7.2h CHRIS SYDNOR 7.3h KINLEY MILL 7.3h JAY FOURHILL 7.4h CAMERON BOWIE 7.5h HOWARD BOLTON 7.6h 55M MEN'S 45-49 STACEY PRICE 7.16 SHAWN SHURILLA 7.36 NEIL STEINBERG 7.40 ADAM MOSELESKI 7.46 ARRELL JARNIGIN 7.47 RYAN SHILCUTT 7.51 ROGER DAVIS 7.52 CALVIN SAULSBERRY 7.54 THOMAS REWOLINSKI 7.56 RICHARD SRIKA 7.60 BILL CHEDIAE 7.64 ROBERT ZAHN 7.72 KEN ELLIS 7.74 BYRON WARE 7.74 RONALD UTE 7.86 LOU RONSIVALLI 7.86 RICHARD CLARK 7.86 BOB BATEMAN 7.98 MARK JAKUBOWSKI 7.98 GEORGE SCHROEDER 8.00 PHILIP MULKEY 8.48 EDWARD JAMES 7.0h PHIL BUJALSKI 7.1h KAESTNER MCDONOUGH 7.1h TERRY MCKECHNIE 7.1h DONALD PASSMAN 7.2h NICHOLAS BONO 8.1h RANDY ELAM 8.2h 55M MEN'S 50-54 BILL COLLINS 6.75 LEE HESS 7.52 JESSE NORMAN 7.60 WILLIAM SELLERS 7.61 SERGIO ANGULO 7.74 JIM DOLEZEL 7.76 PETER HALL 7.76 RICHARD WINFORD 7.92 ROBERT HAHN 7.99 MICHAEL GARRITY 8.00 WAYNE SPITZ 8.04 PAUL GREENBERG 8.07 ROBERT MARCHETTI 8.18 DAVID HACKBARTH 8.49 JIM WOODS 10.26 JOHN CHRISTIAN 10.45 LARRY ISLER 7.2h GARY AREND 7.3h JESSE NORMAN 7.4h PAUL CITEK 7.6h DAVID GRITZ 7.7h WAYNE SPITZ 7.7h MICHAEL SANTO 7.8h STEVE BURR 8.0h JOHN BORDEN 8.3h 55M MEN'S 55-59 ROGER PIERCE 7.39 DONALD NEIDIG 7.48 EDWARD JONES 7.57 DENNIS NEWTON 7.67 RICHARD JONES 7.68 RICHARD SEALEY 7.70 LARRY STEEB 7.75 DAN HANSEN 7.81 DARRYL DECKER 7.83 ROBERT BAKER 7.84 MIKE OLIVER 7.97 OZZIE BINION 8.17 JESSE EAKERS 8.24 GARY KRUEGER 8.39 MICHAEL KENDALL 8.46 RAY BENTLEY 8.49 MICHAEL VAUGHT 8.52	55 Meters 55M MEN'S 30-34 CHARLES ALLIE 7.2h GARY GEIGER 7.4h BOB WEDGE 7.8h PAUL HENRY 7.8h NOAH PERLIS 7.8h DAVID SHIELDS 7.9h OZZIE BINION 8.1h ALDEN WASHINGTON 8.1h WAYNE WHITE 8.1h MIKE CROSBY 8.5h DREW COYLE 8.9h FRED EDELSTEIN 9.5h 55M MEN'S 60-64 LAWRENCE GUNN 7.73 EMIL PAWLK 7.80 PAUL GANSLIE 7.85 DOUGLAS GEERTGENS 7.86 DON DENSION 7.87 TROY SCOGGINS 7.90 JAMES KENNEY 7.96 RON COLLIVER 8.04 TOM SEAVAR 8.12 WILLIAM KNOCKE 8.15 AVITAL SCHURR 8.16 HERBERT SCHUELER 8.40 GEORGE LABELLE 8.61 DAVID EWY 8.68 NATE BYRD 7.3h RICH JAMES 7.6h JAMES KENNEY 7.9h THOMAS FONDY 8.0h JAY LUTZ 8.2h KEVIN MURPHY 8.6h TOM HARTMAN 8.7h TOM MORRIS 11.6h 55M MEN'S 65-69 BOB LIDA 7.87 WAYNE BENNETT 7.97 PAUL LEHMKUHL 8.52 ROBERT HURLEY 8.78 GLENN BREMENKAMP 8.83 MICHAEL PATTERSON 9.27 HAMILTON DAVIS 9.34 BILL BIDDY 9.51 JERRY ROUSE 9.66 DAVE HANLON 9.69 LOUIS EDELMAN 9.76 EDWARD MEZAPFELLE 9.89 DAN AMERY 10.39 DICK CAMP 7.6h WILLIAM BITTNER 7.7h ROOSEVELT WEAVER 8.0h THOMAS FONDY 8.1h DON BECK 8.4h 55M MEN'S 70-74 WILLIAM WAREHAM 8.68 BERNARD STEVENS 8.75 GORDON SEIFERT 8.85 ANDY ANDERSON 8.99 DONALD HUDSON 9.01 CLARENCE TRINKNER 9.12 WILLIAM HUFNAGEL 9.32 SONNY OLIPHANT 9.33 LEON BERMAN 9.41 VAL SMITH 10.78 BOB KEEGAN 7.5h TOM RICE 8.1h JAMES STOOKEY 8.4h GIORGIO CHIAVELLI 8.9h THOMAS TALBOTT 10.1h 55M MEN'S 75-79 BILL DAFRANO 9.11 FRANK BRAKO 9.53 DARWIN MCHAUD 10.03 BOB WINGO 10.51 EDWARD COX 8.4h 55M MEN'S 80-84 BILL CARTER 9.63 DOC BENNETT 12.43 VERN MATTSO 14.38 JIM MANNO 9.3h 55M MEN'S 85-89 WARREN TASHIAN 12.0h 55M WOMEN'S 30-34 ELAINE BODA 8.22 NEDENIA WEST 8.0h 55M WOMEN'S 35-39 REGINA RICHARDSON 7.49 KISHA CARMAN 7.84 MIKI BAUER 9.56 CHRISTINE SHAW 9.64 REGINA RICHARDSON 7.6h 55M WOMEN'S 40-44 KATHLEEN SHOOK 8.24 PEGGY WILSON 8.32 LISA FASKA 8.72 PAULA FORTUNA 8.73 JULIA BARBER 9.21 CINDY LANGUIRANO 9.54 VIVIAN WISE 10.45 SHENAYNE WILLIAMS 8.0h JOY ENOCH-OHAYIA 8.0h NANCY MCKENNA 8.2h GWEN MILLER 9.4h 55M WOMEN'S 45-49 TERESA RICHARDS 9.56 LEAH REWOLINSKI 9.82 IRVINE THOMPSON 7.7h LOUISE CLARK 8.6h 55M WOMEN'S 50-54 HILLEN STUBENDORFF 8.89 DEBRA BURKS 10.85 HILLEN STUBENDORFF 8.7h 55M WOMEN'S 55-59 ELIZABETH RIORDAN 9.14 LAURIE BARTON 9.19 55M WOMEN'S 60-64 KATHY BERGEN 8.41 LYNNE INGALLS 9.05 SHENLY WHITLOCK 9.74 NINA BRYANT 10.62 SYLVIA BROOKS-SMITH 10.81 55M WOMEN'S 65-69 BARBARA JORDAN 9.10 ALICE LEE 9.81 AUDREY LARY 9.88 MARY ROMAN 10.34 JANET AMERY 13.82 DOLORES HUFNAGEL 14.32 AUDREY LARY 9.0h AUDREY LANG 9.1h MARILYN FITZGERALD 9.6h FLO ROMAN 10.4h FLO MEILER 14.6h 55M WOMEN'S 70-74 GLORIA BO 11.2h	55 Meters 55M MEN'S 75-79 PATRICIA PETERSON 11.00 MARY HOLLAND 11.33 ANN MCGOWAN 12.
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Continued from previous page

WILLIAM JANKOVICH 33.31	MARK WILLIAMS 53.31	LAWRENCE GUNN 1:03.87	BRADLEY SMITH 2:10.9h	DENNIS BRANHAM 3:13.60	JAMES MINER 5:52.0h	DAN SANDOVE 6:01.9h	ALAINA TORBECK 6:14.0h
ROD SMITH 33.65	GARY HURTA 53.55	DOMINIC RACHIZO 1:04.46	JOHN AFFLECK 2:11.42	ALAN SMITH 3:20.48	JOSEPH PETTORINA 6:19.89	JIM O'NEIL 6:02.5h	JENNIFER LAZIO 6:20.9h
HAMILTON DAVIS 34.01	DON DRUMMOND 53.67	ROBERT CHINELLO 1:08.10	ANTHONY GILBERT 2:12.94	CHARLES WRIXON 3:53.9h	SCOTT DUNBAR 6:04.6h	SCOTT DUNBAR 6:04.6h	ANGEL TAYLOR 6:26.79
RICHARD LARKIN 34.50	DAVE BOWERS 56.87	TOM SEAVER 1:12.08	JOE SOAREZ 2:15.3h	800M MEN'S 75-79	BILL HART 6:14.0h	BILL HART 6:14.0h	ALEXIS TORCHIO 6:46.24
LOUIS EDELMAN 38.84	DEAN THOMPSON 1:00.20	HENRY HOWE 1:49.42	JOHANN LONDONO 2:15.43	JOHN MCMAHON 2:27.64	MILE MEN'S 45-49	MILE MEN'S 45-49	MILE WOMEN'S 35-39
JIM NELSON 40.09	TOM BRUNO 1:00.95	BOB FUHRMAN 1:07.6h	BILL MALONEY 2:17.78	DARWIN MICHAUD 3:40.64	JON WALDRON 4:33.81	JON WALDRON 4:33.81	REBECCA HEUER 5:17.55
DAWSON PRATT 29.4h	JOHN GILL 1:03.18	BOB EDMONDS 1:08.6h	JOHN HANLON 2:17.96	TIM SUGROVE 4:23.70	TONY RODIEZ 4:36.88	TONY RODIEZ 4:36.88	KRISTINE ROSS 5:25.70
DICK CAMP 29.8h	GARY HURTA 54.1h	BOB FULTON 1:12.1h	SCOTT ARMSTRONG 2:20.0h	800M MEN'S 80-84	BOB CARROLL 4:37.7h	BOB CARROLL 4:37.7h	DARLENE MILOSKI 5:34.59
JOHN MACDONALD 30.1h	400M MEN'S 35-39	ALEX MEYER 1:21.2h	DAVE HOPE 2:22.19	ROY ENGLERT 3:50.48	PAUL KINNY 4:44.24	PAUL KINNY 4:44.24	TRACEY VANATTA 5:38.6h
ALEX JOHNSON 31.2h	ROBERT THOMAS 48.81	PETER JOHANSEN 1:38.0h	CHARLIE KIMBLE 2:26.62	WILLIAM BENSON 4:08.46	DONALD DIDONATO 4:44.92	DONALD DIDONATO 4:44.92	LEATHA DAMRON 5:44.52
DON BECK 32.5h	DAVID JONES 52.96	400M MEN'S 65-69	FRED BENLAN 3:32.6h	GEORGE BLYN 4:55.7h	DAVE ALBO 4:46.07	DAVE ALBO 4:46.07	KIM HOUSE 5:57.53
	CURTIS MOORE 53.90	PAUL JOHNSON 1:00.00	800M MEN'S 40-44	800M MEN'S 85-89	MARK RYBINSKI 4:46.28	MARK RYBINSKI 4:46.28	MONICA RICCI 6:00.8h
	JAMES SCESNEY 54.61	MACK STEWART 1:01.04	KEVIN PAULK 2:02.67	DUDLEY HEALY 6:00.50	MAC ALLEN 4:46.91	MAC ALLEN 4:46.91	MARY MCFARIAND 6:05.0h
	ASTON SCOTT 54.77	RONALD KIRKPATRICK 1:02.94	MARK WYCKOFF 2:03.65	800M WOMEN'S 30-34	STUART CALDERWOOD 4:47.23	STUART CALDERWOOD 4:47.23	MILE WOMEN'S 40-44
	SEAN MCKINNEY 55.33	ROBERT COZENS 1:04.67	DARNELL GATLING 2:03.7h	MAXINE WINTER 2:21.76	ANGELO DECILLUBUS 4:47.48	ANGELO DECILLUBUS 4:47.48	GILLIAN SHARP 5:14.43
	JAMES SMITH 56.76	JOHN MACDONALD 1:04.79	THOMAS DALTON 2:06.6h	LIGAYA MISHAN 2:30.1h	ALLAN MUIR 4:47.60	ALLAN MUIR 4:47.60	C STONE-BORKOWSKI 5:15.30
	CHIP JOHNSON 57.51	RICHARD RIZZO 1:05.59	LARRY GLAZER 2:07.07	AMY HURTA 2:41.92	JIM ROBINSON 4:49.10	JIM ROBINSON 4:49.10	KAREN KENNEDY 5:24.36
	MARK DELONG 59.74	BOB LIDA 1:08.23	DAVID CARROLL 2:07.51	ALEXIS TORCHIO 3:06.33	LEON FINUCANE 4:50.55	LEON FINUCANE 4:50.55	BETHANNE DECANTISS 5:25.65
	RONALD DAVY 1:11.46	DON BECK 1:11.70	ROBERT COLLINS 2:08.38	800M WOMEN'S 35-39	BRIAN SMYTH 4:52.41	BRIAN SMYTH 4:52.41	SUSAN MUMSON 5:28.10
	ASTON SCOTT 55.6h	SPENCER PARRISH 1:13.14	DAVID KAMINSKI 2:09.95	GAIL GEIGER 2:29.91	GARY RADFORD 4:53.58	GARY RADFORD 4:53.58	BARBARA GUBBINS 5:33.92
	DAVID FROSTCLAPP 1:02.3h	ROD SMITH 1:17.00	MICHAEL PLATT 2:09.99	DARLENE MILOSKI 2:31.58	IPED ROBBINS 4:57.36	IPED ROBBINS 4:57.36	LORRAINE JASPER 5:35.1h
	400M MEN'S 40-44	WILLIAM JANKOVICH 1:19.24	ERIC PARKER 2:10.58	NYARINDA ADOMA 2:36.1h	JOHN HYLAS 5:01.37	JOHN HYLAS 5:01.37	RUTH WALKER 5:39.39
	MITCHELL LOVETT 49.97	RAY BLACKWELL 1:29.86	KEVIN VANDERLINDEN 2:11.30	JULIE LAUFER 2:36.35	JOHN DILL 5:03.18	JOHN DILL 5:03.18	BERNADETTE NOYES 5:39.53
	SUNDER WIX 50.07	LOUIS EDELMAN 1:35.71	PATRICK EASTMAN 2:11.76	DANN BEST 2:36.4h	DAVID BRADLEY 5:04.17	DAVID BRADLEY 5:04.17	KAREN VANDERWOOD 5:44.7h
	RAMBLE CRICKLOW 51.40	RONALD KIRKPATRICK 1:03.9h	BILL MALONEY 2:12.00	LELLIAN AMIDI 2:42.82	JERRY LEVASSEUR 6:03.93	JERRY LEVASSEUR 6:03.93	LAURA CLARK-TAYL 5:46.68
	DAVID BYRKE 53.42	JOHN MACDONALD 1:08.3h	CHUCK SHIELDS 2:13.0h	NIKI BAUER 3:21.52	BOB MUEHLWEG 5:08.68	BOB MUEHLWEG 5:08.68	SANDRA GREGORICH 5:51.25
	JIM WATTS 53.71	JOHN FRANKS 1:10.0h	MICHAEL DELUZ 2:13.7h	VANESSA HIGHTOWER 3:49.78	MARC GIGNERE 5:10.0h	MARC GIGNERE 5:10.0h	REBECCA MARVEL 5:53.00
	ROBERT HARDING 54.66	THOMAS FONDY 1:11.4h	GREG NOLL 2:14.0h	MARIA PAUL 4:10.1h	JOHN WHITMAN 5:12.31	JOHN WHITMAN 5:12.31	ELAINE RANCATORE 5:53.11
	ROBERT PIERCE 54.85	RICHARD MCKISSON 1:11.7h	NICK PAOLAZZI 2:14.11	DENISE JONES 4:41.43	JEFFREY JURAN 5:13.22	JEFFREY JURAN 5:13.22	LORIANE MARVELL 6:03.74
	PATRICK LAVEY 55.06	BRUCE GILBERT 1:14.0h	PEPE BROWN 2:14.11	800M WOMEN'S 40-44	TERRY DELANEY 5:15.30	TERRY DELANEY 5:15.30	LINDA BROWN 6:11.5h
	DAVID MEUNAN 55.30	IRWIN BERNSTEIN 1:14.1h	JOHN OKERMAN 2:14.49	C STONE-BORKOWSKI 2:21.41	KEVIN COUGHLIN 5:15.76	KEVIN COUGHLIN 5:15.76	TERESSE LOWE 6:43.09
	DAVID DIMASSA 57.19	DON BECK 1:14.2h	JERRY ESPINOSA 2:14.61	ROSE MONDAY 2:25.18	RICK CLEARY 5:23.53	RICK CLEARY 5:23.53	KAREN LEIN 6:47.22
	KEVIN VANDERLINDEN 57.27	ED KENT 1:20.4h	THOMAS NOGENT 2:15.65	REBECCA MARVEL 2:34.11	JEN. O'SHAUGHNESSY 5:24.25	JEN. O'SHAUGHNESSY 5:24.25	MILE WOMEN'S 45-49
	WILLIAM MCKENNA 57.33	RICHARD LARKIN 1:20.8h	KEVIN MCKENNA 2:15.81	LORRAINE JASPER 2:35.4h	BEN CROWLE 5:29.0h	BEN CROWLE 5:29.0h	PATTY BLANCHARD 5:08.55
	KEVIN VANDERLINDEN 57.59	400M MEN'S 70-74	CRAG PLUMMER 2:18.50	STACY CREAMER 2:36.29	STEPHAN EASLEY 5:30.1h	STEPHAN EASLEY 5:30.1h	SUZANNE MYETTE 5:24.83
	DEXTER MCCLOUD 58.06	HARRY BROWN 1:06.79	THOMAS BUFFOLANO 2:18.94	CARYL SENN 2:39.71	THOMAS YONKER 5:33.4h	THOMAS YONKER 5:33.4h	SIDNEY LETENDRE 5:41.72
	ERIC PARKER 58.08	IRWIN BERNSTEIN 1:11.06	MARC GIGNERE 2:21.0h	SUSAN KROGSTADHILL 4:42.22	JOE BURNO 5:36.22	JOE BURNO 5:36.22	MARGE BELLISSE 5:44.18
	STEVE HIESKELL 1:00.22	LLOYD SLOCUM 1:16.24	DOUG CHAPMAN 2:21.96	JOANNE PETKUS 3:36.03	PAT GOOD 5:37.0h	PAT GOOD 5:37.0h	EILEEN TROY 5:46.12
	WILLIAM COOMBS 1:00.38	WILLIAM TALBOTT 1:22.72	BRAD JONES 2:27.0h	800M WOMEN'S 45-49	TOM KOLB 5:37.11	TOM KOLB 5:37.11	PATTI FORD 5:51.00
	CRAIG PLUMMER 1:00.50	WILLIAM WAREHAM 1:25.96	J DEVER-SCOTT 2:28.2h	EILEEN TROY 2:37.09	DAVE HANSEN 5:38.53	DAVE HANSEN 5:38.53	PAULA DICKSON-TAYLOR 6:03.34
	BRIAN THOMAS 1:00.74	DONALD BOCKLER 1:31.04	JAY FOURNIER 2:30.1h	PAULA DICKSON-TAYLOR 4:02.21	ROB WARREN 5:45.7h	ROB WARREN 5:45.7h	MARIA WODELAN 6:11.26
	ERIC MAKI 1:01.29	WILLIAM BERGEN 1:34.93	TIM KELLOGG 2:45.5h	CARLA HOPPE 2:44.56	GARY WYATT 5:50.2h	GARY WYATT 5:50.2h	SHIRLEY WOODFORD 6:12.66
	JOE AUKWARD 1:06.43	WILL SMITH 2:03.55	BRIAN MCBRIDE 3:11.49	HELEN VISGAUSS 2:46.35	KIRK GORDON 5:50.2h	KIRK GORDON 5:50.2h	IRENE THOMPSON 6:44.50
	ROBERT HARDING 55.5h	JAMES SUTTON 1:09.0h	COLIN CORKERY 2:04.42	NANCY WILLIAMS 2:46.3h	MARCUS MASON 5:53.5h	MARCUS MASON 5:53.5h	SUE KLAPPA 6:48.71
	DAVID MEUNAN 55.9h	THOMAS TALBOTT 1:21.6h	JIM ROBINSON 2:07.52	IRENE THOMPSON 2:50.79	PETER BLANK 6:14.1h	PETER BLANK 6:14.1h	ROXANNE SISMANDIS 7:17.0h
	TONY DISALVO 56.4h	DON BRAMANTE 1:32.5h	DAVID BRADLEY 2:09.43	MARY DIVER 3:02.81	BRUCE JONES 6:16.0h	BRUCE JONES 6:16.0h	MILE WOMEN'S 50-54
	DAVID CARROLL 57.8h	CHARLES WRIXON 1:33.8h	DAVE ALBO 2:10.48	EVELYN KENIGSBURG 3:07.4h	PAUL MASALI 4:39.4h	PAUL MASALI 4:39.4h	CAROL SMITH-HANNA 5:34.66
	CHAS CASTIGLIONI 1:01.9h	WILLIAM BERGEN 1:37.9h	MARK RYBINSKI 2:10.49	PATTI GILMOUR 3:10.4h	TIM MCCULLEN 4:43.50	TIM MCCULLEN 4:43.50	COREEN STEINBACH 5:44.29
	BILL REPETTO 1:02.3h	400M MEN'S 75-79	ALLAN MUIR 2:11.72	LIZ JOHNSON 3:46.50	ROBERT MCCUSKER 4:52.27	ROBERT MCCUSKER 4:52.27	DIANE SHERER 5:56.12
	JAY FOURNIER 1:02.6h	RODNEY BROWN 1:10.09	PAUL GORDON 2:12.09	800M WOMEN'S 50-54	DENNIS O'BRIEN 5:00.74	DENNIS O'BRIEN 5:00.74	DIANE SHERER 5:56.12
	BOBBY HILLS 1:02.7h	JACK GREENWALD 1:19.70	MAC ALLEN 2:13.44	KATHRYN MARTIN 2:29.78	GARY FANELLI 5:00.7h	GARY FANELLI 5:00.7h	SHERITA STERLING 7:03.71
	RAMOND MILLER 1:04.0h	ALFRED GUIDET 43.21	CHARLES KELLEY 2:17.43	CAROL SMITH-HANNA 2:33.40	JOE PRICE 5:01.46	JOE PRICE 5:01.46	GLORIA PHILLIPS 7:42.35
	ANDRE GOMCAROV 1:04.6h	200M WOMEN'S 30-34	JIM MEDFORD 2:19.85	KEOREN STEINBACH 2:34.90	JOE DALEY 5:06.53	JOE DALEY 5:06.53	MILE WOMEN'S 55-59
	JIM O'NEIL 1:08.0h	CHRISTINE BEACH 25.83	RICHARD CLARK 2:22.52	DIANE SARDES 2:44.22	SPIDER ROSSITER 5:11.75	SPIDER ROSSITER 5:11.75	SYLVIE KIMCHE 6:02.59
	BEN CARDAMORE 1:09.7h	ANGELA SCOTT 26.50	JOEL HOFFSMITH 2:22.6h	MARGARET CURTIS 2:48.92	CALEB ROSSITER 5:14.9h	CALEB ROSSITER 5:14.9h	ANN MAKOSKE 6:32.15
	400M MEN'S 45-49	LISA DALEY 26.59	BOB HODGE 2:26.44	GAIL KANTAK 3:07.42	TOM HOMEYER 5:18.52	TOM HOMEYER 5:18.52	MARIE MILOSKOHN 6:02.49
	ARCHIE GLASPY 52.71	JULIA DENDY 27.12	JOHN MANNO 1:25.9h	SHERY BRANHAM 3:12.47	DAVID BOWEN 5:21.9h	DAVID BOWEN 5:21.9h	ZOFIA TUROSE 7:05.69
	BEN JAMES 53.86	ADRIENNE NEUDE 28.00	JOHN BAYS 2:06.7h	800M WOMEN'S 55-59	PETER REINHART 5:27.19	PETER REINHART 5:27.19	LENNIE TUCKER 7:14.24
	KEITH ROYSTER 54.79	NEDENIA WEST 29.06	GEORGE BLYN 2:27.4h	SYLVIE KIMCHE 2:37.5h	PAUL LETARTE 5:29.58	PAUL LETARTE 5:29.58	KATY GOTTSCHALK 7:28.36
	GREGORY MCBRIDE 55.66	NEDENIA WEST 30.2h	400M MEN'S 85-89	NADINE LOWENSTEIN 2:40.80	DENNIS MELLISH 5:33.0h	DENNIS MELLISH 5:33.0h	MILE WOMEN'S 65-69
	GREGORY SIMONS 56.00	200M WOMEN'S 35-39	BOB MATTESSON 1:38.25	PHIL RASCHER 2:54.26	J J WIND 5:35.4h	J J WIND 5:35.4h	TAMI GRAF 7:18.1h
	DAVID BRADLEY 56.16	ALETHEA MORRIS 25.33	400M WOMEN'S 30-34	ANN MAKOSKE 2:57.74	DANIEL WINZENREI 5:35.51	DANIEL WINZENREI 5:35.51	MARY HARADA 7:21.80
	JOHN DYER 56.64	CHARLENE LARUM 25.71	DOUG BOBERT 2:29.6h	CHARLES SLAUGHTER 2:29.1h	KEVIN REILLY 5:44.90	KEVIN REILLY 5:44.90	EDNA HYER 9:24.17
	RICK EASLEY 56.76	LINDA CARTY 26.68	ANTHONY BAKER 2:30.23	MARY TROTTO 3:22.18	BRUCE WATSON 5:46.22	BRUCE WATSON 5:46.22	MILE WOMEN'S 70-74
	ALVIN ROLLIER 57.15	RON KESSEL 27.36	BILL CHADLE 2:30.99	ANDREA HESS 3:24.6h	PAUL GREENBERG 5:49.0h	PAUL GREENBERG 5:49.0h	HELEN BUENE 8:47.02
	BILL CHADLE 58.27	DAWN BEST 29.02	LARRY LUX 2:34.22	LORRAINE TUCKER 4:47.90	STEVE CALONKEY 5:59.65	STEVE CALONKEY 5:59.65	3000 Meters
	LISA DALEY 1:00.7h	JULIA CASALS 29.09	JOHN LOIN 2:39.53	800M WOMEN'S 60-64	LARRY HART 6:01.91	LARRY HART 6:01.91	3000M MEN'S 30-34
	CHARLES KELLEY 58.58	REGINA RICHARDSON 29.46	KEVIN HOLMES 2:39.83	MARIE MICHELSON 2:54.78	PATRICK PHILLIPS 6:26.28	PATRICK PHILLIPS 6:26.28	KEVIN COLLINS 8:39.16
	PAUL TURPIN 59.70	KISHA CARMAN 29.72	PAUL JOHNSON 3:08.52	BECKY SISLEY 4:05.13	MAURE WEIGEL 6:41.54	MAURE WEIGEL 6:41.54	DAVID SLOVINSKI 8:49.06
	LARRY LUX 1:00.04	GAIL GEIGER 31.49	MIKE DEER 3:09.54	SUE LEVY 5:45.4h	800M WOMEN'S 65-69	800M WOMEN'S 65-69	KAREEM LANIER 9:00.02
	KEN ELLIS 1:00.92	SHERI BARBER 32.31	STERLING FIELDER 3:16.79	800M WOMEN'S 70-74	JOHN TEMPLE 4:49.73	JOHN TEMPLE 4:49.73	MIKE OWENS 9:04.13
	T DEVALLE 1:01.05	JENNIFER HANNA 33.55	CHARLIE SHABAZIAN 3:16.79	JOHN TROWSE 4:59.37	DAVID SMALL 4:50.5h	DAVID SMALL 4:50.5h	TOBY TANSER 9:15.6h
	LEON FINUCANE 1:01.49	CHRISTINE SHAW 36.12	800M MEN'S 50-54	800M WOMEN'S 75-79	NAT. MCVEY-FINNEY 4:56.98	NAT. MCVEY-FINNEY 4:56.98	NAT. MCVEY-FINNEY 9:28.87
	ROGER DAVIS 1:01.67	NIKI BAUER 36.72	NOLAN SHAREED 2:05.23	JOHN TROWSE 4:59.37	JORDAN LAVINE 4:58.0h	JORDAN LAVINE 4:58.0h	JAMES RHODES 9:37.05
	LORN DILLEY 1:01.91	NYARINDA ADOMA 28.6h	PAUL MASALI 2:09.67	JOHN TROWSE 4:59.37	NATHAN SWEET 5:00.28	NATHAN SWEET 5:00.28	JEFFREY TOWNSEND 9:51.09
	JOE BRINGO 1:02.44	REGINA RICHARDSON 30.4h	SHAWN REGAN 2:10.90	JOHN TROWSE 4:59.37	RANDY TAYLOR 5:21.70	RANDY TAYLOR 5:21.70	JAVIER MARTINEZ 9:58.83
	DAVID MURR 1:04.92	REGINA RICHARDSON 30.8h	CARROLL BLAKE 2:11.34	JOHN TROWSE 4:59.37	DAVID FRITZ 10:12.50	DAVID FRITZ 10:12.50	DAVID FRITZ 10:12.50
	JULIUS TAJDIDIN 1:07.14	200M WOMEN'S 40-44	TONY FLASTER 2:12.88	JOHN TROWSE 4:59.37	JOE TUPCHETTI 11:31.0h	JOE TUPCHETTI 11:31.0h	3000M MEN'S 35-39
	MARK HUFFMAN 1:09.64	LESIA BATISTE 25.61	PAUL GORDON 2:13.31	JOHN TROWSE 4:59.37	SEBASTIAN VILLALBA 5:47.07	SEBASTIAN VILLALBA 5:47.07	SEBASTIAN VILLALBA 5:47.07
	ED GRAESER 1:10.06	SHENAYNE WILLIAMS 27.05	TURAN HARPER 2:17.66	JOHN TROWSE 4:59.37	DANIEL FEDER 9:20.2h	DANIEL FEDER 9:20.2h	DANIEL FEDER 9:20.2h
	RAY GILLEN 1:23.76	SARAH LAWSON 27.98	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	MIKE GRUNWALD 9:21.0h	MIKE GRUNWALD 9:21.0h	MIKE GRUNWALD 9:21.0h
	STEVE GALLEGO 56.8h	KATHLEEN SHOOK 28.16	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	GENE TUNG 9:21.0h	GENE TUNG 9:21.0h	GENE TUNG 9:21.0h
	JOHN DYER 57.6h	ROSE MONDAY 29.33	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	BRUCE DAVIE 9:22.67	BRUCE DAVIE 9:22.67	BRUCE DAVIE 9:22.67
	MARK RYBINSKI 59.5h	STEPHANIE VEGA 29.60	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	JOE DODMAN 9:24.05	JOE DODMAN 9:24.05	JOE DODMAN 9:24.05
	RUSS PATTON 1:00.0h	LORI MCKEUGH 29.62	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	PAUL BUCCINO 9:32.1h	PAUL BUCCINO 9:32.1h	PAUL BUCCINO 9:32.1h
	DONALD PASSMAN 1:02.3h	ANGELA NEALY 29.81	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	JOHN BARRESI 9:35.56	JOHN BARRESI 9:35.56	JOHN BARRESI 9:35.56
	MARK CHAPLIN 1:04.9h	JOEJAN JACKSON 30.60	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	DAN ROHNKE 9:43.23	DAN ROHNKE 9:43.23	DAN ROHNKE 9:43.23
	THOMAS YONKER 1:07.2h	PAULA FORTUNA 31.75	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	JOHANN LONDONO 9:44.15	JOHANN LONDONO 9:44.15	JOHANN LONDONO 9:44.15
	ROB WARREN 1:07.3h	KISHA CARMAN 29.72	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	RON HERRIED 9:50.34	RON HERRIED 9:50.34	RON HERRIED 9:50.34
	GREG HANSON 1:09.8h	GAIL GEIGER 31.49	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	MICHAEL BONI 10:01.53	MICHAEL BONI 10:01.53	MICHAEL BONI 10:01.53
	DAVE JUNOD 1:10.8h	SHERI BARBER 32.31	JOHN FALLER 2:20.04	JOHN TROWSE 4:59.37	IAN CLEMENTS 10:15.0h	IAN CLEMENTS 10:15.0h	IAN CLEMENTS 10:15.0h
	400M MEN'S 50-54						

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ANGELO DECOLLUBUS 9:25.96	3000M WOMEN'S 35-39	KRISTINE ROSS 10:35.48	55MMH WOMEN'S 40-44	JOHN CLIFFORD 10.10	HJ MEN'S 40-44	DENNIS LEWIS 2.08	JORDON REITER 1.35	EDWIN LUKENS 1.20	MARK TWEED 2.30
PAT KINNY 9:28.79	PAT LOGAN-HILLER 10:41.64	PAT LOGAN-HILLER 10:41.64	PEGGY WILSON 10.34	WILLIAM ANGUS 10.13	WALT REYNOLDS 1.95	EDWARD GREENE 1.32	EDWARD GREENE 1.32	RALPH MAXWELL 1.15	PV MEN'S 45-49
RANDALL WHITE 9:30.55	PATRICIA HILLERY 10:47.17	PATRICIA HILLERY 10:47.17	IRENE THOMPSON 9.8h	BARRY KLINE 10.17	TOM VANZANDT 1.88	LEONARD SOLEOLSKI 1.32	SCOTT HERRMAN 1.06	SCOTT HERRMAN 1.06	GARY HUNTER 4.40
BOB CARROLL 9:37.66	DIANE KENNA 11:17.4h	DIANE KENNA 11:17.4h	55MMH WOMEN'S 45-49	RON COLLIVER 10.67	GREGORY FOSTER 1.80	NEIL SCHUSTER 1.29	DOC BENNETT 1.01	DOC BENNETT 1.01	KEN ELLIS 4.25
RONALD LEONHARDT 9:49.46	DARLENE MILOSKI 11:18.73	DARLENE MILOSKI 11:18.73	55MMH WOMEN'S 65-69	DOUGLAS GEERTGENS 10.71	JERRY ESPINOSA 1.78	PAT SMITH 1.26	HY LEVY 0.80	HY LEVY 0.80	BOB CRITES 4.10
MICHAEL DAVIS 9:50.50	PATTY WARTH 12:35.68	PATTY WARTH 12:35.68	BARBARA JORDAN 12.19	GEORGE LABELLE 10.98	MARK TWEDT 1.73	RAY BENTLEY 1.21	HJ WOMEN'S 30-34	HJ WOMEN'S 30-34	TERRY CHRISTOPHER 3.96
GARY RADFORD 9:51.75	EVELYN WRIGHT 13.9h	EVELYN WRIGHT 13.9h	FLO MEILER 17.7h	GROVER COATS 11.07	RICK SCHREINER 1.73	MIKE LAWYER 1.21	KIMIKO NAKATAKE 1.50	KIMIKO NAKATAKE 1.50	KEITH PETIANEK 3.80
PAUL FENDLER 9:53.54	3000M WOMEN'S 40-44	KAREN VANDERWOOD 11:06.03	60MMH MEN'S 30-34	PAUL GANSLER 11.84	MICHAEL SULLIVAN 1.70	MIKE CROSBY 1.16	NANCY ROCHE 1.37	NANCY ROCHE 1.37	CARLOS FREYTES 3.50
DAVE CLINGMAN 10:02.88	STACY CREAMER 11:10.39	STACY CREAMER 11:10.39	60MMH MEN'S 35-39	BRUCE MILLS 11.95	ROY BIRSH 1.70	CHET DOW 1.15	HJ WOMEN'S 35-39	HJ WOMEN'S 35-39	DONALD SEVERN 3.50
STUART CALDERWOOD 10:04.47	BETHANN DECANTIS 11:17.0h	BETHANN DECANTIS 11:17.0h	60MMH MEN'S 40-44	JOHN HEAD 12.33	MICHAEL GRAGE 1.68	LARRY STEEB 1.15	DEL SCHNEIDER 1.35	DEL SCHNEIDER 1.35	PETER HIRSCHMANN 3.50
JAMES DILL 10:09.02	RUTH YANAI 11:29.36	RUTH YANAI 11:29.36	60MMH MEN'S 45-49	TERRY HOLLINGSWORTH 7.70	TONY BROWN 1.63	EUGENE KESTER 1.15	DENISE JONES 1.04	DENISE JONES 1.04	GERALD ROHN 3.50
DAVID BARNETT 10:11.31	ELAINE RANCATORE 11:34.35	ELAINE RANCATORE 11:34.35	60MMH MEN'S 50-54	DON DRUMMOND 7.94	DOLF BERLE 1.61	KERRY SLOAN 1.10	HJ WOMEN'S 40-44	HJ WOMEN'S 40-44	JOHN CARMOY 3.50
JEFFREY MADER 10:20.80	ROBIN ROBERTS 12:54.4h	ROBIN ROBERTS 12:54.4h	60MMH MEN'S 55-59	NORRIS THOMAS 6.30	WILLIAM JANKOVICH 12.32	RON COLLIVER 1.48	CARLY SENN 1.37	CARLY SENN 1.37	LOUIS BAUCOM 3.50
JAMES BURESH 10:25.22	DOROTHY MULLANEY 13:00.12	DOROTHY MULLANEY 13:00.12	60MMH MEN'S 60-64	MICHAEL JACKSON 8.92	JOEL STINSON 12.57	JOHN BURNS 1.47	PAMELA GUNNISON 1.37	PAMELA GUNNISON 1.37	KELLY MEARES 3.20
DAN LITTLEJOHN 10:29.61	KAREN LEIN 13:25.05	KAREN LEIN 13:25.05	60MMH MEN'S 65-69	JAMES MELTON 9.14	JAMES WARE 12.90	EMIL PAWLK 1.54	JOANNE PETKUS 1.13	JOANNE PETKUS 1.13	PHILIP MULKEY 3.20
KEVIN RABINEAU 10:31.5h	KATHY HART 13:36.9h	KATHY HART 13:36.9h	60MMH MEN'S 70-74	ROBERT WALTER 9.22	TERRY PLINER 12.99	PAUL GANSLER 1.50	HJ WOMEN'S 45-49	HJ WOMEN'S 45-49	JEFFREY WATRY 3.20
MIKE BURNS 10:40.18	JOCIELINE DUMAIS 13:38.14	JOCIELINE DUMAIS 13:38.14	60MMH MEN'S 75-79	CHRIS PHILLIPS 9.56	BOB GOLLY 13.25	BARRY KLINE 1.50	IRENE THOMPSON 1.31	IRENE THOMPSON 1.31	JIM RUSS 3.20
MICHAEL MILCH 11:07.8h	J BENOITSAMUELSON 10:02.55	J BENOITSAMUELSON 10:02.55	60MMH MEN'S 80-84	PAT RAND 11.01	RAY FITZHUGH 13.67	JOHN BURNS 1.47	LIZ JOHNSON 1.15	LIZ JOHNSON 1.15	CURTIS NERORSKI 2.90
KEVIN HANLON 11:11.76	MARGE BELLISSE 10:34.77	MARGE BELLISSE 10:34.77	60MMH MEN'S 85-89	DERICK GOLDEN 8.42	ROBIN HERRON 14.44	GERALD COUNIHAN 1.45	HJ WOMEN'S 55-59	HJ WOMEN'S 55-59	MARK FIELDS 2.90
THOMAS YUNKER 11:15.8h	LAURA CLARK-TAYLOR 11:54.54	LAURA CLARK-TAYLOR 11:54.54	60MMH MEN'S 90-94	JAMES SMITH 8.88	RALPH REICHE 14.79	DOUGLAS GEERTGENS 1.40	PHIL RASCHER 1.46	PHIL RASCHER 1.46	MICHAEL JANUSEY 2.90
CHARLES WISE 11:20.5h	SUZANNE MYETTE 12:20.0h	SUZANNE MYETTE 12:20.0h	60MMH MEN'S 95-99	JOHN MCKENZIE 10.14	ROBIN HERRON 13.1h	WILLIAM ANGUS 1.39	SKIPPER CLARK 1.30	SKIPPER CLARK 1.30	ROSS VERSTEEG 2.75
JIM DARR 12:09.5h	TINA VARDEAS 12:41.54	TINA VARDEAS 12:41.54	60MMH MEN'S 100-104	KARL SMITH 8.01	JAMES STOOKEY 10.36	LINDA DOUGLASS 1.25	JAMES KENNEY 1.39	JAMES KENNEY 1.39	THOMAS KILDAE 2.74
BOB SAUL 12:17.55	MARY DIVER 13:00.87	MARY DIVER 13:00.87	60MMH MEN'S 105-109	GLENN PATTERSON 8.22	CLARENCE TRINKNER 11.09	LORRAINE TUCKER 0.91	SHARON RAHAM 0.96	SHARON RAHAM 0.96	JEFF KINGSTAD 4.41
PETER BLANK 12:49.6h	3000M WOMEN'S 50-54	KATHRYN MARTIN 10:33.71	60MMH MEN'S 110-114	CAROL SMITH-MCCLOUD 8.41	ALAN RAYNOR 13.10	BRUCE MILLS 1.30	MARY TROTTO 1.01	MARY TROTTO 1.01	BRAD WINTER 4.00
JIM DICKEY 13:39.86	3000M WOMEN'S 55-59	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 115-119	MICHAEL BURKE 8.80	60MMH MEN'S 120-124	BRUCE MILLS 1.30	SHARON RAHAM 0.96	SHARON RAHAM 0.96	STEVE GORMAN 3.85
NOBAN SHAFER 8:57.00	3000M WOMEN'S 60-64	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 125-129	KERRY SLOAN 8.90	60MMH MEN'S 130-134	BRUCE MILLS 1.30	LORRAINE TUCKER 0.91	LORRAINE TUCKER 0.91	VINCENT STRUBLE 3.81
BOB MCCUSKER 9:37.34	3000M WOMEN'S 65-69	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 135-139	GREGORY FOSTER 9.18	60MMH MEN'S 140-144	BRUCE MILLS 1.30	KATHY BERGEN 1.30	KATHY BERGEN 1.30	JOHNIE DYE 3.66
TIM MCWULLEN 9:53.28	3000M WOMEN'S 70-74	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 145-149	ROY BIRSH 9.40	60MMH MEN'S 150-154	BRUCE MILLS 1.30	BECKY SISLEY 1.19	BECKY SISLEY 1.19	GEORGE LEHMAN 3.51
ROGER PRICE 9:56.4h	3000M WOMEN'S 75-79	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 155-159	MARK TWEDT 9.93	60MMH MEN'S 160-164	BRUCE MILLS 1.30	SHELLY WHITLOCK 1.11	SHELLY WHITLOCK 1.11	EDWARD CHESTNUT 3.35
ROBERT HOLLIDAY 10:06.33	3000M WOMEN'S 80-84	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 165-169	FRANK MAKOZY 10.02	60MMH MEN'S 170-174	BRUCE MILLS 1.30	CATHY PRIME 1.07	CATHY PRIME 1.07	JOSE PFISTER 3.35
JUDGE JONES 10:16.38	3000M WOMEN'S 85-89	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 175-179	PAUL ZELMANSKI 10.30	60MMH MEN'S 180-184	BRUCE MILLS 1.30	INGRID MILLER 1.12	INGRID MILLER 1.12	JAMES PEDLEY 3.25
PETER HARDWICK 10:37.44	3000M WOMEN'S 90-94	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 185-189	DOLF BERLE 10.33	60MMH MEN'S 190-194	BRUCE MILLS 1.30	EVILYN WRIGHT 1.28	EVILYN WRIGHT 1.28	KIM BROKAW 3.20
DAVID BOWEN 10:54.59	3000M WOMEN'S 95-99	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 195-199	RICK SCHULTZ 11.05	60MMH MEN'S 200-204	BRUCE MILLS 1.30	CHRISTEL DONLEY 1.11	CHRISTEL DONLEY 1.11	JOHN HOGGASIAN 3.10
J J WIND 10:54.5h	3000M WOMEN'S 100-104	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 205-209	NICHOLAS MITCHELL 12.32	60MMH MEN'S 210-214	BRUCE MILLS 1.30	BARBARA JORDAN 1.07	BARBARA JORDAN 1.07	ALAN RUSSELL 3.00
JIM CHIAK 11:15.18	3000M WOMEN'S 105-109	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 215-219	TOM CSANADI 12.63	60MMH MEN'S 220-224	BRUCE MILLS 1.30	LEONORE MCDANIELS 1.12	LEONORE MCDANIELS 1.12	DICK ELKINTY 2.90
BRUCE WATSON 11:22.3h	3000M WOMEN'S 110-114	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 225-229	THOMAS BRIAN 12.90	60MMH MEN'S 230-234	BRUCE MILLS 1.30	GLORIA BO 0.96	GLORIA BO 0.96	JOSEPH REED 2.80
KEVIN PETROVSKY 11:32.27	3000M WOMEN'S 115-119	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 235-239	BOBBY HILLS 10.6h	60MMH MEN'S 240-244	BRUCE MILLS 1.30	LEONORE MCDANIELS 1.12	LEONORE MCDANIELS 1.12	RICHARD WATSON 2.60
PHILIP RIPOSO 11:32.96	3000M WOMEN'S 120-124	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 245-249	LEE X 8.82	60MMH MEN'S 250-254	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JIM KELLY 2.60
DENNIS MELLISH 11:36.0h	3000M WOMEN'S 125-129	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 255-259	STACEY PRICE 8.95	60MMH MEN'S 260-264	BRUCE MILLS 1.30	MAURE WELIG 2.30	MAURE WELIG 2.30	MAURE WELIG 2.30
THOMAS ALLEN 12:07.7h	3000M WOMEN'S 130-134	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 265-269	BRYAN JOHNSON 9.08	60MMH MEN'S 270-274	BRUCE MILLS 1.30	GENE IWEN 2.20	GENE IWEN 2.20	RON SALVIO 1.82
DAVID FERNANDEZ 12:19.0h	3000M WOMEN'S 135-139	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 275-279	KEN ELLIS 9.22	60MMH MEN'S 280-284	BRUCE MILLS 1.30	MICHAEL JANUSEY 2.90	MICHAEL JANUSEY 2.90	MIKE MOSER 1.80
JOSEPH PETTORINA 13:58.86	3000M WOMEN'S 140-144	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 285-289	JIM RUSS 9.35	60MMH MEN'S 290-294	BRUCE MILLS 1.30	MATTI KILPELAINEN 4.10	MATTI KILPELAINEN 4.10	JOHNIE DYE 3.66
MICHAEL QUINN 14:57.7h	3000M WOMEN'S 145-149	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 295-299	JOHN DYER 9.35	60MMH MEN'S 300-304	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
WILLIAM HART 15:18.49	3000M WOMEN'S 150-154	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 305-309	PHIL BUALSKI 9.43	60MMH MEN'S 310-314	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
3000M MEN'S 55-59	3000M WOMEN'S 155-159	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 315-319	ROBERT ZAHN 9.53	60MMH MEN'S 320-324	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
HAROLD NOLAN 9:50.86	3000M WOMEN'S 160-164	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 325-329	MICHAEL JANUSEY 10.16	60MMH MEN'S 330-334	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
COLIN MCARDLE 10:00.51	3000M WOMEN'S 165-169	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 335-339	BOB DORAN 10.26	60MMH MEN'S 340-344	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
BILL ROODERS 10:03.57	3000M WOMEN'S 170-174	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 345-349	JEFFREY WATRY 10.28	60MMH MEN'S 350-354	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
DOUGLAS BROWN 10:36.58	3000M WOMEN'S 175-179	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 355-359	PHILIP MULKEY 10.37	60MMH MEN'S 360-364	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
RONALD PATE 10:52.94	3000M WOMEN'S 180-184	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 365-369	BILL MURRAY 10.53	60MMH MEN'S 370-374	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
RONALD RUFFIN 10:54.83	3000M WOMEN'S 185-189	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 375-379	KELLY MEARES 13.18	60MMH MEN'S 380-384	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
JOSE L RODRIGUEZ 11:08.17	3000M WOMEN'S 190-194	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 385-389	DAVID E ORTMAN 9.01	60MMH MEN'S 390-394	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
HAYDEN SMITH 11:09.25h	3000M WOMEN'S 195-199	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 395-399	BRIAN MCKINLEY 9.20	60MMH MEN'S 400-404	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
HERB ENGMAN 11:13.54	3000M WOMEN'S 200-204	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 405-409	THAD WILSON 9.24	60MMH MEN'S 410-414	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
BOB HODDLE 11:25.65	3000M WOMEN'S 205-209	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 415-419	SERGIO ANGULO 9.62	60MMH MEN'S 420-424	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
TERRY HASECKER 11:33.0h	3000M WOMEN'S 210-214	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 425-429	RICK LAPP 9.63	60MMH MEN'S 430-434	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
MICHAEL BRASKO 11:51.0h	3000M WOMEN'S 215-219	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 435-439	ROBERT HAHN 9.65	60MMH MEN'S 440-444	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
BRETON GAETEN 12:02.78	3000M WOMEN'S 220-224	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 445-449	PAT FAHY 10.00	60MMH MEN'S 450-454	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
HUGH SWEENEY 12:21.21	3000M WOMEN'S 225-229	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 455-459	GENE IWEN 10.10	60MMH MEN'S 460-464	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
BOB NICHOLSON 12:20.22	3000M WOMEN'S 230-234	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 465-469	JIM DOLEZEL 10.39	60MMH MEN'S 470-474	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
JERRY BROWN 12:54.0h	3000M WOMEN'S 235-239	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 475-479	ALAN RUSSELL 10.74	60MMH MEN'S 480-484	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
WARREN SCHODEL 13:20.4h	3000M WOMEN'S 240-244	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 485-489	CARTER HOLMES 10.75	60MMH MEN'S 490-494	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
CARL GROSSMAN 15:06.0h	3000M WOMEN'S 245-249	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 495-499	JOE SERDAKOWSKI 10.82	60MMH MEN'S 500-504	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
3000M MEN'S 60-64	3000M WOMEN'S 250-254	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 505-509	IVAN BLACK 11.33	60MMH MEN'S 510-514	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
JACK THORNHILL 10:55.49	3000M WOMEN'S 255-259	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 515-519	JIM WOODLEY 11.42	60MMH MEN'S 520-524	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
MAXWELL HANLYN 11:24.09	3000M WOMEN'S 260-264	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 525-529	RICHARD WATSON 11.45	60MMH MEN'S 530-534	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
PAT COSGROVE 11:32.55	3000M WOMEN'S 265-269	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 535-539	MICHAEL GARRITY 13.09	60MMH MEN'S 540-544	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
KENNETH SKINNER 12:39.34	3000M WOMEN'S 270-274	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 545-549	DAVID FRIEDMAN 15.54	60MMH MEN'S 550-554	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
ERIC WHITE 13:02.71	3000M WOMEN'S 275-279	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 555-559	JOE JOHNSTON 9.55	60MMH MEN'S 560-564	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
ANDREW BOYAJIAN 14:26.61	3000M WOMEN'S 280-284	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 565-569	ROBERT BAKER 9.79	60MMH MEN'S 570-574	BRUCE MILLS 1.30	JOHNIE DYE 3.66	JOHNIE DYE 3.66	JOHNIE DYE 3.66
DAN WITTLER 16:26.0h	3000M WOMEN'S 285-289	CAROL SMITH-MCCLOUD 8.41	60MMH MEN'S 575-579	BRUCE CARSON 10.79	60MMH MEN'S 580-584	BRUCE MILLS 1.30			

Continued from previous page

PAUL LEHMKUHL	1.40
GLENNDA MARKWELL	1.21
FV MEN'S 70-74	
JERRY DOWLEY	2.89
GORDON SEIFERT	2.59
JAMES CONDELL	2.32
DAVE DOUGLASS	2.00
RUSSELL MCDANIELS	1.90
CLARENCE TRINKNER	1.80
FV MEN'S 75-79	
DENVER SMITH	2.30
FRED HIRSIMAKI	2.10
FV MEN'S 80-84	
ARMANDO RICCIARDI	1.31
FV WOMEN'S 45-49	
PAULA SCHULTZ	2.74
LIZ JOHNSON	1.80
FV WOMEN'S 50-54	
HILLEN STUBENDORFF	2.79
FV WOMEN'S 55-59	
PHIL RASCHNER	2.70
MARY TROTTO	1.40
FV WOMEN'S 60-64	
BECKY SISLEY	2.20
SHELLY WHITLOCK	1.25
FV WOMEN'S 65-69	
EVELYN WRIGHT	1.90
FLO MEILER	1.55
FV WOMEN'S 70-74	
LEONORE MCDANIELS	1.24
FV WOMEN'S 75-79	
LEONORE MCDANIELS	1.71
JOHNNIE VALIEN	1.60

Long Jump

LJ MEN'S 30-34	
GOGO PETERS	6.75
ROBERT WALTER	5.95
TOMMIE CASEY	5.90
JAMES MELTON	5.73
SEAN DUFORD	5.71
CHRIS PHILLIPS	5.71
JAMES GRIFFIN	4.92
PAUL RAND	4.09
LJ MEN'S 35-39	
CURTIS MOORE	6.13
JAMES BARR	5.94
GORDON MCKEE	5.81
CHIP JOHNSON	5.75
TODD ANDERSON	5.74
STEVEN VROOMAN	5.63
PETER PAPP	5.60
JAMES TUNSTALL	5.52
JOHN MCKENZIE	5.15
WILL MATEU	4.93
MARK FOUNTAIN	4.55
ERIC HASENPLUG	4.54
LIJ CARLSON	3.58
LJ MEN'S 40-44	
GREGORY POSTER	6.83
BENJAMIN MCLEOD	6.22
WALT REYNOLDS	6.15
RICK SCHREINER	5.77
RONALD UTZ	5.76
PETER STASIUK	5.70
LOVELL BUTLER	5.53
STEVE DAVIS	5.35
ROBERT HARDING	5.32
ROY BIRSH	5.29
PAUL IELMANSKI	5.25
FRANK MAKOVY	5.23
MARCUS BATTLE	5.19
MOSSBERG RAGMAR	5.12
MARK TWEDT	5.09
DOLF BERLE	5.08
TOM CSANADI	5.07
THOMAS BRIAN	5.07
BRAD KELL	4.99
CRAIG FLUMMER	4.86
RICK SCHULTE	4.77
NICHOLAS MITCHELL	4.46
BRIAN MCBRIDE	4.06
DOUG HANSON	4.02
GLENN METCALFE	4.01
LJ MEN'S 45-49	
BRYAN JOHNSON	6.10
KEN ELLIS	5.82
JOE SMITH	5.78
RONALD UTZ	5.76
MICHAEL JANUSEY	5.69
JIM RUSS	5.60
JOHN DYER	5.54
KERRY BAUBIE	5.37
JEFFREY NATRY	5.28
WAYNE FISHER	5.28
WAYNE STAHLMANN	5.20
TANI WU	5.19
PHIL MURRAY	5.17
BILL MULKEY	4.99
BOB DORAN	4.99
AL CESTERO	4.95
TRIP REYNOLDS	4.81
BOB SAUL	4.72
PETER STICKEL	4.60
MARK JAKUBOWSKI	4.56

RICK CENSULLO	4.52
MICHAEL SMITH	4.50
KELLY MEARES	4.50
GREG HANSON	3.85
JOHN BRUBAKER	3.59
STERLING FIELDER	3.30
LJ MEN'S 50-54	
DAVID E ORTHMAN	5.87
PAT FAYH	5.36
JOHN OLESKI	5.09
BOBBY TERRELL	5.09
JIM DOLEZEL	4.98
GENE IWEN	4.95
ALAN RUSSELL	4.92
JOHN BAYLIES	4.92
LONNIE DAVIS	4.89
KEITH MATHIS	4.88
MAURO MEDINA	4.77
MAURE WEIGEL	4.72
MICHAEL SANTO	4.68
CARTER HOLMES	4.64
KIM BECKMAN	4.62
IVAN BLACK	4.52
KENNETH EFFLER	4.49
RICHARD WATSON	4.45
PAUL BLANKENSHIP	4.43
RICK CENSULLO	4.41
WILLARD THOMPSON	4.40
SERGIO ANGULO	4.33
ROBERT KORTMAN	4.21
ROBERT MARCHETTI	3.98
MIKE MOSER	3.98
JOHN BARTON	3.87
BOB REESE	3.81
DAVID FRIEDMAN	3.77
MICHAEL GARRITY	3.69
LJ MEN'S 55-59	
ROGER CROCKETT	5.26
EDWARD JONES	5.17
JOE JOHNSON	5.06
ROBERT BAKER	5.05
BOB BODDY	5.00
MICHAEL MILOVE	4.92
CHET DOW	4.90
GORDON REITER	4.63
DARYL DECKER	4.52
NORMAN HUGH	4.50
MIKE OLIVER	4.35
WAYNE WHITE	4.32
PAT SMITH	4.27
EDWARD GREENE	4.25
OSIE BINION	4.24
MIKE CROSBY	4.20
RAY BENTLEY	4.14
NEIL SCHUSTER	3.99
DAN HANSEN	3.89
MIKE LAWYER	3.50
RICHARD KLEHM	3.48
EUGENE KESTER	3.25
JERRY BROWN	3.18
GARY KRUEGER	3.16
WARREN LIEBERMAN	2.98
LJ MEN'S 60-64	
EMIL PAWLK	4.95
DOUGLAS GEERTGENS	4.86
JAMES KENNEY	4.63
TOM SEAVY	4.63
WILLIAM ANGUS	4.57
CHARLES BARTHOLOMEW	4.55
RON COLLIVER	4.53
GROVER COATS	4.35
JIM KEENEY	4.32
ALEX MEYER	4.01
JOHN HEAD	3.95
BRUCE HILLS	3.66
GEORGE LABELLE	3.66
RON SHOLES	2.38
LJ MEN'S 65-69	
GEORGE CAIRNS	4.44
NORMAN MACLEOD	4.33
PAUL BECKMAN	4.27
DEKE CONKLIN	4.23
PAUL LEHMKUHL	4.23
RODGER YOUNG	4.11
DOUG SPAINHOWER	4.10
ED KENT	4.06
RAY FITZHUGH	3.93
JOEL STINSON	3.89
WILLIAM JANKOVICH	3.86
BOB GOLLY	3.78
JAMES WARE	3.63
TERRY FLINER	3.55
KALLUKAT THOMAS	3.40
GLENN BREMENKAMP	3.36
K M THOMAS	3.25
BURT HUGHES	3.13
DON MURRAY	3.12
LOUIS EDELMAN	3.04
GEORGE CORMEY	2.86
RALPH REICHE	2.74
EDWARD MEZLAFFELLE	2.61
JOHN HURLEY	1.99
LJ MEN'S 70-74	
JAMES STOOKEY	4.16
CLARENCE TRINKNER	3.86
JERRY DONLEY	3.75
ALAN RAYNOR	3.63
DAVE DOUGLASS	3.51
JAMES CONDELL	3.43

WILLIAM WAREHAM	3.39
RAY PROBST	3.32
CULLY VAUGHN	3.14
VAL SMITH	2.89
ROSS VROOMAN	2.74
SAMUEL MESSITER	2.40
BURTON MACIVER	0.73
LJ MEN'S 75-79	
MELVIN LARSEN	3.86
DENVER SMITH	3.82
FRED HIRSIMAKI	3.60
OSCAR HARRIS	3.30
FRANK BRAGO	3.18
DESMOND MARGETSON	2.71
BOB WINGO	2.64
LJ MEN'S 80-84	
EDWIN LUKENS	3.98
BILL CARTER	3.23
RALPH MAXWELL	3.17
DOC BENNETT	2.55
HY LEVY	1.99
VERM MATSON	1.21
LJ WOMEN'S 30-34	
PAULA LESLIE	4.88
REGINA RICHARDSON	5.56
DEB UMLAUT	4.35
DANN BEST	4.24
DEL SCHNEIDER	3.79
DENISE JONES	3.31
LJ WOMEN'S 40-44	
JOEANN JACKSON	4.41
PEGGY WILSON	4.39
CARYL SENE	4.32
LISA FASKA	3.53
JOANNE PETKUS	3.39
MONICA THORNTON	2.41
GWEN MILLER	2.36
LJ WOMEN'S 45-49	
IRENE THOMPSON	4.20
LIZ JOHNSON	3.49
CINDY CARTER	3.44
TERESA RICHARDS	3.14
LJ WOMEN'S 50-54	
ANNA WLODARCZYK	4.92
MARGARET CURTIS	4.39
LJ WOMEN'S 55-59	
PHIL RASCHNER	4.75
SKIPPER CLARK	3.97
LORRAINE TUCKER	3.71
SARADA SARNAIK	3.52
SHARON RAHAM	3.29
LAURIE BARTON	3.22
MARY TROTTO	2.55
LJ WOMEN'S 60-64	
BECKY SISLEY	3.25
LJ WOMEN'S 65-69	
AUDREY LARY	3.87
EVELYN WRIGHT	3.66
AUDREY LANG	3.44
BARBARA JORDAN	3.07
CHRISTEL DONLEY	2.92
FLO MEILER	2.46
LJ WOMEN'S 70-74	
LEONORE MCDANIELS	2.82
GLORIA BO	2.69
LJ WOMEN'S 75-79	
LEONORE MCDANIELS	3.06
JOHNNIE VALIEN	2.84
ANN MCGOWAN	2.66
WILLIE GATZA	2.15
ALVERTA PERKINS	1.59
WILLIE GATZA	1.30
ESTELLE O'CONNOR	0.69
LJ WOMEN'S 80-84	
MARGARET HINTON	1.92
Triple Jump	
TJ MEN'S 30-34	
TOMMIE CASEY	10.92
TJ MEN'S 35-39	
JAMES TUNSTALL	11.65
STEVEN VROOMAN	11.55
MARK FOUNTAIN	9.59
TOD PERRY	9.54
ERIC HASENPLUG	9.08
ROBERT WALTERS	8.75
TJ MEN'S 40-44	
GREGORY POSTER	14.25
WILLIAM BERGTOLD	11.51
RICK SCHREINER	10.74
MARCUS BATTLE	10.54
STEVE DAVIS	10.15
MICHAEL BURKE	10.03
DOUG HANSON	7.98
TJ MEN'S 45-49	
BRYAN JOHNSON	12.99
JOE SMITH	12.22
GEORGE STAHM	11.20
RICK ACKER	11.00
RONALD UTZ	10.73
PETER STICKEL	10.23
WAYNE STAHLMANN	9.73
CARLOS FREYTES	9.61
AL CESTERO	9.42
STERLING FIELDER	6.17
TJ MEN'S 50-54	
MAURO MEDINA	11.57
PAT FAYH	10.57
IVAN BLACK	10.15

JOHN BAYLIES	9.99
JIM DOLEZEL	9.92
MAURE WEIGEL	9.92
JOHN OLESKI	9.73
GENE IWEN	9.55
SERGIO ANGULO	9.53
DAVID FRIEDMAN	7.76
TJ MEN'S 55-59	
ROBERT BAKER	10.23
ROGER CROCKETT	10.22
BOB WEDGE	9.52
BILL WALSH	9.49
MICHAEL MILOVE	9.48
WAYNE WHITE	8.85
EDWARD GREENE	8.17
TJ MEN'S 60-64	
DOUGLAS GEERTGENS	10.15
GROVER COATS	9.97
JIM KEENEY	8.82
CARL WALLIN	8.27
JERRY MCBRIDE	7.96
GEORGE LABELLE	7.50
TJ MEN'S 65-69	
DOUG SPAINHOWER	9.32
NORMAN MACLEOD	9.27
GEORGE CAIRNS	8.83
PAUL LEHMKUHL	8.70
RICK BROWN	8.58
KEN ELLIS	8.29
GLENNDA MARKWELL	7.46
ROBIN HERRON	6.71
K M THOMAS	6.58
KALLUKAT THOMAS	6.42
JOHN HURLEY	4.28
TJ MEN'S 70-74	
JAMES STOOKEY	8.89
RAY PROBST	7.80
DONALD HUDSON	6.93
A XANTHOPOULOS	6.63
ALAN RAYNOR	6.69
JACK LANCE	6.20
TJ MEN'S 75-79	
FRANK BRAGO	6.94
TJ MEN'S 80-84	
EDWIN LUKENS	8.65
RALPH MAXWELL	6.45
DOC BENNETT	5.00
TJ WOMEN'S 35-39	
REGINA RICHARDSON	11.38
TJ WOMEN'S 45-49	
IRENE THOMPSON	8.33
TERESA RICHARDS	6.24
CINDY CARTER	6.17
TJ WOMEN'S 50-54	
ANNA WLODARCZYK	10.69
LINDA LOWERY	8.98
TJ WOMEN'S 55-59	
SHARON RAHAM	6.82
TJ WOMEN'S 65-69	
AUDREY LARY	8.11
AUDREY LANG	7.82
BARBARA JORDAN	7.33
EVELYN WRIGHT	7.29
TJ WOMEN'S 70-74	
LEONORE MCDANIELS	5.81
GLORIA BO	5.61
TJ WOMEN'S 75-79	
LEONORE MCDANIELS	6.47
JOHNNIE VALIEN	4.43
ANN MCGOWAN	3.59
WILLIE GATZA	3.29
ESTELLE O'CONNOR	2.25
TJ WOMEN'S 80-84	
MARGARET HINTON	4.46
Shot Put	
SP MEN'S 30-34	
MATT RAULI	13.92
NEIL DEBYCKE	13.39
ROGER BYNUM	13.16
JOHN KUENMERLIN	12.92
MAREK WENSEL	11.87
ROBERT WALTER	11.43
CHRIS PHILLIPS	11.41
ANTONIO MARTINEZ	10.53
JAMES MELTON	10.38
ROY RAINS	8.20
SP MEN'S 35-39	
TODD ADELGREN	14.26
PETER PAPP	13.53
NORM DEEP	12.89
JAMES BARR	12.42
MIKE GAENZLE	12.33
PHIL MCDONALD	11.59
TODD ANDERSON	9.47
LORENZO YAZIE	9.03
JOHN MCKENZIE	7.01
SP MEN'S 40-44	
GLENN THOMPSON	15.14
MILTON GIROUARD	14.59
RON STILLWELL	13.01
GORAN MILANOVIĆ	12.61
THOM LANTALOTTO	12.21
NICK AGONIS	12.01
LARRY MUNSKEI	11.88
JIM BROWN	11.67
GREGORY POSTER	11.48
RANDE TRECCE	11.35
ERIC SCHAD	11.15
DOLF BERLE	10.88

ROY BIRSH	10.73
PAUL IELMANSKI	10.66
TOM CSANADI	10.53
MARK TWEDT	10.39
NICHOLAS MITCHELL	10.16
JEFF CROTHERS	10.03
BRIAN DOWERY	9.77
GLENN METCALFE	9.57
FRANK MAKOVY	9.19
KERRY SLOAN	9.09
THOMAS BRIAN	8.90
CRAIG FLUMMER	8.53
DOUG HANSON	8.46
RICK SCHULTZ	7.50
WILLIAM TYSON	6.85
SP MEN'S 45-49	
PATRICK CANNON	13.85
TONY CICCONE	13.21
JIM WETENHALL	13.05
THOM LANTALOTTO	12.19
GEORGE CASTELLI	12.02
PAUL WALDERCZAK	11.95
RUSSELL TAYLOR	11.82
DANIEL WALLACE	11.78
DON FILKINS	11.47
DENNIS HANSEN	11.44
BOBBY CONN	11.43
RICK BROWN	11.41
KEN ELLIS	11.40
MICHAEL JANUSEY	11.11
MIKE CABRINHA	10.86
RICHARD SRINKA	10.78
JEFFREY NATRY	10.64
BILL MURRAY	10.63
RAYMOND BIZBIAK	10.61
PHILIP MULKEY	10.36
BOB SPACIEL	10.34
JIM RUSS	10.34
WAYNE FISCHER	10.07
JOHN DYER	9.92
BRYAN JOHNSON	9.90
MIKE DEER	9.88
BOB CEDRONE	9.80
KELLY MEARES	8.75
GEORGE WILLIAMSON	8.55
BOB DORAN	7.90
SP MEN'S 50-54	
RON SUMMERS	16.00
MICHAEL SHIARAS	15.52
CRAIG SHUMAKER	15.35
RANDALL CANAHAN	13.27
HILARY GEORGE	12.88
TED BARILA	12.53
CARL REICHAARD	11.95
LECLAR DENNIS	11.66
KENNETH EFFLER	11.57
ALAN RUSSELL	11.55
GARY SPEARS	11.50
ED CLARK	11.43
JOHN CONNELL	11.03
RICHARD WATSON	10.85
DAN GRAF	10.66
JIM ROSAMILIA	10.23
JOHN PARTRIDGE	10.19
JIM QUEENEY	10.12
TERRELL SCHAFER	9.70
KEITH MATHIS	9.54
CARTER HOLMES	9.45
MAURE WEIGEL	9.39
MIKE MOSER	9.33
DAVID E ORTHMAN	9.28
PAT FAYH	9.15
DANIEL FOLK	9.00
GENE IWEN	8.80
MICHAEL GARRITY	8.74
PATRICK LYNN	8.44
RON SALVIO	8.40
WILLIAM HAUCK	8.13
JIM DOLEZEL	7.90
IVAN BLACK	7.00
DAVID FRIEDMAN	6.00
SP MEN'S 55-59	
THOMAS GAGE	14.53
CHARLES ROLL	14.20
BILL HINEY	13.50
KENNETH ROSE	13.00
JOHN VON ROHR	12.70
JOSEPH DESTEFANO	12.40
IAN PERCY	12.20
JERRY BOOKIN-WEINER	11.80
NORMAN HUGH	11.30
BILL WALSH	11.10
WAYNE WHITE	10.30
WALTER ROOCKEN	10.20
DARRELL DECKER	10.00
ROBERT BAKER	10.00
RICH DUNPHY	9.90
RICHARD KLEHM	9.50
JOHN ROMANSIC	9.70
ED ROUT	9.30
CARL LEVINE	9.00
MIKE CROSBY	8.80
GARY KRUEGER	8.80
WAYNE GARNER	8.60
WARREN LIEBERMAN	8.60
MIKE LAWVER	7.70
GORDON REITER	7.30
NEIL SCHUSTER	7.30
EUGENE KESTER	6.70
SP MEN'S 60-64	



International Scene

By BRIAN OXLEY
NCCWMA Delegate

WMA Venue Choice a Disappointment to U.S.

Even though only two of our six regions are familiar with the sweaty, noisy, intimately competitive indoors, we decided to attempt a "World Championships." Anything that adds opportunity to our sport has to be good for it. Right?

The U.S. was seriously encouraged to bid, especially in the aftermath of 9/11. George Mathews went to bat and revealed that New York had a superb facility. He worked hard with them and was heartened all along the way. However, in our democratic milieu, Malmo, Sweden, and Sindelfingen, Germany, also emerged as bidders.

To evaluate them, Rex Harvey and Torsten Carlus expended time and effort in visiting all three. In a carefully prepared report, the conclusion was that New York was way ahead, not least because it offered six lanes. None of the bidders had terminal weaknesses.

When I read the report, I thought Canada might also have thrown its cap into the ring, with its great training facility in North York, but then I realized it was only a training venue with no spectator capacity. Nor does it have New York's adjacent YMCA.

Now to the current crunch. Carlus, as eager as he is to move ahead, asked the WMA Council to vote on the report. I have to say that not everyone understood that this could only be a "recommendation." Even today's speedy Internet dialogue is flawed.

Some of us realized that the evaluation report had to be given credibility. Others thought along global lines – in other words, "Where would everyone like to go next if all three are possible sites?"

My view is that such thinking is for the affiliates, not the WMA Council, unless the Council is prepared to assume responsibility for saying where you, "the affiliates," should go next. The weakness of that argument is perhaps that Europeans, in the absence of a Council decision not dominated by Europe, might prefer to stay home. Alternatively, our affiliates might want to visit new venues. Who knows?

Council's vote? A narrow majority voted for Sindelfingen, but there must and will be a vote in the Assembly in Puerto Rico. Despite all unproductive rumors to the contrary, this is still a democratic body, and the Assembly must and will decide.

Rankings

Last year, picking up the rankings gauntlet so delicately dropped by Dave Clingan, I rose to the challenge, thinking it a good notion, but worried somewhat by the thought that we might in the future compete on a nebulous virtual field of claimed performances, rather than shoulder to shoulder on a hard track. I was also smitten by the difficulty of bringing all 150 affiliates

together in a hitherto undeveloped common cause.

I announced a policy for our first year. It was based on building a reporting system amongst our affiliates, with



Australian team, led by a volunteer, in the opening ceremony in the XIV WAVA World Championships, Brisbane, Australia.

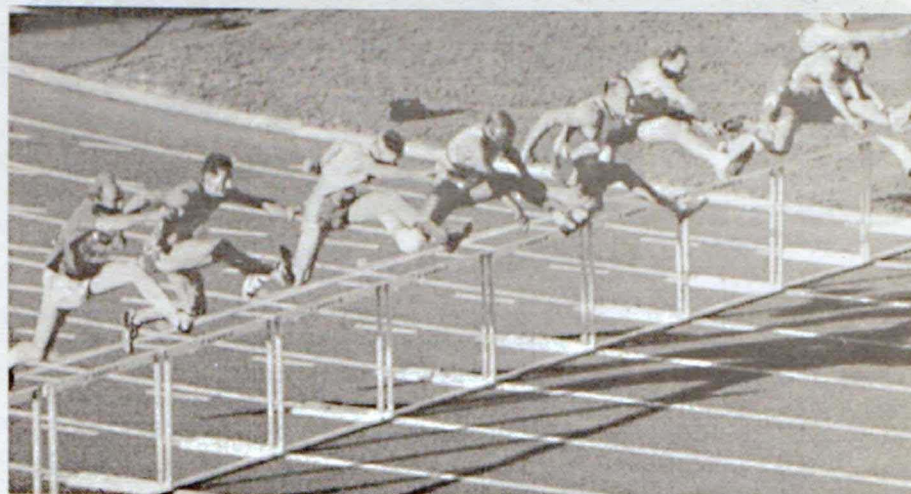
credibility established by looking at national and international championships. After all, given a totally credible world-side system reaching down to one's own level, it is immediately possible to see where one stands.

I had personal experience of the credibility issue, once having been startled to find myself highly ranked in an international steeplechase list until I remembered the meet. The organizers had been unable to find all the steeples, despite all of us searching, so we ran one short, just to have a race. The results reached a keen compiler in another country and, bingo, I had my name in lights!

In the U.S. you are in good hands. Dave Clingan may be able to compile all known performances and so satisfy everyone. He is to be commended if he does. He will find it a huge task. Now multiply that task by 150.

This year's indoor season gave us the opportunity to explore. The totally willing, hard working and unpaid Ross Dunton (WMA's budget is limited and spoken for – another topic for another day) pulled in more results from Europe than had been uncovered before.

Dunton also experimented with an individual submission system which may be developed in the future. Facing the much broader task of leveling the playing field for all affiliates, we have fallen back on the policy announced last year. Thus far, the only complaints have been from the U.S.



Hurdlers in the XIV WAVA World Veterans Championships, Brisbane, Australia. The XV World Masters Athletics Championships will be held in Carolina, Puerto Rico, July 1-13.

Games

Above, I said, "Anything that adds opportunity to our sport has to be good for it. Right?" I don't think so. Our aim is to provide the best in masters athletics. Our constitution, supported by the IAAF, requires us to be the sanctioning body for international masters athletics competition. Indeed our constitution also states that anyone "promoting, organizing, conducting or advertising any international masters competition which has not been sanctioned by the WMA "may not be a member of Council or of any Committee or be a delegate to a General Assembly."

My interpretation is that it's up to individual countries as to how they

develop the sport, but internationally we have and must retain control. A Canadian motion to the Assembly in Puerto Rico aims to define our future relationship with the International Masters Games Association, a recently developed entrepreneurial endeavor which depends for success on the millions of volunteer hours which have gone into all the main sports, and which openly conflicts with our own long-standing world championship series.

I've only a year to go as your regional president. I would like to see some of these issues resolved before that year is out. Meanwhile, keep fit, folks! □

Report from Britain

James Todd Dies at Age 81

One of the true gentlemen of masters athletics passed away quietly on April 10. The previous evening he and his wife visited the Northern Ireland Hall of Fame to which he had been elected the previous year.

Todd was the first British athlete to be awarded the Queen's MBE for his services to veterans athletics. He celebrated his 52nd wedding anniversary on March 24. The former Army champion represented Ireland in the international cross-country championships as a senior. He was a true amateur, spending his working days as a plasterer.

Despite over 30 years of living and working in the war torn province, he managed to train and win European and world masters titles at 800, 1500 and 5000 indoor and outdoor. He still holds the M70 and M75 3000 and M75 800 world indoor records as well as the M75 5000 outdoors. Ironically, it was 20 years ago in Puerto Rico that he had one of his finest victories, defeating John Gilmore in the M60 5000.

The quiet-spoken man will be sadly missed. □

– From Bridget Cushen



Countdown to Puerto Rico

One Month to Go

More than 4000 masters athletes, friends, and family members will descend on Carolina, Puerto Rico, from July 1-13 to participate in the 15th biennial World Masters Athletics Championships. To help us understand a bit of the island – one with special ties and significance to the United States – NMN presents this capsule summary.

The Land

Puerto Rico is 1050 miles southeast of Miami, and 550 miles north of Venezuela on the northeast tip of the Caribbean Sea. Close to the "Bermuda Triangle," it's the fourth largest of 7000 tropical islands called the West Indies. It's 110 miles long and 36 miles wide. Most of Puerto Rico's cities are small towns, with scattered settlements.

The Government

Puerto Rico is a commonwealth, associated with the United States. The legal system is based on Spanish civil code and adapted U.S. state laws. Inhabitants are U.S. citizens, but do not vote in U.S. presidential elections. They do, however, send voting delegates to the Democratic and Republican national conventions.

Popular elected governors have served since 1948. The Governor is Sila Calderon, elected in November 2000 to a four-year term. In 1952, a constitution was enacted providing for internal self-government. A bicameral legislative assembly consists of 28 senators and 51 representatives, elected by popular vote for four-year terms. Puerto Rico elects, by popular vote, a resident commissioner to serve a four-year term as a nonvoting (except in committees) member in the U.S. House of Representatives.

The two major political parties are the Popular Democratic Party or PPD (pro-commonwealth), and the New Progressive Party or PNP (pro-U.S. statehood). The Puerto Rican Independence Party or PIP is pro-independence, but has only two of the 79 seats in the assembly. In plebiscites held in 1967, 1993, and 1998, voters chose to retain commonwealth status.

Puerto Rico conducts international affairs through the U.S. State Department like any U.S. state. Residents pay no federal income taxes (except on federal employees' salaries), but their own commonwealth taxes are often higher than the taxes mainland Americans pay.

History

Populated for centuries by the Taino Indians, the island was invaded by Spain in 1493 during Columbus' second voyage to the Americas. In 1508, Ponce de Leon made it a Spanish colony, renaming it Puerto Rico (rich port). The Indians were forced into slavery mining gold. Four hundred years of colonial rule saw the Indians nearly exterminated and African slave labor introduced.

On July 25, 1898, during its war with Spain, the U.S. invaded Puerto Rico. Spain was forced to give up Cuba, and to cede Puerto Rico, Guam and the Philippines to the U.S. In 1917, as Puerto Ricans were called on to fight in World War I, American citizenship was bestowed on residents of the island, but Puerto Rico was still run by Washington. After World War II, Puerto Rico achieved the commonwealth status still in effect.

The People

Four million people live on the island. The population is a mixture of African and Spanish, with French, Scottish, Chinese, German, Irish, and Lebanese mixed in. Fifty thousand Americans live on the island. Blurred racial lines tend to discourage prejudice and lessen racial tension. Discrimination is forbidden by law. The death penalty is prohibited. Life expectancy is 76 years.

Religion

About 99 percent of Puerto Rico's population is Christian, with about 85 percent Roman Catholic.

Language

Spanish is the major language, but English is spoken on most of the island.

General Info

No passports or visas are required for U.S. citizens. U.S. visas are required for foreign travelers. Credit cards are widely accepted. Voltage and wall outlets are the same as the USA. The U.S. dollar is the legal currency. Driving is on the right-hand side of the road. Most of the road signs are in Spanish. Car rental agencies are located around the island. Prices are a bit higher than in the U.S. Puerto Rico is part of the U.S. postal system, and has the same mail rates.

Gambling

Although it's not advertised, casino-style gambling is legal in Puerto Rico. All gambling venues are located within specified hotels.

Taxes and Tips

Local taxes are included in all purchases. There is a 9% hotel tax in a non-casino hotel and an 11% hotel tax with casino. If service charge is not added to the bill, a 15-20% tip for restaurants and nightclubs is expected.

Telephone

Puerto Rico has U.S. style telephone service (area code 787). A local call costs 25 cents. Local information is 411, or 1-787-555-1212. At the center of the phone book are blue pages in

USA ENTRIES IN WORLD CHAMPIONSHIPS, PUERTO RICO

Acosta, Carlos	M 69	Gault, Willie J	M 42	Morris, Dennis J	M 46
Adams, Louise	W 81	Geertgens, Douglas G	M 60	Morris, Wayne A	M 66
Allah, Sal A	M 43	Gillis, Malcolm E	M 70	Munirah, Faika P	W 52
Allen, Mac	M 45	Gipson, Andrew N	M 54	Murphy, Garland R	M 55
Allie, Charles	M 55	Gipson, Eleanor G	W 51	Naftel, Lynn	W 58
Anderson, Ruth P	W 73	Glaspy, Archie	M 48	Nawrocki, Ryszard	M 74
Aneshansley, James T	M 68	Golbart, Melissa	W 36	Nealy, Angela J	W 42
Angus, Bill	M 60	Golbart, Paul	M 40	Nesbital, Susan	W 54
Anteronen, Russell	M 55	Gonera, Edward M	M 51	Nolan, Harold J	M 56
Arend, Gary L	M 52	Graft, Warren E	M 57	Norman, Jesse W	M 52
August, Raphael R	M 43	Gramley, William	M 67	Null, Gary	M 58
Backlund, Darlene C	W 57	Green, Max D	M 71	O'Connell, Philip R	M 75
Backlund, John A	M 63	Grigsby, Sue E	W 46	Oleski, John M	M 53
Baker, Anthony	M 57	Guidet, Alfred V	M 85	O'Neil, Jim	M 78
Baldwin, Curtis A	M 51	Gunn, Lawrence O	M 60	Onodera-Leonard, Sumi	W 75
Banks, Willie	M 47	Hadden, John L	M 44	Ortman, David E	M 50
Barney, Colleen	W 36	Hahn, Robert B	M 51	Osterhoudt, Robert G	M 61
Barnum, Larry J	M 59	Haines, Mary E	W 88	Parish, Almela	W 66
Barnwell, Val-Winslow	M 45	Hall, Samuel	M 58	Parrish-Hakim, Bridgette	W 40
Battle, Marcus	M 44	Handelman, Frank	M 58	Pashkin, Sandy	W 60
Bayless, Kenneth L	M 41	Hansen, Dennis T	M 49	Pataki, Lad	M 57
Bello, Harry A	M 60	Harada, Mary A	W 58	Patrick, Gerald	M 63
Bennett, Wayne	M 66	Harbulak, John J	M 57	Patterson, Glenn	M 41
Benno-Caris, Fan	W 85	Harding, David J	M 43	Pauli, Marcella S	W 53
Bergensback, Richard E	M 76	Hardison, Steven	M 52	Pawlik, Emil H	M 64
Bergmann, Seth D	M 53	Harkleroad, Barbara A	W 66	Pecinovskiy, Steven J	M 48
Berie, Dolf A	M 40	Harkleroad, Whitney C	M 60	Pfeffer, Allen R	M 47
Berman, Joan M	W 66	Harrington, Michael B	M 62	Peterson, Patricia M	W 77
Berry, Kettrell L	M 40	Harvey, Rex J	M 56	Pfuefler, Gale	M 60
Birnbaum, Jorge S	M 56	Hathcock, Lloyd S	M 56	Pierce, Roger B	M 58
Black, Ivan G	M 54	Hayes, Helen C	W 52	Porter, Doug T	M 41
Blackwell, Ray A	M 45	Head, John	M 65	Powers, Bob M	M 54
Blake, Carroll W	M 53	Healy, Dudley L	M 89	Power-Walters, Brian	M 80
Blanchard, Michael J	M 42	Henderson, Walter	M 52	Pozzi, Roberto G	M 57
Board, Jacqueline B	W 49	Henson, James B	M 45	Price, Roger W	M 54
Bonifield, Lowell W	M 70	Herron, Robert E	M 66	Radiff, Michael D	M 51
Bookin-Weiner, Jerry	M 57	Hicks, Amy L	W 70	Ramos, Jorge I	M 47
Borinarian, Noreen A	W 46	Higbie, Janet L	W 61	Raschker, Phil	W 56
Bortell, Gloria K	W 72	Higdon, Hal	M 72	Rauscher, Tomlinson G	M 57
Bost, Madeline	W 63	Higdon, Kevin J	M 44	Reddaway, Gary W	M 62
Bowen, Robert E	M 51	Hill, Michael M	W 56	Reed, Bill	M 50
Bower, Raymond R	M 79	Hines, Payton K	M 45	Reichard, Theodore C	M 50
Bowman, Tina	W 50	Hinton, Margaret O	W 81	Reid, Janice	W 45
Bowman, Tom	M 46	Hite, Jim	M 69	Reilly, Jim	M 40
Boyajian, Andrew	M 62	Hodges-Hite, Joyce K	W 66	Reiter, Gordon W	M 57
Bray, Jack L	M 70	Holland, Bernice H	W 76	Richardson, Richard D	M 54
Brennand, John R	M 67	Howard, Sid	M 64	Rivera, Jorge E	M 55
Brevik, Alan	M 68	Hudson, Horace K	M 50	Rizzo, Richard	M 66
Brinker, Kenneth	M 56	Huff, Karen M	W 60	Robbins, Stephen P	M 60
Brown, Dennis C	M 52	Humphreys, Bob K	M 67	Robinson, Will V	M 72
Brown, Douglas T	M 58	Hung, Lynn L	W 59	Rodriguez, Hector J	M 59
Brown, Harry F	M 73	Illuzzi, Frank	M 66	Roll, Charles S	M 56
Brown, Rodney A	M 76	Jackson, Dannie D	M 45	Roman, Mary B	W 67
Bryant, Nina R	W 60	Jackson, David M	M 41	Rosado, Mary V	W 53
Bufalano, Thomas	M 42	Jager, Kathy L	W 60	Rose, Kenneth	M 57
Burleson, Joseph A	M 56	James, Ben	M 46	Ross, Henry	M 68
Burns, John T	M 62	Jankovich, William S	M 69	Russ, Jim	M 46
Buyny, Henry R	M 62	Jansson, Kenneth A	M 45	Sager, Bob	M 55
Byrne, Philip M	M 62	Janusey, Michael A	M 45	Sampson, Aaron L	M 41
Cabrera, Rolando	M 53	Jeremiah, Lloyd D	M 45	Sauers, James R	M 55
Cahners, Bob	M 61	Jimenez, Benjamin	M 69	Schiro, Francis A	M 50
Calderwood, Stuart X	M 45	Johnson, Alexander	M 70	Schneider, Gary R	M 60
Cannon, Terry L	M 65	Johnson, Bryan J	M 45	Schreiber, John S	M 71
Carmine, James L	M 60	Johnson, Glen A	M 63	Schultz, Thomas	W 66
Carney, James L	M 70	Johnson, Liz A	W 46	Searle, Susan P	W 42
Caro, Gino	M 42	Johnson, Paul R	M 65	Sharp, Darrell E	M 45
Carty, Linda M	W 37	Johnson, Paul W	M 68	Sheahan, Al	M 71
Casals, Julia	W 39	Johnston, Frederick L	M 57	Sherrard, Cherrie M	W 64
Castillo, Roberto A	M 46	Jones, Edward	M 58	Shiaras, Michael P	M 52
Cawley, James J	M 60	Jones, Otis	M 52	Shook, Kathleen A	W 42
Cetullo, Donna	W 55	Jones, Richard A	M 60	Siegel, Joanne L	W 44
Cheadle, Mary O	W 47	Jones, Thomas A	M 49	Sims, Gary L	M 65
Cheadle, William G	M 50	Jordan, Barbara R	W 67	Sipes, Victor L	M 60
Chou, Fei-Mei L	W 68	Kea, Essie L	W 65	Sloan, Kerry L	M 40
Clark, Christopher B	M 46	Keat, James E	M 71	Smalley, Nancy A	W 76
Clingan, Dave	M 49	Keegan, Bob	M 70	Smith, Charles L	M 49
Coffee-Carney, Marion F	W 64	Keeley, Isabel	W 56	Smith, Denver L	M 77
Colbert, Lawrence I	M 66	Kemp, Steve B	M 50	Smith-Hanna, Carolyn	W 52
Collins, Bill L	M 52	Kennell, Tom H	M 82	Sochor, Chuck	M 75
Conway, Lee	M 76	Kimche, Sylvie C	W 56	Solis, George	M 71
Cook, John J	M 72	Kingstad, Jeff A	M 50	Soller, Richard A	M 76
Cordero, Joe	M 65	Kirkpatrick, Ronald	M 65	Solwazi, Kemisole	W 63
Cosgrove, Pat	M 62	Kiwitt, Sidney	M 75	Souppa, Ralph A	M 56
Creamer, Stacy	W 43	Knocke, Bill M	M 63	Spencer, Douglas J	M 56
Crites, Robert W	M 48	Konen, George H	M 56	Springer, Maxwell E	M 89
Crockett, Roger A	M 55	Kousky, Edgar C	M 62	Stack, Kieran	M 40
Crothers, Jeff	M 44	Kuhi, John U	M 59	Steigerwalt, Jolene W	W 59
Csanadi, Thomas A	M 43	Landrum, Charlene	W 40	Stein, Jacob	M 79
Cushman, Thomas R	M 49	Langenfeld, Tom	M 67	Steinmetz, Mike D	M 56
Culler, Georgia L	W 60	Larsen, Melvin B	M 79	Stenlund, Gary	M 62
Daniels, Edward W	M 50	Lary, Audrey	W 69	Stephenson, Cornell M	M 40
Daprano, Jeanne A	W 66	Lawson, Blaine	M 61	Sterrett, Renee R	W 41
Daprano, William L	M 76	Lawson, Sarah C	W 40	Stewart, Mack	M 65
Davis, Gustave L	M 65	LeBourne, Anselm	M 44	Stookey, James L	M 73
De Jesus, Michael A	M 56	LeVasseur, Jerry	M 65	Summerlin, Joe	M 71
Denon, Donald L	M 60	Levingston, Noah W	M 44	Swarts, Art	M 58
DesJardins, Charles R	M 66	Lewis, Oneitha	W 43	Tallmadge, Bill	M 87
Dietrich, Shirley	W 76	Lovell, Derrill A	M 42	Taylor, Joyce E	W 53
Dill, James J	M 45	Lovett, Michell T	M 41	Taylor, Randy W	M 55
Dixon, Eric K	M 43	Lowther, Jocelyn E	W 49	Taylor, Todd H	M 56
Donley, Christa M	W 68	MacElwain, Roderick	M 52	Tesche, TW	M 56
Donley, Jerry A	M 73	Makose, Ann M	W 58	Thomas, Lee W	M 70
Douglass, Dave L	M 71	Martinez, Jose L	M 52	Thomas, Norman L	M 53
Duffy, Dennis D	M 60	Marzano, Daniel	M 80	Thompson, Irene	W 49
Duncan, James O	M 70	Mathews, George R	M 40	Tricar, Louise M	W 66
Easley, Ricky J	M 49	Mathews, Brenda L	W 59	Trombley, Tad F	M 46
Edens, Paul F	M 62	Maxwell, Ralph	W 54	Trotto, Mary	W 56
Egle, Mike	M 41	Mayfield, Cathy S	W 51	Tucker, Lorraine A	W 56
Elkins, Claire L	W 73	McBarnette, Bruce O	M 45	Turnipseed, Darrell	M 42
Elkins, Clifford	M 71	McCaa, Dave P	M 66	Umshier, Dennis B	M 51
Elliott, Joanne T	W 86	McCloud, Dexter J	M 42	Valasek, Daniel M	M 51
Ellis, Ken L	M 45	McConnell, Keith	M 59	Valien, Johnnye M	W 77
Emanuel, Frances	W 58	McCormick, Carolyn	W 56	Vanzanol, Thomas R	M 41
Enriquez, Pedro A	M 52	McCoy, Belinda	W 43	Vaughn, Gerald O	M 67
Evans, Hubert	M 49	McDaniels, Leonore	W 75	Vega, Stephanie	W 44
Ewing, Johnston M	M 59	McDonald, Jeri	W 75	Venslavsky, Joan	W 53
Eyre, Kellie L	W 43	McDonald, Thomas F	M 79	Viltz, Theo	M 60
Fahey, Thomas D	M 55	McGann, Val	M 75	Virella, Jesus A	M 46
Fekke, Ray E	M 71	McMillen, William A	M 63	Wardle, James W	M 40
Fields, Melvin W	M 58	McMullin, Richard J	M 51	Watson, Richard B	M 50
Finch, Bernie O	M 63	Meares, Kelly	M 49	Watts, Jim	M 41
Finch, Kathleen T	W 48	Medina, Alberto	M 42	Weinbel, Kenneth T	M 75
Fine, Bob	M 72	Melville, William G	M 75	Wells, Jameson P	M 46
Finsrud, Carol E	W 46	Mendenhall, Martha A	W 44	Williams, Lloyd S	M 69
Fish, Marc F	M 41	Michelson, Marie-Louise	W 61	Williams, Paul L	M 68
Flowers, Sakshat W	M 54	Mickle, Ron L	M 62	Williams, Shemayne	W 40
Fortune, Bill P	M 75	Mills, Bruce A	M 64	Wilson, Thaddeus B	M 52
Foster, Gregory	M 41	Mimm, Clifford R	M 45	Wilson, Thelma	W 73
Frable, Kathleen J	W 57	Mimm, Robert F	M 78	Wojcik, Gerald F	M 73
Frable, Norman B	M 57	Mitchell, Marilyn J	W 60	Woodward, Loretta A	W 49
Freytes, Carlos A	M 48	Mongillo, Phil	M 78	Woodward, Michael C	M 60
Gallejos, Steve	M 48	Mooney, Colman	M 63	Woodsley, James R	M 54
Garcia, Juan M	M 61	Mora, Charles	M 49	X, Lee	M 46
Garahan, William	M 73	Morris, Aetha S	W 38	Yildizalp, Naci M	M 80
Gatling, Darnell L	M 43			Zlobicki, Zbigny	M 53

Total: 406

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Future of World Masters Athletics to be Decided at General Assembly in Puerto Rico

The General Assembly of World Masters Athletics (WMA) will be held on Thurs., July 10, 2003, at the Ritz-Carlton Hotel during the 15th biennial WMA Athletics Championships in Carolina, Puerto Rico.

Sites for future World Championships – including the 2004 Indoor, 2006 Non-Stadia, and 2007 Stadia – will be chosen by delegates from more than 80 nations.

Three cities have bid for the 2004 event – Sindelfingen, Germany; New York, USA; and Malmo, Sweden. The WMA Council has recommended Sindelfingen (7 votes), over New York (5 votes) and Malmo (2 votes).

Vancouver, Canada is the only bidder for the 2006 races, while Riccione, Italy is the sole bidder for the 2007 event. (San Sebastian, Spain, was selected in 2001 to host the 2005 Stadia Championships.)

Proposed Amendments

Also on the agenda in Carolina will be various proposed amendments to the WMA Constitution and By-Laws. Among them:

- 1) To establish a new 35-39 age bracket for men.
- 2) To eliminate the 35-39 age bracket for women.
- 3) To allow the Council, instead of



the General Assembly, to choose Championship sites.

4) To allow Council nominations only from affiliates, not from the Council.

5) To transfer all duties of the Discipline Committee to the Law and Legislation Committee.

6) To confirm the Indoor Championships will be held in even-numbered years.

7) To clarify the site-inspection procedures.

8) To substitute the 10K for the 50K in the Non-Stadia Championships.

9) To allow an athlete to compete in a lower age group in team-scoring events.

10) To eliminate term limits for Council members.

11) To post Council minutes on the WMA web site.

12) To post quarterly financial statements on the WMA web site.

13) To ban council members from voting "on any matter involving an event in which they are receiving any

compensation."

14) To require the General Assembly to determine any changes to the sanction fee.

15) To require WMA, not the local organizer, to determine entry fees.

16) To change W50 weights: Shot from 3k to 4k, Javelin from 500 to 600 gms.; Hammer from 3k to 4k.

17) To change W60 javelin from 400 to 500 gms.

18) To demand IMGA (World Masters Games) move its quadrennial event to even-numbered years and pay a \$100,000 fee to WMA. If not, WMA will refuse to sanction the IMGA Games.

19) To refuse to adopt the new IAAF false-start rule.

20) To introduce the weight throw as an individual event beginning in 2005.

21) To reevaluate the events in the pentathlon.

Anyone is welcome to attend the General Assembly, but only delegates may vote. Athletes should contact their national delegates prior to the Assembly with suggestions or comments on any of the above matters, or on any aspect of the World Masters Athletics program (see page 2 for U.S. delegates).

Meetings of the six WMA Regions – North America, South America,

Europe, Africa, Asia, and Oceania – will be held on Mon., July 7. Anyone is welcome to attend any meeting. □

World Masters Games 2005

Edmonton, Canada, will host the 2005 World Masters Games on July 22-31. To avoid a date clash with the 2005 WMA World Championships, WMA has had discussions with IMGA (International Masters Games Association) to find the best dates for the athletics events in Edmonton as the 16th WMA World Masters Athletics Championships Stadia will be organized in San Sebastian, Spain, on July 7-16.

The agreement now reached means that the athletic events in Edmonton will start on July 27. The Games will finish on July 31 but - if necessary - the athletic events can go on until August 2.

– Torsten Carlius, WMA President

Countdown to Puerto Rico

Continued from page 22

English.

Weather

Temperatures should reach the 90s during the day and dip to 70 at night. Rain is likely sometime during the meet. The hurricane season runs from June through November.

Economy

Industry (45%), services (54%), and agriculture (1%) compose the Gross Domestic Product. The labor force is divided into industry (20%), services (77%), and agriculture (3%). Encouraged by duty-free access to the USA and by tax incentives, U.S. firms have invested heavily in Puerto Rico since the 1950s. U.S. minimum wage laws apply. Main industries are pharmaceuticals, electronics, apparel, food products, and tourism. Nearly five million tourists arrived in 1999.

Time

The island does not observe Daylight Savings Time. Thus, Atlantic Standard Time (AST), the same as Eastern Daylight Time, applies.

Athletic Status

Puerto Ricans carry U.S. passports. Puerto Rico fields its own international athletic team, rather than competing for places on U.S. teams.

Vieques

For 60 years, the U.S. Navy ran a bombing range and staged war games on Vieques, an island a few miles off Puerto Rico's east coast. Since 1999, more than 1600 protesters have been arrested for civil disobedience. But on May 1, 2003, the U.S. Navy trans-

ferred control of the island to the U.S. Department of the Interior, which then gave it over to the U.S. Fish and Game Department. Residents are complaining that war materials left abandoned by the Navy are creating health hazards.

Carolina

Carolina (pronounced CARE-OLEE-NA), the site of the championships and a 10-minute drive from San Juan, has a population of 177,806. Once an important center of sugar production, Carolina is now dubbed the industrial capital of Puerto Rico.

For more information on what to do and see in Puerto Rico before and after the WMA Championships, visit www.puertorico2003.org, or go to the *National Masters News* web site at www.nationalmastersnews.com and link to WMA Championships, Puerto Rico.

Opening Ceremonies

The Opening Ceremonies will be held during the evening of Tues., July 1, at the Roberto Clemente Stadium. All athletes, family and friends are welcome to participate. All athletes will be invited to march into the stadium with their team.

Closing Ceremonies

The Closing Ceremonies will be held on Sun., July 13, at 7:00 p.m.

"I can assure you that your stay in Carolina, Puerto Rico, during the 15th World Masters Athletics Championships, will be gratifying," said Governor Calderon. □

– Al Sheahen

NEW USA MASTERS UNIFORMS FOR WMA WORLD CHAMPIONSHIPS COMPETITION

The uniforms for masters athletes have been expanded to include an updated version. USATF has helped with the project by releasing the overstock from the 1996 Olympic Games in Atlanta. The uniforms are available from *National Masters News*.

Available uniform items include singlets, warm-ups, rain suits, stretch shorts ("half-tights"), T-shirts, polo shirts, hats, unitards, and more. Unfortunately, not all sizes are available in every style. NMN will not have a total count of what's available until all shipments have arrived from Indianapolis.

All items will be sold on a first-come, first-served basis. On Track, Inc. (www.ontrackandfield.com, phone 800-697-2999) will be selling some of their remaining "USA" uniform stock; these uniforms are acceptable for WMA competition.

Note: The only required uniform item for WMA championships is a singlet officially approved by the USATF Masters Committee, which will include the "grandfathered" singlets. All other items are optional. (Photos on web site.)

Singlet \$20 Sizes available: Women's: XS, L, XL Men's: XL, XXL Runs small: XL fits M-L More to come.	Running shorts \$10 Polyester mesh, built-in brief. ALL sizing runs small. Sizes available: Women's: S, XL, XXL Men's: S, M, XL, XXL, XXXL	Unisex Tights \$20 Sizes run small. Sizes available: Unisex: XS, S, M, L, XL, XXL, XXXL	Rain Suit \$50 Top and pants of lightweight nylon, fleece-lined collar, and removable hood. White with navy. Sizes available: Women's: S, M, L, XL Men's: M, L, XL	Polo Shirt \$15 or 2/\$25 White with navy trim, embroidered flag logo. Sizes available: Men's: M, XL More to come.
"Airborne" Jogbra \$15 Runs very small. Sizes available: XS, S, M, L, XL, XXL, XXXL	Half-tights/Bike shorts \$15 Runs a bit small. Sizes available: Women's: XL, XXL, XXXL	Men's Sprint Unitard \$15 Sizes available: Men's: M	Women's Suspender Shorts \$10 Navy stretch lycra. Sizes available: Women's: L, XL	T-shirt \$10 or 3/\$25 Heavy duty white cotton. Sizes available: Men's: M, L More to come.
Women's Cap-Sleeved Jogbra \$15 Slight ink bleeding on 'USA' logo on all sleeved jogbras. Sizes available: Women's: L, XL, XXL	Women's Briefs \$5 Sizes available: XS, M, L, XL, XXL	Men's Suspender Shorts \$10 Navy stretch lycra. Sizes available: Men's: S, L, XL, XXL, XXXL	Dress "Medal" Sweats \$50 Top and pants, heavy polyester knit. White with navy trim. Sizes available: Women's: S, M, L, XL, XXL Men's: M, L, XL	Cotton knit shorts \$10 Heavy, roomy. Sizes available: Women's: L Men's: L More to come.
				Hat \$10 Sizes available: Not yet available.

Order Form

Fill out the form completely, and mail it with your check payable to *National Masters News* to:

National Masters News
Uniforms
P.O. Box 50098
Eugene, OR 97405

(Form also available online at
www.nationalmastersnews.com)

Name _____	Address _____	City _____ State _____ Zip Code _____
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Shipping/Handling Fees:		Subtotal \$ _____
One item = \$5 Two items = \$6 Three items = \$8		Shipping \$ _____
More than three items = \$10		Total \$ _____

Masters Scene

NATIONAL

• From **Bev LaVeck**, USATF Masters Racewalking Coordinator: "USATF has made some changes to RW record requirements, which are not reflected in the application form in the 2003 May issue. Track records require five judges, not four; 5K road records require a circuit to be no greater than 1250 meters; and events must be sanctioned." LaVeck's address has changed to 511 Lost River Rd., Mazama, WA 98833. 509-996-2423; 206-524-4721; bevlaveck@aol.com; bevlaveck@methow.com. The new application form is on p. 10.

• **Hal Higdon**, MNM's "On the Run" columnist, was honored on the May 3-4 weekend in NYC with the Career Achievement Award of the American Society of Journalists and Authors. According to the presenter, it is the "highest award given by the Society to member writers." To read Higdon's acceptance speech, go to www.halhigdon.com/Articles/ASJA2.htm.

• **Evelyn Wright's** W65 WR 1.28/4-2 1/4 in the HJ was buried in the pentathlon results of the 29th National Masters Championships, Boston. Wright had an earlier 1.27/4-2 in the Virginia Masters Championships. The present record of 1.23 is held by three others.

• The Twin Cities Marathon, hosting the USATF National Masters Championships for the 12th consecutive year, Minneapolis, Oct. 5, will offer a \$176,000 prize purse; it was announced by TCM officials, April 21. Of that amount, \$21,000 is designated for masters overall, male and female, with \$4000 for first, down to \$500 for fifth. Another \$12,000 is set aside for the first three U.S. masters finishers, male and female, with \$3000 for first, \$2000 for second, and \$1000 for third. The top age-graded masters man and woman will get \$1000 each, and age-group winners, through 70+, will collect \$300. Masters runners who place in the first-10 overall will be eligible for open prizes as well. Winners overall will collect \$20,000 each. The TCM three-day weekend, Oct. 3-5, also includes a 5K fun run/walk, children's fun runs, pasta dinner, two-day health and fitness expo, and a 10 mile race.

EAST

• **Kathy Martin** and **Marie-Louise Michelsohn** smashed records in the MAC Masters Indoor Championships, Armory T&F Center, NYC, March 8. Martin got W50 US records in the 1500 with a 5:02.28 and 3000 with a 10:33.71. Michelsohn, W60, broke her own WR of 12:06.88 in the 3000 with an 11:58.23. World 4x400 bests fell to the M50-59 Sprint Force America squad (3:40.22) and the W40-49 Bohemia TC (4:33.15).

• Long Island premier runners **Don Di Donato**, 45, Hicksville, NY, with a 34:59, and **Kathy Martin**, 51, Northport, NY, with a 37:38, were first overall in the 26th Nationwide Insurance 10K Run for ASPIRE, Plainview, NY, April 5. Division winners with notable times included **Alan Oman**, 53, Babylon, NY, 37:20, and **Marie-Louise Michelsohn**, 61, Stonybrook, NY, 43:45. The ASPIRE run was hosted by the Greater Long Island RC. Proceeds from the event, hosted by the Greater Long Island RC, went to the ASPIRE program, which assists young amputees.

• **Derrick Staley**, 44, Ballston Lake, NY, in 35:58, and **Nancy Taormina**, 43, Albany, NY, in 43:52, scored wins in the Bill Robinson Hudson Mohawk RRC Masters 10K Championships, Albany, April 26. **Dale Keenan**, 52, Selkirk, NY, was second overall (36:25). **Pat Glover**, 56, Clifton Park, NY, broke 40:00 in winning the M55 race with a 39:22. **Anny Stockman**, 70, Rensselaer, NY, finished in 58:08.

• In his final pre-Boston tune-up, **Mike O'Brien**, 42, Durham, NH, hoofed it to take the overall title at Red's Shoe Run 5M, Dover, NH,

April 13. **Randy MacNeil**, 41, Newmarket, NH, was second, 27:03, and **John Tuttle**, 46, Alton, NH, made it a masters sweep, 27:15.

• **Alayne Adams**, 41, is on a roll. On April 27, she ran 23:26 to take first place overall in the women's division at the NYRR Thomas G. Labrecque Classic 4-Miler. Two weeks later, she was again the first finisher in 1:23:39 at the NYRR Child Magazine's Mother's Day Women's Half-Marathon - both races in Central Park, NYC.

• **Catherine Stone**, 41, 18:41, was the overall women's winner at the NYRR Rabbit Run 5K, April 19, Central Park, NYC. **Amador Ybanez**, 46, 16:36, prevailed once again on the men's side. **Jake Ulick**, 83, ran a remarkable 21:05.

SOUTHEAST

• **Dai Roberts**, 41, Virginia Beach, VA, with a second-overall 70:36, and **Cinda O'Dell**, 42, Virginia Beach, with a third-woman 93:21, dashed to masters firsts, Pomoco Group Half-Marathon, Hampton, Va, April 26. **Barbara Mathewson**, 53, Virginia Beach, was top performer with a fourth-woman 93:52. In the adjunct 5K, **Jim Goggin**, 49, Williamsburg, VA, took third (17:44), and **Kendall Tata**, 40, Virginia Beach, was second woman (19:55). **Rick Platt**, 52, Williamsburg, finished with the leaders in 17:55.

MID-AMERICA

• **Paul Barrett**, 36, claimed a pending M35 AR in the WP with a 3783 in the Colorado Masters Throwers Meet, Fort Collins, April 12. Under the new WMA factors, his total betters **Dean Crouser's** 3783 in 1998, which converts to a 3764. Top scorer was **Ian Percy**, 57, with a 3985. Fort Collins will host the National Masters WP Championships on Aug. 23-24.

• **Mark Curp**, 44, Lee's Summit, MO, in 20:07, and **Kim Fritzie**, 40, in 23:28, steamed to masters firsts in the Trolley Run 4 Mile, Kansas City, MO, April 27. **Gustavo Penaloza**, 55, Kansas City, MO, 22:46, **Paul Heitzman**, 72, Eudora, KS, 25:23, and **Dottie Gray**, 77, Kirkwood, MO, 41:49, took division wins handily. **Ubert Phillips**, at 86 the oldest finisher, Kansas City, MO, ran a 57:47. The largest 4-mile in the country, the race drew nearly 10,000.

• **Andrew Masai**, 43, Columbia, KY, 30:11, was second overall at "Minnesota's rite of spring" road race, the Get in Gear 10K, Minneapolis, April 27. **Lloyd Young**, 79, Pine City, MN, cruised to 49:32. **Lyubov Kremleva**, 41, RUS/Gainesville, FL, blossomed as the overall women's winner, 34:41. **Janet Robertz**, 43, Shorewood, MN, placed third overall, 37:03.

WEST

• **Chris Hands**, M40, 18:26, and **Jane Podolski**, W40, 22:26, waltzed to masters wins in the 5K, Philharmonic Classic Runs, Los Angeles, March 22. **Rusty Millar** won the M50 race in 18:37. **Chieko Allwein**, W70, ran a strong 27:18. **Jose Mena**, M40, 39:28, and **Kathy Hoskins**, W40, 43:19, were in tune with masters firsts in the 10K. **Mohammed Oudrhiri**, 71, finished in 47:50.

• **Jeff Ambos**, M40, 34:28, and **Vickie Sanders**, W50, 46:10, strode to masters firsts, Run Through Redlands 10K, Redlands, CA, May 4. Top 40+ in the half-marathon were **Bill Kissell**, M50, 87:36, and **Doreen Fay**, W40, 95:22. **Ray Ashworth, Jr.**, M50, 17:37, and **Laura Watkins**, W40, 22:05, got the masters titles in the 5K. "The 10K and half-marathon are arguably about the most difficult in their categories as any races in the region," writes contributor **Bob Koch**, 76, winner of the M75 10K (54:07).

• The Trojan Masters TC, somewhat dormant for several years, is seeking new members. Eligibility requirements are easy: identification with USC, support for the USC t&f team, and an



MIKE POLANSKY

Overall winners Kathy Martin (second l), 51, 37:38, and Don DiDonato (second r), 45, 34:59, with sponsors Anthony Narciso (l), of Mizuno; Tony Wishowaty, Nationwide Insurance (c); and Joe Saladino (r), of host city Oyster Bay, Nationwide Insurance 10K Run for ASPIRE, Plainview, N.Y., April 5.

interest in competition with other masters locally, nationally, and internationally. Contact **Chuck Coutts**, 310-457-7326(h); 213-723-7274; email: trojanmtc@aol.com, or visit www.trojanmtc.com.

• The Santa Barbara State Street Mile includes a Masters Elite Mile with prize money (\$150, \$100, \$50) based on age-graded performances. Besides the masters men's and women's races, the event, a downhill mile through the center of the city, has an age-group race, a Dog Mile, a Police and Fire Mile, Kids' Mile, and open elite mile. More information: 805-568-2408 (Pacific time); www.ssm.com.

• **Tim O'Rourke**, 45, set a pending U.S. M45 50K record at the Ruth Anderson Runs, San Francisco, CA, Apr. 19, 3:19:21. The 4.5 mile course runs loops around Lake Merced and is partly dirt.

NORTHWEST

• **Tony Young**, 41, M40 US mile record holder (4:09.61), smashed the M40 national record for the 1500 with a fourth-place 3:46.43, Oregon Invitational, Hayward Field, Eugene, April 26. The winning time in the field of 13 open runners was 3:44.37. The present record is 3:52.99 by **John Hinton** (NC) in June 2002. On May 10, Young ran a 1:52.59, within a tenth of a second of **Johnny Gray's** M40 US record 1:52.42, in the Foreman Invitational, U. of Washington.

• **Bob Ward**, 69, was top scorer (5122) and winner of the M60+ division, Seattle Masters Spring Fling, Seattle, April 26. **Tim Shannon**, 40, was the M30-59 winner (3418). **Georgia Cutler**, 60, won the women's contest (3713). The Fling is a WP with the superweight substituted for the javelin.

• The Seattle International Track & Field Meet, June 14, will offer a masters 200. The contact is **Brad Barquist**, bradbarquist@hotmail.com.

• **Richard Menicke**, 42, Whitefish, MT, 17:34, clambered to the overall win at the Mountain West Bank Summit Classic 5K, Kalispell, MT, April 26.

• Coming into his own as a masters runner, **Dennis Simonaitis**, 40, Draper, UT, 36:50, drubbed rival **Eddy Hellebuyck**, 42, Albuquerque, NM, 37:27, at the hilly Bloomsday 12K, Spokane, WA, May 4. Russian women swept the masters podium, with recent Boston Marathon W40+ winner **Firaya Sultanova-Zhdanova**, 42, 40:49, racing hard just two weeks after Boston, defeating fellow RUS/Gainesville, FL, athletes **Ramilia Burangulova**, 41, 42:01, and **Lyubov Kremleva**, 41, 43:52. **Regina Joyce**, 46, Lynwood, WA, 45:15, was top U.S. master. Taking advantage of cool, overcast weather, **John Keston**, 78, McMinnville, OR, set a pending single-age record, 58:44, and **June Machala**, 72, Spokane, 59:44, set her third single-age 12K record in as many years. **Joe Machala**, 61, Spokane, nabbed the M60 in 47:18.

OBITUARIES

• **Paul Geyer** passed away in Detroit Lakes, MN, on April 23, of bone cancer. He was 83. Geyer was an internationally ranked racewalker and owner of Ski and Travel International, Inc., which took masters to WMA championships throughout the world. He was born Sept. 6, 1919, in Lvov, Poland. At the age of four, he competed as a ski racer, and sailed the Baltic Sea before the age of 10. When WWII broke out in 1939, Geyer was a university student in Poland, and as a military cadet, he became a prisoner of the Russians and spent five years in Russian prison and forced labor camps. After the war, he made his way to a displaced persons camp in Germany and worked for the United Nations Relief and Rehabilitation Agency. In 1950, he emigrated to the US with his wife and two children, sponsored by a family in Lincoln, Nebr., where he attended evening engineering classes at the U. of Nebraska, while working during the day at Cooper Tire Co. In 1955, he moved his family to Minneapolis to pursue his dream of owning his own business, which he did successfully. In 1975, he moved to Florida, pioneering the Fleet Marine Co., and started Ski and Travel International. In 1993, he moved back to Minnesota, operating his tour business from his home, and taught racewalking and gave ski lessons. He married **Doris Berglund** in May 1999. Over the years, Geyer met many notables, including **Eleanor Roosevelt**, **President Eisenhower**, and **Kirk Douglas**, and dined with Olympic skiers. He had competed in cross-country skiing against the present Pope when both were youngsters in Poland. He said that one of his proudest days was when he became a U.S. citizen. His survivors include his wife, son and daughter, and grandchildren.

• **Mike Larrabee** died April 23 at his home in Santa Maria, CA, of pancreatic cancer. He was 69. Larrabee, a high school math teacher with an injury-plagued track career, stunned non-believers by becoming the oldest man, at age 30 years and 322 days, to win (45.1) the Olympic 400 in the 1964 Tokyo Games. A graduate of Ventura HS in 1952, he attended USC on a track scholarship, after placing fifth in the 220 in the 1952 state high school championships. Although he enjoyed teaching, he moved his family to Santa Maria in 1968 to take over his mother's beer distributorship. The business was successful and provided Larrabee with more leisure time. An avid hiker, he climbed mountains all over the world, including Mt. Aconcagua in Argentina, the highest peak in the Western Hemisphere at 22,835 feet. Survivors include his wife of 47 years, Margaret, three children, and three grandchildren.

RANKINGS CHANGE

• M45 Long Jump: **Al Cestero, Jr.**, should have been ranked #1 with a 6.13 in the 2002 Indoor Rankings.

Schedule

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

TRACK & FIELD

NATIONAL

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

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

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

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

EAST

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

June 1. Garden State AC/Randolph Classic, Randolph, N.J. Open/M&W30+.



Robert Hahn, Texas TC, winning a silver medal in the M50 100H (16.16), 2002 National Masters Championships, Orono, Me. The 2003 Championships are scheduled for Aug. 7-10 in Eugene, Ore.

Madeline Bost, PO Box 458, Ironia, NJ. madeline.bost@att.net. Morton Hahn, 973-625-1764.

June 1, 15, 29. PVTC Meet, Langley HS, McLean, Va. 8:30 am. 703-671-2520.

June 2-8. Long Island Senior Games, Brentwood, L.I., N.Y. LISG, PO Box 1024, Smithtown, NY 11787. 631-265-2996; www.longislandseniorgames.org

June 3, 10, 17, 24. Philadelphia Masters Summer Series Meets, Roxborough HS, Philadelphia, Pa. 6:30 pm. Joel Dubow, 484-437-9463 (7-9 pm); Kyle Mecklenborg, 215-393-1382, krmeck@erols.com

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

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

June 10-15. Empire State Senior Games, SUNY-Cortland. 315-492-9654; www.empirestategames.org

June 14. MAC Masters/Open Championships, Astoria Park, Astoria, Queens, NYC. 9 am. Ivan Black, 646-591-2620; www.mactrack.org

June 14-15. USATF Long Island Championships, Farmingdale, N.Y. John Martin, 516-349-9157.

June 15. USATF New England Championships, Cambridge, Mass. Steve Vaitones, 617-566-7600.

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

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

June 22. NY Masters Spring Classic, St. Anthony HS, South Huntington, L.I. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 before 9:30 pm EDT; throwercfa@aol.com

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

June 28. Vermont Senior Games, Montpelier. George Brown, 802-229-0621.

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

July 8. Colonie Mile, Colonie HS, Albany, N.Y. Ken Skinner, kennyskin@earthlink.net

July 9, 16. Philadelphia Masters All-Comers Developmental Meets, Germantown Acad., Ft. Washington, Pa. 6:30 pm. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

July 12-13. PVTC Decathlon, Langley HS, McLean, Va. 8:30 am. 703-671-2520.

July 12-13, 17-20. Nutmeg State Games, East Hartford, Conn. 860-528-4588; www.

NutmegStateGames.org

July 12, 26. PVTC Meets, Langley HS, McLean, Va. 8:30 am. 703-671-2520.

July 26. USATF East Regional Masters Championships, Springfield, Mass. USATF NE, 617-566-7600; fax: 734-6322; office@usatfne.org

July 27. Mid-Atlantic USATF & Philadelphia Masters T&F Association Championships Meet, Germantown Acad., Ft. Washington, Pa. 9:30 am. USATF membership required. Kyle Mecklenborg, see July 9.

August 9, 23. PVTC Meets, Langley HS, McLean, Va. 8:30 am. 703-671-2520.

August 10. Granite State Senior Games, Manchester, N.H. 50+. 603-622-9041; www.nhseniorgames.org

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

October 26. Philadelphia Masters All-Comers Runners Pentathlon (3000/800/200/1500/400) & Weight Triathlon (SP/JT/DT). Germantown Acad., Ft. Washington, Pa. Runners: Kyle Mecklenborg, 215-393-1382; krmeck@erols.com; weights: Ray Feick, 610-754-6007; ffeick@aol.com

SOUTHEAST

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

June 7. Atlanta T.C. Masters & Open T&F Meet, Emory U. Track, Atlanta, Ga. 404-231-9064 x20; www.atlantatrackclub.org

June 13. Jacksonville TC Mile Festival, Jacksonville, Fla. 904-388-7860; www.jacksonvilletrackclub.com

June 14. USATF Florida Championships, Clermont. Bob Fine, 561-499-3370; BobFine@aol.com

June 22. Florida Sunshine Games, Tampa. Bob Fine, 561-499-3370; BobFine@aol.com

July 10. USATF Alabama Championships, Mobile. Julius Shine, 251-661-1567.

July 12. USATF Tennessee Masters Meet, Vanderbilt U. Randall Brady, 615-383-6733; Frank Schmidt, 615-851-2630.

July 29. USATF Southeast Regional Masters Championships, Clemson U., S.C. Bob Fine, 561-499-3370; BobFine@aol.com

MIDWEST

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

June 7. USATF Illinois Masters/Open Championships, Sterling HS, Sterling. Kevin Braunskill, 815-622-6201.

June 14-16. USATF Wisconsin Masters & Open Championships, Kenosha. Patrick Pretty, 262-675-2605.

June 15-20, 22-27. John Powell's Throwing Camp, Denison U., Granville, Ohio. Open to masters. www.johnpowellassociates.com

June 29. Midwest Sprint, Mid-Distance, & Weight Challenges, Oak Forest HS, Oak Forest, Ill. Gerry Krainik, gkrainik@attbi.com

July 19. Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, PO Box 17706, Dayton, OH 45417. 937-837-2754; bjrnl@juno.com

July 26. Cleveland Classic, Independence HS, Ohio. Rodney Wilson, maniccial@ameritech.net; www.ohtc.org

July 27. USATF Midwest Regional Masters Championships, Oak Forest HS, Oak Forest, Ill. Gerry Krainik, gkrainik@

ON TAP FOR JUNE

TRACK AND FIELD

Now in full swing, the season opens with the Garden State AC/Randolph Classic, N.J., on the 1st and closes with the Portland, Ore., Masters Classic, on the 28th-29th, and the New Jersey Championships, Tinton Falls, on the 29th. In between, the slate includes the USATF Mid-America Regional Championships, Wichita; MAC Association Championships, Queens, NYC, and Southwest Association, Nevada Association, and Florida Association Championships, on the 14th; USATF Northwest Regional Championships/Hayward Masters Classic, Eugene, Ore., on the 21st-22nd; and Chuck McMahon Memorial Meet, San Diego, on the 28th.

LONG DISTANCE RUNNING

Not yet stifled by summer heat, offerings range from the USATF New Jersey Masters 5K Championships in Tenafly; Gardena 5000, Los Angeles; and Dexter-Ann Arbor, Mich., Half-Marathon on the 1st; to the Hospital Hill Half-Marathon, Kansas City, Mo., on the 7th; the Platinum Performance State St. Mile, Santa Barbara, on the 15th; Grandma's Marathon, Duluth, Minn., and Double Dipsea Handicap 13.7 Mile, Stinson Beach, Calif., and Mt. Washington 7.6 Mile, Gorham, N.H., on the 21st; and Women's Distance Festival Midnight 5K, Columbia, Md., on the 27th.

RACEWALKING

The USATF National Masters 15K Championships take off in Evansville, Ind., on the 1st, followed by the Florida and Indiana Association 5K Championships on the 15th. □

attbi.com. Online registration: <http://midwestmasterstrack.net>

MID-AMERICA

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

June 8. USATF Minnesota Masters & Open Championships, Blaine. Mark Hover, 612-375-0805.

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

June 14. USATF Mid-America Regional Masters Championships, Friends U., Wichita, Kansas. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; fax: 687-0387.

June 20-21. Salina Senior Games, Salina,

Continued on page 26

Continued from page 25

Masters Championships, Friends U., Wichita, Kansas. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; fax: 687-0387.

June 20-21. Salina Senior Games, Salina, Kansas. 785-309-5765; www.ci.salina.ks.us

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

June 22. Star of the North Games, Century HS, Rochester, Minn. 800-756-STAR; www.starofthenorthgames.org

July 27. Blair Open Meet, Blair HS, Nebr. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.

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

August 30-31. Rocky Mountain Masters Games, Colorado St. U., Ft. Collins. Jim Weed, 1166 Eagle Rd., Broomfield, CO 80020. 303-469-5607. Jerry Donley, 719-635-1264; rockymtnmastersgames@msn.com

September 25-28. Kansas Senior Olympics, Topeka. KS Sr. Olympics, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 14. USATF Southwest Association Masters & Open Championships, Coppell HS, Texas. www.dallasmasters.com

June 14-15. USATF Southern Association Championships, Hattiesburg, Miss. Rick Seabrooks, 601-466-8436.

June 21. Lions Waterloo Throwers Meet, Austin, Texas. www.waterlootrackandfield.org

June 21. North Texas Age-Group Championships, Gorman HS, Tyler. Bob Hahn, 903-561-9511; northtexasrtrack@yahoo.com

July 12. Cat Spring Grunt V Throwers Meet, Cat Spring, Texas. Mark Chapman, 979-732-5591; email: k9luvr@intertex.net

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

WEST

Arizona, California, Hawaii, Nevada, New Mexico

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

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

June 8. USATF SCA Championships, Orange Coast College, Costa Mesa, Calif., 4 p.m. No advance registration. Andy Hecker, 805-642-3879; www.trackinfo.org/sca.html

June 14. USATF Nevada Championships, Las Vegas. Edward Johnson, 702-438-3535.

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

June 21-22. Grand Canyon State Games, ASU, Tempe, Arizona. 480-517-9700; www.gcsge.org

June 24-August 3. (Tentative). All-Comers

Meets, Los Angeles. Tues., Banning HS; Wed., Birmingham HS; Thurs., Bell HS. 7:30 p.m. No entry fee. 818-904-2003.

June 28. Chuck McMahon Memorial Meet/USATF San Diego/Imperial Association Championships, Poway, Calif. 619-226-1324; www.seniorgames.org. (See entry form on p. 11)

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

July 12. California State Games, Cuyamaca College, El Cajon. Arnie Robinson, 619-263-7334; Nelson Alexander, 858-569-2090; www.calstategames.org

July 26-27. USATF West Regional Masters Championships, UC-San Diego. Susan Loveall, 619-226-1324; fax: 226-1304; susan@sdseniorgames.org

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

October 4. 30th annual Club West Meet, UC-Santa Barbara, Calif. Beverley Lewis, 805-969-5852; fax: 969-6612. Gordon McClenathen, 805-964-3005.

October 19. Self-Transcendence Masters Games, Long Beach St. U., Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

June 4, 11, 18, 25. Club NW All-Comers Meets, Edmonds Stadium, Edmonds, Wash. 7 pm. 206-729-9972.

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

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

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

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

June 14-15. USATF Oregon M/O/Y Championships, Sandy HS. Roger Hall, 541-687-9675; www.usatforegon.org

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

June 26. Hayward Field All-Comers Meet, Eugene, Ore. 5 pm.

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

July 2, 9, 16, 23, 30. Club NW All-Comers Meets, Edmonds Stadium, Edmonds, Wash. 7 pm. 206-729-9972.

July 3, 10, 17, 24. Hayward Field All-Comers Meets, Eugene, Ore. 5 pm.

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

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

July 19-20. Big Sky Games, Billings,



MIKE POLANSKY

Danielle Davis (second left) of Vytra Health Plans congratulates top three masters (from l): Don MacKay, 41, first (18:57); Steve Melore, 40, second; and Paul Bonanni, 42, third, Vytra Human Race 5K, Islip, N.Y., April 12.

Mont. No out-of-state. 406-254-7426; www.bigskygames.org

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

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

August 6, 13. Club NW All-Comers Meets, Edmonds Stadium, Edmonds, Wash. 7 pm. 206-729-9972.

October 6-8. Huntsman Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net; hws@infowest.com

CANADA

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

INTERNATIONAL

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

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

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

LONG DISTANCE RUNNING

NATIONAL

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

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

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

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

September 28. USATF National Masters

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

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

October 11. USATF National Masters Championships/Akron Marathon Relay, Akron, Ohio. Jim Barnett, 330-657-2224; 877-375-2786; www.akronmarathon.org

November 2. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvh.net

November 8. USATF National Masters Championships/San Diego 1-Day, 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Pacific St., Oceanside, CA 92054. 760-967-8348.

November 23. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

December 7. USATF National Masters 10K Cross-Country Championships, Greensboro, N.C.

EAST

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

June 1. Riverdale Ramble 10K, Bronx, N.Y. 914-963-9102.

June 1. USATF New Jersey Women's & Masters 5K Championships, Tenafly. Mark Aronson, 201-567-8313.

June 7. New York Mini Women Only 10K, Central Park. 212-860-4455; www.nyrrc.org

June 7. USATF NE Association Mountain Running Championships/Northfield Mountain 8.2 Mile, Northfield, Mass. Dave Dunham, 978-373-9118.

June 8. George Washington Bridge Classic 10K, Fort Lee, N.J. 201-343-2222; www.gwbchallenge.com

June 8. Oy Vay 10K & 5K, Rockville, Md. 301-770-8351; www.hebrewhome.org/race

June 13. Peninsula TC Moonlight Run 5K, Hampton, Va. 757-930-3169 (h).

June 14. Saucony X-C Series, Frick Park, Pittsburgh, Pa. 2K/4K/8K. John Harwick,

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1790 Lisa Dr., #4, Indiana, PA 15701. 724-464-2222.

June 15. Battle of Bunker Hill 8K, Charlestown, Mass. 617-242-1775; www.coolrunning.com

June 15. NYRR Father's Day 5 Mile, Central Park, NYC. 212-860-4455; www.nyrrc.org

June 19. Ithaca Twilight 5K, Ithaca, N.Y. 7 pm. 607-254-7289.

June 21. Run for Roses Women's 5K, Wheaton, Md. 301-353-0200; www.merrc.org

June 21. Moonshine Shuffle, Erie, Pa. 9 pm. 814-899-0455.

June 21. Mt. Washington 7.6 Mile Road Race, Gorham, N.H. 603-863-2537; race time@gsrs.com

June 21. Vestal XX 20K, Vestal, N.Y. 607-797-9215.

June 27. Women's Distance Festival Midnight 5K, Columbia, Md. 410-964-1998; www.striders.net

June 28. Asbury Park 10K Classic, Asbury Park, N.J. 732-578-1771; www.NJRRc.org

June 29. Lions Sizzler 20K, Bedford, N.H. 603-626-1230; www.lions-sizzler.org

July 6. NYRR Bronx Half-Marathon, Bronx, NYC. 212-860-4455; www.nyrrc.org

July 12. Saucony Cross-Country Series, Frick Park, Pittsburgh, Pa. 724-464-2222.

August 2. Beach to Beacon 10K, Cape Elizabeth, Me. 5000 limit. 888-480-6940; www.Beach2Beacon.org

SOUTHEAST

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

July 4. Peachtree 10K, Atlanta, Ga. 404-231-9064; www.atlantatrackclub.org March 1 deadline. 55,000 limit.

July 4. Yorktown Freedom Run 5K, Yorktown, Va. Hal Herdey, 757-898-6269; kherdey@visi.net

July 19. Crazy 8's, Kingsport, Tenn. 423-245-8311; www.crazy8s.org

August 31. Rock 'N' Roll Half-Marathon, Virginia Beach, Va. 800-311-1255; www.mrhalf.com

MIDWEST

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

June 1. Dexter-Ann Arbor Half-Marathon, 10K & 5K, Ann Arbor, Mich. 734-662-1000; dexterannaborr.com

June 7. Saginaw Y River 5K & 10K, Saginaw, Mich. 989-755-5160, x205.

June 8. Columbus 10K, Columbus, Ohio. 740-587-0376; www.runohio.com

June 8. She's Got Sole Women's 8K, Chicago, Ill. 773-868-0893; www.universalsole.com

June 21. Joshua Buddies 5K, West Bloomfield, Mich. 248-366-8860.

June 28. Fit for Life Run, Elkhorn, Wisc. Lee Zubrod, 262-723-8010; email: lzubrod@zubrodconstruction.com

August 3. Chicago Distance Classic 20K, U. of Ill.-Chicago campus. www.chicago-distanceclassic.com

August 9. Paavo Nurmi Marathon & Relay, Hurley, Wisc. 715-561-4334; www.hurleywi.com

August 16. Parkersburg New & Sentinel Half-Marathon, Parkersburg, W. Va. 304-485-8844 www.NewandSentinel.com

MID-AMERICA

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

June 1. Steamboat Marathon, Half-Marathon, & 10K, Steamboat Springs, Colo. 970-879-0882; steamboatmarathon.com

June 7. Hospital Hill Run 5K, 12K & Half-Marathon, Kansas City, Mo. 816-274-3635; hospitalhillrun.com

June 21. Grandma's Marathon, Duluth, Minn. 218-727-0947; www.grandmasmarathon.com

June 27. Twilight 5K Run, Tulsa, Okla. 7:30 pm. 918-630-4026. paynek@trinityhospice.com

June 28. Star of the North Games 5K, Rochester, Minn. 800-756-STAR; www.starofthenorthgames.org

June 28. City of Legends 5K, Bartlesville, Okla. 918-336-2468.

June 28. Stadium Stampede 5K, Denver, Colo. 303-694-2030; www.bkb.ltd.com

August 17. Pikes Peak Marathon, Manitou Springs, Colo. 719-473-2625; www.pikespeakmarathon.org

September 6. Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. Detroit Lakes C of C, 800-542-3992.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 13. Inola 8K Run for St. Jude, Indola, Okla. 7:00 p.m. 918-343-4920; email: porban@cs.com

June 14. Dublin Dr. Pepper 10K, Dublin, Texas. 888-398-1024; www.dublindrpepper.com

July 4. Firecracker Fast 5K, Little Rock, Ark. 501-221-0017.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

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

June 1. Acton Leo Club 5K, Agua Dulce, Calif. Laura Steibel, 661-269-1277; Fred Fate, fredfate@yahoo.com

June 1. Gardena 5000, Gardena (Los Angeles), Calif. 310-323-7285; gardena5000.com

June 1. Golden Gate Games 10K & 5K, San Francisco. 415-450-6510; www.guardsmen.org

June 4, 11, 18, 25. Nite Moves 5K Summer Series, Santa Barbara, Calif. 6:35 pm. www.runsantabarbara.com

June 7. Fontana Days Half-Marathon & 5K, Fontana, Calif. 909-428-8360; www.active.com

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

June 8. Aptos Women's Five Miler, Aptos, Calif. 831-335-7521.

June 8. Valley Crest Half-Marathon, Reseda, Calif. www.ultraladies.com

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

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

June 21. Double Dipsea Handicap Race 13.7 Mile, Stinson Beach, Calif. 415-978-0837; www.dsrunners.com

July 27. San Francisco Marathon, Half-Marathon, & Relay. chroniclemarathon.com

July 27. Wharf to Wharf 6 Mile, Santa Cruz, Calif. 831-475-2196; wharftowharf.com

August 17. America's Finest City Half-Marathon & 5K, San Diego. 858-792-2900; www.afchalf.com

August 17. Silver State Marathon & Half-Marathon, Reno, Nev. Email: longruns@aol.com; www.silverstatestriders.com

August 31. Pier to Peak Half-Marathon, Santa Barbara, Calif. 805-564-8879; www.runsantabarbara.com

October 5. Sacramento Marathon & Half-Marathon, Sacramento, Calif. www.sacramentomarathon.net

NORTHWEST

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

June 7. Run for the Mountain 10K, Eugene, Ore. 541-682-2000; www.lane-county.org/parks

June 14. Heart & Sole 10K & 5K, Billings, Mont. 406-237-3600; svfoundation.org

June 18. Mayor's Midnight Sun Marathon, Half-Marathon & 5K, Anchorage, Alas. 907-786-1325; www.runanchorage.com

June 28. Walk With Me Marathon & Half-Marathon, Eugene, Ore. WWMM, 795 Willamette, #305, Eugene, OR 97401. 541-684-4951; www.walk-with-me.com. No mail entry after May 30.

July 3. Firecracker 5000, Memorial Stadium, Seattle. 206-729-9962; www.promotionevents.com

July 4. Sierra Mist Butte to Butte 10K, Eugene, Ore. 541-687-1989. buttetobutte.org

July 24. Deseret News & KJZZ Salt Lake Marathon & 10K, Salt Lake City, Utah. 801-816-2500; www.SaltLakeMarathon.com

August 2. ORRC Pacific Crest Trail 50K/50 Mile, Timothy Lake to Timberline Lodge, Ore. 503-970-4228; www.orrc.net

August 17. Humpy's Marathon & Half-Marathon, Anchorage, Alas. 907-345-4004; www.anchoragerunningclub.org/humpys

CANADA

July 6. Calgary Herald Stampede Marathon, Relay, & Half-Marathon, Calgary, Alberta. 403-264-2996; www.stampederoadrace.com

August 24. Marathon Des Deux Rives, Quebec City. Also New Balance Half-Marathon & 10K. 418-694-4442; marathonquebec.com

INTERNATIONAL

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

RACEWALKING

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

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

June 15. USATF Indiana Association 5000 RW Championships, Indianapolis. Cheryl



MIKE POLANSKY

Betty Horstmann, 57, first female Senior Master (76:32), Kings Park 15K, Kings Park, N.Y., March 23.

Sunman, 317-935-0161.

June 22. USATF MAC 15K RW Championships, NYC. Stella Cashman, 212-628-1317.

July 13. USATF Indiana Association 5K RW Championships, Indianapolis. Cheryl Sunman, 317-835-0161.

August 3. USATF MAC 3K RW Championships, NYC. Stella Cashman, 212-628-1317.

August 7-10. USATF National Masters 5000 (8th) and 10K (10th) RW Championships, Eugene, Ore. See National T&F Schedule.

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

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

September 14. USATF Inland Northwest 5K RW Championships, Medical Lake, Wash. Jacqueline Van Allen, 509-838-1834.

September 14. USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

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

October 12. Bob Fine Invitational RW, Coconut Creek, Fla. 954-427-0032; 771-3347.

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

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

T&F-East

July 19. Long & Strong Throwers Classic, McCaskey HS, Lancaster, Pa. Glenn Thompson, 3604 Green St., Harrisburg, CA 17110. 717-238-1720; Thrower60@aol.com; www.longandstrong.com

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39
Robert Walters 60m 7.51 3-29-03
Daren Weiborn LJ 6.1 4-19-03

M40-44
Jeffery Frerke 60m 7.48 3-8-03

M45-49
Michael Allen 400 54.7 4-13-03
Bill Murray Pent 3122 3-28-03

M50-54
John Holmes Pent 2991 3-28-03
Alonzo Jones 400 58.99 8-13, 16-02
Donald Loewe 3000 10:41 3-23-03

M55-59
Jim Chamberas WP 3232 8-9-98
WP 3046 8-8-99
WP 3018 8-13-00
WP 3038 8-5-01

Martin Menkin J 44.5 2-22-03
Bill Penner SK RW 27:32 5-3-03
Tom Reuscher PV 3.51 3-1-03

M60-64
Don Denson 100 13.18 8-8, 11-02
200 27.34 8-8, 11-02
LJ 4.86 8-8, 11-02
PV 2.77 1-25-03

M65-69
George Cairns J 36.27 8-31, 9-1, 03
60m 8.90 3-02-03
TJ 8.83 2-9-03
Bob Golly 60m 8.87 3-8, 9-03
Gervasio Rodriguez 100h 20.48 3-9-03

M70-74
Jack Gray SK 21.50 4-19-03
1500 6:20.08 4-5-03
800 3:01.87 4-5-03

Val Smith WP 3036 7-7-01
Vern Schewe 60m 9.38 3-29, 30-03
200 31.27 3-29, 30-03

M75-79
Tom Maloy WP 2936 4-6-03
H 43.06 4-6-03
HJ 3-10 3-17-03
James Wilkie 3000 14:35.63 2-21-03

M80-84
Roy Englert 3000 16:54.90 3-28, 30-03
Mile 8:24.81 3-28, 30-03
800 3:50.48 3-28, 30-03

W50-54
Diane Sardes 800 2:44.22 3-29, 30-03

W55-59
Nancy Curry 10K 47:57 3-22-03

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/4	6-1/4	5-9/16	5-6	5-3	4-11	4-9	4-6 1/4	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	
	14-5/16	13-5/16	12-11/16	12-1 1/4	11-7/8	10-0	8-10/16	7-10/16	7-6/16	6-6/16	5-10/16	4-3/4	
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	20-1/4	19-2 1/4	18-4 1/4	17-8/16	16-1/4	14-9	13-9/16	12-5/16	10-11/16	9-4/16	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	
	43-3/4	41-4/16	37-8/16	35-5/16	34-1/16	31-2	29-2 1/4	26-11	22-10	21-4	19-6	19-5/16	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11/16	39-4/16	42-0	37-8/16	36-1/16	29-6/16	26-3	19-8/16	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2/16	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	65-7/16	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-11/16	42-8	39-4/16	32-9/16	29-6/16			19-8/16	16-4/16	13-1/16	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8/16	32-9/16	29-6/16	23-11/16	17-4/16	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/4	27-10/16	26-3	19-8/16	18-1/4	16-4/16	14-9	11-5/16	9-10	8-2/16	6-6/16	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

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

U.S. MASTERS ALL-AMERICAN STANDARDS 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	6:00:18	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	1:47:18	2:48:13	3:51:12				

MEN

	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	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
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	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
M70	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
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	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 ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
5 Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2½	3-0½	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
	8-10½	7-10½	6-10½	5-10½	4-11	3-11½	3-7½	3-3½	2-11½	2-7½	2-3½
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	11-1½	10-6	10-2	8-6½	7-6½	6-10½	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	20-4½	19-8½	18-½	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
	33-9½	30-7	27-11	27-6½	26-3	25-6	24-7½	21-8	19-8½	17-½	14-1½
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	75-5½	72-8	65-7½	55-9½	52-6	49-2½	39-4½
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	72-2½	68-10½	59-½	52-6	45-11½	42-8	36-1½
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	75-5½	72-2½	68-10½	59-½	45-11½	39-4½	29-6½
20#Wt.	10.00	9.00	8.00	7.01							
	32-9½	29-6½	26-3	23-0							
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75
					26-3	22-11½	19-8½	18-2	17-0	16-4½	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	19-8½	18-½	16-4½	17-2½	16-4½	15-7	14-9	13-1½	11-5½	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 / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

Unofficial Club Scores Combined 2003 Masters Indoor Championships, Boston, MA

1	Potomac Valley TC	321
2	Sprint Force America	235
3	Midwest Masters TC	199
4	Bohemia Track Club	161
5	Florida AC	157
6	Shore AC	137
7	Central Park TC	136
8	Syracuse Chargers	124
9	Aura Int'l	112
10	New York Masters Club	111
11	Atlanta Track Club	103
12	Over the Hill TC	85
13	New England 65+	81
14	Etobicoke Gladstone	70
15	Greater Boston TC	67
16	Genesee Valley Harriers	65
17	New England Walkers	63
18	Feel the Heat	60
19	Southern Cal Striders	58
20	Dallas Masters	54
21	Eastern Regional	52
22	Houston Harriers	51
23	Westchester TC	48
24	Univ. of Chicago TC	48
25	Hartford TC	43
26	Highlander Masters	36
27	Above the Bar	34
28	Checkers Athletic Club	32
29	Houston Elite	30
30	Marin Racewalking	26
31	Cambridge Running Club	24
32	Central Mass Striders	22
33	Pegasus Athletic Club	20
34	Merrimack Valley Striders	17
35	Westchester Road Runners	17
36	Connecticut Racewalkers	16
37	Parkside AC	14
38	Finger Lakes Runners	13

Men's Club Scores

1	Sprint Force America	225
2	Potomac Valley TC	170
3	Midwest Masters TC	135
4	Shore AC	129
5	Long and Strong Throwers Club	119
6	Florida AC	117
7	Syracuse Chargers	74
8	Colorado Masters Throwers	71
9	Over the Hill TC	69
10	Aura Int'l	64
11	Atlanta Track Club	63
12	Philadelphia Masters	54
13	Greater Boston TC	54
14	The Running Company	53
15	New York Masters Club	53
16	Maryland Masters	50
17	New York AC	47
18	Dallas Masters	46
19	Central Park TC	46
20	New England 65+	45
21	New England Walkers	43
22	Eastern Regional	42
23	New Orleans Track Club	40
24	Houston Harriers	40
25	Boston Athletic Association	39
26	Indiana Invaders	36
27	North Jersey Masters	35
28	Hurley's Heros	35
29	Millrose AA	34
30	Team Oklahoma	32
31	Etobicoke Gladstone	32
32	Raritan Valley RR	31
33	Feel the Heat	30
34	West Coast Track & Field	30
35	Toledo River	30
36	NovaSport Athletics TC	29
37	Athletics East	28
38	Tri-City Greyhounds	28
39	San Francisco Cheetahs	27
40	Decathlon Midwest	27
41	Hartford TC	27
42	Southern Cal TC	26
43	Houston Elite	25
44	Genesee Valley Harriers	25
45	Yuma Valley Flyers	24
46	Checkers Athletic Club	24
47	Missouri Valley TC	24
48	North Jersey Striders	23
49	Australian Masters	22
50	Synergy Track Club	21

Women's Club Scores

1	Bohemia Track Club	151
2	Potomac Valley TC	151
3	R.I.S.E.	100
4	Central Park TC	90

5	Central New York Impalas	72
6	Midwest Masters TC	64
7	Atoms Track Club	61
8	New York Masters Club	58
9	Liberty AC	56
10	Syracuse Chargers	50
11	Aura Int'l	48
12	Green Mountain AA	42
13	Atlanta Track Club	40
14	Florida AC	40
15	Genesee Valley Harriers	40
16	Southern Cal Striders	38
17	Etobicoke Gladstone	38
18	New England 65+	36
19	Cape Cod AC	30
20	Feel the Heat	30
21	Univ. of Chicago TC	28
22	Highlander Masters	28
23	Westchester TC	28
24	New England Walkers	20
25	Greater Springfield Harriers	20
26	Optimism Track Team	19
27	Hamilton Olympic Club	18
28	Central Mass Striders	18
29	Northeast Running Club	18
30	Vertical Assault	18
31	Over the Hill TC	16
32	Merrimack Valley Striders	16
33	Hartford TC	16
34	Above the Bar	16
35	New Hampshire Tracksters	16
36	Westchester Road Runners	14
37	Greater Boston TC	14
38	Woodbridge Racing Club	13
39	Blazers International	12
40	Houston Harriers	11

EAST

MAC Masters Indoor Championships, NYC Armory March 8

60m	M30 Tony Russell	7.17
	Lyndell Pittman	7.19
M35	Wm Marshall	7.45
	David Jones	7.56
M40	Tony DiSalvo	7.73
	M45 Val Barnwell	7.40
	Don Passman	7.83
M55	Ron Johnson	7.97
	Gary Geigof	8.26
M60	Rich Jones	8.23
	M65 Roosevelt Weaver	8.87
	W30 Nedenia West	8.70
	W35 Charlene Landrum	8.15
	W45 Louise Clark	9.16
	W55 Skipper Clark	9.71
200m	M30 Lyndell Pittman	23.06
	M35 Tony Russell	23.15
	Wm Marshall	24.11
	M40 Tony Ringgold	24.68
	Jim Watts	24.96
	M45 Val Barnwell	23.70
	Keith Royster	24.01
	M50 Ed Goner	23.79
	Jesse Norman	24.77
	M55 Ron Johnson	25.71
	Noah Perlis	26.65
	M60 Rich Jones	27.32
	M65 Richard Rizzo	29.69
	M70 Tom Talbott	34.08
	M85 Bob Matteson	42.46
	W30 Nedenia West	29.06
	W35 Alethea Morris	25.55
	W45 Paula Dickson	31.03
	W50 Sharon Warren	29.48
400m	M30 Sheldon Melbourne	50.42
	Mark Williams	53.31
	M40 Jim Watts	53.71
	Kevin McKenna	57.33
	M45 Archie Glaspie	55.83
	T DeValle	61.05
	M50 Tony Plaster	60.24
	M55 Noah Perlis	62.94
	M60 Dominic Rapazzo	64.46
	M65 Richard Rizzo	65.77
	M70 Tom Talbott	96.14
	M85 Bob Matteson	1:45.18
	W35 Alethea Morris	57.85
	Dawn Best	67.65
	W40 S Krogstad Hill	71.33
	W45 Pavia Dickson	68.95
	Eileen Troy	74.16
	M50 Mary Rosado	74.77
800m	M30 Mark Williams	1:59.49
	M50 Paul Mascali	2:09.05
	M55 Frank Handelman	2:14.40
	M60 Sid Howard	2:31.37
	M65 Chris Rush	2:37.33
	W30 Maxine Winter	2:21.76

W35 Lillian Awdi	2:42.82
W40 C StoneBorkowsk	2:21.41
S Krogstad Hill	2:44.22
W45 Eileen Troy	2:40.59
W55 Sylvie Kimche	2:41.40
1500m	
M40 Harris Hardy	4:24.81
Larry Glazer	4:30.62
M45 Randall White	4:31.96
Brian Barry	5:35.44
M50 John Chason	5:22.03
M55 Harry Nolan	4:32.35
W35 Lillian Awdi	6:08.76
W40 CStoneBorkowski	4:56.15
W50 Kathy Martin	AR5:02.28
(SmithHannah/5.01.01/2000)	

3000m	
M40 Drew Davis	9:16.91
M45 Randall White	9:39.62
M50 Wm Hart	15:18.49
M55 Hugh Sweeney	12:21.21
M65 Joe Cordero	12:36.58
W35 Darlene Miloski	11:18.73
W45 Marge Bellisle	10:40.73
W50 Kathy Martin	AR10:33.71
(Ottoway/10.44.0/1995)	
W60 MarieLMichelsohn	WR11:58.23
(Michelsohn/12.06.88/2002)	
60mH	
M40 Glenn Patterson	8.44
M45 Phil Bujalski	9.64
M50 Rick Lapp	9.95
W35 Charlene Landrum	9.36
W40 Caryl Senn	10.20
W55 Skipper Clark	13.37

4x400m Relay	
M50-59 SprintForceAm	3:40.22
(World best/3:43.22/USA/2001)	
W40-49 BohemiaTC	4:33.15
(World best/5:48.29/USA/2001)	
High Jump	
M35 Igor Agavev	6-0
M40 Craig Plummer	5-0
M45 Bruce McBarnette	6-2
M50 Ivan Black	4-8
M75 Des Margetson	3-0
W40 Caryl Senn	4-8
W55 Skipper Clark	3-0
Pole Vault	
M35 Duncan Littlefield	14-6
M45 Don Severn	11-6
Pete Hishman	11-6
M50 Steve Gorman	12-0

Long Jump	
M35 Will Mateu	4.93
M40 Craig Plummer	4.86
M50 John Oleski	4.93
M75 Des Margetson	2.33
W35 Dawn Best	4.24
W55 Skipper Clark	3.97
Triple Jump	
M50 Ivan Black	9.99
John Oleski	9.73

Shot Put	
M30 Antonio Martinez	10.53
M35 Phil McDonald	11.59
M40 Thom Lanzalotto	12.21
M45 Dennis Hansen	11.44
M55 Rich Dunphy	9.97
Carl Levine	9.02
M60 AugustKauffmann	11.71
M65 Ed Joyce	9.37
M70 Pete Barker	10.83
M75 Des Margetson	6.73
W40 Oneitha Lewis	13.77
W50 Linda Smith	6.93
W55 Skipper Clark	8.96
W65 Anne Cirulnick	7.23
3000mRW	
W40MaryanneTorrellast	14:34.88

Penn Relays Masters Events Philadelphia; April 25-26

M40+ 4x100 Fri 11:55 am	
1 Maryland Masters	44.08
2 Southern Calif TC	44.34
3 Sprint Force America	44.35
4 Bruin Spiked Shoe	45.35
5 AURA International	46.41
6 Shore AC	47.64
7 Central Park TC	56.09
M50+ 4x100 Fri 11:57 am	
1 Houston Elite	46.44
2 Maryland Masters	46.97
3 AURA International	48.01
4 Sprint Force America	48.02
5 Tendonitis AC	49.46
6 Philadelphia Masters	50.07
7 Team Ohio TC	54.80
8 Shore AC	56.58
M40 100 Fri 2:30 pm	
1 Mitch Lovett Sprint FA	11.25
2 C StephensonSoCalTC	11.40
3 Eugene Vickers Md Mast	11.46
4 Ton Fulton Sprnt FA	11.55
5 Randy Frey Phila Mast	11.59
6 Don Hardy Houston Elit	11.75
7 Dave NeumannBruin Sp	12.04
8 Tony DiSalvo Phila Mast	12.11
M45 100 Fri 2:32 pm	
1 Kevin Morning SoCalTC	11.38
2 Val Barnwell Sprint FA	11.47
3 Tom Jones Md Masters	11.84
4 Gregory McBride unat	12.21
5 Neil Steinberg Bruin Sp	12.24
6 John Brooks AURA	12.26
7 Don Passman Shore AC	12.70
8 Ed Brown unat	12.80
9 Johnnie Brown unat	13.81

M50 100 Fri 2:34 pm	
1 Bob Bowen Sprint FA	12.15
2 Jesse Norman AURA	12.56
3 Alston Brown Centra Pa	12.63
4 Terry McKechnie Phila	12.85
5 Jerry Scriver Central Pa	12.95
6 Dennis Brown AURA	13.00

M55 100 Fri 2:36 pm	
1 Stan Whitley unat	11.99
2 Charles Allie NADIA TC	12.21
3 Bob Koontz Md Master	12.48
4 Will Picorelli PR Master	12.49
5 Lloyd HaddockTeamOH	12.73
6 Mel Fields Md Masters	12.76
7 Robert Wedge unat	13.77

M60 100 Fri 2:38 pm	
1 Stephen Robbins unat	12.34
2 Richard Jones unat	13.08
3 Harry Tolliver Team OH	13.40
4 Chas Bartholomew unat	13.47
5 MarionHarrisonAtlanta	13.54
6 Irvine Heath Phila Mast	14.10

M65 100 Fri 2:40 pm	
1 Dick Camp Sprint FA	13.47
2 Richard Ocker PhilaMast	13.71
3 Wm Bittner Phila Master	13.82
4 Lloyd Williams Sprint FA	14.26
5 Rich Rizzo Sprint FA	14.26
6 Larry Colbert Sprint FA	14.87
7 Tony Marrone Triple Pla	14.98
8 Kallukkat ThomasPhila	15.45

M75+ 100 Sat 3:40 pm	
1 Mel Larson 78 unat	14.45
2 Ed Cox 75 Syra Chrg	15.02
3 Wilford Scott 76 unat	15.46
4 Bert Lancaster 75 Phila	15.68
5 Bill Daprano 76 Atlanta	15.87
6 Oscar Harris 79 Phila	15.79
7 Champ Goldy 86Phila	18.79
8 EverettHosack101 OTH	55.73

M40+ 4x400 Sat 5:10 pm	
1 Sprint Force America	3:25.09
2 AURA International	3:35.76
3 Maryland Masters	3:36.33
4 Bruin Spiked Shoe	3:43.76
5 Central Park TC	3:44.46
6 Shore AC	3:47.95
7 Western Penn TC	3:53.17

SOUTHEAST

Carolina Masters Invitational Charlotte, NC; April 5

100m	
M30 Derrick Archie	10.90
M35 Daren Welborn	11.50
M40 H L Pierce	11.80
M45 Kaester McDonnough	12.00
M50 Jeff Jenkins	14.20
M55 Owen Roger	13.20
M65 Don Beck	14.59
M70 John Schreiber	15.16
W35 Regina Richardson	13.50
W45 Loretta Woodward	14.40
W60 Stephanie Alder	22.40
200m	
M30 Derrick Archie	23.00
M35 Daren Welborn	24.30
M40 H L Pierce	24.17
M45 Kaester McDonnough	24.60
M50 Jeff Jenkins	30.00
M55 Roger Owen	27.10
M60 Horace Andrews	33.71
M65 Don Beck	30.38
M70 Sam Madia	36.81
W35 Kris Kazebee	30.40
W45 Loretta Woodward	29.90

400m	
M35 Daren Welborn	56.10
M40 Kinley Hill	56.60
M45 Miles Vaughn	57.70
M65 Don Beck	1:14.20
M70 Sam Madia	1:38.00
W35 Kris Kazebee	1:07.80
800m	
M35 Robert Cousar	2:21.00
M45 Miles Vaughn	2:11.40
M55 Don Kirby	2:33.70
W40 Brenda McGovern	2:54.00
W55 Ann Viles	3:15.80

1500m	
M40 Michael McGeed	6:57.65
M45 Paul Kinny	4:48.38
W55 Ann Viles	6:36.84
3200m	
M40 Michael McGeed	15:46.19
M45 Paul Kinny	10:48.69
W45 Brenda McGovern	13:21.00
W55 Ann Viles	14:35.65

Short Hurdles	
M55 Ozzie Binion	19.50
M60 George LaBelle	19.10
M70 John Schreiber	15.30
Long Hurdles	
M35 Larry Isley	1:04.90
M55 Ozzie Binion	1:12.80

M60 George LaBelle	58.60
M65 Don Beck	58.40
High Jump	
M40 Robert Newman	

Continued from previous page

W35 Regina Richardson	11.11
W50 Linda Lowery	9.30
W70 Gloria Bortell	5.55
Shot Put	
M45 Charles Baer	11.41
Glenn Reid	8.55
M55 Norman Hough	12.59
Blaisdell Willis	9.55
M60 James Turner	9.47
Randolph Austin	9.30
M65 Gerald Vaughn	13.87
Tom Trautwein	9.47
M70 Larry Horine	12.63
Jack Munnell	8.21
W60 Mary Munnell	5.44
W65 Irmgard Looser	6.46
W70 Gloria Bortell	7.97

Discus	
M45 Charles Baer	35.49
Hal Fairbanks	22.81
M55 Norman Hough	28.09
M60 Randolph Austin	32.20
James Turner	31.96
M65 Tom Trautwein	30.02
M70 Larry Horine	34.53
Dick Lowery	32.86
Jack Munnell	22.89
M75 William Daprano	25.27
W45 Liz Johnson	23.64
W60 Mary Munnell	12.22
W65 Irmgard Looser	16.72
W70 Gloria Bortell	16.27

Javelin	
M40 James Singleton	34.01
M45 Hal Fairbanks	35.43
Gilbert Davis	31.53
M50 Bob Kouvolo	57.67
M55 Norman Hough	42.31
Robert Norton	29.69
M70 Larry Horine	33.48
W30 Wendy Newman	38.19
W70 Gloria Bortell	18.88

5000m RW	
M40 Keith Luoma	23:53.90
M45 Rick Austin	29:50.98
M60 Heinrich Looser	30:45.55
Larry Seymour	33:04.50
M70 Jack Munnell	36:27.00
W40 Katherine Fincher	34:47.25
W55 Rosemary Wilson	35:22.00
Ingrid Birkeland	36:05.32

Pentathlon	
M35 Rob Lawson	2288
M40 Craig Neff	1848

North Carolina Throwers Meet #2, Rocky Mount, SC; April 19

Neil DeRycke	31	SP14.15/
HT35.35/DT38.75/WT12.41		
John von Rohr	55	SP13.11/
HT 42.64/DT35.22/14.43		
Mike Valle	62	SP12.00/
HT43.90/DT40.15/WT16.38		
Ted Mordecai	65	SP10.31
George Williamson	46	SP8.45/
HT27.85/DT27.43/WT10.35		

MID-AMERICA

Colorado Masters Throwers Meet, Ft. Collins, CO; April 12 Superweight

Weight Pentathlon	
HT/SP/DT/JT/WT	
Paul Barrett	36 AR3783
(Crouser/3802/1998)	
54.83/13.59/46.78/56.11/15.79	
Milton Girouard	40 3131
34.16/14.34/41.78/41.78/12.37	
Ian Percy	57 3985
43.71/12.18/42.95/39.31/14.71	
Jerry Bookin-Weiner	56 3335
38.09/11.04/37.00/28.60/13.51	
Vern Spencer	68 3603
37.38/9.29/38.49/22.45/13.26	
Robin Herron	66 3401
36.48/9.66/29.66/23.92/12.98	
Sharon Raham	56 2294
13.77/7.65/22.42/23.68/4.96	

SOUTHWEST

Greater New Orleans District Senior Olympics, New Orleans, LA; March 23

50m	
M55 Kevin Bussard	9.31
M60 Glenn Harris	7.86
M65 Charlie Richard	8.00
M70 Glenn Bremenkamp	7.94
M75 Lou Riecke	8.03
M80 Frank Knaus	10.40
W50 Elin Grikitis	8.60
W60 Juliette Bordelon	8.62
W75 Lorraine McCaslin	11.80
100m	
M50 Lonnie Hammond	12.53
M55 Robert Baker	12.65
M60 Michael Boudreaux	13.56
M65 Charlie Richard	14.58
M70 Glenn Bremenkamp	15.69
M75 Louis Riecke	16.38
M80 Frank Knaus	20.73
W50 Elin Grikitis	15.85
W60 Juliette Bordelon	16.40
W65 Bernice Bordelon	19.50

W75 Lorraine McCaslin	23.47
200m	
M50 Walden Curry	26.81
M60 Glenn Harris	33.16
M65 Charlie Richard	31.43
M70 Glenn Bremenkamp	32.88
W50 Elin Grikitis	37.86
W65 Bernice Bordelon	43.75
400m	
M50 Walden Curry	60.56
M55 Robert Baker	61.75
M60 Glenn Harris	85.85
M70 Sid Montecino	97.46
M80 Frank Knaus	99.35
W65 Bernice Bordelon	2:14.81
800m	
M50 Isaac Knightshed	5:34
M55 Herb Stein	2:36
M60 Wayne Ory	5:36

1500m	
M55 Herb Stein	5:59.50
High Jump	
M55 Robert Baker	4-8
M60 Glenn Harris	4-2
M65 Jerry Rouse	3-6
M70 Jerry Lyons	4-4
M80 Frank Knaus	3-2
W60 Juliette Bordelon	3-5
W65 Bernice Bordelon	3-2

Pole Vault	
M55 Robert Manard	10-9
M65 Jerry Rouse	7-0
Long Jump	
M55 Robert Baker	15-8
M60 Anthony Stuprich	12-8
M65 Charlie Richard	15-1.5
M70 Glenn Bremenkamp	11-0
M80 Ted Yenari	7-7.5
W60 Juliette Bordelon	10-5
W65 Bernice Bordelon	9-9
W75 Lorraine McCaslin	6-4

Shot Put	
M50 Jerry Baker	32-11
M55 Vincent Breaux	36-2
M60 Harold Landry	36-3.5
M65 Don North	37-6.75
M70 Glenn Bremenkamp	34-5.5
M75 Richard Preis	30-2
M80 George Taix	20-7
W60 Doris Polak	23-6
W70 Thais Lacrouts	17-4.5
W75 Lorraine McCaslin	13-11
W80 Millie Buchert	13-6

Discus	
M50 Jerry Baker	70-1
M55 Mark Lumpkin	136-10
M60 Malcolm Bech	110-8
M65 Jerry Rouse	118-0
M70 Jerry Lyons	112-8
M75 Richard Pries	99-3
M80 George Taix	48-2
W60 Doris Polak	63-8
W70 Thais Lacrouts	36-3
W75 Lorraine McCaslin	29-0
W80 Millie Buchert	33-5

Javelin	
M50 Jerry Baker	89-10
M55 Vincent Breaux	124-6
M60 Charles Cannon	138-1
M65 Don North	119-1
M70 Jerry Lyons	123-0
M75 Murray Sollender	84-9
M80 George Taix	35-10
W60 Fay Richard	68-8
W75 Lorraine McCaslin	26-3
W80 Millie Buchert	35-11

1500m Racewalk	
M50 Carl Perkins	9:48
M60 Wayne Ory	10:36
M65 Bill Elrod	9:49
M80 Cy Buchert	11:46

Waterloo/Lions Championships Austin, TX; April 12

100m	
M30 Jeff Culpepper	10.29
M35 Chuck Green	11.46
M40 Donald Hardy	11.29
M45 Bryan Shilcutt	12.22
M50 Bill Collins	11.11
M60 Ben Nowotny	15.51
M65 Wayne Bennett	12.76
M70 Joe Summerlin	14.07
M75 Bob Wingo	17.90
W30 Sarah Boyd	14.02
W45 Debra Stuart	15.32
W55 Laurie Barton	15.89
W60 Marion Coffee-Camey	18.23

200m	
M30 Jeff Culpepper	21.74
M35 Alfonso Watts	24.00
M40 Randy Wight	26.35
M45 Bryan Shilcutt	26.24
M50 Bill Collins	22.79
M60 Eduardo Portillo	29.43
M65 Wayne Bennett	27.36
M70 Joe Summerlin	29.61
M75 Bob Wingo	41.14
W35 Dionne Bruff	26.18
W45 Debra Stuart	32.58
W55 Laurie Barton	34.93

400m	
M35 Michael Dennis	55.96

M40 Ricarto Alanis	1:05.73
M45 Bob Wingo	1:43.07
M45 Debra Stuart	1:22.24
800m	
M35 Tom Hawhurst	2:24.80
M40 Kerry Sloan	2:11.92
M45 Rick Easley	2:14.28
M50 Horace Grant	2:18.08
M60 Alejandro Sotres	3:58.56
M65 Ralph Reiche	3:32.51
W65 Phyllis Provost	4:24.89

1500m	
M40 Mark Jones	6:06.56
M45 Bradley Gardner	4:44.93
W35 Rebeca del Rio	5:20.92

3000m	
M30 Bob Anderton	10:29.23
M40 David Dunn	9:50.75
W35 Rebeca del Rio	11:46.22
W55 Edviges Torres	17:03.96

Short Hurdles	
M40 Kerry Sloan	14.46
M45 Rick Easley	15.10
M50 Sergio Gngulo	14.21
W35 Lisa Render	19.76

Long Hurdles	
M40 Kerry Sloan	42.37
M50 Sergio Angulo	38.18

4x100m Relay	
M35 Houston Elite	57.07
(Hardy/Sims/Watts/ Green)	

M40 Mexican Masters	
Alcantara/Mendez/ Alanis/Sanchez)	56.63

W55 Mexican Masters	
(Fuentes/Torres/ Barton/Hernandez)	1:08.08

4x200m Relay	
M30 Houston Elite	1:40.24
(Hardy/Watts/ Culpepper/Tucker)	

M50 Mexican Masters	
2:27.63	

High Jump	
M40 Tony Brown	5-8
M45 Coy Akers	5-4
M50 John Barton	4-6
M55 Bill Henderson	4-8
M65 Ralph Reiche	4-6
M70 Javier Perez	3-8
M75 Bill Barton	3-8
M80 Adolph Hoffman	3-6
W75 Ruth Seeger	3-3

Pole Vault	
M30 Grant Meriman	12-6
M40 Richard Barrett	13-6
M45 Marc Hems	13-6
M50 Larry Bonnett	9-6
M55 Bill Henderson	9-6
M60 Ben Nowotny	7
M80 Adolph Hoffman	7

Long Jump	
M35 Siegfried Cesar	20-1
M40 Benedict Olusola	117-5
M50 Sergio Angulo	16-4.50
M55 Bill Henderson	15-2
M60 Ben Nowotny	13-1.50
M65 Luis Gutierrez	11-7
M70 Javier Gonzalez	10-5
M80 Adolph Hoffman	11

W30 Sarah Boyd	15-4
W45 Debra Stuart	10-11
W55 Laurie Barton	12-4
W75 Ruth Seeger	8-6
Shot Put	
M35 Brian Suter	44-5
M40 Ricardo Alanis	22-3
M50 Roger Conboy	40-3.50
M60 Mark Chapman	40-6
M65 Ralph Reiche	30-3
M70 Jim Gerhardt	36-4
M75 Bob Richards	28-7
M80 Adolph Hoffman	27-6.50

W45 Esther Rosales	23-9.50
W50 Diana Gutierrez	33-3.50
W65 Rosa Fuentes	17-9
W65 Phyllis Provost	18-1
W75 Ruth Seeger	19-3
Discus	
M35 Brian Suter	116
M40 Ricardo Alanis	52-5
M50 Roger Conboy	124-8
M60 Robert Harrell	164-2
M70 Jim Gerhardt	122-1
M75 Bob Richards	95-8
M80 Adolph Hoffman	80-3

W45 Esther Rosales	68-1
W50 Diana Gutierrez	83-4
W60 Rosa Fuentes	42-1
W65 Phyllis Provost	53-3
W75 Ruth Seeger	57-3

Hammer	
M40 Ricardo Alanis (6K)	41
M45 David Bolles	94-6
M50 Roger Conboy	128-11
M60 Mark Chapman	109-10
M75 Bob Richards	89-1
M80 Adolph Hoffman	70-10
W45 Esther Rosales	80
W50 Debi Heit (4K)	64-5

Javelin	
M35 Mike Smierciak	172-1
M40 Lowell Jones	154-1
M50 Roger Conboy	131-3
M60 Roert Harrell	128-6
M70 Jim Gerhardt	93-10
M75 Bob Richards	67
M80 Adolph Hoffman	85-9

W45 Esther Rosales	63-33
W50 Debi Heit	64-3
W60 Rosa Fuentes	46-11
W75 Ruth Seeger	54-9

Weight Throw	
M45 David Bolles	33-1.50
M50 Roger Conboy	47-10.50
M60 Mark Chapman	40-8.50
M75 Fred Adams	77
M80 Adolph Hoffman	29-8.50

W45 Esther Rosales	24-1.50
W50 Debi Heit	27-9

Superweight	
M45 David Bolles	21-9.50
M50 Roger Conboy	23-9.50
M60 Mark Chapman	15-10
M75 Fred Adams	14-9.50
M80 Adolph Hoffman	19-7.50

W45 Cheryl Mallenthin	14-3.50
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3000m RW	
M40 Ricardo Alanis	19:18.94
M45 Adan Mendez	14:37.80
M50 Xerman Vasques	18:28.46

M55 Gildardo Pineda	14:41.14
M70 Salvador Perez	18:51.11
M80 Armando Estanol	22:14.41
W55 Edviges Torres	26:07.07

WEST

Hawaii Masters Pentathlon Honolulu; March 13

LJ/JT/200/DT/1500	
M45 Francis Mukai	2494
5.18/25.59/27.40/23.01/5.34.10	
M60 Jack Karbens	2867
3.62/30.30/30.00/37.91/6.28.10	
Lionel Low	2127
4.34/19.23/33.20/21.43/7.02.70	
M65 Gerald Fasteen	1609
--/132.79/143.38/143.38	
Robert Molyneux	1144
--/127.86/130.02/130.02	
W60 Brenda Abdiou	1635
2.92/16.01/41.10/17.18/10.43.50	

Phoenix Invitational Glendale, AZ; April 5-6

100m	
M30 Scott Thompson	12.53
M35 Boe Garry	12.19
M40 Kenneth Semien	1

Continued from previous page

M45 Michael Smith	9.3
M40 Mike Cour	12.5
M60 Theo Viltz	9.5
300mH	
M35 Robert Spencer	41.00
W45 Elizabeth Monday	58.5
W50 Nancy Cochran	64.5
High Jump	
M35 Ron Lee	6-2
M40 Henry Watson	5-8
Dolf Berle	5-6
Doug Fetteroll	5-2
M45 MahmoudNirovmand	5-2
M55 James Goodreau	5-4
M65 Bert Bergen	4-10
M65 Milt Newton	4-8
W30 Leslie Martin	4-4
W40 Elaine Iba	4-6
W45 Karen Vaughn	4-4
W50 Anna Wlodarczyk	4-6
Nancy Cochran	4-2
W60 Kathy Bergen	4-6
Pole Vault	
M40 Dolf Berle	13-6
M45 Murray Mead	13-6
Michael Ramoska	11-0
M50 Mike Cour	9-0
M65 Gary Miller	9-6
M75 Don Russer	6-6
Long Jump	
M45 MahmoudNirovmand	16-8
M50 Mike Cour	13-1
M70 Don Leis	9-4
W40 Elaine Iba	14-10
W45 Elizabeth Monday	11-9
W50 Anna Wlodarczyk	14-9
Brenda Mathews	12-5
W65 Ellen Brannigan	8-3
Triple Jump	
W40 Elaine Iba	30-2
W50 Anna Wlodarczyk	34-6.5
Shot Put	
M35 Angelo Rosselli	31-4
M40 Steve Barba	35-1
M45 Brian Williams	41-3
Wm Gardner	40-8
James Narry	37-3
M50 Mike Deller	44-8
Angelo Rinaldi	42-1
M55 Ken Baker	28-1
M65 Hal Smith	43-7
M70 Doug Tomlinson	38-2
M75 Arnie Gaynor	39-5
W45 Karen Vaughn	27-2
W50 Brenda Mathews	26-3
Discus	
M35 Angelo Rosselli	80-11
M40 Dole Berle	116-0
M45 Brian Williams	117-10
James Barry	112-3
Michael Ramoska	97-8
M50 Angelo Rinaldi	110-4
Mike Cour	106-4
James McEvoy	99-3
M55 Ken Baker	75-6
M60 Ron Stock	103-0
M65 Hal Smith	139-6
M70 Doug Tomlinson	110-0
M75 Arnie Gaynor	119-4
Donald Riser	78-8
W60 Kathy Bergen	60-8
W65 Ellen Brannigan	57-6
Javelin	
M30 Kent Brown	110-7
M35 Angelo Rosselli	94-4
M40 Steve Barba	154-0
Doug Fetteroll	126-1
M45 Rob Duncanson	141-1
MahmoudNirovmand	126-7
Mike Ramoska	118-1
M50 Mike Tipping	152-8
James McEvoy	139-4
Sy Silverstein	128-8
M55 James Brennan	106-6
Ken Baker	88-4
M60 Suane Holmes	116-3
M65 Gary Miller	125-8
M70 Doug Tomlinson	85-4
M75 Don Riser	86-6
W50 Nancy Cochran	56-1
W65 Ellen Brannigan	55-9

Masters Track & Field Classic
Sacramento, CA; April 13

100m	
M40 J Smith	11.6
M45 Kevin Morning	11.0
M50 Don Imrie	12.5
M55 David Naylor	13.1
M65 Gary Sims	13.0
W40 Mary Miller	14.5
W55 Avril Naylor	14.9
200m	
M35 Curtis Moore	23.1
M40 J Smith	24.1
M45 Kevin Morning	22.3
M55 Matt Pruitt	26.3
M60 Karl Thorpe	31.2
M65 Gary Sims	27.8
400m	
M35 Curtis Moore	51.3
M40 Rob Stark	1:03.3
M45 Michael Allen	54.7
M50 Parker White	1:01.4

M55 Matt Pruitt	58.0
M60 Dennis Duffy	1:03.6
W40 Mary Woo	1:12.3
W45 Valerie St. James	1:11.4
800m	
M40 Rob Stark	2:27.2
M45 Bruce LaBelle	2:22.0
M50 Luis Pannavale	2:33.4
M55 Rick Yount	3:09.5
M60 Dennis Duffy	2:33.4
W40 Mary Woo	2:54.4
W45 Karen Jeffers	2:40.5
1500m	
M35 Jim Wachter	4:58.1
M40 Rob Stark	4:57.7
M45 Rich Soutar	4:59.7
M50 Randy Sturgeon	4:54.5
W40 Karen Jeffers	5:20.5
W45 Mary Woo	5:54.8
Short Hurdles	
M40 B J Duhon	15.7
W40 Angela Paradise	13.9
Long Hurdles	
W40 Angela Paradise	1:16.5
High Jump	
M35 Timothy O'Neal	5-10
Pole Vault	
M40 Paula Sinatra	14
M45 Wilson Soohoo	10
Long Jump	
M35 Reggie Snowden	18-10
M40 Allen Eggman	17-11
Shot Put	
M30 R Lauderdale	31-3
M35 Mike Curry	34-3
M40 M McCandless	33-5
M45 Gary Schmidt	35-11
W55 Lorraine Tucker	32-9
Discus	
M35 Mike Curry	97-1
M40 M McCandless	101-6
W55 Lorraine Tucker	81-4
Hammer	
M35 Mike Curry	89-7
Javelin	
M30 R Lauderdale	149-1
M45 Gary Schmidt	119-6
W55 Lorraine Tucker	81-7

Arizona Masters Invitational
Glendale, AZ; April 26

100m	
M40 Rawle Crichlow	11.17
M45 B B Bender	12.91
M55 Curtis Searcy	14.15
M60 John Davis	13.28
M65 Ken Dennis	13.16
M70 Will Robinson	15.70
M85 Paul Hall	24.34
W40 V Amaresekara	13.05
W45 Jacqueline Board	13.79
W55 Kathy Jager	14.80
200m	
M30 Mark Borchard	24.25
M40 Rawle Crichlow	22.52
M45 B B Bender	27.42
M55 Curtis Searcy	29.87
M60 Steve Bowles	27.90
M65 Ken Dennis	27.67
M85 Paul Hall	56.47
W40 Teresa Lowe	33.84
W45 Jacqueline Board	29.12
400m	
M30 Cameron Ivie	57.81
M35 Lee Baker	1:02.01
M40 Dave di Massa	56.00
M45 Mark Chaplin	1:02.46
M50 Robert Grosse	1:04.36
M60 Steve Bowles	1:03.54
W45 Jacqueline Board	1:04.40
800m	
M30 Chris Standage	2:13.16
M35 Glen Mikobajczyk	2:19.17
M40 John Sikra	3:09.88
M45 Jim Hershberger	2:16.20
M50 Bill Sayers	2:42.59
W40 Teresa Lowe	3:01.61
W45 Carle Hoppie	2:42.16
1500m	
M35 Jeff Maples	4:38.72
M40 Jim Prescott	4:53.07
M45 Mark Hamlett	5:03.52
M50 Bill Sayers	5:10.91
W35 Eileen Prescott	5:24.61
W40 Teresa Lowe	5:59.76

3000m	
W35 Eileen Prescott	11:53.42
5000m	
Chris Standage	17:43.30
M40 Jim Prescott	18:11.40
M45 Dean Bailey	18:08.08
M50 Chuck Collins	19:21.53
Short Hurdles	
M35 James Smith	15.99
M40 Dan Jackson	16.37
M60 Bob Osterhoudt	17.26
M65 Phil Shipp	20.34
M70 Dave Douglass	16.31
W35 Del Schneider	19.66
Long Hurdles	
M35 James Smith	42.20
M40 Steve Janusz	53.66
M45 Boyd Chee	56.02
M70 Will Robinson	58.04
High Jump	
M40 Chris Harvey	1.55
M50 Tom Colby	1.50
M55 John Perkins	1.35
M60 Larry Armstrong	1.40
M65 Bob Bergfeldt	1.40
M70 Dave Douglass	1.20
W35 Del Schneider	1.35
W45 Carla Hoppie	1.40
W65 Christel Donley	1.10
Pole Vault	
M30 James Jaeger	3.50
M50 Richard Rivas	2.89
M55 Bruce Perkins	3.35
M60 Marden Connelly	3.04
M65 Bob Bergfeldt	2.74
W35 Jennifer Croissant	2.28
W55 Kathy Jager	2.28
Long Jump	
M40 Bill McDonald	4.89
M45 Mike Radcliffe	4.84
M55 Mark Hamlett	3.66
M55 John Gray	4.66
M60 John Davis	4.67
M65 Phil Shipp	4.27
M70 Jerry Donley	3.73
M80 Hugh Hackett	2.37
W35 Del Schneider	3.66
W40 V Amaresekara	5.22
W55 Kathy Jager	3.63
Triple Jump	
M30 Cameron Ivie	11.84
M55 John Gray	9.18
M65 Ronnie Bosman	7.62
W40 V Amaresekara	10.27
Shot Put	
M35 Lorenzo Yazzie	9.54
M40 David DeWeese	11.33
M45 Jim Lothrop	12.19
M50 Michael Shiaras	15.44
M55 Bob Colby	8.74
M60 George Davies	11.58
M65 James Koch	12.91
M70 Paul O'Leary	10.60
M85 Roy Clark	6.05
W35 Jennifer Croissant	7.67
W40 V Amaresekara	10.32
W45 Carla Hoppie	8.72
W60 Elke Davis	5.40
W65 Christel Donley	7.63
Discus	
M30 Mark Borchard	30.56
M35 Tim Edwards	46.23
M40 David DeWeese	36.55
M45 Jim Lothrop	36.34
M50 Tim Muller	29.91
M50 Tim Muller	41.06
M55 Hal Fisher	37.77
M60 George Davies	44.53
M65 Phil Shipp	44.87
M70 Dave Douglass	31.74
M85 Roy Clark	17.05
W40 Julie Harvey	17.23
W55 Kathy Jager	20.22
W60 Elke Davis	14.69
W65 Christel Donley	16.43
W70 Barbara Brandt	17.62
Hammer	
M35 Angelo Rosselli	22.14
M40 Jeff Crothers	36.13
M50 Richard Watson	38.97
M60 Bob Osterhoudt	46.91
M65 Ben McGrady	26.74
M70 Dave Douglass	35.76
M80 Robert Chase	26.69
W55 Kathy Jager	20.23
W60 Elke Davis	18.45

Javelin	
M35 Lorenzo Yazzie	29.30
M40 David DeWeese	48.74
M45 Jim Lothrop	51.35
M50 Richard Watson	45.67
M55 Bob Colby	31.59
M60 Merv Armstrong	32.97
M70 Arthur Brandt	27.73
M75 John Fucci	13.30
W60 Elke Davis	11.03
W65 Christel Donley	20.70
W70 Barbara Brandt	22.08
3000m RW	
M40 William Jefferson	24:18.48
M70 Chiff Elkins	20:21.87
M85 Roy Clark	28:59.69
W40 Heide Hauch	16:22.93
W45 Denise Menchaca	22:26.16
W60 Jucy Diana	23:09.90
W70 Claire Elkins	24:24.72

NORTHWEST

University of Oregon Mini Meet
Eugene; April 12

100m	
M55 Eldon Garner	15.1
M65 Bill Baxter	17.1
200m	
M45 Galen Martin	26-0
M55 Vance Jacobson	26-6
400m	
M45 Gaylen Martin	60.3
M55 Larry Norris	63.6
800m	
M45 Lance Podolski	2:09.3
W65 Suzi McLeod	3:22.7
1500m	
M?? Miles Smith	4:34.9
W40 Mary Macauley	5:13.6
80mH	
M70 Loren Swanson	20.2
W60 Becky Sisley	18.1
3000mSC	
M35 Chris Yorges	9:49.5
Long Jump	
M65 Kermit Walker	15-3.5
High Jump	
W60 Becky Sisley	1.12
Pole Vault	
M55 Dennis Phillips	12-0
Chuck Hammonds	9-6
Shot Put	
M70 Tom Allison	36-4.75
M75 Tom Reiman	28-1
Cal Hersey	27-11.5
W75 Pat Osmon	16-7.5
W80 Melanie Reske	16-1
Hammer	
W60 Georgia Cutler	33.43
W80 Melanie Reske	12.71
Javelin	
M70 Cully Vaughn	98-0
W60 Becky Sisley	28.96
W70 Pat Osmon	41-7

Spring Fling Throwers

Pentathlon, Seattle, WA; April 26

HT/SP/DT/SW/WT	
M30-59	
1 Tim Shannon	40 3418
42.28/12.93/40.52/8.18/13.38	
2 Steve James	55 2307
--/10.57/--/6.66/14.44	
M60+	
1 Bob Ward	69 5122
42.26/12.49/43.78/7.11/16.65	
2 Bob Lawson	68 4298
33.13/11.47/41.69/5.69/14.44	
3 Bob Humphreys	67 4155
39.49/11.12/44.80/6.14/14.65	
4 Tom Allison	73 3560
29.57/11.14/33.02/6.02/11.42	
5 Leon Joslin	91 3471
14.82/5.57/17.76/3.88/6.98	
6 Pete LaBarge	64 3353
32.38/10.21/38.60/4.32/13.50	
7 Jerry Wojcik	73 3234
32.02/8.29/25.46/6.42/12.02	
8 Jack Kuhns	64 3090
29.68/10.85/33.18/4.74/11.20	
9 Warren Schramm	81 928
--/5.75/15.90/--/--	
10 Ken Weinbel	75 684
29.56/--/--/--	
W30+	
1 Georgia Cutler	60 3713
33.19/7.48/19.64/6.27/12.05	
2 Laurie Jenkins	38 2816
31.38/9.44/25.52/6.47/10.10	
3 Carla J EdmanSurina	442537
25.20/9.75/26.16/5.09/7.44	

INTERNATIONAL

AMA Championships
Perry Lakes, Perth,
Australia; April 18 - 21

100m	
M30 Brendan Kennedy	12.77
M35 Wayne Bariolo	12.69
M40 Greg Vander Sanden	12.46

M45 Colin O'Sullivan	12.57
M50 Herb Wolring	12.95
M55 Peter Crombie	12.12
M60 Neville McIntyre	13.13
M65 David Clive	13.13
M70 Max Wood	14.55
M75 Norm Windred	15.22
M80 Mike Johnston	15.92
M85 Andy Smith	26.51
W30 Toni Phillips	13.03
W35 Gianna Mogentale	12.82
W40 Roberta Thompson	13.15
W45 Salli-Ann Lee	14.06
W50 Lynne Choate	13.66
W55 Margaret Taylor	14.74
W60 Lynne Andrews	16.28
W70 Ann Cooper	16.74
200m	
M30 Brendan Kennedy	26.20
M35 Wayne Bariolo	26.11
M40 Greg Vander Sanden	25.03
M45 Craig Owens	25.71
M50 Herb Wolring	25.62
M55 Peter Crombie	24.66
M60 Neville McIntyre	26.13
M65 David Clive	27.16
M75 Norm Windred	31.76
M80 Mike Johnston	32.38
M85 Andy Smith	54.67
W30 Leanne McMurdy	26.30
W35 Gianna Mogentale	26.62
W40 Roberta Thompson	27.07
W45 Dom Jenkins	29.27</

Continued from previous page

M50 Phillip Carrero	3.00
M55 Gary Clark	2.30
M60 Peter Gare	2.50
M70 Ron Johnson	2.30
M75 Max McKay	1.20
W50 Wilma Perkins	2.20
W55 Hazel M cDonnell	1.80
Long Jump	
M30 Paul Burke	4.88
M35 Wayne Bariolo	5.81
M40 William Tyler	4.40
M45 Michael Edwards	5.39
M50 Dave Wyatt	4.98
M55 Murray Tolbert	5.47
M60 Neville McIntyre	5.18
M65 Graeme Noden	5.04
M70 Ron Johnson	3.96
M75 Maurice Dauphin	3.40
M80 Stojan Stankovic	3.31
M85 Andy Smith	1.02
W30 Leanne McMurdy	4.95
W35 Gianna Mogentale	5.06
W40 Susan Chapman	4.28
W45 Salli-Ann Lee	4.61
W50 Wilma Perkins	4.41
W55 Margaret Taylor	4.57
W60 Nyala Millar	3.67
W65 Margarita Jekabson	1.67
W70 Patricia Carr	3.46
Triple Jump	
M50 Dave Wyatt	10.21
M55 Murray Tolbert	11.43
M60 Neville McIntyre	10.28
M65 Graeme Noden	9.87
M70 Ron Johnson	8.03
M80 Stojan Stankovic	4.82
M85 Andy Smith	3.40
W30 Leanne McMurdy	9.33
W35 Gianna Mogentale	10.23
W40 Rosemary Clarke	8.41
W45 Salli-Ann Lee	9.80
W50 Barbara Wilson	7.81
W55 Margaret Taylor	10.20
W60 Nyala Millar	7.44
W70 Patricia Carr	7.18
Shot Put	
M30 Mark Hamilton	11.84
M35 Stuart Gynge	17.78
M40 William Tyler	8.15
M45 Geoffrey Gee	11.45
M50 Bob Banens	11.75
M55 Graeme Rose	12.76
M60 Mike Katmadis	12.37
M65 Tom Hancock	11.46
M70 Ron Johnson	10.29
M75 Bill Chapman	8.04
M80 Feliks Jekabsons	8.39
W35 Anna-Lisa Whitehall	8.27
W40 Jayne Hardy	10.86
W45 Christine Bridle	7.85
W50 Christine Schultz	11.88
W55 Mary Thomas	10.10
W60 Jan Davies	8.68
W65 Joyce Schmidt	7.80
W70 Lorna Lauchlan	5.96
W75 Raema McMillan	5.85
W80 Gwen Davidson	5.98
Discus	
M30 Mark Hamilton	37.37
M35 Stuart Gynge	48.71
M40 Ian Sanders	19.25
M45 Mark Johnston	33.48
M50 Bob Banens	38.15
M55 Ray Green	39.80
M60 Keith James	45.37
M65 Tom Hancock	42.20
M70 Ron Johnson	31.68
M75 Maurice Dauphin	21.74
M80 Feliks Jekabsons	24.47
M85 Andy Smith	9.28
W30 Leanne McMurdy	25.61
W35 Jennifer Baldwin	29.28
W40 Jayne Hardy	35.69
W45 Noela Avery	12.22
W50 Christine Schultz	34.38
W55 Marja-Leena Parvia	29.18
W60 Lorraine Birtwell	24.53
W65 Joyce Schmidt	21.11
W70 Lorna Lauchlan	14.11
W75 Raema McMillan	15.92
W80 Gwen Davidson	14.63
Hammer	
M30 Mark Hamilton	28.25
M35 Stuart Gynge	45.42

M40 Ian Sanders	14.86
M45 Mark Johnston	39.03
M50 Bob Banens	39.80
M55 Graeme Ross	42.92
M60 Keith James	41.32
M65 Tom Hancock	36.58
W35 Anna-Lisa Whitehall	31.47
W40 Jayne Hardy	44.65
W45 Noela Avery	14.00
W50 Kate Glass	37.36
W55 Marja-Leena Parvia	46.06
W60 Jan Davies	40.29
W65 Joyce Schmidt	26.99
W75 Raema McMillan	16.52
W80 Gwen Davidson	20.52
Javelin	
M30 Mark Hamilton	36.43
M35 Wayne Bariolo	46.81
M40 David Jansen	34.04
M45 Andrew Atkinson	42.41
M50 Bob Banens	53.00
M55 Graeme Rose	50.24
M60 Keith James	43.73
M65 Tom Hancock	40.73
M70 Ron Johnson	35.33
M75 Bill Chapman	21.80
M80 Stojan Stankovic	27.97
W35 Jennifer Baldwin	25.68
W40 Jayne Hardy	38.44
W45 Christine Bridle	21.34
W50 Christine Schultz	26.22
W55 Mary Thomas	28.60
W60 Lorraine Birtwell	21.55
W65 Joyce Schmidt	20.07
W75 Raema McMillan	16.12
W80 Gwen Davidson	12.32
Weight Throw	
M30 Mark Hamilton	10.04
M35 Stuart Gynge	15.73
M40 Ian Sanders	11.37
M45 Mark Johnston	11.37
M50 Bob Banens	14.92
M55 Graeme Rose	16.25
M60 Keith James	15.22
M65 Tom Hancock	14.54
M70 Alex Cummings	13.40
M75 Russell Foy	10.06
M80 Feliks Jekabsons	9.43
W35 Anna-Lisa Whitehall	9.46
W40 Jayne Hardy	13.70
W45 Noela Avery	5.86
W50 Christine Schultz	13.06
W55 M-L Parviainen	14.20
W60 Jan Davies	11.43
W65 Dorothy Whittam	10.19
W75 Raema McMillan	7.18
W80 Gwen Davidson	7.64
5000m RW	
M40 Mark Donahoo	24:06.3
M45 Tom Lenane	33:10.4
M50 Bruce Cornish	30:42.0
M55 George White	24:51.5
M60 Robin Whyte	28:22.4
M65 Jim Seymon	29:14.9
M70 Colin Hainsworth	32:12.4
M75 Stan Jones	33:31.7
M80 Richard Keatinge	34:50.1
M85 Andy Smith	56:40.0
W30 Nardene Loveday	27:50.0
W40 Robin King	27:31.4
W45 Lyn Ventris	24:13.9
W50 Geraldine Waites	30:41.1
W55 Lesley Romeo	30:53.7
W60 Brenda Riley	27:33.0
W65 Margaret Beaumont	35:29.9
W70 Christine Dauphine	34:46.5
10,000m RW	
M65 Jim Seymon	1:37:49.5
M70 Colin Hainsworth	1:06:07.4
M75 Stan Jones	1:08:18.4
M80 Richard Keatinge	1:11:10.5
W30 Nardene Loveday	56:27.8
W35 Amanda Emmett	59:22.4
W45 Lyn Ventris	49:47.6
W50 Geraldine Waites	1:03:47.8
W55 Kerry Bray	1:05:09.0
W60 Brenda Riley	57:22.7
W65 Margaret Beaumont	1:14:34.2
W70 C Dauphine	1:11:29.2
20,000m RW	
M40 Mark Donahoo	1:47:43
M50 Bruce Cornish	2:15:32
M55 George White	1:48:58
M60 Robin Whyte	1:59:00
M65 Jim Seymon	2:07:49
8000m Road Race	
M30 David Hill	29:12.2

M35 Nick Fletcher	29:50.0
M45 Allan Long	28:15.2
M50 Christopher Maher	29:24.0
M55 Jim Langford	29:44.7
M60 Peter Sandery	30:06.4
M65 Bill Kenny	36:40.1
M70 David Padget	37:43.5
M75 Bob Lewis	37:33.6

M80 John Gilmour	52:38.5
W30 Cristine Suffolk	35:04.8
W35 Elizabeth Slattery	33:37.8
W40 Sue Zlnay	31:59.0
W45 Johanna Clarkson	36:47.9
W50 Fay McNeill	33:22.8
W55 Antonette Shaw	33:17.4
W60 Margery Forden	41:42.4
W65 Ann Turner	45:34.6

Michael Demicco	20:19
M55 Arthur Weisberg	21:16
Larry Eastman	21:34
Warren Steinert	22:16
M60 Jerry Coiro	22:57
Robert Kurtz	26:22
M65 Frank Martin	33:48
M70 George Devoe	30:16
Ira Brotman	32:36
M75+Tom Trunkes 76	33:32
W35 MariaGarciaNewland	23:18
W40 Melissa Gallagher	21:55
Susan Burns	24:05
Anita von Himmel	25:11
W45 Mary Fraker	25:04
Linda Roberts	27:57
Vera Thompson	28:36
W50 Ziola Denis	25:04
Patricia Carroll	26:13
Judi Gallop	26:33
W55 Sherry Bellovin	29:30
CarolAnnSoldwedel	33:33
W60 Sarah Pettinato	27:12
Erica Gassen	29:32

W55 Mary Ulinski	41:55
Shirley Sirois	43:35
Carol Carr	49:43
Maureen Leaver	58:02
Kitty Cabe	1:00:49
W60 Anne Bunce	46:45
W65 Anne Knight	47:04

NYRR Rabbit Run 5K Central Park, NYC; April 19

Overall	
Jaroslav Lazarowicz 32	15:55
Catherine Stone 41	18:14
M40 Mario Ricca	18:39
M45 Amador Ybanez	16:38
M50 Bob Holliday	18:20
M55 John Samsel	19:21
M60 Rolando Vizhnay	21:16
M65 Witold Bialokur	20:35
M70 Joseph Pascarella	24:51
M75 Sab Koide	28:29
M80 Jake Ullick	21:05
M85 Wilfredo Rios	40:32
W40 Catherine Stone	18:14
W45 L Branche	20:55
W50 Mary Dunn	18:34
W55 Chuang Chang	23:44
W60 Susanna Beltrandi	25:48
W65 Naomi Vogel	29:47
W70 Dolly Finkelstein	34:16
W75 Joan Rowland	35:05
W80 Althea Jureidini	55:48

Boston Marathon Boston, MA; April 21

Overall	
Robert Chenyiot 24	2:10:11
Svetlana Zakharova 32	2:25:20
M40 Fedor Ryzhov RUS	2:15:29
Eddy Hellebuyck	2:17:18
Salvatore Bettiol ITA	2:22:06
Wieslaw Perszke POL	2:29:00
Gennadi Ternikov RUS	2:29:56
Lance Winders	2:35:38
Mike O'Brien	2:36:22
Mark Reeder	2:36:58
Paul Hammond	2:38:37
Jose da Silva BRA	2:39:17
M50 Stephen Jayson	2:50:21
Alan Oman	2:50:57
Yun Laptev RUS	2:52:04
Vladimir Krivoy UKR	2:52:25
Juan Arrasate CHI	2:53:24
Hal Goforth	2:56:20
Anthony de Crappeo	2:57:21
Michael Barr	2:58:09
John Zupanc	2:59:21
Carlos Saturno	2:59:32
M60 Mitsunobu Fukuda JPN	2:53:59
Gerard Gravel CAN	3:14:47
Ken Brewer	3:15:49
John Cederholm	3:17:26
Benjamin Dyer	3:21:55
Peter Polidon	3:21:59
William Riley	3:22:44
Walter Seamon	3:23:18
Diether Brunnbauer AUT	3:24:03
Jacques Gagnon CAN	3:29:16
M70+ Toshio Hiroshige JPN	3:33:46
Harold Wilson	3:36:27
Al Schuster CAN	3:38:52
Kwang Han KOR	4:07:31
Keizo Yamada JPN	4:10:11
Jack Gentry	4:11:24
John Roberts GBR	4:12:55
Bob Daly	4:19:47
Thomas Bickham	4:27:03
Epifanio Agosto	4:28:31
W40 F Sultanova-Zhdanova RUS	2:31:30
Gitte Karlshoj DEN	2:40:52
Linda Somers-Smith	2:49:41
Lisa Valentine	2:50:42
Lee DiPietro	2:55:00
Jane Johnson	2:58:47
Donna Hurley	3:02:11
Christen Meyer	3:04:38
Keiko Takeuchi JPN	3:05:29
Monique Maddy	3:06:56
Janice Kreuz	3:21:20
Martha Degrazia	3:22:36
Sn Gustafson	3:26:44
Karen Benardino	3:31:17
Linda Fernets CAN	3:32:11
Rose Galligan	3:33:22
Linda Waitkun	3:34:14
Wendy Crandall	3:39:01
Alyn Park	3:39:37
Lynne Denley	3:40:07
Mary Nathan	3:54:15
Hansi Rigney	4:07:28
Bonnie McElwee	4:07:41
Manlyn Rodgers	4:14:16

Continued on next page

LONG DISTANCE RESULTS

NATIONAL

USATF National Masters 25K Championships, Fifth Third River Bank Run 25K Grand Rapids, MI; May 10

Overall	
Dan Browne 26	1:16:13
Albina Ivanova 25	1:27:28
M40 DENNIS SIMONAITIS	1:20:47
PAUL ZIMMERMAN	1:22:21
JOHN MIRTH	1:22:47
MIKE SCANNELL	1:26:10
Ron Zywicki	1:28:11
Steve Willson	1:29:52
RONALD DAVIS	1:31:07
DAVID WATKINS	1:31:51
MARK TENSING	1:32:16
KRIS WARSZAWSKI	1:32:58
M45 BRUCE HARRISON	1:33:20
Chris Glowacki	1:33:26
FELIX BROOKS JR	1:33:52
KEVIN CUSACK	1:35:37
KEN STEBBINS	1:36:36
WALLY BARNOWSKI	1:39:33
CHIP KING	1:39:59
Jed Hopfensperger	1:41:07
BRIAN BUCHANAN	1:41:48
RALPH WORTHING	1:42:50
M50 SCOTT LIVERSEGE	1:34:29
GARY WOLFRAM	1:36:09
DOUG KURTIS	1:38:23
DAVE MINIER	1:39:23
LARRY A VERMERRIS	1:40:35
ROBERT COURTADE	1:41:30
JOHN TARKOWSKI	1:41:32
KEN DEBACK	1:42:04
Mike McGlynn	1:43:16
VICTOR BARKOSKI	1:44:44
M55 DOUGLAS BROWN	1:49:28
KEN RAYMOND	1:50:25
EDWARD VALENTINE	1:51:12
TERRY HUTCHINS	1:53:00
LANNY LANDELE	1:53:03
DAVE KANNERS	1:54:58
KEN CURRY	1:55:32
Harry Plouff	1:55:42
WALLY HERRALA	1:55:44
HOWARD THOMAS	1:55:51
M60 G MALACZYNSKI	1:44:32
JAMES CARLTON	1:45:13
JOHN FARAH	1:48:11
DON TARASIEWICZ	2:00:03
PATRICK JOHNSON	2:00:57
MAXWELL MONROE	2:01:56
BILL KEHOE	2:03:52
Charlie Grotvart	2:08:21
HADLEY MOORE	2:08:36
BILL AGRESTA	2:08:39
M65 PETER POLIDORI	1:47:38
EDWARD YOB	2:02:29
FRANCIS LEIK	2:03:37
FRANK WOLF	2:05:14
BOB BENDER	2:08:06
DAVID GREER	2:19:49
HAROLD KRIEGLER	2:20:38
GORDON START	2:21:34
HAROLD R PLAISIER	2:21:40
JAMES DUNIGAN	2:24:30
M70 BOB DALY	2:02:38
DAVID MEYER	2:32:06
JOHN C WALKER	2:47:24
HERBERT START	2:52:32
JOHN HUNTING	2:59:46
KARL SANDELIN	3:12:15
JACK GIBSON	3:17:43
M75 JERRY JOHNSON	2:09:51
WALLACE YPMA	3:40:48
Mar Slager	3:56:40
M40 JANET ROBERTZ	1:35:16
LAURIE DECKER	1:44:23
MAUREEN PLUGER	1:53:26
VALERIE WESTRICK	1:53:57
CAROL POSTHUMA	1:56:02
JULIE VANDEREE	1:57:52
Renee Jackson	1:58:32
K BROEKHUIZEN	1:58:57
LORI BARR	1:59:00
JULIE CLEARY	1:59:41
M45 JANE WELZEL	1:37:29
ROBIN SARRIS-HALLOP	1:49:55
KATHLEEN DUGAN	1:53:39
LAUREL CHIAK	1:55:05
NANCY FAZIO	1:55:46
MARIA WORDELMAN	1:57:42
LAURIE HALLER	2:01:17

	JANE SANDERS	2:02:26
	BETH GEIGER	2:03:01
	SUSAN DEFRELL	2:03:28
W50	KAREN BENARDINO	1:57:18
	MARY BLAKESLEE	2:04:53
	KAREN JO WHITE	2:05:28
	SUSAN J SZCZESNY	2:10:26
	A STELLINI-WITHAM	2:11:41
	WILLA HEKMAN	2:12:33
	NANCY BABCOCK	2:12:45
	PATRICIA DEYOUNG	2:12:45
	SHARLEEN SAKAI	2:13:01
	Delmat Bartelme	2:13:13
W55	PAULA EMMONS	2:14:16
	DIANE BOEHLKE	2:21:49
	SANDIE KORNOLJE	2:26:28
	KATHLEEN HAASE	2:27:52
	CHRIS FUERTH	2:31:06
	KATHLEEN NEAL	2:36:30
	M A STRAZANAC	2:39:17
	JUDY DEYOUNG	2:39:21
	S CHRISTENSEN	2:39:35
	JANET SCHULTZ	2:39:37
W60	DIANE ARBANAS	2:11:16
	CAROL BENDER	2:19:48
	CATHY DETMAN	2:22:24
	JANET WALLEN	2:22:48
	FREDDI ANGUS	2:31:51
	Cora Hill	2:37:30
	FRANCINE BANGS	2:37:54
	JANE ROLFE	2:45:39
	MARY DEMATTIA	2:46:20
	MARILYNN BRIGGS	3:00:45
W65	LIZ LANCASTER	2:25:30
	MERION KNIGHT	2:37:19
	ELEANOR SHAW	3:09:38

Continued from previous page

Martina Dralle	4:16:36
Eileen Pae	4:20:18
Judy Teeple	4:20:24
Shirley Blush	4:20:33
Isabel Mroczkowski	4:23:35
Marti Stephan	4:25:50
W70+ Albertina Zuniga CHI	4:04:56
Katherine Beiers	4:58:11
Katherine Pye CAN	5:05:40
Judith Bulough	5:27:35

All runners USA, unless otherwise noted.
www.baa.org

Bill Robinson HMRR Masters 10K/USATF Adirondack Championships Albany, NY; April 26

Overall	
Derrick Staley 44	35:58
Nancy Taormina 43	43:52
M40 Tom McGrath	41:44
Mark Devenpeck	42:11
Michael Bromm	42:19
M45 Chris Murphy	37:35
Jim Jacobs	38:03
Rob Picotte	38:25
M50 Dale Keenan	36:25
Paul Bennett	40:40
Ken Klapp	41:19
M55 Pat Glover	39:22
John Stockwell	44:35
Mary Fisher	45:08
M60 Ed Bown	45:57
Giancarlo Mangano	47:48
Jim Moore	49:37
M65 Wade Stockman	49:50
Don Wilken	58:43
M70 Ray Bremm	49:29
Ed Doucette	51:49
W40 Helen Shekerjian	44:13
Jessica Spatz	45:26
Dorine Peregrin	48:34
W45 Susan Burns	50:26
DonnaLustenhower	59:56
W50 Martha DeGrazia	47:06
Judy Phelps	47:59
W55 Linda Fisher	58:06
W60 Betty Langevin	63:47
W65 Eiko Bogue	78:48
W70 Anny Stockman	58:08

NYRR Thomas G. Labrecque Classic 4 Miles Central Park, NYC; April 27

Overall	
Zerehun Maru 26	20:13
Alayne Adams 41	23:26
M40 Jeremy Stratton	20:58
M45 Alan Ruben	21:23
M50 Jack McShane	22:44
M55 Adolf Lawrowski	25:02
M60 Jack Brennan	25:30
M65 Witold Bialokur	26:18
M70 Eric Seiff	29:31
M75 Sab Koide	36:39
M80 Howard Klein	43:09
M85 Wilfredo Rios	54:40
W40 Alayne Adams	23:26
W45 Chihiro Yamauchi	28:48
W50 Judy Harrigan	27:18
W55 Marjorie Kos	31:31
W60 Susanna Beltrandi	33:48
W65 Ginette Bedard	32:36
W70 Thelma Wilson	36:03
W75 Muriel Merl	37:53
W80 Lauren Auerback	41:08
W85 Althea Jureidini	1:09:48

NYRR Child Magazine's Mother's Day Women's Half-Marathon, Central Park, NYC; May 11

Overall	
Alayne Adams 41	1:23:39
W40 Alayne Adams	1:23:30
W45 Gillian Horovitz	1:28:51
W50 Leah Whipple	1:35:54
W55 Ann Davies	1:39:40
W60 Diane Sudakoff	1:55:21
W65 Naomi Vogel	2:12:13
W80 Therese Wenzel	2:16:24

Sallie Mae 10K Washington, DC; May 11

Overall	
Simon Wangai, 24	28:53
Olga Romanova, 22	32:55
M40 GENNADI TEMNIKOV	31:09.6
JOHN TUTTLE	32:04.5
DAVE BERARDI	33:47.2
TED POULOS	33:59.1
J C ARCAZ	35:31.2
M45 JIM HAGE	33:10.2
ANDREY KUZNETSOV	33:52.2
MARK MALANDER	34:21.9

DAN LAWSON	34:50.2
PETER KIRK	36:47.0
M50 DEVELAND CAMPBELL	37:48.3
RICHARD ADAMS JR	38:19.2
MICK SLONAKER	38:28.2
BOB BURNS	39:10.3
TOM CORCORAN	43:23.1
M55 PATRICK GRIFFITH	38:25.5
ROBERT TROST	42:17.2
MICHAEL WESBECHER	42:22.4
JOHN BABINEAU	43:25.1
WILLIAM SCOTT	43:50.0
M60 WARREN PRUNELLA	42:52.8
MALCOLM O'HAGAN	44:36.6
MIKE THORSON	44:47.1
JOHN HAUBERT	45:05.9
LOU SHAPIRO	45:28.4
M65 CHAN ROBBINS	44:05.0
RICHARD WILLIAMS	47:04.7
WILLIAM GRAHAM	58:30.7
ALBERT GALSSMAN	1:14:58
M70 DONALD BUTLER	1:02:57
M75 MARCEL BITOUN	1:10:16
W40 F SULTANOVA-ZHDVA	33:11.5
MARIA SPINLER	37:21.5
DONNA MOORE	38:37.8
LAURA FREIX	39:25.9
PATTI SHULL	39:45.9
W45 LEE DI PIETRO	36:56.3
BERNADETTE FLYNN	46:35.2
CAROLE ROEDER	49:18.0
LIZA RECTO	49:40.9
PATRICIA BAILEY	51:47.3
W50 BETTY BLANK	42:28.9
CATHERINE WIDES	44:20.4
PEGGY DAVIS	48:58.0
MARJORIE MARQUE	49:08.4
DANA ANN SCHEURER	50:32.4
W55 ALICE FRANKS	45:19.6
LINDA KEARNEY	47:01.8
PRISCILA PRUNELLA	47:48.5
CLAUDIA CRAWFORD	51:52.7
PAT WELCH	53:47.5
W60 SHARON DOLAN	42:38.3
JANE METZLER	53:10.1
YOLANDA PEREZ	55:08.2
MARGOT SCHENET	59:42.1
SETSUKO ROSEN	1:01:23
W85 HEDY MARQUE	1:14:34

SOUTHEAST Pomoco Group Running Crab Half-Marathon & 5K Hampton, VA; April 26

Overall	
Graham Cocksedge 29	70:10
Allie Kassens 28	85:50
M40 Dai Roberts	70:36
Wm Graham	78:19
M45 James Bates	81:41
Steven Lerner	85:47
M50 Bill Hart	82:10
Rudolph Pekarek	82:46
M55 Robert Wilson	92:55
Peter Sim	93:45
M60 Robert Wright	91:45
M65 Ed Jefferson	2:04:43
M70+Fred Simons 76	2:58:04
W40 Cinda O'Dell	93:21
Sherry Volk	97:04
W45 Sarah Benson	1:53:32
W50 Barbara Mathews	97:52
B J Derring	1:49:37
W55 Andrea Hess	1:50:02
W60+Pat Ewell 69	2:29:18
--5K--	
Overall	
John Lomogda 33	17:13
Aurora Scott 13	18:07
M40 James Ross	21:10
M45 Jim Goggin	17:44
M50 Rick Platt	17:55
M55 Donald Greene	22:54
M60 Michael Jackson	25:03
M65 Joseph Polinski	23:57
W40 Kendall Tata	19:55
W45 Adas Miller	25:59
W50 Brenda Mitchell	24:42
W55 Poppy Cumpson	36:21
W60+Sylvia Boecker 63	28:41

MIDWEST Cleveland Marathon Cleveland, OH; April 27

Overall	
Richard Roberts 22	2:28:59
Louderes Cruz 38	2:48:46
M40 Hector Maldonado	2:40:18
Ed Goubeaux	2:45:01
Timothy Clement	2:49:27
M45 Michael Boyer	2:48:07
Dale Heinen	2:53:54
Donald Luscher	2:59:33
M50 Bob Pavlas	2:59:13
Jeff Tanchon	3:02:50
James Sturgeon	3:07:36
M55 Clyde Hess	3:12:26
Frederick Davis III	3:22:43
Ed Salak	3:27:11
M60 WSchmidtfrrenck	3:30:49

Joseph Zamiska	3:48:28
Francis Mcnellie	3:56:30
M65 Richard Albaugh	4:17:23
Michael Schreiber	4:29:16
George Stump	4:32:51
M70 Matt Norris	4:02:26
Ted Wood	4:42:24
Anthony Pedalino	5:07:30
W40Alice-Marie Laverdiere	3:21:25
Jane Hargraft	3:33:00
Kathleen Cook	3:51:28
W45 Nora Brooks	3:30:29
Margaret Menzel	3:39:32
Jil Lograno	3:45:01
W50 Anne Goman-Johns	3:46:52
Christine Murray	3:49:18
Libby White	4:33:06
W55 Joanne Rowland	3:59:28
Ann Gunther	4:11:31
Irene Fitzgerald	4:41:19
W60 Judy Smith	4:51:47
W65 Jean Toth	4:37:18
Virginia Farneman	5:17:26

Indianapolis Life 500 Festival Mini Marathon Half-Marathon Indianapolis, IN; May 3

Overall	
Joseph Kariuki 33	1:03:43
Albina Ivanova 25	1:11:24
M40Andrew Masai	1:06:06
Michael D Smith	1:11:15
Steve Wilson	1:11:33
Russ Sears	1:11:44
Timothy Mylin	1:12:33
M45Mark Diveley	1:15:34
Ed Delwert	1:18:34
Russell Delap	1:18:44
Timothy Emmett	1:18:59
Kurt Floyd	1:19:49
M50Gary Romesser	1:12:54
David Ahner	1:15:19
Doug Kurtis	1:18:24
Thomas Freistrotter	1:21:29
Jim Evans	1:21:43
M55Steve Lewark	1:23:43
Mike Toolen	1:26:20
Mike Weaver	1:26:25
Jeff McQueen	1:29:42
David Burton	1:30:23
M60Brent Rembold	1:34:43
Jeff Martin	1:34:53
Kenneth Tarr	1:35:09
Brad Yoder	1:35:18
Paul Wilson	1:37:41
M65Joe Liechty	1:39:21
Art Harris	1:43:29
Bud Stiffler	1:53:44
Reinoud Elias	1:55:18
William J. Heck	1:55:36
M70Dick Wilson	1:36:59
Thomas Hathaway	1:43:56
Robert Lemont	1:56:38
Bob Kearns	1:57:30
Thomas Magill	2:09:49
M75Billy Sedam	2:02:16
Fred Dietz	2:20:09
Dick Shire	2:32:29
Bob Terry	2:35:45
John Grothus	2:38:58
M80Vernon Wright	3:01:50
Del Neal	3:42:47
W40Jennifer Potts	1:24:01
Rita Uebelhor	1:26:46
Mary Button	1:28:32
Carol Pitzer	1:30:45
Carla Yerkes	1:30:51
W45Jeanne Olash	1:26:22
Catherine Howe	1:27:13
Ruth Ozmun	1:30:07
Terri Combs	1:32:19
Tina Fearnow	1:32:56
W50Linda Allman	1:38:23
Arlene McDonald	1:41:28
Jenny Reighney	1:42:24
Patty Rose	1:44:18
Susan Leffler	1:48:45
W55P. Beidelschies	1:50:23
Sharon Nelson	1:52:34
Jean Jannasch	1:52:51
Deborah Pausz	1:53:23
Jutta Hoellein	1:53:43
W60Jessica Shen-Ho	1:54:42
Judy Wertheim	2:01:33
Patricia Miller	2:03:12
Margie Van Kley	2:05:23
Rena Brown	2:07:10
W65Lucy Gleason	2:05:35
Ruth Everson	2:05:44
Sue Heiwig	2:09:38
Luella Bogenschutz	2:09:53
Gloria Nold	2:29:25
W70Marge Ferris	2:12:35
Jackie Mastellone	2:19:34
Carolyn Hathaway	2:21:12
Lurilla Hiday	2:42:14
Sandra Skinner	2:52:37
W75Joanne Applegate	3:24:06

Anna Gehring	3:24:07
Mary Danielson	3:28:12
Joan Crozier	3:37:12
Dorothy Gullion	3:49:21
W80Florence Rumrill	3:17:27

MID-AMERICA

Get in Gear 10K Minneapolis, MN; April 26

Overall	
Jared Seger 26	29:45
Lyubov Kremleva 41	34:41
M40 Andrew Masai	30:11
John Mirth	31:30
Patrick Billig	32:21
Tom Stambaugh	32:22
Digger Carlson	32:31
M45 Bobby Paxton	35:04
Allen E Zetterlund	35:41
Paul Brown	36:01
Mike Setler	36:11
Thomas Pletcher	37:12
M50 Michael Seaman	36:40
Doug Suker	36:48
Jerry Beutel	37:00
Steve Maupin	38:31
Robert Weber	38:55
M55 Winston Gordon	39:41
Jim Graupner	40:35
Byron M Sugden	42:56
Thomas Vertin	43:09
Allen H Gibas	43:32
M60 Thomas W Weddle	42:27
Lee Stauffacher	43:46
Hank Larsen	44:19
Dennis Brewer	45:53
Jim Ogg	45:57
M65 Rich Trochman	43:42
Larry K Junkemeier	47:45
Ralph Mondor	49:17
Dick G Fenner	49:19
Jerry Brandenie	51:53
M70 Dick Hess	53:48
Dick Olson	55:44
M75 Lloyd Young	49:32
Harold H Hubbard	53:53
Roy Carlsted	1:06:18
W40 Lyubov Kremleva	34:41
Janet Robertz	37:03
Debbie Leyden	37:44
Pam Weier	39:27
Kristin M Miller	39:44
W45 Janet Rosen	41:04
Donna Melody	43:15
Nancy Marquette	45:29
Andriette Wickstrom	45:31
Genevieve H Johnson	45:57
Maggie Fillmore	44:19
Nancy Camp	46:19
Patti Vitek	48:45
W55 Gloria Jansen	43:49
Ann Day	45:54
Kathryn M Benhardus	51:25
Marilyn Schnobrich	48:12
Judith H Cronen	50:07
Dagmar Romano	51:26
W65 Marge Nielsen	1:00:23
Lois Degonda	1:02:34
Marilyn Devries	1:08:56
W70 Barbara Burhans	1:02:10
Marcelline G Cahow	1:04:19
Diane Goulet	1:17:32

Sabates Eye Centers Trolley Run 4 Mile Kansas City, MO; April 27

Overall	
Phillimon Hanneck 31	18:06
Deeja Youngquist 26	21:20
M40 Mark Curp	20:07
Thomas Snodell	20:52
Steve Pierce	21:27
Brian Franke	21:36
Tim Knott	21:44
M45 Charles Brandon	20:56
Bob McNany	21:38
Terry Drake	22:13
Bob Garven	22:59
Paul Monteil	23:07
M50 Ken Beach	22:49
Gayle VanDurme	23:15
Jim Frost	23:20
Don Turner	23:46
M55 GustavoPenaloza	22:46
Frank Bolbecker	25:58
Russ Lundstrom	27:14
Michael Molloy	27:17
M60 Gary Cooper	25:27
Eugene Wren	25:34
Richard Wooton	25:56
Joe Griggs	27:58
M65 Peter Stauffacher	28:58
Herb Brown	28:58
Joe Bessenbacher	29:57
Carl Vansant	30:30
M70 Paul Heitzman	25:23
John Wurst	34:38
Firmin Snodell	35:02
M75 none	57:47
M80+Ubert Phillips 86	67:42
John Tolbert 80	23:28
W40 Kim Fritzie	23:49
Wanda Scheib	23:59
Barb Rinne	25:15
Carl McFall	25:15

W45 Kathy Johnson	25:02
J TompkinsLundgrm	27:06
Diana Fitch	27:10
Debra Wood	27:44
W50 Jo Ann Heap	26:24
Paula Wyatt	29:36
Anita Olshanski	29:38
W55 Sheryl Drevo	29:32
Suzi Kilbride	32:01
Carol Whitehead	32:44
W60 Pat Brayman	31:28
Pat Nott	33:52
Suzie Turner	34:35
W65 Ann Nelson	36:00
Beverly Lewis	37:38
Janice Talge	37:50
W70 Kate Hashman	41:08
Bobbie Thrutchley	48:44
W75 Dottie Gray	41:49
Bette Harrod	50:17
W80+MarilynBlankenship	78:13

SOUTHWEST

Kappa 5K Klassic Tulsa, OK; April 12

Overall	
Ross Livingston 40	17:15

Continued from previous page

Continued from previous page		W45 Regina Joyce	17:38	
	Brian Pope	14:56	Sara Freitas	18:23
	Tony Young	15:12	Marcella Teran	18:45
	Peter Magill	15:16	Ruth Vomund	18:50
	Lance Denning	15:18	Vickie Alexander	19:50
	Kevin Broady	15:26	Carolyn Benson	19:56
	Joseph A. Alward	15:29	Valerie Pinocci	20:01
	Angel Roman	15:30	Diane Thompson	20:02
	David Olds	15:32	Yayoi Liu	20:07
	Alan Scharsu	15:33	Patricia Contreas	20:34
M45	Rich Burns	15:55	Deb. Barraza Lee	20:35
	Dave Parsel	15:59	Helen Cox	20:53
	Brad Pace	16:12	W50 Kathryn Martin	18:00
	Sal Salmi	16:41	Manat Fernandez	20:19
	Sal Garcia	16:43	Sharon Lotesto	21:23
	Angelo Decollibus	16:46	Jan Adams	21:25
	Michael Pinocci	16:47	S Robbins-Sydney	21:29
	D Renneisen	16:52	Cath. Lempesis	21:32
	Bobby Paxton	17:05	Kathy Anderson	21:56
	Kim Mc Donald	17:06	Carol Wimbish	22:15
	Bruce Deeter	17:21	Willie Mundt	22:18
	Chris Horton	17:25	Kerry Tabler	22:20
M50	Nolan Shaheed	16:05	W55 Wendy Watson	22:14
	Wayne Chick	17:00	Jeanie Leitner	22:35
	Michael Seaman	17:14	Betty Rosenberg	23:08
	Max G Mitchell	18:06	Sue Reinhardt	23:30
	David Dunbar	18:23	Dianne Rindt	25:17
	Jim Freid	18:27	Nancy Buchmeier	25:47
	Bob Morris	18:34	Lynne Heidel	25:48
	Paul Pace	18:47	Barbara Spannaus	25:53
	Rqbert Boyce	19:00	Merrie English	26:15
	Hugo Velazquez	19:06	Katie Smith	26:21
M55	Dave Dooley V	17:36	W60 Kathy Loper	22:48
	Michael Dove	17:49	Josie Chalmers	23:57
	Gary Tuttle	17:54	Ursula Rains	24:50
	Larry C Ingram	17:56	Sandy Pirkle	27:35
	James S Boughter	17:58	Karen Evans	28:10
	John Combs	18:07	Monika Early	28:19
	Kent Oglesby	18:13	Sandra Reed	28:33
	Bob Anderson	18:19	Laura Lee Boyse	29:19
	Bill Sumner	18:39	Carolyn Medlin	29:27
	John Montgomery	18:45	Jeannette Roostai	29:43
M60	Thom Weddle	19:02	W65 Eve Pell	22:26
	Joe Oliver	19:39	Diane Palmason	22:55
	Robert Seldner	20:03	Martha Walker	27:29
	Gary Riley	20:07	Pat Herr	29:45
	John Metz	20:20	Joann Oliver	32:18
	Steven Brenneck	20:21	Judy Hogarth	34:04
	Brian Fitzpatrick	20:46	Patti Kopcho	37:12
	Alan Wakeling	20:58	Celia Booth	37:50
	Malcolm Mc Gawn	21:58	Patricia Baker	39:32
	Robert Mc Alpine	22:03	Lois A. Griswold	41:20
M65	John Brennand	19:21	W70 Ruth Mangrum	29:02
	S Odwin	20:10	Patricia Woronets	37:15
	Frank Greene	22:03	Stella Floyd	40:12
	Robert Foster	22:09	Muriel Berger	41:41
	Norman Miller	22:28	Edie Willard	42:38
	Cliff Bedell	22:54	W75 Mary Storey	32:07
	Don Moore	23:16	Doris Gordon	36:17
	Michel Ribet	23:59	Mary Lou Lynch	37:57
	Eric Piper	24:16	Mary Jane Brown	38:56
	Phillip Campbell	24:25	Mediha Beasley	43:55
M70	Chuck Warren	20:49	Mad. Herrera	1:00:11
	William Wall	21:30	W80 Gerry Davidson	35:01
	Jim Buckley	23:08	Hel. Louise Jones	43:00
	Bob Mangrum	23:37	W85+ Laura L. Walker	30:18
	Leroy Carter	24:35	Marjorie Easton	45:41
	Jerry Colling	24:43	Edith Allen, 91	46:15
	Arnold Hogarth	24:47		
	Ollie Olivares	25:23		
	Bob K Hler	26:10		
	Edward Maher	26:56		
M75	Bob Koch	25:17		
	Pete Petracek	25:34		
	Link Lindquist	27:33		
	Bill Nyhan	27:50		
	Gael Pierce	30:47		
	Gene Johnson	30:52		
	James Brown Jr	33:41		
	Walter Woodward	34:33		
	John Cross	34:49		
	Reinhold Ullrich	37:44		
M80	Jim Mc Cowan	27:55		
	Norton Davey	42:18		
	Hal Elick	55:02		
Women's 40+ Race				
<u>Overall</u>				
	Regina Joyce, 46	17:38		
	W40S Meister-Meredith	18:14		
	Rosalva Bonilla	18:35		
	Louise Davis	18:49		
	Terry Martin-Duvel	19:07		
	Elizabeth Baker	19:33		
	Tracy Golba	19:37		
	Misako Win	19:40		
	Karen Murphy	19:44		
	Jill Ireland	19:49		
	Kellie Rolph	19:49		
	Lana Jochelson	19:50		
	Stacy Tangren	19:52		

Achievable Run 5K
Los Angeles, CA; April 27

Overall	
Julius Gidabuday 26	15:11
Mary Akor 26	17:56
M40 Angel Roman	15:28
Jose Ricardo	16:17
Tyrone Black	17:07
M45 Andre Untiedt	18:32
Roy Clarke	18:34
Reginald Thornton	18:54
M50 Barry Schaeffer	18:21
Santos Bravo	18:23
Salvador Gonzalez	19:32
M55 Marcos Vasquez	19:13
Richard Nelson	19:27
Dick Held	22:41
M60 Catarino Gonzalez	18:01
Gary Riley	19:50
Ted Burton	29:16
M65 John Spivack	23:00
George Medina	24:32
Irv Cherno	40:12
M70 Leroy Carter	23:45
Leonard Walts	25:07
Bill Panza	32:32
M75 Bob Koch 76	24:18
Robert Brigham 75	33:26
Bernard Davidson 84	45:56
W40 Joan Mensah	21:46
Karen Summers	25:25
Rosanna Libertucci	25:34
W45 Tracy Kierce	21:11
Signe Nam	23:16
Jeannie Thompson	23:46
W50 Marbeth Dougherty	23:31
Mary Bieble	25:47
Marianna Tuchscher	28:56
W55 Fran Smith	25:04
L. Daniels-Hernandez	25:56
Donna Girion	30:47
W60 Glenn Sparks	31:29
Susan Rice	38:26
Rita Eagle	40:58
W65 Arline Rose	48:39
Val Esquivel	54:51
Trin Santallanes	54:54
W70 Erika Hassan	51:36
W75 Grace Davidson 81	44:56
Rose Turrkaly 82	59:43

Avenue of the Giants
Marathon, Half-Marathon &
10K, Weott, CA; May 4

Overall	
Pieter Vermeesch 26	2:42:39
Jeanne Anne Krizman 29	3:12:22
M40 Peter Baughman 25	4:10:10
Jamie Boese	3:00:58
David Finck	3:13:20
M45 Bobby Carpenter	3:05:44
David Hipps	3:10:04
Steve Kulchin	3:11:33
M50 Bob Thompson	3:04:43
Fred Arnold	3:24:29
M55 Larry Lichnovsky	3:25:43
Craig Newport	3:29:34
M60 Douglas Pierce	3:52:57
Robert Honer	3:55:19
M65 Ralph Hirt	3:51:24
Jurgen Giessel	3:58:37
M70 George Crandell	5:11:04
Gordon Wolfe	5:56:22
M80 Phil Gowing	6:24:14
W40 Nuvit Foster	3:25:50
Nicki Wright	3:30:50
Diana Varny	3:31:08
W45 Meredith Mills	3:21:40
Chris Hamer	3:33:13
Kriston Chapman	4:05:50
W50 Mary Ellen Smith	3:45:39
Emily Toy	4:20:17
W55 Linda Sherman	4:03:01
Carole Mawson	4:27:29
W60 Joyce Newman	5:11:34
Judith Robinson	6:59:21
W65 Dolores Scott	5:06:43
W70 Carmen Maddock	7:03:36
W80 Helen Klein	5:02:48
Half-Marathon	
Overall	
Chris Gilbert 33	1:11:20
Mary Fagan 27	1:26:23
M40 Jeff Swanson	1:23:27
M55 Chris Sullivan	1:28:52
M45 Christopher Lemke	1:31:53
M55 Skylo Dangler	1:33:31
M60 Web Chadwick	1:48:25
M65 Tom Burnham	1:53:36
M70 Joe Zaerr	1:51:06
M75 Doug Larsen	3:27:57
W40 Shari Tracy	1:38:32
W45 Nancy Davidson	1:51:04
W50 Elaine Ozanian	1:47:24
W55 Anita Cardenas	2:06:56

W60 Diane Boly	2:15:18
W65 Eija Emmingham	2:18:29
W70 Marta Beres	3:52:54
10K	
Overall	
Sstoz Tes 32	33:43
Michele Rowic 28	41:28
M40 David Lokken	39:50
M45 Yoshi Uemura	36:42
M50 Marvin Gladden	38:41
M55 Miquel Salmeron	48:03
M60 Robert Gormley	40:05
M65 Bob Cory	59:23
M70 Stuart Lovelace	1:02:25
M75 Bill Stowell	54:04
M80 Ira Samuels	37:54
W40 Margaret Perrow	47:12
W45J Chestnut-Rose	52:00
W50 Karen Kelley-Day	47:51
W55 Sandra Moreno	58:28
W60 Arlene Bidwell	1:06:40
W65 Lynn Lawrence	1:05:35
W70 Marie Kelleher-Roy	1:36:41
W75 Fawn Wise	1:37:19

Run Through Redlands
Redlands, CA; May 4

-10K-	
Overall:	
Jeff Ambos 41	34:28
Christina Jimenez 17	41:52
M40 Jeff Ambos	34:28
Mark DeBoer	45:55
Dan Hepler	47:45
M45 Stewart Boden	43:04
Edwin Bruno	46:52
Eric Wikowski	47:34
M50 Don Waggett	41:36
Doug Brown	49:51
Jan Kyselica	52:39
M55 Jerry Harbor	47:44
Keith Watson	53:57
David Reed	54:32
M60 Bob Windver	51:04
Jeff Owens	52:01
Allen Killpatrick	55:23
M65 Homer Wilson	58:12
William Traub	60:17
Aaron Katz	66:38
M70 Keith Varni	71:43
William Zozaya	72:11
M75 Bob Koch 76	54:07
W40 Melissa Beck	48:23
Martha Lee	49:18
Sally Martin	55:01
W45 Susan Enlow	46:24
Olga Fowler	59:17
Ivy Shamblin	59:35
W50 Vickie Sanders	46:10
Cindy Miller	53:18
Sandy Montgomery	58:18
W55 Judy Remele	67:56
Claire Reid	71:27
Amber Costa	79:24
W60 Margit Perry	72:59
Connie Likke	76:01
Linda Plecher	80:13
W65 Ginny Dunham	91:36
Nancy Yowell	93:19
W70 Lois Sanford 73	100:22

-5K-	
Overall:	
Daniel Rosales 35	17:09
Season Meservy 18	19:17
M40 Barry Sheehan	20:24
James Johnstone	21:25
Dan Kerns	21:54
M45 Mark Pavelchek	21:15
Rudy Mena	21:37
Peter Perez	22:11
M50 Ray Ashworth, Jr	17:37
Steve Chae	21:25
Walt Hitt	22:31
M55 bobby Roberts	22:14
Will Verhoef	23:50
Raymond Atilano	25:04
M60 Bob McGeough	19:56
Robert Garcia	23:44
Bryce Larkin	24:13
M65 David Wilbur	24:48
Thomas Sargeant	34:15
Donald Singer	34:53
M70 Wally Ingram	25:28
James Render	27:36
Bill Greene	36:50
M75 Ollie Harkeer	29:05
Walt Acheson	32:31
Harold Willis	34:32
M80 Joe Fleischmann 80	33:44
Karl Smithens 81	41:06
Alfonso Franco 80	42:24
W40 Laura Watkins	22:05
Shelly Scheuring	27:00
Teresa Steinbroner	27:42
W45 Jeannie Thompson	25:02
Darla Charbonnet	27:04
Laura Laue	29:53
W50 Debby Pierce	26:43
Phyllis Ashe	27:00
Marta Ardema	27:13
W55 Jane Lawrence	35:26
Carol Key	36:33
Judy Nordhaus	42:01
W60 Jeannette Roostai	32:59
Clarice Flower	34:23
Joanne Singer	43:36

W65 Carole Davis	29:08
Barbara Pflanz	30:10
Anita Briones	41:02
W70 Kathleen Calloway	37:06
Dottie Bruton	51:41
Mickey Tetlev	57:27
W75 Gladys Mathes 79	57:06
Mollie Marshburn 78	59:01
Norma Pucek 78	59:01
Half-Marathon	
Overall:	
Rick Weis 25	1:17:09
Erika Aklufi 26	1:28:36
M40 Art Hernandez	1:27:59
Jeffrey Ballard	1:31:35
Keith Marsicola	1:35:02
M45 Antonio Armas	1:30:29
Lee Sena	1:32:23
Paul Sternberg	1:34:19
M50 Bill Kissell	1:27:36
Stephen Wider	1:43:19
Ken Park	1:51:40
M55 Arthur Byrns	1:39:59
Dennis Kimball	1:54:53
Warren Mullisen	2:03:06
M60 Myung Park	1:52:43
Tom McCart	1:58:57
Michael Verner	2:04:05
M65 Don Moore	1:52:17
M70 Aloysius Casey 71	1:51:41
Fred Schneider 72	2:33:56
Rao Paladugo 74	2:35:55
W40 Doreen Fay	1:35:22
Kathleen Cerullo	1:43:36
E. Valelis	1:49:55
W45 Susan Mathur	1:52:52
A. Williams	2:11:01
Kathy Graeber	2:20:00
W50 Michelle Coulter	2:06:39
Donna Imhoff	2:07:56
Theresa Wolfe	2:08:19
W55 Romy Niblack	1:46:33
Judy Bronstein	2:00:49
Sandy Askew	2:17:41
W60 Naomi Silvergleid 60	2:19:36

Big Sur International
Marathon, Carmel, CA

Overall	
Jonathon Ndambuki 26	2:19:59
Julianne White 41	2:47:11
M40 Bent Andersen	2:56:12
Ian Hersey	2:56:58
Rosalio Campos	2:59:46
Kevin Reynolds	3:01:57
Jerry Wagner	3:02:48
M45 Wolfgang Bronner	2:51:26
Jim Waite	2:52:16
Steve Greenspan	2:56:08
Dan Zulaica	2:58:44
Jose Castaneda	3:05:15
M50 Wolfgang Klemm	3:02:23
Robert Davies	3:05:21
Ted Levine	3:08:51
Peter Stanger	3:12:08
Ken Koestner	3:16:10
M55 Michael Dove	2:57:18
Chuck Macdonald	3:07:45
Ulrich Waegli	3:13:58
Dave Ulmer	3:24:18
Thomas Rolander	3:27:41
M60 Milos Kostic	3:13:23
Dennis Hartley	3:32:21
John O'Neill	3:33:01
M65 George Hirsch	3:42:04
Donald Bell	3:51:53
Dennis Weir	3:53:50
M70 Richard Laine	5:00:51
Rich. Gonzalez	5:03:30
Orin Scandrett	5:10:37
M75 Vic Lyons	5:30:01
Ira Smith	5:30:01
M80 Jack Friedlander	5:30:01
W40 Julianne White	2:47:11
Kari Distefano	3:01:49
Kim Marie Goff	3:16:13
Barbara Stoll	3:29:19
Erin Murphy	3:29:24
W45 Barb Dutrow	3:19:44
Christine Iwahashi	3:21:36
Laura Dewald	3:22:55

Continued from previous page

M55 Scott Melville	46:32
Jeff X Corkill	46:57
William H Greene	48:55
Daniel Bonogofski	49:07
Steven L Jones	49:50
Tom L Carper	49:55
L Severance	50:42
Norman L Thomson	51:52
M60 Joe A Machala	47:18
Kenneth G Hinds	49:40
James Charles Fry	50:00
E Dawes Eddy	50:49
Larry R Carroll	51:33
Raymond Pearson	52:25
Klaus Scherler	53:35
Mickey McClendon	54:10
M65 Grant W Smith	52:27
Rich K Ohin	53:07
Ronald L Kelling	53:07
Bart M Haggin	55:08
Lee Parker	55:27
Ed Foley	57:12
Lauren H McVay	58:04
Ken A Wendt	58:28
M70 John Keston	58:41
Ron H Hart	1:02:55
John Parrott	1:04:13
Lenn J Dompier	1:05:16
Rudy H Gahler	1:07:37
Walt F Thorp	1:08:55
Don Robinson	1:09:08

Richard Neuder	1:09:28
M80+ George Boulden	1:19:13
Fred R Schwin	1:26:20
Les Leyland	1:28:28
James A Curran	1:41:07
Byron J Greany	1:45:26
Norm Troemel	1:49:03
Martin D Lowell	1:51:45
George Goodell	2:08:57
W40 F Sultanova-Jdanova	40:49
Ramilia Burangulova	42:01
Lyubov Kremleva	43:52
Nancy Tinari	44:45
Angela K French	47:06
Denise Ann Foote	47:25
Kelly J Kruell	47:44
Annette M Rahn	48:14
Sandra Yaworski	49:02
Katrina Mealey	49:23
W45 Regina M Joyce	45:15
Carol A Severa	50:20
Karen M Kunz	51:54
Linda J Vevera	54:11
Barb Blumenthal	54:38
Judy Morrison	54:45
Lynn Olafson	54:56
Kim A Jones	55:24
Janis Houghton	55:43
Alison Wiener	56:00
W50 Sandi K Halgren	49:40
Jean Grammer	52:27
Ann B Bell	56:27

Penny Colton	56:45
Sharon A McGrane	57:22
Karen L Waggoner	58:08
Jan McAvoy	58:32
Diana Grandeen	58:40
W55 Gunhild Swanson	57:15
Jane A Davey	57:47
Phyllis J Nelson	58:53
Sherry J Arsenault	59:48
Judith A Paine	1:02:03
Bonnie L Torske	1:02:06
Nancy E Kress	1:03:08
Janis Miller	1:03:25
W60 Donna Messenger	1:01:25
Sarah R Parshall	1:03:24
Donna D Sims	1:03:46
Sharon L Carroll	1:03:49
Sharen Robertson	1:04:35
Linda D Swartley	1:09:30
Velma C Newhall	1:11:43
Christie Miller	1:13:12
W65 Sylvia C Quinn	58:32
Arlene Arneson	1:06:37
Carol D Hemus	1:07:51
Joan Z Pribnow	1:09:17
Wilma Parker	1:10:22
Joan P Winchel	1:11:06
Gunda R Fischer	1:16:00
Marla M Gault	1:17:58
W70 June H Machala	59:41
Eileen M Fawcett	1:09:50
Inge S Hendron	1:14:40

Louise W Mitchell	1:16:13
Mira I Anzalone	1:21:36
Pat S Moll	1:21:52
Lois J Hatch	1:24:02
Virginia V Sutphin	1:27:06
W80+ Maureen Schmahl	1:54:00
Bobbi Comeaux	2:05:48
Ginny Warden	2:06:33
Dorothy Powers	2:11:57
C Batchelor	2:16:53
Shirley Wihlborg	2:16:56
Lotta V Lowell	2:27:11
Betty Miller	2:36:04

RACEWALKING**Easy Striders St. Pat's Day Racewalks**
Huntington Beach, CA; March 23

5K	
M40 Pedro Santoni	26:37
M50 Rick Campbell	29:36
M60 Daniel Shalit	32:37
M70 Bill Moreman	33:27
M80 Bob Weeks	30:23
W40 Debbie Raymer	29:56
W50 Martha Conarty	34:31
W60 Tammy Kieman	32:29
W70 Grace Moreman	43:02
W80 Jane Dana	38:38

20K	
M30 Dave McGovern	1:33:31
M40 Joe Nieroski	1:53:39

M50 Dave Crabb	1:18:59
M60 John Backlund	2:04:21
M70 Masashi Noritake	2:38:47
W30 Liz Salvato	2:05:39
W40 Margaret Goves	1:58:58
W50 Jolene Stalgerwalt	2:24:35
W60 Darlene Backlund	2:21:59
W70 Patti Kennedy	2:58:31

USATF South Region/Florida 10K Racewalk Championships
Orlando; March 30

Overall	
Juan Yanes	55:46
Lisa Sonntag	56:08
M30 Ray Jenkins	1:02:02
M40 Steve Renard	1:1:37
M45 Jeff Sparks	1:13:41
M50 Juan Yanes	55:46
M55 John Fredericks	1:03:27
M60 Peter Bayer	1:09:23
M70 Bob Fine	1:07:31
W35 Lisa Sonntag	56:08
W40 Beverly Burijon	1:10:22
W45 Sandra DeNoon	1:07:11
W55 Linda Binge	1:13:58

USATF National Masters One-Hour Racewalk
Boca Raton, FL; April 6

Meters	
M50 Roderick MacElwain	9,672
M55 Gary Hull	10,790

Norm Frable	10,392
John Fredericks	9,716
M60 Peter Bayer	8,333
Bernard Finch	7,691
M65 Paul Johnson	10,206
Bob Cella	9,339
M70 Jack Bray	10,066
Bob Fine	8,847
George Solis	7,713
M75 Robert Mimm	8,722
W35 Lisa Sonntag	10,871
W45 Sandy DeNoon	8,892
W55 Linda Stein	9,101
Kathy Frable	8,657
W60 Rae Lawrence	6,162
W65 Joanne Elliott	8,679

Northwest/PNTF Association 10K Racewalk Championships

Overall	
Eric Smith 20	52:07.2
Karen Foon 23	48:41.6
M45 Doug Vermeer	1:00:03.9
M50 Gerry Dragomir	52:07.2
M55 Stan Chraminski	55:47.6
M60 George Opsahl	1:00:58.4
M70 Ron MacPike	1:08:50.4
W40 K Murphy Glenn	56:14.5
W50 Mary Snyder	58:48.7

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUNE 2003**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CASSANDRA KELLY (NZL)	6-19-63	40-44
DAGMAR GEISELHART (FRA)	6-28-63	40-44
DONNA NIELSEN (LONG BEACH, CA)	6-7-58	45-49
THOMAS DALTON (SCHENECTADY, NY)	6-8-58	45-49
CAREN JOAN REINDL (CAN)	6-8-58	45-49
CHARLOTTE CARTER (AUSTIN, TX)	6-4-53	50-54
KATHLEEN KENNEDY (UNIVERSAL CITY, CA)	6-5-53	50-54
PAULA DICKSON-TAYLOR (W. ORANGE, NJ)	6-7-53	50-54
BARBARA CLARK (NEWBERG, OR)	6-14-53	50-54
SVETLANA YESAYAN (ARM)	6-29-53	50-54
SANDRA NEWTON (EUGENE, OR)	6-30-53	50-54
JAMES SAUERS (Dacula, GA)	6-1-48	55-59
GERI WOOD (HOUSTON, TX)	6-10-48	55-59
ANNE HUNTER (NZL)	6-12-48	55-59
NANCY OSHIER (SPENCERPORT, NY)	6-17-48	55-59
KIRSTEN HAUSKEN (NOR)	6-22-48	55-59
ANN SIPKA (NASHUA, NH)	6-22-48	55-59
MARTIE BEHRENS (ANTIOCH, CA)	6-23-48	55-59
ELLEN WESSINGHAGE (GER)	6-28-48	55-59
VALERIE HOWE (GBR)	6-2-43	60-64
MARDIANNE GREEN (PA)	6-2-43	60-64
MARDI REED (JAMICA, MA)	6-2-43	60-64
SREKO STIGLIC (YUG)	6-11-43	60-64
CHRISTEL HAUSER (GER)	6-12-43	60-64
LESLEY HAMILTON (AUS)	6-14-43	60-64
LESLIE WOODS (AUS)	6-14-43	60-64
HENRY HOPKINS (INDIANAPOLIS, IN)	6-17-43	60-64
KAREN KOSCHNITZKE (GER)	6-17-43	60-64
GUNNAR EKMAN (SWE)	6-18-43	60-64
MARY OWEN (US)	6-23-43	60-64
KATHY JAGER (PHOENIX, AZ)	6-26-43	60-64
MILDRED TOMAN (PARMA, OH)	6-1-38	65-69
MEL ELLIOT (SANTA MONICA, CA)	6-7-38	65-69
UNA GORE (GBR)	6-18-38	65-69
INGEBORG H. SCHOTT (GER)	6-19-38	65-69
PAUL RICHARD (BOUNDBROOK, NJ)	6-28-38	65-69
CHET FORTIER (LUNENBURG, MA)	6-1-33	70-74
JANUSZ SIDLO (POL)	6-19-33	70-74
LUCY ANN BROBST (KITTY HAWK, NC)	6-19-33	70-74
FRED SHANAMAN (TACOMA, WA)	6-21-33	70-74
TERESA RAPONAVICIENE (URS)	6-24-33	70-74
MARILYN GRAY (TALENT, OR)	6-30-33	70-74
MELANIA LUZ DE SANTOS (BRA)	6-1-28	75-79
OLGA OLDRICHOVA (CZE)	6-1-28	75-79
ISABELLA HOFMEYER (RSA)	6-4-28	75-79
HOWARD RUBIN (NEW HARTFORD, NY)	6-9-28	75-79
SUMIYE ONODERA (HUNTINGTON BEACH, CA)	6-9-28	75-79
DAVID FRANCIS (GBR)	6-14-28	75-79
CALVIN MEHLERT (CA)	6-14-28	75-79
ZDENEK VITULA (CZE)	6-18-28	75-79
BILL FORTUNE (PEARL RIVER, NY)	6-26-28	75-79
SHELDON VARNEY (HONOLULU, HI)	6-26-28	75-79
BARBARA GREENLEAF (CA)	6-26-28	75-79
ERIKA WERNER (GER)	6-1-23	80-84
MELBA HENDERSON (US)	6-6-23	80-84
GERALD MORRISON (KANSAS CITY, MO)	6-10-23	80-84
TRAUDE WELTER (HOUSTON, TX)	6-16-23	80-84
DOROTHY DONNELLY (EL CAJON, CA)	6-21-23	80-84
LISELOTTE POLUSCHINSKY (GER)	6-25-23	80-84
LENA GROBLER (RSA)	6-28-23	80-84
MITSU MORITA (JPN)	6-29-23	80-84
JUNE THATCHER (MANHATTAN BCH., CA)	6-19-18	85-89
JAMES OUTLAW (TYLER, TX)	6-20-18	85-89
LUCILLE ADNEY (LONG BEACH, CA)	6-11-13	90-94
MARIO RIBONI (ITA)	6-13-13	90-94
GILBERTO GONZALEZ (PUR)	6-18-13	90-94
EARL MEADOWS (US)	6-29-13	90-94
KARL HEIN (GER)	6-11-8	95-99

Compiled by Pete Mundle, Masters T&F Records Coordinator

WMA/USATF Hurdles and Implements Specifications**HURDLES****WOMEN**

Age Group	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	7.0m	19.00m	8
60+	80m	.686m 27"	39'4"	22'11 1/2"	62'4"	
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	300m	.762m 30"	50.00m	35.00m	40.00m	7
50-59	300m	.686m 27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
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"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m	7.0m	19.0m	8
80+	80m	.686m 27"	39'4"	22'11 1/2"	62'4"	
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"	
60-69	300m	.762m 30"	50.00m	35.00m	40.00m	7
70+	300m	.686m 27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						USATF
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.	12#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

WMA weights are used for USATF weight pentathlons.

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.

For all age-groups indoors, 5 hurdles are run.

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