\$2.50 215th Issue July 1996



Steve Scott, 40, finishing the mile in the Prefontaine Classic Meet, May 26, with a U.S. M40-44 record

Scott Sets U.S. Masters Mile Record

Steve Scott, holder of the U.S. mile record of 3:47.69 since 1982, fell short of running under 4:00 as a master but left the Prefontaine Classic Meet in Eugene on May 26 with a U.S. M40-44 record of 4:10.43.

The old record of 4:12.24 was set by Larry Almberg in 1990. The world record is 4:02.53 by David Moorcroft of Great Britain in 1993. Eamonn Coghlan of Ireland ran the best-ever

masters mile in 3:58.15 indoors in

Scott, who turned 40 on May 5, knew his chances of breaking four minutes in Eugene were slim. He had run a 3:47 1500 (roughly a 4:04 mile) a week before but had hopes that a soldout crowd at Hayward Field might push him to shave off a few seconds for a sub-4:00.

At a news conference on the Friday Continued on page 12

Three Major Meets to Draw 2500

More than 2500 athletes from throughout the USA, Canada, and several foreign countries are expected to participate in one or more of three major masters track and field competitions being held in a 300-mile radius in a 16-day period from August 9-24.

First, up to 700 competitors will compete in the Canadian Masters

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1996 Indoor Rankings

• New 1996 Age Record

Advil Mini-Marathon

Book

• National 12K

Championships

Championships in Victoria, B.C. on August 9-11.

Then, more than 1200 are expected for the 29th USATF USA Masters Championships in Spokane, Wash., August 15-18.

Finally, several hundred are expected for the WAVA North American Masters Championships in Eugene, Ore., August 21-24.

Some veteran athletes are planning a two-week vacation to participate in all three events. Others are opting for one or two of the competitions.

The trio of events provides a great opportunity to see some of the most beautiful scenery in the world - the mountain ranges of southwest Canada and northwest USA.

All events are open to anyone age 30 or over. There are no qualifying standards. Special discounted air fares

Continued on page 8

Niemczak and Grayson Win a Hot **Huntsville Cotton Row Run**

HUNTSVILLE, Ala. - In past years, WZYP Cotton Row Run 10K masters winners have been natives of Ethiopia, Kenya, England and Ireland. So it was no real surprise to have a Polish winner this year, on May 27, especially since his name was Antoni Niemczak.

While Niemczak added another national origin to the list of former Cotton Row male winners in a heatslowed 33:10, Nancy Grayson of Northville, Mich., sang her same winning song for the seventh straight time in the women's masters race in 39:12.

Niemczak, currently one of the hottest masters on the circuit, came to Huntsville with recent impressive wins at Cooper River Bridge 10K (30:14), Gate River 15K (48:03) and Crescent City 10K (30:17). The talk among the masters field on Sunday night before the traditional Memorial Day race concerned who would take second. Niemczak seemed in a class by himself, and race director Lawrence Hillis had already adjusted





Craig Virgin, 40, three-time Olympian, finishing 3rd 40+ runner in the WZYP Cotton Row 10K in Photo by Jim Oaks



David Geer #2002, and Antoni Niemczak, in the WZYP Cotton Row 10K, Huntsville, Ala., May 27. Niemczak was the masters winner by three seconds over Geer, in 33:10, in a heat-slowed race.





After 47 years

Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?

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NEW AGE GROUPERS

On March 6, I wrote Pete Mundle a letter informing him that I would be 50 years old on May 18, 1996, and would appreciate it if he would include my name in the upcoming "Athletes Who Enter A New Division This Month" list for the May, 1996 issue of National Masters News.

When I received my May 1996 issue, I noticed my name was not included on this list. What criteria is used to get your name on this list? Although it might not be important to some athletes, entering a new age group for me is a big turning point in my life, especially at age 50.

I am a long-term subscriber to your magazine, and have always spoken highly of your publication. I also work hard on trying to encourage meet directors to include the triple jump in their meet schedules. I have seen many meets drop this event from their program, and I try to renew their interest in including it again.

Bob Everoski Halstead, Kansas

(Mundle's monthly list is generally limited to those athletes who have, at one time or another, set a single-age record in track and field events. In an effort to expand the list to include others, NMN twice asked USATF for a list of birthdays of all USATF registered masters athletes. But USATF declined to provide the list, citing "privacy" reasons. – Ed.)

WOMEN THROWERS

In response to Jerry Wojcik's article on the dearth of women throwers in the younger divisions, I agree with the other responses and would like to add the following based on my experiences and conversations with other "want-to-be" throwers.

Many women fear injury, embarrassment, and failure when considering competing in the throws. For most,
there isn't any coaching available or
place to train. One has to have a lot of
interest and guts to try to learn events
on one's own. Many realize from the
start that learning to throw without a
coach will be difficult and do not even
bother; some try, become frustrated
and give up; a few, like me, love the
challenge and competition and continue to throw with hopes of one day
learning proper technique and improving their performances.

Secondly, women throwers constitute a subclass of the Second Class Throwing Community and often face third-class treatment at many meets.

Thirdly, the poor conditions of many throwing venues and second-rate treatment of throwers, which have been addressed in Wojcik's columns, are enough to discourage the committed throwers. You can imagine what one who is unfamiliar with the throws must think about competing.

Lorraine Tucker Boston, Massachusetts

DURBAN IN '97

After having participated in the World Championships in Buffalo last year, I can put the names which appear in *National Masters News* articles and results to the faces I had met and seen there. Not forgetting the countdown to

Durban, I do not want to miss any motivational build-up to the next world championships here in 1997.

Our misfortune (the poor exchange rate) will, however, be the good fortune of all visiting athletes and tourists to our country next year for the championships in Durban. We look forward to welcoming you all to our beautiful country and making your stay a very memorable one.

Pal Immelman Johannesburg, South Africa

MEET CONFLICTS

I was shocked, along with many other masters throwers, to discover that Haig Bohigian scheduled this year's Eastern Masters Championship on the same day (July 20th) as Dr. Charles Covino's superb Iron Horse Farm Throwers Meet in Ringoes, NJ. Dr. Covino's meet was sanctioned, scheduled and advertised in the National Masters News much before the Easterns were announced. Every thrower with whom I have talked plans to attend the Covino meet this year and forego the Easterns. This will diminish the turnout and importance of the Easterns this year.

As a masters track and field competitor, I appreciate the efforts of people like Haig Bohigian, who take the time and trouble to put on meets like the 1996 Eastern Masters Regional Track and Field Championships. But he made a mistake in ignoring protocol, in trampling on the efforts of another meet promoter, and in disregarding the throwers. We're a pretty vocal group (as any spectator can attest), and we're hanging together on principle to support Dr. Covino's outstanding meet.

John. B. Bronstein Haddonfield, New Jersey

THE GOOD AND THE BAD (no ugly)

On the entry form for the '96 Los Gatos meet, age divisions were shown in 10-year increments. Wondering if we had somehow gone back to the 'good old days' or rather the bad old days, I called prior to filling out the form. Naturally, the first answer was, "Oh, don't worry, the medals will be in 5-year divisions."

Informing the person that after competing in masters for 26 years, like a lot of us, we've got boxes of medals and that there can be a certain psychological factor that comes into play when you are trying to catch 4 or 5 guys ahead of you in a 100m dash.

It certainly doesn't make for relaxed running (at least not for me). Agreeing the individual then said, "No problem, we never mix age groups in sprints."



Paul McDowell, 87, Webster Groves, Mo., and Emmett Bennett #118, Rapid City, S. Dak., in 50m, St. Louis Senior Games.

Photo by Hank Kiesel

Well, lo and behold, everything at the meet was run in mixed age groups. When I complained at the meet, I was told, "Don't worry about it, it will make you run faster." Really?

Well, if that be the case, why not let the group under my division run with the group under their division, and then that group run with the group under them; in fact, why not let all the groups run together, then we can all run faster!"

The result of this practice was big delays at the finish line trying to figure out who was in what division and, even worse, was the fact that because of age differences, not all of the runners were captured on the Accutrack timing photos so they said, "Oh well, just fill their times in."

For the time wasted at the finish line, the other age group could've run their race in their own division. Why do folks who put on these meets boast about how nice a meet it is – in this case, the Masters Championship for Pacific Assoc. – and then on meet day seem to make the top priority, "Let's get this over with as soon as possible."

Most of us pay entry fees, spend time and money (gas!!) to get there and have fun and see how well we can do against our own age group, only to feel hurried and let's get this over with and get outta here! For putting the meet on, all of your efforts and work, I say, as always, thank you so much. But for this attitude, sorry, guys and gals—thumbs down.

On the very good side, how about great plaudits for the Senior Olympic Games being staged around the state and the country. Once scoffed at and sometimes snubbed by some runners as, "Oh yeah, that's that other group," these folks are now showing everyone how it should be done. Great pre-event publicity, tremendous organization, the acquisition of major sponsors and a sporting event where the athlete reigns supreme.

Everything from merchandise at the

Continued on page 20

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Forza Bars - For High Performance Athletes Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each) Pep Products

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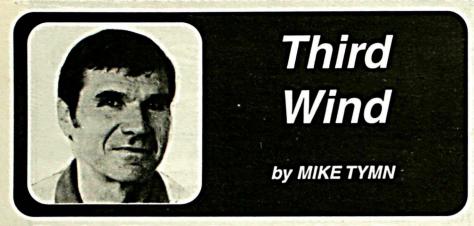
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Timeless Wisdom from an Athletic Pioneer

s a nation we have at last become exercise conscious. And what a blessing it is, too! Personally, I believe the girls of our age have probably been the most benefited by all of this. We can thank our lucky stars that we are no longer expected to sit by the fireside and knit, while watching our brothers get most of the fun out of life."

That's a quote from the November 1931 issue of *Love Mirror* magazine and was part of an article entitled, "Fun for the Figure." The writer was Aileen Riggin, who was featured in this column last month.

Riggin, now Aileen Riggin Soule of Honolulu, was a pioneer in women's sports. She won a gold medal in springboard diving in the 1920 Olympic Games in Antwerp, the first year in which American women competed in the Olympics, and then took silver (diving) and bronze (100-meter backstroke) four years later in the Paris Olympics.

Golden Years

Riggin competed in the "golden years of sport" – an era that included Ty Cobb; Babe Ruth; Man o' War, Jack Dempsey; Johnny Weissmuller; Duke Kahanamoku; Red Grange; Bobby Jones; and Knute Rockne. After turning professional in 1925, she became one of the first, if not the first woman sports journalist. She wrote columns on exercise and fitness for the London Morning Post and the New York Evening Post (the latter column called "The Modern Diana"). She also contributed to McCalls, Collier's, and other popular magazines of the time.

Today, Soule is a pioneer of a different kind. She set a number of world masters swimming records in the 80-84 and 85-89 divisions, and is now preparing to set new standards in the 90-94 division.

And, she is still writing. "We were very naive swimmers," she wrote in the January 1996 issue of Swim Canada. "We never heard of dope in my day – in those days, I should say. We were all raised that good sportsmanship is greater than victory. We also felt that one-upmanship was to give your opponent the advantage and then beat him or her. That we did sometimes, especially in handicap races."

Here are several of Soule's offerings from 65-75 years ago. Most of them still apply today – to track and field and road racing, as well as swimming.

Aging: "Sport has broken down the barriers between youth and middle age. They meet on a common basis. The age of neither acts as a handicap: the youth of the one is offset by the

experience of the other." The New York Evening Post, 1926.

Coaching: "It is surprising to most people that a swimming champion of no matter how many years standing, must have her weekly coaching; not, of course, to learn anything new each time, but so the coach can detect any slight errors that may have developed, and correct them before they become serious." The New York Evening Post, 1926.

Quality vs. Quantity: "I want to impress upon all girls, while on the subject, that my early development in swimming was possible only because of the system of training followed. I was made to cover middle distance stretches at slow pace throughout the novititiate, and never had any speed work at practice. This method builds the swimming muscles effectively and affords the best opportunity to correct faults, at the same time avoiding all chance of strain from over-exertion. It is constant speed work which taxes the heart and lungs and prevents the acquiring of form. If one uses a modern stroke effectively and goes at a moderate pace, no strain attaches to covering several miles." Country Life magazine, July 1922.

Overtraining: "Believe it or not, it's quite possible to do too much violent exercise. Everything has a limit." Love Mirror, November 1931.

"Of course, one can overdo in any sport, especially if one is a champion. The best remedy for the over-development that comes when we train for competitive sports is a form of exercise which will counteract this effect." *McCalls*, April 1927.

Trying Too Hard: "When you swim in an awkward way you are trying too hard. You are laboriously lifting one arm after the other out of the water and your tightened leg muscles are stubbornly being made to move in unfamiliar cycles." The London Morning Post, 1927.

Walking: "None of us can swim at the beach every day; none of us can play golf or tennis every day; but there isn't one of us who couldn't walk a little every day. Don't think for a moment that walking isn't a grand sport. None of us would think of eating only once a week, yet we are quite



New York City Mayor Hylan pins a special medal on Aileen Riggin at the victory celebration following the 1920 Olympic Games. Helen Wainwright (silver) waits in line, followed by Helen Moody (gold medal winner in the '28 Olympics).

contented to exercise less often than that. A little bit of concentrated exercise every day is one sure way to keep fit. Do a little walking every day and watch your face and figure flatter you." Love Mirror, November 1931.

Losing Form: "It doesn't do any good to practice a dive once you've lost it. At least, that has been my experience. You just have to wait till it comes back. And it does that as suddenly as it goes." From her 1931 book, Modern Swimming and Diving.

Pacing: "Get the feel of it fixed in your mind so firmly that you can almost tell from the amount of exertion how fast you are traveling, for if you aren't sure of pace, you will be hopelessly outclassed when you encounter opponents who know theirs." From her 1931 book.

Going Out Too Fast: "The eager and foolish ones will spring too soon and bring the crowd to its feet: the thoughtless could forge ahead early and make a bold bid for leadership. But the girl who wins, swims as she sees fit, not as the others dictate." From her 1931 book.

Sunburn: "Ordinarily this (sunburn) is more of an inconvenience than a hazard, but it can become a decided hazard in the absence of the aforementioned common sense. The truth is that sunburn is just the same as any other burn, and a severe dose covering half of the area of the body can cause death." From her 1931 book.

Risk-Taking: "Many participants in water sports think that "taking a chance" is a game, a nervy thing to do. It demonstrates their courage, I suppose. You will find, however, that the usual mark of the inexperienced is that he takes chances – and that the more experience a man or woman has around the water or in boats, the less inclined he or she is to undergo needless risks. As the daughter of a naval officer, I have seen that fact emphasized many times. After all, there is a

distinction between stupidity and bravery." From her 1931 book.

Stress Reduction: "I wish every little girl could learn to swim before she is ten and keep it up through her teens. It would do away with many of our so-called nervous breakdowns, the hysteria, the craving for excitement for which we blame our girls nowadays."

McCalls May 1927

McCalls, May 1927.

Women: "Only in the last few years have girls gone in so seriously for athletics and each year their repertory becomes more comprehensive until, if they keep up at this rate, it won't be long before they include almost every known sport." The New York Evening Post, 1926.

Aileen Riggin Soule was a true pioneer in the areas of fitness and women's sports. She was certainly a woman ahead of her time.



Aileen Riggin Soule standing next to statue of former teammate Duke Kahanamoku at Waikiki Beach, Honolulu.



Steve Winkel, 38, receives a gift certificate from Birmingham TC president Helen Tankersley as winner of the Jim Law Memorial 400m Award for the best age-graded performance, Birmingham TC Meet, Alabama, May 18. Tom Brewer, 50, was second, and Meet Director Gordon Seifert (I), 67, third. Photo by Richard Tankersley

Pawlik Stars in Birmingham

by GORDON SEIFERT

Emil Pawlik, 57, had an outstanding meet in the Birmingham TC Classic in Alabama on May 18. Pawlik had three age-graded performances (100m, 100H, long jump) in winning the mini-decathlon and a \$100 gift certificate from the Trak Shak. In the mini-decathlon, a competitor selects any five of the ten events from the regular meet.

Jim Stookey, 66, won the Knights of

Columbus \$100 award in the distance handicapped 100m with a 10.57. The eight finalists in the race qualified by their times in the regular 100m.

Steve Winkel, 38, won the Jim Law Memorial 400m Award, given to the best age-graded performance at that distance, with an A-G 49.27, based on his actual time of 51.83. Larry Boots, M50, won the pentathlon; he and Winkel were also presented with Trak Shak gift certificates.

On Saturday, July 13, 1996 **Athletes from 20 States and** Canada will travel to Libertyville, Illinois

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PRESENTATION:

Welcome Ina Albert, Condell Medical Center, 9:50 a.m. Certified, Foundations of Holistic Health. DePaul University - School of New Learning

Secrets of Ancient Chinese Medicine Applied to Longevity Review of Classical Texts Written 5 Millennia Ago Craig Dean, M.D., 10:00 - 10:45 a.m.

A Mind/Body Model for Stress Hardiness Peg Cronin, M.P.H., 10:45 - 11:30 a.m.

Meditation and The Relaxation Response Contribution to Youthful Asins Phil Kirschbaum, M.S.W. Crais Dean, M.D., 11:30 - 12:30 p.m.

> -- LUNCH --12:30 p.m. - 1:30 p.m.

Herbs. Vitamins and Hormones Intracellular Rejuvenators - Fact or Fiction? Recommendations and Review of Literature Craig Dean. M.D., 1:30 - 2:30 p.m.

Enhancing Recovery from Exercise for the Aging Recommendations for Peak Performance Living Todd Kearney, M.S., 2:30 - 3:15 p.m.

Spirituality and Dynamic Aging Extraordinary 'Ageless' Heroine Sister Marion Irvine, 3:15 - 4:00 p.m.

Faculty

Pes Cronin, M.P.H.,* Certified Health Education Specialist Craig Dean, M.D.. Researcher, Biology of Aging, Condell Medical Center Phil Kirschbaum, M.S.W.. Psycho Therapist and Consultant, Gurnee Counseling Group

Sister Marion Irvine, 1984, V.S. Olympic Trial Qualifier Todd Kearney. M.S., Exercise Physiologist

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Please make check payable to: Liberty Road and Track Club. 719 Stonesate Ct. Libertyville. Il. 60048 and remit by July 6, 1996. Registration is limited to the first 70 registrants!

In association with Masters Return to Illinois. Track & Field Championships, Saturday, July 13, 1996.

This program has been funded in part by educational grants from both Pfizer Labs and Merck and Co., Inc.



The Foot Beat

by JOHN W. PAGLIANO D.P.M.

Burning Feet

I am 63 and have been competing in masters races since 1982. I have been relatively injury-free until recently. While training, something • "snapped" on the bottom of my foot. I have been unable to run for the last six months, and, after ten minutes of walking my foot begins to burn. Can you help me get back on the road to recovery?

It is difficult to diagnose your injury from your description. Usually, a "burning" sensation is the result of some type of nerve damage. • However, in the area you describe, it could also be a fracture of one of the small bones of the foot (the 5th metatarsal) or it might result from injury to the tendons that run along the outside of the foot.

I'd definitely recommend an x-ray to rule out the possibility of a stress fracture or even a complete fracture. If, after a thorough biomechanical examination, you are found to have a tendon pull or tear, you may need additional treatment such as physical therapy or perhaps a cast to immobilize the injury and facilitate the healing process.

I usually advocate hot water physical therapy and direct ultrasound in combination with a "low dye" strap-ping. In extremely painful cases, a short-acting steroid mixed with a local anesthetic is helpful. If there is a mechanical problem, the use of an orthotic insert (preferably with a padded heel) often gives quick relief.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

Crown Valley Senior Games Held at Occidental

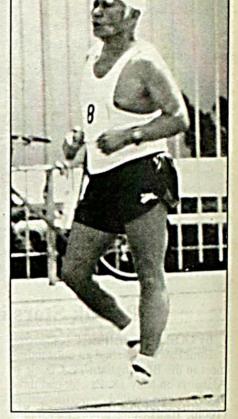
by JERRY WOJCIK

The track and field portion of the Crown Valley Senior Games was held at Occidental College, Los Angeles, on April 28, and featured the sprinters, throwers, and walkers, who recorded quality, early-season marks.

The M55 sprints pitted record holders and national champions. Ken Dennis took the 100m race with a 12.1 from Bill Knocke (12.4) and Walt Butler (12.9). Knocke, however, won the 200 in 25.1 to Dennis' 25.4. Paul Bambrook, M65, and Sumi Onodera-Leonard, W65, were multiple winners in the dashes.

In the throws, Bob Humphreys, who joined the M60 division on March 30, had the outstanding throw of the meet with a 165-1 in the discus. Karen Huff, top-ranked in the W50-54 javelin in 1995 at 97-8, won her event with a 95-

Racewalker Jolene Steigerwalt, W50, won the 1500 and 5000. Her time of 8:39.8 in the 1500 was bettered by only one other competitor, M50 Jesus Orendain (7:56.4), and in the 5000, just ex-Olympian Larry Walker, M50, who did a 23:19.1, finished



Mike Noritake, 1500 and 5000 racewalks winner in the M70 division, Crown Valley Senior Games, Occidental College, Los Angeles, April Photo by Cynthia Vaughn

ahead of her 39:36.1 time. Mike Noritake, M70, also won both races, in 9:42.8 and 35:09.1.

Christel Miller, despite her duties as meet director, was able to garner four W60 gold medals. Pete Clentzos served as the track and field coordinator and Jim Hanley was the racewalking director, all under the supervision of Cynthia Vaughan of the Pasadena Senior Center.



Christel Miller, Crown Valley Senior Games Meet Director, W60 javelin winner, Occidental

College, Los Angeles, April 28. Photo by Cynthia Vaughn

What's the point of training without a

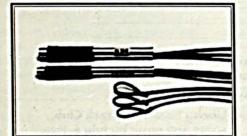


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David Blankenship, Ohio, M45 winner in the steeplechase (10:25.93), 1995 USATF National Masters Championships, East Lansing, Mich. This year's meet will be held in Spokane, Wash., August 15-18. Photo by Suzy Hess

National Masters 12K Titles Won by Tom Stevens and Anne Audain

by JERRY WOJCIK
The USATF National Masters 12K Championships for 1996 was held along with the Arts Fest River Run in Evansville, Ind., on May 11. Records were broken in the number of participants (2013) and finishers (1578) in the tenth annual running of the Arts Fest, but individual records were harder to come by as runners faced a stiff wind going out.

Tom Stevens, 40, Middletown, Md., wasn't hampered by the wind, winning the masters race easily with a tenth-

Elkhart's Great Race XVI Held in Indiana

by JANE DODS

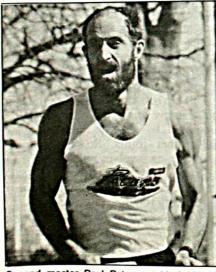
This year's Elkhart Great Race XVI took place under very wet and chilly conditions. The half-marathon, 10K run, and 10K racewalk were held May 27 in and around Elkhart and Goshen, Ind. The Ryun Mile was held May 25 on the Rice Field track at Central High School

In the 10K, Tim McMullen (M40, 32:11) and Janet Takahashi (W40, 36:38) led the masters. Bill Rodgers, who enjoys running in the rain, topped the M45 division (33:20). Rodgers has become a Great Race regular over the last several years. The overall men's winner, John Sence (26, 1:04:48), shattered the course record by nearly two minutes. Karlene Herrell (30, 1:20:49), regained the overall women's title.

The half-marathon masters firsts were Ed Deiwert (1:14:37) and Lauren Cihak (1:28:02). Harry Tellman, M55, ran a strong 1:21:21 to win his divi-

The racewalkers strode the 10K distance from Concord Mall to Civic Plaza in downtown Elkhart. Jerry Lambert, M50, convincingly overpowered the men's masters field in 59:47 (third overall), with the women's title going to Ginger Marcinkowski, W40, in 1:10:28.

Mastering the Ryun Mile were Tim Zumbaugh (43, 5:14.00) and Doriane Colwell (40, 5:53.50).



Second master Paul Peterson, 41, in 27:00, American Classic 8K, Washington, D.C. Photo by George Banker

overall 39:22. Anne Audain, 40, Boise, Idaho, took the masters women's contest in 43:07.

Stevens' closest rival was Gary Romesser, 45, who finished in 40:04. Ex-Olympian Craig Virgin, 40, was third in 40:45. Thom Weddle, 57, Burnsville, Minn., ran a strong 44:35 to win the M55 championship. Bill Olrich, 60, Lexington, Ky., turned in a 47:14 to win the M60 race.

Audain, a four-time Olympian for New Zealand but now a naturalized U.S. citizen, had an easier victory than Stevens did, her main competition

coming from speedy runners from older divisions. Rebecca Woolley, 45, was second in 45:10. Third W40+ was Joan Ottaway, 52, Sonora, Calif., with

Gloria Brown, 64, Grand Island, N.Y., and Lucy Gleason, 61, New Albany, Ind., both ran well in the W60 race, Brown winning in 61:41.

Audain, ninth among the women, presented the Mercedes Excellence Award for her performance. Both Stevens and Audain received masters first place checks for \$1500.

FIFTEEN YEARS AGO July, 1981

- Ralph Zimmerman, 40, Runs a 2:25:38 to Win RRCA National Masters Marathon Championship
- New WRs in the M75 110H (20.83) and 400H (89.58) Are Set by Russ Meyers in Southeast Regionals
- Marcie Trent Races to a W60 10K AR of 46:23 in the Nordstrom Women's Run

USA TRACK AND FIELD MASTERS KEY BANK CLASSIC N.W. REGIONAL CHAMPIONSHIPS



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-----ENTRY FORM-----

MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS-KEY BANK CLASSIC ALL USA COMPETITORS MUST BE USATF MEMBERS

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ADDRESS:	CITY:	STATE: ZIP
PHONE:	CLUB:	'96 USATF #
EVENTS:	BEST '95-96 MARK	translation of the same to the
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RELAYS: 400M	1600M 3200M	Harla Self To be
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MAIL ENTRY TO: TACOMA/PIERCE COUNTY SPORTS COMMISSION, P.O. BOX 1754, TACOMA, WA. 98401-1754

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

SCHEDULE OF EVENTS

SATURDAY TRACK

10:00 10 000 M.-W-M 11:15 5000 M. WALK-W-M 12:00 INCH INTEDLES.W.M 12:30 100 METPER-W-M 1:30 400 METERS-W-M 2:15 1500 M.-W-M 2:45 2000 STFFP1.F.W-M 60+ 3:00 3000 STEEPLE-M 30-59 3:30 RELAY:1600 METERS

FIFLD

10:00 LONG JUMP- M 30-59 POLE VAULT-W-M 60+ JAVELIN- M 30-59 SHOT PUT-W-M 60+ 12:00 LONG JUMP-W-M 60+ POLE VAULT-M 30-59 JAVELIN-W-M 60+ DISCUS-M 30-59 2:00 WEIGHT THROW-ALL

SUNDAY

TRACK

10:00 5000 M.-W-M 11:00 IM HURDLE, W.M. 11:30 800 METERS.W.M 12:00 200 METERS.W.M 1:00 RFJ.AY:400 METERS 1:30 RFLAY:3200 METERS

FIFI.D

10:00 HAMMER- ALL HIGH JUMP-W-M 60+ TRIPLE JUMP-M 30-59 12:00 HIGH JUMP-W-M 60+ TRIPLE JUMP-M 30.59 SHOT PUT-M 30-59 2:00 SUPER WEIGHT-ALL





by ELAINE WARD

Knee-Straightening Strategies For The Frustrated Racewalker

Dave McGovern captured the concerns of many masters racewalkers in the above title borrowed from his essay, "What to Do When Walking Gives You the Creeps." Unfortunately, the new knee-straightening rule is making masters' frustration even more intense as disqualifications for bent knees have increased. The following article discusses some of the causes and cures of nagging bent-knee problems with insights by Bernie Finch and Leonard Jansen.

very competitive racewalker becomes familiar with the command, toes up! The common reason given for this uppity toe strategy is that it helps knee straightening. Experience seems to confirm this perception.

When teaching proper footwork, Coach Frank Alongi likes to cite the extraordinary example of Raul Gonzales. Throughout Gonzales' gold medal 50K performance at the Los Angles Olympics, his feet maintained a 45-degree angle of approach (the angle between his raised foot and the ground). This angle allowed Gonzales to roll forward from his heel and generate maximum pushing power as his foot went behind him.

Very few masters have a 45-degree angle of approach. Fortunately, this ideal is not necessary for knee straightening, only for optimum rolling and pushing. Toe raising is done by the shin muscles and the shin muscles do not straighten the knee.

When you dorsiflex your foot to raise your toes in the air, you contract your shin muscles. You can do this with your leg bent, as well as straight. However, when you are walking, if leg straightening and dorsiflexion occur simultaneously before heel contact, you can safely say that toe raising supports the knee-straightening process.

According to Bernie Finch, "If the foot isn't dorsiflexed when contact with the ground is made, the forward momentum of the athlete can cause a flexing of the knee. In other words, if the foot is down, the knee follows it because of the forward momentum.

"If the foot is dorsiflexed when the heel contacts the ground, the heel-first placement aids the quads in making the leg a firmer, straighter lever. Moreover, by planting your heel close enough to your center of gravity, you can minimize the braking impact which interrupts your stride and causes your knee to soften."

As implied in Bernie's statement, the quads, or quadriceps muscles in front of the thighs, are the ones that do the job of straightening the leg. It is of special interest that the medial aspect of the quadriceps, the vastus medialis, helps straighten the knee the last, critical 15 degrees. Quad-strengthening exercises done after an injury should

focus attention on the vastus medialis. This muscle is usually the first to atrophy and the last to recover from any trauma.

Even though the shin muscles do not straighten the knee, they must be strong to assist toe raising and proper heel contact. Just as it gives you better balance to walk on your heels with straight legs, it aids the straightening process to contact the ground at the edge of your heel. (But again, the primary benefit of toe raising and edge-of-heel contact is to maximize power in the rolling, pushing action.)

Remembering the old spiritual, "...The foot bone's connected to the ankle bone, the ankle bone's connected to the shin bone, the shin bone..." the front and back leg muscles do not work independently. They work together. As the shin muscles contract, the calf muscles stretch. As the quads contract, the hamstrings stretch. And vice versa. Accordingly, dorsiflexing the foot requires pliant, stretchable calf muscles and Achilles tendon, a flexible ankle joint, and strong shin muscles capable of optimum contraction.

Everyday Walking

Another frequently overlooked cause of bent-knee problems can be found in your regular walking habits. If you routinely walk with bent knees, you may end up unable to straighten your legs. By keeping the back leg muscles continuously contracted, they will eventually shorten and chain the knee in a bent position.

Picture a piece of wire with a sharp twist in it. It takes a lot of force to straighten the wire. The same is true with contracted back leg muscles. Your shin muscles must be able to overpower the resistance of shortened calf muscles and tight Achilles tendons to raise your toes. Your quads must be able to overpower the resistance of shortened hamstrings and popliteals to straighten the knee. When the back leg muscles are kept limber they offer no resistance to their full use. When they are tight,

they do.

Keeping the back leg muscles stretched out is obviously important to your ability to straighten your knees. But let's not stop here. Tight back and butt muscles will inhibit the action of your hamstrings on down. So walkers serious about curing "creepy knees" must include stretches for the back, glutes, hamstrings, calves and Achilles tendons as well as strengthening exercises for the shin muscles and quads.

Heel Placement and Overstriding Overstriding, where the heel is planted well in front of the body, can also lead to bent knees. At racing speeds, overstriding is inefficient and

can cause injury. Leonard Jansen, former head of scientific computing, Sports Science Division of the United States Olympic Committee, explains, "The main effects of overstriding are to increase braking by the over-extended heel as it contacts the ground and to increase friction and shear force. The increased braking force is transmitted as 'shock' back to the foot. This shock increases the medial/lateral (side-to-side) instability of the foot which may be transmitted to the knee. Overstriding can be likened to driving your car by alternately hitting the gas and then the brake - more energy is used with more wear and tear on the body.

If you overstride and are very strong, you may be able to maintain a straight knee from heel contact into the vertical position in spite of the braking force. At the same time, it is common to see very legal walkers become bentknee walkers as the years pass. In such cases, habitual overstriding may be the contributing culprit.

Proper heel placement can help cure bent knees at any age. If you contact the ground with your heel close to your body, you immediately reduce the braking force on your leg. In this placement, you will feel that your heel is coming down on the ground directly under your hip. However, contact will not, in fact, be right under you. It will just feel under you.

In addition, when you streamline the placement of your heel to the line of your body, the distance between first heel contact and your leg's vertical position is short. You essentially minimize the distance that your leg must remain straight to meet the requirements of the new rules.

The question that is frequently asked at this point is: "Doesn't it shorten your stride too much if you plant your heel under your hip?"

The answer is "No" unless you are walking with a very upright posture and without hip rotation. If all the elements of your technique are working to move you forward – posture, feet, hips and arms – your stride will lengthen in the back in response to the pushing activity of your foot.

Referring again to Leonard Jansen: "The main physiological effect of overstriding is to increase the amount of energy needed to cover a distance at a given speed. Studies in both race-walking and running have shown that



Gary Koenig, 51, placed 3rd M50 (10:07.7) in the 1500 RW at the Crown Valley Senior Games in Los Angeles, April 28.

if we plot energy usage (y axis) against stride length (x axis) at a given speed, a .U-shaped plot occurs. This also implies that there is an optimal stride length for a given speed. Of note, is that while understriding increases energy usage, it does so less sharply than does overstriding. The biomechanics are complex, but, as mentioned above, the main effect of overstriding is to increase braking, friction and shear forces."

Hip Rotation

The other most common cause of bent knees is static hips. When the hips do not rotate, a walker usually tries to maximize performance by overstriding. Even though most masters racewalkers fully understand that hip rotation is the natural and safest way to increase stride length, many have little hip rotation. Others have an asymmetrical hip rotation with one side rotating more than the other.

As mentioned above, a full hip rotation allows you to increase your stride length without the physical stresses of overstriding that lead to bent knees. By rotating the sides of the pelvic girdle back and forth equally, you add 4 or 5 inches to your leg lengths. In effect, you walk from just below your waist rather than from the attachment point of your leg to your trunk.

Full hip rotation is made possible by the anatomy of the lower spine and is supported by flexible back muscles and limber joints. So again, knee straightening involves much more than the knee. It involves strong and flexible muscles, controlled heel placement and full hip rotation.

(If you have insights to share on the above subject, please write me, Elaine Ward, North American Racewalking Foundation, P.O. Box 50312, Pasadena, CA 91115-0312. Tel/Fax: 818-577-2264. E-mail: NARWF@aol.com.)



Masters Racewalking

ave you ever gone to the local library looking for a book on racewalking? It's almost like a wild goose chase, but now you need look no further. You can have your own book by the masters, telling their secrets so you can improve your walking. Once I started reading the book, I couldn't put it down.

Where can I go for tips to improve my technique? In Masters Racewalking, American coaches and athletes from across the country share ideas on training, technique and racing. I found myself spellbound by the ideas and thoughts about racewalking coming from the legends past and future. The book renewed my zest to get it done and have fun.

Who are the masters of the racewalk world? This book - which has been in the making for years - covers all the great ones. You will read the inspiring story of New York's Elton Richardson

and tips from Ron Laird, the only racewalker in the Track and Field Hall of Fame. You will also get to renew the spirit with Giulio dePetra and many more.

There are workouts, exercises, and ideas for the fitness walker to the advanced competitor. This book is a keeper. If you enjoy walking, you'll enjoy the 255 pages of walk talk by the masters.

(Edited by Elaine Ward, published by North American Race Walking Foundation. Price: \$14.95. This book is available from NMN. See page 13.)

USATF Masters Men's 10K

RW Championships Held in Niagara Falls

by JANE DODS

The Niagara Falls 10K Racewalk, May 10, served as the USATF Men's 10K RW Championships this year. Despite strong winds and high humidity, U.S. records were set by Bill Flick (M70, 59:20) and Bill Tallmadge (M80, 1:12:24). These records wiped out the times set by Cokey Daman (1:00:42, 1990) and Tony Perona (1:16:00, 1991).

Two M50s led the masters division,

with Don DeNoon, 48:04, edging out John Soucheck, 49:46. DeNoon placed fourth overall. Max Green, M60, turned in an impressive 53:52.

In the women's race, Nancy Sweazey, W40, outstrode the other masters in 56:39 (7th overall), with Jeanette Smith, W45, not far behind in 58:33. Elton Richardson captured the W55 title in 1:00:54, and Jennie Binning, W70, from Edmonton, walked away with her division title in 1:13:06.

Hour Racewalk Records: Information Needed

Would those of you who may have set new single-age "bests" or 5-year USATF Records in the Hour Racewalk please contact me? The current singleage bests will be printed in Pete Mundle's Masters Age Records Book which should be available shortly. The new edition will contain Men's Hour Walk "bests" for the first time. The printed results from the Shore A.C. Postal do not provide sufficient information for records purposes. I will need to have the names of all judges (so that I can check their level of certification), photocopies of birth certificates or passports, and date and location of the event. I also need to know whether the track was curbed. Curbing on tracks is not necessary for singleage bests or for distances greater than 10,000 meters. If you contact me, I can let you know if you have a potential record. Bev LaVeck, 206-524-4721,

6633 NE Windermere Rd., Seattle, WA 98115, bevlaveck@aol.com.

TEN YEARS AGO July, 1986

- Atlaw Belilgne (41, 32:12) and Judy Pickert (42, 39:35) Win Masters Division in Cotton Row 10K for Second Year
- Phil Conley Breaks His Own M50 Javelin AR With a Throw of 186-6
- Gabriele Andersen, 41, Races to a 35:31 Masters Victory in Freihofer's 10K

ALONGI INTERNATIONAL RACEWALK

LEVAGOOD PARK Dearborn, Michigan **September 28, 1996** Presented by

The Wolverine Pacers Athletic Club

Sanctioned by USA Track & Field Race will be governed by the IAAF rules. Drug testing may be conducted by the USA T&F Representative on September 28, 1996 (IAAF Rule 144). Shorts or solid color tights required for proper judging. Headphones and pace beeping watches prohibited.

Suggested Lodging Holiday Inn

Fairlane Area Conference Center 5801 Southfield Service Drive Detroit, Michigan 48228 (313) 336-3340 for reservations Single: \$65.00 Double: \$65.00 + Tax

For More Information contact Ross Barranco - Race Director Telephone Number:

Work: (800) 998-3847 ext. 2422

Home: (517) 545-WALK

Fax: (313) 496-2262

EVENTS SCHEDULE

Race Packet Pickup

Friday 9/27/96 6:00 pm-9:00 pm @ Holiday Inn Saturday 9/28/96 8:00 am-2:30 pm @ Levagood Park 9:00 a.m. - 10:00 a.m.

3 Km M.W Unjudged Healthwalk

open to all ages with whole family emphasis. 10:00 a.m. - 11:45 a.m.

10 Km M "North American Junior Team"

20 Km M "International" Open (20+) *10 Km M Seniors (20-39 in 5 year age groups)

11:45 a.m. - 1:00 p.m.

Free Racewalk Clinics - Novice and Advanced Refreshments

1:00 p.m. - 2:15 p.m.

5 Km W "North American Junior Team" 10 Km W "International" Open (20+) *10 Km W Seniors (20-39 in 5 year age groups) 2:15 p.m. - 3:15 p.m.

* 5 Km W Junior (19 & under)

* 5 Km W Masters (40+ in 5 year age groups) 3:15 p.m. - 4:45 p.m.

* 5 Km M Junior (19 & under)

*10 Km M Masters (40+ in 5 year age groups)

* Asterisked events are included in Racewalking Club Championship and are open to individuals as well. These events are a part of the Southern Michigan Racewalk Grand Prix.

EVENING PROGRAM

Holiday Inn Southfield Service Drive and Ford Road Detroit, Michigan 48228 (313) 336-3340 6:00 p.m. Cocktails (cash bar) E-mail: RKBARRANCO@aol.com 6:30 p.m. Buffet, Awards Presentation, Dancing and Entertainment until 11:00 p.m.

Official Entry Form • Alongi International Racewalk Classic A Separate Entry Form Is Required For Each Participant September 28, 1996

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Parent or Guardian (To be signed if under 18 years of age.) T-shirt size: S O M O LO Males and Females of All Ages: HealthWalk (Includes T-shirt) N/C 0-5 Ages

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10 km W Seniors (20-39)*	
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5 km M Juniors (19 & under)* 10 km M Seniors (20-39)*

☐ 10 km M Masters (40-99)*

International Events:

5 km W Junior Team (14-19)

10 km M Junior Team (14-19)

☐ 10 km W International Open (55 min limit)

20 km M International Open (1 hr 45 min limit)

6-12 13.59 \$10 60-99 Competitive (Judged) Walks (Includes T-shirt) \$12 Pre-registered Late-registered \$16 (posimarked after 8/31/96) \$20 Race day entrants Extra T-Shirts @ 8 Lunch Tickets

Combination (Pre-registered walk, T-shirt, Lunch & Banquet Ticket) Donation Non-Refundable Amount Enclosed \$

\$26

Banquet Tickets_

Make check payable to: Alongi International Mail to: Vance Genzlinger c/o Genzlinger Associates 5700 Crooks Road, Suite 212, Troy, Michigan 48098



New Exercise Machine Offers a Healthy Ride

sually I spend four or five minutes with my feet on the low pedals – then shift to the high pedals. A minute of that is about all I can take, then I shift back to low. Sometimes I finish with another minute on the highs. Ten or twelve minutes total: that's a tough workout for both the upper and lower body.

I'm talking about the HealthRider, the latest hot exercise machine, threatening even the NordicTrack in popularity among those seeking a total body workout.

If you watch much TV, you've probably seen one of the commercials for the HealthRider, spotlighting author Covert Bailey. One commercial featuring healthy, older athletes includes Jim O'Neil of San Diego, a regular at masters track meets.

Neither Jim nor Covert convinced me to buy my HealthRider; it was Bonnie and Colin who served as salesmen. Colin is a surgeon in Oklahoma City; his wife, Bonnie, works in his office. My wife, Rose, and I stayed with them while in Oklahoma on book tour last December.

Home Gym

Of the two, Bonnie is the more serious runner, a frequent marathoner. But when the winds blow cold across the plains, she stays inside and runs a treadmill in her home gym.

Among the exercise devices in Bonnie's gym is a HealthRider. For

those who haven't seen the TV commercials, the HealthRider resembles a low-built exercise bike. There's a wide seat and two sets of pedals, high and low. While riding the machine, you grip a rotating handlebar.

You exercise by pulling the handlebar and pushing the pedals. With your feet on the low pedals, you get a balanced workout; upper and lower body. Shift to high and the emphasis shifts to the upper body. That can be tough!

You can also shift the handlebar position, offering an even tougher upper-body workout. Resistance is provided by your own body weight, although you can add weights up to 100 pounds. A computer keeps time, counts repetitions and estimates calories burned.

I Liked It

I tried the HealthRider and liked it. So did Rose. Enough so that I offered to buy her one as a Christmas present (knowing I would use it as much as she).

At \$500, the HealthRider is not inexpensive. Before buying one, I con-

sidered several similar exercise machines, some of which cost \$100-200 less. Eventually, I paid extra for the HealthRider for two key reasons.

One, the quality seemed good. The machine felt sturdy, well-built. That was important to me. I didn't want parts falling off six months down the road, necessitating repairs or replacement.

Two, it felt good when I exercised. The machine offered a balance between upper and lower body muscles. NordicTrack's cross-country ski simulator offers a similar total body workout, but HealthRider is easier to

I have a workout area downstairs where I do my stretching and strength training. In addition to a barbell, I own a "Total Gym," a machine featuring pulleys. We decided, however, to place our new HealthRider upstairs in the TV room next to an exercise bike. That way I could exercise watching "Seinfeld" reruns on TV.

Training Routine

My current routine (during a period when I have taken a sabbatical from running after my 100th Boston Marathon) has been to combine work on the bike and HealthRider.

Generally, I warm-up with 10-20 minutes pedalling, shift to the Rider for 10 more minutes, then cool-down with 5-10 minutes pedalling. Combining the two machines, I can get a good workout in 30-40 minutes using most of the body's major muscles. And get some reading done too – at least on the bike.

While I was shopping for machines last Christmas, a salesman pitching a different machine tried to tell me that, despite what Covert Bailey claimed on TV, the HealthRider wouldn't exercise you aerobically.

I'm not sure I agree. Depending on how hard and fast I ride, I find I can exercise either aerobically or anaerobically. Besides, I didn't buy the machine for an aerobic workout, which I can get running. I was more interested in exercising those upperbody muscles that runners often ignore at their own peril.

Scientists tell us that overall strength – requiring some form of weight training – may not make you a faster runner, but it can make you a healthier person, particularly as you age. Approaching my 65th birthday, I understand the need for preserving lean body mass. Hopefully, the HealthRider will help me do just that.

Scott Sets U.S. Masters Mile Record

Continued from page 1

before the meet, Scott said, "It is my goal to break four minutes. And this is the appropriate venue. The Prefontaine Classic is the place to make the attempt. I'd like to get that masters record (Coghlan's 3:58.15) but that may be two or three weeks away."

Two years ago, Scott underwent five hours of surgery to remove a malignant testicle and 39 lymph nodes from his system. His fitness from years of running helped him to recover soon. Three months later, he was back on the roads, and, after a year, running 70 miles a week.

In the Prefontaine mile, Scott, who lives in the San Diego area and is married with three children, was one of 17 starters. He dropped off from the lead group early in the race, content to set his own pace, followed only by Michael Stember, 18, a California high school senior also on the quest for a sub-4:00, the first since Marty Liquori's in 1967.

Scott ran his first lap in 58 seconds, his second in 62 (2:00), and the third in 62 (3:02). He finished in last place, having been passed by Stember (4:09.00) 75 yards before the finish.

While signing autographs after the race, Scott said, "I was hoping to maintain the same pace through the third lap. I told myself to dig down, but there was nothing there. I was slowing down, which surprised me. I felt great warming up. I should be sharp enough by now."

About his future plans to run against masters competition, Scott said he would definitely be competing on the road but that masters track competition is two or three years off, perhaps



Steve Scott, 40, signs autographs after breaking the U.S. M40-44 mile record with a 4:10.43, Prefontaine Classic Meet, Eugene, Ore., May 26. Photo by Jerry Wojcik

with a debut in the 1998 Nike World Masters Games, which will be held in Portland and other Oregon cities.

Whatever his plans for the near or distant future, Scott can still lay claim to 136 sub-4:00 miles, being an Olympian three times, and a win in a race with cancer.

Scott will have ample opportunity and time to run under 4:00 and break Coghlan's 3:58. Coghlan was well over 41 when he ran that time in Boston on Feb, 20, 1994.

Even if Scott doesn't fulfill his goal, it is difficult to imagine that his accomplishments so far would be in any way diminished.

Masters Age Records

(1996 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up. as of Oct. 31, 1995.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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Richards, Stuart Best in Striders Meet

by JERRY WOJCIK

One hundred-and-forty-three men and women athletes participated in the Southern California Striders Meet of Champions held on the California State University-Long Beach campus on May 11. Besides Striders club members, other track clubs represented included the Corona Del Mar TC, L.A.-Valley TC, Seniors TC, Trojan Masters, and even the U.S. Marine Corps.

On the track, Dick Richards, 61, of the Trojan Masters, was the standout with a 12.67 in the 100, which agegraded to 93.2%, and a 90.5% 26.46 in the 200, plus an 89.9% 5.46/17-11 in the long jump.

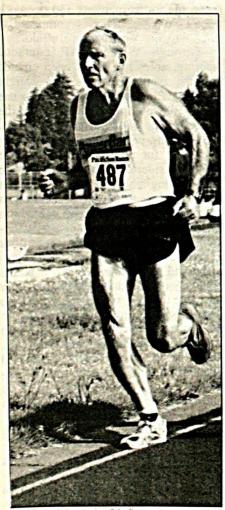
Thierry Boucquey, 45, also hit the international calibre range (90+%) with a 91.2% 11.70 in the 100m. Bill Knocke, 56, turned in the fastest masters 400 of 56.73, an A-G 90.6%.

In the field events, Larry Stuart, 58, another Trojan Masters athlete, threw the javelin 60.60/198-10, worth 99.1% on the age-graded scale.

Ann Steekelenburg, 45, was the top women's performer with an 83.0% 1.42/4-7³/₄ high jump.

1.42/4-73/4 high jump.

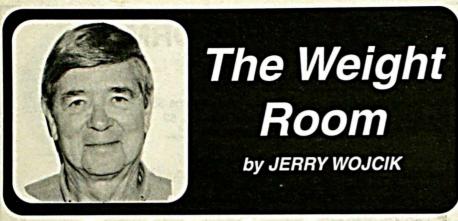
Hugh Cobb, of the sponsoring Striders organization, served as meet director.



Joe King of Alameda, CA, floors the accelerator for the final 200 meters of The Pacific Sun 10K on Memorial Day. The event finished on the College of Marin track. King, running his first race in the M70-74 division, broke the race record of 42:28 by Paul Reese in 1987 with a 40:37. King still holds the 60-64 record of 37:58 (1987) and the 65-69 record of 39:03 (1992).

Photo by Mike Tymn

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Throwing News From Durban

This month's column space is devoted to Rex Harvey's report on the 1997 WAVA Championships in Durban. Harvey is a member of the WAVA Stadia Committee and WAVA delegate for North America.

There is a lot of news and most of it is very good. These Championships should exceed even Melbourne for the throwers. A lot of this has to do with Jim Blair, the new WAVA vice-president-stadia. He had the foresight to assign special attention areas to each of the visiting WAVA Stadia Committee members back in February. One of my responsibilities was the throws. It's been a pleasure to convey the basic needs and desires of the throwing community to the Durban Organizing Committee. They have been quite receptive and want to do whatever they can. I will continue to monitor the progress and advise and help whenever possible. If there is anything that has worked particularly well (or poorly) at championships in the past, please let me know and I will suggest it through the proper channels.

The physical layout of the throws will be the best ever with all throws being conducted in the main stadium or on the secondary throwing areas, all within 200 yards of the main stadium. The actual final arrangements can only be made after the entries are in and the numbers of participants known, but tentative plans look good. See the Countdown to Durban article in this issue for other important information about the meet. All of the technical changes and additions mentioned below took effect May 1, 1996.

Scheduling

To be as fair as possible, every effort is being made to ensure that each age group gets to hold as many of its finals as possible in Stadium 1, although all the other venues should be of equal quality. All of the specific venue plans shown below assume that an average number of competitors will throw, with the averages being taken from Eugene, Turku, Miyazaki, and Buffalo. Tentatively, 11/2 hours are allowed for each qualifying flight (3 throws, 16 people max.) and 11/2 hours are allowed for each final 3 throws, (12 people max., and 3 throws, 8 people max.). Events will go directly from the last qualifying flight to the finals as

FIVE YEARS AGO July, 1991

- 5052 Athletes from 53 Nations Enter IX World Veterans Championships in Turku
- Mathis, Raschker, and Vosburgh Star in Birmingham Meet
- Dan Conway (52, 34:38)
 Top Age-Graded Runner in Minneapolis 10K

everyone is present and reasonably warm. Each competitor will have a maximum of two formal warm-up throws as called in competition order by the judges.

Advancement Procedure

Another huge step forward for the throwing events is being taken in Durban. For the first time, the throws will be conducted per IAAF competition rules. That is, a qualifying round will be held in each of the throwing events where more than 12 people declare in any age group. If equal facilities are available, two or more qualifying flights may simultaneously compete in different areas. If not, flights will compete sequentially on the same facility. In true WAVA spirit, the organizing committee has determined no qualifying standards but will advance 12 competitors to the finals by their performances only. Competitors will be seeded into flights of no more than 16 with the highest seeded individuals being placed in the final flight. The order of competition will be by random draw. The qualifying round itself will consist of a maximum of three throws per person. The top 12 and all ties for 12th place will also move forward to the finals. Performances accomplished in this qualifying round do not count in the competition; however, they will count for record purposes if that is applicable. All individuals must compete in and qualify through this preliminary round. Each individual may, of course, pass any throw at any stage of the competition.

The finals will be held on a single throwing area. A new random competition order will be determined for the 12 individuals advancing to the finals. In the first round of the finals, each of the competitors will be allowed three trials and the 8 competitors with the best performances (including those tying for eighth) will then be allowed

three more trials. All valid performances in the finals will count in the competition.

If between 9 and 12 individuals declare in any age group, only the finals will be held as described above. If 8 or less report in any age group then all 8 will be allowed 6 throws in their final flight. Age groups with 8 or fewer reporting may be combined as necessary but never into flights of more than 12.

In other words, any one individual can expect 3 to 9 throws on the same day on one or two throwing areas for each of his/her throwing events.

Hammer Throw

All hammer throw events are tentatively scheduled on Saturday, July 19. Eleven hours of competition starting at 8:30 a.m. on four different venues are planned. Stadium 1, Throw Field, Rugby Field 1, and Rugby Field 2 will all be used.

Shot Put

All shot put events are tentatively scheduled on Sunday, July 20. Twelve hours of competition starting at 8:30 a.m. at six different venues are planned.

Discus Throw

All discus throw events are tentatively scheduled on Tuesday, July 22 after the competition-free day on Monday. Twelve-and-a-half hours of competition starting at 8:30 a.m. are planned on six different venues.

Javelin Throw

All javelin throw events are tentatively scheduled on Wednesday, July 23. Twelve hours of competition are planned starting at 8:30 a.m. on five different venues.

Personal Implements

WAVA Competition Rules are being changed to say that competitors may use their own throwing implements provided these implements conform to the rules. Other competitors in the owner's specific competition have the right to use that equipment if they so wish. Personal implements shall only be issued in the specific competitions of their owners. This should prevent problems such as occurred in Buffalo where some personal implements were issued out all week for every competition calling for that implement. Some implements were ruined by the time their owners got to use them. Personal implements will not be checked out for practice except to their owners and another weigh-in will be required. As you weigh-in implements, make sure that they are tagged with your name and number and the exact events where you will be using the implements. All implements will be impounded at weigh-in, both those that pass and those that don't. Non-conforming implements will be available to their owners only at the end of the owner's last competition using that implement.

Shot Sizes

In 1994, WAVA implemented full specifications for the 6 kilogram and 5 kilogram shot. Before this time there were no size specifications. The 1994 sizes were purposely set so that inexpensive shots of solid cast iron or solid

steel could be used. However, WAVA recognizes that just because someone turns 50 or 60 or 70, doesn't mean that his/her hands and neck shrink. With this in mind the WAVA Competition Rules are being changed to allow all shots the full maximum diameter of 130 mm. The minimum sizes will remain as before so that inexpensive shots can still be used or, if one wishes, an expensive custom hollow shot can be made. Since WAVA has the community implement rule, one cannot "buy" an advantage with an expensive shot because it is available to his competitors also if they so wish.

Javelin Specifications

A correction and an addition have been made to the 400 gram javelin specification. The maximum diameter of the shaft at its thickest point was corrected to 23 mm from the typo of 22 mm. The note now reads; Modification to IAAF rules 186.23 and 186.24, second sentence in each case: replace "150 mm" with "125 mm" and replace "90%" with "80%" in 186.24

Weight Throw Scoring

After a great success in Buffalo, despite a lack of adequate throwing facilities, the weight pentathletes are looking forward to the second WAVA World Championships in Durban. The men's weight pentathlon is tentatively scheduled for Friday, July 25, and the women's on Saturday, July 26. A schedule for as many as 336 people is being prepared. This is compared to the 284 who competed in Buffalo.

the 284 who competed in Buffalo.
Through WAVA-IAAF contacts, scoring tables now have been created for the men's and women's weight throws. No longer do we need to use the .9308 multiplier and look up the score on the shot put scoring tables. The scoring procedure is now exactly the same for all five throws. I have done considerable checking, and the new scoring table produces scores that are very close to our old procedure, so don't expect your weight pentathlon total score to change much. As happens every time combined-event rules change, all old records will be recalculated and may change by a few points one way or the other. It is theoretically possible that an existing record will no longer be a record, but I expect that to be rare. Actually, there are no "records" in the weight pentathlon yet, only "bests" as the event is not old enough yet to warrant records. The formulas for the scoring tables will be published in the 1997 WAVA Handbook being printed now.

Well, there it is, a very pretty picture for throwers and the throws. The whole Durban package is very tight and very nice. Come participate in history as South Africa emerges with vim and vigor into the world community. Do your part to promote congenial international relations with this young democracy. In addition to the competition, you probably could not find a more exciting and interesting area of the world to visit. I'll see you there!

(Harvey's address is listed on page 3. – Ed.)

Track & Field Rankings Report

by JERRY WOJCIK, USATF Masters T&F Rankings Coordinator

This month's issue contains the rankings for the 1996 indoor season. The compilers deserve recognition for their diligence in meeting the deadline, their patience with often puzzling data, and generosity in donating their time, effort, and expenses.

The compilers for the 1996 outdoor season are listed below. The last National Masters News from which 1996 rankings data will be taken is the January 1997 issue.

However, if your best marks for 1996 have not appeared by the December 1996 issue, you can facilitate the compilations by submitting your best marks (with verification) at the end of your season before the January issue is published.

Multi-eventers whose best marks were made in an individual event in the decathlon, heptathlon, etc., but not reported in the results section, should submit them for the rankings.

Marks sent to me will not be forwarded.

Racewalkers who want to be included in the 5K, 10K, and 20K rankings

should contact Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106-3393.

100, 200, 400, 4X100, 4X400 relays: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

800: William Benson, 6 Eton St., Valley Stream, NY 11581.

300, 10,000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-

5000: Suzy Hess, P.O. Box 50098, Eugene, OR 97405.

HJ, TJ; Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.

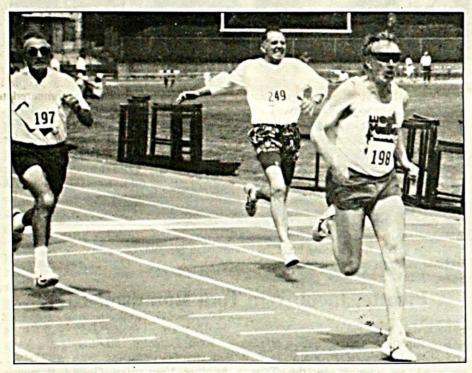
LJ; Rob Bong, 420 Silver Saddle Rd., Monument, CO 80132.

SP: Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744.

DT: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905.

1500, mile, both hurdles, SC, PV, HT, JT, WT, SW: Jerry Wojcik, 186 Brookside Dr., Eugene, OR 97405.

Decathlon, heptathlon, pentathlon, weight pentathlon: Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124. □



John Poppell winning the M65 100m (13.5), Visalia Masters Meet, Visalia, Calif., May 18. Paul Bambrook (197) was second, and Jim Moorhead third. Photo by Glen Williams

Meet Records Fall in Visalia

by BOB HIGGINBOTHAM

On a beautiful spring day in the Central Valley of California, 115 submasters and masters athletes were on hand for the 4th annual Visalia Classic at the Sunkist Stadium in Visalia, May 18. Sixty-eight records were established or broken.

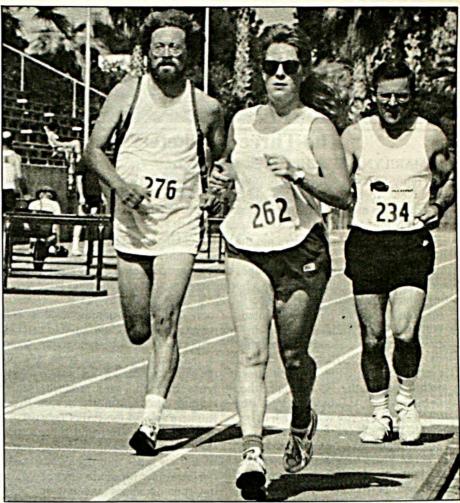
Phil Fehlen, M60, narrowly missed breaking the high jump record of 5-61/2 with a 5-6 leap. Several double winners showed their speed in the sprints, including Wayne Iba and his sister, Elaine, both in the 35-39 divisions, with wins in the 100 and 200.

A record number of women were in

attendance, performing extremely well and setting meet records in the process. Tina Stough, W40, ran the 300m hurdles in 54.2.

According to the athletes, it was "a great meet, well organized, outstanding facility, efficient, friendly, and helpful officials and volunteers and a beautiful (80°) day."

The Visalia Classic was sponsored by Sunkist Growers, who donated one of their free use days at Sunkist Stadium; Kaweah Delta Hospital; Kaweah Sierra Medical Clinic; and individual members of the medical profession.



Part of the field in the 3000, Visalia Masters Meet, Visalia, Calif., May 18: (from left) Richard Thiel, M35, 10:55, Carol Freeborn, W30, 12:25, and Teddy Walton, M45, 11:59. Photo by Glen Williams

OPEN & MASTERS - SATURDAY JULY 20,1996

This will be a THROWERS friendly meet - all events will be run by 5 year age groups - or combined if flites are too small. Meet starts at 10 AM. We have 3 separated circles. 2 are over 245'+, Javelin is grass - over 400'- with separate warm up practice areas over 200 ft. Hammer and Discus in chain link, fenced cage.

There are 3 Hotels & Motels within 4 miles. Plus Major Hotels within 10 miles. Shopping - sight-seeing - fantastic restaurants all over. Flemington, New Hope & Lambertville only minutes away. Bring your wives, husbands and children, there is plenty to do during and after the meet.

Western style barbecue, Our Amwell Valley First Aid Squad will be here.

All 1st. Place winners get a Trophy, Large medals for 2nd & 3rd, plus ribbons for 4-5-6 places.

You will vote for the OUTSTANDING MALE & FEMALE ATHLETE Trophy winners

ENTRY FEE IS \$10.00 AND \$6.00 FOR EACH ADDITIONAL EVENT
YOU MUST BE A REGISTERED USATF MEMBER - WITH CARD. OR SIGN UP BEFORE
MEET THIS WILL BE A SANCTIONED MEET BY USATF.
BY THE WAY ANY PERSON OVER 70 DOES NOT HAVE TO PAY ENTRY FEE - WE BELIEVE IF YOU ARE
STILL ABLE TO GET HERE, WE'LL CALL IT A BLESSING.

DIRECTIONS: From South / Take route 95 north -just before it becomes 295 exit on 31 north/Pennington. prox 15 miles look for signs to Ringoes, at fork of 31& 179 stop. On left is UJ Bank, on right is Fire House, Take sharp left and on side of Bank is Boss Road - 1/4 mile up on right is IHF. FROM NORTH or NY area. Take Turnpike or Verrizano Brg to route Rt 440 to 287 north. Signs for rt 22 then 202 south towards Flemington. After Flemington Circle go south 4 miles to traffic lite and Sunoco station on left. Turn right into Ringoes for .08 mile to UJ Bank , right on Boss Rd to IHF. Also from NY State or North Jersey or Pennsy take rt 78 into 31 south then same as above. Route 278 south into 202 and follow above. If you fly into Newark or Philly airports we are just about 1 hour away. Car rentals or Limos are plentifuil.

Just about 1 Hour empf.	STORE AND STORE OF THE STORE	Links Charles	4 7 Summer 1975	CAROLINA CARROLINA CARLO
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My Events — Shot Put _	Discus Javelin	Hammer V	Veight Throw	Super Wt. Throw
claims for damages or injude	uries against the Officals, the meet on July 20th, 1996. I	Owners of IHF, am properly traine	the Covino's, d for this for	any and all present and futur while I or my family members n of athletic competition. nd standing with the USATF
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PROFILE

The Three Musketeers

by MARILYN J. MITCHELL

ighty-year old Adrienne Salmini (New Jersey), 78-year old Althea Jureidini (New York), and 77-year-old Althea Wetherbee (New York) delighted reporters at a press conference two days before the 25th anniversary run of the Advil Mini-Marathon 10K road race, June 8 in New York City.

The New York Road Runners put the three seniors on the marquee at the press conference for some of the top-ranked open runners, including two-time New York Marathon winner Tegla Loroupe, thereby guaranteeing a full press assemblage. And at what could have been a boring session, the veteran ladies were interesting, entertaining and informative.

Adrienne Salmini has participated in both track and field and long-distance running but concentrates on the roads. With the track and field, "...every time I've gone out, I've done something else...the 55 meters, the 1500 meters, the 100 meters...because I'm slow anyway. You really have to be trained to do track and field...but I love it!" In addition to running, Adrienne has for 42 years taught the Hawaiian hula dance and leads a troupe of seniors who perform at nursing homes and special events.

Although Adrienne makes her husband and family her first priority, she nonetheless has found time to gain more than 400 running awards and make a quilt from fabric photo patches made from running photographs taken at her numerous races from age 60 through 80. One of her sons is Ambrose Salmini, who produces some running films for the New York Road Runners and for the ESPN network.

"I was always active in college with teams...my older son started to run... he and my other sons decided I should run. And one Mother's day they gave me running shoes and a suit." And Adrienne went on to enter the senior category of a cross-country race at the Belmont Race Track, but couldn't quite figure out why everyone looked about 20 years old. It was because everyone was about 20 years old. Adrienne had unwittingly entered the senior division (in USATF parlance) of what was a prelude for the 1984 World Cross-Country Meet. But she finished and had a good time doing it.

Not to be outdone in the family category, Althea Wetherbee has a son who is an astronaut. Says Althea W., "I started running because my husband came home with the book on sports by the Air Force (Canadian Royal Air Force Exercises). And you got more points for running than for other sports. I went along because I thought, 'Who would help him, if he fell down?' "She has now done 10 minimarathon 10K races and has been running for 18 years.

Althea Jurideini topped that by saying she was in the process of retiring from nursing but that with six daughters, "I thought if I didn't get out and do something, I'd end up being a baby sitter. I heard about the [then-sponsor] L'Eggs Mini-marathon and I couldn't even imagine women doing something like that at my age." Althea J. now has 6 children, 11 grandchildren and one great grandchild, as well as numerous races and track meets under her belt. But she never fails to "cut the rug" with the best of them - and with her husband - when she is at the WAVA meets. She gives her many awards and trophies away to her children and grandchildren.

All three ladies have garnered awards along the way, including outstanding age-group designations and, predictably, all three won awards at the 1996 Advil Mini-Marathon. Along



From left: Althea Wetherbee; Adrienne Salmini, maker of quilt which consists of fabric photos from her races over the years; Althea Jureidini.

Photo by Marilyn Mitchell

with the newsmen, the open runners at that day's press conference were nearly exhausted listening to these women intelligently and knowledgeably discuss their training and their competition plans for the rest of the year.



At the Advil Mini-Marathon, from left: Joyce Chepchumba (KEN, 2nd overall), Althea Jureidini (78, 2nd in 75+ age group), Tegla Loroupe (KEN, 1st overall), Allan Steinfeld, Chairman, New York Road Runners.

Photo by Marilyn Mitchell

Picotte, Jacob Win Tom Robinson 10K

by PAUL MURRAY

Rob Picotte, 42, Slingerlands, N.Y., and Harriet Jacob, 42, Albany, N.Y., emerged as winners in the Tom Robinson Masters 10K in Guilderland, N.Y., April 27. Picotte was challenged for the entire race, pulling ahead of Peter Gerardi, 44, Scotia, N.Y., in the last 800m to win in 35:13. Jacob's victory was uncontested as her 40:55 was more than five minutes better than second place finisher, Jo-Ann Spinelli, 43, Latham, N.Y.

The men's race began with three runners breaking away from the field. Jake Kearney, 42, Troy, N.Y., set the early pace with Picotte and Gerardi tagging along. At two miles, Kearney began to tire, and the race became a two-man contest. Picotte was content to let Gerardi lead for the next four miles, saving himself for the finish. As the finish came into view, Picotte unleashed his final kick. Unable to match Picotte's speed, Gerardi finished in 35:39, with Kearney third in

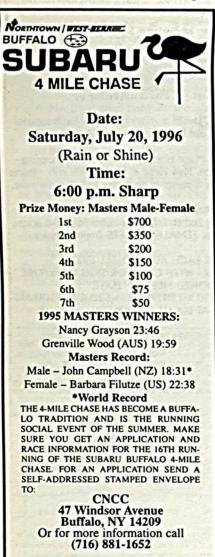
36:01

John Camelio, 50, Sandgate, Vt., led the 50-year-olds with a 38:44. Another Vermonter, Gerald Barney, 63, from Swanton, paced the 60-year-olds with an impressive 41:41. Bob Hennig, 70, Middle Grove, N.Y., was the winner among the 70-year-olds with a 55:18.

Anny Stockman, 63, East Greenbush, N.Y., won the W60+ title, with one of the day's best efforts – 51:09.

Fifty runners showed up on a cold and blustery morning for the race, which honors one of the founders of the Hudson Mohawk RRC. A strong head wind on the first two miles chilled all runners and provided plenty of excuses for slow times.

Former masters champion, Bill Robinson, was on hand to lend encouragement and present awards at the post-race brunch. Race Director Ed Neiles and his crew of volunteers produced another well-run event.



Continental 🔊

More airline for your money.

Hawthorne Overall Winner in Shamrock Marathon; Mondragon Slowed by Shoestring in 8K

by JERRY WOJCIK

Entrants in the Masters 8K portion of the Shamrock Sportsfest, Virginia Beach, Va., March 16, received most of the pre-race hype, but Brad Hawthorne, 40, Tulsa, Okla., captured the post-race headlines with an overall first win in the Shamrock Marathon.

A three-time U.S. Olympic Trials qualifier, Hawthorne flew in from Tulsa on Friday night, registered an hour before the start, then dominated the race, taking the lead at three miles to win in 2:18:22. He collected \$1000 open money and \$300 for first master with his excellent time, which agegraded to a 93.2% performance.

Jeanne Kruger, 48, Norfolk, Va., was first woman master and fifth overall in 3:06:19, an 81.8% performance.

Mel Williams, 58, Virginia Beach, won the M55 race with an 86.5% 2:51:52.

While Hawthorne came in on a shoestring, Martin Mondragon, 42, Mexico, lost a bid to run the fastest 8K in the U.S. by a non-citizen when he had to stop to tie the shoestring on his

left shoe at the one-mile mark in the Masters 8K. Passed by seven runners, Mondragon worked his way slowly to pass Steve Jones of Great Britain at the one mile-mark to win in 23:48, 35 seconds off Nick Rose's non-U.S. citizen's best 23:13, set four years ago on this course. The U.S. record is 23:51 by Bill Rodgers in 1988. Mondragon already owns the 10K best at 28:56 for a non-citizen.

Jones, 40, finished in 23:59. Boguslaw Maminski, 40, took third place from fellow Pole, Antoni Niemczak, 40, by four seconds with a 24:05. Charlie Gray, 41, Lee's Summit, Mo., was the first U.S. runner in 24:14.

Maureen de St. Croix, 42, North Gower, Canada, led wire-to-wire to best the women's field in 28:23, followed by countrywoman Gaylene Pridham, 41, Calgary, who finished in 28:37.

Rebecca Stockdale-Woolley, 45, Chaplin, Conn., was third in 28:47 but took W40+ age-graded honors with an 89.6%.

The day's events also included an open 8K and a 5K walk, in which George Fenigsohn, 48, Poquoson, Va., was second (28:23), and Sandy Elbaum, 41, Louisburg, N.C., was first

Next year's Sportsfest will be the silver anniversary, celebrated on March 14-15. Jerry and Lori Bocrie were meet directors.



1996 USATF EASTERN **MASTERS REGIONAL** TRACK AND FIELD **CHAMPIONSHIPS**

DATE: Saturday, July 20, 1996 9:30 A.M. Track - 10:00 A.M. Field SITE: Downing Stadium, Randall's Island, New York City DIRECTIONS: Triboro Bridge to Randall's Island - Downing Stadium. One-way toll.

FACILITY: Fast, 8-lane rubberized surface. Maximum 4" spikes. All runways and javelin same rubber surface. Throwing events concrete circles. Open lockers. TIMING: All running events will be FAT by NORTHEAST TIMING.

AWARDS: USATF Regional medals with custom ribbons to lst,2nd,3rd in each event by five year age divisions. One eastern patch per winner. Custom ribbons 4th to 6th. Fastern indoor title winners at Brandeis on 3/17/96 will get a patch at the meet! DIVISIONS: Five year age groupings for men and women (30 - 80+).

ENTRY FEES: Pro-entries are \$15 for the first event (includes a \$2 Eastern surcharge). Second event is \$10, and each additional event is \$5. For 6 or more events the maximum entry is \$45 (doesn't include relays). Relays are \$20 per team. Payment by personal check must be received by Friday, July 6th. After that date, only cash, money order, bank check or travelers check will be accepted. POST ENTRY FEES: Entries received after July 13th or the day of the moet are \$20 additional plus regular entry fees provided additional heats not needed. All post entries must be in cash or certified check. Post-relays are still \$20.

USATY REGISTRATION: Post entrants must show a current USAIT card or buy a \$15 MAC card. USAIT SANCTIONED & OFFICIATED. MEET DIRECTOR: HAIG BOHIGIAN USAIT EAST REG. COOR.

TRACK EVENT ORDER (FAT) FIELD EVENT SCHEDULE 30-39 40-49 50-59 60 PLB 10:00 11:30 2:00 3:30 11:30 10:00 3:00 1:00 1:00 2:00 10:00 12:00 12:00 12:00 11:00 10:00 11:30 10:00 12:30 1:30 10:00 11:00 10:00 11:00 2:30 1:00 10:00 11:00 Steeplechase 9:30 300/400 M Hurdles 10:00 5,000 Meter Racewalk 11:00 80/100/110 M Hurdles 12:00 60 PLUS WOMEN 3:30 1:00 1:00 2:30 EVENT/GROUP EVENT/GROUP Long Jump Triple Jump High Jump Pole Vault Shot P.H. Discus Throw Javelin 800 Mater Run 12:45 100 M (Trials/Finals) 1:15 100 M (Trials/Finals) 1:15 Shot P.t 11:30 10:00 12:30 1:30 3:30 4 x 100 Mcter Run 2:15 Javelin 2:30 1:00 10:00 11:00 12:00 2:30 1:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 10:00 11:00 12:00 12:00 12:00 12:00 11:00 12:00

TRACK EVENIS TAKE PRECEDENCE. TIMES ARE BEST ESTIMATES. TIMES WILL BE ADV IF POSSIBLE - KEEP ADVISED. PLEASE COOPERATE AND DON'T ASK FOR EXCEPTIONS.

ATHLETES SURVEY-CIRCLE ONE: I WOULD ATTEND AN OUTDOOR EASTERN HELD ON A FRIDAY? PLEASE PRINT SEX CITY & STATE ADDRESS ZIP USATE I BEST RECENT MARK CLUE BURTHDATE BEST RECENT MARK BEST RECENT MARK EVENT

Masters Share \$1000 in Age-Graded New Jersey 5K

by MADELINE BOST

Top masters runners from around New Jersey assembled in Morristown on May 8 for a slug fest in the Healthy Heart 5K, which was the USATF New Jersey Masters Championships. Over \$1000 in purse money was up for grabs in the Masters Age-Graded Division. First place took home \$150, with the masters men's purse going seven deep and masters women's five deep.

The talent-loaded masters field was led in by Tom Kinsman, 42, who finished in 15:54. Roger Price, 47, was second master in 16:31. Their agegraded times and performance percentages were identical (15:05 and 86.0%), so both were awarded firstplace prize money.

Leading the M50-59 was Hugh Sweeney, 52, who ran a 17:31 (15:23/84.3%) but lost the third-place age-graded prize of \$100 to Pat Cosgrove, 55, who ran a 17:56 (15:22/84.4%).

Austin Newman, 80, who set two world records in the outdoor nationals in March at Greensboro, N.C., finished in 25:47 to win the M80 division race.

Four masters women finished under 20 minutes. There was a duel to the wire, with Betty Conover, 47, leading a three-woman charge in 19:37. Just one step back was Joyce Hayes, followed by Lena Hollman (19:38), both W40s.

First in the women's masters agegrading scale was 1995 WAVA gold medalist Toshiko d'Elia, 66, who finished in 23:27 for a 17:12/83.5%. Helene Bedrock, 61, also a 1995 gold medalist, was second with an 82.6% 22:19, with Conover third at 81.8%.

Over 675 runners competed in the race, part of the highly-successful USATF NJ LDR Grand Prix Series.□

Mikhailov, Malloy Victors in Parkway 15K

by JERRY WOJCIK

Masters winners in the 12th annual George Washington Parkway 15K, April 21, were Yury Mikhailov, 43, of Russia, with a 50:05, and Rose Malloy, 47, Annapolis, Md., in 58:23.

Mikhailov, fifth overall, held off defending masters champion Michael Bressi, 42, Elizabethtown, Pa., who finished in 50:28, to win the \$300 masters top prize. Steven Giorgis, 41, Herndon, Va., was third (50:58).

Malloy, masters course-record holder at 55:55 in 1992, defended her title for the third time, also winning \$300.

Cathy Ventura-Merkel, 40, Arlington, Va., was second (59:42). Pat Donahue, 42, took third (63:01).

Mikhailov edged Malloy for best age-graded performance with an 87.0% to her 86.6%.

At age 78, Hedy Marque, Alexandria, Va., continued her domination in the W75 division with an 89:21.

The race, which started in Mount Vernon, Va., and ended in Old Town Alexandria, drew 2400 runners, who competed under sunny skies.



Fiber Lowers Risk of Heart Attack

racking the health of more than 40,000 men for six years, Harvard U. researchers found that fatal and non-fatal heart attacks were 41% less common among men who ate more than 28 grams of fiber daily those who ate less than 13 grams.

"We project that fiber has the same effect on women," said epidemiologist

Eric Rimm, the study's lead author.

The fiber content of various foods:

Food	Quantity	Grams of fiber
100% bran		
cereal	1/3 cup	8.5
Whole oats	3/4 cup	1.6
Brown rice	1/2 cup	1.0
White rice	AND SHE SHIPS	0.2
Spaghetti	1 cup	1.1
Apple	1 medium	3.5
Banana	"	2.4
Peas	1/2 cup	3.6
Source: Id	ournal of the	America

Source: Journal of the American Dietetic Assn.

New research conducted at the U. of Arizona found that Pycnogenol, an antioxidant made from the bark of the French Maritime pine tree, helps build resistance to cancer in laboratory mice by boosting their immune systems by as much as 40 percent

"Pycnogenol works like a crutch," said Dr. Ronald Watson. "It's not designed to cure anything but to give the body a better chance to fight and to help cure itself."

For years, researchers at the U. of Arizona have been studying how the body fights cancer. They concluded earlier that certain substances such as alcohol can make the body less resistant to cancer cells while other substances, such as vitamin E antioxidants, can boost the body's protective system and mitigate the harm caused by alcohol, virus, aging and other factors.

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 50098, Eugene OR 97405

For more info, contact Larry Zoeller at 312-372-7090.

Prostate cancer is the second-leading cause of cancer death in men -40,000 died in 1995 - second only to lung cancer. But prostate cancer can be slow-growing. Not all cases need agressive treatment. Dr. Robert Myers of the Mayo Clinic, Rochester, Minn., hopes to find effective ways of identifying slow-growing or "insignificant" cancers as well as potentially lethal ones that should be treated with surgery or radiation. He and colleagues developed a formula by examining 337 prostate glands removed in a three-year period. They found tumor size and certain cell characteristics were key signs of the potential for spreading. They also found the decision to operate was appropriate in more than 90 percent of cases.

Caffeine in coke and coffee depletes the body's store of calcium and so does smoking, writes Jo Scott in Fifty-Plus Bulletin. She says that, after age 50, increased calcium intake is just a holding action, hopefully slowing down the process but not reversing it. That's why it's important for us to ensure that we take in a sufficient amount of calcium daily.

A recent National Institute of Health Consensus Panel recommended a daily intake of 1000 mg daily for women 25 to 50. For post-menopausal women up to age 65, those on estrogen should take 1000 mg of calcium daily; those not on estrogen, 1500 mg. While the data on men are limited, the panel concluded that the optimal intake for adult men is 1000 mg per day.

That means generous amounts of leafy vegetables such as broccoli, kale, spinach, cabbage, cauliflower, asparagus, beans, lentils, non-fat milk and non-fat yogurt. It's hard to meet the desired levels of daily calcium intake from food alone, so supplements are recommended.

Experts also agree weight-bearing exercise helps. Running and speed-walking are great for the spine and hips. "Swimming and bicycling are good for general fitness, but they don't do anything for your bones," says



Joan Ottaway, 52, finishes The Pacific Sun 10K on Memorial Day, easily winning the W50-54 division while recording 37:47.

Photo by Mike Tymn



Nan Hall, 41, begins her sprint for the final 200 meters of The Pacific Sun 10K on Memorial Day. Competing for the first time in nearly five years, Hall clocked 37:26 to capture first place in the W40-44 division. Photo by Mike Tymn

All-Americans Heat Up in Texas

by JEFF BROWER

The Texas heat usually saves its highest marks for the middle of summer, but it apparently decided not to wait as temperatures soared into the high 90s during the Waterloo Championships held in Buda, May 18. Performances didn't appear to suffer as over 120 competitors (ages 6 to 85) set an unbelievable 101 meet records. Forty-three performances met or exceeded the masters All-American Standards of Excellence.

Ruth Seeger broke the U.S. W70-74 discus record of 62-5/19.04, held by Edith Mendyka, with a 63-3, and came close to other U.S. records in several events, winning six firsts in various throws and jumps.

The pole vault drew 21 competitors.

Clearances by Flay Deats (31, 15-6), James Fountain (39, 14-6), Larry McIntyre (48, 13-6), and Steven Warr (55, 10-0), headed an incredible list of performances. Add into this a few hours of darkness with automobiles used to provide light on the runway, and these marks are even more impressive. The meet director promised to start the field events earlier next year.

The spirit of track and field as a "sport for a lifetime" was evident, as youngsters witnessed and learned from athletes of all ages in excellent shape performing various events. You won't want to miss this meet next year, or its sister meet, the Waterloo Relays held in September every year. Contact Jeff Brower at 512-257-1642 to get on the mailing list.

Jircik, Lovejoy Take Hospital Hill Half

by JERRY WOJCIK

Karel Jircik, 40, Mississauga, Ontario, Canada, and Sandy Lovejoy, 40, Winchester, Mass., scored masters wins in the Trinity Hospital Hill Half-Marathon, Kansas City, Mo., June 2.

Jircik, seventh overall, ran a 68:51 to win by more than four minutes over Antoni Niemczak, 40, of Poland/Rochester, N.Y., who is currently the busiest if not the hottest masters runner in the U.S. Charlie McMullen, 44, Rochester, N.Y., was third in 73:08.

Joseph Nzau, 47, Farmington, N.M., finished fourth with a 76:20.

Lovejoy was tenth female, with an 83:45. Jane Hutchison, 50, Webb City,

Mo., took second in 84:02.

Jircik at 88.8% and Hutchison at 88.4% posted the best age-graded masters performances. Oleg Morozov, 61, Gladstone, Mo., won the M60-64 race with an A-G 88.3% (1:22:09).

For the first time, a 12K and a 5K were added to the race's schedule of events. In the 12K, masters firsts were Alan Saunders, 49, Overland Park, Kans., with a 44:50, and Terrie Dresh, 41, Joplin, Mo., in 58:21.

The 5K race saw 88-year-old John Kelley of Boston Marathon fame finishing in 52:00, beating out Dr. Howard Calkin, Oregon, Mo., for the M80+ title.

Cotton Row

Continued from page 1

his budget to allow an extra \$500 for a new masters course record.

But this year, on May 27, some unusually hot Alabama weather and delayed start time did not lead to fast times for the 17th edition of one of the first races in the country to emphasize masters competition.

Normally, Memorial Day is a school holiday in Huntsville, but a snow make-up day was scheduled this year. To allow time for students to get to school near the course, and for crossing guards to travel from distant schools to monitor positions on the race route, the start time was pushed back 30 minutes. That delay, and unseasonably warm weather for late May, produced a temperature of 80 at the 8:30 start time. These adverse conditions led to some of the slowest winning times in all divisions in the history of the race.

Niemczak decided early on that it was not a course record day, so he used a "win-with-least-effort" strategy for the race.

In the first mile, Niemczak sized up the masters field and found that David Geer of Clemson, S.C., was willing to take the lead. Niemczak tucked in behind Geer and ran the entire race, except for the last 400 meters, in his wake. Over that final distance, he outsprinted Geer to take the win. Geer was three seconds back in 33:13.

"The course is tough and difficult," Niemczak said, "but in my opinion it's not a slow course. Of course, there's the steep hill (Mountain Wood) but it's not really long. I ran a marathon in San Francisco with a hill two miles long.

'The weather was difficult, and the humidity was rough, but this is Alabama. I enjoyed the course because I'm a strong runner. I hope to be here next year and run even better."

The pace in the early going was such that three-time Olympic 10K runner and former Peachtree 10K multiple winner Craig Virgin was in contact with Geer and Niemczak. But they pulled away from the Lebanon, Ill., native on the long downhill after the

Virgin took third (34:08) by a comfortable margin over Lloyd Mcdonald (34:48), an Army NCO stationed at Ft. Benning, Ga. Paul Stemmer of Mobile, Ala., last year's masters winner, was fifth in 35:04. Former course record holder, Earl Owens, won the 45-49 division and was sixth master in 35:30.

"I'm using the 'Villanova Method' for training," Virgin said after the race. "I'm racing myself back into shape."

Virgin had hoped to be in top form when he entered the masters ranks last August, but some injuries have caused his assault at the top of the masters competition to be slower than desired. He also expressed frustration with his failure to land a significant media assignment for the Olympics. He spent considerable school time last year pol-



Nancy Grayson, W45, sprints to her seventh straight masters title (39:12), WZYP Cotton Row 10K, Huntsville, Ala., May 27

Photo by Jim Oaks

ishing his media skills.

"It's going to be hard to repeat this year," six-time female masters winner Nancy Grayson said before the race. "I've had some injuries this spring, but when that start gun goes off you don't think about injuries, you just run."

Although Niemczak was confident to run second for most of the race, Grayson found herself in a similar position, but not by choice.

In all her past six wins at Cotton Row, Grayson had gone out hard in the first mile and dared the other masters to follow her blistering pace.

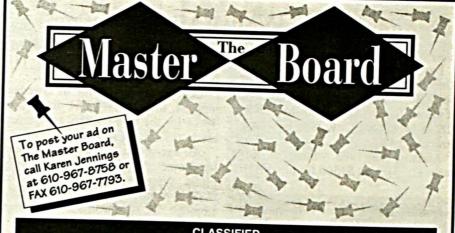
However, this year it was Joyce Deason, 40, of Shreveport, La., who took the early lead. Deason had won the Rocket City Marathon masters title in Huntsville last December and wanted to add the Cotton Row crown.

Deason, aware of Grayson's strong kick, took a five-second lead in the first mile, and maintained it through the top of Mountain Wood. However, at that point she looked more tired than Grayson.

"I finally caught Joyce in the fourth mile," Grayson said. "I really had my doubts that I was going to maintain my streak this year.'

Deason tried to hang with Grayson for the last mile, but Grayson's strong finish brought her a seventh straight win in 39:12, five seconds better than Deason's 39:17. Alendia Vestal of Brevard, N.C., was third in 40:00; Dian Ford of Piedmont, S.C., took fourth in 40:08; New Zealand native Judith Hine was fifth in 40:13; and Victoria Crisp of Nashville, Tenn., finished sixth in 40:46.

The top five male and female mas-Continued on page 20



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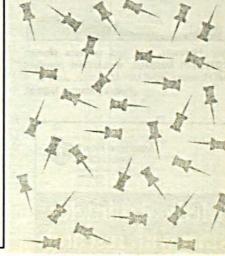
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Audain Wins in Advil Mini-Marathon

by MARILYN J. MITCHELL

Former New Zealand Olympian, Anne Audain, now age 40 and living in Boise, Idaho, won the masters division of the all-female Advil Mini-Marathon 10K in New York City, June 8, with a time of 36:43.

Audain, the 1983 winner of this race (32:23), won \$1500 for her effort.



Anne Audain, 40, first 40+ runner in Advil Mini-Marathon, NYC, June 8, in 36:43. photo by Marilyn Mitchell



Gillian Horowitz, 41, 2nd masters woman (38:07) with husband, well-known playright Israel Horowitz, Advil Mini-Marathon, June 8. photo by Marilyn Mitchell



Gillian Horowitz (41, NYC, 38:07) was second with Mary DiNardo (41, NYC, 40:00) third.

Legendary Evy Palm of Sweden, now 54, took her W50-54 division in 40:14 for the best masters age-graded mark (87.8%) of the day.

All age-group awardees took home handsome silver trophies, bowls or plates supplied by Fortunoff's. The overall winner was Kenya's Tegla Loroupe, 23, who won \$10,000 with a time of 32:13.

Hot (80 degrees F at the start) and humid, it was not a day for good times. But the race went off with few problems except for an unidentified man who charged Loroupe near the 6-mile mark and ran alongside her. The situation created a bit of anxiety, as a few days prior to the race a woman was bludgeoned in Central Park in the daytime in full view of spectators, resulting in life-threatening injuries. No one else was responding to the situation, so well-known runner and TV commentator Marty Liquori jumped off the TV truck and physically pushed the man off the course.

Audain has a lifetime l0K PR of 31:40. She once held the women's world 5K record. She won the 1990 and 1991 Cleveland Revco l0K, the 1998 Bay-to-Breakers, and the 1990 Lilac Bloomsday 12K. She competed in the 1976 and 1984 Olympics and was named New Zealand Sportswoman of the Year.

A new U.S. citizen, Audain is contributing to the sport as the race director for what now, in its third year, is the third-largest women's race in the USA (9500 women), scheduled for Sept. 21 as the Idaho Women's Fitness Celebration.

"I've been a spokesperson for the open division all these years," Audain said, "so now I'll be a spokesperson for the masters. The Baby Boomers are now approaching 50, and we'd better start marketing to these people in our sport before we lose them altogether."

Audain said the masters love to watch Loroupe, Michael Johnson, and other open stars run, "but they can't relate to it. Lorraine Moller, Bill Rodgers, Frank Shorter, myself... we're people who've had wonderful careers but still love to run and do it for fitness. And we don't beat up on ourselves because we're not as 'good' as we used to be."

Audain was upset because there were another 2000 women jogging in the park during the race who could have been running in the race. She feels the sport has not been aggressive enough about recruiting these women and she is hoping to reach them.

This was the 25th anniversary of the race, which, at its inception in 1972, had 78 competitors and in 1996 had slightly more than 8000 registered runners. Of the pre-registered women, roughly 66% were over age 30; 30% were over age 40.

Begun in 1972 to help establish the 10K distance for women in the



Kumiko Morimura (43, JPN) at the Advil Mini-Marathon, with statue of Fred Lebow. She won the trip to NYC from the Tokyo Mini-Marathon, a sister race. This was her first foreign travel. Photo by Marilyn Mitchell

Olympics, the race's term "minimarathon" was a reference to the thenpopular mini-skirt.

This year's runners hold occupations including airline pilots, film makers, attorneys presidents/CEOs and homemakers. While the mini-skirt is not necessarily still in fashion, the race still is.

Cotton Row

Continued from page 19

ters received prize money, starting at \$500 for first to \$100 for fifth.

Jerry McGath of Tupelo, Miss., gave up eight years on the rest of the grandmasters field, but still won in 38:58 over 50-year-old Marris Johnson of Atlanta (39:17). Local runner Sandra Berg took top female grandmaster honors with her 46:09. Susie Kluttz, 59, of Winston-Salem, N.C., ran a strong 47:17 for second grandmaster.

The competition among the M70s was keen. Thomas Cantrell, 72, of Huntsville, who only competes in this road race each year, ran 57:28 to win. Herb Johnson, 71, of Birmingham was second in 57:37, and Ken Robinson of Carthage, Tenn., took third in 57:39.

Write On

Continued from page 4

meets, great packets that include all kinds of goodies, planned out ceremonies and award presentations, dinners and, yes, even timers and officials who run up to you after your run, congratulate you and tell you your time. (Quite a contrast from those who give you dirty looks and act like this is classified information, when to a runner this is really the most important thing in the world.)

To the Senior Olympics Organization, I say thank you for a superb job – well done.

> Alex Pappas Walnut Creek, California

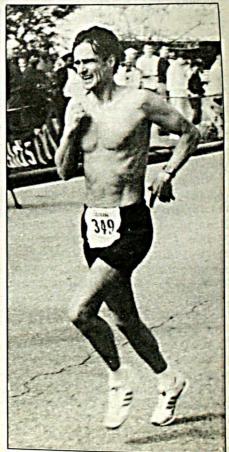
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Danny Daniels Sydney, B.C., Canada



Leonard Vergunst, 40, masters winner (2:42:52), Blue Angel Marathon, Pensacola, Fla.

Photo from Judith Bagshaw

U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Coordinator)

8.11 8.23 8.43 8.59 8.72 8.99

9.35 9.70 9.80 10 12 10.51 10.56 11.23 11.2b

10.15 10.36 10.40 12.52

10.71 10.77 10.80 10.89

11.45

1996 Indoor 55m Compiled by Larry Patz

DAVID BANDER

DAVID BANDER

GERALD ONERS

DAVE RICHARD

DAVE RICHARD

DAVID BANDER

RICHARD

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DAVID RARMER

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RATT GOODEN

RATT GOODEN

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MEN'S 15-19
BEN JAMES
BEN JAMES
BEN TAMES
BEN TAMES
BEN THOMAS
STEVE GALETTA
DWIGHT MOOD
STEVE GALETTA
DWIGHT MOOD
STEPHEN COENER
CLIFFORD SHOCK
RICH ANDERSON JR
ALL FALLOR
PAUL ALLEN
DAN MCREIL
BOS BACESSU
BOS SORVEITA-WAN
ROCSE DAVIS
DON STEMAN
DALE ROLLER
BOOD STEMAN
DALE ROLLER
BROOKS WRIGHT
BROOKS WRIGHT

MEN'S 40-44
JOHNNIE THOMAS
LES NALE
LES NALE
THOMAS JOHES
JOHN BROOKS
ROBERT BOMEN
HILE SRPCHAN
ANDREY
HOMES
ROBERT BOMEN
HILE SRPCHAN
ANDREY
HOMES
ROBERT BOMEN
HILE SRPCHAN
ANDREY
HAS STACEY FRICE
BE BROWN
DONALD TARASEWICZ
EDDLE YOUNG
JESSE NEMAN
DARL OSTOR
JESSE NEMAN
DARL OSTOR
JESSE NEMAN
DARL OSTOR
JESSE NEMAN
HOMES
RENNETH BAUERSFELD
ROBERT HAM
LARRY ISLE
HER
HIL CONCENTINO
ROM JACKSOM
KEN CASTRO
LARRY BUREN
HEN CASTRO
HEN CASTRO
LARRY BUREN
HEN CASTRO
HOMES
HOM 6 Sh 6 C7h 6 C8h 6 C7h 6 C8h 6 C9h 7 C9h 7

MEN'S 45-49
WILLIAM CONSTRUCT
SEGMENT PLOSICKI
WESSIA MCDMAN
MARION MCCOY
JEFF EVANGELISTI
BOD FAVIS
JIM DULZEEL
JUNE SEGMENT
JIM DULZEEL
PUSSIA MCDMAN
MARION MCCOY
JEFF EVANGELISTI
BOD FAVIS
JIM PALIC
ROBERT MICHO
BOLL
BOND PANE
BOND
MARK SALDOVIC
HOODE KINDY
HICK PAVILIAM
HICK PAVILIAM
MALTER FARMER
IVAN BLACK
RUSSELL ANTERONEN
SAM GOODMAN
HOODE KINDY
HICK PAVILIAM
MALTER FARMER
IVAN BLACK
SAM GOODMAN
HOODE MICHELICUS
HICK MINILE
BOND FANCE
JOHN GORZEM
JOHN GORZEM
JOHN GORZEM
LARRY MOESSON
JOHN GORZEM
LARRY MOESSON
JOHN GORZEM
MIKE MCLAMANA
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MARKY KACMADOORIAM
JOHN FILEN
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MCMEN'S 65-69 PATRICIA PETERSON LEONORE MCDANIELS 9.72 10.5h MOMEN'S 70-74 MARY HOLLAND WOMEN'S 75-79 MARJORIE SMITH 10.5h 13.61 MOMEN'S 80-84 ADRIENNE SALAMINI 15.7h

1996 Indoor 60m Compiled by Larry Patz

MEN S 30-14

ALAPITO ROS

ALAPITO ROS

ALAPITO ROS

ALAPITO ROS

MITCHELL LOVETT

CHRIS HOGHES

ABRAHAM CANTY

STEVE KIRNIN

ZACHARY PULLINS

DON RHETT

ALAN SINS

STEVE KIRNIN

ZACHARY PULLINS

DON RHETT

ALAN SINS

MEN'S 35-39

DEREK HOLLOMY

BENJAMIN HCCLEO

BEN JAMES

MARTIN ERCLER

MARTIN ERCLERS

MOME LEVINGSTON

KEVIN MORSINS

MOME LEVINGSTON

KEVIN MORSINS

KINDER

ARRY MISS

ARRY MISS

ALAMERCE FILLEY

JAY MATHIS

CLA GOCOMES

ALANERCE FILLEY

JAY MATHIS

CLAMERCE FILLEY

JAY MATHIS

TON JACKSON

DAVID FORD

JUNE SENDINGS

MARY BLAME

MARY BLAME

BILL COLLINS

MARION MCCOY

CHARLES ALLIE

TON MATHIN MATHIS

TON MINIMAL

TON MATHIN MATHIS

TON MATHIN MATHIN

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7.5h 7.6h 7.6h 8.05 8.05 8.17 8.17 8.3h 8.4h 8.5h 8.7h 9.01 9.02 9.19 9.12 9.19 10.0h 10.0h 10.25 8.12 8.26 8.59 8.59 8.5h 8.6h 8.73 8.85 8.85 8.95 8.9h 9.1h 9.8h 9.9h 10.3h 10.56

MEM'S 55-59
DALE LANCE
CART OLIPHAT
BROKEN CONTROL
BROKEN CONTROL LESTER DERANIA
NORMAN THOMAS
MEN'S 50-54
JOSEPH JOHNSON
TOM BASSETT
AND JOSEPH JOHNSON
TOM BASSETT
AND JOSEPH JOHNSON
TOM BASSETT
MELVIN FIELDS
ROGER FIERCE
ROGER FIERCE
ROGER FIERCE
LINCAL BOUSTS
TIM BUTTS
AND JOHNSON
FRANK BONNAM
AVITAL SOMURA
TOM KINDEL
PAUL SIMMONAM
MARCOS LEVI
BILL PROSST
JEFF UNSULD
BOS KLEDRAL
RACOS LEVI
BILL PROSST
BOS RACOS LEVI
BILL PROSS 8.4h 8.6h 9.0h 9.5h 9.94 9.96 10.14 10.5h 12.25 9.5h 11.06 11.4h 11.9h 13.56 14.5h PAGE GLIBERT
MEN'S 55 SP
LAWRENCE COLBERT
MEN'S BUSS
PAYNAN ADMS
MIL PAWLIK
MALTER LAWCASTER
MATMANIEL CASTER
MATMANIEL
MATMANIEL HEN'S 85-89 RUSSELL RANDALL 10.41 7.1h 7.44 7.47 8.1h 6.1h 6.23 8.2h 6.37 8.39 8.7h 9.15

MEN'S 60-64
DICK RICHARDS
BOBBY THOMAS
BOBBY THOMAS
BOBY THOMAS
MILTON NEWTON
MILTON NEWTON
MILTON NEWTON
MILTON NEWTON
MILTON SESASE
ROBERT SMITH
ALVIN BURTON JR
JOHN SCOREIBER
EARL MEGE
ENSEL MCDANIELS
MEN'S 65-69
HARNY BROWN
JAMES SCOONEY
ROBERT ALEXANDER
JACK COY
MEL MELGOSA
PRED GRACIE
MILLIAN
MEL MELGOSA
PRED GRACIE
MILLIAN
MI 7.73 8.02 8.0h 8.4h 8.5h 9.29 9.7h 7.61 7.6h 8.1h 8.28 8.63 9.2h 9.7h 9.7h 9.7h

8.6h 8.90 9.9h 9.0h 10.1h 10.5h 11.2h 11.62 FRANK BRAKO
MEN'S 75-79
MILTON SILVENSTEIN
EDWARD MATTHEMS JR
JIM MANNO
MARIEN MCWILLIAMS
JOHN MEANS
TED YERARI
ANGELO GLIER
ANGELO GLIER
LABERT FARCHILD
KONRAD SLAUGHTER
KONRAD SLAUGHTER ELLEM STEIN
WORDEN'S 55-59
WORDEN'S 55-59
WANCY MERRILL
JANET AMERY
MOMEN'S 60-64
RACHEL LYGA
ANNEY LYDELL
BETTY VOSBURGH
MANY ROPAN
JOER ROBINSON
LORELE RUBEN
CAROLYN RAGOZZINO 9.27 10.92 12.1h KONRAD SLAUGHTER
MEN'S 80-84
PRANK FINGER
GAAFIELD SCHOENER
CLARENCE TRAHAN
ED AMDRYSIAK 9.24 PRANK FINGER
9.63 GAUTIELD SCHOENE
9.53 CLARENCE TRAJOR
10.6h
12.14 MEN'S 85-89
TED HATLEN
VERGIL MCINTYRE

MEN'S 90-94
EVERETT HOSACK
WOMEN'S 90-19
EHONGA POP 94
EHONGA POP 96
ENGERLY JONES
LAREN JONESON
RUVINIA KELLY
DENISE JONES
JANICE WASHINGTON
HOMEN'S 15-19 17.47 JANICE WASHINGTON
WOMEN'S 35-39
JOY UPSHAW-MARGERUM
LOUISE CLARK
ANCELA HEALY
CHERYL ALSTON
PATRICIA FINLEY
EDITH MOURTOS 8.09 8.40 8.41 8.65 9.1h 10.26

EDITH MOURTOS
WOMEN'S 40-44
IRENE THOMPSON
CIMDY STEENBERGEN
DENISE MCFIELD
ALISON SHELLING
JACQUELINE BOARD
CAROLE SOLOMON
LEAH REWOLINSKI HOMEN'S 45-49
PHIL RASCHKER
SHARON WARREN
CASSANDRA CLARK
PAM ZIMMERMAN

7.14 7.16 7.27 7.27 7.29 7.32 7.38 7.44 7.49 7.55 7.60 7.63 PAM ZIOGENAN
MOMEN'S 50-54
MADINE LOWENSTEIN
MARY ROBINSON
PENNY DANIELSON
NINA BRYANT
ANN CARTER
NORMA JONES
KAREN HUFP
PATRICE THOMAS WOMEN'S 55-59
JOANN GRISSOM
JOY MACDONALD
BECKY SISLEY
SARA WOLD

WOMEN'S 60-64
BETTY VOSBURGH
ANNE YUDELL
FEI-MEI CHOU
MARJORIE MOORE
SPYROULA RODENE 9.76 10.01 10.80 11.67 12.53 MAJORTE MODRIBON
MOREN'S 65-69
PATRICIA PETERSON
SUMI OMODERA-LEONAN
MAGDALENA UUBINE
LECADRE MCDANIELS
MOMEN'S 70-74
JOHNNYE VALUE
MOMEN'S 70-74
JOHNNYE VALUE
MOMEN'S 70-74
JOHNNYE VALUE
MOMEN'S 75-79
MANY BOWENASTER
CALLA COMVERY
CALLA COMVERY
CALLA COMVERY 11.25 11.41 11.55 11.76 11.80

WOMEN'S 30-84 PEARL MENL 15.60 1996 Indoor 200m Compiled by Larry Patz

MEN'S 10-34
DAVID BARNER
DAVID BARNER
TITEVEN GORTARAN
MITCHELL LOVETT
ALBERTO RCS
SPENCER JOHNSON
BERNAM CANTY
JOHNSON
LORGINE JOHNSON
TOM LOWE
TERRY JOHNS
TICLIAN VALUER
TERRY JOHNS
TITLIAN VALUER
TERRY JOHNS
TON VALUER
TERRY JOHNS
TON VALUER
TON VALUER
TERRY JOHNS
TON VALUER
T 7.53 7.67 7.67 7.69 7.74 7.89 7.99 8.04 8.09 8.18 8.22 8.33 8.37 8.57 8.59 8.66 8.70

BERIC GOOOLOW

MEM'S 35-39
BEN JAMES
SEN JAMES

23.99 24.37 24.59 24.91 24.91 25.00 25.03 25.36 25.36 25.36 25.36 25.36 25.36 25.36 25.36 25.37 26.47 26.47 26.47 26.57 26.57 26.57 26.57 26.57 26.57 26.57 27.58 27.58 26.10 26.47 26.57 26.57 26.80 27.07 27.2h 27.5h 27.5h 27.5h 27.5h 27.5h 28.1h 28.24 28.68 29.4h 30.03

BOB HERRIN

CALE STATM

CALE STATM

CALE STATM

CALE STATM

COUCLAS HOLMSERG

BOB GILL

BOB BCSEN

TORRAN GARRER

TIMBAN GARRER

MEN'S 45-49

TORRAN GARRER

MEN'S 50-54

JOSEPH JONSON
RONALD JONNSON
RONALD JONNSON
RONALD JONNSON
RODER JONNSON
ROGER PIERCE
EDMAND JONES
BY
ROGER PIERCE
EDMAND JONES
BY
ROGER PIERCE
EDMAND JONES
BY
ROGER ASSIMK
ROGERT LLOYD
PAUL HENRY
DENNIS DUFFY
LINCOLN RUSSIM
RICHARD
LINCOLN RUSSIM
RICHARD
RANDALL BRADY
MALTER GIBSON
AVITAL SCHURR
RANDALL BRADY
MALTER GIBSON
RANDALL CLEVEN
MARREN GRAFF
PAUL SIMONS
BOB FUNDAM
DON WILLIAMS
ROM W

25.55 25.73 26.02 26.06 26.63 26.66 26.7h 27.27 27.27 27.27 27.27 28.19 28.28 28.4h 28.8h 28.8h 28.8h 28.8h 28.8h 28.8h 28.8h 28.8h 28.7h 30.70

JERKY DELZOLL

MEN'S 55-59
LAWRENCE COLBERT

BONALD KERPATRICK
ROD VANVELSON
ROD VANVELSON
RAYNE BENNETT
GARY OLIPHANT
DALE LANCE
THOMAS FORDY
ROGER SPROCKETT
JIMMY WEAVER
DALE LANCE
THOMAS FORDY
CHARLES SPROCKETT
JIMMY WEAVER
DICK HURLEY
CHARLES SPROCKETT
JIMMY WEAVER
DICK HURLEY
CHARLES SPROCKETT
JIMMY WEAVER
DICK HURLEY
CHARLES PROCKETT
DENNIS GLASCON
BANTI GALLICAN
DICK HURLEY
CHARLES
DAVID GALLICAN
JOHN MACDONALD
PIET STOPOULOS
JACK BRUNNER
ROTH GLASCON
LICK BRUNNER
ROTH GLASCON
JACK BRUNNER
ROTH GRANT
JACK BRUNNER
ROTH GARRING
ROTH GRANT
JACK BRUNNER
ROTH GRANT
JERRY SALELLE
ROTH GRANT
JERRY SALELLE
ROTH GRANT
JERRY SALELLE
ROTH GRANT
JERRY SALELLE
ROBERT CLOUTIER
VINCENT ROFFIN
JOHN WALL
JIM PRECORD CLOWERS
BRUCE SUSONG
ALVIN BURTON TR
JAMES MAGER
BRUCE SUSONG
ALVIN BURTON
JAMES MAGER

22.62 22.74 23.43 23.89 24.10 24.10 24.57 24.57 24.57 24.57 24.57 24.57 24.57 24.57 24.57 24.73 24.73 24.73 24.73 24.73 24.73 24.73 24.73 24.73 24.73 24.73 24.73 24.73 24.73 24.73 24.73 25.73 26.43 27.73 28.73 27.73 27.73 28.73 27.73 27.73 28.73

39.5h ALVIN BURTON YILL ANTHONY BESASE
22.97
23.4h JIN MOLLENSTEINER ANTHONY BESASE
23.76 JOHN MALLY
23.76 LOUIS EBELMAN
23.76 LOUIS EBELMAN
24.10 JAMES DUNCAN
24.11 JAMES DUNCAN
24.10 JAMES DUNCAN
24.10 JAMES DUNCAN
24.11 JAMES DUNCAN
24.12 JAMES DUNCAN
24.12 JAMES DUNCAN
24.13 JAMES DUNCAN
24.15 MEN'S 65-69
24.27 JOHN DESTRICT
24.28 JAMES JOHN DESTRICT
25.00 HABRY BROWN
25.10 PRED GUNTHER
25.01 JACK DUNTHER
25.02 PRED GUNTHER
25.03 PRED GUNTHER
25.04 JACK DUNTHER
25.05 MEL MELGOSA
25.13 JACK PRED GUNTHER
25.13 JACK PRED GUNTHER
25.13 JACK PRED GUNTHER
25.14 JACK LANCE
25.15 MILLIAM BERGEN JR
25.15 MILLIAM BERGEN JR
25.15 MILLIAM BERGEN JR
25.16 JACK LANCE
26.11 LANENNES GRECO
26.11 LANENNES GRECO
26.11 LANENNES GRECO
26.11 JACK LANCE
26.12 JOHN KALTER JAMEERS
26.13 BYON MINTER
26.14 JOHN KALTER JAMEERS
26.15 TIM MOREN
26.15 TIM MORE

LESTER WRIGHT TOM KENNELL ROBERT HAYLOR ROBERT WINGO FRANK BRAKO GEORGE HORNER JOHN MCCARTHY RUSSELL MORE ART HOLLAND ALME ADAMS HENRY KURIC WES KLEIN 33.46 33.50 33.7h 33.7h 33.81 37.05 37.3h 38.5h 39.46 42.50 42.56 46.2h 30.29 31.6h 32.40 32.72 34.74 36.40 37.3h 38.06 38.06 39.0h 40.03 41.32 42.07 45.50 54.3h

37.5h 38.92 41.30 52.28 54.0h

MEM'S 75-79
JOHN ALEXANDER
JOHN ALEXANDER
JOHN ALEXANDER
JOHN ALEXANDER
JOHN BANTSON
JOHN MEANS
VERRE ROCKCASTLE
TO STANLEY
ROCKET SOLLIEN
ROSERT MARKICK
ROMEN'S 80-84
ROSERT MARKICK
ROMEN'S 85-89
VIRGIL MCINTTRE
CUALLES ESTY
ELLERY CLARK JR
ROSERT MARKICK
ROMEN'S 30-44
ROSERT MARKICK
ROSERT 1:07.16 2:16.32 26.0h 27.30 27.51 28.49 29.22 29.23 29.4h 29.55 30.41 30.9h 31.2h 32.00 32.01 33.7h 37.7h

GARRIELLE YATES
SAMDY CALLAMAN
MODERS 35-39
SELIMON FORDCENTURE
SELIMON FORDCENTURE
AMBELLY MASSIN
CHERYL ALSTON
MOLLY JOHNSON
MARTHA LUTZ
JEAN MANCOC
VIETE HELSPORD
MARTHA HELSPORD
MORDI'S 40-44
CIMOY STEEMBERGEN
IRENE THOMPSON
DENISE MOTHELS BOAD
JACQUELINE 27.97 28.36 28.61 28.67 30.09 30.5h 32.2h 32.55 33.61 33.6h 33.9h 34.56 35.07 36.10 36.25

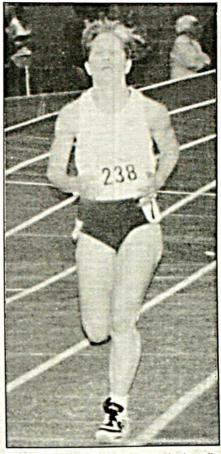
26.7h 27.28 27.49 29.46 29.51 29.9h 30.41 32.7h 35.9h 37.1h 26.66 28.51 28.68 31.57 31.74 32.14 33.5h 34.77 38.83 39.1h 44.6h

30.80 32.5h 32.80 34.32 35.8h 37.38 37.63 46.9h 47.11 57.1h 36.8h 40.53 41.2h 43.95 49.1h WOMEN'S 60-64
BETTY VOSBURGH
ANNE YUDELL
SALLY STRAZDINS
MAGGIE SOLOMON
FEI-MEI CHOU
RACHEL LYGA
LORELEI RÜBEN
SPYROULA RODENBOM 33.25 34.86 36.93 37.99 38.12 41.62 49.04 49.68

SPYROULA RODEMBON
MONDMYS 55-59
SUNI OMODERA-LECHARD
PATRICIA PETERSON
LEGUORE MCDANIELS
MONDMYS 70-74
JOHOSTY VALIEN
MARY MOLLAND
DIAME FRIEDMAN
JEAN UDELL'S
BORBY MOSENTRAL 39.59 42.76 42.90 46.09 49.76 50.62 BORBY MOSENTIAL
WOMERN'S 75-79
MANY BOWERMASTER
CARLA CONVERY
MALJORIE SMITH
WOMEN'S 80-84
PEARL MEMU,
ADRIENCE SALAMINI 47.33 51.58 57.37 57.61 1:05.2h

1996 Indoor 400m Compiled by Larry Patz

HEN'S 30-34
TRACEY FOR
MICHELL LOVETT
SPENCER JOHNSON
GOVER LICHNEY
GOVERNMENT
LOVETT
SPENCER JOHNSON
GOVER LICHNEY
JUNEAU
LICHNEY
LEONAD JANDERS
WILLIAM VAUGHN
VINCENT GOODMAN
ELIZA ALLERABAET
WINDSAN JONES
WIND 50. 82 51.04 51.44 51.8h 52.0h 52.46 52.75 53.3h 53.4h 53.6h 54.1h 54.25 54.30 55.1h 56.3h 56.3h 56.3h 55.5h 55.5h 55.5h 27.7h 27.7h 28.87 28.9h 29.00 29.20 29.32 29.30 30.3h 30.3h 31.3h 31.4h 32.0h 32.0h 32.7h 33.14 34.5h 34.5h 36.2h 39.40 DAN DALL
INTOMELL DAVIS
MEN'S 35-39
BAY BLACWICKI
JOHN DAVIS
BAY BLACKYCK
JOHN DAVIS
BILL NECORNICK
ANSELM LEBOURNE
STEPHEN WINKEL
PETER BERGERON
TIRONE WILLIAMS
PETRANEL
BERNARD LONG
LAWRENCE FINLEY
LLOYD JEREMIAN
EUGENE VICKERS
TIMOTTY WOAHON
JOERG MERRARCHTSMEIER
TERRY O'CONNELL
KINLEY HILL
KINLEY HILL
KINLEY HILL 50.3h 51.4h 51.54 52.5h 53.8h 54.20 54.11 54.42 54.7h 55.21 55.25 55.68 55.99 56.51



Wendi Glassman, 40, New Jersey, in the mile, 1996 USATF Masters Indoor Championships, Greensboro, N.C. Photo by Jerry Wojcik

ROBERT LLOYD
PAUL HENRY
DENNIS DUFFY
DANIEL DUFAYTE
GGORGE MASON
ED HILLSWER
ALLEN MCDANIEL
BOB FURRHAN
ROGER ASSINK
AB HAGIN
DONANDETHERLY
LINN SMITH
KINGSLEY CLARKS
TIM COLLINS
ABELARDO SURREZ
VICTOR BROUSHET
LARY MON 57.4h 58.17 58.60 59.20 1:00.6h 1:01.81 1:04.36 1:04.8h 1:04.8h BOB WEIDMAN
NIKOS MOURTOS
STEPHEN COEMEN
BARRY TISDALE
JOSE CABRERA
NEAL COFFEY
PATRICK MANGUS
NICK COPPOLILLO
DON STEWART
ROGER DAVIS
BROOKS WRIGHT BROODS WRIGHT

MEN'S 40-44
GENALD RAINING
STEPHEN COMERN
STEPHEN COMERN
STEPHEN COMERN
FOR THOMAS
STEPHEN JONES
TOM THOMAS
STEPHEN JONES
TOM THOMAS
ONES
TOM
ONES 53.5h 53.64 54.0h 54.10h 55.12h 55.2h 55.2h 55.3h 55.5h 55.65 56.50 56.56 56.56 56.57 56.7h 56.7h 56.7h 57.4h 57.7h 58.8h 56.90 56.56 56.57 56.7h 57.4h 57.2h DENNIS MOND

MEN'S (5-5)
LAWRENCE COLLERT

IRMIN MEATH
RICHARD RICHARD
RICHARD
RICHARD
RICHARD
RICHARD
RICHARD
RICHARD
RICHARD
ROBER FORNET
RICHARD
ROBER FORNET
ROBER FORNE
ROBER F 51.71 54.2h 54.2h 55.27 55.67 55.67 56.19 56.19 56.19 56.19 56.35 57.15 59.15 59.15 59.15 1:00.09 1:00.93 1:00.9 COULES WILTON
BEN MCADANS
MEN'S 70-74
- JOHNSON
MARGUL JONNISON
JOHN MCHANUS
ARCHIE MESSENGER
JACK HIPPLE
ROBERT NAYLOR
TOM MALNUS
SOMM MCCARTHY
ROY ENGLISH
ROY ENGLISH
MEN'S 75-79 1:11.81 1:13.50 1:14.24 1:14.37 1:14.74 1:15.21 1:18.8h 1:20.3h 1:22.0h 1:22.8h 1:25.0h 1:42.81

NOT ENGLIST 1:44-24

NOT ENGLIST 1:44-24

NOT ENGLIST 1:22-29

JUN MANDE

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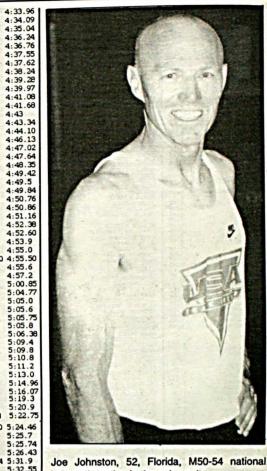
5:03.8 5:14.4

page 22	1	and the same of the			
Continued from pa	age 21	Neil Howk	2:07.9	Howard MacMillan Don Preven	
MILO LIGHTFOOT	1:36.66	Bruce Clifton James Reppert Dan Winzenried	2:10.8 2:11.2 2:11.5	Sam Taylor Joe Kernan	
PRANK LEVINE HEL FLACIS HAROLD MASSIE	1:45.02 1:53.44 2:19.61	Robert Cox	2::1.7	M70-74 Archie Hessenger	
HEN'S 85-89 VIRGIL HCINTYRE CHARLES ESPY	1:59.94	Roger Messenger	2:12.1	John McManus Tom Walnut	
	2:48.62	Curtis Baldwin Charlie Lutz Richard Clark	2:12.3 2:12.7 2:12.8	George Riser Bob Wingo	
WOMEN'S 30-34 TAMIKA POWELL ANNE JENNINGS ALTHEA MORRIS	59.9h 1:00.08	Ben Zhao Kevin Kelly	2:12.8	Frank Lucianna Ernie NacDonald	
ANNE JENNINGS ALTHEA HORRIS VIKKI MEARNS VIKKI MEARNS JENNY COTTINGHAM HARLE SUMMICHT BETTY MITTAKER ARLENE HAHONEY DEBBIE YURTH PAN CARE RUNTHAL RELEY LAURA PRISCH MUNTHAL RELEY LAURA PRISCH	1:01.00 1:01.56 1:04.43 1:04.7h 1:06.76 1:07.3h 1:07.7h 1:08.47 1:11.02 1:12.06	Gerry Krainik Tom Richman	2:13.7	Henry Kurick Russ More	
BETTY WHITAKER ARLENE MAHONEY	1:06.74	Emeric Butler Jeff Watry	2:15.0	M75-79 Bill Tribou	
DEBBIE YURTH	1:07.3h 1:07.7h	Alvin Burch Nicholas Kimaiyo	2:15.7	Bob Matteson Emil Balz	
RUVINIA KELLY LAURA PRISCH	1:11.02	Karl Castor	2:16.5	Leo Wade Jim McGilvray	
JOY UPSHAW-MARGERUM	1:01.17	Turran Harper Bill McMullen Haurice Painter	2:17.1	M80-84	
BELINDA MCCOY SHEREE ROBERTSCH ROBIN TARPINEAN	1:04.43 1:05.96 1:06.51	Mike Klaefehn Jim Halsch	2:18.2 2:18.3	Austin Nevman Frank Levine	
ALICIA JOHNSON MARY RUSSELL LISA LAPRONZ CHERYL DETOYE	1:05.96 1:06.51 1:08.47 1:10.30	Jerry Feldhausen Wright Brooks	2:20.8	Dudley Healey Max Springer	
CHERYL DETOYE	1:15.6h 1:25.12 1:30.20	Dan Kessler	2:21.7	Harold Hassie M85-89	
WOMEN'S 40-44 IRENE THOMPSON		John Ducray	2:21.8 2:22.5	Charles Espy W30-34	
JACQUELINE SOARD PAULA DICKSON-TAYLO LYNN LATORIA CAPOLE SOLOMON JAVE PARKS MAISHA NCUVU	R 1:06.09	Tony Peaster Hugh Mundy Tim Zbikovski	2:22.9	Ann Boyd	
JANE PARKS	1:14.1h 1:20.0h	Jim Herr Tom Crowley	2:25.2	Stacey Graham Debbie Szartke	
WOMEN'S 45-49		Jeff Kisseloff Mark Lieberman	2:25.7	Rathy Torsney Pam Carr	
DEE DEE GRAFIUS	1:02.55 1:11.11 1:12.49	Bill Maguire	2:30.3	Monica Dawson Dawn Best	
PAN ZIMMERMAN JENNIFER PINTO SKIPPER CLARE	1:13.50 1:14.82 1:15.5h 1:20.0h	Steve Calonkey Andrew Fales	2:31.8 2:39.5	Laura Frisch Jen Frost	
MARY GALE ARLENE DECKER	1:20.0h 1:22.6h	Richard Ovian	2:41.8	Laurie Waterman W35-39	
NOMEN'S 50-54 NAD'INE LOWENSTEIN	1:09.4h	Ray Gildea John Roselli	2:44.6	Carla Hervert Becky Chan	
RADINE LOWENSTEIN SILEEN COX KATY GOTTSCHALK FEG BOYLES	1:09.4h 1:16.52 1:18.9h 1:20.17	Hallmack Daniel Cruz	2:45.4	Robin Tarpinian Mimi Ney	
BOCKLIE BATCLIPPE	1:22.16 1:43.6h	M45-49 Dan Drozd	2:09.3	Kate Kinney Cathy McKie	
MOMEN'S 55-59 RELEME SAMUELSON YVONNE ROTHENBERG SYSINDE MOORS SUSAN LSVY JAN GUSTAPSON	1:22.1h	Randy Taylor Wayne Morris Glenn Andrews	2:10.4	Marilyn Brandt Mary Russell	
STOLINGE MOORS	1:22.1h 1:27.1h 1:28.66 1:30.0h 1:33.36	Al Svenson	2:08.1	Maria Andrews Alicia Johnson	
MOMEN'S 60-64		Rich Puckerin Jim Gorman	2:10.4	Jean Hancock	
MOMEN'S 60-64 CAROLYN CAPPETTA BETTY VOSBURGH ANGE YUBLL MAGGE SOLONCH KATI MCINTYRE SALLY STRAEDINS DONNG GOLLEY LCCHEL LYGA	1:10.69 1:18.47 1:22.26 1:23.67 1:25.57 1:27.30 1:33.79 1:45.09	Luis cannarale	2:12.0	W40-44 Sheila Purves	
MAGGIE SOLONCH KATI MCINTYRE	1:23.67	Morris Morgan David Harris	2:12.7	Patti Ford P. Dickson-Taylor	3
DONNA GULLEY	1:33.79	Don Fish	2:13.7	Raren McKeachie Regina Cahill K.Stocker-Laquidas	
XXXVI'S 65-69 KM() ONO'AC'A-LEONARD OIS PILME'S ATRICIA ("LTERSON	3:25.09	John Hickey Karl Fields John Naslund	2:14.9 2:14.9 2:15.2	Muriel Naumann Laurie Kinsella	
ATRICIA (LTERSON	1:42:63	John Danforth	2:16.1	Irene Thompson Jeannine Naslund	
CHEM'S 70-74 LOUISE ADAMS DIAME PRIVENGE RAGG PERSLES	1:36 10	Brad Johnson	2:19.4	Lovery Patricia Pernell	
CARGL PERSLES	DISCHARING !	Harold Nolan	2:21.0	Maisha Nguvu	
PEARL MERL DRIENNE SALAMINI	2:25.65 2:35.4h	Frank Goldkamp	2:23.0	W45-49 DeeDee Grafius	
1996 Indoor 80	00m	Rick Cleary Jim Lawton	2:25.0	Ann Schmitt	E.
Compiled b	y	Victor Medina Jeff Parkman	2:27.2	Eliz. Riordan Phil Raschker	Š
Bill Bensor	A COUNTY OF THE PARTY OF THE PA	Mike Wilson Rick Recker	2:23.4	Sandy Miller Arlene Decker Donna Olson	
Vaughn Kastor Norm Bouthelier	1:58.8	Bill Indek	2:33.0	Diane McManus	
Hel Petersen Kenny Scott Andre Campagnat	2:03.3	Steve Schmitt Gordon Reiter William Hart	2:35.9	Jo Marchetti Linda Upton	2 2
Eli Al-Shabazz	2:04.4	Leonard Hansen, Jr.		Ann Makoske Eileen Cox	2 2
Bill Brosmith Bill Nevsham	2:04.7	Douglas Sturn Ron Winkler	2:53.0	Dody Burkey Natalie Crabov	3
Nino Tillman	2:05.6	H50-54	2:11.4	Mary Lou Platis W55-59	3
Charles Jenks	2:08.2	Bic Stevens Paul Perry Bruce Carter	2:11.6	Jane Arnold Marilyn Morehead	3
Pembroke	2:11.4	Allen McDaniel	2:17.4	Helene Samuelson Merion Knight	3
Michael Boni Steve Simons	2:12.6	Dennis Duffy	2:19.2	Susan Levy	4
Mike Auer Robert Wickline	2:14.3	John Kenton Don Masterson John Babington	2:22.8	W60-64 Carolyn Cappetta	2
David Jackson Brian Tenhue	2:15.0	Kevin Smith	2:24.9	Grace Butcher Kati McIntyre	3
Ted Boven Steve Katz	2:15.8	Bob Bennett	2:26.4	Haggie Solomon Evelyn Zerfoss	3
Adelber Alonso	2:20.0	Ben Miller Dan Masterson Jon Tetherly	2:27.0	Christel Miller	3
Jim O'Neill Robert Fencil	2:21.5	Jim Palmeri Bill Angus	2:29.9	W65-69 Lois Filreis	3
Glenn Kohler Tim Crawford	2:27.0	Larry Smith Lynn Smith	2:31.2	Vivian Paleczny	5
Eric Vanderhoef	2:38.5	Sam McClendon	2:33.8 2:33.8 2:34.1	W70-74 Louise Adams	3
Michael Gorman M35-39	2:51.8	John Searmann Dan Shumeyko	2:37.8	Johnnye Valien W75-79	3
Ansels LeBourne	1:55.7	Jeff Straussman Ken Winters	2:48.4	Mary Varani W80-84	•
Sel Allah Jeff Lindsey Rick Smith	1:56.9	Arthur Maillet Ken Katzner	2:50.6	Pearl Hehl	5
Jim Busby J.Herbrechtsmeie	2:03.9	Frank Weibel John Schwartz	3:05.8	Additions: M30 Michael Hallora	n
Hark Carver	2:05.6	M55-59 Cliff Gordy John Allen	2:20.0	M35 David Boor M40 Kevin Morrisroe	T.
Al Dehlinger	2:07.2	John Dunkelberg Sid Howard	2:25.7	Jeff Knutson M45 Reinhold Wotawe	-
Robin Wheeless Scott King	2:07.4	Wally Bravner Jim Clark	2:26.8	David Weiss David Rossiter	
Tim Vilhaven Doug Miller	2:07.7	Wesley Foote	2:29.8	M50 Larry Smith Joe Reynolds	
Ray Blackwell	2:38.9	James Huffman Bobby Kincaid Huggman	2:32.9		_
Dick Kennedy Steve Beckvith	2:38.9	Ken Ogden	2:36.2	1996 Indoor 19 Compiled b	50
Tyrone Guiden Joe Sullivan	2:10.0	Dave Gerridge Bruce Davis	2:36.5	Jerry Wojc	
Nikos Mourtos Brian Rhodes	2:11.0	David Laterneau Fred Bertelsen	2:42.5	N30	d
Anthony Rodiez	2:12.8	Stephen Brown Bill Jeffrey	2:47.0	Wm Brosmith 31	4
Phil Rougeux Ben Gorecki	2:13.6	Joe Mautz David Renton	2:48.5	John Barresi 32 Mel Petersen	4
Ed Pancoast	2:14.4	John Robinson Ray Weber	2:54.1	Dave Dunham Don Volkey	4
Guy Gordon Phil Matraxia	2:14.8	Phil Rice Ben Shiniak	3:06.7	Bill Devine Tom Metz	4
Keith Davies Daniel Rusk	2:15.8	M60-64 Jim Aneshansley	2:18.3	Daniel Lucas	4
Kevin Horbetiuk Dan Burns	2:19.8	Ino Cantu Paul Heitzman	2:28.3	Larry Glazer David Jackson	4
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Steve Hoger Bob Brush	2:21.8	Bruce Susong Bill Johnson	2:35.6	Steve Simons Jerry Lack	4
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	Bill Lundberg Alan Muir Jeff Stone 40	4:33.96 4:34.09 4:35.04 4:36.24		
	Alan Muir Jeff Stone 40			
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	Tom Richman 41 Tom Aspel 40	4:36.76		
	Tom Hartshorne	4:37.62		1
١	Fred Kitzrow #20	4:39.28	44-12	1
١	Steve Giorgis	4:41.00		
١	Mark Furkis 40	4:43	Edge Salar	
١	John Mornini John Mathews 42	4:44.10		7
١	Paul Ryan	4:47.64		
١	Joe Mulhern Richard Orian #30	4:48.35 4:49.42		Na.
۱	Dan Block Mike McHale	4:49.5		
١	Rich Murray Dave Worden	4:50.76 4:50.86		
١	Bruce Bond Wilhelm Anerson Keyin Kelly	4:51.16 4:52.38		
١	David Miller	4:53.9		Esany.
١	Mark Yellin Bill McMulllen #40			
	Maurice Pointer Tim O'Brien 40	4.57.2		
۱	Brian Kempter 43 Mike Peters 42	3.04.77		
	Greg Franzen 41 Richard Clark 42	5:05.0 5:05.6		
	Tom Knapp Mark LeDuc 41	5:05.8		
	Tony Peaster #50		A default	
	Dave Gehman	5:10.8		
	Warren Walker John Paul Roy 43	5:11.2 5:13.0		
	John Capoccia John Babington	5:14.96		
	Dale Heinen 40 Tom Crowley 42	5:19.3	S H	AL THE
	Mark Lieberman 43 Larry McDonough#60	5:22.75		-
١	Bill Maguire Brooks Wright 40	5:25.7 5:25.74	0000	OLT THE
	Gerald Baker Kevin Morrisroe 44	5:26.43	Joe Johnston,	52 FI
	Jim Herr	5:32.55 5:33.9	indoor champion	Children and Market
	Guy Johnson 40 Gary Papazian	5:34.1 5:38	SHARE SIL	
	Vince Lucas Jeff Knutson #70	5:38.00 5:40.5	Don Lain 62	5.41 21
1	H45	4:36.4	Don Lein 62 A Ravenscroft Bailey Abstractive	5:41.71 5:51.7
		4:37.79 4:38.54	Don Farley	5:55.08 5:56.84
	Paul Zink	4:44.72	Jim Culver	5:59.9 6:00.9
0	Tin Common 47	4.49 42		6:34.6 6:52.44
1	Gary Fanelli Bill Gale	4:49.7	Jack Nyhan M65 Paul Heitzman 65	7:04
١	John Naslund Randy Taylor 46	4:50.9 4:52.83	Casey Jones 65	5:44.31
	Don Fish 46 Ed Poirier	4:54.31 4:57.03	Ted Sullivan Jack Nyhan M65 Casey Jones 65 Can Ross Ed Stabler 66 Bill Carey 68 Rogers Anderson Malter Gale 65 Jack Garrity Larry Hall Roger Whalley Al Meaver Dick Sullivan Joe Kernan Bob Parsons Don Preven Ken Hodges 69 M70 John McManus Sid Toabe Bob Parsons John Gray Ken Folsoa Roy Englert 73 M75 Bill Tribou 75 Nate White 76 Bob Matteson Bill Benson George Blyn Clarence Osborn M80	6:15.4
,	Reinhold Wotowa	4:57.10 5:00.50	Rogers Anderson	6:20.3
3	Fred Dedrick Tom Homeyer	5:02.0 5:03.89	Jack Garrity	6:26.18
	John Hickey 46	5:04.1 5:04.95	Roger Whalley	6:47.72
1	Dave DelFavero 47	5:05.4 5:10.17	Dick Sullivan	6:56.94
	Wayne Morris 45 Robert Pertak	5:11.02 5:11.53	Bob Parsons	7:15.9
	Fred Goldcamp Ken Zeserson	5:11.7 5:11.79	Ken Hodges 69	7:26.22
1	Tom Derderian Rick Cleary	5:11.86 5:12.97	John McManus	6:16.37
	Phil Jonas Virgil Koski 46	5:17.14	Bob Parsons	7:14.6
١	Mike Bloom Gordon Reiter 40	5:20.3	Ken Folsan	7:54.99
1	Butch Bigelow Rick Recker 49	5:25.88	M75	6:42.21
	Fred Clayton 46	5:27.9	Nate White 76	7:10.22
	Shawn Regan 45	5:31.6	Bill Benson	7:46.90 8:07.9
	Tim Gordon 46	5:45.3	Clarence Osborn	8:26.3 10:44.4
	M50 Paul Perry 51	4:54.90	M80 Austin Newman 80 Frank Levine 82 Dudley Healy 81 Max Springer 82 Harold Massie 82 Chas Jorgensen W30 Beth DeCiantis Ann Boyd Leatha Damron 32 Marjorie Foy 31 Lorrie Marmell W35 Carla Hervert 37 Karen Boen Mimi Ney 37 Kobin Tarpinian 35 Karen Lein Becky Chan Sue O'Malley W40	7:16.45
1	Herb Engman	4:56.90 5:07.75	Frank Levine 82 Dudley Healy 81	8:23.27 8:41.88
1	Jim Bisogni	5:08.1 5:11.41	Max Springer 82 Harold Massie 82	8:51.85 10:34.4
١	Jack Brennan	5:19.8 5:22.64	Chas Jorgensen W30	10:35.6
	Kevin Smith	5:24.64 5:25.17	Beth DeCiantis Ann Boyd	5:14.95 5:20.7
	Don Masterson 51	5:26.48 5:28.50	Leatha Damron 32 Marjorie Foy 31	5:35.4 5:43.10
	Art Wiesbers	5:29.5 5:34.47	Lorrie Marnell W35	5:53.18
1	Dave Sanders	5:34.57 5:38.71	Carla Hervert 37 Karen Boen	5:12.78
1	Dick Ashley Larry Smith	5:40.58 5:41.3	Mimi Ney 37 Robin Tarpinian 35	5:32.94
١	Lou Coppens Brian Salzberg	5:46.2 5:52.2	Karen Lein Becky Chan	5:49.12
١	Joe Dubow M55	5:56.2	Sue O'Malley	6:03.62
,	Tim Simpson 55 Rick Kleyman 55	4:57.23	Sheila Purves	5:09.71
1	Sid Howard Wally Brawner	5:14.34	Karen McKeachie 43	5:23.40 5:33.95
1	Vincent Colgan Bobby Kincaid 58	5:28.47	Regina Cahill	5:35.25 5:44.26
1	Sam Graceffo 59 Jim Clark 57	5:30.26	Shirley Woodford	5:52.11 6:00.07
	Jim McFadden 56 Gary Muhrcke	5:34.14	Connie Fanelli	6:08.5
1	Lee Stauffacher 55 Ken Ogden 59	5:42.9	Pat Watson Teri Kohl	6:17.5
, *	Joe Vaill	5:55.72	Sue O Mailey W40 Sheila Purves Patti Ford Karen McKeachie 43 Alda Cossi Regina Cahill Paula DicksnTaylor Shirley Woodford Sonia Jacobsen 40 Connie Fanelli Pat Watson Teri Kohl Phyllis Racke W45 Barb Blaszak 45	6:35.18
		and the second	barb Blaszak 45	5:41.6
1	Bob Milner Ino Cantu 62	5:14.15	Mary Rosado	5.44 25
1	Joe Vaill M60 Bob Milner Ino Cantu 62 Witold Bialokur Jim Aneshansley 60 John Conner	5:14.15 5:22.72 5:24.08	Barb Blaszak 45 Mary Rosado Diane Stoneking 47 Mary Hiatt 49	5.44 25



ndoor champion in the pole vault. Photo by Suzy Hess

5:41.71 5:51.7 5:55.08 5:56.84 5:59.9 6:00.9 6:34.6 6:52.44 7:04 Lein 62 Ravenscroft Lley Abernathy Farley y DeFrance 62 Oulver Ion Maier 60 Sullivan k Mynan Jo Marchetti 53 5:50,26
Birgit Horn 51 6:01.65
Ann Makoske 50 6:08.23
Eileen Cox 6:12.41
Dody Burkey 51 6:19.88
Peg Trager 50 6:55.4
Marien Bradsher 50 6:58.7
M55
Jane Arnold 55 5:56.54 I Heitzman 65
ey Jones 65
Ross
Stabler 66
1 Carey 68
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Weaver
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e Kernan 5:27.65 5:44.31 5:44.31 6:09.15 6:15.4 6:15.75 6:20.3 6:20.85 6:26.18 6:43.77 6:54.3 6:56.94 7:06.23 7:15.9 7:26.22

W75 Mary Varani W80 Pearl Mehl 82 1996 Indoor 3000m Compiled by John Dickey

10:03.9

13:27.5

6:16.37 6:43.02 7:14.6 7:21.42 7:54.99 8:42.21 7:10.22 7:39.4 7:46.90 8:07.9 8:26.3 10:44.4 7:16.45 8:23.27 8:41.88 8:51.85 10:34.4 10:35.6 5: 24, 44 9: 27, 7 9: 30, 35 9: 38, 64 9: 45, 68 9: 48, 68 9: 49, 1 9: 48, 68 9: 49, 1 9: 50, 8 9: 57, 1 10: 11, 2 10: 13, 9 10: 26, 05 10: 39, 15 10: 53, 5 10: 53, 5 10: 53, 5 10: 53, 5 h DeCiantis 5:14.95 Boyd 5:20.7 tha Damron 32 5:35.4 porte Foy 31 5:43.10 rie Marnell 5:53.18 la Hervert 37 5:12.78 en Boen 5:26.21 ii Ney 37 5:32.94 iin Tarpinian 35 5:46.74 en Lein 5:49.12 ky Chan 5:58.89 O'Malley 6:03.62

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Anthony Watson 9:39.32 Dan Rusk 9:43.00	Bobby Kincaid 10:42.48 Wally Brawner 10:49.6	J. Schwieterman 8.3 Bob Bakerski 8.47	Bruce Mills 11. John Sloan 12.	.66 Hen	nry Clapper	1.58	Mel Larsen — Johnson	1.12	Bryan Blakemore Eric Beaudry	2.7
Doug Miller 9:43.09 Rick Pingitore 9:44.0	Frank Parks 10:50.9 Victor Cruz 10:54.0	Jeff Bilderbeck 9.09 Bcb Shelton 9.1	M60-64 Clarence Trinkner 9.	Pau	ul Gansle	1.52	Aime Adams	1.00	M35-39	
Scott Branta 9:47.18 Joe Sullivan 9:47.35	Vincent Colgan 11:15.01 Eric White 11:30.27	Geoff Hennessy 9.36 Scott Hall 9.40	Lowell Bonifield 9. Jim Peterson 11.	94 Bil	11 Angus	1.52	M75 Bill Wambach		Ken Ellis T. Christopher	4.2
Bill Wardyga 9:49.19 Roger Messinger 9:50	Ken Ogden 11:35.03 Adrian Craven 11:54.28 John Robinson 12:00.31	Bill DeHorn 9.64	Bob Smith 11. Tony Besase 11.	38 700		1.50	Burl Gist Doc Bennett		Ambroise Corteau Jerry Rohn	3.8
Dan Burns 10:05.89 Frank St. Dennis 10:06.7	John Robinson 12:00.31 Ray Weber 12:10.06 John Hurley 12:45.44	M40-44 Colin Williams 7.3	M65-69	Jer		1.48	Armando Ricciardi Ken Wheeler		Lew Affronti Mike Berken	3.7
Steve Hoger 10:11.5 Kevin Higgins 10:13.0 Robert Brush 10:13.57	Mike Hoffer 14:07.44	Neal Combs 8.1 Stacey Price 8.16	Jim Stookey 10 Billy Simmons 11	Rog	ger Williams	1.45	Bob Warwick Ted Yenari	1.10	Wilson Soohoo Joe Petrillo	3.7
obert Brush 10:13.57 teve Sleight 10:15.2 teve Holecko 10:17.7	Bob Milner 10:39.88	Bob Zahr. 8.3 Dale Smith 8.4		.08 Bob	b Harvey	1.42	Wib Ragland	1.02	Mike Berkey Jeff Bilderbeck	3.5
rendan Jackson 10:19.8 harles Jewell 10:27.0	Don Lein 11:18.69 Pete Hettrich 11:19.24	Jeff Watry 8.4 Robert Hahn 8.47	M70-74 Mel Larsen 10.	89 Tim	n McGough	1.42	George Rajcevich M80	1.00	Brian Elmore John Oksas	3.5
rn Johnson 10:51:14 ffrey Juran 10:54 0	Paul Heitzman 11:23.0 Alvin Ravenscroft11:33.25	Frank Britt 9.0 Al Castero 9.3	Ed Holmes 12. Frank Brako 15.			1.35	Milo Lightfoot George Braceland	1.17	Terry Christopher	3.4
mith 10:57 add 11:04	Derek Mahaffey 11:38.97 Jim Beahm 11:50.7	Mark Gershon 9.7 Phil Berry 10.6	M75-79 Burl Gist 13.	Cha	arles Hutchings	1.30	Claude Hills Alden Huisjen	1.02	Mark Criscione Hal Fairbanks	3.3
Jestien 11:04.92 Bialkie 11:09.0	Bailey Abrnathy 11:52.93 Mark Maloney 12:11.7 Abernaty 12:18.76	Doug Holmberg 10.70 M45-49	M80-84	M55	5		Bob Detweiler	0.80	Lindsey Thurman Rob Doran	2.9
n Yunker 11:19 na Jaster 11:27.5	Abernaty 12:18.76 G McClenathen 12:36.63 George Jackson 12:39.2	Mike Hill 8.12 John Jones 8.5	Frank Finger 13. W30-34	Nat	t Carter	1.65	Harold Massie M85	1	Jonathan Scott Rick Logan	2.7
k Coppolillo 11:40.25 by Boerio 12:26.25	Ron Ogiluie 12:39.98 Dillon Maier 12:44.1	Dolar Street 8.7 William Sikorsky 9.2	Denise Jones 12. W35-39			1.45	Ted Hatlen Virgil McIntyre	1.00	Dennis Harris M40-44	2.4
MEN's 40-44 eve Gallagher 8:43.71	Barry Brown 13:21.9 James Keat 13:24.07	Gene Hoffman 9.86	J. UpshawNargerum 9. W40-44			1.43	M90 Everett Hosack		Rick Christopher Tom Bunner	4.4
ry Harwick 8:44.82 Leinbach 8:48.30	Art Bigelow 13:52.25 John Orr 13:57.42	Ray Panek 10.3 James Dickerson 12.0	Linda Lowery 11.	.43 Bru	uce Mills	1.40	W30 Anne Jennings		Kent Petranek Mike McGinnis	3.9
id Shafer 8:53.72 ert O'Hara 8:59.22	Alex White 13:59.2 Jim Keck 15:54.56	M50-54 Courtland Gray 8.0		44 Phi	il Byrne	1.32	Lisa Doyon	1.58	Dennis Webb	3.6
n Clark 9:00.54 an Muir 9:04.95	MEN's 65-69 Paul Heitzman 11:10.70	Mike Milove 9.08 Ken Winters 9.1	W50-54 Ann Carter 14.	03 Mik	ke Valle	1.32	Carol Senn Becky Delass	1.32	David Ricks Jim Henderson	3.3
Furkis 9:05.20 y Daniels 9:08.22	Al Weaver 11:56.8 Don Ross 12:05.92	Chet Dow 9.5 Paul Gansle 9.59	Mary Lou Platis 14.			1.27	Marcia Wallace Debbie Yurth	1.22	Dan Goia Thomas Krebs	3.2
McMullen 9:09.3 y Reitler 9:20.99	Walter Gale 12:19.29 Bill Carey 12:43.56	Tom Thorne 9.6	Becky Sisley 13. Joann Grissom 13.			1.25	Leslie LaFronz W35	1000	Robert Berke Jeff Watry	3.1
e Schallenkma 9:22.10 r Messenger 9:25.6 Garcia 9:26.7	Joseph Kernan 15:00.50 Ben McAdams 15:01.96	Tim Collins 10.5 Warren Graff 10.59 Ron Shamwell 10.6	W60-64	Don	n Amery	1.20	Martha Mendenhall Boguslawa Langner	1.55	Richard Watson James Stewart	2.9
Aspel 9:27.89 rice Pointer 9:44.1	Charles Wrixon 15:36.7 Bernie Keeler 18:22.5	John Bwing 10.69	Christel Miller 12. Betty Vosburgh 13.	45 M60	0	AL SEE	Cheryl Alston	1.30	M45-49 Larry McIntyre	4.0
Winzenried 9:48.08 ues Laliberte 9:50.60	MEN'S 70-74	Roger Williams 10.7 Henry Clapper 11.0	W70-74 Johnnye Valien 16.	89 M11	Iton Newton	1.58 1.50	W40	1	Dan Jones John Hoogasian	3.6
nant Ardel 9:54.32 Mousin 10:02.5	Robert Mimm 14:33.02	M55-59 Emil Pawlik 8.40	1996 Indoor	Jer	rry Sullivan	1.50	Linda Lowery Renee DiGiacomo	1.00	Bill DeHorn	3.6
rul 10:03.6 e Worden 10:08.0	Ken Folsom 14:55.93 Roy Englert 16:35.51 Alvin Smith 17:24.1	Dale Lance 8.5 Nate Byrd 9.5	High Jump	Flo	oyd Smith	1.45	W45 Phil Raschker	1.54	Mike Davis Philip Johnson	3.3
Thompson 10:08.73 Kisseloff 10:16.60	MEN's 75-79	W. Schroeder 10.0 Robert Small 10.24	Charles Mercurio	Cla	enn Yoder arence Trinkner		C Skipper-Clark	1.25	Johnnie Dye Ron Salvio	3.1
Howk 10:19.15 Hock 10:22.0	Bill Tribou 14:06.51 Bob Matteson 15:45.50	Bruce Mills 10.35 George LaBelle 10.47	Charles Mercurio	Har	nk Perry	1.40	Jan Condon	1.43	Rex Harvey Kent Hall	2.9
ey Blonder 10:24.11 n Morrisroe 10:30.6	Clarence Osborn 16:13.2 Dudley Healy 17:00.37	Jerry Rouse 10.53 Robert Smith 10.78	Gregory Coats 2.0 Jeff Helton 1.9		m Peterson ank Brown	1.35	MaryLou Platis Cathy Primmer		Jonathan Jager Jim Bell	2.2
Papazian 10:32.5 ge Frost 10:40.78	Frank Levine 17:21.21 Harold Massie 20:50.45	M60-64	Joe Patrone 1.9 Eric Beaudry 1.8	P8 Tor	ny Besase rtis Cass	1.27	W55 Becky Sisley	1.15	Ivan Black M50-54	2.1
Lafferty 10:40.8 Whitman 10:42.1	MEN'S 80-84 Dudley Healey 15:59.72	Clarence Trinkner 9.2 Lowell Bonifield 9.6	Joe Crichton 1.8	30 G16	endale Maxwell	1.27	Madeline Bost W60	1.00	Joe Johnston Matti Kilpelainen	3.1
Plaster 10:42.55 Hyde 10:43.6	Frank Levine 17:34.2 MEN's 85-89	Chet Dow 9.7 Jim Peterson 10.0	Brian Blakemore 1.7 Brian Corrigan 1.7	78 Rus		1.27	Christel Miller	1.20	Jeff Tindall John Ewing	3.5
Kehner 10:43.8 Gallagher 10:47.7	Charles Espy 30:47.89	Alan Brevik 10.40 Tony Besase 10.6	Jim Taylor 1.6 Mark Spenik 1.6		rl Mege nas Cowles	1.25	Rachel Lyga Betty Vosburgh	1.10	Bill Bubanks Kent Hall	2.9
Crowley 10:52.0 id Bowen 10:56.4 Bowman 11:05.4	MOMEN'S 30-34 Ann Boyd 10:06.0	Hector Cisneros 10.9 Ritch White 12.22	Scott Thoms 1.6 Kyle Pavelonis 1.6		u Edelman llon Maier	1.17	Joan Burgess Sally Strazdins	1.02	Jan Decker	2.9
Congdon 11:08.5 h Okrend 11:09.21	Beth DeCiantis 10:18 P Allie-Morrill 10:52.09 Helen Ward 10:57.30	Glendale Maxwell 12.7 M65-69	Bob McVicker 1.5 Tom Garzillo 1.5	58 Joh	hn Orr	1.10	Fei-Mei Chou Marjorie Moore	1.00	Merle Norberg Jim Eshelman	2.
Peterson 11:13.08 ry Balick 11:32.2	Kelly Timmerman 11:01.88	Jim Stookey 9.7 Bill Townsend 10.5	Todd Risby 1.5	Jii	m Gillcrist	1.50	W65 Leonore McDaniels		Clint Brown M55-59	1.
thews 11:40 f Knutson 11:41.9	Marjorie Foy 11:17.71 torrie Marnell 11:50.7	Tom Delany 10.6 Chuck Sochor 10.8	John Chernak # 1.4	15 Joh	hn Copp	1.37	Pat Peterson Joyce Finley	0.95	Dale Lance Norm Cyprus	3.
Rinaldi 12:01 31 k Booth 12:09.8	Laurie Black 12:09.17 Karen Edgar 13:38.1 Carol Charlebois 15:19	Jack Lance 11.4 Emmett Edwards 14.22	John Hoogasian 1.3 Ken Moran 1.3	37 Jii	ll Simmons m Stookey	1.37	W70	Jan 1	Norm Downing Jim Noonan	2.1
Garien 13:13.88 Dickey 13:15.81	WOMEN'S 35-39	George Taylor 14.7	M35 Bill Johnson 2.0	03 Lau	11 Butterworth	1.35	Johnnye Valien W75	7.75	Jerry Rouse Joe Griffin	2.5
MEN'S 45-49	Carla Hervert 10:16.8 Cindi Sparkman 11:10.19	M70-74 Bd Lukens 10.24	Mark Williamson 1.9 Bob Shelton 1.8		mry Fleischman m Delaney	1.30	Mary Bowermaster	0.90	Don North Winston Crandall	2.4
ermiet 9:27.72 iatocha 9:34.30	Mary Olivieri 11:31.8 Christina Gordon 11:38.5	Mel Larsen 11.75 Oscar Harris 12.0	Peter Glavin 1.7 Dwight Peterson 1.7	78 Eur	gene Hess mett Edwards	1.27	1996 Indoor Po	Ole	Joe Steinman David Renton	1.9
orman 9:45.10 Price 9:46.4	Kitty Consolo 11:43.9 Karen Lein 12:18.97	Prank Brako 12.33 Mel Buschman 12.5	Ken Ellis 1.6	67 Bi	11 Pardue	1.22	Compiled by	The l	M60-64	
Hlinka 9:57.0 Murray 10:02.16 Derner 10:05.4	Mickey Dockwiller13:19.9 WOMEN'S 40-44	Tim Murphy 12.64 M75-79	Bill Jahner 1.5	58 Doi	nuck Sochor on Sibigtroth	1.17	Palmer Sweet		Phil Mulkey Joh Diggs	3.1
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Bergmann 10:28.3 Bloom 10:31.2	Wendi Glassman 12:34.8 Heidi Cross 13:12.8	Janet Mims 9.6	Jeff Watry 1.7 Ken Rowe 1.7	78 Be	ernie Keeler	1.02	D. Littlefield Dave Gilbert	4.11	Tony Besase Charles Crawford	2.
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es Miner 15:54.7 MEN's 50-54	Louise Adams 15:41.13 WOMEN'S 80-84	Kelly Lycan 8.47 Doug Schneebeck 9.04	Jim Sauers 1.	83 63	on 5 and	., onl	4	Jean	THE RESERVE OF THE RE	
Sparks 9:26.1 hard Webb 9:51.98	Pearl Mehl 26:53.20	Tim McMahon 9.16 Trace Barnette 9.88	Tom Brewer 1.		• 60 pages, o	over 1	00-deep in som	e even	its.	
ard Murray 9:53.53 Perry 9:56.8	Additions: M30 Bob Collins 8:44.70 M35 Mark Cartier 9:18.25	M40-44 Robbie Schort 8.75	Bill Corsey 1.	58		-	12 4 1 mars		ALL TREAL	
Sweeny 9:59.73 Gordillo 10:06.89	M35 Mark Cartier 9:18.25 M40 Scott Kessler 10:33.93 Jim Satterfield10:42.87	Neal Combs 8.91 Robert Zahn 8.96	Rex Harvey 1.	22	• All T&F ev	vents.	1,700,200			
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7	Kevin Matheny	3.20	Boo Morcom	2.55
7	Bryan Blakemore	2.74	Fred Hirsimaki	2.43
4	Kevin Matheny Bryan Blakemore Eric Beaudry	2.44	Boo Morcom Fred Hirsimaki Denver Smith	2.40
0			Jack Doorlay	2.25
6	Von Filie	4.27	Art Holland	1.65
5	T. Christopher Ambroise Corteau Jerry Rohn Lew Affronti Mike Berken Wilson Soohoo Joe Petrillo Mike Berkey	4.11	M75-79	
50655050		4.11	Bob Warwick	2.29
6	Jerry Rohn Lew Affronti Mike Berken Wilson Soohoo Joe Petrillo Mike Berkey Jeff Bilderbeck Brian Elmore	3.83	Ted Yenari	2.25
5	Lew Affronti	3.70	A.U. Ricciardi	2.13
5	Mike Berken	3.70	M80-84	
o l	Wilson Soohoo	3.70	Bill Patterson	1.80
5	Joe Petrillo	3.65		1.79
2	Joe Petrillo Mike Berkey Jeff Bilderbeck Brian Elmore John Oksas Terry Christopher Mark Criscione Hal Fairbanks	3.50	Mila Tightfoot	1 67
ō	Jeff Bilderbeck	3.50	George Braceland	1.65
	Brian Elmore	3.50	Claude Hills	1.20
7	John Oksas	3.50	W30-34	
5	Terry Christopher	3.42	Laurie Black	2.14
5 2 2	Mark Criscione	3.35	W35-39	
2	Hal Fairbanks	3.25		2.89
ō	Lindsey Thurman	2.95	Donna Ricks Angela Nealy	2.10
5	Rob Doran	2.74	W45-49	
٦	Jonathan Scott	2.74	Phil Raschker	3.31
0	Rick Logan	2.59	W55-59	-
ŏ	Mark Criscione Hal Fairbanks Lindsey Thurman Rob Doran Jonathan Scott Rick Logan Demnis Harris M40-44	2.43	Booky Sieley	2 19
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0	Rick Christopher Tom Bunner	4.45	Se Turnicliff	1.83
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3	Miles McCimia	3.96	Charles and the same of the sa	PROM
۱ ۲	Pennie Walter	3.65	W65-69 Leonore McDaniels	1.82
, I	David Picks	3.60		1.02
372227	Tom Burner Kent Petranek Mike McGinnis Dennis Webb David Ricks Jim Henderson Dan Goia	3 35	Johnnye Valien	1.41
5	Dan Coia	3.33	Johnnye vallen	
4	Thomas Krebs	3.20	1996 Indoor	
4	Pohert Berke	3 10		
4	Toff Watry	3.07	Long Jump	
9.	Robert Berke Jeff Watry Richard Watson	2.95	Long Jump Compiled by	
2	James Stewart	2.69	Robb Bong	
5	M45-49	Lilber	Contract of the last of the la	
	M45-49 Larry McIntyre Dan Jones John Hoogasian Bill DeHorn Mike Davis Philip Johnson Johnnie Dye Ron Salvio Rex Harvey Kent Hall	4 00	Men's 30-34	
1	Dan Jones	3.66	Brian Corrigan Dwayne Miller Jim Wardle Gregory Coats James Tunstal	6.73
3	John Hoogasian	3.65	Dwayne Miller	6.71
0	Bill DeHorn	3.61	Jim Wardle	6.43
2	Mike Davis	3.37	Gregory Coats	6.20
	Philip Johnson	3.35	James Tunstall	6.15
4	Johnnie Dye	3.10		
5	Ron Salvio	3.05	James Tunstall Doug Weimerskirch Alan Sims Rob McVicker	5.99 5.80
	Rex Harvey	2.95	Bob McVicker Reginald May Steven Franklin Scott Shurtleff Todd Davis John Allen	5.80
3	Kex Harvey Kent Hall	2.74	Reginald May	5.54
0	Jonathan Jager Jim Bell	2.65	Steven Franklin	5.01
5	Jim Bell	2.28	Todd Davis	5.36
7	Ivan Black	2.14	John Allen	5.23
5	M50-54		ooiut raidi.	5.20
0	Joe Johnston	4.00	Bill Repetto	4.81
	Matti Kilpelainen	3.85	Ion Chernak	4.69
0	Jeff Timdall	3.55	Jon Chernak Tom Arrington Shawn Carson John Hoogasian	4.39
2	John Ewing	3.20	Shawn Carson	4.35
0	Bill Bibanks	2.95	John Hoogasian	4.21
7	Kent Hall	2.95	oola iioogaa	district
2	Jan Decker	2.90	Men's 35-39	
0	Tim Pehalman	2.74	Bon Thomas	640
Ö	Clint Brown	1 52	Ben Thomas Ben McCloud	6.25
1	MEE-EQ	THE REAL PROPERTY.	Kevin Cranford	6.20
7 5 2	Joe Johnston Matti Kilpelainen Jeff Tindall John Ewing Bill Bubanks Kent Hall Jan Decker Merle Norberg Jim Eshelman Clint Brown M55-59 Dale Lance Norm Cyprus Norm Downing Jim Noonan	3.81	Barry Wise	
5	Norm Cyonus	3.04	Stan Porter	5.78
2	Norm Downing	2.89	Stan Porter David Stauffer Vance Rogers	5.77
5	Jim Noonan	2.89	Vance Rogers	
5	Jerry Rouse	2.59	Trace Barnette	5.43
	Joe Griffin	2.46	Gary Redmond	5.28
0	Don North	2.44	Bill Jahner	5.23
20	Winston Crandall	2.35	Bob Shelton	5.18
80	Joe Steinman	2.35	James Battoglia	5.12
8	David Renton	1.98	Tim McMahon	5.04
to-	M60-64	CELE	Hal Fairbanks	4.87
ĝi l	Phil Mulkey	3.15	Don Boggis	4.85
1	Joh Diggs	3.00	Scott Hall	4.85
7	Tom Hinkes	2.74	Clifford Shock	4.60
	Ray Fitzhugh	2.70	David Hunt	4.02
5	Hector Cisneros	2.55	Mike Banks	3.62
7	Tony Besase	2.53	Men's 40-44	
í	Charles Crawford	2.29	Richard Thomas	6.84
i	Russ McDaniels	1.95	Keith Witherspoon	6.84
8	M65-69	Prefeter I	Troy Frank	6.06
6	Jerry Donley	2 10	Mike Lariza	6.05
0	Don Grey	3.15	Colin Williams	6.04
٥	Carl Trevor	2.43	Doug Ming	6.02
٥١	Harold Miller	2.19	Troy Faruk	5.90
5	Larry Fleischman		David Ortman	5.80
5	George Taylor	2.10	Continued on p	
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City	and the second	_ State _	Zip	120 Cara Committee
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	page 24					National Ma
	Continued from page	23	Charles Crawford	3.63	1996 Indoor Triple	W45 Phil Raschker 10.35
	Jeff Watry Mike Skoflanc	5.79 5.76	Jack Labbe Lou Edelman	3.61 3.40	Jump Compiled by	Sandy Mariott 6.89
	Wayne Fischer	5.75	VanNess Robinson Ritch White	3.04 2.99	Charles Mercurio	W50 MaryLou Platis 5.56
	Ron Jackson Dan Goia	5.71 5.68	Robert Smullens Larry Brant	2.90 2.41	M30 James Tunstall 14.09	W55 Joanne Grissom 7.60
	Scott Thornsley Roger Barnes	5.65 5.61	Men's 65-69	2.41	Brian Corrigan 14.05	Jutta Riegel 7.49
	Fred James	5.53 5.53	James Stookey	4.89	Jim Wardle 13.47 Bob McVicker 13.05	W60 Betty Vosburgh 7.75
	Eddie Mose Jay Preston	5.46	Chuck Sochor Bill Townsend	4.54	Gregory Coats 12.56	Rachel Lyga 7.24 Christel Miller 7.17
	Les Hale Philip Mulkey	5.35 5.34	John Copp Eugene Hess	4.29	Jeff Helton 11.84	Fei-Mei Chou 6.50
	Al Cestero Jesse Norman	5.28 5.23	Tom Rice	4.15	Doug Weimerskirch 11.48	Magdalene Kuehne /.04
	Dennis Webb Johnnie Thomas	5.19 5.18	Tom Delany Dave Gilbert	4.03	Kelly Lycan 13.07	
	Pershing Reid	5.09	Don Sibigtroth Billy Simmons	3.89 3.89	David Stauffer 12.14	Josephine Sullivan 5.97
	Armond LaFramboise Harold Jenkins	4.94	Bill Butterworth Curt Trevor	3.86 3.85	Stan Porter 12.03 Trace Barnette 11.94	5 E E E E E E E E E E E E E E E E E E E
	John Ducray Frank Britt	4.67	Jack Lance	3.83	Frank Makozy 11.57	W75
	Richard Watson Kevin Donovan	4.57	Gordon Seifert Richard Soller	3.78 3.77	Bill Jahner 11.10 Dwight Peterson 10.05	
	Douglas Holmberg	4.45	William Daprano Ed Failor	3.76 3.68	M40 Mike Lariza 13.62	1996 Indoor Shot Put Compiled by
	Alan Shoultz Michael Ariana	4.43	Jack Hurd Anthony Vivieiros	3.53 3.29	Mark Gershon 12.16 Bob Richardson 12.10	Russ Reabold
	Men's 45-49		Don Grey	3.04	Roger Barnes 11.94	Steve Horsen 15.27
	JD Eckels Roger Parnell	5.79 5.68	Men's 70-74	257	Tom Stuthard 11.56 Mike Skoflanc 11.53	John Bauer 13.49 Todd Davis 13.38
	Mike Hill	5.67	Mel Larsen Charles Obye	4.77	Scott Thornsley 11.46	Steve McGranahan 13.25 Kevin Wood 12.96
	Taylor Weatherbee Tom Brewer	5.49 5.47	Ed Lukens Tom Kennell	4.16	Jay Preston 10.97 Ron Jackson 10.69	Tom Arrington 12.72 Bill Cotter 12.52
	William Corsey Jesse Norman	5.45 5.39	Frank Brako Ken Yahiro	4.11	Eddie Mose 10.30 Frank Sharpe 10.30	John Allen 12.21
	James Manor Jim Dickerson	5.36 5.23	Oscar Harris	4.10	Kevin Crohan 10.25	Scott Shurtleff 11.32 Dan Yager 11.12 Ken Moran 10.73
	Jim Dolezel	5.23	Denver Smith Fred Hirsimaki	4.01 3.87	Jim Frederick 10.15 Phil Mulkey Jr 9.88	Ken Switnicki 9.79 James Teslero 8.33
	Doug Fredericks Dana Harrell	5.18 5.18	Jack Doorlay Mel Buschman	3.66 3.53	Richard Watson 8.75	John Hoogasian 8.21
	Stan Kus Ivan Black	5.16 5.15	George Horner	3.26	M45 Gerald Woolfolk 11.51	Kevin McGinnis 15.34 Tim Crowford 15.27
	John Baylies	5.14	Art Holland Hillar Saareste	3.25 3.25	Rob Jackson 11.00 Taylor Weatherbee 10.99	Mike Valenti 14.54 Bob Higgins II 13.86
	Lonnie Davis Rex Harvey	5.14 5.07	Aime Adams	2.80	Ivan Black 10.91	Mike Hambrick 13.71 Tony Ciccone 13.45
	Mabry Andrews Greg Marshall	5.06 5.02	Men's 75-79 Milt Silverstein	3.78	Bob Rockwell 10.87 John Baylies 10.55	Bill Wolverton 13.23 Ken Fills 12.37
	Dave Zang Alan Russell	4.97	John Davison	3.67	Doug Fredericks 10.40 Jim Dickerson 10.37	? Conn 12.09
	Ed Baskauskas	4.85	Ed Matthews Dave Hall	3.66 3.28	John Oleski 10.36	Bob Shelton 11.10 Jeff Garfield 10.72
	John Oleski Mike Davis	4.83	Ted Yenari Doc Bennett	3.22	Jonathan Jager 10.33 Jim Dolezel 10.09	Frank Britt 10.70 Don Boggis 10.45
	Gordon Reiter	4.51	Bob Warwick	3.16	Lonnie Davis 9.87	Charles Black 10.44 Mark Kreafle 9.56
	Ken Kienzle Mike McNamara	4.37	Armando Ricciardi George Rajcevich	3.15 3.14	Taylor Tunstall 9.81 Allen Ray 9.64	Mike Keller 8.94 Tm McMahon 7.94
	TD Walton - Hedendal	4.31	Sparks Sorlien Leo Wade	3.09	Bob Everoski 8.97	Dan Howe 6.50
	Dale Deuvall	3.43	Men's 80-85	2.00	Ron Salvio 8.81 M50	M40 Kevin Wallace 13.88 Bill Leffler 13.64
	Larry Meyers Men's 50-54	3.27	Clarence Trahan	3.58	Loug Shaw 11.30 Ken Winters 10.90	Stew Beltz 12.85 Dennis Hansen 12.83
	John Hartfield	5.80	Max Springer Mel Flachs	2.85 2.83	Mike Milove 10.71	Bob Gunn 12.74 Stan Vegar 12.30
	Ed Jones Jerome Belinson	5.65 5.40	George Braceland Claude Hills	2.52 2.47	Kirt Vener 10.46 Jerome Belinson 10.27	Donald Filkins 12.24
Y	Kirt Vener Mike Milove	5.26 5.12	Alden Huisjen Harold Massie	2.28	John Meisner 10.06 Dave Eidahl 9.75	Dan Wallace 11.90 Dick O'Riey 11.72
	Dave Eidahl Bill Angus	5.04 4.96	Men's 85-89		Paul Gansle 9.42 John Ewing 9.35	Bill Goodwin 11.68 Dick McMullen 11.54
	Avital Schurr Ed Wright	4.94	Ted Hatlen Virgil McIntyre	2.59	Lynn Smith 9.17	Carl Reichard 11.46 Rich McMullin 11.45 Jeff Watry 11.34
	Ed Stamper	4.75	Ellery Clark	0.44	Palmer Sweet 8.48 Donald Amery 7.70	Vic Funs 11.30 Scott Black 11.26
	Roger Williams Tom Thorne	4.74	Women's 30-34	MEDIX.	M55 Nat Carter 10.49	John Townsend 11.09 Larry Readman 11.03
	Larry Morrissette Dennis Leczinski	4.67 4.66	Debbie Szatko Ruvinia Kelly	4.66 4.59	Walter Shields 10.00	Gary Tiffany 10.77 Timothy Fuehrer 10.71
	Fred Gravetter	4.61	Lisa Doyon	4.57	Grover Coats 9.97 Brother Ed Kent 9.34	M Michayluk 10.67 Phil Mukey, Jr 10.59
	Robert Kleemeier Tim Collins	4.48	Marcia Wallace Women's 35-39	4.04	Haig Bohigian 9.15	Richard Watson 10.49 T Chloccarelli 10.46
	John Meisner Charles Varnet	4.44	Joy Upshaw Margerus	m 5.44	John Head 8.79 Bob O'Brien 8.26	Jeff Copland 10.10 Kevin Donovan 9.76
	Henry Clapper	4.33	A Titus Martha Mendenhall	4.88	George LaBelle 8.09 Ken Clarke 6.44	Colin Williams 9.75
	Jan Decker William Turner	4.31	Cheryl Alston	4.69	M60	Wayne Fisher 8.94
	Palmer Sweet Chet Dow	4.23	Boguslawa Langner Edna Crawley	4.47	Charlie Richard 10.50 Phil Mulkey 9.48	James Stewart 8.94 Tom Brewer 8.90
	Sam Pfenning	3.66	Women's 40-44	400	Jim Peterson 9.18	Alon Shoultz 7.70
	Charlie Barnhart Men's 55-59	3.50	Linda Lowery	4.82	Alan Brevik 8.84 Lou Edelman 7.59	Seiden Cooper 12.98
	Emil Pawlik	5.38	Denise McField Carole Soloman	4.50 4.06	Russ McDaniels 7.59 Earl Mege 6.95	Jerry Senters 12.56
	Pete Stopoulos Grover Coats	5.16 5.14	Deb Vestal	2.48	Bill Park 6.54	
	Bob O'Brien	4.85	Women's 45-49 Phil Raschker	5.25	M65 Jim Stookey 10.53	Dich Durchy 1195
	John Head Nat Carter	4.61	Skipper Clark	4.22	Curt Trevor 9.02 Tom Delaney 8.48	Bob Soger 11.16
	Tod Mordecai Ed Kent	4.46 4.45	Liz McBlain Pam Miller	4.17 3.60	Bill Townsend 8.17	Rex Horvey 10.69 Joe Wevurski 10.67
	Mike Valle Phil Byrne	4.33	Sandy Maryott	3.46	Bill Butterworth 8.16 Eugene Hess 7.92	Peter Mitchell 10.66 Tim Edwards 10.64
	Walt Lancaster	4.28	Women's 50-54 Penny Danielson	3.92	Tom Rice 7.92	Larry Readman 10.41 LB Clayton 10.13
	Jack Brunner Bruce Mills	4.26	Barb Stewart	3.18	Bill Daprano 7.74 Don Sibigtroth 7.74	Alfred Cain 9.72
	Walter Shields Don Amery	4.20	Ann Carter Mary Lou Platis	3.14 2.83	Jack Lance 7.63 Ed Failor 7.50	Mike Walker 9.04
	George LaBelle	4.14	Joanne Ramsden	1.84	Jack Hurd 7.47	Ston Kus 8.65
	Wayne Skartvedt Ed Arnold	4.14	Women's 55-59 Joann Grissom	3.75	Dave Gilbert 7.06	Jim Alexander 8.56
	Dave Connolly Ed Ferrier	4.04 3.72	Becky Sisley	3.64	Ed Lukens 9.39 Charles Obye 8.63	GOIDON Relief /27
	David Renton	3.67	Janet Amery Sue Tunnicliff	2.45 2.23	Frank Brako 8.62	M50
	Joe Griffin Ed Mezzapelle	3.45	Women's 60-64	TO SE	Tom Kennell 8.51 Fred Hirsimaki 7.87	Tom Gage 15.21
	Bob Smullens Men's 60-64	2.87	Betty Vosburgh Rachel Lyga	3.84 3.42	Hillar Saareste 7.28 Jack Doorlay 6.84	John Berry 13.85
	Dick Richards	5.47	Christel Miller Fei-Mei Chou	3.28 3.03	Mel Buschman 6.60	John Hartfield 12.98
	Lowell Bonifield Phil Mulkey	5.03	Jean Cobb	2.95	M75	Robert Harvey 12.95 Larry Greenwood 12.39
	Charlie Richard	4.66	Marjorie Moore Dee Robinson	2.85 2.09	Ed Matthews 7.56 Sparks Sorlien 6.97	Fred Johnston 12.08
	Vincent Ruffin Norman Robinson	4.63	Women's 65-69	Com	George Rajcevich 6.81	Ed Fox 11.55
	Hank Perry Clarence Trinkner	4.45	Leonore McDaniels	3.27	Ted Yenari 6.53	John Hess 11.40
	Jim Peterson	4.41	Magdalena Kuehne Women's 70-74	3.25	Clarence Trahan 6.89 Max Springer 6.41	Tim McGough 11.10
	Tony Besase Alan Brevik	4.33	Johnnye Valien	3.20	George Braceland 5.43	Bill Angus 10.39
	Ray Fitzhugh Jim Duncan	4.31	Mary Holland Josephine Sullivan	2.89 2.84	Harold Massie 3.89	Carl Levine 10.18
	Earl Mege	4.15	Jean Udell	2.30	W30 Edna Cawley 7.22	Ed Root 9.57 Malachi McGruder 9.47 Ed Wright 9.29
	Curtis Cass Dillon Maier	4.12 3.91	Florence Berry Women's 75-79	1.09	W35	Jai Singh 8.55
	Giorgio Chiavelli Glendale Maxwell	3.88 3.78	Mary Bowermaster	2.58	Joy UpshawMargerum10.67 W40	Russ Hodge 15.13
	Bill Park Russ McDaniels	3.74	Libby Hagemann Carla Convery	2.17 1.78	Linda Lowery 9.68 Deb Vestal 5.56	Glen Johnson 13.84
	muss mcDatuels	0.00	- Convery	2.10	. Deb restal 3.30	Steve Cohen 12.35

sters	News			19. 自己的专家会员	July 1
Ed Mike	Valle	11.46 11.33	Roslyn Kartz 8.21 Barb Stewart 6.57		
Sam George	Rumford LaBelle	11.30 11.22	Mary Lou Platts 6.46 Sally Strazdins 6.29		
Peter Emil	Pawik	10.93	WSS Joann Grissom 11.38		
John	Amery Steiman	10.44	Mary Roman 8.96 Audrey Gasdorf 8.50		建 建四层图
Horace Phil Ted	Andrews Byrne Mordecal	9.81	Sue Tunnicitif 7.43 Carol Young 7.39 Sam Wold 6.84		
Rasal Dave	Tertune-Young Laterneau	9.50	Janet Amery 4.56		
Shig Robert	Nilzawa Ferrier	9.19	Mary Roman 8.95 Anne Cirulnick 8.71		1
Walt Wayne	Lancaster Skartvedt Hoffer	8.99 8.86 8.60	Christel Miller 8.41 Barb Thorgrimson 7.01		
Michael Dennis Michael	Leczinski Tlad	8.35	R Jean Cobb 6.75 Phyllis Shunn 6.39		
Bruce	Mills Head	7.93 6.18	Lorelel Ruben 4.82 Carolyn Ragozzino 4.70		西西哥尼 人
M&Q Wendell	Paimer	14.40	W65 Mogdalena Kuehne 8.47		
Gerald Control	Olson Vaughn	13.49 13.31 12.97	Rachel Lyga 6.19 Virginia O'Connor 5.61 Ullian Snaden 5.32		
Phil Tom Len	Mulkey Wesselowski Rosen	12.65	Joyce Rnley 4.96 Ginni Demilla 4.17		建
Ray David	Feick Foerster	12.26	W70 Johnnye Vallen 6.61		對於強力可能
Vernon Chuck	Spencer Yost	11.81	Ubby Hagemann 6.46 Mary Holland 5.85		ALCOHOL: N
Pay	Kemp Carstensen	11.35 11.26 11.04	Anne McGowan 4.87 Rorence Berry 4.38		
Jim Jonas Jim	Peterson Cowles Harner	10.81	W75 Katharine Gradick 6.31	1	DE LES BEST
Royd Gene	Smith Lohman	10.46	Ubby Hagemann 6.27		THE PARTY
Fred Ray	Shanaman Ritzhugh	9.99	1996 Indoor Weight Compiled by	1	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1
George Bob	Scott Santine Trinkner	9.84 9.75 9.67	Jerry Wojcik		
Clarence Tony John	Besose Alkin	9.50	M30 Bill Cotter 13.44		
W Giorgio	Ross Chiavelli	9.36 8.63	Doug Weimerskirch 8.38	Charles where the best	anda Dissiand (I)
John	Lyle Edleman	7.72 6.78	M35 Ken Jansson 19.81	Weight throwers Arm Nevada, and Tom McDe	
Cliff	Blair	12.33	Mike Hambrick 15.32 Bob Higgins 35 14.78	1996 USATF Masters	
Larry Phil Engel	Horine Brusca Grow	12.24 11.80 11.73	Kevin Wood 13.50 Charles Black 12.47	Greensboro, N.C.	Photo by Jerry We
Jim Bill	Gillerist Garrahan	11.24	Jeff Crothers 11.27		• Development of the second
Denver William	Smith Patrick	10.74	- Conn 9.06	M80	John Elwarner 14:
Lou	Policy Edwards	10.41	Peter Farmer 43 16.25 Dave Vandergriff 15.36	Leon Joslin 84 5.69	D L Romansky 15: Frank MastersonJr 15:
George	Yahiro Taylor Dalaald	9.81 9.58 9.56	Carl Reichard 13.62 Don Filkins 13.36	Ellery ClarkJr 86 1.45	Winston Crandall 15: Tom Knatt 55 16:
Charles Gordon Don	Seifert Sloigtroth	9.24	Larry Readman 11.46	Everett Hosack 94 4.67	Ron Laird . 17: Robert Ferrier 18:
Darwin Tom	Newton Brooks	8.98	Mike Lauderdale 11.30 Mark Kreafle Sr 10.96	W30 Debbie Lancashire 12.34	Mike Hoffer 57 18: Gustave Davis 58 18:
Jack Jack	Simmons	8.53	Dennis Hansen 42 10.57 Mike Sherill 44 10.06	JulieBredenbecker 11.67 Diane Tower 31 10.18	Jack Kerr 20: James Slovin 57 21:
Don Ben	Funs McAdams	7.92 7.58	Richard Watson 43 9.61 Phil Mulkey Jr 9.37	Viginia Palmer 32 9.09 W35	M60 Max Green 14:
MZQ Bill Floyd	Bangert Simmons	11.63	M45 Tim Edwards 13.85	Sarah Boslaugh 39 12.16 Sue Hallen 39 8.43	Bob Barrett 62 15:5 Dick Petruzzi 63 16:1
Charles Frank	Covino Bowles	10.82	Pat Lynn 12.14 John Von Rohr 48 12.00	Deborah Ecklund 36 6.42	Ray Everson 16:4 Alfred DuBois 16:4
Mel A T Bill	Richeson Walmroth	10.82 10.65 10.60	Bruce Hedendal 48 11.86	W40	Robert Fine 17:0 Andrew Briggs 17:4
Ed Bill	Holmes Nettles	9.95	John Casamassima 11.82 Bob Sager 48 11.79	Joan Stratton 12.38 Ruth Welding 40 10.25	John Lyle 18:5 Alan Rice 19:0
Ken Frederic Mei	Yahiro Hirsimaki Buschman	9.84 9.81 9.47	Mike Grisko 11.60 L B Clayton 49 11.48	W45 Lorraine Tucker 49 7.78	Bob Davis 21: E Robert Premo 22:
Art Jock	Holland Doorlay	9.00	Frank Kiefer 49 11.02	Roberta Blair 6.26	Vance Genzlinger 16:
George Jacob	Homer Stein	8.89	Larry Readman 45 10.81 Jerry Senters 9.65	Vanessa Hilliard 15.42 Roslyn Katz 9.88	Ed Gavinski 17: Nike Michel 65 17:
Zelig John	Strauss Snaden	8.59	Dennis Chandler 47 8.92 Ron Salvio 8.10	3uzy Hess 6.67 Karen Huff 53 6.46	Louis Candido 67 18: Lou Pollay 19: Jack Munnell 19:
Mike Jack George	Johnson Hipple Rajcevich	8.23 7.74 7.74	M50	Joanne Ramsden 54 3.94	Don Sibigtroth 20
A Roo	Adams Morcom	7.68 5.75	Tom Gage 52 15.46 Jim Pauli 13.63	W55 Joann Grissom 57 10.32	Dick Donley 69 20 M70
M75 Scott	Herman	12.67	George Mathews 52 12.73 Ed Fox 9.73	Carol Young 56 9.17 Audrey Gasdorf 7.22	William Flick 17 Joh Nervetti 17
Tom A U	McDermott Ricciardi	9.27	Carl Levine 7.35	W60	Robert Mimm 18 Richard Bennett 20
Angelo		8.28 8.13	Dick Hotchkiss 14.05 Norm Cyprus 12.55	Ann Cirulnick 7.74 Mary Roman 7.14	Erik Johansson 20 John Gray 71 21
Keith Jack Robert	Hagemann Sparks	8.02 7.74 7.74	Russ Hodge 12.15 Rasal TerhuneYoung11.38	Rachel Lyga 5.66 Phyllis Shunn 4.70	Gunther Sprockhoff21 John Snaden 70 23
Bob Doc	Warwick Bennett	7.59 7.24	Mike Valle 55 9.76	W65 Bernice Holland 6.17	Stuart Corning 71 32 M75
Bob M8Q	Detweller	5.65	Brian McKenna 9.15	Joyce Finley 5.40	Anthony Silvidi 20 Bill Tallmadge 79 22
Milo Leon	Lightfoot Joslin	8.15 7.95	George LaBelle 9.06 Don Amery 8.72	Ginni Demilia 3.47	MBO Bill Patterson 80 21
Jack George	Wood Braceland	7.84 7.51 7.08	Lee Slick 8.10 Steve Biddinger 6.92	Libby Hagemann 75 6.15	George Braceland 22 W35
Alden Bob	Huisjen Detweiler	5.95	Jim DeSimone 58 6.06	1996 Indoor 3000m	Maryanne Torellas 13 Victoria Herazo36 13
Claude Harold	Hills Mossie	5.76	Stew Thomson 18.14	Racewalk Compiled by	Jackie Moore 35 16
M85 Ted	Hatten	7.08	Emil Muller 60 14.46	Jerry Wojcik	Becky Comeaux 40 15 Phyllis Hansen 44 15
W30	Clark, Jr	2.05	Vern Spencer 14.15 Austin Baggett 64 13.20	Mike Blanchard 15:43.9 Bruce Logan 16:04.02	Daryl Ann Kidder 16 Sandy Elbaum 41 18
Virginia Marcia H	Paimer Wallace Carter-Range	9.79 9.48 9.22	Ray Feick 64 12.51 Pay Carstensen 64 12.43	Brad Bearsheart 16:28.0 Don Tesiero 19:28.95	Sheila Danahey 44 20
Diane Leslie	Tower Lafronz	8.56 7.77	Phil Mulkey Sr 12.37 Fred Shanaman 62 11.27	M35 none M40	Jeanette Smith 46 16: Marianne Martino 16:
Gabrielle Robin	Yates Bourngardner	7.49	Pete Barker 10.25 Bob Kemp 9.90	Steve Vaitones 40 13:49.21	Martitia Beach 46 17 Judy Witt 46 17
W35 Sarah	Boslaugh	10.71	George Scott 8.39	Fred Anderson 43 18:14.84 Alvia Gaskill 41 19:50.88	Meg Ferguson 46 18 Annie Montgomery 18
Suzanne Marcia Cathy	Johnson Veale	10.28 9.95	E R Primo 60 6.02	Michael Sprinker 21:58.3	Ilene Bendas 47 19 Alice Winkler 20
ida Gabrielle	McKeever James Yates	7.92 7.11 6.88	M65 Cliff Blair 16.96	Bruce Booth Jr 14:57.14 Bill Penner 49 15:04.22	Pris French 47 20:
W40 Gisəlda	Otts	11.22	Phil Brusca 68 11.81 Bill Garrahan 11.64	Brian Savilonis 4515:11.41 Max Walker 49 15:17.29	Pat Walker 48 21: W50 Kathleen Frable 17:
Ruth Joan	Welding Stratton	11.12	Ken Weinbel 11.20 Dick Bergenback 6911.13	Stan Sasnowski 45 15:26.06 Ed Sell 15:40.24	W55. Elton Richardson 17:
Linda Renee	Lowery DiGiacomo	7.06 6.22	Jerry Wojcik 66 10.29	Andrew Smith 46 16:13.08 Dwight Callaway 4916:25.34	Sami Bailey 59 18: Marjorie Lovin 55 18:
Sharon Valaree	Barley Foss	5.98 5.88	Emmett Edwards 9.32 William Patrick 66 9.29	John Jurewicz 45 16:26.72 Ron Salvio 16:51.4	Ruth Everson 58 19:
W45 April Lorraine	Capwill Tucker	9.47	M70 Bill Bangert 72 11.33	Alan Robinson 17:11.7	Joanne Parks 62 19: Jeanne Shepardson 19:
Mary Marie	Hartzler Beretey	9.45 8.96 8.10	Lev Mozhaev 70 10.38 Bill Walmroth 72 9.51	James Carmines 52 13:28.85 Bill Purves 52 14:35.22	Lorelei Ruben 63 22:
C	Skipper-Clark Raschker		Chas Covino 9.49	Norman Frable 50 14:42.84 DeWayne Walker 53 17:33.75	Joan Rowland 69 21:
Joyce Small	Miller Halls	7.63 7.51	Jacob Stein 8.20	Chas Mansbach 51 17:57.32 William Bauer 52 18:36.84	Miriam Gordon 70 20:
Sandy W50	Maryott Dainbauett	6.89	John Snaden 70 5.38 M75	Doug Brown 52 19:38.07 Ray Scott 20:29.9	Margaret Walker74 21:
Cindy Vanessa Erica	Reinhoudt Hilliard Szanto	12.17 11.03 10.40	Tom McDermott 78 9.33 Armando Ricciardi 8.56	Charles Hutchings 21:03.30	Imogene Watkins76 22
Karen Mariene	Huff	9.93		Ed Kousky 14:22.40 Paul Johnson 58 14:24.53 Harlan VanBlaricum14:38.15	Note: M60 Phil Mulkey
			3.70	Harlan VanBlaricum14:38.15	M40 Phil Mulkey, Jr.
			The state of the state of	A STATE OF THE STA	Service Control



Weight throwers Armando Ricciard (I), 76, Nevada, and Tom McDermott, 78, Florida, at the 1996 USATF Masters Indoor Championships, Greensboro, N.C. Photo by Jerry Wojcik

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NO PERSONAL PROPERTY AND PROPER	NAME OF	ı
M80		ı
Leon Joslin 84	5.69	ı
M85		ı
Ellery ClarkJr 86	1.45	ı
M90	日は日本	ı
Everett Hosack 94	4.67	ı
W30	E MYHA	ı
Debbie Lancashire	12.34	ŀ
JulieBredenbecker		ı
Diane Tower 31	10.18	ı
Viginia Palmer 32	9.09	ı
W35	Traffic and	ı
Sarah Boslaugh 39	12.16	
Sue Hallen 39	8.43	1
Deborah Ecklund 36	6.42	i
Robin Baumgardner	6.36	1
H40	BASINE !	1
loan Stratton	12 38	
Joan Stratton Ruth Welding 40	10.25	1
W45		
Lorraine Tucker 49	7.78	ľ
Roberta Blair	6.26	ı
W50		ı
Vanessa Hilliard	15.42	ı
Roslyn Katz	9.88	ı
Suzy Hess	6.67	ı
Karen Huff 53	6.46	ı
Joanne Ramsden 54		ı
W55	The same	ı
Joann Grissom 57	10.32	ı
Carol Young 56	9.17	ŀ
Audrey Gasdorf	7.22	ı
the second secon	1.22	ı
W60		ı
Ann Cirulnick	7.74	ı
Mary Roman	7.14	ı
Rachel Lyga	5.66	ı
Phyllis Shunn	4.70	ı
W65	35 75/96/7	ı
Bernice Holland	6.17	ı
Joyce Finley	5.40	١
Ginni Demilia	3.47	ı
175		ı
Libby Hagemann 75	6.15	١
•		ı
1996 Indoor 300	0m	ı

Racewalk Compiled I Jerry Wojc	by		
Mike Blanchard		:43	•
Bruce Logan		:04	
Brad Bearsheart		: 28	
Don Tesiero		: 28	
M35 none	19	:23	.90
M40			
Steve Vaitones 40			
Fred Anderson 43 Alvia Gaskill 41		:14	
		:50	
Michael Sprinker M45	21	:58	.3
Bruce Booth Jr	14	:57	.14
Bill Penner 49		:04	
Brian Savilonis 45	515	:11	.41
Max Walker 49		:17	.29
Stan Sasnowski 45	15	:26	.06
Ed Sell	15	:40	.24
Andrew Smith 46	16	:13	.08
Dwight Callaway 49	916	: 25	.34
John Jurevicz 45	16	: 26	.72
Ron Salvio	16	:51	.4
Alan Robinson		:11	
James Carmines 52	12	: 28	05
Bill Purves 52		: 35	
Norman Frable 50		:42	
DeWayne Walker 53	17	:33	
Chas Mansbach 51		:57	
William Bauer 52		:36	
Doug Brown 52		:38	
Ray Scott		: 29	
Charles Hutchings	21	.03	20
WEE	-1	.03	.30

	Parish STATE OF THE PROPERTY AND ADDRESS.
8	John Elwarner 14:53.01
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5 7 4 7 8 8	Frank MastersonJr 15:17.94
5	Winston Crandall 15:34.81
	Ton Knatt 55 16:16.09
7	Ron Laird 17:26.4
	Robert Ferrier 18:35.2 Mike Hoffer 57 18:39.77
	Mike Horrer 5/ 18:59.77
;	Gustave Davis 58 18:58.67 Jack Kerr 20:27.64
	Jack Kerr 20:27.64 James Slovin 57 21:47.19
ś	M60
	Max Green 14:57.30 Bob Barrett 62 15:56.47 Dick Petruzzi 63 16:13.94
:	Bob Barrett 62 15:56.47 Dick Petruzzi 63 16:13.94 Ray Everson 16:44.36
ı	Dick Petruzzi 63 16:13.94
1	
1	Alfred DuBois 16:45.5 Robert Fine 17:06.86 Andrew Briggs 17:46.55 John Lyle 18:55.0
1	Andrew Briggs 17:46.55
١	John Lyle 18:55.0 Alan Rice 19:08.54 Bob Davis 21:02.6
1	Alan Rice 19:08.54
	Bob Davis 21:02.6 E Robert Premo 22:28.79
	M65
2 3 7 5	M65 Vance Genzlinger 16:40.38 Ed Gawinski 17:07.42 Mike Michel 65 17:13.78 Louis Candido 67 18:21.62 Lou Pollay 19:01.1 Jack Munnell 19:44.19
	Ed Gawinski 17:07.42
	Mike Michel 65 17:13.78
;	Louis Candido 67 18:21.62
0.	Lou Pollay 19:01.1
,	Dack Munnell 19:44.19
	Lou Pollay 19:01.1 Jack Munnell 19:44.19 Don Sibigtroth 20:48.3 Dick Donley 69 20:50.42
,	M70
272	M70 William Flick 17:23.46 Joh Nervetti 17:58.74 Robert Mimm 18:24.64
	Joh Nervetti 17:58.74
4	Robert Mimm 18:24.64
1	Richard Bennett 20:17.40 Drik Johansson 20:54.07 John Gray 71 21:33.29
	Erik Johansson 20:54.07
	John Gray 71 21:33.29
	Gunther Sprockhoff21:49.6
ĺ	John Snaden 70 23:03.72
I	Stuart Corning 71 32:10.26
	Anthony Silvidi 20:57.4
	Bill Tallmadge 79 22:25.70
8	MBO
	Bill Patterson 80 21:39.16
	George Braceland 22:40.5
:	W35
	Maryanne Torellas 13:09.55 Victoria Herazo36 13:39.57
E	Jackie Moore 35 16:30.02
8	WAO
5	Becky Comeaux 40 15:20.65
	Phyllis Hansen 44 15:41.88
	Daryl Ann Kidder 16:07.9
	Daryl Ann Kidder 16:07.9 Sandy Elbaum 41 18:27.39
	Sheila Danahey 44 20:14.59
1	W45
1	Jeanette Smith 46 16:02.36 Marianne Martino 16:58.0 Martitia Beach 46 17:40.71
١	Marianne Martino 16:58.0
	hartitia beach 46 17:40.71
١	Med Fermison 46 19 41 21
	Annie Montgomery 18.55 22
	Ilene Bendas 47 19:14 51
1	Judy Witt 46 17:40.71 Judy Witt 46 17:58.43 Meg Ferguson 46 18:41.74 Annie Montgomery 18:55.32 Ilene Bendas 47 20:00.0 Pris French 47 20:51.22 Pat Walker 48 21:03.04
1	Pris French 47 20:51.22
	Pat Walker 48 21:03.04 W50
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1	W55 Elton Richardson 17:37.51 Sami Bailey 59 18:45.16 Marjorie Lovin 55 18:59 07
١	Sami Bailey 59 18:45 16
۱	Marjorie Lovin 55 18:59.07
1	Ruci Everson 38 19:06.29
١	WOU
1	Joanne Parks 62 19:22.77 Jeanne Shepardson 19:58.75 Lorelei Ruben 63 22:55.97
ı	Lorelei Ruben 63 22:55.97
ı	Lorelei Ruben 63 22:55.97
П	Joan Rowland 69 21:00.66
	W70
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	Miriam Gordon 70 20:35.87 Margaret Walker 74 21:50.07
	Miriam Gordon 70 20:35.87 Margaret Walker74 21:50.07
	Miriam Gordon 70 20:35.87 Margaret Walker 74 21:50.07

July 1990		National Mas	reis news page
		TI 01 1	Contury ACELECC CAMEC LICA
OUTDOOR RECORDS	क्रिक्	i The 21st	CEITUIV ACITED DO CARRIED UDA
Minnesota Resident-Plus 12 mos.	400m Sprint	, 8 Far	ly Morning "R" Track and Field
* All-American Masters Performan	ICE MOPEN Ben Sharratt, Shorewood 1:06.39 (9 57.66 (9	b) 2 EON	ly morning R Track and Field the 1
O Outstate National Champion	M45 Ed Hayward, Edina 1:02.66 (9	0)	Sponsored My Spons
International Recordholder	M50 Hugh Heimdahl, St. Louis Pk. OM50 David Bennett, (CA)		Sponsored 194 St. Sponsored 194 Sponsored 19
	OMSS Gordon Siefert (AL) 1:00.37 (8	3) 8	Sw W. San Cook
110m Hurdle 39*	M55 Don Rivard, St. Paul 1:13.80 (8		Ly mak by
M30 Ken Frank, So. St. Paul 15.08 (92) No M40 Robert Zahn, (WI) 15.53 (94)	#0 M60 L S "Andy" Anderson (NM) 1:04.94 (9)		Sponsored
M40 Paul Mangiamele, Bloomington 19.18 (95)	M60 Lloyd Young, Pine City		Thomas I am 194 Change
M45 George LaBelle, Zimmerman 20.24 (88) 100m Hurdles 36" 33"	o M65 Bob Warwick, Sr., (OK) o M70 Bob Warwick, Sr., (OK) 1:32.97 (9)	, II 275	The state of the s
*M50 George LaBelle, Zimmerman 18.03 (92)	M75 Emil Balz, Circle Pines 1:34.71 (9)		N
#M55 Jim Peterson, Aitkin 18.32 (92): #M60 Jim Peterson, Aitkin 17.97 (95)	WOPEN Rhonda Lee Dean, Mpls. 1:08.84 (80 g.W30 Zina Garrison, (CA) 1:32.59 (91		
#M60 Jim Peterson, Aitkin 17.97 (95) a M65 Bob Warwick, Sr., (OK) 80m 14.84 (88)	W35 Lisa Mangiamele, Bloomington 1:13.72 (9:	IAM A 21ST CENTURY I	UNITED STATES MASTERS USING TODAY'S OPPORTUNITY A.D. 1996 SUMMER
80m Hurdles 30° 27°	W40 Terry Sharratt, Shorewood 1:38.13 (9: W50 Sr. Rachel, Twin Cities 1.20.60 (8:	AND MY ATHLETIC ABI	ILITY TO HONOR GOD; AND
W50 Sr. Rachel, Twin Cities 16.98 (89)	W60 Barb Thorgrimson, Golden Valley 2:21.47499		MAGE THRU FRIENDLY
W55 Sr. Rachel, Twin Cities 18.70 (94)	Mike Sharratt Ken Sharratt 51.15 (93		MEET BECIM. UNIVERSITY OF MINNESOTA
*W60 Sr. Rachel, Twin Cities (NESO)17.6 (95)	Chip Sharratt Dick Christopher W35 Pam Weir Deb Deluca 61.22 (95		(516-15SE(Exit35W-University Av-15th-block No.)
MOPEN Eric Raymond, Mpls. 6.72 (95)	W35 Pam Weir Deb Deluca 61.22 (95 Marcia Kull Carolyn Kull		400m FastWalk
M30 Tom Young, Coon Rapids 6.30 (89) M35 Ken Pazdernik, Brooklyn Park 6.50 (90)	"Fastest Family" Fun Relay	1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -	M35 Jeff Soverign, Landfall 2.33.77 (90)
M40 Michael Sharratt, Shorewood 6.44 (94)	★ GUERRA-Hector, Elana Melodona 1:25.73 (94 Celeste Skewes	DISCUS 2K LOK IK	M45 Ron Dockerry, Mahtomedi 2.52.10 (95) M50 George LaBelle, Zimmerman 2:04.65 (89)
o M40 Howard Sundberg, (CA) 6.72 (92)	MR SHARRATT-Terry, Jessica, Ben 1:08.74 (94	M35 Schuyler Woodall, Plymou OM40 Jerry Senters, (IA)	144-3/2 (92) • M55 Gordon Siefert, (AL) -fun- 3.27.70 (88)
M45 Randall Cleven, Mpls. 6.47 (89) 0 M45 Dave Joyce, (TX) 6.91 (95)	Monica SR GIBB-Jim, Randy, Dave, Shane 58.68 (89	M40 Tim Heikkila, Eagan	89-4 (90) M55 George LaBelle, Zimmerman 2:03:22 (95)
M50 George LaBelle, Zimmerman 6.84 (93)	Pole Vault	0 MSO Spike Graham (AZ)	101-2 (95) OM65 Jerard Hargis (ND) 2:16.34 (95)
o M50 Spike Graham, (AZ) 6.87 (95) o M55 Gordon Siefert, (AL) 6.92 (88)	MOPEN Dick Christopher, Mpls. 11-0 (93 M30 Ken Frank, So. St. Paul 12-6 (93	# M55 John Haugo, New Brighton	n 119-10 (90) MOPE, that twass (1 Oprahl Twas Great Grandma_2 M70 Ray Skotte, Mpls. 2:42.20 (90)
M55 Fred Biederman, Deephaven 6.95 (94)	M35 Patrick Boulay, Mpls. 8-6 (92	M60 John Haugo, New Brighton	n 133-2 (95) W40 Terry Sharratt Shorewood 2-39 84 (95)
M60 Don Rivard, St. Paul 6.60 (89) o M60 L.S. "Andy" Anderson, (NM) 7.02 (90)	M40 Michael Sharratt, Shorewood 12-0 (90 M45 Michael Sharratt, Shorewood 11-0 (95	M65 Dale Mayland, Bloomingto	101-11 (04) Was Karby Paymond Mols 2:47:59 (95)
o M65 Bob Warwick Sr., (OK) 7.66 (88)		*O M65 Charles Bispala, (CA) *O M70 Hugh Hackett, (NM)	94-10 (95) Long Jump W50 Donna McAndrews. So St. Paul 2:59.78 (93) 109-9 (90) MOPEN Mike Lyga, Fridley 20-0 (89) 0 W60 Gertrude Siefert. (AL) 3:26 60 (88)
M65 Chuck Olson, Nevis 8.09 (92) o M70 Bob Warwick, Sr., (OK) 8.77 (92)	o M50 Joseph Griffin, (WI) 9-0 (90	M70 Ray Skotte Mols	58-8 (90) M30 Bill Jahner, So. St. Paul 19-2 (92) W65 Lucille Smrcka, Cottage Grove 3:28.70 (88)
M70 Ray Skotte, Mpls. 9.29 (90)	O M55 Joseph Griffin, (WI) 9-0 (93 M60 Jim Gibb, Woodbury 8-0 (89	+o M75 Ralph Bowyer, (NM)	95-9 (90) M35 Patrick Boulay, Mpls. 16-1 (92) o W70 Ferne Obye, (1A-AZ) 3.53.09 (93)
M75 Emil Balz, Circle Pines 9.63 (95) WOPEN Jessica Sharratt, Shorewood 8.54 (93)	o M60 Arnold Brandt, (IA) 5-11 (95	O WOPEN Zina Garrison (CA)	76-4 (86) M40 Michael Sharratt, Shorewood 17- (90) M35 Mark Ferry, White Bear Lake 5:32.41 (95)
WOPEN Jessica Sharrart, Shorewood 8.34 (93) W35 Deb DeLuca, St. Paul 7.31 (95)	o WOPEN Zina Garrison, (CA) 2-8 (94 *W50 Sr, Rachel, Twin Cities 6-3 (89	WOPEN Michelle Lyga, Mpls	66-2 (94) 0 M45 John Ewing, (WI) 16-9 (89) M45 Ron Dockery, Mahtomedi 5:54.10 (95)
W40 Terry Sharratt, Shorewood 9.62 (93)	W55 Sr. Rachel, Twin Cities 4-3. (94		31-0 (33)
W50 Sr. Rachel, Twin Cities 8.26 (88) W55 Sr. Rachel, Twin Cities 8.31 (93)	* W60 Sr. Rachel, Twin Cities 5-1 795	W60 Sr. Rachel, Twin Cities	50-9 (95) M55 Jim Peterson, Aitkin 15-1 (90) a M55 Ted Oviatt, (CA) 6:15.15 (92)
W60 Sr. Rachel, Twin Cities 8.16 (95)	M45 Carl Klehm, (IL) 84-4 (88	Weight Bag Toss 35# 25# 20# M50 George LaBelle, Zimmern	
MOPEN Eric Raymond, Mpls. 9.08 (95)	M45 George LaBelle, Zimmerman 46-6 (88	MSS George LaBelle, Zimmern	nan 27-6 (95) * M60 Chuck Olson, Nevis 16-5 (88) WOPEN Michelle Lyga, Mpls. 9:58 00 (82)
o M40 Robert Zahn, (WI) 9.57 (94)		& M60 Larry Marsh, (AZ)	35-0 (95) **O M65 Charles Obye, (IA-AZ) 15-1 (88) W35 Pam Weir, Mahtomedi 548 94 (95)
M40 Gerald Cartier, Bloomington 10.65 (95) M45 Alan Raymond, Mpls. 11.22 (95)	a M60 Larry Marsh, (AZ) 108-10 (92	M65 Dale Mayland, Bloomingto	on 22-8 (94) *0 M70 Charles Obye, (IA-AZ) 14-8 (92) *W40 Marcy Gilles, Eden Prairie 5 43 80 (94)
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o WOPEN Zina Garrison, (CA) 15.61 (94) o W35 Lauren Zahn, (WI) 15.80 (94)	W60 Sr. Rachel Twin Cities 63-42 (95 Softball Throw	High Jump	* W50 Sr. Rachel, Twin Cities 12-3 (89) M40 Shawn Regan, Mpls 2:14.55 (93)
W40 Terry Sharratt, Shorewood 16.15 (94)	MOPEN Carl Creighton, Prior Lake 50-10 (93	M75 Detrock Bouley Mole	6-0 (92) * W55 Sr. Rachel, Twin Cities 12-2 (92) OM40 Howard Sundberg, (CA) 2:17.72 (92) 5-6 (92) * W60 Sr. Rachel, Twin Cities 11-3 (95) M45 Shawn Regan, Mpls. 2:16 24 (95) 6-0 (90) Triple Jump OM45 David Joyce, (TX) 2:28 03 (95)
W45 Kathy Raymond, Mpls. 14.96 (95) W55 Sr. Rachel, Twin Cities 15.19 (94)	M45 John Creighton, Prior Lake 121-7 (93 a M50 Spike Graham, (AZ) 210-5 (95	*M40 Tim Heikkila, Eagan	
W60 Sr. Rachel, Twin Cities 12.84 (95)	M55 George LaBelle, Zimmerman 123-6 (95	M40 Rex Harvey, (OH)	5-6 (89) MOPEN Mike Lyga, Fridley 39-10 (89) cM50 Lowell Peterson, (WI) 2.29.16 (89) 5-2 (89) M30 Bill Jahner, So. St. Paul 39-4 (92) M50 Larry Morrissette, Maple Grov 2.45.10 (95)
MOPEN Eric Raymond, Mpls. 12 66 (95)	M60 Harvey DeVries, Edina 144-0 (93 M65 Charles Bispala, (CA) 135-0 (95	* M50 Tom Langenfeld, Edina	5-4 (90) M45 Russ Anteronen, Mpls. 27-2 (95) M55 Don Rivard, St. Paul 2-47.20 (88)
M30 Bill Jahner, W. St. Paul 11.97 (92)	M75 Ben Bjergo, Mpls. 40-0 (93) a M50 Spike Graham, (AZ)	5-3/2 (95) M50 George LaBelle, Zimmerman 27-6 (92) 0M55 Ted Oviatt, (CA) 2:58 69 (92) 5-3 (92) * M55 Jim Peterson, Aitkin 32-5-2 (90) M60 Lloyd Young, Pine City 2:36.41 (88)
M35 Ken Pazdernik, Brooklyn Park 11.93 (90) *0 M40 Robert Zahn, (WI) 11.15 (94)		# M60 Tom I engenfeld Edine	5-2 (95) * M60 Jim Peterson, Aitkin 30-5 (95) oM65 Jerard Hargis, (ND) 3:32.00 (95)
M40 Michael Sharratt, Shorewood 11.75 (90)	W60 Barb Thorgrimson, Golden Valleyl 13-0 (95		4-8 (95) *0 M60 Arnold Brandt, (IA) 30-0 (95) M75 Emil Balz, Circle Pines 3:27.41 (95) (88) 4-6 (90) a M65 Charles Bispala, (IA) 16-6 (95) 2WOPEN Zina Garrison, (CA) 2:29 00 (86)
* M45 Lloyd Cordner, St. Louis Pk. 11.73 (90) M50 Larry Morrissette, Maple Grove13.00 (95)	ShotPut 16# 6k 5k 4k 3k *a M40 Jerry Senters. (IA) 43-6 (93	N- 1470 Charles Ohus (TA A7)	4-4 (92) *O M70 Charles Obye, (IA-AZ) 28-2 (92) W35 Lisa Mangiamele, Bloomington 241.75 (93)
o M50 Spike Graham, (AZ) 13.18 (95)	M40 Paul Mangiamele, Bloomington 34-3 (93	WOPEN Michelle Lyga, Mpls.	
0 M55 Gordon Siefert, (AL) 12.82 (88)	o M45 Carl Klehm, (IL) 37-6 (88) W35 Marcia Kull, Edina	(IL) 4-2 (89) *W50 Sr. Rachel, Twin Cities (MO) 27-5 (87) W55 Sr. Rachel, Twin Cities 3 55 24 (94)
* M55 John Haugo, New Brighton 12.88 (90) *o M60 L.S. "Andy" Anderson. (NM) 13.02 (92)		* W55 Sr. Rachel, Twin Cities ((NESO) 4- \(\frac{1}{2} \) (92) *W55 Sr. Rachel, Lwin Cities 25-2 (92) W60 Sr. Rachel, Twin Cities 3.58 44 (95)
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№0 M70 Hugh Hackett, (NM) 15.07 (90)	O M65 Charles Bispala, (CA) 30-9 (95		RESPECT MAN: START SEEING MOTURCYCLES, Bicycles, Shates, Runners, Walkers, WATCH! GIVE US ALL-A BRAKE!
M70 Ray Skotte, Mpls. 17.63 (90) M75 Emil Baltz, Circle Pines 18.60 (95)	M65 Dale Mayland, Bloomington 27-8 (94		I AUGUST IS GREAT - CELEBRATE !!
WOPEN Rhonda Lee Dean, Mpls. 12.29 (86)	M70 Ray Skotte, Mpls 27-0 (90		WEATHER GOOD, BAD, OR FAIR, 'R' MEETS NEVER CANCEL
* W35 Deb DeLuca, St Paul 14.25 (95)	o M75 Ralph Bowyer, (NM) 27-2 (90	10.0	TRULY Amateur-TRULY NONprofit; Entry fees for the benefit of continuing 21c. USAG S8-one event, \$15-unlimited and family. List names and ages under one family name on backside of
o W35 Lauren Zahn, (WI) 14.97 (94) W40 Terry Sharratt, Shorewood 19.25 (93)	WOPEN Michelle Lyga, Mpls. 26-1 (94		entry for the 4X100 family fun relay. Include any track history you care to share. Speciator fee: \$3
* W45 Sr. Rachel, Twin Cities (MNSF14.26 (84)) GWOPEN Zina Garrison, (CA) 23-0 (9-	FEBRUARY	individual-\$5 family. Mail to: Rachel Lyga. 122-63 1/2Way NE. Mols. MN 55432 612/574-9661
# W50 Sr. Rachel, Twin Cities (TN) 15.4 (87) # W55 Sr. Rachel, Twin Cities 15.69 (92)			ENTRY FORM PREFERENCE
# W60 Sr. Rachel, Twin Cities 16.48 (95)) W55 Sr. Rachel, Twin Cities 22-10 (9	p p	Drive ya crazy, stress day
200m Sprint MOPEN Eric Raymond, Mpls. 27.00 (95)	# W60 Barb Thorgrimson, Golden Valley 24-10 (9	" cotilicale "	Procrastinators: Add \$50
o M40 Howard Sundberg, (CA) 25.53 (92)	M30 Craig Haugaard, Hutchinson 90-5 (8		NameBirthdateAge on 9/1/96W() M()
M40 Greg LaLonde, Mpls. 19.50 (93)) M35 Patrick Boulay, Mpls. 111-2 (9	2) & Resulta	Please Print
M45 Russ Anteronen, Mpls. 27.35 (95) o M50 Jim Muxen, (NE) 23.99 (90)	M40 Bruce Walberg, Eden Prairie 113-0 (8	mailed c	Home address
M50 Larry Morrissette, Maple Grove 27 95 (95	M45 Dan LaBelle, Harris 127-9 (9	5) 1/4/11/10	(No P.O. Picase)
* M55 John Haugo, New Brighton 26.70 (90 Ho M55 Gordon Siefert, (AL) 26.85 (88		o) GOORY, P	CitySt/ZpPhone()
o M60 L.S. "Andy" Anderson, (NM) 26.97 (92	2) o M50 Spike Graham, (AZ) 89-4 (9	5)	A Control of the Art Art of the Control of the Cont
M60 Fred Biederman, Deephaven 29 72 (95 o M65 Bob Warwick, Sr., (OK) 33.74 (88		5) How are n	NATION DI LA LIA PLANTA PARA ANTIO POR LA
M65 Ray Skotte, Mpls. 45.80 (89	M60 Jim Peterson, Aitkin 102-0 (9	5) Mar Lindell 1	THINK you'll try it-Circle it! WT ST DI JA HA Family Relay 4X100 50Bkmd
M70 Ray Skotte, Mpls. 39 10 (90 M75 Emil Balz, Circle Pines 38 00 (95	0) +0 M65 Charles Obye, (IA-AZ) 120-33 (1	8) NO 14/	(Cancellations are no problem)
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W35 Deb DeLuca, St. Paul 30.52 (95) W50 Sr. Rachel, Twin Cities (IL) 33 85 (87)		89)	BEST MARK
W55 Sr. Rachel, Twin Cities 35.78 (92	2) W55 Sr. Rachel, Twin Cities 57-1 (14) WW D	"AT YOUR OWN RISK" We can dial 911. But if you need medical supervision for exciting physical
W60 Sr. Rachel, Twin Cities 36.56 (95	5) W60 Sr. Rachel, Twin Cities 52-6	(except from portion of the leasts) in s	activity, please do not attend this meet. WAIVER: L the undersigned, being of sound mind and
ALMICHIY COO.	种相对于1000年1000年1000年	(May)t.) n	physical condition, am participating in The 21st Century AGLESS GAMES, USA Early Morning
The 21st Century ACCLESS CAMES will continue to open as long as the Congress and Senate of these United States	with words of Thanks to YOU,	nu remais	"R" Track & Field Meets of my own free Will. I know my own body's limitation, and take full responsibility
and our president takes the Presidential Oath of Office with	th one Hand on The Holy Bible	,, 0	for my own health. I have personal injury insurance, and do hereby agree to waive any future claims for injuries against anyone, directly or indirectly, as a result of my activities in connection with the meets.
Abba lather, in work or play, may your Blessings and protect soldier in the battles for what is right and good, to help the	clion be upon every endangered NONRELIGIOUS	15am. 16.	I understand further, that I will not be publicly humiliated and assumed guilty of drug misuse, or have, without a
home, or abroad, in ar out of uniform, young or old.	omen NONPOLITICAL	e	reasonable cause, my U.S. Constitutional Right of Privacy violated.
All faiths or once one Makame Tax is the fi	fulfilling of the Law "Blessed are the Peacemokers"	d d	SignatureDate



Durban as I See It

s you probably have already heard, there is very good news from Durban, South Africa, where the next WAVA World Championships will be held July 17-27, 1997. It will be the 12th biennial running of the Championships and should prove to be among, if not the best ever.

Several things contribute to form my opinion about this. First of all, the continent, the country and the city all are very interesting. Housing and eating expenses tend to be half to twothirds of what we are used to and the rand is very low against the American dollar right now. The Organizing Committee is very knowledgeable and concerned that the championships be memorable for the athletes. They are expending every effort to ensure that they provide the best venues, equipment, and organization possible. I think that you will find this to be, technically, the finest organized champ-

The physical layout of the champi-

onships site is undoubtedly the best that we have seen so far. The two track and field stadiums are only 200 yards apart and the additional throwing fields are immediately outside the sta-diums. Both the road walks and the marathon will start just outside the stadiums and the marathon will finish in the stadium. The cross-country will be held close by at a city golf course. Stadium 1 has a 9-lane oval and 10lane straightaway. Stadium 2 is an 8lane track with an 80-meter warm-up strip adjacent. Both have covered seating areas and many rooms and other covered areas for official functions. The award ceremonies will be held the day after the event finishes (except for



View from windows of headquarters hotel, Durban, South Africa.

Photo by Rex Harvey

last day events) on parallel award stands as was done in Buffalo. Since access to the track will be controlled, the ceremonies will be directly in front of the seating area to facilitate picture-

Another great feature is that only a little over a mile away is the main housing area - a large collection of hotels along the Indian Ocean beach front called the Golden Mile (although it is more than a mile long). There are all classes of hotels from the very inexpensive (\$40 per night for up to 4 people) to the finest of accommodations (up to \$250 per night). University dormitory rooms are also available but I wouldn't recommend them merely because they are so much farther out from the competition area and cost as much or more than the hotels. Remember, Durban is a tropical resort city and puts a great deal of attention on taking care of its many visiting

For the championships there will be continuous shuttle buses running a tight loop. We will not be spread out over an entire city like we were in Buffalo. Right across the street from the hotels are many fine parks, restaurants, swimming pools (both fresh water and salt water), small museums and other attractions (the snake park had just received a two-headed cobra while we were there). And, of course, there is the beach adjacent to these, and a beautiful beach it is. The water is warm all year even in the middle of winter when we will be there. It is very pleasant to sit in the outdoor restaurants, watching the ships out at sea and the surfers doing their thing.

The winter weather is said to be ideal. Having been there in February, I know that their summer is very hot and humid and certainly not at all suited to extended running events. It was a very good decision (for us from the northern hemisphere) to conduct the championships in the South African winter even though it is not their normal track and field season.

Late Entries

Don't even think of it! No matter what has happened in the past, there will be an entry deadline, a real deadline, which will be enforced by the Organizing Committee itself and double checked by WAVA administration. As much as the Organizing Committee could use the income from a few extra entries, they are determined to put on a first-class meet, and to do that they realize they must enforce a definite cut-off date so that reasonable time is left for final planning.

Seeding Marks

It is important that you supply current and accurate performance marks on your entry for seeding purposes. Generally it is not at all in your interest to overstate (or understate) your performances in the two years since the last World Championships. It only will result in getting you into a heat or flight where you stand out like a sore thumb. It is much more efficient for the organizers and officials, and a much better experience for yourself, if you compete among your peers.

Scheduling

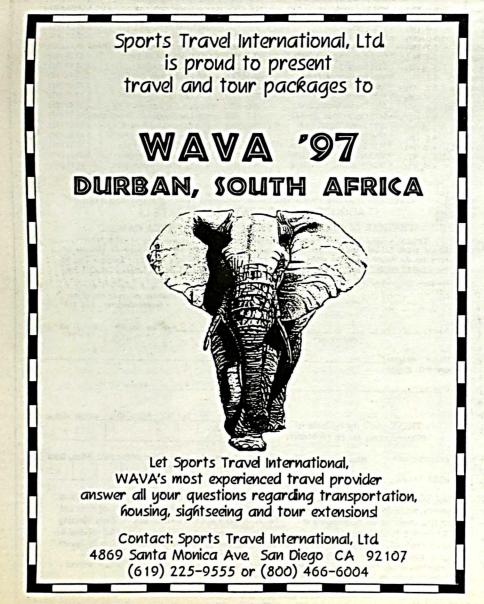
The events in Durban are scheduled per WAVA informal guidelines: one event/one day with the exception, of course, of those running events with preliminary rounds. This makes it very easy to know when and where events are happening and will eliminate conflicts (between field events at least). Also, per WAVA informal guidelines, the competition will progress women first, then men and oldest to youngest in each case. This saves a lot of anxiety for competitors and officials as they know when their flight or heat is due to this regular progression. Competition will generally start each day at 8:30 a.m. with obvious exceptions like the decathlon/heptathlon, weight pentathlons, and the distance running events.

National Pride

The South Africans are very anxious to show their country to the rest of the world. I'm afraid those of you expecting a jungle settlement will be disappointed in Durban itself. Actually, it is a very modern city, as urban and up-to-date as any in Europe

or the U.S. It has sprawling suburbs

Continued on page 28





Rees Snaps Gates' Two-Year Streak

After two years of unpressed victories, Nigel Gates, the WAVA World 10K road champion, was finally defeated by 43-year-old Martin Rees. The Welshman ended Gates' string in the British Veterans 5K Championships in the cathedral city of Wells in Somerset on Bank Holiday, Monday,

Gates had led throughout the four laps, but Rees struck near the end to win in 14:49. Mike Hages continued his good M45 form with a 15:10 effort in fifth.

The over 50s had their own separate race. Newcomer Martin Rouse took on Alun Roper and Brian O'Neill in the M50 contest before losing out in the closing stages as Roper won in 15:57. Another new name came up in the M60s with Dennis Hayes winning in 17:49.

Jo Thompson, 37, led Jan Holt in the W35 race inside 17 minutes with a 16:42. Zina Marchant, 45, headed the W45s in 17:33. Pat Gallagher fought off injury to win in the W50s in

Jordan Competes in Greece

Former Stanford track coach and world masters record-holder Payton Jordan, 79, raced down the track June 1 in a short white tunic and bare feet to win the first official sprint held in the stadium of ancient Nemea, Greece in about 2300 years.

A trumpet blared, Jordan's name was called, and a judge wearing a black robe gave him a white headband and a palm frond. Later, the 1968 Olympic track and field coach and the other winners in a day full of races were crowned with a wreath of wild celery, as in ancient times.

year. as a

arned cellent

"To think that you walk into a stadium and your foot treads the soil the ancient champions trod - it makes you feel like a very insignificant person in the grand scheme of things," said

Jordan is still officially retired from

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ATHLETES WHO HAVE PARTICIPATED IN ALL 11 WAVA CHAMPIONSHIPS

Ruth Anderson

Reg Austin

Norbert Barth

Hari Chandra

Willie Dunne John Dunsford

Bob Fine

Bob Mimm

Jim O'Neil

Hans Potsch

Jack Stevens

Jim Vernon

10

13

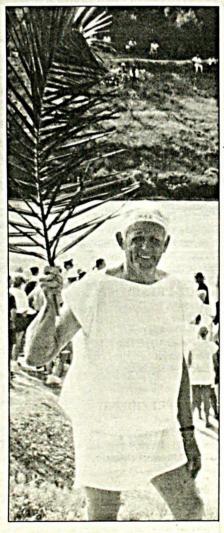
Don Farquharson

Roland Johansson

Isabel Cunningham

Phil Conley

masters track and field, but says he is looking forward to the 1997 Nationals in San Jose. "It should be a great meet on a fine track and in an enthusiastic track atmosphere."



Payton Jordan, 79, at ancient Nemea, Greece for the 100th revival of the Olympic Games,

Seven World Records Set at Russian **Indoor Championships**

from VADIM MARSHEV, **RAVA President**

Nearly 500 athletes participated in the Russian Athletic Veterans Association Indoor Championships, Moscow, April 5-7. Participants came from 102 Russian cities and included 84 guest athletes from Taiwan, Ukraine, Belarus, and other countries.

Seven indoor records were broken, including three in the women's shot put, and two held by Vivian Nelson of the U.S. in the W75 long jump and high jump.

The highlight of the meet was a celebration of the 100th anniversary of the Olympics in 1996. RAVA invited former U.S.S.R. Olympians and champions to the opening ceremony on April 5, held at the Central Sport Army Club Stadium, the best indoor facility

in Russia.

Igor Ter-Ovanesian, an Olympic gold medalist in the long jump and now Russian Vice-Minister of Sport, asked the invited guests to join him in the infield. Thousands of spectators applauded the 48 athletes who responded to the invitation.

RAVA is planning a similar celebration of Olympic history at the Russian Masters Championships in Sochi, Sept. 20-22. Veteran athletes from other countries are invited to attend.

The first Germany-Russia Veterans Match will be held in Rosenheim, Germany, Aug. 10-11. The Bavarian Veterans Sport Association invited 45 Russians to Rosenheim for ten days. All expenses, except transportation, will be covered by BVSA.







SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION AND MUNICIPALITY OF SAN JUAN AT CENTRAL PARK FACILITY, MIRAMAR SANTURCE, P.R. ON SEPTEMBER 21-22 1996.

AGE DIVIBIONS: FIVE YEARS AGE GROUPING FOR MEN AND WOMEN AGE 30 AND OVER.

ENTRIES FEE: \$15.00 FIRST EVENT,\$ 5.00 EACH ADDICIONAL EVENTS, RELAYS FREE.
AWARDS: MEDALB TO FIRST THREE IN EACH AGE DIVISION AND T. SHIRT WILLBE AVAILABLE FOR EVERY ENTRANT.
DEADLINE FOR ENTRIES: SEPTEMBER 5, 1996.
ENTRIES: SENT THE ENTRY FORM BELOW WITH CHECK PAYABLE TO: PUERTO RICO MASTERS ABSOCIATION PO BOX 31300
65 th, INFANTRY STATION
RIO PIEDRAS, P.R. 00929-0300
CALL MR. GREGORIO ANGULO - PRESIDENT (787) 724-6157
OR MR. GILBERTO GONZALEZ JULIA (787) 765-5702.
REGISTRATION: PICK UP OF PACKETS AT CENTRAL PARK FROM 10:00 AM. ON SATURDAY 21, 1996.
HOTEL: ACCOMODATIONS SHOULD BE ARRANGED BY INDIVIDUAL PARTICIPANT.
THE FOLLOWING HOTELS ARE IN THE VICINITY OF THE CENTRAL PARK: ENTRIES FEE: \$15.00 FIRST EVENT,\$ 5.00 EACH ADDICIONAL EVENTS,

HOTEL OCEAN SIDE. (787) 722-2410 HOTEL NORMANDI. 9787) 729-2929 HOTEL TORO. (787) 726-2647 HOTEL CARIBE HILTON. (787) 721-0303 HOTEL MIRAMAR. (787) 722-8239 HOTEL TANAMA. (787) 724-4160

ORDER OF EVENTS:

GATURDAY SEPT. 21
FIRST EVENT AT 6:00 P.M.
4 X 100 RELAY (W-M)
(A) 300M. HURDLES (M)60+
(B) SHOT PUT (W-M)
(C) 400M HURDLES (M)
(D) HIGH JUMP (W-M)
(E) DISCUS (W-M)
(E) DISCUS (W-M)
(G) LONG JUMP (W-M)
(H) 100M DASH (W-M)
(I) 5,000 M RACE WALK (M)
(I) 8,000 M RUM (W)
(II) 400M DASH (W-M)
(M) 6,000M RUM (M)

SUNDAY SEPT.22
FIRST EVENT AT 1:00 P.M.
(O) 80M HUNDERLES (M) 70 +
(P) 100M HURDLES (F) 30-39
(Q) HAMMER THROW (W-M)
(R) 100M HURDLES (M) 50-69
(S) 110M HURDLES (M)
(T) 800M RUN (W-M)
(U) JAVELIN (W-M)
(V) TRIPLE JUMP (M)
(W) 1.500M RUM (W-M)
(X) WEIGHT THROW (W-M)
(Y) 200M DASH (W-M)

ORDER OF COMPETITION WILL BE: WOMEN AND MEN-OLD TO YOUNG

NOTE: AFTER THE MEET, DINNER WILL BE SEVERED AT NOT COST TO ALL PARTICIPANTS.

NAME:	AGE _	MALE () FEMAL	E () PHONE
ADDRESS			157, 404
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ETIO RELEASE: IN OONSIDERATION OF THE RIGHT TO PARTIDIPATE
IE SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS, I DO
IES, FOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND
EVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH MAY
I, OR WIGH MAY HEREAFTER ACCRUE TO ME AGAINST THE ONTY OF
JUAN, PUERTO RICO MASTERS ASSOCIATION THE ORGANIZING
MITTEE OR THEIR OFFICERS OR AGENTS AND THE FARQUE OCNTRAL
ANY AND ALL SPONSORS OF THE AFOREMENTIONED CHAMPIONSHIPS
IFFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM
PETING AND I COMPETE AT MY OWN RISK.

APPLICANT SIGNATURE	The second secon	DATE:	ALC: NO PER AD
ATTECHNI SIGNATURE		DATE:	

Countdown to Durban

Continued from page 26

and huge new shopping centers and, on weekends, is a flea market devotee's

dream with thousands of booths in the downtown and beach areas. Never fear, if you want jungle, or at least African



Members of the Durban Organizing Committee meet with members of the WAVA Stadia Committee in Durban, South Africa, Feb. 1996. From left: Willie Ward, Peter Grober (OC), Basil Carnie (OC), Winston Thomas (S), Jim Blair (S), Monty Hacker (OC), Rex Harvey (S).

Photo by Leo Benning

brown, and white. Each walking these days with their heads up. I'm told that Durban has the largest Indian population of any city outside of India. And, of course, it has a large black population which is at the bottom of the economic scale right now, but improving quickly. Attitudes are truly changing there now that democracy is coming to

savanna and wild animals, you will not

have to go very far on side trips to get

Durban is a very cosmopolitan city.

Any downtown street scene on a work

day shows you a good mix of black,

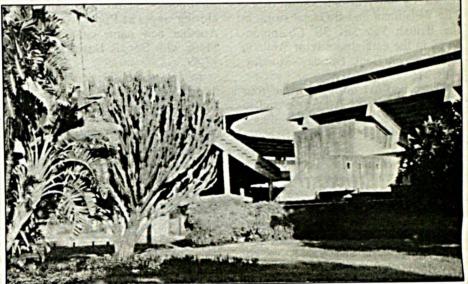
I happened to be in a downtown shopping mall in the middle of the

the country. All races seem to have

South African pride.

afternoon when the schools were letting out. I saw a slim, tall, black youth maybe 12 years old with two friends in front of a store selling brightly colored full cotton dresses as are common in equatorial Africa. The boy punched his buddy and said, "Look! African garments." He, standing there in his white shirt and tie, obviously was interested in what he saw, as I was, but, like me, he didn't identify himself with it.

Great things are in store for this country if the transition from apartheid to democracy continues smoothly. You will find the South Africans very friendly and anxious to get to know you and for you to get to know them. Come and witness this exciting time and be a part of bringing South Africa into the world community.



Exterior of Stadium 1 showing tropical vegetation, Durban, South Africa.

Photo by Rex Harvey

WAVA/USATF Hurdles and Implements Specifications

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles	
30-39	100m	.840m 33"	13.00m 42'8'/2"	8.5m 27'10'/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 60-69 70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8	
30-39 40-49	400m	.762m 30"	45.00m 147'73/4"	35.00m 114'9'/2"	40.00m 131'2'/2"	10	
50-59 60-69 70 plus	300m	.762m 30"	50.00m 164'0'/2"	35.00m 114'9'/2"	40.00m 131'2'/2"	7	
	ALC: HAVE		MEN	Appendix Station	一起,则自然从上 风水	HORSE FIRE	
30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10	
50-59	100m	.914m 36*	13.00m 42'8"	8.50m 27"10"/2"	10.50m 34'5"	10	
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27"10"/2"	10.50m 34'5"	10	
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11'/₂"	19.0m 62'4"	8	
30-49	400m	.914m 36"	45.00m	35.00m	40.00m		
50-59	400m	.840m 33"	147"7"/2"	114'9'/2"	131'2'/2"	10	
60+	300m	.762m 30"	50.00m 164'0'/2"	35.00m 114'9'/2"	40.00m 131'2'/4"	7	

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

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

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Hannes Booysen P.O. Box 5180 1403 Delmenville South Africa Fax: 27-11-827-7590

Masters Scene

NATIONAL

• A daylong media symposium at UCLA last month discussed the phenomenon of the emerging senior market. Demographics were explained, ads were analyzed, and strategies were explored. "Smashing Old Stereotypes of 50+ Americans," and "Mature Consumers: What Makes Them Tick," were among the presentations. Attendees learned people over 50: buy 41% of new cars, do 80% of all luxury travel, spend \$320 per year per grandchild, patronize more fast-food outlets than teenagers, and resent commercials which patronize them. The idea of seniors as a lucrative market is rapidly catching on, now that Baby Boomers have started hitting age 50. The downside is that 12% of USA seniors still live in poverty.

• Bill Stewart, 53, Ann Arbor, MI, serving his 30-month sentence for selling Mideast maps, is allowed to leave the Bradford, Pa., prison area as a "town driver," transporting people and things around. "It's a relief to be out in 'polite' society," he said. He is organizing races in the prison and has run a 4:40 mile and 15:22 3-mile. His new attorney presented oral arguments before the 4th Circuit Court of Appeals in Richmond, VA, June 6. Reports were optimistic about Stewart's chances for a reversal of his conviction. Donations to Bill's legal defense fund may be sent to Karen McKeachle, 802 Granger, Ann Arbor MI 48104. Phone 313-662-1000.

 Over 300 delegates attended the Road Runners of America's annual convention in Knoxville, TN, May 9-12. Delegates attended workshops, seminars, fun-runs, and the auction, which traditionally has raised record amounts for RRCA programs and services. Jeff Galloway, Olympic marathoner, was the keynote speaker at the banquet. Honored as masters road runners of the year were Charlie Gray, Lee's Summit, MO; and Nancy Grayson, Northville, MI. New officers elected for the next two years are: President, Don Kardong; V-P, Carl Sniffen; At-large Director, Raleigh Mayer. The RRCA is a non-profit organization of over 570 running clubs nationwide and has many resources on beginning, children's and women's running; coaches; and how to start a running club. Call 703-836-0558.

Archimedia Interactive has released a CD-ROM of the 1996 Olympic Team. It is a comprehensive guide to the athletes, events and action in Atlanta. For more information contact Melanie Magruder or Wendell Holloway at (214) 880-9090

 Healthy Runner's Handbook is a new book which helps runners "put an end to nagging injuries by showing them how to run safely and successfully," says author Lyle Michell, M.D., a Boston sports physician with more than 20 years of clinical experience treating injured athletes. Contact Human Kinetics at 217-351-5076.

 What gives with the Atlanta Olympic Games organizers? Seven months ago, they said all the Olympic T&F tickets were sold out. Now they say they've got plenty for every session and they're hustling them all over town for big bucks. If you're interested, call 404-744-1996.

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• Need a place to stay in Atlanta during the Olympics? No problem, if you have the cash. The classifieds are full of houses for rent. Sample prices: 2br/2ba, 15 min. from stadium, \$3000 per week; 4br/2ba, 20 min. from stadium, \$1000 per

 If you get to the stadium during the Games, prepare to shell out \$2.75 for a small soft drink and \$3.00 for a hot dog. Most spectators at the Trials brought their own sandwiches while vendors stood by idle.

 Victoria Herazo, 37, formerly of Los Angeles and Las Vegas and now training in Liburn, Ga., who won the W35 10K racewalk at the World Veterans Championships last year in Buffalo, qualified for the USA Olympic team with a third-place 48:12 in the women's 10K Olympic Trials, June 22, in Atlanta.

EAST

• Dr. Harold Nolan, 49, broke the U.S. single-age record for the 1500 with a 4:09.49 in the Princeton Invitational, May 11. The former record of 4:09.99 was set by Ernie Billups in 1986. On May 25, Nolan finished 14th in a field of 7000 in the Spring Lake 5 Mile, New Jersey's largest race, but was nipped by one second for the M40+ title by Gary Cohen, 43, who finished in 26:46.

• The inaugural Iron Horse Farm Throwers Meet, May 25, at Charles Covino's private throwing facility was a success. The more than 50 throwers found perfect weather, first-rate staging and scheduling, and quality competition, including former Olympian and retired coach Irv Mondschein, M70, a decathlete in the 1948 London Olympics. The next meet, scheduled for July 20, will include younger and open throwers; several Olympic meet officials will be on hand to officiate. See the entry blank in this issue.

 John Lupski, 44, 17:21, Hicksville, NY, and Kathy Martin, 44, 19:53, Northport, NY, cruised to masters wins in the Long Island Police Appreciation 5K, June 6. NMN columnist Maury Dean, 53, 18:46, in his first race after recovering from a broken rib, was outkicked by Dennis Pennanga, 53, 18:41, Medford, NY, for the M50-54 win.

 An amazing 97.4% of the runners who started the 100th Boston Marathon April 15 finished the race, notes the BAA. Of the 36,478 starters, 35,810 completed the race. The peak time finishers were at the 3:57 mark. During those 60 seconds, 379 runners crossed the finish line.

 Carolyn Cappetta, Concord, MA, after destroying the W60-64 indoor 800 WR (2:56.75) with a 2:44.22 at the East Regionals at Brandeis U. in March, went on to bigger things in April with an outstanding division third-place (3:43:10) in the 100th Boston Marathon.

• Malcolm East, 40, Butler, PA, posted the fastest time in the Clarion River Half-Marathon, Cooksburg, PA, April 6, but Lou Lodovico, 72, Ellwood, PA, had the best performance. East was first overall in 71:59, an age-graded 85.0%; Lodovico, winner of the M60+ race in 94:19, performed at an 86.9% level. Six of the top ten performers were ages 35-and-over. Margretta Lutz, 67, Saxonburg, PA, was the top A-G female, with a 78.7% 1:53:17

• Ron Johnson, M50, garnered kudos with impressive wins in the 100m (23.9), 200 (59.8), HJ (4-6), and TJ (37-41/2), NY Masters Spring Classic, Merchant Marine Academy, Kings Point, May 19. Terry Shuman took throwing laurels, with M50 wins in the SP (42-21/4), DT (150-7), HT (137-1), and WT (42-41/4).

 Linda Wack, 40, Germantown, MD, bested the masters field with a fourth overall 31:18 in the Mother's Day 8K Washington, DC, May 12.
 Hedy Marque, 78, Alexandria, VA, turned in a fast 47:28. Each runner received a flower as she crossed the finish line.

• Larry Dicerbo, 40, 31:34, Falls Church, VA, and Kim Siagnter, 41, 46:29, Reston, VA, forged masters firsts in the Patriot's Cup Corporate Challenge 8K, Fairfax, VA, May 5. Jack Chapman, 50, Manassas, VA, was third M40+ in 32:12

Luis Tipan, 42, 26:16, and Mary DiNardo, 41, 32:09, breezed to masters firsts in the NYRRC You Gotta Have Park 5 Mile, Prospect Park, Brooklyn, May 18. Alfred Finger, 61, 33:39, and Thelma Wilson, 64, 39:47, impressed with wins in their 60-64 divisions.

SOUTHEAST

Lawrence Johnson, a U. of Tennessee senior from Chesapeake, VA, broke the U.S. pole vault record with a 19-71/2, competing in the USATF Southeast Regional Masters Championships in Knoxville, May 25. In that meet, Philippa Raschker, 49, re-injured her Achilles' tendon severely, eliminating her chances at the Olympic Trials Exhibition PV.

• Martin Mondragon, 42, Mexico, successfully defended his masters title for the third time with an 11th-overall 29:30 in the Azalea Trail 10K, Mobile, AL, March 23. Antoni Niemczak, 40, Poland/Rochester, NY, was second in 30:42. Bill Rodgers, 48, marked his seventh appearance in 19 races by finishing in the money for the fifth time with a third M40+ 32:02. Jenny Peters, 40, was the W40+ winner in 35:45, ten seconds ahead of Diane Legare, 45, of Canada. Masters shared \$3500 in prize money.

MIDWEST

• The Race Judicata 5K/10K, Birmingham, MI, May 4, featured a regular division and a "legal" one for lawyers. Ron Marinucci, M40, 18:16, and Donna Olson, W40, 21:02, running in the regular division, were first masters in the 5K. Masters runners were first overall in the 10K, with attorney Ted Farmer, M40, competing in the "legal" race, running a 35:09, and Jennifer Bouwkamp, W40, finishing in 44:41 in the regular division.

MID-AMERICA

 Older masters led the way in the Wichita River Run 10K age-graded standings, Wichita, KS, May 11. Paul Heltzman, 65, 39:45, Eudora, KS, was first with an A-G 31:08. Dick Wilson, 64, 39:22, Lawrence, KS, was just a notch back with a 31:09. Jane Hutchison, 50, Webb City, MO, blistered the course with an actual time of 38:18, an A-G 33:40.

• Michael Seaman, 45, 16:06, and Marcy Giles, 46, 18:20, hastened to masters firsts in the Melpomene Institute 5K/USATF Minnesota Championships, St. Paul, May 4. Paul Werner, 82, 32:30, and Ethel Furne, 86, 41:53, nabbed wins in the 80+ divisions. The Institute, founded in 1982 and named after an inspiring Greek woman who ran the first Olympic marathon in 1896, helps girls and women of all ages to link physical activity and health through research, publications. and education.

• Jim Ryun, 49, is running for Congress as a Republican in Kansas' 2nd District. The incumbent, Republican Sam Brownback, decided to run for the Senate seat being vacated by Bob Dole. The only other declared candidate is John Frieden, a Topeka lawyer seeking the Democratic nomination. Ryun is one of only three high school students to break four minutes for the mile (Marty Liquori and Tim Danielson are the others). He ran 3:51.1 in 1967, which stood as the world mile mark for eight years. Ryun is a motivational speaker, author and operator of sports camps. He lives on a farm north of Lawrence with his wife and four children.

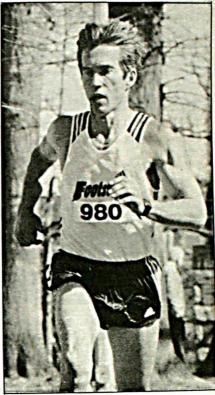
SOUTHWEST

 Janet Myers, W55, was first masters woman in 23:08 at the Whirlwind 5K, Tishomingo, OK, May 18. Rick Orr, M40, captured the M40+ win with a 19:06. Ken Hughes, M50 winner in 19:45, and Myers were top agegraded masters.

• Larry Jessee, 44, holder of the M40-44 PV WR at 5.34/17-61/4, broke the single-age WR with a 5.18/17-0 at a university meet in Juarez, Mexico, May 13.

Brian Bolton, 58, streaked to an M55 win with a 16:53 in the Run For The Arts 5K, Dallas, May 25. His wife, Blaine, 52, won her age group (27:53) and his daughter, Kathy, 29, placed second (22:26) in hers. The first woman overall, Cathy Swiatocha (18:37), is coached by Brian. Jacquie Baldelli, W40, was the first masters woman, in 19:41.

The Texas Masters Championships, U. of



Chuck Moeser, 44, first master (26:04), American Classic 8K, Washington, D.C. Photo by George Banker

Texas-Arlington, Aug. 10, includes a racewalk, steeplechase, and 4X800 relay. The Dallas Masters TC 4X800 relay quartet is shooting for the U.S. record after coming up short in an attempt at the indoor record in February.

WEST

• Gene Ball, 50, Oxnard, CA, edged Jim Kornell, 44, Santa Barbara, for the masters age-graded first place in the Law Day 15K, Santa Barbara, April 27. Ball hit the 80.8% mark with a 56:51, with Kornell, first M40+ in 54:43, at 80.2%. Mimi Baranowski, 48, was the W40+ first in 70:35.

• The Steve Scott Invitational Masters Meet, UC-Irvine, May 5, drew 93 athletes, ages 25-80+, who competed on the second day of a two-day invitational (the first day for open and collegians). Sprinters Stan Whitley, M50, in the 100m (11.35) and 200 (23.74), and Ken Dennis, M55, 100m (12.51) and 200 (26.3) were standouts. In the Dan Aldrich Memorial Anteaters Meet at UC-I, May 26, Susan Dimarco, W30-34, vaulted 12-11/4, qualifying her for the Olympic Trials PV Exhibition. Avery Bryant, who turned 72 on May 25, broke the U.S. single-age record for the 3000m SC with a 14:35.4. Proceeds from both meets went into the Dan Aldrich Memorial Scholarship fund that assists the UC-I t&f programs.

NORTHWEST

• Mark Billett, 42, 52:24, Seattle, and Judy Fisher, 42, Federal, WA, with a first female overall 72:35, were masters firsts in the Northwest 15K Run/Pacific NW Masters Championships, May 4. The race also served as the NW Masters 10K RW Championships, in which Bev LaVeck, 60, Seattle, was first W40+ in 60:20, an agegraded 134.8%, which will send the number crunchers whirling. Stan Chraminski, 48, Seattle, was first M40+ walker in 52:13.

• Steve Lester, 53, Magna, UT, laid down a 33:27 for masters honors, Salt Lake City 10K, June 1, and an age-graded 92.0% on the slightly downhill course. Debbie Hansen, 43, Pleasant Grove, UT, was the W40+ winner in 39:00

 In the Lilac Bloomsday 12K mega-run (over 60,000), Spokane, WA, May 5, June Machala, was more than 18 minutes ahead of her nearest W65 competitor in 55:39.

 Runners and walkers from 20 states and three countries participated in the worst condi-

Continued on page 32

Schedule

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

TRACK & FIELD

NATIONAL

July 6-7. USATF National Masters Decathlon/Heptathlon Championships, San Diego, Calif. Ed Oleata, 2870 Glenbrook Way, La Jolla, CA 92037. 619-453-4570.

August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509-533-3644; fax 509-533-4128.

August 31. USATF National Masters Weight & Superweight Championships, Seattle. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

September 14. USATF National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director, PO Box 89, Wilsall, MT 59086. 406-578-9870.

EAST

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

July 7, 21. Potomac Valley TC Meets, Williams HS, Alexandria, Va. 703-671-

July 11, 25. Philadelphia Masters Developmental Meets, Germantown Academy, Ft. Washington, Pa. 6 pm. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, X245(day).

July 13. Throw Farther Clinic, Old Mill HS, Glen Burnie, Md. Chris Hickey, 301-390-0855.

July 15-20. Keystone State Games, Shippensburg. 50+. Open to Out-of-State. Savid Farrand, 31 So. Hancock St., Wilkes-Barre, Pa. 18702. 717-823-3164, x2.

July 20. Covino's Throwers Only Meet, Iron Horse Farm, Ringoes, N.J. C.P. Covino, PO Box 265, Boss Rd., Ringoes, NJ 08551. 908-788-1700.

July 20. USATF East Regional Masters Championships, Randalls Island, New York City. Haig Bohigian, 225 Hunter Ave., North Tarrytown, NY 10591. 914-631-1547.

August 25. Philadelphia Masters Championships, Swarthmore College, Pa. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245 (day).

August 31-September 1. Potomac Valley Games, D.C. area. 703-671-2520.

SOUTHEAST

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

July 27. Jacksonville TC Classic, Bolles School Track, Fla. 5 pm. Lamar Strother, 388-7860; JTC, 384-TRAK.

September 28-29. 11th Thomasville Fall Masters Decathlon/Heptathlon. Includes Women's Decathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

MIDWEST

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

July 10-14. Michigan Senior Games, Warren. 50+. Open to Out-of-state. Bill Sharpe, 312 Woodward, Rochester, MI 48307. 810-608-0250.

July 13. Masters Meet, Libertyville, Ill. \$1000 in cash prizes. SASE to Craig Dean, 719 Stonegate Ct., Libertyville IL 60048. July 19-21. Hoosier State Senior Games, Indianapolis. 55+. No Out-of-state. Mike Ford, 201 S. Capitol Ave., Suite 1200, Indianapolis, IN 46225. 317-237-5000.

July 20. Midwest Masters Classic, Huntington, W. Va. USATF West Virginia Association, Thomas Plummer, 27 South Queens Ct., Huntington, WV 25705.

August 3. USATF Midwest Regional Masters Championships, Indianapolis. Bill McCormick, 317-844-4347.

August 3. Cleveland Track Classic, Independence HS, Ohio. Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087. 216-425-8219.

MID-AMERICA

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

July 15-19. Northland Senior Games, Duluth. 55+. Open to out-state. Kathy Larsen, 330 City Hall, Duluth, MN 55802. 218-723-3724.

July 19-21. Show Me State Games Finals, Mexico, Mo. Submasters & Masters. SMSG, 404 Jesse Hall, UMC, Columbia, MO. 65211. 573-882-2101.

July 20. USATF New Mexico/Los Viejos Masters Meet, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612.

July 25. Denver TC Meet, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

August 4. 21st Century AGELESS GAMES Recreational Meet, U. of Minnesota. Preregister! SASE to Rachel Lyga, 122 NE 63½ Way, Mpls., MN 55432. 612-574-9661.

August 6-11. Rocky Mountain Senior Games, Greeley, Colo. 50+. June Petersen, Greeley Senior Activity Center, 1010 Sixth St., Greeley, CO 80631. 970-350-9436.

August 22. Denver TC Meet, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eye).

August 31-Sept. 1. Rocky Mt. Games. Nancy Simmons Manson, 518 Quentin St, Aurora, CO 80011. 303-341-7992.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 20. USATF Southwest Regional Masters Championships, Samuel Clemens HS, Schertz (San Antonio), Texas. Also open athletes. John Head, 2104 Cedar Branch, Garden Ridge, TX 78266. 210-651-5414.

August 10. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 941781, Plano, TX 75382. 214-979-0246.

August 16-17. UMC West Texas Senior Sports Classic, Texas Tech. U., Lubbock. 50+. Peter Laverty, 2001-19th St., Lubbock, TX 79401. 806-767-2710.

WEST

Arizona, California, Hawaii, Nevada

June 26-August 1. All-comers meets, Los Angeles. Wed: Birmingham High; Thu: Bell High 7 p.m. (exept July 4).

July 6, 20. SCA Series/Grand Prix All-Comers, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285: fax 259-0265.

July 11-14. San Jose Senior Games/ Silicon Valley Classic. 55+. Regina Aning, 408-269-0214.

July 13. KELfield Throws Meet #51, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

July 20. USATF West Regional Masters Championships, Cerritos College (near L.A.). Marvin Thompson & Doug Wells, SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park, CA 90065-3724. 213-257-1285.

August 2. SCA Series/Grand Prix Championships, Cerritos College. Norwalk, Calif. Doug Wells, 310-860-2451, x2889.

August 3. USATF West Regional Masters Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

August 3. Santa Barbara Fiesta Pole Vault Competition. All ages. SBCC. Steve Morris, 42 Tinker Way, Santa Barbara, CA 93101. 805-569-1289.

August 10-18. Bay Area Senior Games, Oakland, CA. 50+. Barbara Chang, 510-531-9721.

October 5. Club West Masters Meet, Santa Barbara City College. Beverley Lewis or Gordon McClenathen, 805-964-3005.

October 13. Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

July 4, 11, 18, 25. Hayward Field All-Comers, Eugene, Ore. 5:30 pm.

July 11, 18, 25. Team Alaska Meets, Mulcahy Track. 6 pm. Hotline: 907-338-1667.

July 12-14. Montana Big Sky Games, Billings. Box 7136, Billings MT 59103. 406-254-7426.

ON TAP FOR JULY

TRACK AND FIELD

The Libertyville Masters Meet in Illinois on the 13th offers a tune-up and cash based on performances, prior to a very busy 20th, which shows USATF Regional Masters Meets in the East in NYC, Southwest in San Antonio, and West in Norwalk (near Los Angeles), Calif. More action is available at the Midwest Masters Meet in West Virginia, the Los Viejos Meet in New Mexico, and a throwers' meet in New Jersey.

Olympic t&f competition starts on the 26th with the men's 20K walk and men's shot put and ends on August 4th with the men's marathon.

LONG DISTANCE RUNNING

Masters will test their mettle on the streets of Atlanta on the 4th in the Peachtree 10K, as will others in the Butte To Butte 10K, Eugene, Ore., and Yorktown 5K in Virginia. Notable races on the 13th include the Midnight Madness 10K, Ames, Iowa, and the Grand Central 8K, Vienna, W. Va., followed by more action with high appeal in the Buffalo Four Mile, N.Y., Long Island Women's 5K, and Chicago 20K on the 20th. The Quad City Bix 7 hits the roads of Davenport, Iowa, on the 27th.

RACEWALKING

The regional championships on the 20th should offer racewalks as do many of the road races in the schedule. The MAC 3K Championships are listed for the 14th in Central Park.

July 13-14. Idaho Senior Games, Boise. 50+. Open to Out-of-State. Shellee Daniels, PO Box 2048, Boise, ID 83701. 208-334-3833.

July 13-14. Oregon State Games, Mt. Hood CC, Gresham. State Games, 4840 SW Western Ave., Beaverton, OR 97406. 503-520-1319.

July 20. Washington Summer Games, Mooberry Track, WSU, Pullman. Summer Games, PO Box 372, Pullman, WA 99163. Mike Hinz, commissioner, 509-335-3325(w); 332-1168(h) 5:30-11 pm West Coast.

July 27-28. USATF Oregon Championships/Portland Masters TC Classic, Mount Hood CC, Gresham. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950; 234-4811.

August 3-4. USATF Northwest Regional Masters Championships, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., Seattle, WA 09116. 206-932-3923; fax 206-932-3917.

August 3-4. USATF Alaska All-Comers Championships, Mulcahy Track. 9 am. Team Alaska TC Hotline: 907-338-1667.

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August 21-24. WAVA North American Championships, Eugene, Oregon. Box 10825, Eugene OR 97440, 800-392-1369. Fax 541-687-1016.

October 5. Helena Octoberfest Throws & Weight Pentathlon. M&W30+. Manuel & Helen White, PO Box 5058, Helena, MT 59604, 406-227-5020.

CANADA

July 20-21. British Columbia Decathlon Championships, Vancouver, B.C. US masters invited. Includes submasters/masters. Grant Lamothe, 604-856-7381.

August 9-11. Canadian Masters Championships, Victoria, B.C. US masters invited. Danny Daniels, 604-656-3669.

INTERNATIONAL

July 6-13. WAVA Oceania Regional Championships, Papeete, Tahiti. Includes half-marathon/ RWs/X-C. Jim Tobin, 6 Hetley Cres, Napier 4001, New Zealand. Phone/fax +64 6 8445072.

July 19-27. WAVA European Regional Championships, Malmo, Sweden. Europeans only.

August 10-11. BVAF Championships, Exeter (Devon). Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

August 10-11. First Germany-Russia Veterans Athletics Match, Rosenheim, Germany. Vadim Marshev, phone/fax: 7-095-5734150.

August 21-24. WAVA North American Regional Championships, Hayward Field, Eugene, Ore. M&W 30+. 8K X-C/10K Road Racewalk/15K Road Race/pentathlon/weight pentathlon. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 800-392-1369. Fax: 541-687-1016. September 19-21. WAVA Africa Regional Championships, Namibia.

September 20-22. Russian Championships, Sochi. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax: 7-095-5734150.

September 21-22. San Juan Annual International Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters,



Clarence Trahan broke the M80-84 long jump record with a 11-9/3.58, USATF National Masters Indoor Championships, Greensboro, N.C., March 29-31. Photo by Burl Gist

PO Box 31300, 65th Infantry Station, Rio Piedras PR 00929-0300. Gregorio Angulo,

October 3-6. WAVA Asian Regional Championships, Seoul, Korea. Asians

November 19-23. WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m&w/10K X-C. Fax 56-41-229-333.

December 14-15. Indoor Russian Veterans Sport Association Cup "Match-5", Moscow. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

July 17-27, 1997. XII WAVA World Veterans Athletics Championships, Durban, South Africa.

OPEN

July 26-August 4. XXVI Olympic Games (T&F dates), Atlanta, Ga.

LONG DISTANCE RUNNING

NATIONAL

September 15. USATF National Masters 24 Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

October 6. USATF National Masters Marathon Championships, Minneapolis, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 19. USATF National Masters 100K Championships, Duluth, Minn. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391. 612-476-0015.

October 27. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502-896-0717.

November 3. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547. December 7. USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622

December 14. USATF National Masters 50K/50 Mile Championships, Huntsville, Texas. Sunmart-Texas Trail Endurance Run. Norman Klein, 11139 Mace River Ct., Sacramento, CA 95670. 916-638-1161; fax 916-638-0857.

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

July 4. Yorktown Freedom 5K, Yorktown, Va. Masters money. Harry Fagan, 804-873-3627 (w); 898-9251(h).

July 7. Firecracker 8K, Southampton, L.I., N.Y. 516-287-4945.

July 13. Spirit of Gettysburg 5K, Gettysburg PA. Joanne Smith, YWCA, 909 Fairfield Rd., Gettysburg PA 17325. 717-334-9171.

July 14. Utica Boilermaker 15K. Utica Boilermaker, Box 4729, Utica, NY 13504. 315-797-5838; fax 797-3762.

July 20. Subaru Buffalo 4-Mile Chase. 6:00 pm. James or Mary Ann Nowicki, 47 Windsor Ave., Buffalo, NY 14209. 716-881-1652.

July 20. Long Island Women's 5K, Jericho, N.Y. Masters money. Mike Polansky, 62 Sylvia Ln., Plainview, NY 11803. Ph/Fax: 516-433-0919.

July 21. The Press Of Atlantic City 5 Mile Beach Run, Atlantic City, N.J. Boardwalk Runners, PO Box 2181, Ventnor, NJ 08406. 609-601-1RUN.

August 10. George Sheehan Classic 10K, Red Bank, N.J. John Haulenbeek, Box 157, Spring Lake, NJ 07762. 908-974-8457; fax 908-974-8436.

August 10. USATF New England 10K Championships, Shelburne Falls, Mass. SASE to Race Director, c/o McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411

August 25. Annapolis 10 Mile. SASE to Annapolis Striders, PO Box 187, Annapolis, MD 21404-0187.

August 31. NYRRC 100K/50K, Brooklyn N.Y. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754. October 12. Greater Hartford Marathon, Hartford, Conn. Includes 5K and Half-

Marathon. Masters Prize Money. Aetna Health Plans Greater Hartford Marathon, 221 Main St., Hartford CT. 860-525-3435. Fax: 860-724-7317.

SOUTHEAST

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

June 4-August 27. Huntsville TC Summer Cross-Country Runs, Huntsville, Ala. Each Tues., 6:30 pm. Keith Young, 205-

8:50

1500 M

534-9458.

July 4. Peachtree 10K, Atlanta. SASE to Peachtree '96, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305 before March 1.

August 10. RRCA Women's Distance Festival 5K, Williamsburg. 6:30 pm. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 804-229-7375: 220-2601.

August 24. Maggie Valley Moonlight 8K, Maggie Valley, N.C. Maggie Valley 8K, PO Box 1637, Waynesville, NC 28786. 704-926-1686

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

July 6. KSBC 5K Run/Walk, Lafayette, Ind. KSBC, Jubilee Run, 2901 Kossuth St., Lafayette, IN 47904. 317-448-1620; 567-2628

July 13. Grand Central Classic 8K/USATF Open M&W Championships, Vienna, W. Va. Masters money. Dorsey Cheuvront, Jr., 829 Quincy St., Parkersburg, WV 26101. 304-422-4930.

July 20. Chicago Distance Classic 20K/5K. 312-243-2000.

August 10. Paavo Nurmi Marathon/Relay, Hurley, Wisc. Bernard Hibbeln, PO Box 185, Hurley, WI 54534, 715-561-2285. August 11. Main Street Mitral Road Mile,

Ann Arbor, Mich. Fundraiser for Bill Stewart Legal Defense Fund. \$10. 15 separate heats (age-groups, etc.). Karen McKeachie, 802 Granger, Ann Arbor MI

Continued on next page

TEXAS MASTERS TRACK AND

FIELD CHAMPIONSHIPS

SATURDAY, AUGUST 10, 1996 UNIVERSITY OF TEXAS AT ARLINGTON SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB
OPEN COMPETITION AND MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS

Pre-registered by August 7: \$10 first event, \$5 additional events, \$25 maximum.

Late or onsite entry by 4:30 PM 8/10/96: \$15 first event, \$5 additional events, \$30 maximum. Entry fees: Pre-registered by August 7: \$15 onsite entry for relays

All Entries closed after 4:30 PM August 10. Relays excepted. SCHEDULE OF EVENTS: Events run in order listed; Times are approximate. Field Events:

4:00 P.M. Steeplechase (pre registered only) 2:00 4:30 1500 M Racewalk Pole Vault, Javelin 4 X 800 Relay 5:20 80 / 100 / 110 HH 4 X 100 Relay 6:15 3:00 Shot Put, Long Jump, High Jump Discus follows Shot Put 5000 M 6:30 7:00 100 M Triple Jump follows Long Jump

No implements furnished by meet. 7:30 800 M 8:00 300 / 400 IH 8:30 200 M

9:20 400 M 4 X 400 Relay Social Hour onsite following the meet. 9:40 No false start rule in effect. All events run as finals. Timed sections if necessary. No refunds. Automatic Timing System. Certified Officials. Sanctioned by USATF. Medals to top three.

Directions to UTA track: From I-30, take Fielder Road exit South. Turn left on Mitchell Street, one block.

From 1-20, take Cooper Street exit North. Turn left on Mitchell four blocks.

Date of Birth Age on 8/10/96 Address It the undersigned, hereby agree to release and discharge the Dallas Masters Track and Field Club, the USATF Southwest
Association, the University of Texas at Arlington, any of their agents or representatives, the participants of said meet and anyone
connected with the meet, from liability resulting from any accident and/or injury that I may sustain while competing or participati
in said track and field meet. I certify that I believe that I am conditioned and physically able to compete in this track meet.

Circle Events Entered and indicate your best performance in 1995-96:

Shot Put 5000 M L Discus 800 M TJ 5000 Racewalk 400 M Javelin 80/100/110HH 200 M Pole Vault 300/400IH 100 M Steeplechase 1500 M Optional Texas Masters Champ.T shirt with original new design: \$10 prepaid. (\$12 onsite) Size: M L XL

Mail entry and check payable to: Dallas Masters T&F Club, 2307 Woodsong Trail, Arlington, TX 76016

Continued from previous page

48104. 313-662-1000. Fax: 313-662-3388. August 17. Parkersburg Half-Marathon/ USATF Open Men's Championship, Parkersburg, W. Va. \$4000 masters money. Louie Haer, Parkersburg Half-Marathon, PO Box 718, Parkersburg, WV 26102. 304-424-2786.

August 24. Crim 10 Mile, Flint, Mich. Masters money. Laurie McCann, 352 Saginaw St., Suite 804, Flint, MI 48502. 810-235-3396; fax 810-235-5311.

MID-AMERICA

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

July 4. Coast To Coast Freedom 5K, Brookings. Prairie Striders, Box 267, Brookings, SD 57006. 605-692-2414.

July 13. Midnight Madness 10K/5K Race & Walk, Ames, Iowa. SASE to MM, 3720 Jewel Dr., Ames, IA 50010. Roman Lynch, director, 515-292-0133.

July 14-21/September 15-22. Priscilla Welch/NIKE Running & Fitness Camps, Devil's Thumb Ranch, Colorado. 800-933-4339.

July 27. Quad-City Times Bix 7, Davenport, Iowa. \$3500 for masters.

SASE to Bix 7, 2685 East Kimberly Rd., Bettendorf, IA 52722.

August 17-18. Pikes Peak Ascent & Marathon, Manitou Springs, Colo. Nancy Hobbs, PO Box 38235, Colorado Springs, CO. 80937. 719-473-2625.

WEST

Arizona, California, Hawaii, Nevada

July 4. Huntington Beach Parade 5K, Huntington, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, VA 92008. 619-434-1601; fax 619-434-7706.

July 13. Bastille Day 5K & 8K, Newport Beach, Calif. 5K, 6:30 pm; 8K, 7 pm. 714-288-9080.

July 14. San Francisco Marathon/5K. Marathon, c/o Pacific Association, PO Box 77148, San Francisco, CA 94107. 800-722-3466(CA only).

August 25. Silver State Marathon, Reno. Ski Pisarski, 1460 Prospect Ave., Sparks, NV 89431. 702-849-0419.

August 25. America's Finest City Half-Marathon, San Diego. Neil Finn, ALA, PO Box 3879, San Diego, CA 92163. 619-297-3901; fax 619-297-8402.

September 27-28. The Relay - Napa To Santa Cruz. 195 miles. 3 legs of approxi-

mately 5 miles each (36 total legs per 12-member team). Jeff Shapiro, The Relay, 751 Laurel St., Suite 401, San Carlos, CA 94070. 415-508-9700; fax: 508-1661.

NORTHWEST

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

July 4. Butte To Butte 10K & 4.5 Mile Mayor's Walk, Eugene, Ore. Butte To Butte, PO Box 10825, Eugene, OR 97440. July 12-13. Mt. Rainier To Pacific Relay. 150 miles/11-person teams. Walk teams (100 miles/7 persons) welcome. PO Box 17086, Seattle, WA 98107. 206-782-6547; fax 206-783-5285.

August 23-25. Hood To Coast Relay, Mt. Hood-Seaside, Ore. 195 miles/12-person teams. 1995 race reached capacity by May. HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626.

CANADA

August 18. Canadian Masters Marathon and Half-Marathon Championships, St. John, New Brunswick. Mike Doyle, Festival by the Sea Marathon, 50 Union St., Saint John NB E2L 1A1. 506-658-4715. Fax: 506-658-4730.

INTERNATIONAL

August 31. BVAF 10K Championships, Barry, Wales. Derek Williams, Powys Gardens, Dinas Powis, Cardiff, Wales CF64 41 P

October 29-November 5. Himalayan 100-Mile Stage Race, from Darjeeling, India, \$1200. Force 10 Expeditions, 1-800-922-1491.

November 5-12. Mt. Everest Marathon Trip, from Darjeeling, India. \$1200. Force 10 Expeditions, 1-800-922-1491.

July 17-27, 1997. XII WAVA World Veterans Athletics Championships, Durban, South Africa.

RACEWALKING

April 1 - October 1. 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex, or ability. Scoring by WAVA Age-Graded Tables. No entry fees. FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054.

July 14. MAC 3K RW Championship, Central Park, NYC. Park Racewalkers, USA, 320 East 83rd St., New York, NY 10028. 212-628-1317, Stella Cashman.

August 4. USATF East Regional 10K Relay (2X5K) Championship, Central Park, NYC. Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028, 212-628-1317.

August 15-18. USATF National Masters Outdoor RW Championships, 5000 track (m/w), 20K road (m), 10K road (w), Spokane, Wash. See T&F National Schedule.

August 25. USATF 5K Championships & East Regional 5K Championships, Wilkes-Barre, Penn. Jim Wolfe, 220 Lasley Ave., Hanover Industrial Estates, Wilkes-Barre, PA 18706. 717-821-6504(w).

September 2. West Regional 15K Championships, Albuquerque, NM. Audrey Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104.

September 8. North Regional 1/2 Hour Championships, St. Paul, Minn. Fern Anderson, 612-926-3514.

September 8. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080.

September 8. Florida State 3K Racewalk Championships, Tropical Park, Miami. 305-227-1500.

September 14. USATF National Masters 5K Road RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364(w), 615-349-6406(h).

September 22. USATF National Masters 15K RW Championships, Elk Grove Village, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312-327-4493. September 22. East Regional 10K Road Championships, Atlantic City, NJ. Elliott Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764.

September 28. Alongi International RW Classic, Dearborn Heights, Mich. Wolverine Pacers AC, Roswell Barranco, 3235 Musson Rd., Howell, MI 48843.

October 13. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617-731-9889(h), 617-821-3000(w).

October 26. Florida AC Walkers/Henry Laskau 5K & 10K State Racewalk Championships. Robert Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407-499-3370.

Masters Scene

Continued from page 29

tions on record for the Rocky Mountain Marathon and 50-Mile Run from Laramie to Cheyenne, WY, May 16, which included driving snow at the summit. The overall masters winner was female ultra-star Theresa Daus-Weber (41, 7:59:00), who outran John Ooley (M40, 8:52:11), by nearly an hour. The marathon had only one woman finisher, Linda McFadden, (33, 4:38:02), leaving the masters victory to John Furguson, who conquered the elements in 3:36:20.

CANADA

 Art Meaney, 52, was top master in the Molson/Timex Harborfront 10K, St. John's, Newfoundland, May 19, with an 89.9% agegraded 33:57, good for eighth overall.

INTERNATIONAL

• Barrington Williams of the Birchfield Harriers missed the M40-44 LJ WR, one of the oldest at 7.43 in 1978, with a legal 7.42/24-41/4 at a meet in Birmingham, GBR, June 1. Williams, who broke the indoor WR with a 7.52/24-81/4 on March 2, had wind-aided jumps of 7.54 and 7.43. He is also an impressive sprinter, having run a 6.92 60m indoors in January, and 10.69 for the 100m in May.

 Britain's Tessa Sanderson won Olympic gold in the javelin in Los Angeles in 1984. Now, at the age of 40, she is back. Sanderson met the Olympic qualifying standard with a 60.64m (198-11) toss in a meet in England.

 South Africa's great veteran runner, Joe Botha, who won four M75 medals last year in the World Veterans Championships in Buffalo (gold in the 800 and 5000; silver in the 10,000, and bronze in the 1500) died at the end of April of cancer of the pancreas.

 Lars Ingves, a longtime veteran athlete and Finnish delegate to the WAVA General Assembly, died April 5 of acute leukemia. "It was a shock to all of us and we miss a dear friend," said Karri Wichmann, who will take over Ingves' duties.

AGE GROUP 65-69 70-74 50-54 75-79 80-84 75-79 65-69 55-59 50-54 80-84 ATHLETE (RESIDENCE)
SAM ADAMS (SANTA BARBARA, CA)
BOB BACKUS (PEMBROKE, MA)
RICKARD BRÜCH (SWE)
BILL COTTER (US)
PETE GANAHL (CORONA, CA)
WILL GEORG (WG) WILLI GEORG WG)

WARL-FRIEDRICH HAAS (WG)

WOLFGANG HAMEL (WG)

JIM HAMPTON (CA)

REX HARVEY (DES MOINES IA)

JOHN HOLOUBEK (LOMPOC, CA)

LEEVI KAUPPI (FIN)

CHARLES KEATING (WELLESLEY

KIMURA KIZO (JPN)

ROBERT KOPELL (NY)

KLAUS LANGER (WG)

ERNST LARSEN (NOR)

KARL LARSEN (AMES, IA)

BOB MARKLE (EL SEGUNDO, CA)

KARL-HEINZ MARSCH (WG)

SAM MONASTERO (NJ) MOINES, IA)
(LOMPOC, CA)
(IN) (WELLESLEY, MA) BOOD MARKLE (EL SEGUNDO, CA)
KARL-HEINZ MARSCH (WG)
SAM MONASTERO (NJ)
EINAR NORDIN (SWE)
LEN OLSON (JERICHO, VT)
MICHAEL ORLICH (ZEPHYR COVE, NV)
BOB PACKARD (SCOTTSDALE, AZ)
LARRY PRATT (NEWARK, DE)
JIM RABIE (RSA)
OLAV REPPEN (NORWAY)
MIGUEL RIVERA (PUR)
ISAAC ABDON RUEDA (SPA)
JAKOB RYPDAL (NOR)
SEPPO SIMOLA (FINLAND)
FAY STEELE (HONOLULU HI)
DUMITRU TALMACIV (ROM)
HARRY URPINEN (FIN)
CHARLES WILEY (VENTURA, CA)
EUNICE CARLSON (MARQUETTE MI)
RUTH DETTERING (SAM) FRANCISCO)
KAY DUPLICHAN (HOUSTON, TX)
DIANE FRIEDMAN (CLEVELAND, OH)
MARY GILLESPIZ (HOUSTON, TX)
TAMI GRAF (SAN DIEGO, CA)
JANET GRENDA (STONE RIDGE, NY)
KAREN HOLAPPA (ANN ARBOR, MI)
ALEXANDRIA JOHNSON (BRONX, NY)
KATHLEEN KAISER (CHICO, CA)
BEVERLY LAMPE (MONONA, WI)
CAROLINE MACLEOD (RICHFIELD, WA)
CHRIS, MCKENZIE (GREAT NECK, NY)
MANCY PARKER (DUNWOODY, GA)
MARGARET PEROSKE (DEARBORN, MI)
THELMA RUBIN (CA)
VIRGINIA SKIFFINGTON (CA)
VIRGINIA SKIFFINGTON (CA)
VIRGINIA SKIFFINGTON (CA)
FRANCINE BONNANS (WG)
CONCEICAO GEREMIAS (BRA)
INGELORE GRUNERT (WG)
RINI HAGENAARS (HOL)
FRANCIS HARRIS (AUS)
PAULA VAN HELMONT (BEL)
MARJA-LEENA KANGAS (FIN)
ANN LETHERBY (AUS)
NICOLE LEVEQUE (FRA)
NAN LITTLE (NZ)
HEATHER MATHEWS (NZL)
ELENA MATUSKOVA (URS)
EDELTRAUD POHL (WG)
LIESELOTTE SEUBERLICH (WG)
ALBINA TSHERNOVA (URS)
DAISY VICTOR (IND)
DOROTHY WHITTAM (AUS)
AUDREY WILLIAMS (NZ)

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JULY 1996

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

M35-39	AND A STATE		
Tim Nicholls	5K RW	21:51	04-28-96
Tracy Schultz	Mile	3:59.3	07-20-92
M40-44	Line to Special		
Sergio Angulo	110 HH	17.5	05-18-96
Kirk Burgess	100M	11.32	04-13-96
Greg Hunter	400M	54.3	06-22-91
Michael Skoflanc	Long Jump	19-7	07-22-95

M45-49			and the same
Pat Crandall	High Jump	5-7	03-22-96
Ed Jones	100M	11.8	07-17-93
Debit Se No. (1)	200M	24.1	07-17-93
ALL AND THE COLUMN TO SERVICE AND ADDRESS OF THE SERVICE	Long Jump	6.13	08-14-93
Taylor Weatherbee	Long Jump	5.49	03-30-96
David Zang	Pentathlon	2743 Pts.	05-03-96
M50-54			
Roger Foster	Shot Put	44-11	04-27-96
Ed Jones	100M	11.52	05-06-95
Service of the	200M	24.5	05-06-95
design and artists	Long Jump	18-6}	05-06-95
Gary Lane	Discus	41.69	04-06-96
Ken Wilson	Javelin	143-1	04-27-96

M55-50				W40-44			
Fred Lentjes	High Jump	5-0	03-24-96	Rosa Inungaray	800M	2:35	04-14-96
, dell'Esperit	William Street		(Appendix		1500M	5:23.94	04-14-96
M60-64				W50-54		144	
William O'Donnell	5K	19:31	05-27-96	Dody Burkey	800M	2:46.67	02-10-96
	The same of the sa	The second of the	TO BE CON THE	Marie Control	Mile	6:00.42	02-16-96
Fred Shanaman	25# Wt.	11.27	03-29-96	WET TO		The second second	
The state of the state of	56# Wt.	5.56	03-29-96	<u>₩55-59</u>			
				Patty Devlin	Javelin	63-3	05-26-96
M65-69				ar ches de la	4-117-0		
Tom Rice	Long Jump	4.51	05-21-95	W60-64			
- billion of the	ero es	1147	the same	Joanne Parks	5K RW	31:36.48	07-06-95
M70-74	Mile II		d 72 This	AND SECTION	Maria Company		
Keith Schofield	100M	14.82	09-17-94	W75-79	79.75		CDS SHIP
a defraction as	200M	31.94	09-17-94	Katherine Gradick	Shot Put	6.31	03-29-96
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21-6 20-4k 19-2k 17-10k 16-9 15-7 14-5k 13-1k 11-11k 11-0 9-10 8- TJ 13.35 12.65 11.90 11.15 10.40 9.65 8.90 8.20 7.50 6.80 6.10 5 43-9k 41-6 39-k 36-7 34-1k 31-8 29-2k 26-11 24-7k 22-4 20-k 18- Shot 15.20 14.10 13.00 12.00 12.40 11.20 12.00 10.80 10.00 8.80 7.65 6 49-10k 46-3k 42-8 39-4k 40-8k 36-9 39-4k 35-5k 33-0 28-10k 25-1k 21- Discus 44.80 42.60 40.60 38.00 40.00 36.40 40.00 36.80 31.60 26.40 21.40 16- 147-0 139-9 133-2 124-8 131-3 119-5 131-3 120-9 103-8 86-7 70-2k 53-1 155-0 145-0 135-0 125-0 126-0 118-1 118-1 108-3 95-2 82-0 73-10 61- Jav 62.00 57.00 52.60 48.00 43.00 38.50 40.00 35.00 29.00 25.00 22.50 18- 203-5 187-0 170-7 157-6 141-1 126-4 131-3 114-10 95-2 78-9 62-4 4- 35#Wt. 15.00 14.00 13.00 12.00 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3.50 20-20 25.00	W	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.
43-9\frac{1}{4} \frac{1-6}{4} 39-\frac{1}{4} 36-7 34-1\frac{1}{4} 31-8 29-2\frac{1}{4} 26-11 24-7\frac{1}{4} 22-4 20-\frac{1}{4} 18-15 20 14.10 13.00 12.00 12.40 11.20 12.00 10.80 10.00 8.80 7.65 6 49-10\frac{1}{4} 46-3\frac{1}{4} 42-8 39-4\frac{1}{4} 40-8\frac{1}{4} 36-9 39-4\frac{1}{4} 35-5\frac{1}{4} 33-0 28-10\frac{1}{4} 25-1\frac{1}{4} 21-16 14-0 139-9 133-2 124-8 131-3 119-5 131-3 120-9 103-8 86-7 70-2\frac{1}{4} 53-14 14-0 139-9 133-2 124-8 131-3 119-5 131-3 120-9 103-8 86-7 70-2\frac{1}{4} 53-14 14-16 15-0 145-0 135-0 125-0 126-0 118-1 118-1 108-3 95-2 82-0 73-10 60 135-0 125-0 126-0 118-1 118-1 108-3 95-2 82-0 73-10 60 135-0 125-0 126-0 118-1 118-1 108-3 95-2 82-0 73-10 60 135-0 125-0 145-0 135-0 125-0 145-0 135-0 125-0 126-0 118-1 118-1 108-3 95-2 82-0 73-10 60		21-6	20-44	19-24	17-104		15-7	14-5%	13-14	11-115	11-0	9-10	8-
Shot 15.20 14.10 13.00 12.00 12.40 11.20 12.00 10.80 10.00 8.80 7.65 6 49-10\(\frac{1}{2}\) 46-3\(\frac{1}{2}\) 42-8 39-4\(\frac{1}{2}\) 40-8\(\frac{1}{2}\) 40-8\(\frac{1}{2}\) 39-4\(\frac{1}{2}\) 35-5\(\frac{1}{2}\) 33-0 28-10\(\frac{1}{2}\) 25-1\(\frac{1}{2}\) 21-21\(\frac{1}{2}\) 33-5\(\frac{1}{2}\) 33-5\(TJ												5.
49-10½ 46-3½ 42-8 39-4½ 40-8½ 36-9 39-4½ 35-5½ 33-0 28-10½ 25-1½ 21- DISCUB 44.80 42.60 40.60 38.00 40.00 36.40 40.00 36.80 31.60 26.40 21.40 16- 147-0 139-9 133-2 124-8 131-3 119-5 131-3 120-9 103-8 86-7, 70-2½ 53- Rammer 47.24 44.20 41.14 38.10 38.40 36.00 36.00 33.00 29.00 25.00 22.50 18- 155-0 145-0 135-0 125-0 126-0 118-1 118-1 108-3 95-2 82-0 73-10 6- Jav 62.00 57.00 52.60 48.00 43.00 38.50 40.00 35.00 29.00 24.00 19.00 15- 203-5 187-0 170-7 157-6 141-1 126-4 131-3 114-10 95-2 78-9 62-4 4- 356Wt. 15.00 14.00 13.00 12.00 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3- 256Wt. 9.50 9.00 8.50 8.00 6.00 5.00 4.50 4.00 3.50 2600 2600 2600 2600 2600 2600 2600 26	S 1	43-95	41-6	39-1	36-7	34-15	31-8	29-25	2 2 3	CAR STA	A7-0 70	Acre 97 mil	
DISCUS 44.80 42.60 40.60 38.00 40.00 36.40 40.00 36.80 31.60 26.40 21.40 16 147-0 139-9 133-2 124-8 131-3 119-5 131-3 120-9 103-8 86-7 70-2½ 53. Ammer 47.24 44.20 41.14 38.10 38.40 36.00 36.00 33.00 29.00 25.00 22.50 18 155-0 145-0 135-0 125-0 126-0 118-1 118-1 108-3 95-2 82-0 73-10 6 18 18 18 18 18 18 18 18 18 18 18 18 18	Shot												1170
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35#Wt. 15.00 14.00 13.00 12.00 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3 25#Wt. 9.50 9.00 8.50 8.00 6.00 5.00 4.50 4.00 3.50 3.00 2.50 2 Pen 2800 2600 2600 2600 2600 2600 2600 2600	Jav												4
25/Wt. 9.50 9.00 8.50 8.00 6.00 5.00 4.50 4.00 3.50 3.00 2.50 2 Pen 2800 2600 2600 2600 2600 2600 2600 2600	25.41.	pur grant final	TOTAL PARTY	SHOOT IN	EN V	Shirter and				ALL WALLS	A. P		
S6WE: 9.50 9.00 8.50 8.00 6.00 5.00 4.50 4.00 3.50 3.00 2.50 2 Pen 2800 2600 2600 2600 2600 2600 2600 2600		13.00	14.00	13.00	12.00	10.00	9.00						6
		9.50	9.00	8.50	8.00	6.00	5.00				3.00	2.50	2
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		550	0 5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	52
	103	2) Sho	ort hurd	les: 30-	49: 39";	50-59	: 36";	60-69:	13"; 70-				
notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".	连进平							60-69:		F: 30 .			

And the	II C M	CTED	ALLA	MEDIC	AN CTAI	PARADOC	VE EAUEI	I ENCE E	OP MAC	TEDC DA	CE WALK	EDC
	U.S. M	V21FK2	ALL A	MERIC	VI 21VI	INVKN2	OF EXCE	TEMPE L	OK MAS	IEKO KA	CE MALA	CW2
	1.5K	mile	3k	5k	8k	10k	15k	20k	25K	30k	40k	50
F30	7:13	7:47	14:50	25:38	42:04	62:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:3
F35	7:22	8:03	16:18	26:27	43:11	63:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2
F40	7:37	8:21	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:4
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:2
FEO	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:0
F65	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	236:33	5:01:03	6:49:2
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:4
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:4
F70	10:26	11:15	21:22		1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:3
F75	11:10	12:01	22:51		1:04:10	1:20:14	2:05:05	251:18	3:42:50	4:37:46	6:27:35	8:49:2
FBO	12:03	12:58	24:41		1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
F85	13:13	14:15	27:05		1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:1
F90	14:56	16:06	30:36		1:25:30	1:47:18	2:48:13	3:51:12	Select Chance			
11.44.5	ALC: UNK	dali da di	000 to 90	Con-casts	Section 1	M. M	EN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	232:17	3:27:30	4:31:0
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	234:14	3:30:17	4:34:5
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	239:47	3:37:53	4:44:4
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	246:05	3:46:36	4:56:2
MEO	7:33	8:05	15:23	26:33	43:25	64:32	1:23:14	1:51:37	2:22:20	263:13	3:56:29	5:09:2
MES	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	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	69:38	1:31:10	2:02:23	2:36:20	2:10:33	4:20:30	6:41:2
MEE	4:34	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:16	6:01:0
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	6:23:5
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	6:50:5
MBO	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	7:24:1
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	8:07:5
MPO	12:41	12:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:3

				FC)R W	OMI	EN				
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	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	BAN TANK		
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52 9:39	9:48
	5:34	5:44	5:55	6:07	6:26	6:49	7:19 26:08	7:46	8:47	32:21	34:26
5000	19:45	20:30	21:20	22:16	23:12	24:16	56:00	60:00	66:00	76:00	86:00
10000	41:00	42:40	44:40	47:00	49:30	32:00	30.00			1000	
100H	17.2	18.2		ST SHARE	1 2 2 2	17.6	18.7	20.2	22.2	25.0	28.0
80H 400H	75.5	79.9	15.0	15.8 88.8	16.5	17.0	10.1	To which	Service.	and the	YOMARD &
300H	Pfa-raock-	rylpsq 2-0	Bank S	00.0	66.0	72.0	79.0	87.0	96.0		1 1 7 7 7 7 1
Trible halv!	ALANY	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
HJ	4-8	4-51	4-2	3-11	3-8	3-6%		3-24	3-04	2-11	2-9
PV	2.70		The state of the s	1.80	1.50	1,20	1.10	1.00	0.90	0.80	0.70
J. C.	8-104			5-11		3-11	3-74	3-34		2-74	2-34
W	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
7	16-5	15-1	13-11%	12-95	11-8	10-6	9-4%	8-64	7-84	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
54	32-10	30-24	28-24	25-71	23-7	21-0	18-84	17-1		13-94	
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-91	30-6%	27-7	25-3%	26-1	23-74	21-4	19-0%		15-5	13-114
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
E No	129-7	109-11	93-6	70-64	82-0	62-4	59-1	52-6	49-2	45-11	44-4
iscus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
100	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
ammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
ONt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
6 Mt.			200		8.00	7.00	6.00	5.50	5.25	5.00	4.75
notes:	1) 100	standa	rds are	for au	omatic	time:	use star	dard c	onversi	Description of the last	C
	2) Shor	rt hurd	les: 30-	-39: 33	'; 40+	: 30"		11-374	A MARIE	- Takendo	The workers
	3) Sho	t put:		-49: 4k		3k. 0+: 400				41-41-	STATE OF

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME	AGE-GROUP						
ADDRESS	Francisco de la companya del companya de la companya del companya de la companya	SEX: M F					
CITY	STATE	ZIP					
MEET	DATE OF MEE	The Cale of the State of the St					
MEET SITE	The same of the sa	tar a					
EVENT:	MARK:	The second second					
HURDLE HEIGHT	WEIGHT OF	IMPLEMENT					
☐ CERTIFICATE 1. If you have equaled or bettere completely. 2. A copy of your results or a new control of the copy of your results.	ed the standard of excellence,	The second secon					

company this application.

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

4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.

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

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to ussue date.

NATIONA		W50 Roslyn
WATTONA		Betty
plant commented your	or operated the	Discus
MAC Masters Champic		M30 Dan Mo
Randalls Island, NYC;	June 1	M35 Russ P M40 Karl J
100m		
M30 Mitchell Lovett	11 15	M45 Rich D
M35 David Cherry	11.55	
M40 Denworth Frederic	12 21	M55 John B
Ted Daher	12.88	W50 Roslyn
M45 Jesse Norman	11.96	Betty
M50 Ron Johnson	11.83	W60 Dolore
M60 Bob Dobbs	13.13	Hammer
Robert Smith		M55 John B
M65 Ed Cox	13.85	W30 Virgin
Tom Brooks	14.80	W50 Roslyn
W30 Betty Whitaker	14.27	W60 Dolores
W35 Louise Clark	13.24	Javelin
W45 Sharon Warren	13.65	M45 Ivan B
200	13.03	M50 Ed Cox
M30 Mitchell Lovett	22.50	M60 Bob You
Vince Goodman		W30 Michel
M40 Ed Gonera	23.98	W40 Shelley
Ted Daher	23.52	W40 Betty I
	26.80	Roslyn
M45 Errol Lee	24.41	W60 Dolores
Jesse Norman	25.13	3000m Racev
M50 Ron Johnson	24.22	M50 Sultano
	27.87	M60 Robert
Cliff Pauling	28.29	W55 Elton I
M65 Ed Cox	29.57	5000m Racev
W30 Kelly Etheridge	28.55	M30 Bruce I
W35 Louise Clark	27.75	paragraph
W45 Mary Trotto	36.99	
W55 Alexandra Finger	46.34	
400m		diam'r.
M30 Wm Vaughn Jr	53.36	MAC-No
M35 Sal Allan	50.78	Downing St
M40 Denworth Frederick	55.86	100m
M45 Errol Lee	53.33	M30 Mitch I
Alex Constantino	56.40	
M50 Ron Johnson	55.48	M35 Fred Fe

M60 Bob Dobbs	27.87
Cliff Pauling	28.29
M65 Ed Cox	29.57
W30 Kelly Etheridge	28.55
WJJ LOUISE CLARK	27.75 36.99
W45 Mary Trotto	36.99
W55 Alexandra Finger	46.34
400m	
M30 Wm Vaughn Jr M35 Sal Allan	53.36
M35 Sal Allan	50.78
MAU Denworth Frederi	
M45 Errol Lee	53.33
Alex Constantino	
M50 Ron Johnson	55.48
M60 Cliff Pauling	64.54
Jim Aneshansley	68.72 77.30
M70 John McManus	77.30
Kelly Etheridae	64.60
W35 Becky Chan	69.27
W45 Mary Trotto	84.36
W30 Pam Bryant Kelly Etheridge W35 Becky Chan W45 Mary Trotto W60 Alexandra Finger 800m	1:43.40
800m	E WITH MAY
M30 Larry Glazer M35 Adrian Sterrett	2:08.64
MJ5 Adrian Sterrett	2:05.18
M40 Miles Vaughn	2:06.84
Walter Brown	2:10.02
John Adams Jr	
M45 Rob Jackson	2:12.84
Bob Pertak	2:17.15
M60 Cliff Pauling	2:29.09
Jim Aneshansley	2:57.06
M65 Joe Kernan	3:18.41
M70 John McManus	2:57.06
W35 Becky Chan	2:38.81
W45 Mary Trotto	3:19.06
W60 Alexandra Finger	3:58.27
1500m	3.30.21
1435 - 1	The same of the sa
MJ5 John Williams	4:26:82
M35 John Williams M40 Walter Brown	4:26.82 4:28.65
M35 John Williams M40 Walter Brown M45 Bob Pertak	4:28.65
MJ5 John Williams M40 Walter Brown M45 Bob Pertak M50 Bob Pike	4:28.65 4:31.64
M35 John Williams M40 Walter Brown M45 Bob Pertak M50 Bob Pike 3000m	4:28.65
3000m	4:28.65 4:31.64 4:47.95
M30 Grover Prince M35 Paul Salerni	4:28.65 4:31.64 4:47.95
M30 Grover Prince M35 Paul Salerni Short Hurdles	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97
M30 Grover Prince M35 Paul Salerni Short Hurdles	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milore	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milore	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milore	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump M30 Igor Agaev David Olson	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump M30 Igor Agaev David Olson	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M45 Ivan Black M40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan M40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump M30 Igor Agaev	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump M30 Igor Agaev David Olson M45 Ivan Black M50 John Harbulak	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62 2.03 1.94 1.52
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump M30 Igor Agaev David Olson M45 Ivan Black M50 John Harbulak	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump M30 Igor Agaev David Olson M45 Ivan Black M50 John Harbulak	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62 2.03 1.94 1.52 1.42
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump M30 Igor Agaev David Olson M45 Ivan Black M50 John Harbulak Ron Johnson Long Jump M45 Ivan Black M50 Ron Johnson	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62 2.03 1.94 1.52 1.42 1.37
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump M30 Igor Agaev David Olson M45 Ivan Black M50 John Harbulak Ron Johnson Long Jump M45 Ivan Black M50 Ron Johnson Mike Milove	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62 2.03 1.94 1.52 1.42 1.37
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump M30 Igor Agaev David Olson M45 Ivan Black M50 John Harbulak Ron Johnson Long Jump M45 Ivan Black M50 Ron Johnson Mike Milove M60 Jim Duncan	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62 2.03 1.94 1.52 1.42 1.37
M30 Grover Prince M35 Paul Salerni Short Hurdles M45 Ivan Black M45 Ivan Black M50 Mike Milove W40 Shelley Keeling Long Hurdles M45 Jesse Norman M50 Mike Milove M60 Jim Duncan W40 Shelley Keeling 2000m SC W35 Marilyn Brandt W40 Shelley Keeling High Jump M30 Igor Agaev David Olson M45 Ivan Black M50 John Harbulak Ron Johnson Long Jump M45 Ivan Black M50 Ron Johnson	4:28.65 4:31.64 4:47.95 10:22.14 10:53.97 19.95 16.03 17.14 66.60 67.17 54.16 79.69 7:55.84 8:37.62 2.03 1.94 1.52 1.42 1.37

Triple Jump M30 Francois Fagotto

M30 Francois Fagotto
M45 Ivan Black
M50 Ron Johnson
M60 Tom Talbott
Shot Put
M35 Russ Palmisano
M40 Karl Johnson
M45 Rich Dunphy
M50 Carl Levine
M65 Tom Brooks
W30 Virginia Palmer

13.33 10.90 11.22 5.42

12.73 14.09 11.35 9.57 8.84

9.00

	Marie A. Heller M. Marie P.	
	W50 Roslyn Katz	8.18
ı	Betty Baumach	6.68
ı	Discus	S Pulls
	M30 Dan McKnightBisber	e 29.60
	M35 Russ Palmisano	36.34
	M40 Karl Johnson	40.48
H	M45 Rich Dunphy	31.10
	M50 Ed Fox	37.78
	M55 John Bronstein	39.68
	W50 Roslyn Katz	19.76
	Betty Baumach	18.22
	W60 Dolores Faber	16.74
	Hammer	3000
	M55 John Bronstein	31.04
	W30 Virginia Palmer	19.58
	W50 Roslyn Katz	31.00
1	W60 Dolores Faber	21.52
	Javelin	
1	M45 Ivan Black	33.20
ı	M50 Ed Cox	42.34
ı	M60 Bob Young	42.56
ı	W30 Michelle Bussanich	
١	W40 Shelley Keeling	18.94
ı	W40 Betty Baumach	20.28
1	Roslyn Katz	19.52
ı	W60 Dolores Faber	13.88
ı	3000m Racewalk	
ı	M50 Sultanov Rifhad 1	
ı	M60 Robert Barrett 1	
ı	W55 Elton Richardson 1	/:17.28
ı	5000m Racewalk	20-00 2
ı	M30 Bruce Edward Logan	29:00.3
	EACT	
ı	EAST	

MAC-New York Re		Pete Michaelso Bob Gill
Downing Stadium, NY	C; May 4	M50 Ron Johnson
100m	美国岛山市	M60 Irwin Bernstei
M30 Mitch Lovett	11.7	Tom Talbott
M35 Fred Feaster	11.8	W30 Carol Senn
MAN DONIG CHELLY		W45 Mary Trotto
M50 Ron Johnson M60 Lloyd Henry	14.2	W60 Alexandra Fing 800m
M60 Lloyd Henry W30 Robin RobinsonMoo	re12.8	M30 Bill Possident
W35 Louise Clark	13.4	Bill Oehrlein
200m	22.5	M35 Paul Salerni
M30 Mitch Lovett M40 Ron Jackson	25.4	M40 Francis Schire
M50 Ron Johnson	24.0	Peter Michaels Bob Gill
M50 Ron Johnson M60 Tom Talbott	36.8	M50 Don Samuels
W30 Robin RobinsonMoo	pre25.4	M60 Irwin Bernstei
W35 Louise Clark W45 Sharon Warren	28.0 29.3	M65 Joe Kernan
400m	29.3	M75 Bob Matteson
M30 Mitch Lovett	50.5	W45 Mary Trotto
M40 Bob Richardson	59.9	W60 Alexandra Fing 1500m
m45 Errol Lee	54.7	M30 Bill Possident
M50 Richard Hamner	61.1	M35 Paul Salerni
M60 Tom Talbott	91.1	M40 Rick Lapp
M70 John McManus	78.4	M55 Seth Kaminsky
W30 Phyllis Spence 800m	63.6	M75 Bill Benson
W40 P	2:17.6	Bob Matteson
M40 Francis Schiro M50 Salih Talib M65 Joe Kernan M70 John McManus	2:12.7	W35 Marilyn Brandt
M65 Joe Kernan	3:25.6	W45 Mary Trotto W60 Alexandra Fine
		3000m
MAD WELL LIOCO	3:17.8	M35 Ed Carroll
Mile	4.50.0	M50 Shad Kirit
M30 Bill Possidento M45 Bob Pertak	4:50.8	M55 Jim Fillis
M70 John McManus	6:47.2	M75 Bob Matteson
W45 Mary Trotto	7:32.4	Bill Benson Short Hurdles
High Jump	The Call of	M45 Ivan Black
M45 Paul Shea	1.30	M50 Mike Milove
M65 Art Kearney	1.30	M65 Art Kearney
Long Jump M40 Ron Jackson	5.20	Tom Delany
M50 Ron Johnson	5.13	W30 Caryl Senn
Triple Jump		Long Hurdles M45 Ivan Black
M30 Dan McKnightBisb	ee12.76	M45 Ivan Black M50 Mike Milove
M40 Bob Richardson	11.24	M60 Jim Duncan
M50 Ron Johnson M60 Tom Talbott	5 36	W35 Marilyn Brandt
Shot Put	5.36	High Jump
M35 Russ Palmisano M45 Rich Dunphy M50 Ed Fox M55 John Bronstein M60 Martin Kintish M50 Roslyn Katz	12.75	M45 Rich Lapp
M45 Rich Dunphy	11.22	Ivan Black Paul Shea
M50 Ed Fox	11.07	M50 Ron Johnson
M55 John Bronstein	10.70	M65 Art Kearney
W50 Roslyn Katz	10.31	Tom Delany
mor moorly race	7.61 8.30	Long Jump
Discus	0.30	M30 Joe Chrichton
M30 Dan McKnight-Bis	be22.76	Paul Boccard
M35 Russ Palmisano	33.52	M35 Joe Lafferty M40 Ron Jackson
M35 Russ Palmisano M45 Rich Dunphy M50 Ed Fox	30.26	M45 Rick Lapp
M50 Ed Fox	37.92	Ivan Black
M55 John Bronstein	38.42	M50 Mike Michael
M60 Martin Kintish	39.28	M60 Jim Duncan
W50 Roslyn Katz W60 Ann Cirulnick	19.78	M65 Tom Delany
Hammer		M70 Hillar Saarest W30 Caryl Senn
M55 John Bronstein	34.80	Triple Jump
M60 Martin Kintish	29.96	M40 Bob Sanderson
W50 Roslyn Katz	27.96	Ron Jackson
W60 Ann Cirulnick Javelin	21.60	M45 Rick Lapp
M30 Dan McKnightBisb	ee27.90	Ivan Black
M35 George Bardis	33.20	M50 Ron Johnson Mike Milove
		HANG PILLOVE

	M45	Steve Budihas	32.28
	M50	Ed Fox	40.74
-	M60	Martin Kintish	25.72
	M65	Art Kearney	28.80
1	W35	Denise Sullivan	22.62
-	W50	Betty Baunach	17.82
	3000	Om Racewalk	
Ī	M50	Gary Null	14:55.80
		Bob Barrett	16:16.00
1	W35	Denise Sullivan	22:37.3
	N	Masters Spring	Classic

Merchant Marine Academy Kings Point, NY; May 19

M30 Paul Boccard	11 4
	11.4
Jim Reilly	11.0
Rich Washington	11.9
M35 Joe Lafferty	12.2
Carl Caleca	12.7
M40 John Brooks	11.5
Ron Jackson	12.9
Barry Blake	14.8
M50 Thad Morris	11.9
Ron Johnson	12.4
M60 Bob Dobbs	12.8
Bob Smith	13.6
Zin Danne	
Jim Duncan	13.9
M65 Ed Cox	14.2
200m	
M30 Paul Boccard	23.4
Jim Reilly	23.7
Rich Goodman	
M35 Nick Mitchell	24.1
M40 Ron Jackson	25.6
	25.0
Rockdale Hudson	20
Bob Gill	26.5 27 24
M45 Rich Lapp	24
M50 Ron Johnson	23.9
M60 Bob Dodds	27.5
Bob Smith	28.
Bob Smith Tom Talbott	33.
M65 Ed Cox	29.
The state of the s	
W45 Mary Trotto	35.
400m	1
M30 Vince Goodman	53. 57.
. Jim Reilly	57.
M40 Bob Richardson	59.
Pete Michaelson	59.
	60
Bob Gill M50 Ron Johnson	60.
	59.
M60 Irwin Bernstein	69.
Tom Talbott	82.
W30 Carol Senn	82. 61.
W45 Mary Trotto	86.
W60 Alexandra Finger	
800m	2.07
M30 Bill Possidento	2:07.
Hill Gentlein	2:08.
M35 Paul Salerni	2:33.
M40 Francis Schiro	2:16.
Peter Michaelson	2:26.
Bob Gill	2:34.
M50 Don Samuels	3:08. 2:41. 3:22.
M60 Irwin Bernstein M65 Joe Kernan	2:41.
M65 Joe Kernan	3:22.
M75 Bob Matteson	3:42.
W45 Mary Trotto W60 Alexandra Finger	3.56
1500-	3:30.
1500m	
MIO Bill Doccidente	
M30 Bill Possidento	4:27.
M35 Paul Salerni	5:02.
M35 Paul Salerni M40 Rick Lapo	5:02.
M35 Paul Salerni M40 Rick Lapo	5:02. 4:46. 5:03.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky	5:02. 4:46. 5:03.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson	5:02. 4:46. 5:03. 7:21.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson	5:02. 4:46. 5:03. 7:21. 7:26.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt	5:02. 4:46. 5:03. 7:21. 7:26. 5:16.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt	5:02. 4:46. 5:03. 7:21. 7:26. 5:16.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger	5:02. 4:46. 5:03. 7:21. 7:26. 5:16.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m	5:02. 4:46. 5:03. 7:21. 7:26. 5:16.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 14:10.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 14:10. 11:14.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 14:10.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles M45 Ivan Black	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles M45 Ivan Black M50 Mike Milove	5:02. 4:46. 5:03. 7:21. 7:26. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles M45 Ivan Black M50 Mike Milove M65 Art Kearney	5:02. 4:46. 5:03. 7:21. 7:26. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles M45 Ivan Black M50 Mike Milove M65 Art Kearney Tom Delany	5:02. 4:46. 5:03. 7:21. 7:26. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles M45 Ivan Black M50 Mike Milove M65 Art Kearney Tom Delany W30 Caryl Senn	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles M45 Ivan Black M50 Mike Milove M65 Art Kearney Tom Delany W30 Caryl Senn	5:02. 4:46. 5:03. 7:21. 7:26. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24.
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles M45 Ivan Black M50 Mike Milove M65 Art Kearney Tom Delany W30 Caryl Senn Long Hurdles	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24. 19.8 21.6 22.1
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Bill Benson Short Hurdles M45 Ivan Black M50 Mike Milove M65 Art Kearney Tom Delany W30 Caryl Senn Long Hurdles M45 Ivan Black	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 11:14. 15:36. 15:6 21.6 22.1 15.8
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles M45 Ivan Black M50 Mike Milove M65 Art Kearney Tom Delany W30 Caryl Senn Long Hurdles M45 Ivan Black M50 Mike Milove	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24. 19.8 15.6 21.6 70.9
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles M45 Ivan Black M50 Mike Milove M65 Art Kearney Tom Delany W30 Caryl Sen Long Hurdles M45 Ivan Black M50 Mike Milove M65 Ivan Black M50 Mike Milove M65 Ivan Black M50 Mike Milove M60 Jim Duncan	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24. 19.8 15.6 21.6 70.9 68.6
M35 Paul Salerni M40 Rick Lapp M55 Seth Kaminsky M75 Bill Benson Bob Matteson W35 Marilyn Brandt W45 Mary Trotto W60 Alexandra Finger 3000m M35 Ed Carroll M50 Shad Kirit M55 Jim Fillis M75 Bob Matteson Bill Benson Short Hurdles M45 Ivan Black M50 Mike Milove M65 Art Kearney Tom Delany W30 Caryl Senn Long Hurdles M45 Ivan Black M50 Mike Milove	5:02. 4:46. 5:03. 7:21. 7:26. 5:16. 6:51. 7:44. 12:42. 14:10. 11:14. 16:36. 17:24. 19.8 15.6 21.6 70.9

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Asters News	9.22
M60 Tom Talbott	5.50
M65 Tom Delany M70 Hillar Saareste	8.14 6.84
Shot Put	0.04
M30 Willie Mastrogiao	
M35 Russ Palmisano	12.91
Nick Mitchell	12.05
M40 Karl Johnson Dennis Hansen	14.05
M45 Craig Shumaker	14.78
Rich Dunphy Dennis Chandler	11.66
M50 Terry Shuman	12.86
Ed Nook Harry Schneider	12.54
Eril Weissbrot M55 John Bronstein	10.27
M55 John Bronstein M60 Meemo Maasik	10.10
Bill Barker	10.95
Marty Kintish M75 Mart Neuman	10.86
M75 Mart Neuman W30 Caryl Senn	9.96
W50 Roslyn Katz	8.13
Betty Baumach Discus	5.57
M30 Dan Dillon	54.88
Troy Kerr Mike Mastrogiacor	38.68 ne36.70
M35 Russ Palmisano	35.32
M40 Karl Johnson Dennis Hansen	39.42 28.16
M45 Craig Shumaker	38.00
Dennis Chandler	31.54
Rick Dunphy M50 Terry Shuman	30.14 45.90
Ed Nook	32.90
Carl Levine Eril Weissbrot	29.16 29.00
M55 John Bronstein	36.90
M60 Marty Kintish	40.34
Meemo Maasik Bill Barker	37.10 35.24
M65 Art Kearney	22.08
M75 Mart Neuman W50 Roslyn Katz	23.84 20.32
Betty Baumach	18.50
Hammer M30 Jeff Napolitano	64.18
M30 Jeff Napolitano Troy Kerr	55.28
M35 Mike Bersch	43.18
M50 Terry Shuman Eric Weissbrot	41.78 27.42
M55 John Bronstein	33.16
M60 Marty Kintish Bill Barker	30.82
Meemo Maasik	25.08
M75 Mart Neuman M80 Paul Narcessian	20.30 22.22
Paul Narcessian5	kg17.80
W50 Roslyn Katz Javelin M30 Joe Chrichton	29.31
M30 Joe Chrichton M35 Nick Mitchell	44.92
M45 Dennis Chandler	51.89
Rick Lapp Ivan Black	37.82
M50 Harry Schneider	33.66 44.10
Carl Levine	27.72
M55 Frank Iluzzi M60 Robert Youngs	40.92
Jim Duncan	42.76 38.76
Meemo Maasik	32.95
M65 Skip Meneely Art Kearney	37.44 28.02
M75 Mart Neuman	17.90
W35 Katrena McGill W50 Betty Baumach	33.91 18.41
Roslyn Katz	17.93
Weight Throw M30 Troy Kerr	16.73
M35 Russ Palmisano	9.48
M40 Dennis Hansen M45 Frank Monroe	10.00
Dennis Chandler	10.30 9.84
M50 Terry Shuman Carl Levine	12.91

Iron Horse Farm Throwers Meet

Dennis Chandler M50 Terry Shuman Carl Levine Jai Singh M55 John Bronstein M60 Marty Kintish Bill Barker

W50 Roslyn Katz

56.6 87.0

5-4 4-10 4-2 4-6 4-2 4-0

6.01 5.74 5.88 5.42 5.90 5.21 5.40 4.60 4.30 3.28 5.06

11.52

10.97 11.79 10.82 11.39 10.82

7.45 5.17 9.80 12.61 10.04

9.45 5.76 7.83 8.26

Ringoes, NJ; Ma	ay 25
Shot Put	Dr. Constant Co.
M30 J Bauer	12.71
M35 W Taylor	15.91
B Wolverton	13.20
G Bardis	11.00
M40 J Copeland	10.08
M45 R Dunphy	11.82
D Chandler	11.70
R Smith	11.00
M50 L Pratt	14.75
P Morrone	12.83
m55 J Bronstein	10.30
M60 J Cowles	
	9.87
J Campagna M Hahn	8.20
	7.13
M70 I Mondschein	11.73
C Covino	11.40
Z Strauss	9.17
M75 A Oliver	7.65
W45 J Hudgins	11.61
M Hill	9.45
R DiGiacomo	5.76
WEO D W-A-	

W50 R Katz W60 A Cirulnick

	Discus	THE SECOND
	M35 W Taylor	48.84
	G Bardis	36.10
	m40 T Talbot	38.06
	M45 D Chandler	38.40
	R Dunphy	32.38
12	R Smith	28.18
3	M50 L Pratt	52.64
16	M55 J Bronstein	41.72
S	M60 J Cowles	32.10
3	M Hahn	23.40
3	M70 I Mondschein	32.06
E.	C Covino	30.82
7	Z Strauss	28.70
9	W35 J Weidis	13.10
	W40 S Boslaugh	31.72
3	W45 J Hill Hudgins	16.16
-	W50 R Katz	29.38
	W60 A Cirulnick	19.40
	Hammer	
	M30 T Herr	57.02
	M35 M Bersch	45.78
	M45 E Beebe	39.20
F	R Smith	32.88
	M55 J Bronstein	32.48
4	M70 1 Mozhaev	37.54
1	I Mondschein	36.10
	W40 S Boslaugh	36.82
1	W50 R Katz W60 A Cirulnick	30.58 23.48
	Javelin	23.40
2	M30 A Lonzo	69.86
2	M35 G Bardis	33.58
	M50 M Augeri	24.30
)	M60 M Hahn	28.88
1	J Cowles	26.51
1	M70 Z Strauss	11.54
0	M75 A Oliver	14.92
0	Weight Throw	
6	M30 T Herr	17.30
0	M45 D Chandler	10.58
)	R Smith	10.42
1	M55 J Bronstein	9.38
)	M70 L Mozhaev	11.00
	C Covino	9.48
3	I Mondschein	9.46
3	W40 S Boslaugh	11.78
2	W45 J Hudgins	8.38
)	J Weidis	4.90
K	W50 R Katz	10.90
3	W60 A Cirulnick	7.84
3	SOUTHE	ACT
3	SOUTHE	

Norfolk Invitational Relays Norfolk St. U., VA; April 12-13 100m M35 Derek Holloway M40 Neville Hodge Lawrence Lee M45 Joe Mack M60 Bobby Dobbs

M60 Bobby Dobbs	13.1
Tony Besase	13.2
M65 Jim Stookey	13.1
Harold Green	13.4
W35 Deborah Parker	14.14
W50 Marilyn Meggett	14.9
200m	
M30 Derek Holloway	22.2
M40 Tom Jones	23.3
Johnnie Thomas	23.4
M55 Mike Valle	30.4
M60 Bob Dobbs	27.9
M65 Jim Stookey	27.4
400m	THE WATER
M40 Steve Coenen	53.6
Robert Cox	55.4
4x100m Relay	The second
M30 East Coast All-S	stars45.7
(Holloway/T Jones/Pa	rker/
Hodge)	ruthin or dist
M40 Pony Express "A"	46.4
(Butler/C El/Isler/C	
High Jump	
M45 John Dye	4-6
M55 Mike Valle	4-4
M60 Tony Besase	4-2
M65 Jim Stookey	4-8
Pole Vault	SERVICE AND ALL AREA
M30 Paul Boccard	12-0
M35 Louis Affronti	12-6
M45 John Dye	12-0
M50 Bill Busby	11-0
M60 Tony Besase	8-0
Long Jump	TELLINA
M30 Dwayne Miller	22-101
M55 Mike Valle	14-41
M60 Tony Besase	14-91
M65 Jim Stookey	16-10-
Triple Jump	
M40 Carl Vassel	35-111
M50 Palmer Sweet	37-5

35-11½ 37-5 36-10 42-1½ M50 Palmer Sweet M55 Mike Valle M60 Gerald Vaughn **Great Gainesville Meet** Gainesville, FL; April 27

M40 Carl Vassel
M50 Palmer Sweet
M55 Mike Valle
M60 Gerald Vaughn
M65 Don Grey
Shot Put
M40 Carl Vassel

35-111 37-5 36-101 42-10

26-113

100m	
M30 Orlando Matthews	11.3
M35 Randall Barnes	11.4
M40 Johnny Hollier	12.2
M50 Joe Johnston	13.1
M55 Isaac Latimor	16.1
M65 David Slocum	14.6
M70 Dallas Stratton	14.3

M75 John Anoka	15.2
W55 Barbara Cleveland	
200m	
M30 Orlando Matthews	23.0
M 15 Randall Barnes	23.6
M40 Johnny Hollier	23.2
M50 Raiph McCay	37.3
M40 Johnny Hollier M50 Ralph McCay M55 Isaac Latimor M70 Dallas Stratton	31.4
M75 John Anoka	31.4
W50 Dana Moser	40.3
400m	
	57.5
M50 Ralph McCay M55 Chris Mladinich	58.1 78.1
M75 John Anoka	75.6
800m	F-SAME AND
Johnny Hollier	3:02.1
M45 Byron Dyce	2:09.0
M45 Byron Dyce M50 Ralph McCay	3:02.1
M60 Jim Cleveland	3:06.9
M65 Frank Leone M70 Ernie MacDonald	3:28.9
M/O Ernie MacDonald	3:15.0
M75 John Anoka W35 Leslie Boyart	2:57.3
Mile	2.37.5
M45 Bruce Kritzer	5:26.6
High Jump M55 Larry Judd	4-1
M60 Jim Cleveland	4-3
W55 Barbara Cleveland	d 4-1
Pole Vault	12.0
M50 Joe Johnston Charlie Polhamus	13-0 12-6
Long Jump	Cikopik
M35 Warren Washington	n 5.78
M55 Larry Judd	4.33
W55 Barbara Lawrence	
Shot Put	The same
M30 Mike Richardson	8.30
M45 Tom Park	8.37 8.92
M50 Ed Box M55 Larry Judd M60 Len Olson	9.24
M60 Len Olson	13.06
W55 Vanessa Hilliard	
Discus	20.
M35 Mike Richardson	26.7
M45 Donn Nicola M50 Ed Box M55 Larry Judd	34.3
MSS Larry Judd	32.6
M60 Len Olson	44.6
W55 Vanessa Hilliard	32.2
Javelin	ABTON
M35 Jesus Virella	46.3
M40 Scott Dykehouse	53.1
M50 Ed Box M55 Larry Judd	29.3
M60 Len Olson	27.70 38.22
M60 Len Olson W55 Barbara Cleveland	20.42
W60 Mary King-Bain	7.90
Hammer	U 000 C
M30 Mike Richardson	22.2
M50 Ed Box M55 Richard Taylor St	28.8 r 17.3
M60 Len Olson	40.3
W55 Vanessa Hilliard	WR47.7
(Searle/46.30/1995)	Seemed .
5000m Racewalk	
M60 Bob Fine	29:5
Short Hurdles M55 Joe DeLuca	27.5
MSS JOE DELUCA	27.3
	a following to a

Atlantic TC Meet Atlanta, GA; May 11

27.5

Atlanta, GA; May	1000
100m	
M30 Donald Rhett	11.0
M35 Barry Wise	11.3
M40 Tom Hardman	12.1
M45 Danny Theil	11.7
M50 Samuel Hall	12.5
M55 Thomas Kindel	13.1
M60 Robert Burge	14.4
M65 James Stookey	13.2
M70 Dick Benson	16.6
W30 Lvannae Thandine	13.1
W35 Belinda McCoy	13.5
W40 Linda Lowery	14.0
W50 Ann Carter	16.8
W55 Joy MacDonald	15.1
200m	
M30 Donald Rhett	22.8
M35 Barry Wise	23.9
M40 Edward Butler	24.4
M45 Danny Thiel	24.6
M50 Samuel Hall	25.7
M55 Sammy White	27.0
M60 Robert Burge	31.1
M65 Gordon Seifert	28.7
M70 Harold Johnson	31.2
W30 V Hearns-Whitfield	26.8
W50 Ann Carter	36.5
W55 Joy MacDonald	32.1
400m	The said
W30 V Hearns-Whitfield	1:02.0
W35 Belinda McCoy	1:04.6
W50 Ann Carter	1:36.5
A CHARLES AND A STREET	

Continued on next page



July 1996		Long Parkettering		National M	lasters News		page 35
Continued from previo	IIS nage	400m .	1	USATF Florida Masters	M35 Dan Taylor 44.35	Triple Jump	M60 Emie Alcocer 91-7
800m	us page		5.11	Championships	M40 Scott Dykehouse 56.39	M35 Frances DoDo 13.56	M60 Ernie Alcocer 91-7 M65 Chuck Sochor 85-6
M30 Ric Green	2.02.8		1.77	Winter Park; FL; May 18	M45 Tim Heikkila 44.32	M50 John Ewing 9.35	M70 Jack Hipple 77-11
M40 Joe Robinson	2:16.7		1.83	100m	M50 Gary Lane 38.07	M75 Tom Kennell 8.53	W50 Erika Szanto 64-6
M45 Dan Graham	2:25.3		8.43	M30 Brett Lawler 11.20	Weight Throw	Shot Put	W55 Carol Young 73-5 5000m Racewalk
M50 Allen McDaniel	2:20.1		2.19	M35 Ellis Liddell 11.14	M30 Mike Richardson 5.26	M35 Bobby Conn 12.52	M40 Mark O'Donnell 66:00
M60 Cliff Pauling	2:32.7		6.93	M40 Larry Schworer 11.77 M50 Joe Johnston 12.42	M45 Bruce Hedendal 12.40 M50 Jerry Arline 11.52	M45 Jim Accardie 12.52	M55 Harlan VanBlaricm65:12
M70 Dick Benson	3:20.6		1.14	M55 Dave Dreifuerst 13.58	M50 Jerry Arline 11.52 M55 Richard Taylor 6.28	M50 Paul Costa 13.38	W30 Mary Franklin 34:36 W60 JoAnne Parks 34:00
W35 Ena Weinstein	2:27.2		76.58	M60 David Slocum 14.30	M60 Ray Carstensen 13.22	M55 Lou Vodopya 9.32 M65 Larry Horine 12.72	the same of the same of the same of the same
W45 Susan Houlton	2:56.4		93.39 56.24	M75 Milton Silverstein 13.81	W55 Vanessa Hilliard 16.98	M70 Gian Sahota 8.90	Jim Ryun Mile
M30 Ric Green	4:22.9	800m	HUGH	W30 Dana Baumgarten 13.10	5000m RW	Discus	Elkhart, IN; May 25
M70 Dick Benson	6:27.4		5.1	W40 Jocelyn Dowther 13.40	M30 Don Tesiero 31:43	M35 Bobby Conn 37.70	Overall Chris Lett 22 4:07.8
W35 Mimi Ney	5:21.2		7.1	W55 Louise Tricard 14.22	M45 Rotchstein 36:46	M40 Jim Accardie 32.73	Chris Lett 22 4:07.8 Kelli Lipps 14 5:50.4
5000m	NU PERSONAL PROPERTY OF THE PERSONAL PROPERTY		29.8	200m	M60 Robert Fine 29:45	M50 Larry Boots 29.87	M30 Michael Almisi 34 5:12.2
M30 Nils Antonio	15:12.4		28.4	M30 Derrick Hicks 23.52 M35 Ellis Liddell 22.98	M65 Bill Mathews 35:45	M55 Lou Vodopya 25.54	Chris Scalise 31 5:20.7
M35 Nicholas Valerio	17:07.4	M60 B Abernathy 2:2	29.4	M40 Larry Schworer 24.53	USATF Florida Weight	M65 Larry Horine 40.24 M70 Gian Sahota 21.00	Kevin Gundy 33 5:33.8
M45 Kirk Pfrangle	18:25.7		51.4	M50 Joe Rooney 26.87	Pentathlon	M70 Gian Sahota 21.00 W40 Linda Lowery 20.36	M40 Tim Zumbaugh 43 5:14.0
W30 Bee Meyer	19:26.4 18:30.3	M40 J Baker 4:5	68.6	M55 James Clark 29.11	Delray Beach, FL; June 1	Javelin 20.36	Myron Elliott 45 5:49.2
W35 Ena Weinstein W40 Raylynn Hughes	23:30.0		56.2	M75 Milton Silverstein 29.82	HT/SP/DT/JT/WT	M35 Brad Davies 50.34	Michael Gaul 5:49.5
W50 Edna Bay	24:13.5		14.3	W30 Dana Baumgarten 26.87	actual marks	M40 James Stewart 27.42	M50 Bruce Bordner 50 6:08.2
Short Hurdles		Short Hurdles	- MARK	W35 Rene Besozzi 28.38	Vanessa Hilliard 55 5061	M45 Kasey Capps 28.98	L Christénsen 58 6:17.0 Barrie Peterson 53 6:19.2
M40 Robbie Short	15.5		9.19 5.24	W40 Jocelyn Fowther 27.66	45.54/11.66/35.81/27.24/16.10 Pay Carstensen 64 4180	M50 Larry Boots 34.63	Barrie Peterson 53 6:19.2 M60+ Russ Taylor 63 6:39.7
M45 ThomasGilliard	15.4		7.45	400m	41.92/12.22/34.01/30.66/15.66	M65 Larry Horine 36.67	Tom Artley 70 7:09.4
M50 Robert Kleemeier	17.7		5.84	W30 Jim Eckenrode 52.68	Bruce Hedendal 48 3624	M70 Gian Sahota 26.39	W40 Doriane Colwel 40 5:53.5
W40 Linda Lowery	14.9	Long Hurdles M30 J Edmondson 6	5.94	M35 Tom Wadley 56.70 M40 Larry Schworer 57.56	35.60/12.67/39.36/35.54/12.67	3000m RW	Lisa Richline 41 7:12.0
Long Hurdles	Complete State		8.07	M45 Deniel Ambrico 58.56	John von Rohr 48 3562 41.50/13.06/34.53/30.72/12.57	M65 Fred Lovelace 16:58.1	60+ Peg Taylor 61 8:01.3
M45 Bob Green	47.7	High Jump	1000	M50 John Shenk 1:01.06	Carlos Fraundorfer 64 3207	W45 Elizabeth Main 15:28.5	THE RESERVE OF THE PERSON OF T
M65 James Stookey	53.6		-7 1 -6	M75 John Anoka 1:14.77	35.42/8.87/35.34/17.28/12.93	MIDWEST	MID-AMERICA
4x100 Relay M30 USA I	46.2		-4	W30 Linda Finger 1:30.85	Mike Valenti 35 2793 32.98/14.53/42.28/28.48/13.12		
4X400 Relay	40.2	M45 B Hardin 5	-2	800m	Richard Taylor 59 2122	USATF Michigan Masters	Albuquerque Senior Olympics Albuquerque, NM; May 16-18
M30 Josey's Team	4:15.3		-11	M30 Brett Lawler 2:07.30	17.12/6.33/23.90/23.24/7.10	Championships	the same of the sa
High Jump	THE RESERVE OF THE SECOND		-3 -5	M35 Terry Crews 2:16.81	Nashville Striders/Nashville	Saginaw Valley St. U.; May 18	MSO Roger Assink 6.95
M35 Rick Grzeszkowia	k 5-8		-2	M45 Leslie Bodden 2:19.63	TC Meet	100m	Jon Olsen 7.21
M45 Henry Jordan	5-6	M65 G Seifert 4	-9	M50 Jarrett Slaven 2:21:06	Nashville, TN; June 1	M35 Rodney Wilson 12.68 M40 Les Hale 12.03	MSS George Friberg 8.26
M55 Sammy White	5	W40 L Lowery 4 Pole Vault	1-4	M55 Jim Clark 2:26.10 M70 Ernie MacDonald 3:12.63	100m	M40 Les Hale 12.03 M45 Richard Kanski 13.06	John Russell 8.45
M65 Gordon Seifert	4-10		-0	W30 Linda Finger 2:33.80	M30 Wayne Watson 10.8	M50 Tim Butts 12.74	M60 Bob Hathaway 7.79
W40 Linda Lowery	4-4		-0	W40 Jocelyn Lowther 2:32.40	M35 Charles Smith 12.1	Mal McGruder 14.24 Gary Cox 14.38	Frank Love 8:11
Long Jump M35 BarryWise	19-6.50		-0 -6	W45 Nina Ehmer 2:57.89	M40 Andrew Mason 11.7	M60 Ernie Alcocer 13.82	M65 Andy Anderson 7.13
M40 Thomas Krebes	15-2.50	M65 G Seifert 8 Long Jump	-0	1500m	M45 Tom Gilliard 11.7	M65 Chuck Sochor 14.83	And the second s
M45 Troy Faruk	19-4.75	M30 J Edmondson 18-		M30 Brian Keno 4:24.37	M50 Tom Brewer 12.0	M70 Jack Hipple 15.26	
M50 Robert Kleemeier		M40 T Krebes 14- L Jeffords 12-		M35 Terry Crews 4:33.56	M60 John Wall 13.7	M80 Ed Andrysiak 23.55 W70 Mary Holland 18.48	M70 George Form 7.59 Jack Teta 10.27
M55 Sammy White	15-6.50	M45 E Jeter 14-		M45 Daryl Gordon 4:57.61	M65 Ed Redditt 13.4 M75 Tom Kennell 15.1	200m	
M65 James Stookey	15-8.25	M50 E Wright 14-		M50 Jarrett Slaven 4:43.64	W40 Linda Lowery 14.1	M35 Rodney Wilson 25.99	A STATE OF THE PARTY OF THE PAR
Triple Jump	LANCE PLAN	L Boots 10- M55 E Pawlik 17-	9.75	M55 Jim Clark 5:05.21	200m	Mike Kesterson 26.24 M40 Les Hale 25.09	M80 Henry Olguin 12.40 W55 Mary Friberg 11.67
W40 Linda Lowery	29-0.75	M65 J Stookey 16-		M70 Bart Ross 6:47.92 W45 Nina Ehmer 5:55.37	M30 Cheng-Ming Hsueh 32.4	M40 Les Hale 25.09 M45 Richard Kanski 27.42	
Shot Put	26.2	G Seifert 13-		5000m	M40 Dave Draig 24.6	M50 Mal McGruder 30.66	Committee and Co
M45 Bob Green M50 Tom Russell	36-3 34-6.75	W40 Linda Lowery 15- Triple Jump	44	M70 Bart Ross 24:31.1	M45 Tom Gilliard 24.3	M65 Ernie Alcocer 29.81 Chuck Sochor 32.37	W75 Samia Doro 11.23
M55 Mike Valle	36-7	M45 M Walker 27-		Short Hurdles	M50 Tom Brewer 25.2	M70 Jack Hipple 33.14	100m
M60 Gerald Vaughn	43-6.50	M65 J Stookey 33- W40 L Lowery 30-		M55 Joe Dekyca 26.04	M60 Barry Bertram 30.6 M65 Ed Redditt 28.5	M80 Ed Andrysiak 54.94	M50 Roger Assink 12.94
M65 Russell Meyer	30-5.75	Shot Put	327	W35 Rene Besozzi 14.67 Long Hurdles	M75 Tom Kennell 32.2	W30 Janet Mims 29.29 W70 Mary Holland 48.67	Maurice Smith 13.17
M70 Floyd Simmons	37-4	M30 T Danner 36-		W35 Rene Besozzi 1:10.61	400m	400m	MSS Rbt Kirchberger 13.20
Discus M45 Bob Green	106-10	M35 B Conn 39- M40 P Mulkey Jr 36-		High Jump	M40 Naill Fall 55.5	M40 Turran Harper 58.39	Michael Levine 14.40
M50 Larry Pratt	160-7	L Jeffords 29-		Tim Heikkila 1.70	M50 Tom Brewer 56.7	M50 Gary Cox 62.58 Wm Turner 71.44	M60 Bob Hathaway 15.07
M55 Mike Valle	122-3	M45 F Elkourie 39-		M50 Joe Johnston . 1.65	M60 Barry Bertram 1:12.9	M65 Chuck Sochor 74.61	Frank Love 15.08
M60 Gerald Vaughn	114	J Accardi 37- R Hollis 23-	-9.75	M55 Larry Judd 1.47	M65 Fred Lovelace 1:16.8	M70 Jack Hipple 75.77	M65 Gordon Albury 13.53
M65 Russell Meyer	89-9		-2 1	M75 Tom Kennell 1.09	M70 Gian Sahota 1:21.8	800m M35 Jeff Endres 2:26.16	Andy Anderson 13.69
M70 Floyd Simmons	104-3		-111	Pole Vault	800m M30 Gregg Harris 2:01.3	M40 Bruce Clifton 2:14:79	M70 George Form 14.49
W40 Linda Lowery	68-11	L Boots 32- M55 E Pawlik 32-		M30 Jimmy Miller 3.81 M45 Paul Takauskas 3.35	M35 Mark Carver 2:03.5	Turran Harper 2:25.86	Jack Teta 19.49
Birmingham TC	Classic	L Vodopya 32-		M50 Joe Johnston 4.00	M40 Kent Cramer 2:15.1	W55 Merion Knight 3:19.33	M75 James Paul Jones 16.30
Birmingham, AL	; May 18	M65 G Seifert 30	-11	M55 Steve Wrucke 2.74	M45 Carl Pedersen 2:15.2	M35 Jeff Endres 4:54	M80 Lloyd Houston 18.59
50m M30 W Green	Mar IT	W30 J Bason 14	-8½	M65 Les Rudy 2.13	M50 Tom Bowden 2:13.2	W55 Merion Knight 6:46.8	Henry Olguin 24.23
M30 W Green M35 A Hardin	7.1. 7.54	W40 Linda Lowery 23 Discus	-02	Long Jump	M60 Rich Peck 2:44.4	5000m M35 Jeff Endres 19:38.1	M85 Anthony Denardis 24.91
M40 A Mason	7.53	M30 T Danner	98-1	M30 Jim Eckenrode 6.68	M70 Gian Sahota 3:06.8	Short Hurdles	W50 Jude Pardee 16.77
M45 E Jeter	7.60		23-9 02-9	M40 William Rea 6.06	W35 Mimi Ney 2:33.0 1500m	M50 Chet Dows 17.19	W55 Hatsuko Goodson 18.06
M65 E Redditt W40 L Lowery	8.58 8.59	L Jeffords	62-9	M45 Paul Katauskas 5.21 M55 Larry Judd 4.17	M30 Gregg Harris 4:16.5	3000m SC M50 Carroll DeWeese 12:08.5	W60 Ida Ruttler 19.60
100m	11.0	M45 F Elkorie 10	07-6	M75 Milt Silverstein 4.03	M35 Mark Carver 4:25.2	High Jump	Joan Blair 23.58
M30 S Green	11.31		05-9 12-8	W35 Rene Besozi 4.87	M50 Gerald Baker 5:01.2	M55 Harlan VanBlaricum4-31	M65 M. Samuelson 27.37
M35 S Winkel A Hardin	11.57 12.25	L Boots 10	02-5	Triple Jump	M45 Ron Merville 4:50.1	M65 Chuck Sochor 4-1 Pole Vault	W70 Mary Altherr 26.76
M40 A Mason	11.85		88-5	M55 Nemour Delanneuville 9.39	M50 Larry Boots 6:51.3	M50 Matty Kilpelainen13-0	W75 Samia Doro 23.49
M45 E Jeter	12.73		06-2 88-2	Shot Put	W35 Trish Kluge 5:02.2 5000m	Long Jump	Isabel Avila 29.91
M50 T Brewer M55 E Pawlik	12.34	I Lattimore	83-1	M40 John Schau 11.54	M30 Jay Perry 18:23	M40 Les Hale 5.35 M50 Wm Turner 4.81	M50 Roger Assink 26.38
I Lattimore	17.27	W40 Linda Lowery Javelin	79-1	M45 John Von Rohr 13.53 M50 Jerry Arline 11.34	W35 Trish Kluge 19:26	M55 Harlan VanBlaricum4.27	Maurice Smith 26.52
H Jones	19.58	M35 S Winkel	55-8	M55 Larry Judd 8.95	Short Hurdles	M65 Chuck Sochor 4.19	M55 Ken Medley 29.09
M65 J Stookey	13.87	B Conn 1.	32-0	M60 Len Olson 12.60	M30 C W Allen 14.8	W70 Mary Holland 1.87	Charles Loeber 30.88
E Redditt G Seifert	13.87 14.29		18-6 98-0	W70 Harriet Boyd 5.98	M45 Tom Gilliard 15.0	Triple Jump M50 Wm Turner 9.00	M60 Bob Hathaway 34.40
W40 Linda Lowery	14.52		95-2	Discus	M50 John Ewing 18.6	M65 Chuck Sochor 7.79	Daniel Johnson 43.06
Knights of Columbu		M45 B Hardin	25-4	M30 Mike Richardson 26.60	W40 Linda Lowery 14.8	Shot Put	M65 Gordon Albury 28.24
(distance handicap	ped) 66 10.57		74-4 12-2	M40 John Schou 28.66	High Jump	M50 Mal McGruder 33-4 M55 Pete Lundell 31-10	Andy Anderson 28.42
J Stookey E Pawlik	57 11.04		99-4	M45 Bruce Hedendal 38.92	M45 Mike Walker 1.47 M50 John Ewing 1.52	M55 Pete Lundell 31-10 M60 Ernie Alcocer 32-5	M70 George Form 32.95
E Redditt	65 11.18	E Wright	96-0	M50 Gary Lane 41.66 M55 Larry Judd 25.52	M55 Lou Vodopya 1.21	M70 Jack Hipple 32-8	M75 James Paul Jones 37.88
T Brewer	50 11.24 41 11.53		28-9 57-3	M55 Larry Judd 25.52 M65 Len Olson 43.54	M65 Frank Hayes 1.31	W50 Erika Szanto 31-5 W55 Carol Young 23-61	M80 Lloyd Houston 41.71
A Mason W Green	34 11.75	I Lattimore Trak Shak Special Award	and the second	M70 Tom McDermott 28.54	M75 Tom Kennell 1.11	W55 Carol Young 23-6½ W70 Mary Holland 18-5	M85 Anthony Denardis 54.99
S Winkel	38 11.94	Jim Law Memorial 400m	-553	W55 Vanessa Hilliard 34.05	W40 Linda Lowery 1.31	Discus	W50 Jude Pardee 48.10
E Jeter	45 12.02	(top age-graded time)	/40 27	Hammer	Pole Vault	M40 Allan Lebowitz 86-5	W55 Hatsuko Goodson 40.01
		Steve Winkel 38 *51.83/ Tom Brewer 50 56.93/		M30 Mike Richardson 21.74	M50 John Ewing 3.05	M50 Mal McGruder 103-9 M60 Ernie Alcocer 87-8	W60 Ida Ruttler 43.97
		Gordon Seifert67 66.24/		M40 Anthony Chioccarelle 45.54	Long Lump	M70 Jack Hipple 69-7	Joan Blair 58.25
		Mini-Decathlon	3	M45 John Von Rohr 39.26	M30 Brian Thomas 7.82	W50 Erika Szanto 65-9	W65 M. Samuelson 1:02.38
		(athlete chooses any 5 Emil Pawlik *4	of 10)	M50 Jerry Arline 36.54 M55 Larry Judd 22.18	M35 Bard Davies 5.64	W55 Carol Young 76-1 Hammer	W75 Samia Doro 50.56
0.54 (H) Atlanta 20		Gordon Seifert 4	4150	M60 Len Olson 41.60	M40 Andrew Mason 5.35	W55 Carol Young 87-2	400m
2.0K(38.5.) Sign		Jason Daggett 2	2625	M75 Tom McDermott 32.10	M45 Terry Kopansky 4.38	Javelin	M55 Charles Loeber 1:11.50
The state of the s			2479	W55 Vanessa Hilliard 45.40	M65 Frank Hayes 4.17	M35 Rodney Wilson 88-3 M40 Les Hale 106-4	M60 Bill Dodson 1:10.60
R Hollis	36.64	Pentathon-Larry Boots*1	1791	Javelin	M75 Tom Kennell 4.01	Allan Lebowitz 90-1	Dan Johnson 1:36.58
M65 E Redditt	29.11	*received \$100 gift cer	rt I	M30 Mike Bagnell 47.04	W40 Linda Lowery 4.61	M50 Mal McGruder 135-10	Continued on next page

Pag					M45 Rick Sherrod 2:09.09	M45 T H Wilson 66.2
Conti	nued from previous page	W60 Ina Stewart 1.32		M75 Ed Aucoin 26-1.50	M45 Rick Sherrod 2:09.09	M50 Bull Durham 75.9
M80	Lloyd Houston 1:37.27	W65 Clara Jelso 1.35	Marjorie Ho:mes 11.23.24	M80 Dan Mestayer 21-10.50 W50 Pearl Garcia 21-5	M40 Tom Aspel 4:15.34	M75 Paul Galloway 96.4 W30 Erika Davis 73.1
M85	Anthony Denardis 2:03.17	Bertille Baca 1.29	W75 Josephine Burum 11:24.07	W55 Sandra Matthieu 23-9	5000m M40 Mike Sandlin 18:05.06	800m
W55	Rose Chavez 1:43.55	W75 Isabel Avila .84	5-k Racewalk	W60 Evelyn Taylor 22	M50 Arthur Suckling 20:10.49	MO3 Scott Hesketh 2:24.4 Marshall Burt 2:31.9
W60	Dona Duquin 1:41.79	Shot Put	M55 Winston Crandall 29.59	W65 Babe English 21-10	10,000m	Marshall Burt 2:31.9 M35 Bill Hrneir 2:00.2
	Ida Ruttler 1:46.27	M50 Paul Economides 15.26	Mark Adams 30.25	W70 Lillian Patin 19-9	M40 Mark Sandlin 37:11.21	M40 Rick Easley 2:02.6
W70	Lilli Marjon 1:51.20	M55 Chapin Carnes 9.88	M60 Arnold Levick 31.23	W75 Edesse Broussard 10	W50 Arthur Suckling 40:42.05	Robert Iles 2:09.3
	Mary Altherr 2:44.34	Tom Payne 8.95	Melvin Bork 42.57	W80 Mary A Mestayer 14-9	Short Hurdles M35 Dan Cook 16.84	M55 Dave Larson 3:05.2
W75	Samia Doro 1:55.93	M60 Ken Guerin 9.59	M65 Richard Tenorio 37.46	Discus	M55 Emil Pawlik 15.28	M60 Hector Cisneros 2:57.0
300m		Carl Longerot 9.37	George Chavez 45.55	M50 Chester Guidry 103-2	W30 Erika Noble 23.15	1500m M30 Scott Hesketh 5:11.6
	Teofilio Chavez 3:01.59	M65 Dean Harvel 8.14	M70 Gene Dix 42.57	M55 Don North 100-7	Long Hurdles	M35 David Nealey 4:28.9
	Bill Dodson 2:43.72	M70 Edwin Johnson 9.12	M. C De Baca 43.37	M60 Bob Hensley 108-2	M40 Mike Mitchell 69.77 W50 Courtland Gray 58.52	M40 Robert Iles 4:32.9
	William Ziegler 3:52.56	Edward Duncan 7.37	M75 Frank Cito 50.54	M65 Jim Zaunbrecher 68-3	W50 Courtland Gray 58.52 W30 Erika Noble 84.40	M50 Kent Albright 5:55.3
	The second secon	M75 Hugh Hackett 9.40	WSS Hatsuko Goodson 37.29	M75 WesJohnson 78-6	4x100m Relay	W40 Elizabeth Angulo 8:08.6
M /U			Judith Oakes 39.20	M80 Bill Domingues 57-2	M30-39 Superheros 47.89	Short Hurdles M40 Sergio Angulo 17.5
	Ozzie Whitmon 6:03.40		W60 M. Larragoite 39.02	W50 Pearl Garcia 54	(Boleware/Mayfield/Turner/	M40 Sergio Angulo 17.5 M50 Jim Cawley 16.7
	Lloyd Houston 4:12.22	W55 Gloria Mitchell 6.72		W55 Sandra Matthieu 54-4	W Thompson) 4x400m Relay	300mH
	Anthony Denardis 4:36.70	W60 Judy Fetherston 7.23		W60 Janice Pratt 52-3	Masters 4:16.18	M30 Rick Cawley 49.1
	Rose Chavez 4:02.09	Mary Levy 6.2	W65 M. Samuelson 45.36	W65 Babe English 52	(Suckling/Burton/Sandlin/	M40 Sergio Angulo 47.1
	Ida Ruttler 4:13.26	W65 Helen Johnson 6.21	Theresa Fragua	W70 Helen Lindsey 39-5	Gutierrez)	M45 Derek Davis 57.3 W30 Jennifer Cottingham50.8
W70	Lilli Marjon 4:12.70	Paula Maloy 5.29	W70 Norma Houston 40.59	W75 Edessa Broussard 13-4	Age-Graded 100m Tom Thompson M40 10.94	4x100m Relay
	Mary Altherr 5:46.29	W70 Ann Toya 7.10	Marjorie Holmes 43.15	W80 Mary A Mestayer 28-1	Enil Pawlik M55 11.11	M40 Lufkin T&F (Cawley/Angulo
W75	Samia Doro 4:25.54	Marjorie Holmes 4.38	W75 Josephine Burum 45.18	Javelin M50 Character Control	Wayne Bennett M55 11.11	Haggerty/Wilson) 49.6
1500r	n - Carlotte - Carlott	W75 Julia Gauna 4.50		M50 Chester Guidry 123	Willard Thompson M40 11.27	High Jump
M.50	Chas Huibregtse 6:12.0	Isabel Avila 3.77	Denver TC Mile/2 Mile	M55 Don North 133	High Jump	M30 Wm Wright 5-10 David Todd 5-8
M55	Charles Harris 5:04.30	Discus	Denver, CO; May 23	M60 Philip McCarty 127-6	M40 Mike Mitchell 1.42	David Todd 5-8 Rick Cawley 4-7 3/4
	Teofilio Chavez 5:56.22	M50 Paul Economides 47.3	M30 Scott Bainbridge 4:59.8	M65 Ray Lovell 53-11	M50 Mark Chapman 1.44	M45 Bob Jones Sr 4-91
M60	Bill Dodson 5:21.62	M55 Chapin Carnes 31.1	Jeff Recker 5:10.4 M45 Charlie Perez 5:21.3	M75 Ed Aucoin 52 M80 Dan Mestayer 33-6	M55 Emil Pawlik 1.64 M65 J V Smith 1.16	M50 Mark Chapman 4-7 3/4
	William Ziegler 8:33.66	Michael Levine 28.6	M45 Charlie Perez 5:21.3 M50 Larry Kueter 5:22.3	W50 Pearl Garcia 51-5	W30 Erika Noble 1.31	Bull Durham 4-4 3/4
	R. Reitmann 7:36.56	M60 Carl Longerot 27.9	M55 Bill VanDoorninck 5:56.3	W55 Fay Richard 55-7	W55 Silvia Brooks 0.96	M55 Cliff Davis 4-3
	Ozzie Whitmon 11:40.29	Frank Nickles 24.5	W30 Andrea Ratkovic 5:24.8	W60 Janice Pratt 54-5	Long Jump	Lewis Sims 4-4 3/4 W30 Erika Davis 4-7 3/4
185	Anthony Denardis 9:42.42	M65 Tom Maloy 27.1	2 Mile	W65 Joyce Ourso 51-8	M40 Mike Mitchell 5.29	W30 Erika Davis 4-7 3/4 W70 Ruth Seeger 3-6
	Rose Chavez 7:36.0	The state of the s	W40 Ann Daxberger 13:10.3	W70 Lillian Patin 42-5	M50 Mark Chapman 3.43 M55 Emil Pawlik 5.43	Pole Vault
		Roy Johnson 26.7	SOUTHWEST	W75 Connie Goodwin 24-1	M65 J V Smith 3.57	M30 Flay Deats 15-6
	Dona Duquin 7:35.52	M70 Edwin Johnson 29.2	SOUTHWEST	W80 Mary A Mestayer 19-4	W30 Erika Noble 3.94	M35 James Fountain 14-6
	AnnaMay Conarty 7:50.0	Edward Duncan 19.5	Acadiana Regional Games	800m RW	Triple Jump	Coy Akers 13-6 Brian Elmore 12-6
Maria de la constante de la co	M. Samuelson 10:43.86	M75 Hugh Hackett 27.3	Lafayette, LA; April 20	M60 Noah Broussard 5:47	M40 Mike Mitchell 10.54	M40 Cecil Noble 9-6
	Lilli Marjon 8:31.67	M80 Ralph Bowyer 21.7	50m	M65 Carroll Crendeur 6.47	Shot Put M50 Mark Chapman 11.90	M45 Larry McIntyre 13-6
	Mary Altherr 10:32.54	Jack Pardee 18.0	M50 Roy Landry 7.53	M70 Jack Wyatt 5.20	M65 J V Smith 10.81	Larry Bonnett 11-0
W 2 - 100	Samia Doro 8:48.94	W55 Gloria Mitchell 18.2	M55 James Paddie 7.00	M75 Don Broussard 6:45	W30 Erica Noble 7.21	M50 Bill Roach 9-0 M55 Steven Warr 10-0
5-K	SANTA CONTRACTOR	W60 Judy Fetherston 19.6	M60 Roland Hesmondalgh 7.28	W50 Pearl Garcia 5:34	W40 Cheryl Mellenthin 7.33	Jim Tinelli 9-6
M55	Charles Harris 19:48.78	Bobbie Chavez 14.2	M65 Al Badinger 7.32	W55 Barbara Clark 6:05	W55 Silvia Brooks 6.97 Discus	Long Jump
	T. Chavez 23:51.07	W65 Helen Johnson 14.1	M75 Ted Yenari 8.93	W60 Janice Pratt 6:20	M50 Mark Chapman 33.30	M30 Kevin Lendo 21-5
M60	Bill Dodson 20:34.63	Paula Maloy 12.5	M80 Dan Mestayer 10.85	W65 Melba Martin 6:51	M55 Emil Pawlik 32.47	Alan Sims 18-9
	Duane Benton 25:18.89	W70 Ann Toya 15.8	W55 Joyce Broussard 11.21	W70 Helen Lindsey 6:32	M65 J V Smith 29.52	Rick Cawley 16-81
M65	Ruben Vigil 24:06.64	Marjorie Holmes 9.0	W60 Bernice Bordelon 9.41	W75 Millie Broussard 6:31	W40 Cheryl Mellenthin 19.34 W55 Silvia Brooks 19.21	M40 Sergio Angulo 16-34 Cecil Noble 12-104
	Tony Garcia 25:14.33	W75 Julia Gauna 10.35	W65 Mildred Coleman 10.09	W80 Nell Prejean 8:18	Javelin Javelin	M45 Derek Davis 14-10
M70	R. Reitmann 30:28.97	Isabel Avila 9.8	W70 Helen Lindsey 11.24	1500m RW	M40 Cecil Noble 37.82	Bob Jones Sr 12-91
	Larry Johnson 27:46.57	Javelin	M50 Ed Domingues 12.57	M55 John O'Donovan 12:09 M65 Leroy LeCamus 11:39	M50 Mark Chapman 30.03	M50 Ed Jones 19-10 Mark Chapman 11-7½
M80	A. Denardis 35:19.05	M55 Chapin Carnes 29.8	M55 James Paddie 13.26	M65 Leroy LeCamus 11:39 M75 Howard Newman 12:23	M65 J V Smith 37.98	MSS Cliff Davis 13-7
W55	Rose Chavez 30:22.97	Michael Levine 27.3	M60 Roland Hesmondalgh 13.11	W55 Joyce Broussard 9:36	W40 Cheryl Mellenthin18.03	M60 George Gillar 14-21
W60	Dona Duquin 31:02.62	M60 Mel Bork 24.9	M65 Al Badinger 14.31	W65 Denise Guillotte 11:58	W55 Silvia Brooks 16.48	W30 Jenny Cottingham 16-8 Erika Davis 13-5
W65	Mazie Conarty 31:53.64	Frank Nickles 23.0	M75 Howard Newman 25.40	<u>5K</u>	SMU Meet	W45 Stephanie DeAngelo 7-11
W70	Lilli Marjon 34:29.10	M65 Tom Maloy 23.55	M80 Bill Domingues 16.84	M55 Gerald Daugereaux 21:05	Dallas, TX; May 14	W70 Ruth Seeger 8-10
	Mary Altherr 38:54.86	M70 Norman Johnson 27.2	W60 Bernice Bordelon 18.33	M60 Ron Piontek 23:54	100m	Triple Jump
W75	Samia Doro 35:17.23	Edward Duncan 16.0	W65 Mildred Coleman 20.20	M65 Larry Cinquemano 23:40	Willard Thompson 43 11.5	M30 Tanju Yursever 41-9½ Kevin Lendon 40-4
- W	Jump	M75 Hugh Hackett 25.6	200m M50 Ed Domingues 26.80	W55 Mary Piontek 32:50	Richard Thomas 43 11.7 Robert Hahn 44 12.1	Kevin Lendon 40-4 Wm Wright 36-11
	Jeff Loubet 122.6	M80 Jack Pardee 18.6	M50 Ed Domingues 26.80 M55 James Paddie 28.04		400m	M40 Sergio Angulo 32-1
	Chapin Carnes 137.2	W55 Gloria Mitchell 16.6	M60 Charlie Richard 29.80	Tulsa TC Meet	Richard Thomas 43 53.5	M50 Jim Cawley 34-11
	Frank Love 91.4	W60 Bobbie Chavez 12.1	M65 Al Dadinger 30.96	Tulsa, OK; May 3	Courtland Gray 52 54.7	Derek Davis 30-4 M55 Cliff Davis 27-0
	A CONTRACTOR OF THE PROPERTY O		M80 Bill Domingues 37.97	M45 Jim Dolezel 6.91	Dennis Moore 38 54.8 800m	M55 Cliff Davis 27-0 W35 Lori Kopp 22-3\frac{1}{2}
Mω	Tom Maloy 117.0	Mary Levy 11.8	W60 Bernice Mordelon 42.50	W50 Nina Bryant 8.47	Ed Swiatocha 45 2:15.0	W70 Ruth Seeger 19-9
Real Property	Dean Harvel 111.3	W65 Helen Johnson 10.65	W70 Helen Lindsey 52.14	100m	J J Jenkins 43 2:19.6	Shot Put
	Bruce Wirth 111.3	Paula Maloy 10.25	400m	W50 Nina Bryant 16,67	Rich Allen 41 2:26.8	M35 Tony Arredondo 37-1
	Henry Olguin 63.3	W70 Ann Toya 13.5	M55 Pope Huval 1:10	M45 Jim Dolezel 25.75	Mile David DeSoca 40	Jeff Hester 30-5½
	Vault	400m Racewalk	M65 Sid Montecino 1:21	M50 C E Barnhart	David DeSosa 40 4:43.1 J J Jenkins 43 5:04.5	M45 Jerry Brewer 34-10.79 M50 Wayne Rathke 40-1
	Winston Crandall 8.0	M55 W. Crandall 1:34.35	W55 Belle O'Donovan 1:49	Drumwright 31.33	Ed Swiatocha 45 5:04.6	Mark Chapman 37-5½
M60	Frank Love 6.0	Mark Adams 1:45.49	800m	M30 Steve Skocik 4:27.74	110mH	Jim Goodwin 34-5
WEST.	Don Robertson 5.7	M60 Arnold Levick 1:46.77	M55 PopeHuval 2:52	M35 Roger Simon 4:46.02	Debra Salinas 32 14.5	M55 John Conniff 41-3½
	Jim Turner 8.6	Mel Bork 2:34.68	M60 Larry Cinquemano 3:06	M50 C E Barnhart	Waterloo Championships	Harold Crater 36-10
M70	Edward Duncan 6.8	M65 R. Tenorio 2:18.33	M70 Jack Wyatt 4:29	Drumwright 6:07.03 Two Mile		Cliff Davis 32-84 M60 John Cantrell 42-3
Long	g Jump	Eugene Pierce 2:33.42	W55 Belle O'Donovan 4:24	M35 Kevin Bender 10:32.49	Buda, TX; May 18	Zebbie Przewodek 32-1
M50	Jon Olsen 4.3	M70 Manny C De Baca 2:52.38	1500	5000m	M30 Henry Landry 11.7	M65 Joe Thomas 26-6.75
	Ken Medley 5.20.4	Tony Sanchez 3:12.66	M55 Pope Huval 5:44	M45 Steve Smith 34:57.17	M35 Charles Johnson 11.8	M70 Fred Adams 25-11
	W. Gunthorpe 4.26	M90 Andres Garcia 4:01.34	M65 Larry Cinquemano 5:46	300mH M40 George Hall 49.00	Darwin Nealy 12.4 M40 Willard Thompson 11.4	M85 John Pearce 24-61
MGC	Frank Love 3.22.2	W55 Mary Friberg 2:31.20	W55 Belle O'Donovan 8:27	M40 George Hall 49.00 Pole Vault	M40 Willard Thompson 11.4 Bill Burton 11.5	W30 Jenny Cottingham 25-71 W35 Carol Finsrud 41-41
SALSO!	Dan Johnson 1.91	Judith Oakes 2:35.97	High Jump M55 James Paddie 5-2	M35 David Swezey 15-7	Sergio Angulo 12.4	W35 Carol Finsrud 41-4½ Lori Kopp 25-9½
MAS	Jim Turner 4.35	W60 D. Skremeta 2:34.29	M55 James Paddie 5-2 M60 Charlie Richard 4-2	Mile Racewalk	M45 J B Hagerty 11.2	W40 Cheryl Mellenthin 22-84
	Tom Maloy 3.28	Joan Blair 2:55.59	M75 Jeff DeBlanc 3-6	M40 Mike Hairston 7:44.82	Jimmie Jones 12.0	W70 Ruth Seeger 22-41
MZ	Norman Johnson 2.97.8	W65 Bertille Baca 3:04.06	W60 Bernice Bordelon 3-5	Ambassador University Meet	Dale Bernauer 12.5	Discus
		E. Bustamante 3:28.09	Pole Vault	Big Sandy, TX; May 12	M50 Ron Helton 12.0 Jim Cawley 12.8	M35 Coy Akers 113-8
	Henry Olmin 1072	W70 Marjorie Holmes 2:47.37	M60 Bob Hensley 7	100m	Paul Simmons 13.1	Tony Arredondo 95-2
M80	Henry Olguin 1.97.3		M75 TedYenari 7	M35 Weldon Lee 12.14	M55 Cliff Davis 14.6	M45 Jerry Brewer 117-3
M80	Ina Stewart 1.76		The state of the s	M40 Tom Thompson 11.65	M60 George Gillar 14.4	M50 Wayne Rathke 129-6
M80	Ina Stewart 1.76 AnnaMay Conarty 2.78	W75 Josephine Burum 2:59.36	Long Jump	M45 Mike Lloyd 13.82	M75 Paul Galloway 18.2	Jim Goodwin 128-3 Jerry Poulson 122-6
W60 W65	D Ina Stewart 1.76 5 AnnaMay Conarty 2.78 Bertille Baca 1.76	W75 Josephine Burum 2:59.36 1500m Racewalk	M50 Willis Delhomme 14-2.50	MCC D 13 - 11	W35 Mary Webster 14.1	
W65 W65	D Ina Stewart 1.76 5 AnnaMay Conarty 2.78 Bertille Baca 1.76 5 Isabel Avila .93	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50	M55 Emil Pawlik 12.89		Moo John Conniff 143_1
W60 W65 W75 Star	O Ina Stewart 1.76 5 AnnaMay Conarty 2.78 Bertille Baca 1.76 5 Isabel Avila .93 nding Long Jump	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75	M55 Emil Pawlik 12.89 M65 J V Smith 19.06	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3	M55 John Conniff 143-1 Cliff Davis 117-2
W60 W60 W75 Star M50	0 Ina Stewart 1.76 5 AnnaMay Conarty 2.78 Bertille Baca 1.76 5 Isabel Avila .93 nding Long Jump 0 Jon Olsen 2.29	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50	M55 Emil Pawlik 12.89 M65 J V Smith 19.06 M70 Chester Studdard 16.43 W40 Cindy Steenbergen 13.29	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2	Cliff Davis 117-2 Howard Zingg 114-3
W60 W60 W75 Star M50	1.76 5 AnnaMay Conarty 2.78 6 Bertille Baca 1.76 5 Isabel Avila .93 6 Inding Long Jump 2.29 7 Ken Medley 2.33	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98 Cliff Goodson 9:18.48	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50 M75 Jeff DeBlanc 10-3.50	M55 Emil Pawlik 12.89 M65 J V Smith 19.06 M70 Chester Studdard 16.43 W40 Cindy Steenbergen 13.29 W55 Silvia Brooks 17.23	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2 200m	Cliff Davis 117-2 Howard Zingg 114-3 M60 John Cantrell 133-0
W60 W60 W75 Star M50	0 Ina Stewart 1.76 5 AnnaMay Conarty 2.78 Bertille Baca 1.76 5 Isabel Avila .93 nding Long Jump 0 Jon Olsen 2.29	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98 Cliff Goodson 9:18.48 M65 R. Tenorio 10:11.42	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50 M75 Jeff DeBlanc 10-3.50 M80 Bill Domingues 8-11	M55 Emil Pawlik 12.89 M65 J V Smith 19.06 M70 Chester Studdard 16.43 W40 Cindy Steenbergen 13.29 W55 Silvia Brooks 17.23	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2 200m M30 Henry Landry 24.1	Cliff Davis 117-2 Howard Zingg 114-3 M60 John Cantrell 133-0 Zebbie Przewodek 105-10
W60 W60 W75 Star M50 M55	1.76 5 AnnaMay Conarty 2.78 6 Bertille Baca 1.76 5 Isabel Avila .93 6 Inding Long Jump 2.29 7 Ken Medley 2.33	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98 Cliff Goodson 9:18.48	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50 M75 Jeff DeBlanc 10-3.50 M80 Bill Domingues 8-11 W60 Bernice Bordelon 9-11	M55 Emil Pavlik 12.89 M65 J V Smith 19.06 M70 Chester Studdard 16.43 W40 Cindy Steenbergen 13.29 W55 Silvia Brooks 17.23 200m M35 Weldon Lee 24.27	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2 200m M30 Henry Landry 24.1 Alan Sims 24.7	Cliff Davis 117-2 Howard Zingg 114-3 M60 John Cantrell 133-0 Zebbie Przewodek 105-10 Jim Carney 101-6
W60 W60 W75 Star M50 M55	O Ina Stewart 1.76 S AnnaMay Conarty 2.78 Bertille Baca 1.76 S Isabel Avila .93 nding Long Jump O Jon Olsen 2.29 S Ken Medley 2.33 Charles Harris 1.98	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98 Cliff Goodson 9:18.48 M65 R. Tenorio 10:11.42 George Chavez 11:26.75 M70 M. C De Baca 11:02.08	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50 M75 Jeff DeBlanc 10-3.50 M80 Bill Domingues 8-11 Triple Jump	M55 Emil Pawlik 12.89 M65 J V Smith 19.06 M70 Chester Studdard 13.29 W55 Silvia Brooks 17.23 200m M35 Weldon Lee 24.27 M40 Tom Thompson 23.54 M45 Carlos Gutierez 29,74	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2 200m M30 Henry Landry 24.1 Alan Sims 24.7 M35 Charles Johnson 25.3	Cliff Davis 117-2 Howard Zingg 114-3 M60 John Cantrell 133-0 Zebbie Przewodek 105-10 Jim Carney 101-6 M65 Joe Thomas 84-9
W60 W60 W65 W75 Star M50 M55	1.76 5 AnnaMay Conarty 2.78 6 Bertille Baca 1.76 5 Isabel Avila .93 6 Inding Long Jump 2.29 7 Ken Medley 2.33 7 Charles Harris 1.98 7 Frank Love 2.20	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98 Cliff Goodson 9:18.48 George Chavez 11:26.75 M70 M. C De Baca 11:02.08 Tony Sanchez 13:00.11	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50 M75 Jeff DeBlanc 10-3.50 M80 Bill Domingues 8-11 W60 Bernice Bordelon 9-11 Triple Jump M60 Charlie Richard 32-4.25	M55 Emil Pawlik 12.89 M65 J V Smith 19.06 M70 Chester Studdard W40 Cindy Steenbergen W55 Silvia Brooks 17.23 200m M35 Weldon Lee 24.27 M40 Tom Thompson 23.54 M45 Carlos Gutierez 29.74 M55 Wayne Bennett 26.17	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2 200m M30 Henry Landry 24.1 Alan Sims 24.7 M35 Charles Johnson 25.3 M40 Willard Thompson 24.2	Cliff Davis 117-2 Howard Zingg 114-3 M60 John Cantrell 133-0 Zebbie Przewodek 105-10 Jim Carney 101-6 M65 Joe Thomas 84-9 M70 Fred Adams 78-4 M85 John Pearce 71-0
W60 W60 W60 W75 Star M50 M55	1.76 5 AnnaMay Conarty 2.78 6 Bertille Baca 1.76 5 Isabel Avila .93 6 Inding Long Jump 2.29 7 Ken Medley 2.33 7 Charles Harris 1.98 7 Frank Love 2.20 7 Dan Johnson 1.91	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98 Cliff Goodson 9:18.48 George Chavez 11:26.75 M70 M. C De Baca 11:02.08 Tony Sanchez 13:00.11	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50 M75 Jeff DeBlanc 10-3.50 M80 Bill Domingues 8-11 W60 Bernice Bordelon 9-11 Triple Jump M60 Charlie Richard 32-4.25 M75 Jeff DeBlanc 10-7.75	M55 Emil Pawlik 12.89 M65 J V Smith 19.06 M70 Chester Studdard 16.43 W40 Cindy Steenbergen W55 Silvia Brooks 17.23 200m M35 Weldon Lee 24.27 M40 Tom Thompson 23.54 M45 Carlos Gutierez 29.74 M55 Wayne Bennett 26.17 W40 Cindy Steenbergen 27.05	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2 200m M30 Henry Landry 24.1 Alan Sims 24.7 M35 Charles Johnson 25.3 M40 Willard Thompson 24.2 Richard Mayfield 25.7 Ron Boleware 27.1	Cliff Davis 117-2 Howard Zingg 114-3 M60 John Cantrell 133-0 Zebbie Przewodek 105-10 Jim Carney 101-6 M65 Joe Thomas 84-9 M70 Fred Adams 78-4 M85 John Pearce 71-0 W35 Carol Finsryd 174-8
M80 W60 W65 W75 Star M50 M55 M60	1.76 5 AnnaMay Conarty 2.78 6 Bertille Baca 1.76 5 Isabel Avila .93 6 Inding Long Jump 2.29 7 Ken Medley 2.33 7 Charles Harris 1.98 7 Frank Love 2.20 7 Dan Johnson 1.91 7 Tom Maloy 2.11 7 Jim Turner	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98 Cliff Goodson 9:18.48 M65 R. Tenorio 10:11.42 George Chavez 11:26.75 M70 M. C De Baca 11:02.08 Tony Sanchez 13:00.11 W55 Hatsuko Goodson 9:36.36	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50 M75 Jeff DeBlanc 10-3.50 M80 Bill Domingues 8-11 W60 Bernice Bordelon 9-11 Triple Jump M60 Charlie Richard 32-4.25 M75 Jeff DeBlanc 10-7.75 Shot Put	M55 Emil Pawlik 12.89 M65 J V Smith 19.06 M70 Chester Studdard 16.43 W40 Cindy Steenbergen 13.29 W55 Silvia Brooks 17.23 200m M35 Weldon Lee 24.27 M40 Tom Thompson 23.54 M45 Carlos Gutierez 29.74 M55 Wayne Bennett 26.17 W40 Cindy Steenbergen 27.05 W55 Silvia Brooks 38.46	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2 200m M30 Henry Landry 24.1 Alan Sims 24.7 M35 Charles Johnson 25.3 M40 Willard Thompson 24.2 Richard Mayfield 25.7 Ron Boleware 27.1 M45 J B Haggerty 23.9	Cliff Davis 117-2 Howard Zingg 114-3 M60 John Cantrell 133-0 Zebbie Przewodek 105-10 Jim Carney 101-6 M65 Joe Thomas 84-9 M70 Fred Adams 78-4 M85 John Pearce 71-0 W35 Carol Finsrud 174-8 W40 Cheryl Mellenthin 61-8
M80 W60 W65 W75 Star M50 M55 M60	1.76 2.78 3.76 3.76 3.76 3.76 3.76 3.76 3.76 3.76	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98 Cliff Goodson 9:18.48 George Chavez 11:26.75 M70 M. C De Baca 11:02.08 Tony Sanchez 13:00.11 W55 Hatsuko Goodson 9:36.36 Mary Friberg 10:05.28	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50 M75 Jeff DeBlanc 10-3.50 M80 Bill Domingues 8-11 W60 Bernice Bordelon 9-11 Triple Jump M60 Charlie Richard 32-4.25 M75 Jeff DeBlanc 10-7.75 Shot Put M50 Chester Guidry 33-11	M55 Emil Pavlik 12.89 M65 J V Smith 19.06 M70 Chester Studdard 16.43 W40 Cindy Steenbergen W55 Silvia Brooks 17.23 200m M35 Weldon Lee 24.27 M40 Tom Thompson 23.54 M45 Carlos Gutierez 29.74 M55 Wayne Bennett 26.17 W40 Cindy Steenbergen W55 Silvia Brooks 38.46 400m	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2 200m M30 Henry Landry 24.1 Alan Sims 24.7 M35 Charles Johnson 25.3 M40 Willard Thompson 24.2 Richard Mayfield 25.7 Ron Boleware 27.1 M45 J B Haggerty 23.9 Jimmie Jones 25.8	Cliff Davis 117-2 Howard Zingg 114-3 M60 John Cantrell 133-0 Zebbie Przewodek 105-10 Jim Carney 101-6 M65 Joe Thomas 84-9 M70 Fred Adams 78-4 M85 John Pearce 71-0 W35 Carol Finsrud 174-8 W40 Cheryl Mellenthin 61-8: W45 Steph DeAngelo 47-5
M80 W60 W65 Star M50 M50 M60 M60 M70	1.76 5 AnnaMay Conarty 5 AnnaMay Conarty 6 Bertille Baca 7.76 5 Isabel Avila 7.76 7 Isabel Avila 7.76 7 Isabel Avila 8 Isabel	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98 Cliff Goodson 9:18.48 George Chavez 11:26.75 M70 M. C De Baca 11:02.08 Tony Sanchez 13:00.11 W55 Hatsuko Goodson 9:36.36 Mary Friberg 10:05.28 W60 D. Skremeta 10:54.73	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50 M75 Jeff DeBlanc 10-3.50 M80 Bill Domingues 8-11 W60 Bernice Bordelon 9-11 Triple Jump M60 Charlie Richard 32-4.25 M75 Jeff DeBlanc 10-7.75 Shot Put M50 Chester Guidry 33-11 M55 Joe Brignac 32-1.50	M55 Emil Pawlik M65 J V Smith M70 Chester Studdard W40 Cindy Steenbergen W55 Silvia Brooks 200m M35 Weldon Lee 24.27 M40 Tom Thompson M55 Wayne Bennett W40 Cindy Steenbergen W55 Silvia Brooks M45 Carlos Gutierez W55 Silvia Brooks W55 Silvia Brooks W60 Silvia Brooks	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2 200m M30 Henry Landry 24.1 Alan Sims 24.7 M35 Charles Johnson 25.3 M40 Willard Thompson 24.2 Richard Mayfield 25.7 Ron Boleware 27.1 M45 J B Haggerty 23.9	Cliff Davis 117-2 Howard Zingg 114-3 M60 John Cantrell 133-0 Zebbie Przewodek 105-10 Jim Carney 101-6 M65 Joe Thomas 84-9 M70 Fred Adams 78-4 M85 John Pearce 71-0 W35 Carol Finsrud 174-8 W40 Cheryl Mellenthin 61-8: W45 Steph DeAngelo 47-5 W70 Ruth Seeger AR63-3 Hammer
M80 W60 W65 W75 Star M50 M55 M60 M60 M70	1.76 2.78 3.76 3.76 3.76 3.76 3.76 3.76 3.76 3.76	W75 Josephine Burum 2:59.36 1500m Racewalk M55 W. Crandall 7:43.77 Mark Adams 7:48.35 M60 Arnold Levick 7:46.98 Cliff Goodson 9:18.48 George Chavez 11:26.75 M70 M. C De Baca 11:02.08 Tony Sanchez 13:00.11 W55 Hatsuko Goodson 9:36.36 Mary Friberg 10:05.28 W60 D. Skremeta 10:54.73	M50 Willis Delhomme 14-2.50 M55 James Paddie 14-10.50 M60 Charlie Richard 15-5.75 M65 Al Badinger 13-2.50 M75 Jeff DeBlanc 10-3.50 M80 Bill Domingues 8-11 W60 Bernice Bordelon 9-11 Triple Jump M60 Charlie Richard 32-4.25 M75 Jeff DeBlanc 10-7.75 Shot Put M50 Chester Guidry 33-11 M55 Joe Brignac 32-1.50 M60 Milton Brady 37-3.50	M55 Emil Pawlik M65 J V Smith M70 Chester Studdard W40 Cindy Steenbergen W55 Silvia Brooks 200m M35 Weldon Lee W40 Tom Thompson W45 Carlos Gutierez W40 Cindy Steenbergen W55 Silvia Brooks W45 Carlos Gutierez W40 Cindy Steenbergen W55 Silvia Brooks W55 Silvia Brooks W55 Silvia Brooks W60 Cindy Steenbergen W6	Lori Kopp 16.7 W45 Stephanie DeAngelo 18.3 W55 Marion Coffee 16.2 200m M30 Henry Landry 24.1 Alan Sims 24.7 M35 Charles Johnson 25.3 M40 Willard Thompson 24.2 Richard Mayfield 25.7 Ron Boleware 27.1 M45 J B Haggerty 23.9 Jimmie Jones 25.8 Dale Bernauer 26.0	Cliff Davis 117-2 Howard Zingg 114-3 M60 John Cantrell 133-0 Zebbie Przewodek 105-10 Jim Carney 101-6 M65 Joe Thomas 84-9 M70 Fred Adams 78-4 M85 John Pearce 71-0 W35 Carol Finsrud 174-8 W40 Cheryl Mellenthin 61+8: W45 Steph DeAngelo 47-5 W70 Ruth Seeger AR63-3

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ontinued from previous page	400m	Pole Vault	asters News 1 W60 Maxine Brown 1:30.1	M75 Clay Hadlock 25-5	page M50 Larry Armstrong
55 Howard Zingg 91-0	M35 Jeff Lindsay 53.06	W55 Shelly Whitlock1.00m	Esther Gerson 1:36.6	Bill Solaini 21-7	Bob Osterhoudt
John Conniff 87-3	M40 Brooks Wright 59.64	(storm forced cancellation of remaining events)	W65 S OnoderaLeonard 1:24.0	M80 Clarence Odell 31-3.75 W50 Connie Sarver 29-6	John Davis
Harold Crater 66-4 60 John Cantrell 112-5	M45 Dale Bean 53.43 800m	The state of the s	M50 Lee Fitzgerald 2:12.2	Karen Huff 28-7.75	M55 Fred Kjer
Zebbie Przewodek 67-7	M35 Jeff Lindsay 1:57.44	WEST	Stan Stauble 2:28.2	Victoria Ward 24-101 W55 Karen Bergfeldt 20-11	Jim Swayze
55 Joe Thomas 77-1 85 John Pearce 52-1	M40 Brooks Wright 2:15.60	Statement of Control of the Control	Dick James 2:38.4 M55 Bob McAlpine 2:22.5	Neatsa Foster 18-8	Antonio Chavez M60 Newton Nick
0 Cheryl Mellenthin 56-9	W45 Suzanne Williams 2:39.17	Crown Valley Senior Games	L W Duncan 2:41.1	W60 Christel Miller 28-4	Norb Wedepohl
elin	1500m	Occidental College;	Darrell Smith 2:44.4	Ellen Branigan 20-10 Maxine Brown 19-11	Ray Graves
Cecil Noble 123-11 Jerry Poulson 118-6	M35 Randal Maxwell 4:49.00	Los Angeles; April 28	M60 Jerry Jefferson 2:33.1 Phil Mareno 2:45.2	W65 Muriell Rozell 15-7	M65 Andy Anderson
Mark Chapman 98-3	2 Miles	50m M50 Lance Pierce 6.8	M65 Jim Selby 2:34.0	Joyce Benintende 15-31	Frank Welch
Jim Goodwin 96-8	M35 Steve Skocik 10:03.43 M40 Bud Almond 11:06.11	M50 Lance Pierce 6.8 Dale Herring 7.0	Milo Sather 2:55.4	W70 Renee Roloff 18-3	Budd Hamilton
Jim Tinelli 126-6 John Conniff 113-1	M40 Bud Almond 11:06.11 M45 Steve Smith 11:16.92	Spike Graham 7.1	M70 Avery Bryant 3:02.1 M75 John Roderiguez 4:16.4	M50 David Archambault 100-4	M70 Dic Herzer M85 Virgil McIntyre
Harold Crater 98-0	Short Hurdles	M55 Ken Dennis 6.7 Walt Butler 7.0	W50 Bonnie Frankel 2:45.4	Gerry Koenig 85-9	M85 Virgil McIntyre W30 Elizabeth Mokogwu
John Cantrell 103-9	M40 George Hall 17.37	Maynard Morris 7.4	MaryJane McMaster4:29.1	M55 Joe Marino 121-9 Bob Bergfeldt 103-2	W45 Maxine White
Zebbie Przewodek 98-3 Joe Thomas 51-9	Long Hurdles	M60 Don Benton 6.9	W55 Marianne Heidecke6:06.4	Richard Martin 96-7	W50 Kathy Jager
Joe Thomas 51-9 Fred Adams 43-9	M40 George Hall 1:07.89	Roger Tsuda 7.1	M50 Stan Stauble 4:55.7	M60 Bob Humphreys 165-1	200m
John Pearce 57-2	4x400m	Sam Flory 7.2 M65 Paul Bambrook 7.5	Lee Baca 5:01.6 Richard Jones 5:13.2	Bill Abbott 125-7 Jim Mayer 104-2	M30 David Urgitus
Cheryl Mellenthin 58-8	M40 Almond McDonald 4:05.10	Jim Selby 7.7	M55 Everett Murdock 5:38.2	M65 Don Hegberg 121-1	M35 Anthony Krainik Dave Hockersmith
Ruth Seeger 66-4 ght Throw	High Jump M45 Jim Dolezel 1.57	Budd Hamilton 7.8 M70 Dick Odom 7.3	Mike Dunn 5:43.2	Charlie Sarver 103-6	Dave Hockersmith M40 S Onyepunuka
Jerry Brewer 28-61	M50 Tim McGough 1.32	Ted Leonard 7.7	M60 Charles Kirby 5:09.6 Bill Q'Donnell 5:25.3	Dave Moss 89-10 M70 Don Roser 94-3	M45 Abe Rodriquez
Mike Graham 25-3	M70+ Doc Bennett 1.12	Gene Harte 7.8	Jerry Jefferson 5:29.0	Luckey Humiston 66-1	Will Jefferson
Wayne Rathke 24-8 Mark Chapman 20-8	W45 Cathe Cardenas .96	M75 Al Guidet 8.5	M65 Jim Selby 5:16.7	Mike Logan 64-5	M50 Larry Armstrong
John Conniff 29-5½	Pole Vault	John Roderiquez 9.3 M80 John Damski 8.4	M70 Avery Bryant 5:59.4 M75 John Roderiquez 8:37.5	M75 Wilbur Thompson 97-4 Clay Hadlock 61-5	M55 Fred Kjer
Howard Zingg 26-71	M55 Dale Lance 3.96	Cleo Allen 9.7	M80 Vincent Malizia 7:38.5	Bill Solaini 59-6	Antonio Chavez
John Cantrell 38-1	Long Jump	W50 Ricki Nichols 8.6	W50 MaryJane McMaster9:03.6	M80 Clarence Odell 79-8	M60 Nick Newton
Zebbie Przewodek 27-8 Joe Thomas 19-5.75	M45 Dale Deuvall 4.03	Sharon Medeiros 8.7 Marilyn Nash 9.7	W55 Marianne Heideckell:23.5 W60 Maxine Brown 7:33.3	Chas Roloff 75-8 W50 Connier Sarver 72-10	Norb Wedepohl Ray Graves
Fred Adams 27-4	M70+ Foster Johnson 3.28	W60 Maxine Brown 8.7	W60 Maxine Brown 7:33.3 5000m	Ricki Nichols 63-2	Ray Graves M65 Andy Anderson
Carol Finsrud 42-5	Triple Jump M70+ Doc Bennett 6.20	Ellen Brannigan 9.0	M50 Stan Stauble 18:48.3	Karen Huff 58-1	Frank Welch
Lori Kopp 18-6 Cheryl Mellenthin 18-5.75	Shot Put	Melba Autry 9.3 W65 Sumi OnoderoLeonrd8.7	Gary Bilbrey 19:52.8	W55 Karen Bergfeldt 52-6 Neatsa Foster 41-3	Budd Hamilton
Cheryl Mellenthin 18-5.75 perweight Throw	M35 Ed Chesney 9.24	Louise Martin 10.7	M55 Vic Gonzales 19:58.3 M60 Bill O'Donnell 20:30.3	W60 Ellen Brannigan 34-10	M85 Virgil McIntyre
Jerry Brewer 19-2	M45 DavidRhatigan 12.87	W70 Lu Mahoney 10.7	Ray Archibald 23:36.1	W70 Renee Roloff 45-4	W30 Elizabeth Mokogwu
Wayne Rathke 19-0	M50 Tim McGough 10.75	Cathy McCormick 11.0 W75 Helen Robinson 12.3	Van Aposhian 25:02.1	Johnnye Valien 34-7	W50 Kathy Jager
Mike Graham 15-5 5 John Conniff 17-3.75	M55 ShepherdMeirs 12.91	100m	M65 Gunnar Linde 20:30.7 Pete Mundle 26:36.7	Javelin M50 Jay Groen 157-8	M30 Tim Wood
Howard Zingg 14-7.75	M60 Bob Santine 8.66	M50 Dale Herring 12.8	Harry Zimmer 27:57.6	David Pena 136-3	M30 Tim Wood M35 Anthony Krainik
John Cantrell 18-71	M65 Engel Grow 11.04	Lance Pierce 12.9 Tony Craddock 13.0	M70 Dean Johnson 30:45.4	Gary Coscarat 113-8	Michael Mason
5 Joe Thomas 8-11 0 Fred Adams 13-11	M70+ Doc Bennett 7.23	M55 Ken Dennis 12.1	M80 Luke Guernsey 39:27.8	M55 Steve Wordell 121-5 Bob Bergfeldt 120-10	Dave Dimassa
5 Carol Finsrud 15-5½	W40 Gisela Otis 12.24 Discus	Bill Knocke 12.4	W50 Martha King 26:44.0 Judy Espino 31:23.7	Terry Rowan 96-11	M40 Neil Howk
	M35 David Hunt 25.98	Walt Butler 12.9	W70 Phyllis Benedict 34:16.7	M60 Ed Martin 133-9	M45 Will Jefferson
Ponca City Classic	M40 David Rhatigan 40.22	M60 Frank Hollier 13.1 Don Benton 13.2	High Jump	Jim Mayer 102-11 Don Starter 80-2	M50 John Davis
Ponca City, OK; May 18	M50 Tim McGough 28.36	Roger Tsuda 13.3	M50 Roberto Pozzi 5-6 Spike Graham 5-4	M65 Allen Trefry 97-8	M65 Andy Anderson I
30 Miles Kassen 13.25	M55 Sheppard Miers 40.22	M65 Paul Bambrook 14.0	M55 Bob Newberger 4-10	Don Hegberg 86-7	Walter Atcheson 1
35 Mike Houston 11.54	M60 Bob Santine 31.00	James Selby 14.6 Budd Hamilton 15.6	Terry Rowan 4-10	Grant Cotter 76-2 M70 Don Roser 103-0	800m
Allen Blaylock 12.05 Roger Davis 12.69	M65 Engel Grow 29.20 M70 Ed Hooker 39.94	M70 Dick Odom 14.1	Bob Bergfeldt 4-10 M60 Duane Rykhus 4-4	Lucky Humiston 82-2	M30 Tyler Rice
40 James Darington 13.35	11100 01 1 01	Ted Leonard 14.9	Sam Flory 4-2	Tony DeCrescenzi 63-11	M35 Michael Mason
145 Jim Dolezel 12.17	W50 Gisela Otis 30.74 Javelin	Gene Harte 15.3 M75 Al Guidet 16.8	Jim Mayer 4-0	M75 John McGowan 61-2 Clay Hadlock 55-11	Jim Hershberger Chauncey Crenshaw
150 Tom Fisher 13.16 155 Thornton Shelton 13.49	M35 Ken Ellis 46.40	John Roderiguez 17.6	Robert Sherman 4-0 M65 Paul Bambrook 3-10	Wayne Robinson 52-9	M40 Neil Howk
M75 Foster Johnson 15.57	M50 Tim McGough 16.82	M80 Cleo Allen 20.1	Dewey Vroom 3-10	M80 Chas Roloff 71-0 Clarence Odell 63-8	Stanley Hughes
W35 Sheryl Taylor 14.59	M60 Bob Santine 31.04	Paul Hall 22.1 M85 Tony Castro 18.7	Budd Hamilton 3-6 M70 Vic Jones 3-8	W50 Karen Huff 95-8	M45 Mark Whitala
V50 Nina Bryant 15.21	M65 Engel Grow 30.79	W50 Sharon Medeiros 17.4	M75 Pete Ganahl 3-6	Connie Sarver 78-0	M50 Clyde Tubick
M30 Miles Kassen 28.49	3000m RW	Karen Huff 18.5	M80 John Damski 3-6	Ricki Nichols 73-5 W55 Karen Bergfeldt 50-7	M55 Eric Owers
M35 Mike Houston 24.33	M35 Michael Chapman 19:50.12 M40 Scott Mays 20:14.61	Marilyn Nash 20.2 W55 Marianne Heidecke29.3	Charles Roloff 3-4 W50 Sharon Medeiros 3-4	Marianne Heidecke 29-7	M30 Robert Lavin
Roger Davis 25.28 Rick McClain 25.59	M40 Scott Mays 20:14.61	W60 Maxine Brown 17.3	Karen Huff 3-4	W60 Christel Miller 86-1	M35 David Barney
140 Brooks Wright 26.74	USATF Southwest Association	Ellen Brannigan 18.4	Jeane Hallin 3-4	Ellen Brannigan 52-9 Maxine Brown 52-2	Michael Mason
M45 Jim Dolezel 24.99 M50 Tom Fisher 26.85	Championships	Melba Autry 18.6 W65 S OnoderoLeonard 16.9	W60 Christel Miller 3-10 Ellen Brannigan 3-0	W65 Joyce Benintende 24-7	Chauncey Crenshaw
450 Tom Fisher 26.85 455 Thornton Shelton 28.19	Dallas, TX; June 1	Louise Martin 24.3	Ellen Brannigan 3-0 Pole Vault	W70 Lu Mahoney 53-7	M45 Mark Whitala
W35 Maria Russell 32.05	100m	W70 Johnnye Valien 18.3	M55 Terry Cannon 11-6	Renee Roloff 51-10 W75 Helen Robinson 24-10	Mark Mahl
750 Nina Bryant 34.76	M40 Will Thompson 11.9	W75 Helen Robinson 27.1	M60 Duane Rykus 8-6 Bob Harms 7-8	1500m Racewalk	M60 Ray Anderson
435 Rick McClain 4-10	Bill Burton 12.1	200m	Don Roser 7-4	M50 Jesus Orendain 7:56.4	M65 Walter Atcheson
445 Jim Dolezel 5-0	Tom Acrey 12.4 M45 J B Haggerty 11.9	M50 Lee Fitzgerald 26.1	M75 Jim Vernon 5-8	Stuart Ray 8:50.5 Gary Koenig 10:07.7	5000m M30 Juan Ramirez
150 Tim McGough 4-6 Long Jump	Jim Dolezel 12.4	Joe Gayton 27.3 Tony Craddock 27.5	M80 Carol Johnston 7-1	M55 Dan Chan 12:21.4	M35 John Prather
135 Allen Blaylock 5.59	Jimnie JonesIII12.6	M55 Bill Knocke 25.1	W65 Shirley Kinsey 5-8 W70 Johnnye Valien 5-4	M60 George Gonzalez 12:23.7	M45 Franklin Smith
145 Jim Dolezel 5.21	M50 Ed Jones 11.9 Ron Helton 12.8	Ken Dennis 25.4	Long Jump	M65 Bob Clay 10:30.1 Grant Cotter 12:43.3	Norm Janoff
450 Tim McGough 3.74 475 Foster Johnson 2.44	Marco Bonnefoi 13.4	Lee Gillespie 29.5 M60 Roger Tsuda 27.1	M50 Spike Graham 16-5.75	M70 Masashi Noritake 9:42.8	M50 Clyde Tubick
Triple Jump	M55 Chas Miller 12.6 Wayne Bennett 12.8	Jesse Carrington 28.4	Glen Odell 15-6.75 Gary Coscarat 11-2	W50 Jolene Steigerwalt8:39.8 Anne Poxon 11:01.3	M60 Bodo Diehm
435 Allen Blaylock 12.42	James Paddie 12.9	Sam Flory 28.6 M65 Paul Bambrook 30.4	M55 Bob Newberger 16-11	Anne Poxon 11:01.3 Jan Martin 13:04.5	Short Hurdles M30 Ron Mussle
145 Jim Dolezel 10.23 150 Bob Everoski 8.68	M65 Andy Anderson 14.0	Jim Selby 30.5	Bob Bergfeldt 14-11 Terry Rowan 14-7.75	W60 Carol Ferris 9:49.0	M35 Andy Miller
35 Sheryl Taylor 2.75	Bill Pardue 14.4 M70 Manny Herscher 15.9	Budd Hamilton 34.9	M60 Roger Tsuda 16-41	Pat Willis 10:34.6	Steve Janus
Shot Put	Bob Wingo 16.0	M70 Dick Odom 30.2 Gene Harte 32.7	Bob Sherman 13-7	W65 Louise Martin 11:50.3 Jane Evans 13:09.9	M50 Bob Osterhoudt
450 Jim McGough 32-10 Discus	M75 Mike Kagan 17.4	J F Benedict 36.4	Ed Johnson 13-1.75 M65 Paul Bambrook 13-10-2	W70 Florence Kerechuk11:33.9	M55 Dave Doerrer
450 Tim McGough 99-3	W40 C Steenbergen 12.9 W45 Jos Williams 17.1	M75 John Roderiguez 37.2	Dewey Vroom 13-1	5000m Racewalk M50 Larry Walker 23:19.1	M60 Aitkin Peterson
Javelin	W50 Nina Bryant 16.3	Pete Ganahl 43.3 M80 Paul Hall 42.1	Roland Bersch 11-8	Stuart Ray 31:02.7	M30 Donald Kelly
450 Tim McGough 88-6	W55 Shelly Whitlock17.9	Cleo Allen 42.4	M70 Tom Patsalis 13-4.75 Taki Nagao 11-3	Gary Koenig 35:34.8	M30 Donald Kelly M35 Steve Janus
klahoma State Age-Group	W70 P Holloway 24.5	M85 Tony Castro 40.9	J F Benedict 9-41	M60 Lloyd McGuire 32:22.7	M50 Bob Osterhoudt
Championships	M30 Sam Lucio 2:15.1	W50 MaryJane McMaster 57.2 W55 Barbara Mareno 47.4	M75 Jim Bell 4-2	George Willmore 32:30.2 M70 Masashi Noritake 35:09.7	M55 Dave Doerrer
Tulsa, OK; May 25	Sam Collier 2:23.4	Marianne Heidecke 77.4	M80 Paul Hall 5-84 W50 Sharon Medeiros 10-3	Robert Johnson 41:44.6	High Jump
0m	M40 Jim Reppert 2:13.2 M65 Jack Gray 3:01.9	W60 Maxine Brown 37.2	Jeane Hallin 7-31	W50 Jolene Steigerwalt30:36.1	M40 Pat Fahy
35 Roger Davis 12.12	M70 Bob Wingo 3:16.9	Ellen Brannigan 43.9 Patricia Willis 46.9	Marilyn Hash 6-4	Anne Poxon 38:59.4 W55 Nancy Brinkley 32:26.9	Steve Abel
45 Jim Dolezel 11.82	M75 Mike Kagan 3:15.6	W65 S OnoderoLeonard 36.6	W55 Marianne Heidecke 4-2½ W60 Maxine Brown 9-6.75	Ena Dubnoff 36:54.7	M45 Mark Mahl
50 Tom Fisher 12.76	W30 Erika Noble 2:46.7	Louise Martin 58.3	Ellen Brannigan 8-8	W60 Carol Ferris 36:10.7	M50 Spike Graham
55 Dale Lance 12.73	M40 Cliff McCurdy 17:41.7	W70 Johnnye Valien 38.2	W65 Louise Martin 6-1	Pat Willis 38:22.8 W70 Jane Dana 37:21.1	Larry Armstrong M55 Bob Bergfeldt
70+ Foster Johnson 16.47	M60 Clyde DeLoach 19:39.6	M50 Stephen Sheperd 1:03.3	W70 Lu Mahoney 6-9 Shot Put	THE REPORT OF THE PARTY OF THE	Andy Almaraz
35 Julia Barber 15.31	M65 Jack Gray 22:42.6 Short Hurdles	Lee Braca 1:10.4	M50 Dennis McCraven 41-1.75	Arizona Masters Invitational	Keith Powell
40 Lisa Lassiter 18.70	M35 Dan Cook 16.2	M55 Fred Hartman 1:08.4	David Pena 37-7.75	Tempe, AZ; May 4	M60 Nick Newton
45 Barb Roark 16.69	M40 Robert Hahn 18.3	Mike Dunn 1:11.8 M60 Jesse Carrington 1:05.6	Jim Meeks 33-2½	100m	George McGrady
750 Nina Bryant 15.89	Mike Mitchell 18.8	Al Sheahen 1:16.4	M55 Richard Martin 33-1 John Miller 28-3.75	M30 Scott Masmore 12.07	M65 Hamilton Budd
00m	M55 Chas Miller 15.2 John Head 21.0	M65 Jim Selby 1:07.0	M60 Jim Mayer 36-4.75	Donald Kelly 12.46	M70 Dick Herzer
135 Jeff Lindsay 23.63	John Head 21.0 M60 L Bonifield 16.7	Milo Sather 1:13.9	Ed Johnson 35-8.75	Ron Nussle 13.46	M75 Roy Clark
140 Brooks Wright 27.05 145 Jim Dolezel 24.65	W30 Debra Salinas 15.5	Bill Vaughan 1:28.0 M70 Avery Bryant 1:15.5	Bob Eldridge 33-1	M40 S Onyepunuka 11.66	M80 Charles Roloff
145 Jim Dolezel 24.65 150 Tom Fisher 26.66	5000m Racewalk	M75 Pete Ganahl 1:35.1	M65 Charlie Sarver 31-2.75 Chas Patterson 31-1.75	Trevor Wells 12.16 B B Bender 12.95	W65 Barbara Brandt
155 Thornton Shelton 27.56	M55 Carl Mills 36:49.9 M60 Jim Miller 37:43.7	John Roderiguez 1:39.7	Don Hegberg 29-2	B B Bender 12.95 M45 Abe Rodriquez 13.16	Pole Vault
1 Indition Shellon 27:38	3/:43./	W50 Bonnie Frankel 1:13.9	M70 Ed Chynoweth 37-11	is nounquez	M30 Jeff Guy
W35 Julia Barber 32.69 W50 Nina Bryant 35.56	W50 Patty Mills 35:01.1 Mary Jansen 39:51.7	MaryJane McMaster2:00.8	Lucky Humiston 31-6.75 Vic Jones 27-2	John Gray 13.44	M35 Andy Miller 9- Continued on next pa

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MSO Danny Boyle 13 MSS Keith Powell 8-6 Dave Doerrer 8-6 Bob Bergfeld 7 M60 James Rothrock 8 Jim Peterson 7 M70 Tom Devaugn 7 Long Jump M35 Stephen Carson 5-93 Andy Miller 5.54 M85 Stephen Carson 5.52 Pat Fahy 5.40 B B Bender 5.34 M45 John Gray 5.30 Mark Mahl 4.70 MSO Johnny Edwards 3.97 MS5 Jim Peterson 4.11 M85 Virgil Molntyre 2.23 M70 Jim Peterson 10.77 M40 Pat Fahy 11.19 Rick May 9.59 Steve Abel 9.40 M45 John Gray 10.55 M60 Jim Peterson 9.31 George McGrady 5.70 M60 George McGrady 5.70 M60 George McGrady 6.74 Shot Put M33 Andy Miller 12.10 Jeff Crothers 1.94 M45 Rocke 12.95 M60 Doarn Thompson 1.97 M40 Pat Fahy 11.19 Rick May 9.59 Steve Abel 9.40 M45 John Gray 10.55 M60 Jim Rothrock 11.57 M75 Roy Clark 12.46 M80 Doarn Thompson 1.97 M60 Doarn Thompson 1.97 M60 Doarn Thompson 1.98 M60 Jim Rothrock 11.57 M75 Roy Clark 7.42 M75 Daces 33.02 M75 Dac	30-8½ 29-7 25-2½ 22-8 47-1 35-4 34-1 39-9½ 37-8⅓ 31-2 30-9⅓ 117-9 110-11 164-0 116-2 1130-3 94-6 80-8 130-6 87-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 53-0 35:14 41:09	### W40 Tina Stough ### 800m ### Williams ### 2:07.47 ### 2:12.34 ### Jones	M50 M Woodward 42.64	Jesse Owens Meet
M50 Danny Boyle 13 M55 Keith Powell 8-6 Dave Doerrer 8-6 Bob Bergfeldt 7 M60 James Rothrock 8 Jim Peterson 7 M70 Tom Devaugn 7 Long Jump M35 Stephen Carson 5-93 Andy Miller 5.54 M60 Steve Abel 5.52 Pat Fahy 5.40 M36 M36	25-2½ 22-8 47-1 35-4 34-1 35-4 31-2 37-8⅓ 31-2 30-9⅓ 117-9 110-11 164-0 116-2 1130-6 87-6 130-6 87-6 110-0 95-10 158-0 123-3 130-8 98-1 117-9 112-1 82-7 94-1 72-7 53-0 35:14 41:09	M30 Tony Williams 2:07.47 M35 T Jones 2:12.34 Joe Gilboy 2:13.71 M40 Goldman 2:07.30 M45 Bill Fitzpatrick 2:12.47 Bob Russell 2:12.90 D Learn 2:22.00 M60 W O'Donnell 2:37.30 R Archibald 3:05.20 M65 J Selby 2:34.60 Bob Holmes 2:56.00 Harold Willis 3:15.40 W30 Gilian Drummond 2:46.93 W35 Debbie Selby 2:34.60 W50 Bonnie Frankel 2:43.78 1500m M30 Jim Reed 4:29.84 M35 M Cleary 4:18.02 T Jones 4:39.44 M40 S Lassergard 4:35.21 M45 D Learn 4:46.25 M50 J Cabeza 4:38.08 L Fitzgerald 4:48.83 Dick Jones 5:12.43 M60 J Jefferson 5:26.91 P Faust 5:29.85 R Archibald 6:10.11 M65 J Selby 5:15.18 Bob Holmes 6:09.88 M70 Avery Bryant 7:01.40 Short Hurdles M30 R Drummond 17.67 M40 D Perrin 16.36 Richard Watson 20.67 M45 Sheridon Groves 18.14 M55 Theo Viltz 15.64 M55 Al Henry 15.82	Gerry Koenig 26.60 M55 Abe Sheinker 27.70 M60 Bob Humphreys 49.94 Hal Smith 42.58 Bill Abbott 37.44 M65 Arnie Gaynor 40.62 Don Hegberg 38.22 Charlie Sarver 35.22 M70 Ron Roser 28.46 W40 Janet Wilson 40.04 W50 Connie Sarver 22.78 R NewmanNichols 19.28 Hammer 32.30 M45 A Cain 23.32 M50 M Woodward 34.24 R Behrens 26.00 M55 John White 34.44 Abe Sheinker 29.96 M60 Bob Humphreys 45.56 M Devlin 32.26 M65 Arnie Gaynor 30.68 M70 Bill Bangert 30.22 Javelin M30 Steve Barba 49.50 Bill Gardner 46.04 Richard Watson 44.34 M45 Ron Rook 47 39.52 Richard Rook 49 32.96 M50 David Pena 36.80 M55 Larry Stuart 60.60 M60 Hal Smith 37.02 M Devlin 36.16 Ed Martin 34.46	100m M35 Dave Dimassa 12.59 M40 S Onyepunuka 11.53 M45 Bill Jefferson NTA M50 Bob Osterhoudt 13.30 M65 Budd Hamilton 15.50 200m M30 Rick Gray 25.38 M35 Dave Dimassa 26.43 M40 Dave Hockersmith M45 Will Jefferson M45 Will Jefferson 32.53 M55 Antonio Chavez 29.06 M65 Budd Hamilton 35.96 M40 Dave Hockersmith M45 Will Jefferson M35 Dave Dimassa 56.32 M40 Dave Hockersmith M45 Will Jefferson 1.06.50 M55 Antonio Chavez 1.02.42 800m M35 David Jansen 2.08.77 M40 Stanley Hughes 2.26.19 M50 Dick Upton 2.33.92 5000m M50 Clyde Tubick 20.02.10 Short Hurdles 20.02.10 2.00.15 M50 Clyde Tubick 20.02.10 Short Hurdles
M55 Keith Powell 8-6 Dave Doerrer 8-6 Bob Bergfeldt 7 M60 James Rothrock 8 Jim Peterson 7 M70 Tom Devaugn 7 Long Jump M35 Stephen Carson 5.93 Andy Miller 5.54 M40 Steve Abel 5.52 Pat Fahy 5.40 B B Bender 5.34 M45 John Gray 5.30 Mark Mahl 4.70 M50 Johnny Edwards 3.97 M55 Jim Peterson 4.31 M85 Virgil Melntyre 2.23 M85 Virgil Melntyre 2.23 M85 Virgil Melntyre 2.23 M85 Virgil Melntyre 2.23 M75 Stephen Carson 10.77 M40 Pat Fahy 11.19 M70 Jwelch 18.79 M70 Jwelch 18.79 M75 Steve Abel 9.40 M45 John Gray 10.07 M65 Diegberg M70 Jafto M66 Ocean M75 Diegberg M70 Jafto M66 M60 George McGrady 3.05 Jim Peterson 4.31 W30 Kathy Jager 3.02 Triple Jump M70 Jwelch 18.79 M75 Stephen Carson 10.77 M40 Pat Fahy 11.19 M75 Stephen Carson 10.77 M40 Pat Fahy 11.19 M75 Stephen Carson 10.77 M40 Pat Fahy 11.19 M75 Steve Abel 9.40 M45 John Gray 10.05 M60 Jim Peterson 9.31 George McGrady 6.74 M55 Kennis 12.10 Jeff Crothers 11.94 M55 Andy Miller 12.10 Jeff Crothers 11.94 M45 Ron Travis 10.15 Kenneth Kreser 7.72 M50 Duane Thompson 11.99 Rick Beherms 10.67 M55 Bob Beck 12.46 Buel Bowlan 9.83 M60 Jim Rothrock 11.57 M75 Roy Clark 7.44 W30 Corrina Repucci 7.42 W30 W30 Corrina Repucci 7.42 W30 Corrina Repucci 7.42 W30 W30 Corrina Repucci 7.42 W30 Corrina Repucci	22-8 47-1 35-4 34-1 35-4 31-2 37-84 31-2 36-81 32-3 34-2 30-94 117-9 106-1 101-11 164-0 116-2 1130-3 94-6 80-8 130-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 94-1 72-7 53-0 35:14 41:09	M35 T Jones Joe Gilboy D Learn D Learn D Learn M60 W O'Donnell R Archibald Si05.20 M65 J Selby Bob Holmes Bob	M55 Abe Sheinker	M40 S Onyepunuka 11.53 M45 Bill Jefferson NTA M50 Bob Osterhoudt 13.30 M55 Antonio Chavez 13.30 M65 Budd Hamilton 15.50 200m 25.38 M35 Dave Dimassa 26.43 M40 Dave Hockersmith 26.91 M45 Will Jefferson 32.53 M55 Antonio Chavez 29.06 M65 Budd Hamilton 35.96 400m 57.52 M45 Will Jefferson 1.06.50 M55 Antonio Chavez 1:06.50 M55 Antonio Chavez 1:02:42 800m 1:02:42 800m 2:08.77 M40 Stanley Hughes 2:26.19 M50 Dick Upton 2:33.92 5000m M50 Clyde Tubick 20:02.10 Short Hurdles 20:02.10
Dave Doerrer	35-4 34-1 39-9½ 37-8½ 31-2 36-8½ 32-3 34-2 30-9½ 117-9 106-1 101-11 164-0 116-2 1130-6 80-8 130-6 87-6 110-0 95-10 158-0 123-3 130-8 98-1 112-1 82-7 94-1 72-7 53-0 35:14 41:09	M40 Goldman 2:07.30 M45 Bill Fitzpatrick 2:12.47 Bob Russell 2:12.90 D Learn 2:22.00 M60 W O'Donnell 2:37.30 R Archibald 3:05.20 M65 J Selby 2:34.60 Bob Holmes 2:56.00 Harold Willis 3:15.40 W30 Gilian Drummond 2:46.93 W35 Debbie Selby 4:02.60 W50 Bonnie Frankel 2:43.78 1500m 2:43.78 1500m 4:29.84 M35 M Cleary 4:18.02 T Jones 4:39.44 M40 S Lassergard 4:35.21 M45 D Learn 4:46.25 M50 J Cabeza 4:38.08 L Fitzgerald 4:48.83 Dick Jones 5:12.43 M60 J Jefferson 5:26.91 P Faust 5:29.85 R Archibald 6:10.11 M65 J Selby 5:15.18 Bob Holmes 6:09.88 M70 Avery Bryant 7:01.40 Short Hurdles M30 R Drummond 17.67 M40 D Perrin 16.36 Richard Watson 20.67 M45 Sheridon Groves 18.14 M55 Theo Viltz 15.64 M55 Al Henry 15.82	## Hall Smith ## 42.58 ## Bill Abbott ## 37.44 ## M65 Arnie Gaynor ## 40.62 ## Don Hegberg ## 38.22 Charlie Sarver ## 35.22 ## M70 Ron Roser ## 40.04 ## M50 Connie Sarver ## 22.78 ## NewmanNichols ## 19.28 ## ## M40 Richard Watson ## 32.30 ## A Cain ## 23.32 ## M50 M Woodward ## 34.24 ## Rehrens ## 26.00 ## M55 John White ## 34.44 ## Abe Sheinker ## 29.96 ## M60 Bob Humphreys ## 45.56 ## M Devlin ## 30.22 ## M50 Arnie Gaynor ## 30.68 ## M70 Bill Bangert ## 30.22 ## M30 Steve Barba ## 46.04 ## Richard Watson ## 46.04 ## Richard Rook ## 39.52 ## Richard Rook ## 39.52 ## M50 David Pena ## 36.80 ## M55 Larry Stuart ## 60.60 ## M60 Hal Smith ## 37.02 ## M Devlin ## 36.16 ## Bd Martin ## 34.46	M45 Bill Jefferson NTA M50 Bob Osterhoudt 13.30 M55 Antonio Chavez 13.30 M65 Budd Hamilton 15.50 200m 25.38 M30 Rick Gray 25.38 M35 Dave Dimassa 26.43 M40 Dave Hockersmith 26.91 M45 Will Jefferson 32.53 M55 Antonio Chavez 29.06 M65 Budd Hamilton 35.96 400m 35.96 M40 Dave Dimassa 56.32 M45 Will Jefferson 1.06.50 M55 Antonio Chavez 1.06.50 M55 Antonio Chavez 1.02.42 800m 1.03.50 M35 David Jansen 2.08.77 M40 Stanley Hughes 2:26.19 M50 Dick Upton 2:33.92 5000m M50 Clyde Tubick 20:02.10 Short Hurdles 20:02.10
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M70 Tom Devaugn 7 Long Jump M35 Stephen Carson 5.93 Andy Miller 5.54 M40 Steve Abel 5.52 M40 S Cummings 12.1 M55 P Hunter M65 D Hegberg M65 D Hegberg M70 J Rafto M80 C Cdell Discus M81 Main M82 Mark Mahl 4.70 M50 Johnny Edwards 3.97 M55 Jim Swayze 4.83 Antonio Chavez 4.76 Keith Powell 4.69 M60 George McGrady 3.55 Jim Peterson 4.31 M85 Virgil McIntyre 2.23 W30 Elizabeth Mokogwu 4.11 W50 Kathy Jager 3.02 Triple Jump M35 Stephen Carson 10.77 M40 Pat Fahy 11.19 M60 S Discus	37-8\frac{1}{3} 31-2 31-2 31-2 36-8\frac{1}{3} 32-3 34-2 30-9\frac{1}{4} 117-9 110-1 101-11 164-0 116-2 1130-3 94-6 80-8 130-6 87-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 94-1 72-7 53-0 35:14 41:09	M60 W O'Donnell 2:37.30 R Archibald 3:05.20 M65 J Selby 2:34.60 Bob Holmes 2:56.00 Harold Willis 3:15.40 W30 Gilian Drummond 2:46.93 W35 Debbie Selby 4:02.60 W50 Bonnie Frankel 2:43.78 1500m M30 Jim Reed 4:29.84 M35 M Cleary 4:18.02 T Jones 4:39.44 M40 S Lassergard 4:35.21 M45 D Learn 4:46.25 M50 J Cabeza 4:38.08 L Fitzgerald 4:48.83 Dick Jones 5:12.43 M60 J Jefferson 5:26.91 P Faust 5:29.85 R Archibald 6:10.11 M65 J Selby 5:15.18 Bob Holmes 6:09.88 M70 Avery Bryant 7:01.40 Short Hurdles M30 R Drummond 17.67 M40 D Perrin 16.36 Richard Watson 20.67 M45 Sheridon Groves 18.14 M50 Theo Viltz 15.62	M70 Ron Roser 28.46 W40 Janet Wilson 40.04 W50 Connie Sarver 22.78 R NewmanNichols 19.28 Hammer 30 M40 Richard Watson 32.30 M45 A Cain 23.32 M50 M Woodward 34.24 R Behrens 26.00 M55 John White 34.44 Abe Sheinker 29.96 M60 Bob Humphreys 45.56 M Devlin 32.26 M65 Arnie Gaynor 30.68 M70 Bill Bangert 30.22 Javelin 49.50 Bill Gardner 46.04 Richard Watson 44.34 M45 Ron Rook 47 39.52 Richard Rook 49 32.96 M50 David Pena 36.80 M55 Larry Stuart 60.60 M60 Hal Smith 37.02 M Devlin 36.16 Ed Martin 34.46	200m 300 Rick Gray 25.38 335 Dave Dimassa 26.43 340 Dave Hockersmith 26.91 32.53 32.
M35 Stephen Carson 5.93 Andy Miller 5.54 M35 W Iba 11.37 M65 D Hegsberrg M80 C Odel1 M85 Virgil McIntyre 2.23 M70 J Welch 18.79 M85 Virgil McIntyre 2.23 M70 J Welch 18.79 M85 M Lay 13.50 M80 C Odel1 M85 C M80 C Odel1 M80 C Odel1 M85 C M80 C Odel1 M80 C Odel1 M85 C M80 C Odel1 M80 C Odel1 M80 C Odel1 M80 C Odel1 M85 C M80 C Odel1 M80	36-8½ 32-3 34-2 30-9½ 1117-9 106-1 101-11 164-0 113-6 130-3 94-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 72-7 53-0 35:14 41:09	M65 J Selby Bob Holmes Harold Willis W30 Gilian Drummond W35 Debbie Selby W50 Bonnie Frankel 1500m W30 Jim Reed W35 M Cleary T Jones W418.02 T Jones L Fitzgerald W35 Lassergard W45 D Learn W50 J Jefferson P Faust F Archibald W60 J Jefferson P Faust Schopes W70 Avery Bryant W70 Avery Bryant W70 Teff W70 Perrin W70 Perrin W70 Teff W70 Perrin	W40 Janet Wilson W50 Connie Sarver R NewmanNichols Hammer M40 Richard Watson M45 A Cain M50 M Woodward R Behrens M50 John White Abe Sheinker M60 Bob Humphreys M70 Bill Bangert M70 Bill Bangert M70 Bill Gardner M70 Devrin M70 Steve Barba M70 Devrin M70 Steve Barba M70 Bill Gardner M70 Devrin M70 Steve Barba M70 Devrin M70 Bill Gardner M70 Bill G	M30 Rick Gray 25.38 M35 Dave Dimassa 26.43 M40 Dave Hockersmith 26.91 M45 Will Jefferson 32.53 M55 Antonio Chavez 29.06 M65 Budd Hamilton 35.96 400m 35.96 M40 Dave Hockersmith 56.32 M45 Will Jefferson 1.06.50 M55 Antonio Chavez 1.02.42 800m 300m M35 David Jansen 2.08.77 M40 Stanley Hughes 2:26.19 M50 Dick Upton 2:33.92 5000m M50 Clyde Tubick 20:02.10 Short Hurdles 20:02.10
M40 Sieve Abel 5.54 M35 M1ba 11.37 M45 Sieve Abel 5.52 M45 Sieve Abel 5.52 M45 Sieve Abel 5.40 M45 Sieve Abel 5.40 M45 Sieve Abel 5.40 M45 Sieve Abel 5.40 M45 Sieve Abel M45 Sieve Abel	32-3 34-2 30-94 117-9 1166-1 106-1 106-1 116-2 113-6 130-3 94-6 80-8 130-6 87-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 94-1 72-7 53-0 35:14 41:09	Harold Willis W30 Gilian Drummond W35 Debbie Selby W50 Bonnie Frankel U500m W30 Jim Reed W35 M Cleary W4:18.02 W39.44 W40 S Lassergard W4:35.21 W46.25 W50 J Cabeza W60 J Jefferson W60 J Jefferson W60 J Jefferson W60 J Selby W60 J Selby W60 Holmes W70 Avery Bryant W70	R NewmanNichols 19.28 Harmer M40 Richard Watson 32.30 M45 A Cain 23.32 M50 M Woodward 34.24 R Behrens 26.00 M55 John White 34.44 Abe Sheinker 29.96 M60 Bob Humphreys 45.56 M Devlin 32.26 M65 Arnie Gaynor 30.68 M70 Bill Bangert 30.22 Javelin M30 Steve Barba 54.22 M40 D Perrin 49.50 Bill Gardner 46.04 Richard Watson 44.34 M45 Ron Rook 47 39.52 Richard Rook 49 32.96 M50 David Pena 36.80 M55 Larry Stuart 60.60 M60 Hal Smith 37.02 M Devlin 36.16 Ed Martin 34.46	M35 Dave Dimassa 26.43 M40 Dave Hockersmith 26.91 M45 Will Jefferson 32.53 M55 Antonio Chavez 29.06 M65 Budd Hamilton 35.96 400m 35.96 M35 Dave Dimassa 56.32 M40 Dave Hockersmith 57.52 M45 Will Jefferson 1:06.50 M55 Antonio Chavez 1:02:42 800m 2:08.77 M40 Stanley Hughes 2:26.19 M50 Dick Upton 2:33.92 5000m M50 Clyde Tubick 20:02.10 Short Hurdles 20:02.10
M40 Steve Abel Pat Fahy S.40 B B Bender S.34 M45 John Gray S.30 Mark Mahl 4.70 M50 Johnny Edwards 3.97 M55 Jim Swayze 4.83 Antonio Chavez 4.76 Keith Powell 4.69 M60 George McGrady 3.55 Jim Peterson 4.31 W50 Kathy Jager 3.02 Triple Jump M35 Stephen Carson 10.77 M40 Pat Fahy 11.19 M35 Steve Abel M45 John Gray 10.05 M60 Jim Peterson 9.31 George McGrady M55 M56 M45 Short Put M35 Andy Miller 12.10 Jeff Crothers 11.94 M45 Ron Travis Center of the first	30-9\(\frac{1}{4}\) 117-9 106-1 101-11 106-1 101-11 116-2 113-6 130-3 130-6 87-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 794-1 72-7 53-0 35:14 41:09	W30 Gilian Drummond 2:46.93 W35 Debbie Selby 4:02.60 W50 Bonnie Frankel 1:500m W30 Jim Reed 4:29.84 W35 M Cleary 4:18.02 T Jones 4:39.44 W40 S Lassergard 4:35.21 W45 D Learn 4:46.25 W50 J Cabeza 4:38.08 L Fitzgerald 4:48.83 Dick Jones 5:12.43 W60 J Jefferson 5:26.91 P Faust 5:29.85 R Archibald 6:10.11 W65 J Selby 5:15.18 Bob Holmes 6:09.88 W70 Avery Bryant 7:01.40 Short Hurdles W30 R Drummond 17.67 W40 D Perrin 16.36 Richard Watson W45 Sheridon Groves W45 Sheridon Groves W55.82	Hammer	M40 Dave Hockersmith 26.91 M45 Will Jefferson 32.53 M55 Antonio Chavez 29.06 M65 Budd Hamilton 35.96 400m 35.96 M35 Dave Dimassa 56.32 M40 Dave Hockersmith 57.52 M45 Will Jefferson 1:06.50 M55 Antonio Chavez 1:02:42 800m 2:08.77 M40 Stanley Hughes 2:26.19 M50 Dick Upton 2:33.92 5000m M50 Clyde Tubick 20:02.10 Short Hurdles
B B Bender 5.34 M45 John Gray 5.30 Mark Mahl 4.70 M50 Johnny Edwards 3.97 M55 Jim Swayze 4.83 Antonio Chavez 4.76 Keith Powell 4.69 M60 George McGrady 3.55 Jim Peterson 4.31 M85 Virgil McIntyre 2.23 M70 J Welch 18.79 M55 Kithy Jager 3.02 Triple Jump M35 Stephen Carson 10.77 M40 Pat Fahy 11.19 Rick May 9.59 Steve Abel 9.40 M45 John Gray 10.05 M60 Jim Peterson 9.31 George McGrady 10.05 M60 Jim Peterson 9.31 George McGrady 6.74 Shot Put M35 Andy Miller 12.10 Jeff Crothers 11.94 M55 Konek 12.63 M60 M65 D leepherg M65 Rattle 25.50 M65 D leepherg M65 Rattle 25.50 M65 D leepherg M55 Rattle 25.50 M55 M50 D leepherg M55 Rattle 25.50 M65 D leepherg M65 D leepherg M65 D leepherg M55 Rattle 25.50 M55 B libaperg M65 D leepherg M65	117-9 106-1 101-11 164-0 116-2 113-6 130-3 94-6 130-6 87-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 94-1 72-7 53-0	W50 Bonnie Frankel 1500m W30 Jim Reed W35 M Cleary T Jones W4:18.02 T Jones W4:39.44 W40 S Lassergard W4:35.21 W50 J Cabeza L Fitzgerald Dick Jones S:12.43 W60 J Jefferson F Faust R Archibald Sbotholmes W30 R Drummond W50 There Wichard W60 J Frittelles W30 R Drummond W50 R Drummond W60 J Frittelles W30 R Drummond W60 J Selby W6:15.18 W60 J Selby W6:15.18 W60 J Selby W6:10.11 W65 J Selby W6:10.11 W6:	M45 A Cain 23.32 M50 M Woodward 34.24 R Behrens 26.00 M55 John White 34.44 Abe Sheinker 29.96 M60 Bob Humphreys 45.56 M Devlin 32.26 M65 Arnie Gaynor 30.68 M70 Bill Bangert 30.22 Javelin M30 Steve Barba 49.50 Bill Gardner 46.04 Richard Watson 44.34 M45 Ron Rook 47 39.52 Richard Rook 49 32.96 M50 David Pena 36.80 M55 Larry Stuart 60.60 M60 Hal Smith 37.02 M Devlin 36.16 Ed Martin 34.46	M55 Antonio Chavez 29.06 M65 Budd Hamilton 35.96 400m 35.96 M35 Dave Dimassa 56.32 M40 Dave Hockersmith 57.52 M45 Will Jefferson 1:06.50 M55 Antonio Chavez 1:02:42 800m 2:08.77 M40 Stanley Hughes 2:26.19 M50 Dick Upton 2:33.92 5000m M50 Clyde Tubick 20:02.10 Short Hurdles 20:02.10
M45 John Gray 5.30 Mark Mahl 4.70 M50 Johnny Edwards 3.97 M55 Mittley 11.35 M55 F Little 12.26 M55 M55 F Hunter 1.65 M65 M	106-1 101-11 101-11 116-2 113-6 130-3 94-6 80-8 130-6 87-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 94-1 72-7 53-0	1500m 1500m 4:29.84	M50 M Woodward 34.24 R Behrens 26.00 M55 John White 34.44 Abe Sheinker 29.96 M60 Bob Humphreys 45.56 M Devlin 32.26 M70 Bill Bangert 30.22 Javelin M30 Steve Barba 54.22 M40 D Perrin 49.50 Bill Gardner 46.04 Richard Watson 44.34 M55 Ron Rook 47 39.52 Richard Rook 49 32.96 M50 David Pena 36.80 M55 Larry Stuart 60.60 M60 Hal Smith 37.02 M Devlin 36.16 Ed Martin 34.46	M65 Budd Hamilton 35.96 400m 35 Dave Dimassa 56.32 M40 Dave Hockersmith 57.52 M45 Will Jefferson 1:06.50 M55 Antonio Chavez 800m M35 David Jansen 2:08.77 M40 Stanley Hughes 2:26.19 M50 Dick Upton 2:33.92 5000m M50 Clyde Tubick 20:02.10 Short Hurdles 20:02.10
Mark Mahl	101-11 164-0 116-2 113-6 130-3 94-6 80-8 130-6 87-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 94-1 72-7 53-0	M35 M Cleary T Jones 4:39,44 M40 S Lassergard 4:35,21 M45 D Learn 4:46,25 M50 J Cabeza 4:38,08 L Fitzgerald 4:48,83 Dick Jones 5:12,43 M60 J Jefferson 5:26,91 P Faust 5:29,85 R Archibald 6:10,11 M65 J Selby 5:15,18 Bob Holmes 6:09,88 M70 Avery Bryant 7:01,40 Short Hurdles M30 R Drummond 17,67 M40 D Perrin 16,36 Richard Watson 20,67 M45 Sheridon Groves 18,14 M50 Theo Viltz 15,64 M55 Al Henry 15,528	M55 John White Abe Sheinker Abe Sheinker M60 Bob Humphreys M5.56 M Devlin 32.26 M65 Arnie Gaynor M70 Bill Bangert Javelin M30 Steve Barba M40 D Perrin M311 Gardner M30 Steve Barba M45 Ron Rook 47 Richard Watson M45 Ron Rook 47 Richard Rook 49 M50 David Pena M50 Larry Stuart M60 Hal Smith M60 Hal Smith M60 Hal Smith M60 Hal Martin M61.56	M35 Dave Dimassa 56.32
M55 Jim Swayze	116-2 113-6 1130-3 94-6 80-8 130-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 94-1 72-7 53-0 35:14 41:09	T Jones 4:39.44 M40 S Lassergard 4:35.21 M45 D Learn 4:46.25 M50 J Cabeza 4:38.08 L Fitzgerald 4:48.83 Dick Jones 5:12.43 M60 J Jefferson 5:26.91 P Faust 5:29.85 R Archibald 6:10.11 M65 J Selby 5:15.18 Bob Holmes 6:09.88 M70 Avery Bryant 7:01.40 Short Hurdles M30 R Drummond 17.67 M40 D Perrin 16.36 Richard Watson 20.67 M45 Sheridon Groves 18.14 M50 Theo Viltz 15.62	Abe Sheinker 29.96 M60 Bob Humphreys 45.56 M Devlin 32.26 M65 Arnie Gaynor 30.68 M70 Bill Bangert 30.22 Javelin 30.22 Javelin 49.50 Bill Gardner 46.04 Richard Watson 44.34 M45 Ron Rook 47 39.52 Richard Rook 49 32.96 M50 David Pena 36.80 M55 Larry Stuart 60.60 M60 Hal Smith 37.02 M Devlin 36.16 Ed Martin 34.46	M40 Dave Hockersmith 57.52 M45 Will Jefferson 1:06.50 M55 Antonio Chavez 1:02:42 800m 2:08.77 M40 Stanley Hughes 2:26.19 M50 Dick Upton 2:33.92 5000m 5000m M50 Clyde Tubick 20:02.10 Short Hurdles
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M80 George McGrady Jim Peterson A 31 M85 Virgil McIntyre 2.23 W70 J Welch 18.79 W80 C J Wilson Harmer M80 R Gardner M80 B Gardner M45 R Rook M55 F Hunter M45 R Rook M55 F Hunter M45 R Rook M55 F Hunter M65 D Pena M55 F Hunter M65 D Pena M55 F Hunter M65 D Pena M55 F Hunter M60 B Marcher M60 B Marcher M55 F Hunter M60 B Walter M60 B Walter M50 D Pena M55 R Battle 26.08 M70 J Rafto M60 J Marcher M50 D Pena M55 F Hunter M55 F Hunter M60 B Walter M50 D Pena M55 F Hunter M65 D Header M50 D Pena M55 F Hunter M60 B Walter M60 B Walter M50 D Pena M55 R Battle M50 D Pena M55 F Hunter M60 B M6	130-6 87-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 94-1 72-7 53-0 35:14 41:09	Dick Jones 5:12.43 M60 J Jefferson 5:26.91 P Faust 5:29.85 R Archibald 6:10.11 M65 J Selby 5:15.18 Bob Holmes 6:09.88 M70 Avery Bryant 7:01.40 Short Hurdles M30 R Drummond 17.67 M40 D Perrin 16.36 Richard Watson 20.67 M45 Sheridon Groves 18.14 M50 Theo Viltz 15.64 M55 Al Henry 15.82	Javelin M30 Steve Barba 54.22 M40 D Perrin 49.50 Bill Gardner 46.04 Richard Watson 44.34 M45 Ron Rook 47 39.52 Richard Rook 49 32.96 M50 David Pena 36.80 M55 Larry Stuart 60.60 M60 Hal Smith 37.02 M Devlin 36.16 Ed Martin 34.46	M35 David Jansen 2:08.77 M40 Stanley Hughes 2:26.19 M50 Dick Upton 2:33.92 5000m 2:00.02.10 Short Hurdles 2:00.2.10
M85 Virgil McIntyre 2.23 W30 Elizabeth Mokogwu 4.11 W50 Kathy Jager 3.02 Triple Jump M35 Stephen Carson 10.77 M40 Pat Fahy 11.19 Rick May 9.59 Steve Abel 9.40 M45 John Gray 10.05 M60 Jim Peterson 9.31 George McGrady 6.74 Shot Put M35 Andy Miller 1.210 Jeff Crothers 11.94 M45 Ron Travis Kenneth Kreser 7.72 M50 Duane Thompson 11.99 Bob Osterhoudt 10.95 Rick Behems 10.67 M55 Roy Clark M50 John Groy M60 Jim Rothrock 11.57 M75 Roy Clark 7.44 W30 Corrina Repucci 7.42 W30	87-6 110-0 95-10 158-0 123-3 130-8 98-1 119-9 112-1 82-7 94-1 72-7 53-0 35:14 41:09	P Faust 5:29.85 R Archibald 6:10.11 M65 J Selby 5:15.18 Bob Holmes 6:09.88 M70 Avery Bryant 7:01.40 Short Hurdles M30 R Drummond 17.67 M40 D Perrin 16.36 Richard Watson 20.67 M45 Sheridon Groves 18.14 M50 Theo Viltz 15.64 M55 Al Henry 15.82	M30 Steve Barba	M40 Stanley Hughes 2:26.19 M50 Dick Upton 2:33.92 5000m M50 Clyde Tubick 20:02.10 Short Hurdles
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M45 John Gray 10.05 M60 Jim Peterson 9.31 George McGrady 6.74 M55 Mestan 26.54 M60 Jim Peterson 9.31 George McGrady 6.74 M55 Mestan 26.54 M60 Jafton M50 Jafton M60 Meador Jafton M60 Jafton M60 Meador Jafton M60 Jafton M60 Meador Jafton M60 Jafton M60 M6	112-1 82-7 94-1 72-7 53-0 35:14 41:09	Richard Watson 20.67 M45 Sheridon Groves 18.14 M50 Theo Viltz 15.64 M55 Al Henry 15.82	Ed Martin 34.46	High Jump
M60	82-7 94-1 72-7 53-0 35:14 41:09	M50 Theo Viltz 15.64 M55 Al Henry 15.82		M40 Pat Fahy 5-6.25 M45 Mark Mahl 4-10
Shot Put M35 Andy Miller 12.10 Jeff Crothers 11.94 S Miller 25.50 S Baldwin 26.29 M50 S Weston 26.29 M80 C Odell W55 P Devlin S Baldwin 26.29 M50 Ron Travis 10.15 Kenneth Kreser 7.72 M50 Duane Thompson 11.99 Bob Osterhoudt 10.95 Rick Beherns 10.67 M55 Bob Beck 12.46 Buel Bowlan 9.83 M60 Jim Rothrock 11.57 M75 Roy Clark 7.44 W30 Corrina Repucci 7.42 W30 Ros R Drummond M60 Ros R Drummond M60 M80 C Odel1 W55 P Devlin 5000m Racewalk M50 G Koenig J Bustamante M50 B Meador L McGuire W40 L Ohlsen W50 A Roson W55 A Roxon W55 A Roxo	72-7 53-0 35:14 41:09	M55 Al Henry 15.82	M65 Arnie Gaynor 28.84	M55 Andy Almarez 4-2
M35 Andy Miller 12.10 Jeff Crothers 11.94 F Little 25.50 S Baldwin 26.29 M55 K Dennis 26.3 M55 K Dennis 26.3 J Bustamante M60 J Jefferson 30.68 M60 J Jefferson 30.68 M65 L Beadle 30.01 J Selby 30.51 A Escobosa 31.34 M55 K Dennis 29.4 M50 G Koenig J Bustamante M60 B Meador L McGuire M60 J Jefferson 30.68 M65 L Beadle 30.01 J Selby 30.51 A Escobosa 31.34 M55 Roy Clark 7.44 M55 M Lay 28.19 E Iba 30.78 M55 K Dennis 26.29 M50 G Koenig J Bustamante M60 B Meador L McGuire M40 L Ohlsen M55 A Roxon M55 A Roxon M55 A Roxon M55 M Lay 28.19 E Iba 30.78 M55 M Lay 28.19 E Iba 30.78 M55 M Lay 28.19 E Iba 30.78 M55 M Lay 28.19 M55 M Lay 28.19 E Iba 30.78 M55 M Lay 28.19 M55 M Lay 28.19	53-0 35:14 41:09	-one matures	M70 Don Roser 29.38	Pole Vault
M45 Ron Travis 10.15 Kenneth Kreser 7.72 M50 Duane Thompson 11.99 Bob Osterhoudt 10.95 Rick Beherns 10.67 M55 Bob Beck 12.46 Buel Bowlan 9.83 M60 Jim Rothrock 11.57 M75 Roy Clark 7.44 W30 Corrina Repucci 7.42 Corrina Repucci 7.42 W40 Lohlsen M45 Joates Joates M45 Joates M45 Court M45 Joates M30.01 Joates M45 Joates M45 Court M45 Joates M30 A Ros R Drummond M30 A Ros R Drummond M55 Roy Clark M45 Joates M45 Joates M30 Ros R Drummond M55 Roy Clark M45 Joates M45 Joates M30 Ros R Drummond Ros Ros R Drummond Ros Ros Ros Ros Ros Ros R	41:09	M40 Andrew Hecker 69.38	W50 R NewmanNichols 21.16	M40 Roy Willits Jr 12-0.25
Kenneth Kreser 7.72 F Hartman 29.3 L Gillespie 29.4 L McGuire M60 B Meador L McGuire M60 B Deck 10.67 Bob Beck 12.46 Buel Bowlan 9.83 M60 Jim Rothrock 11.57 M75 Roy Clark 7.44 W30 Corrina Repucci 7.42 W30 W30	41:09	3000m Steeplechase M50 Cavaletto 12:36.64	W55 Patty Devlin 18.34 W65 Magdalene Kuehne 16.88	Long Jump M40 Dean Walker 20
M50 Duane Thompson 11.99 Bob Osterhoudt 10.95 Rick Beherns 10.67 M55 Bob Beck 12.46 Buel Bowlan 9.83 M60 Jefferson 30.68 M55 A Escobosa 31.34 M55 A Escobosa 31.34 M55 A Escobosa 31.34 M55		M70 Avery Bryant 14:43.13		M55 Antonio Chavez 15-8.25
Bob Osterhoudt 10.95 Rick Beherns 10.67 M55 Beadle 30.01 30.51 A Escobosa 31.34 Striders Meet of Cham M60 Jim Rothrock 11.57 M75 Roy Clark 7.44 W30 Corrina Repucci 7.42 W30 W30 Corrina Repucci 7.42 W30 Corrina Repucci 7.42 W30 W3	32:18.9 32:45.8	4x100m Relay M40 Monsoon TC 50.23	Arizona Throwers Meets	Triple Jump
M55 Bob Beck 12.46 A Escobosa 31.34 Striders Meet of Cham Buel Bowlan 9.83 M60 Jim Rothrock 11.57 M75 Roy Clark 7.44 W30 Corrina Repucci 7.42 W45 J Coates 33.02 W30 A Ros R Drummond M30	31:48	(Herring/Weston/Clipps/)	Mesa, May 11; Tempe, May 26	M40 Pat Fahy 36-5.50 Shot Put
Buel Bowlan 9.83 M75 C Mercurio 35.38 Striders Meet of Cham	40:38	W40 Unattached 69.26 (Watson/Medeiros/Newman/)	May 11 Shot Put	M35 Jeff Crothers 39-3.75
M60 Jim Rothrock 11.57 W35 M Lay 28.19 E Iba 30.78 W45 J Coates 33.02 M30 A Ros R Drummond		1200m Sprint Relay	M35 Andy Miller 12.18 Jeff Crothers 11.41	M45 Ron Travis 34-10.25
W30 Corrina Repucci 7.42 W45 J Coates 33.02 M30 A Ros R Drummond	ay 11	M50 Striders 4:46.90 (Hartman/McAlpine/Niederme/-)	M50 Bob Osterhoudt 10.02	M50 Duane Thompson 41-6.25 W45 Sandra Harrison 27-4.50
W30 Corrina Repucci 7.42 400m R Drummond	11.06	High Jump M40 Jason Meisler 1.68	Discus M35 Andy Miller 39.92	Discus
	12.47	Mel Embree 1.68	Jeff Crothers 32.48	M35 Jeff Crothers 110-10 M50 Bob Osterhoudt 116-10
W50 Kathy Jager 8.86 M40 D Williams 54.93 M40 Jim Bonilla	11.99	Richard Watson 1.42 M45 Charlie Rader 1.78	M50 Bob Osterhoudt 34.23 Hammer	W45 Sandra Harrison 74-5
	12.15	Leroy Clipps 1.02	M35 Sharma Singh 36.18 Jeff Crothers 34.06	Javelin M45 Mark Mahl 116-10
W70 Renee Roloff 550 M45 R Russell 58.08 S Jackson	12.40	G Weston 1.02 M50 R Pozzi 1.68	M50 Bob Osterhoudt 34.46	M45 Mark Mahl 116-10 M50 Joe Hilbe 157-4
Discus A Turnbull 62.84 G Johnson	11.90	B Wood 1.42 M55 T Rowan 1.37	M70 Tom DeVaughn 29.12 Javelin	W45 Sandra Harrison 50-10
Andy Miller 36.48 M60 J Jefferson 67.2 M50 D Herring	12.85	M60 R Archibald 1.12 M65 Sam Teaford 1.22	M35 Andy Miller 41.04 M50 Bob Osterhoudt 28.16	Visalia Classic
Wiso Dualie Thompson 34.26 T. College 67.14 J. Rustamante	13.25	Bob Perry 0.99	35# Weight	Visalia, CA; May 18
Soile Graham 33.40 800m M55 Kenny Dennis	12.76	W45 Ann Steekelenburg 1.42 Barbara Stratton 1.07	M35 Jeff Crothers 12.38 Sharma Singh 12.18	M30 Peter Hanlon 12.2
M55 Bob Beck 37.97 M40 D Goldman 2:08.16 R Tsuda	13.41	Cindy Watson 1.07 W70 Johnnye Valien 1.02	M50 Bob Osterhoudt 9.76	M35 Wayne Iba 11.2 M40 Jerome Avery 12.3
	14.22	Pole Vault	M70 Tom DeVaughn 5.19 56# Weight	M45 Sheridon Groves 12.6
M60 James Rothrock 38.19 B Fitzpatrick 2:14.05 J Selby	14.77	M30 Bill Halverson 4.88 M50 Mardon Connelly 3.36	M35 Jeff Crothers 7.71 M50 Bob Osterhoudt 5.64	Lex Freitas 12.9 M50 David Naylor 12.4
MSO I Fitzgerald 2:13 10 M70 T Miller	17.45	M60 J Simms 2.59	M70 Tom DeVaughn 2.72	Dale Herring 12.6
Poper Pearson 28 34 M60 J Jefferson 2:37.8 G Simon	16.62	M70 Don Roser 2.14 M75 Jim Vernon nh	May 26 Shot Put	Dennis Duffy 12.9 M55 Benson Ford 14.1
FIGS 0 Selby 2:32:2 FIGS 1 Cascio	19.58	W65 Shirley Kinsey 1.63 W70 Johnnye Valien 1.43	M35 Andy Miller 11.63 Jeff Crothers 11.03	M60 Bobby Thomas 12.7 Ben Rivera 14.0
	14.35 15.82	Long Jump	M45 Ron Travis 10.30	John Cauldwell 14.7
M80 Charles Roloff 22.62 3000m W45 Cindy Watson	16.09	M40 D Perrin 5.80 Tom Lovejoy 4.95	M50 Duane Thompson 12.00 Bob Osterhoudt 10.53	M65 John Poppell 13.5 Paul Bambrook 14.0
W30 Corring Personsi 10 50 M35 J Hope 10:20.5 W50 Cora May Johnson	16.96	Richard Watson 4.84	Discus	Jim Moorhead 14.1
W45 Sandra Harrison 20.44 Short Hurdles R NewmanNichols	17.32	M50 William Wood 4.75 J Bustamante 4.00	Jeff Crothers 32.50	M75 Al Guidet 16.0 Clarence Killion 16.4
W55 Karen Bergfeldt 16.44 D Brown 16.85 200m	17.50	M55 T Rowan 4.83	M50 Bob Osterhoudt 33.14 Hammer	K K Slaughter 20.0
W65 Barbara Brandt 17.22 M45 S Groves 17.56 M30 F Duffey	22.69	M60 D Richards 5.46 R Tsuda 4.88	M35 Jeff Crothers 35.28	W30 Carol Freeborn 16.8 W35 Elaine Iba 14.1
W70 Renee Rolott 13.14 M70 R Warren 19.91 Tony Williams	23.35	Ed Martin 3.85 M65 Sam Teaford 2.88	M50 Bob Osterhoudt 35.38	Eliz Wright 16.2 W45 Avril Naylor 14.3
Javelin M35 W Iba M30 Robert Lavin 26.12 M30 K Berry 42.88 Darrell Reed	23.36 30.72	W35 Elaine Iba 4.66	35# Weight M35 Jeff Crothers 11.38	W50 Kim Smith 15.3
M35 Andy Miller 47.44 M45 S Groves 48.25 M40 Jim Bonilla	24.10 24.90	W45 Barbara Stratton 3.30 W50 Sharon Medeiros 3.38	M45 Ron Travis 8.18 M50 Bob Osterhoudt 9.53	W65 S Dietderich 19.5
John Prather 39.34 M35 J Helton 5-10 D Perrin	25.40	W65 Magdalene Kuehne 3.25 Triple Jump	Duane Thompson 7.72	M35 Wayne Iba 23.1
M40 Rick May M40 K Stone M40 K Stone M45 C Rader M45 C Duck Smith G Johnson	24.40	M40 Andrew Hecker 10.13	56# Weight M35 Jeff Crothers 7.30	Alan Tucker 23.4 Alan Williams 24.8
M45 Mike Chapman 52.80 L Clipps 4-4 G Weston	26.40 28.38	M50 William Wood 9.55 M75 Charles Mercurio 7.91	M45 Ron Travis 4.80	M40 Jerome Avery 26.3
M50 loe Hilbe 48.36 M50 W Wood 4-8 J Bustamante	29.86	W45 Barbara Stratton 6.99	M50 Bob Osterhoudt 5.87 Duane Thompson 5.60	Lex Freitas 27.8
Bob Osterhoudt 32.28 M55 T Rowan 4-8 M55 Kenny Dennis Bob McAlpine	26.29 28.99	W65 Magdalene Kuehne 7.40 Shot Put	In waste to the same of the sa	M50 David Naylor 25.7 Dale Herring 27.1
Clyde Tubick 27.48 M65 S Teaford 4-0 F Hartman	29.25	M30 Steve Barba 10.80 M35 James Barry 10.25	KELfield Throws Meet #49 Santa Cruz, CA; May 18	Tony Craddock 27.6
M55 Bob Bergfeldt 35.94 M70 R Warren 4-2 M60 D Richards Paul Taylor 33.66 W45 B Stratton 3-5 M65 Don Cheek	26.46 27.90	M40 Bill Gardner 13.34	Sunta Graz, GA, May 16	M60 Bobby Thomas 25.3 Phil Presber 27.0
Bob Beck 28.16 Pole Vault R McPherson	28.81 30.26	D Perrin 10.68 Richard Watson 9.86	Shot Put	M65 John Poppell 28.8
Adhur Prands 26.00 M40 D Soarks 13-0 M85 T Castro	46.33	M50 Dennis McCraven 11.75	M45 Gary Kelmenson 35-7 Discus	Rodney Brown 30.5
M70 Dick Herzer 32.52 M80 C Johnston 7-24 W35 MelVina Lay	28.15 28.51	David Pena 11.01 Art Altshiller 9.28	M30 Mike Bunsic 211-3	M75 Al Guidet 34.9
M80 Charles Roloff 22.78 W30 S DiMarco 11-0 Elaine Iba	30.33	M60 Hal Smith 13.88	M45 Gary Kelmenson 110-8 Hammer	K K Slaughter 41 2
W40 Cheril Hills 17.20 Long Jump 400m	37.27	M Devlin 10.85 Bill Abbott 9.03	M30 Thor Gustaffson 258-3 M35 Mike Venning 143-5	W35 Elaine Iba 30.4
W45 Sandra Harrison 16 06 N30 D Brown 20-9 M35 H Duncan	54.52	M65 Arnie Gaynor 11.40	Marty Martinez 129-10	W45 Avril Naylor 30.5
W50 Laurie Rothrock 17.60 M50 W Wood 15-8 M40 E McCalley	61.45 59.71	Don Hegberg 8.92 W35 K Vaughn 8.66	M45 Bob Pryor 145-4	W50 Kim Smith 34.0 W65 Shirley Dietderich 45.2
W55 Karen Bergfeldt 15.96 b Covington 15-4 K Stone W65 Barbara Brandt 23.34 J Bustamante 12-0 M50 S Sheperd	63.72	W50 R Newman/Nichols 7.09	Gary Kelmenson 134-6 Javelin	400m
W70 Renee Roloff 16.42 M55 T Rowan 15-5 J Cabeza	60.40	M30 Steve Barba 35.84	M45 G Kelmenson 103-0	M35 Alan Tucker 53.4 Nikos Mourtos 55.2
3000m RW M70 R Warren 12-0 M55 Bill Knocke W35 E Iba 14-11 F Hartman		M35 Jim Barrow 35.04	M45 G Kelmenson 43-14	
M60 Ray Anderson 19:14 W45 B Stratton 10-3 M60 J Carrington	56.73			Leon Kennon 56.0
MO H H - 1	67.20 64.28	M40 Bill Gardner 37.16 Richard Watson 34.62	Bob Pryor 40-10 56# Superweight	Leon Kennon 56.0 M40 Mike Johnson 58.2 Robert Collins 59.5
	67.20 64.28 66.15	M40 Bill Gardner 37.16	Bob Pryor 40-10 56# Superweight M45 G Kelmenson 28-11	Leon Kennon 56.0

The second secon		114	tional iva	austers I to IIIs			8
Continued from previous page	M50 Bill Wood 33-71	M60 E Davis	2:39.77	M60 M Devlin 106-2	High Jump	W55 Zoia Proskuriakova	35.6
M50 Dennis Duffy 57.3	Annual of the control						
1150		C Kirby	3:18.72		M40 Ric Teller 1.84	W60 Maia Klimenko	36.3
	M55 John Lawson 33-0	M65 B.Holmes	2:51.18	W30 Donna Beard 152-6	M45 Dick Clintworth 1.55	W70 Nina Naumenko	38.5
M55 Benson Ford 74.5	Richard Imperale 31-4	M70 A Bryant	3:24.48	Javelin	M50 Grant Lamothe 1.35	400m	
M60 Bobby Thomas 60.4	M60 John Cauldwell 27-10	W35 C Smith	2:49.54	M30 P Martin 181-2	The state of the s		10-11-0
Bill Anderson 67.5	M65 Paul Bambrook 29-51	W75 G Davidson	3:51.9	M35 J Sayre 216-1	M55 Brad Wilson 1.35	M30 Ilday Nasibulin	53.7
M65 Rodney Brown 69.2	Jim Moorhead 25-81	Mile		M40 D Perrin 161-10	M75 Ken Gorshkow 1.25	M35 Ravil Gadelshin	52.6
Jim Moorhead 91.8	M75 Charles Mercurio 23-71	M45 D Irvine	5:14.89	R Watson 138-1	W30 Mary Moore 1.68	M40 Valery Kuzmin	53.4
M75 Pete Ganahl 1:46.0	Shot Put	0 Stoeber	5:41.7	M45 R Rook 124-11	W45 Becky Willis 1.45	M45 Michael Ganin	57.8
W30 Lisa Nichols 64.9	M40 John Townsend 37-61	S Mono	5:55.21	J Williams 116-11	The state of the s	The state of the s	
Diana Moore 68.0	M50 David Archambault36-7	M60 G McClenathen		M50 D Pena 129-0	Pole Vault	M50 Jury Evstaviev	58.3
			6:09.02	M60 R Fitzhugh 112-10	M30 Patrick Walch 12-7	M55 Vitaly Jamov	58.7
800m M30 Joe Carnegie 1:54.1	AND THE RESIDENCE OF THE PARTY	M65 G Linde	5:41.23	L Barrette 73-4	M40 R Jacquet-Acea 10-7	M60 Anatoly Kokorev	1:05.3
	Sam Logan 29-5	J Selby	5:49.04				
Garth Merrill 2:07.3	MS5 Jim Hart 38-7	W35 D Selby	8:46.9		M45 John Patterson 11-1	M65 V Judriashov	1:07.9
M35 Nikos Mourtas 2:07.3	John Steinman 31-6	3000m		M75 J Seifert 86-5	M50 Larry Holmes 11-7	M70 George Van-Jun-San	1:09.8
Joe Cabrera 2:12.0	M70 Ed Chynoweth 38-4	M45 O Stoeber	11:08.57	A U Ricciardi 74-0	M55 Dave Butler 8-7	M75 Vladimir Hatchargi	1:33.4
Marty Krueger 2:14.0	Discus	M60 G McClenathen	12:13.69	W35 K Vaughn 71-4	M60 Allen Morris 8-1	800m	Laborator Contract
M40 Dave Iremonger 2:12.4	M30 Jeff Lutz 149-0	Short Hurdles		W50 R Nichols 75-4	The state of the s		2021
Mike Russler 2:17.3	M40 John Townsend 103-5	M30 K Berry	14.97	P Hunter 61-0	The state of the s	M30 Ildar Nasibulin	2:02.6
M45 David Amster 2:05.9	M45 Scott Wolfe 85-4	M40 D Perrin	16.76	W55 P Devlin 63-3	Long Jump	M35 Nikoly Ivanovf	1:59.7
Herve Pastre 2:06.6	M50 David Archambault 97-3	R Watson	21.15	5000m Racewalk	M30 Greg Wright 4.87	M40 Nikoly Putilin	2:06.4
Luis Pannarale 2:08.6	Del Ault 93-9	M45 S Groves	18.23	M50 G Koenig 35:12.2	M40 John Wells 5.38	M45 Vasily Zhdanov	2:08.7
M50 Wm Hendricks 2:26.0	Sam Logan 72-11	M55 B Knocke		M60 L McGuire 32:11.9			
M60 Pete Richardson 2:27.7	M55 Jim Hart 129-0		15.40			M50 Yury Maliatov	2:21.6
		J Head	21.61		M55 Bob Sheedy 4.53	M55 Anil Muchametdianov	v 2:19.9
	John Steinman 100-3	M65 A U Ricciardi	18.34	W50 A Roxon 37:43	M60 Richard Harrison 3.95	M60 Anatoly Kokorey	2:28.8
Jim Harris 2:51.7	W65 Shirley Dietderich53-9	M70 T Patsalis	15.93	Mastera Desethlan	M75 Ken Gorshkow 3.29	M65 Eugene Markushkin	2:43.6
M65 Rodney Brown 2:50.2	Javelin	W60 C Miller	16.58	Masters Decathlon	W30 Martha Mendenhall 4.59		
M70Sid Toabe 3:14.9	M40 Steve Stafford 104-0	300ml1	Ca. Jr. & Per	Phoenix, AZ May 31-June 1		M70 Vasily Matveev	2:43.0
W30 Lisa Nichols 2:29.2	M45 Scott Wolfe 127-9	M30 K Berry	43.41	(100/LJ/SP/HJ/400)	W45 Becky Willis 4.29	M75 Savely Samoilenko	3:23.8
Diana Moore 2:38.5	M50 Rick Behrens 100-10	M45 S Groves	46.41	(HH/DT/PV/JT/1500)	Triple Jump	W35 Irina Magharova	2:18.3
Gillian Drummond 2:40.0	Sam Logan 82-11	M55 J Head	52.41	Andrew Miller M39 5235	M50 K H Troy 11.4	W40 Vera Mironova	2:33.3
W35 Christine Smith 2:56.5	M65 Del Pickarts 140-7	300m Steeplechase		13.1/5.88/12.00/1.70/62.06	The state of the s		
1500m	W65 Shirley Dietderich61-7	M70 A Bryant	14:35.4	428 628 606 644 408	M55 Bob Sheedy 8.89	W45 Diana Savina	2:58.0
M35 Marty Kruger 4:40.0	The state of the s	4x100m Relay		19.91/41.14/3.10/46.04/5:32.63	Shot Put	W55 Ekaterina levchenko	3:01.6
Joe Cabrera 4:40.4	USATF Pacific Weight	L.A. Rehab	43.81	399 688 436 581 417	M35 Mike Westlin 43-4.50	W60 Maia Klimenko	3:24.4
Nikos Mourtos 4:51.1	Pentathian Champional	Monsoon TC	49.14		M40 Greg Davis 29-9	W65 Nina Egorova	3:52.3
M40 Mike Johnson 4:34.0	Pentathlon Championships	High Jump		Richard Watson			
Bob Collins 4:52.2	KELfield, Santa Cruz, CA;	M30 S Barba	5-21	14.4/4.71/10.45/1.50/65.27	M50 John Allamano 47-11.50	A Company of the Control of the Cont	
M45 David Amster 4:29.6	May 25	M45 C Rader		307 443 550 536 372	M55 Bob Sheedy 33-10	M30 Alexey Korpiliov	4:11.4
Gary Hall 4:47.0	(HT/SP/DT/JT/WT)		6-0	20.74/32.88/2.90/44.62/5:39.97	M60 Neil Saling 39-5.50	M40 Nikoly Ivanov	4:04.2
Phil Cherney 6:01.2		J Williams	4-101	402 521 439 630 438	M65 Darrold Skartvedt 37-5.50	M40 Igor Vakin	4:12.6
M55 Jim Bevins 5:13.1	actual marks	R Watson	4-81	Budd Hamilton M65 2962	M75 Ken Gorshkow 30-4.50		4:18.2
	Richard Watson 43 2752	M50 R Pozzi	5-6	16.1/3.07/7.06/1.06/85.52		M45 Viktor Alexeev	
M60 Pete Richardson 5:01.9	32.30/10.78/34.20/47.12/10.05	B Bly	4-44	428 352 525 426 235	M80 Leon Joslin 26-0	M50 Vladimir Vinogradov	
Jim Harris 5:54.8	Gary Kelmenson 45 3100	W Wood	4-0	33.62/15.98/1.60/12.90/7:50.27	W45 Pauline Thomas 31-11	M55 Valery Kium	4:39.9
M70 Sid Toabe 6:42.5	41.18/10.83/33.72/30.20/12.36	M55 J Head	4-61	0 270 266 196 264	Discus	M60 Guri Sitsky	5:03.5
W30 Gillian Drummond5:45.2	Rick Bahrons 52 2593	M60 R Fitzhugh	4-44	1994 WAVA Age-Factor Scoring	M35 Mike Westlin 128-2	M65 Nikoly Zhiharevsky	5:55.5
W65 Helen Ortiz 8:38.2	27.60/11.06/29.86/29.28/10.19	M65 B Held	4-101	auto timing, except 100			
3000m	Jim Hart 59 3398	S Teaford	4-1/2	THE PERSON NAMED AND POST OF THE PERSON NAMED IN	M40 Stephen Mille 105-3	M70 Vasily Matveev	5:31.3
M35 Richard Thiel 10:55.0	35.08/12.42/40.34/21.86/11.65	M70 D Roser	4-1/2	NORTHWEST	M45 Torn Taugher 114-1	M75 Savely Samoilenko	6:49.6
M40 Scott Rosenlieb 9:49.6	GeeGee Toscano 72 1542	M75 P Ganahl	3-41	NORTHWEST	M50 Jack Miller 105-6	W30 Natalia Koniushkina	4:45.4
Bruce Deeter 9:56.8	10.20/8.02/17.80/7.40/7.00	W45 B Stratton	3-7	After the second second second second	M55 Bob Sheedy 108-4	W35 Irina Magharova	4:37.4
M45 Teddy Walton 11:59.7	10.20/8.02/17.80/7.40/7.00	W50 S Medeiros	3-41	Seattle Parks Dept.	M60 Neil Saling 142-2	W40 VeraMironova	5:15.0
M50 Sam Logan 14:12.4	Dan Aldrich Memorial	R Nichols		Masters Meet	Control of the Contro		
M55 Jim Bevins 11:30.7		W60 C Miller	3-½ 4-½	Seattle, WA; June 8		W55 Luidmila Ivanova	5:37.4
M60 Jim Harris 12:33.7	Anteaters Meet	Pole Vault		Seattle, WA, Julie 8	M75 Gerald Cysewski 86-8	W60 Maria Borovkova	6:21.5
M65 Anthony Bush 14:17.5	UC-Irvine; May 26	M35 W Soohoo	12-6	100m	M80 Leon Joslin 82-1	W70 Nina Naumenko	6:25.7
M70 Sid Toabe 13:00.4	100m	M40 B Stember	12-6	M30 Mike Waller 12.3	W45 Pauline Thomas 88-9	3000m	
M75 Norton Jacobs 15:42.1	M30 K Berry 10.95	M50 B Bly	10-0	M40 Rick Teller 13.3	Javelin	M30 Alexey Korpiliov	8:48.3
W30 Carol Freeborn 12:25.5	H Milner 11.45	M55 T Cannon	10-0	The state of the s	The state of the s		
Renee Ortiz 17:40.6	M35 R Sands 11.58	M60 R Fitzhugh	9-0	M45 Greg Williams 12.2	The state of the s	M35 Anatoly Strekalov	8:42.2
W35 Billie Boles 11:34.3	M40 D Perrin 12.25	H Smith	8-6	M50 Dave Walter 12.6	M50 Jay Groen 44.92	M40 Anatoly Sergeev	8:59.3
W65 Helen Ortiz 17:40.4	S Cummings 12.39	M70 D Roser	7-6	M55 Bob Miller 13.5	M55 Gar Reddaway 42.70	M45 Jury Kitaev	9:02.5
65mH	A Davis t 12.46	M80 C Johnston	7-9	M60 Richmond Harrison 15.1	M60 Turk Markishtum 41.16	M50 Jury Bereziuk	9:07.1
M30 Peter Hanlon 10.0	D Jambas 12.46	W30 S DiMarco	12-11	M65 Jack Coy 13.9	M80 Leon Joslin 17.38	M55 Valery Kiun	9:56.5
M40 David Murphy 11.5	M45 G Johnson 12.27	Long Jump	STATE OF THE PARTY		THE PERSON NAMED IN COLUMN TWO IS NOT THE OWNER.		
M45 Sheridon Groves 10.2	S Groves 12.93	M30 D Brown	20-9	M80 Al Klier 19.0		M60 Guri Sitsky	10:36.8
M50 Dennis Dismuke 10.5	G Wong 13.10	M35 D Barrette	16-1	W30 Martha Mendenhall 14.2	1500m RW	M65 Eugene Markushin	11:43.5
M70 Richard Warren 12.8	M50 D Herring 12.88	R Watson	16-0	W60 Louise Reed 16.9	M60 Paul Keald 8:38.2	M70 Vasily Matveev	11:37.6
W60 Christel Miller 12.8	J Bustamante t 13.15	M50 B Bix	15-51	200m	W30 Joslyn Slaughter 8:52.4		13:58.4
300mH	T Craddock 13.15	J Bustamante	12-31	M30 Ron Jenkins 25.3	3000m RW	W30 Natalia Koniushkina	10.13.4
M30 Roger Drummond 43.4	M55 B Knocke 12.33	M70 T Patsalis	13-41		The second secon	W30 Natalia Koniushkina	
M45 Sheridon Groves 48.0	W Butler 12.38	M75 A U Ricciardi		M40 R Jacquet-Acea 25.4	M45 Bob Novak 15:52.9	W35 Irina Magharov	9:58.2
W40 Tina Stough 54.2			10-5	M45 Greg Williams 26.0	M60 Paul Keald 17:59.1	W40 Alla Tchalikova	12:08.4
High Jump	J Head 14.59 M60 S Flory 14.64	W30 K Vaughn	9-10.75	M50 Dave Walter 25.4	W30 Joslyn Slaughter 18:49.3	W55 Liudmila Ivanova	12:04.2
M40 Keith Nelson 6-0	M65 D Cheek 13.91	W45 B Stratton	9-11	M55 Bob Miller 27.3	W60 Bev LeVek 17:21.1	W60 Maria Borovkova	
Steve Stafford 5-6		W50 N O'Conner	12-21				13:08.3
John Townsend 5-1	A Escobosa 15.14	S Medeiros	9-10.75	M60 Richard Harrison 30.7	INTERNATIONAL	W70 Nina Naumenko	13:27.7*
M45 Ed Baskauskas 5-6	M70 T Patsalis 15.43	W60 C Miller	10-61	M65 Jack Coy 28.6			STATE FOR
Mike Cates 4-10	M80 A Castro 19.11	Triple Jump	Same aline	M80 Jack Klier 40.1	Phones and the same of the sam	M30 Serge Gurevich	10.8
M50 Don Dvorak 4-8	W35 R Moore 14.43	M50 W Wood	29-2	W45 Avril Douglas 29.3	Russian Indoor	M45 Ardids Vitols	9.6
Bill Wood 4-6	K Vaughn 15.92	M70 T Patsalis	29-2		Championships	M50 Nikoly Leschenko	
M55 John Steinman 4-6	A Thomas 16.22	M75 C Mercurio	24-5	W60 Louise Reed 34.9	Moscow; April 5-7		9.5
M60 Phil Fehlen 5-6	W55 J Carter 16.56	W45 B Stratton	22-1	400m	60m	M55 Anatol Romanov	11.5
M65 Paul Bambrook 4-2	200m M30 K Boxes	Chat D.t		M30 Frank Coleman 54.2	M30 Maksim Tcheredov 6.7	M60 Valentin Raikov	10.7
M70 Richard Warren 4-0	M30 K Berry 22.10	Shot Put	27.5	M40 David Ortman 54.4		M65 Gleb Subbotin	10.9
	A Legall 24.47	M30 S Barga	37-3	M50 Larr Bellinger 1:01.9	M35 Alaxander Ribakov 6.9	W35 Marina Slushkina	8.1
M75 Pete Ganahl 3-4	M35 R Sands 23.00	M40 W Gardner	46-91	M65 Jack Coy 1:05.4	M40 Valery Kuzmin 7.1	W40 Chun-Hua Yang	
W45 Barbara Stratton 3-6	M40 S Cummings 24.61	D Greene	36-2		M45 Sviatoslav Savatcev 7.2	Wes V-1	11.5
W60 Christel Miller 3-10	K Stone 26.86	D Perrin	36-2	M70 Len Tritsch 1:19.1	M50 Eugene Nikolaev 7.6	W65 Kaleria Gombweradze	c 14.6
W65 Shirley Kinsey 3-2	M45 D Parker 24.85	M45 A Cain	31-1	W45 Avril Douglas 1:05.8	The state of the s	High Jump	
Pole Vault	B Fitzpatrick 26.98	M50 A Altshiller	31-41	W60 Louise Reed 1:21.7	M55 Anatol Romanov 8.0	M30 Oleg Zaonegin	1.00
M45 Eddie Seese 12-6	M50 T Craddock 28.12	M55 R Hodge	49-41	800m	M60 I-Hsiung Kuo 7.8	M35 Gennado Dall	1.98
Jim Andrews 10-6	C Loftis 28.15	F Hunter	29-11	M30 Rich Bean 2:07.3	M65 V Kudriashov 8.4	M35 Gennady Belkov	2.01
Steve Unzueta 9-6	J Bustamante 29.15	M60 H Smith	47-3		M70 Nikoloy Metelkin 8.5	M40 Jury Gavrilov	1.89
M50 John Stringer 12-0	M55 F Hartman 29.22	B Eldridge	32-11	M40 Dave Clingan 2:07.6	M75 Vladimir Hatchargi 11.0	M45 Alexander Grishaev	1.80
M55 Terry Cannon 11-6	J Carter 34.83	R Fitzhugh	32-6	M45 Dean Koge 2:18.6		M50 Valery Loshmanov	1.65
John Steinman 8-0	M65 D Cheek 29.11	M65 H Hawke	37-111	M55 Don MMillan 2:15.9	W30 Olga Romanova 7.6	M55 Pavel Kurbatov	1.50
W65 Shirley Kinsey 5-8	M75 C Mercurio 36.72	M75 J Seifert	30-101	M60 Field Ryan 3:03.5	W35 Marina Slushkina 7.4	M60 Valentin Kuzmin	
Long Jump	M80 A Castro 41.72	A U Ricciardi	28-71	The state of the s	W40 Svetlana Kazarina 8.3		1.40
M30 Peter Hanlon 19-2	W35 R Moore 29.27	M80 K Carnine	18-91	W30 Sue Grigsby 2:30.3	W45 Nadia Koriakina 8.5	M65 Michael Aratsky	1.25
M35 John Kimura 17-94	400m	W35 K Vaughn	30-11	W40 Marne McMillan 2:32.0	W50 Galina Morosanova 8.9	W35 Galina Glubodskaia	1.40
M40 Steve Stafford 16-9	M30 K Berry 52.62	W50 R Nichols	25-10	W'45 Avril Douglas 2:35.9	W55 Valeria Kudriavteeva 9.2	W40 Helen Gridasova	1.55
Joe Sahagun 15-10	A Legall 56.98	Discus	Security of	1500m		W45 Nadia Kovalcva	1.30
John Townsend 15-9	M40 C McKenzie 50.45	M40 R Reabold	123-2	The state of the s	W60 Natalia Asceva 10.0		
M45 Roger Trujillo 17-7½		R Watson	117-8	M30 Rich Bean 4:29.7	200m	W50 Tamara Tupikova	1.10
James Manor 17-61		W Gardner	119-8	M40 Arny Stonkus 4:41.2	M30 Maksim Tcheredov 23.6	W60 Galina Kovalenskia	1.10
Teddy Walton 13-8	K Stone 62.85	M50 D Pena	120-8	M45 Dean Koga 4:47.9	M35 Ravil Gadilishin 24.0	W75 Katrin Smildzinia	1.00*
M50 Dennis Dismuke 15-61	M45 D Parker 54.85	M55 R Hodge	144-2	M50 Larry Wilson 4:44.0		Pole Vault	Note the last
Bill Wood 14-73	S Moro 72.5	F Hunter	101-5	M55 Des O'Rourke 4:58.4	M40 Valery Kuzmin 23.6	M50 Nikoly Leschenko	3.40
M55 John Lawson 15-7	M55 F McAlpine 63.42	M60 H Smith	127-0		M45 Vladimir Andropov 25.0		
	F Hartman 67.18	B Eldridge	101-1	M60 Dave Pitkethly 5:06.7	M50 Eugene Nikolacv 25.6	M55 Viktor Morozov	2.60
Richard Imperale 15-0	M60 E Davis 70.43	R Fitzhugh	101-1	W30 Sue Grigsby 4:59.5	M55 Vitaly Yamov 26.7	M60 Fiodor Zuev	2.40
M65 Paul Bambrook 13-10	M65 A Escobosa 70.66		110-4	W40 Marne McMillan 5:11.0	M60 Valentin Raikov 29.6	Long Jump	
Jim Moorhead 12-11	M75 G Davidson 1:43.27	M75 W Thompson		5000m		M40 Eugene Pudovnikov	6.31
M70 Richard Warren 12-0	P Ganahl 1;55.35	B Hunt	82-8	The state of the s	M65 Gleb Subbotin 30.1		
W35 Elaine Iba 15-2	800m	A U Ricciardi	81-11	M30 Dean Janz 16:42.7	M70 George Van-Jun-San 31.4	M45 Sviatoslav Sauliak	6.06
W45 Barbara Stratton 10-31	M35 J Hope 2:10.14	W40 J Wilson	124-7	M40 Greg Swanson 17:55.0	M75 Vladimir Hatchargi 39.7	M50 Alexander Abramov	5.67
W60 Christel Miller 10-8½	M40 D Jambas 2:10.7	W50 R Nichols	63-1	M45 Doug Sturm 22:27.4	W30 Olga Romanova 26.5	M55 Anatoly Romanov	4.70
Triple Jump	M Huffman 2:26.84	P Hunter	44-3			M60 Vladimie Popov	5.39
M40 Steve Stafford 33-5½	M45 B Fitzpatrick 2:14.0	Hammer	and a later of		W35 Irina Tchernich 26.8	M65 Nikoly Zhiharsky	3.90
John Townsend 32-11½		M30 S Barba	84-3	M60 Dave Pitkethly 18:33.4	W40 Svetlana Kazarina 29.1	M70 Vladimir Kotenkov	
John Townseld 32-113	D Irvine 2:14.75	1130 0 00000				LIVERUL VIAGIMIT K Olenkov	3.94
M45 Roger Trujillo 37-12	D Irvine 2:14.75 M50 L Fitzgerald 2:13.35	M40 R Watson	103-11	M65 Orlo Keniston 20:22.9	W45 Nadia Loghkina 29.5		
			103-11 89-1	W45 Shelly Farber 24:13.9		Continued on next	

Don Bozzone

Don Bozzone
Bill Engle
M65 Mark Lannigan
M80 Austin Newman
Dudley Healy
W40 Joyce Hayes
Lena Hollmann

Jane Parks Betty Conover Kuniko Hurley

Chiara Becchi

Eileen Cox Elleri Melnick W55 Celeste Fondaco

Beverly Eggert Claudia Kearns

W50 Natalie Grabow

Nancy Patron W60 Helene Bedrock

W65 Toshiko d'Elia

21:11

21:09 25:47 32:42

19:37

19:38

19:45 19:37 20:51

21:55

22:15

23:29

26:01 22:19 25:31

28:05

23:27

44:33

54.06

55:39

56:32 53:09

54:41 56:20

58:35

59:53

58:29

1:11:22

1-02-03

1:04:04

1:08:40

1:09:09

1:09:29

1:13:10

1:09:06 1:21:10

1:43:02

1:58:11

1:48:13

1:04:11

1:04:26

1:05:03

1:03:13

1:06:02

1:07:52

1:04:10

1:21:34

1:26:54

1:13:04

1:17:04

1:17:55

1:12:43

1-42-44

1:18:39

Ray Kitchen Bob Hartless

Mark Patterson

Continued from previous p	age	Shot Put	
W30 OlgaRomanova	5.79	M45 Victor Rashupkin	13.69
W35 Marina Slushkina	6.09	M50 Boris Molotchinsky	13.73
W40 Tatiana Potapova	4 97	M55 Vilen Zafran	11.03
W45 Nadia Kovaleva	4.25	M60 Vladimir Porochin	11.93
W50 Galina Morosanova	4 19	M65 Said Saidov	11.97
W55 Valeria Kudriavteeva	3.98	M75 Serge Kuznetcov	9.04
W60 Natalia Aseeva	3.05	M80 Stepan Andropov	5.83
W65 Valentina Petrenko	3.33	W30 Nadia Franteeva	13.22
W75 Katrin Smildzinia	2.70*	W45 Natalia Zubechina	12.67
Altresis in the second		W50 Tatiana Markova	9.55
Triple Jump	13.26	W55 Tamara Danitova	12.90*
M35 Rinat Hairulin	- Dec 198	W60 Galina Kovatenskaia	10.53
M40 Valery Shishkov	13.80	W65 Galina Zibina	11.23*
M45 Arvids Vitals	12.50	W75 Katrin Smildzinia	7.71*
M50 Gennady Bessonov	13.55	3000m RW	STATE OF
M55 Vladimir Roitman	11.48	W40 Svetlana Kazarina	17:20.4
M60 Vladimir Popov	10.77	W45 Ljudmila Levichenko	19:57.8
M65 Vladimir Rud	7.50	W50 V Diatchenko	20:01.0
M70 Vladimir Kotenkov	7.78	W55 Helen Gorba	19:59.1
M75 Serge Kuznetcov	7.62	5000m RW	
W30 Olga Romanova	5.79	M35 Vladimir Sukmanov	26:46.0
W35 Marina Slushkina	6.09	M40 V Boidachenko	21:57.6
W40 Tatiana Potapova	4.97	M45 Alexander Oleynik	23:23.6
W45 Nadia Kovaleva	4.25	M50 Alexander Pautov	26:08.9
W50 Galina Morosanova	4.19	M55 Aglia Kuchumov	25:15.4
W55 Valeria Kudriavteeva	3.98	M60 Nikita Larionov	26:42.1
W60 Natalia Aseeva	3.05	M65 Nikoly Andriushin	26:54.4
W65 Valentina Petrenko	3.33	M70 Boris Olerov	28:31.0*
W75 Katrin Smildzinia	2.70	*World Record	

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to ussue date.

NATIONAL

USATF National Masters 12K Championships (Arts Fest River Run)

Francisco Mis Maria	
Evansville, IN; May	11
Overall	HARA C
Ibrahim Kinuthia	34:55
Valentina Yegorova	41:01
M40 Tom Stevens	39:22
Craig Virgin	40:45
Gordon Benfield	41:53
Gary Holda	42:04
Randy Key	46:21
Howard Abell	48:14
Randy Tenbarge	50:42
M45 Gary Romesser	40:04
Fred Geswein	46:25
	47:30
Dale Fox	
Don Knieriem	47:53
James Judy	48:50
Tony Barrio	52:12
M50 Rich Davis	45:22
Mick Midkiff	46:33
Bill Jourdan	46:57
Glenn Leach	49:21
Bill Delph	55:55
M55 Thom Weddle	44:35
Danny Place	47:15
Ron Rohrer	47:30
Jerry Weyer	64:08
Masood Akhtar	86:37
M60 Bill Olrich	47:14
Jim Hilton	51:06
M65 Charles Cheek	52:20
George Varns	79:19
M70 Harold Carey	59:53
W40 Anne Audain	43:07
Tandy Patrick	55:49
Maryanne Chrisman	58:00
RuthAnn Sellers	58:17
Diane Henke	59:24
W45 Rebecca Woolley	45:10
Barbara Spannaus	51:22
Lolle Boettcher	55:13
Peggy Hilton	56:47
Marcia Matthews	63:01
W50 Joan Ottaway	46:24
Susan Rossetter	59:01
W55 Carol Westerman	63:01
W60 Gloria Brown	61:41
Lucy Gleason	62:40
W65 Vera Whiteside	77:53

Clarion River Half-Marathon

Cooksburg, PA; April 6

EAST

Overall	M. Children
Malcolm East 40	1:11:59
Gail Turley 26	1:25:48
M35 Carl Bialo	1:12:26
Sam Williamson	1:22:30
Gary Sexton	1:23:06
M40 M East	1:11:59
S M Courtney	1:14:49
Don Slusser	1:18:17
Chris Gibson	1:18:28
Gary Thompson	1:19:55
M45 John Crabtree	1:22:44
Curt Grimm	1:23:22
Tom Toale	1:24:47

ıl	Bob Crawford	1:26:05
ı	M50 Dave Cartwright5	61:25:34
ı	Dale Johnson 51	
ı	Tom Fetterman 54	1:27:34
ı	M60+Lou Lodovico 72	
ı	Carl Trimber 62	1:38:00
ı	Jim Roser 65	1:43:35
ı	W35 Nancy Wyatt Ann Bracalielly	1:36:11
ı	Ann Bracalielly	1:47:33
ı	Janet Satterlee	1:50:51
ı	W40 Cindy Grimm 44 Robin Smith 40	1:30:34
۱	Deb Cully-Smith4	
ı	Debi Page 45	
ı	W50 Beverly Bernard5	31:43:39
ı	Beverly Yates 53	1:51:12
ı	Judy Kruk 55	
ı	W60+Margretta Lutz67	
ı	Age-Graded Performan	
ı	Lou Lodovico 72	86.9%
ı	Malcolm East 40	85.0%
ı	Carl Bialo 39	83.9%
١	S M Courtney 40	81.8%
ı	David Cartwright 56	81.0%
1	David Wilt 29	80.9%
١	Herb Cratty 32	80.7%
١	Brent Henderson 33	80.6%
ı	Don Slusser 44	80.4%
١	Michael Bowman 23	80.2% 79.7%
1	Chris Gibson 43 Margretta Lutz 67	78.7%
	John Crabtree 47	78.79
	Tom Fetterman 54	77.89
	Cindy Grimm 44	77.89

Tom Robinson Memorial Guilderland, NY; April 27

440	Rob Picotte 42	35:33
	Peter Gerardi 44	35:39
	Jake Kearney 42	36:01
	Jim Bowles 46	37:43
	Ed Powers 45	38:11
	Jim Hickey 42	39:34
	Dave Koschnich 44	39:50
	Bob Ellison 47	40:41
	Gary Villeneuve 47	40:58
	John Haley 41	41:02
M50	John Camelio 50	38:44
	John Pelton 56	39:58
	Paul Sloan 50	41:10
	Ken Skinner 56	43:52
	Hank McCauley 53	44:44
	Bob Whitby 50	45:07
	Joe McGovern 50	46:32
	Don Fialka 54	47:37
M60	Gerald Barney 63	41:41
	Jim Tierney 61	43:32
	Ken Orner 66	52:36
	Art Tetrault 66	58:09
M70	Bob Hennig 70	55:18
	Danforth Geer 76	63:24
W40	Harriet Jacob 42	40:55
	Jo-Ann Spinelli 43	
	Martha DeGrazia 45	46:36

Kathy Ambrosio 45

W50 none W60 Anny Stockman 63 51:09

Healthy Heart 5K/USATF NJ **Masters Championships** Morristown; May 8

Overall		
Joseph McVei	igh 32 15:	15
Laurie Corbi	in 28 .17:	24
M40 Tom Kins	sman 15:	54
Dan Murr	phy 16:	51
Mike Kan	rr 16:	:52
Bill Sch		:56
Dave Ho		: 22
M45 Roger P		:31
	angenkamp 17	:07
Bill Bo		
Steve K		
Chris L		
	and the second	
M50 Hugh Sw	The second second	:56
Pat Cos	,	:1
Doug Br		
		:59
		:04
M60 Bob Rob	bins 21	:0
Age	-Graded Resul	ts
	loger Price	4
1 7	Nam Vincenza	

Overall
Trevor Murray 30
Candace Strobach 37
M30 Jesus Lopez 35
Roane Carey 36

M45 Robert Briglio Nick Caswell

Joe Porcaro Sam Skinner

M55

M65

Hugh Sweeny Bryan Pearsall

Joe Roche Dan Sinigallia

Jack Haar

Erik Kaymin Albert Puma M70 Sab Koide M75 Albert Goldstein

Wilfredo Rios

Wilfredo Rios
W30 Yuni Ogita 34
Jean O'Connell
Robin Venick 33
W40 Mary DiNardo
Maria Wickham
Pat Coyle
W45 Mary Rosado
Johana Cartar
Barbara Trazino

Barbara Trazino WSO Ann Makoska

W50 Ann Makogka 35:
Kata Glynn 37:
Melanie Benvenue 38:
W55 Billie Moten 45:
Nike Miselle 49:
W60 Thelms Wilson 39:
Ruth Kassangs 43:
W65 Dolly Finkelstein 48:
W70 Deisy Klein 51:
Finishers: 253m/165w
Weather: 65°/humid/cloudy

Joe Lackner
Alfred Finger
Mikhail Papkov
Michael Frankfurt

Stephen Marsales

Luis Tipan
Jaime Palacios
Steve Calidonna

May 18

28:48 26:06 26:48

3027:04

28:26

29:01 29:16 28:32 29:23

30:50

34:25

38:42

38:12

37:27

40:45

48:19

48:21

33:28

43:45

35:39

38:09 45:34 49:17 39:47

48:48

51:33

47 16:31/15:05 86.0% \$150 42 15:54/15:05 86.0% \$150 55 17:56/15:22 84.4% \$100 Tom Kinsman Pat Cosgrove Hugh Sweeney Bruce Langnk 52 17:31/15:23 84.3% \$ 85 4 Hugh Sweeney 52 17:31/15:23 84.3% \$ 85
5 Bruce Langnkamp46 17:07/15:45 82.4% \$ 75
6 Bill Scholl 44 16:56/15:49 82.0% \$ 65
7 Bill Bosmann 45 17:14/15:59 81.2% \$ 55
1 Toshiko d'Elia 66 23:27/17:14 83.5% \$150
2 Helene Bedrock 61 22:19/17:25 82.7% \$125
3 Betty Conover 47 19:37/17:36 81.8% \$100
4 Lois Filreis 66 24:15/17:50 80.7% \$ 85
5 Lena Hollman 44 19:38/18:05 79.6% \$ 65

Mother's Day 8K
Washington, DC; May 12
Masters 15K Championships

Washington, DC, Ma	7 12	masters 15k Champic
Overall		Far Hills, NJ; May
Bonnie Barnard-Lopez 3	729:22	Overall
W40 Linda Wack	31:18	Jimmy Muindi
Anne Bowman	33:48	Alicia Kelly
Betty Blank	34:39	M40 Dan Murphy
Joyce Adams	35:14	Mike Karr
Nancy Anderson	35:56	David Hoch
W45 Susan Humphries	36:13	
Barbara Ekstrom	37:23	M45 Roger Price
Irene Schanz	39:28	Bruce Langenkamp
Susan Whitsitt	40:55	Bill Pape
W50 Chris Stockdale	34:21	M50 Douglas Brown
Janet Newburgh	38:51	Feliciano Pereira
Barbara Fitz	39:44	
W55 Janice Stoodley	35:53	George Wittmann
Rosa Seemann	43:13	M55 Pat Cosgrove
Mary Grillo	45:16	Butch Pivano
W60 Charlotte Edwards	38:15	Don Jewell
Joanne Mallett	41:23	M60 Bill Engle
Lois Johnson	56:15	Joe LaBruno
W65 Doralie Segal	43:37	Mark Maloney
Lee Glassco	51:35	
W70 Evelyn Kerper	58:03	M65 Mark Lanigan
W75 Hedy Marque	47:28	Robert Kehoe
		Stan Chodicki
NYRRC You Gotta Hav	e Park	M70 Bill O'Brien
5 Mile		Lloyd Kornblatt
Prospect Park, Brook	klyn;	M80 Dudley Healy
Charles and he had been	and the latest the lat	1 100 Dudicy Healy

W45 Betty Conover

W50 Natalie Grabow

W55 Imme Dyson

W60 Helene Bedrock

Shirley Pettijohn W65 Toshiko d'Elia

Trink Poynter

Joyce Hayes

Lena Hollmann

Kuniko Hurley

Alexandra Bru

Madeline Bost

Sue Medaglia

Celeste Fondaco

Patricia O'Hanlon

W40 Jane Parks

Lois Filreis 1:22:52 Advil Mini-Marathon 10K

Cei	ntral Park, New Yo	k	City;
	June 8		The state of
	Tegla Loroupe KE		
W30	Natalya Sorokivs'		34:44
	Lisa Presedo CA	N	35:47
	Marian Sutton EN		
W40	Anne Audain I		
	Gillian HorovitzN	Y	38:07
	Mary Di Nardo N	Y	40:00
W45	Lena Hollmann C	A	42:49
	Ann Davies N	Y	43:25
	Ann Davies N Kuniko Hurley C	A	44:29
W50	evy raim	1	40:14
	Mirjorie Kos N		
	Carol Christensen		46:11
W55	Patty Parmalee N	Y	47:42
	Marion Stanjonesh	Y	49:28
	Kathleen Nitschel	m	50:52
W60	Wen-Shi Yu N	Y	48:05
45	Rosa Nales	Y	49:56
	Sue Medaglia N	ΙY	51:14
W65	Joyce Kuschke Marian Dealey	IJ	62:08
	Marian Dealey N	Y	69:13
	Yoshiko Ishizawah	Y	70:47
W70	Edith Farias	Y	59:23
			67:54
	Yolande Marois Ca	N	76:04
W75	Althea Wetherbeek	īΥ	85:43
	Althea Jureidini	14	86:34
	Ann Gilmore		90:00
6	- Wand In- Was 1 11		

from Marilyn Mitchell

SOUTHEAST

Shamrock Sportsfest Marathon & Masters 8K Virginia Beach, VA; March 16 Marathon--Overall

Brac	Hawthorne 40	2:18:22
Anna	Brook 30	2:51:08
M40	B Hawthorne	2:18:22
	Smartex Tambala	2:25:24
	Mike Fuller	2:33:14
	Sadot Mendez	2:45:55
	Steven Dunn	2:58:34
	Larry Miller	2:59:19
	Joseph Sularz	2:59:52
	John Hixon	3:01:21
	Frank Cagnina	3:01:34
447	Kevin Frye	3:01:44
M45	Thomas Morris	2:49:11
	Hans Tall	2:51:13
	Doc Weiss	2:55:51
	Alan Abramowitz	2:57:11
	Ken Clark	3:00:51
	Jon Park	3:01:47
	Wm Magnan	3:03:41
PARK	Dan Jones	3:03:59
M50	John Loughran	3:04:22
	David Harrell	3:20:12
	Frank Okoh	3:22:14
	Richard Cassidy	3:22:39
1-1	Tom Fiedler	3:23:33
M55	Mel Williams	2:51:52
	Bernie Davis	3:05:48
	Earl Rushin	3:12:46
	Bob Ferguson	3:21:31
5.14	Stanton Neumann	3:23:51
M60		3:25:32
	Lee Cooper 65	3:27:43
	Bill Spruill 61	3:29:27
M70	+Robert White 72	3:57:49

M70+Robert White 72 3:57:49
R E Stafford 5:00:30
W40 Sue Given 43 3:08:16
Cecil Astrop 41 3:12:26
Kathy Powell 41 3:21:46
Betty Blank 43 3:24:01
Peggy Frederick453:24:22
W50+Jeanne Kruger 48 3:06:19
Jenny Margulies523:52:41
S Flythe 50 3:56:45
Angle Catarineau534:38:40
Betty Springer52 4:46:16
--Masters 8K--

Martin Mondragon MEX 23:48 Steve Jones ENG 23:59 Steve Jones Boguslaw Maminski POL 24:05 POL 24:09 Antoni Niemczak MO 24:14 Charlie Gray Tom Stevens David Shafer MD 25:16 MD 25:27 VA 25:31 LA 26:15 David Kannewurf Desmond O'Connor Tim Cooke PA 26:30 Paul Peterson M45 MD 26:56 Doug Bell Q 25:05 Gary Romesser Rick Platt IN 25:45 VA 27:19 VA 27:57 NC 28:14 Bill Hart Tom Carr Larry White
Jeff Long
Larry Frederick
M50
Ben Dyer VA 28:15 VA 28:36 NC 28:59 VA 29:05 VA 30:08 John Haubert WV 30:47 VA 32:16 MD 32:19 VA 32:19

Larry Turner M55 VA 32:42 Fay Bradley George Cleland Claude Bell DC 29:02 FL 32:24 VA 32:45 Dick Johnson John Munday M60 VA 33:24 Charles Rose Larry Dickerson Stanley Witomski Frank McAneney NC 29:19 VA 32:57 MD 33:46 NY 34:26 M65 NY 33:21 VA 35:15 VA 35:33 Howard Rubin Neil Wilson Andrew Polansky M70+ VA 37:28 VA 35:15 VA 43:50 Dixon Hemphill 71 Cokey Daman 77 Cokey Daman 77 Shannon Allen 73 Maureen De St CroixCAN 28:23 CAN 28:37 CAN 28:53 Gaylene Pridham Diane Legare Linda Wack

MD 31:36 VA 31:59 VA 32:50 VA 32:53 Nancy Ferris Donna Harper Joey Burns Linda Gulick VA 32:56 W45 Rebecca DaleWoolley CT 28:47 Nancy Grayson MI 29:31 Terry Mahr OH 30:29 Claudia Piepenburg VA 31:39 Suzanne Stansfield VA 36:09 Randon Fritsch 51 MD 32:16 Marjorie Kos 51 NY:34:34 Jillian Lazaridis50 NY 38:10

M BaumannRobbin 50 W60+ Gloria Brown 64 Betty Dameron 60 Mary McCauley 63 NY 38:45 VA 40:21 RI 40:44

Mary McCauley 63 RI	
George Washington Pa	arkway
Mount Vernon, VA; Ap	oril 21
Overall	
Leonid Shvetsov 27 Lorraine Hochella 32	44:31 53:10
Too M40+	F0-05
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Steven Giorgis 41	50:58
M35 Mark Donohue John Doub	44:40
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M40 Larry Jones Paul Peterson	51:55 52:05
Ron Knepper	52:05
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Elizabeth River Run 10K Norfolk, VA; April 27

HOHOIK, VA, APIN	- ATTEN
Overall	
Bart Sellers	30:42
Elizabeth Andrews	38:08
Masters Men	Maria A
Rick Platt 45	33:08
Mike Fuller 40	33:16
Pete Gibson 40	34:00
Bill Hart 47	34:12
Jeff Long 49	34:49
M40 Frank Schreier	35:02
Jeff Douglass	35:15
Ed Weston	
	37:00
Chuck Iollar	37:55
Bill Hammock	38:16
John Price	38:32
M45 Dan Cantley	36:08
Hans Tall	36:57
Paul Steele	37:07
Larry Coley	37:12
Per Kristiansen	38:58
Jack Dempsey	39:08
M50 Jack Sornberger	36:34
Mark Patterson	40:28
Ron Canaway	41:42
Tom Walsh	41:44
M55 Mel Williams	38:08
Ed Brinkley	38:43
John Mundayr	41:41
Claude Bell	42:07
M60 Tom Ray	41:39
Bill Spruill	41:45
Gene Ross	45:05
M65 Neil Wilson	44:17
John Cholish Jr	47:39
Pen Ibarra	51:58
M70+Cokey Daman	49:35
Scott Etheridge	55:00
Masters Women	33:00
K McAllisterMorgan	40:03
Dorothy Winn	
Barbara Mathewson	40:30
Linda Gulick	40:53
Joey Burns	41:14
WAO Crotaban M	41:19
W40 Gretchen Maurer	41:48
Marlene Walker	42:24
Kathy McAuliffe	43:35

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Peggy Frederick	43:11	W55 Ann Locke	41:43		Dominick Gutirrez		W354 Joan Fansberger	2.07,37	Vera Baumfalk 61:8	2
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Pat Ewell	60:06	Appreciation 5k	1000	260	George Etherington	42:19	St. Paul; May 4		Kansas City, MO; June	-
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Challenge 5K		Overall	9.5	100	Dick Plank	44:31	Deb Gormley 29	17:26	Gerty Thys 1:03:2	
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Anne Park Yoshiko Setser W60 Pat McClain Darwin Perkins W65 Joann Long Betty Dooley Myrtle Tourtlott W70 Margaret Hagerty	AL 52:09 AL 52:22 AL 59:57 AL 69:18 AL 55:24 AL 68:27 KY 72:03 NC 73:51 Games 5K	Scott Woreham Steven Caswell Ken Burke Tim Zumbaugh John Roscoe George Cook Carl Hansen Tim Zindler David Baltosser	36:34 36:36 37:21 37:35 37:43 39:34 39:55 40:00	M70+	Joe Thornburg Lauren Cihak Robin Walker Rebecca Levine Kathy Wilken Theresa Pipher	2:14:13 1:28:02 1:38:21 1:51:19 1:54:08 1:54:24	Barbara Holzman W45 Marilyn Stapleto Trudy Calloway Vera Burton W50 Jane Hutchinson Vivian Johnson	42:16 42:38 n 39:36 42:67 43:59 38:18 45:21	Nevin Bender 34:	54 43 00 26 34 42 37 04
Anne Park Yoshiko Setser W60 Pat McClain Darwin Perkins W65 Joann Long Betty Dooley Myrtle Tourtlott W70 Margaret Hagerty Mississippi Senior (Raymond; Jun	AL 52:09 AL 52:22 AL 59:57 AL 69:18 AL 55:24 AL 68:27 KY 72:03 NC 73:51 Games 5K ne 1	Scott Woreham Steven Caswell Ken Burke Tim Zumbaugh John Roscoe George Cook Carl Hansen Tim Zindler David Baltosser M45 Bill Rodgers	36:34 36:36 37:21 37:35 37:43 39:34 39:55 40:00 33:20	M70+	Joe Thomburg Lauren Cihak Robin Walker Rebecca Levine Kathy Wilken Theresa Pipher Susan Peterson	2:14:13 1:28:02 1:38:21 1:51:19 1:54:08 1:54:24 1:58:07	Barbara Holzman W45 Marilyn Stapleto Trudy Calloway Vera Burton W50 Jane Hutchinson Vivian Johnson Anita Duncan	42:16 42:38 n 39:30 42:67 43:59 38:18 45:21 48:41	Xevin Bender 34: Sherri Duke 39: M35 Donnie Harris 39: M40 Leo Bochnia 39: M45 Robert Anderson 37: M50 George Marchetti 38: M55 Jim McPadden 38: M60 Bill Luce 52: M65 Perry Tennison 49: M75 Fisher Lewis 52: Sherri Dendis 52: M65 Perry Tennison 49: M75 Fisher Lewis 52: M65 Perry Tennison M75 Fisher Lewis M65 Perry Tennison M75 Perry Tennison	54 43 00 26 34 42 37 04 46
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Whirlwind 5K Tishomingo, OK; May 18 Overall

dy Weaver 32	16:27
sie Gordon 11	21:12
Rick Orr	19:06
Jerry Proctor	19:53
Mark Wright	20:04
Doug Kopp	19:26
David Kovacs	21:17
Donnie Willis	22:39
Ken Hughes	19:45
James Higgs	22:31
Johnny Johns	23:08
Buddy Kessinger	22:02
Henry Brigman	22:23
Alex DelaRosa	25:37
John Cooper	25:07
	27:03
	30:03
	27:16
Joanne Contreras	23:58
Joleta Ryan	28:34
	46:49
	25:17
Geneva Kennedy	31:40
Janet Myers	23:08
Jody Isabell	44:30
	sie Gordon 11 Rick Orr Jerry Proctor Mark Wright Doug Kopp David Kovacs Donnie Willis Ken Hughes James Higgs Johnny Johns Buddy Kessinger Henry Brigman Alex DelaRosa John Cooper Andrew Huggins John Holladay Fisher Lewis Joanne Contreras Joleta Ryan Cindy Heffington Yoko Pepera Geneva Kennedy Janet Myers

WEST

Law Day 15K Santa Barbara, CA; April 27

Sainta Daibara, Ori,	.p
Overall	
Jeff Jacobs 28	50:58
Misty Allen 29	56:18
M35 Andreas Soffker	51:37
M40 Jim Kornell	54:43
M45 R Del Campo	58:54
M50 Gene Ball	56:51
M55 John Ayres	66:18
M60+Gordon McClenath	en67:19
W35 Susan LaVelle	63:56
W40 Jill O'Leary	72:10
W45 Mimi Baranowski	70:35
W50 Marilyn Hansen	80:09

Avenue Of The Giants Marathon/10K Humboldt Redwoods St. Park, CA; May 5

Park, CA, May	A PARTY OF
Marathon	
Gunter Ziwey 34	
Midori Waugh 29	3:13:10
Midori Waugh 29 M35 Ken Gregorich M40 James Washington M45 Rod Smith M50 Andrew Jensen	2:43:49
M40 James Washington	2:41:49
M45 Rod Smith	2:55:33
MSS Jerry Hill	3:39:59
M60 Forrest Williams M65 Dick Yaeger	3:42:34
M65 Dick Yaeger	3:42:14
M70 Ray Penkert	4:00:55
W35 Sheila Cullen	3:33:06
W40 Alice Luna	3:46:25
W45 Karen Kelley-Day	3:21:21
W50 Sandra Whitmore	4:20:22
W55 Meg Ghatge	4:22:38
W60 Judith Bullough	4:44:52
10K	
Overall	
Scott Ames 37	35:58
Margaret Lang 34	38:22
M40 Eddie Freyer	37:06
M45 Ernie Rivas	37:29
M45 Ernie Rivas M50 Richard Vrem	41:09
M55 Bob Hyde	44:19
M60 Philip Erath	41:29
M65 Bob Malain	45:06
M70 David Valles	46:14
M70 David Valles M75 Ira Samuels	78:30
M80 Tom Cullen	95:00
W35 Lura Damiano	39:29
W40 Trish Strepy	45:30
W45 Sara Miller	53:44
W50 Pam Horton	45:10
W55 Gail Jonas	58:30
W60 Lynn Lawrence	59:40
W65 Ruth Anderson	56:20
W70 Gina Wilson	53:50
W75 Kathryn Corbett	95:00
	23.00
Mt. Wilson Trail F	lace

(8.6 miles)

Sierra Madre, CA;	May 25
Overall	2000
Tom Casto 26	59:30
Erin Remy 29	73:58
M30 Matt Ebiner	61:23
M40 John Andersen	67:48
M50 Wayne Mitchell	71:23
M60+Mike McSkane	92:25
W30 Valerie Ellis	82:10
W40 Shirley Arthur	79:30
WSO Turke Palmor	02.52

Bonita RR 5K/10K Bonita, CA; May 25

boilita, CA, May	23
5K	
M40 Dave Hunter	16:50
M45 Jim Pool	18:09
M50 Charles Adair	17:54
M55 Dan McCaskill	19:24
M60 Jose Vigil 63	20:05
M70+Jack Green 70	25:22
Ted Horner 71	25:39
W40 Joyce Gilcrease	23:24
W45 Willie Mundt	20:46
W50 Mary McCalister	24:41
Continued on no	ext page

page 42	No. of Section	ELF 2				Natio	nal M	astei	rs News		
Continued from previous p	page	1	Mike Layman	40:47	3145	Bart Haggin	51:19	MA	Brooke Nelson	53:03	M60 James
W55 Ursula Rains	23:34		Bob Walker	41:14	X A NA	Doug Woollen	51:24	100	Kathy Hill	53:36	M65 Bill Ha
W60 Dorothy Stock 63	25:02	7.25	Al Schurman	41:26	M60	Edward Rockwell	51:34	77.00	Elizabeth Hively	53:46	M70 Burt C
10K		100	Rick Barbero	41:53		James Noonan	53:23	9-100	Sharon White	53:52	50-Mile
M40 Tyrone Farley	35:50		Eugene Allwine	42:28	1	Patrick Quinn	53:55	1	Christine Laughlin	54:30	Overall
M45 Rick Vandertie	39:35		Mike Halverson	43:17	CHAILS	Olin Peach	54:25	11146	Rhonda Funge	55:16	Bjorn Grass 3:
M50 John McBride M55 Hans Dieben	39:39 40:20		Bob Barbero	43:18	· 是一个	G N Kirkwood	54:42	W45		50:25	Theresa Daus-
M60 Ray Parra 62	49:22	8.4	Jamie Cobb	43:53		Phil Phythian	55:48	1111	Sally King	51:15	M40 John C
M70+Ted Horner 71	50:50		Larry Mulenburg	44:21	Se It	Kermit Williams	57:20	U-59	Linda Westberg Ann Bell	51:30 53:00	Richar
W40 Maria Fernandez	40:34	132	Al Mayer	44:33	1.623	Don Robinson	57:56	100	Karen Flint	53:55	M45 Mike I
W45 Kim Satterlee	40:40	1,00,00	Rob Benedetti	44:45		Lyle Raffety	58:04	45.00	Diane Monen	53:57	M50 Nick E
W50 Sandy Madden W55 Ursula Rains	50:34 49:58		Fred Funge	45:00		Jack Kelly	58:06	SED	Dolly Crum	54:00	M50 Nick E Don K
W60 Chris Comer 64	53:12	M45	John Naslund	43:06	M65	Melvin Branch	51:27	7 50	Ruth Mathesius	55:27	Mike
ALO DESTINA	com.		Paul Johnson	43:16	Bear	Jack Townshend	59:39	4	Susan Marcinek	55:38	M55 Richar
NORTHWE	21	1 May 2	Thomas Heaton	44:25		Pete Clarke	1:00:53	1000	Joan Clergy	56:00	W40 T Dau
	_	11.27	Steven Dean	44:58		Dick Gardner	1:00:00	Parada.	Libby Barnes	56:30	Fiona
Northwest 15K/Pa		N. S. S.	Clark Richards	45:09	The same of	Yosh Tamaki	1:01:07	72.0	Donna Lee	57:52	Ellen I
Northwest Open & M		10000	Mark Mochon	45:15	Carnel	Gil Sheffels Charlie White	1:03:28	100	Kathleen Dix	58:20	W45 Cynthi
Championship			Helmut Winter	45:19	-AR	Fred Freeman	1:03:54	137.00	Nancy Kress	58:27	-
Seattle, WA; May	4		Donald Hill	45:22	+ HORK	Jack Herring	1:03:36	100	Sheelagh Sweitzer	58:31	INTER
Overall Erik Brooks 24	52.21	The same	David Fuller	45:38	5115	Ben McAdams	1:04:30	W50	Melody A Schultz	48:56	
Judy Fisher 52	52:21 72:35	- The said	Paul DeCoursey	45:45	M70-	Lenn Dompier	58:58	1	Sally Shamp	52:54	Dr
M40 Mark Billett	52:24	100	Kelati Weldegaber David Johnson	45:47 45:48	79	George Boulden	1:02:43	10-3	Jayne Alkana	53:20	Draveil,
Mark Steinberg	58:35		Armando Brionez	45:48	1000	Sid Smith	1:05:06	China	Shirley Weaver	54:26	M30 Pierre \
Jordan Rosenfeld	60:06	1 20-18	Don Kardong	46:12	F. W. ST.	Wayne Eacker	1:06:38	7228	Gunhild Swanson	54:38	M35 Aissa Ch
M45 Jim McGill Phil Welch	53:25 55:54	1227	John Schulte	46:15	1000	Thomas Sheehan	1:06:55	1000	Dorie Quam	55:25	M40 Cenda M45 Andre He
Terry Parks	57:48	M50	Steve Lester	41:01	Part	Fred Schwin	1:07:45	Sec. 2	Judith Paine	57:19	M50 J Bourge
M50 Ron Taylor	59:47		Jeffrey Corkill	41:25	1	Anders Jacobsen	1:08:05	200	Sherry Arsenault	58:12	M55 Louis Ja
Jon Houghton	66:26	15840	Rolly Moore	42:46	18 1945	Lawrence Zuck	1:08:21	5 Th 5 W	Jan Nelson	59:34	M60 Alfred V
Bob Wilkinson	69:59		Jerry Graham	44:07	12015	Ted Zacher	1:10:30	1,500	Sarah Parshall	1:01:43	M65 P Fouque
M55 Tim Joslin Roy Veal	62:44	1000	Adrian Loades	44:47	- BETTER	Clive Berry	1:11:22	5.5000	Shirley Chovanak	1:02:27	M70 Michel S M75 Marcel
Roger Frost	67:48	1	James Fiorito	44:54	M80+	Paul Wagner	1:33:36		Sharon Carroll	1:02:37	W30 Michele
M60 Dave Pitkethly	60:39	1000	E Dawes Eddy	45:31	7 100	Jorge Gonzalez	1:48:28	W55	Barbara Miller	49:11	W35 Christi
Derek Mahaffey	62:19	TO SERVICE OF THE PERSON OF TH	William Greene	45:56		Jule Crabtree	1:48:30	1504	Sylvia Quinn	55:36	W40 Maryse
Field Ryan	72:25	and the	Glenn Govertsen	46:47		Andrew Learning	1:50:57	77.5	Carolyn Woodbury		W45 Sylvie
M65 Orlo Keniston M70 Masahiro Sato	68:25 75:07	100	Raymond Pearson	47:24	ATT 52	Wayne Lindberg	1:56:16	-	Angelika Tann	1:00:54	W50 D Pierra W55 Liliane
Roelif Laughlin	85:27	3000	Kenneth Hinds	47:27	40.000	Lloyd Berg	2:04:51	1	Una Marie Pierce	1:02:10	W33 IIIIane
W50 Judy Fisher	72:35		Joe Machala	47:39	1300	Jack Petersen	2:07:37	1200	Frances Raymond	1:02:17	Dute
W55 Chris Curtis	74:26	M55	Halvor Westberg	47:02	THE REAL PROPERTY.	Charles Wilson	2:10:36	100	Ethel MacDonald	1:03:10	Chai
I lies Disamaday 1	OK.	2007	Grant Smith	47:37	W40	Lorraine Caldwell	47:30	1 1 2	Sharon Robertson	1:05:19	(Men 15
Lilac Bloomsday 1		NO. OF PARTY	Larry Crandall	48:03	Establish St.	Barbara Bellows	48:20	113-5-1	Janice Brantley	1:06:14	Santpo
Spokane, WA; May	3	3305	Desmond O'Rourke	49:00	1	Jean Grammer	49:42	75	K Crandall	1:06:20	M40 Cees Kr
Overall	Kount .	-	Graham Kenyon	49:02	10-14	B Simmie-Kesecke		135.4	S Hendrickson	1:06:33	Ton var
azarus Nyakeraka 20	34:07	The same of	Ron Kelling	50:02	Mass	Lesley Roberts	51:05	Wen	Linda Swartley	1:07:20	Gerard
Colleen DeReuck 32	38:48	20010	Robert Ruggeri	50:18		Jane Ballantyne	51:21	W60	Joanne Kruger	59:57	M45 Jaap Va
M40 Bob Boland	39:26	123-	Larry Carroll	50:32	WET IT	Dawn Long	52:25		Clair Ingraham	1:00:41	Bouke I
Mark Carter	40:06	3450	Robert Boyd	50:45	F1.151	Penny Colton	52:32	1000	Marjorie Gilmore Arlene Arneson	1:03:14	M50 Frans I
Dick Leland	40:27	[sqls8]	Kent Holbrook	51:14	1800	Sharon McGrane	52:57	- 1	Eileen Fawcett	1:07:45	Henk Pe
and or electric appropriate to recommend	Les bearings	PARTY I	The sales having a long or married	-	all departs to	P-P III III III III		1000	Sally Porcarelli	1:12:11	M55 Tini Da
projection and the second	No.	400	-	-	100		THE WAY	College A	Shirley Nitcy	1:13:54	Alberto
NA.	THE SHAPE	A	0			370 970	190	100	Pat Moll	1:13:56	M60 Joop Ru M65 Wil van
Viasi	ters	AS	ge-Grad	aea	建	ables	G-6	THE R	Jean Greene	1:14:08	M70 Hans K
Marie Carlotte Contraction	Hillself (Zdelvale)				De la Carte			STATES	L Williams	1:14:47	W35 Carla
• Keen tra	ck of vo	ur prod	gress over the ye	earc				200	Mary Kay Johnson	1:17:07	Hetty I
THE RESIDENCE OF THE PARTY OF T	All the second s	Action of the last	CONTRACTOR OF THE PARTY OF THE			PROPERTY SHE	100	1000	Mira Anzalone	1:18:07	Margree
 Compare 	perforn	nances	of older and yo	unger	indivi	duals in	15	W65		55:39	W40 Hennie Suze Gr
the same	or diffe	rent ev	ents.	SENATI	-		100	1	Madeline Johnson	1:13:37	Truus
				hur be	8.5	Charles or P. J.	TO THE REAL PROPERTY.	1.35	Thelma Yasuhara	1:14:12	W45 Els Raa
• Select the	e best pe	riorm	ance in an even	amor	ig all a	ige groups.	William III	121	Inge Hendron	1:15:00	Leny va
Score mu	ılti-even	ts.					18	W.	Jimmie Savitz	1:15:56	W50 Plonie
The Control of the Co					9536	and the sou	67	45.5	Edie Wilson	1:19:45	Greet I
• See now	much y	our per	rformance shou	id deci	ine wi	iin age.	Maria Barrier	1153	Colleen Adams	1:21:21	W55 Ria Du: W60 Ans var
			STEST N					1 300 7	Trudy Molander	1:22:58	W65 Sophie
William Committee or the			To the same				03.	122 0	Betsy Pearson	1:27:40	from To
			NAME AND ADDRESS OF THE OWNER, WHEN PERSON AS NOT THE OWNER, WHEN					-	Eileen Epler	1:28:36	

 Includes single-age factors and standards for each age from 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.

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Name Address

	Christine Laughlin	54:30
W45	Rhonda Funge Kathleen Slinger	55:16 50:25
11.4	Sally King	51:15
USA	Linda Westberg Ann Bell	51:30 53:00
100	Karen Flint	53:55
SEG	Diane Monen Dolly Crum	53:57 54:00
1	Ruth Mathesius	55:27
15,61	Susan Marcinek Joan Clergy	55:38 56:00
No.	Libby Barnes	56:30
25.52	Donna Lee	57:52
THE CL	Kathleen Dix Nancy Kress	58:20 58:27
11/65	Sheelagh Sweitzer	58:31
W50	Melody A Schultz Sally Shamp	48:56 52:54
100	Jayne Alkana	53:20
Sings	Shirley Weaver Gunhild Swanson	54:26 54:38
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TO E	Sarah Parshall	1:01:43
	Shirley Chovanak Sharon Carroll	1:02:27 1:02:37
W55	Barbara Miller	49:11
	Sylvia Quinn Carolyn Woodbury	55:36 58:25
	Angelika Tann	58:25 1:00:54
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	Frances Raymond Ethel MacDonald	1:02:17 1:03:10
	Sharon Robertson	1:05:19
	Janice Brantley	1:06:14
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SAL A	Linda Swartley	1:07:20
W60	Joanne Kruger	59:57 1:00:41
	Clair Ingraham Marjorie Gilmore	1:03:14
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Tening or	Sally Porcarelli	1:12:11
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	L Williams Mary Kay Johnson	1:14:47
	Mira Anzalone	1:18:07
W65	June Machala	55:39
	Madeline Johnson Thelma Yasuhara	1:13:37
	Inge Hendron	1:15:00
	Jimmie Savitz Edie Wilson	1:15:56
	Colleen Adams	1:21:21
	Trudy Molander	1:22:58
	Betsy Pearson Eileen Epler	1:27:40 1:28:36
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	G Herbertson Betty Miller	1:14:30 1:27:46
	Mary Bemis	1:30:10
	Ginny Warden Marjorie Grinde	1:21:33 1:33:21
	Maureen Schmahl	1:33:21
	Billy Smith	1:35:54
	Alyce Lindberg La Ree Rasmussen	1:36:49 1:37:23
1110	Dawn Russell	1:38:08
W80+	Mabel Klein Marr Weinert	1:34:22 1:39:42
	Lois Robinson	1:39:42
	R McKeown	1:45:55
	Edith Wasmund Ethelyn Olson	2:06:03 2:20:33
	Myrtle Erickson	2:20:33
	Lelah Lemen Gladys Keating	2:24:13 2:25:44
	Mary Newell	2:25:44
Bo	cky Mountain Mar	
.10	and 50-Mile Run	atrion

and 50-Mile Run Laramie-Cheyenne, WY;

- WILL	May 26	
Marat	hon	
Overa	di	
Doug	Yule 35	3:12:00
Linda	McFadden 33	4:38:02
M40	John Furguson	3:36:20
	Ben Aragon	5:23:20
	Jim Thornbill	5:36:37
M50	Joe Hunter	4:13:50
	George Stevenson	4:25:15
M55	Charlie Kauffman	6:17:35
	Paul Spychalla	8-02-15

M60	James Munson	5:44:45
M65	Bill Halm	6:07:15
M70	Burt Carlson	:10:50
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Bjorn	Grass 35	7:32:25
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M40	John Ooley	8:52:11
534	Richard Tu-Tygrs	11:21:11
M45	Mike Degner	8:07:06
	Charles Fritz	10:07:12
M50	Nick Bassett	9:05:02
	Don Kelley	9:42:42
	Mike Abell	12:15:49
M55	Richard Brown	12:00:00
W40	T Daus-Weber	7:59:00
	Fiona Winkler	9:54:04
	Ellen Ives	10:35:22
W45	Cynthia Daniels	10:35:22
INT	FRNATIC	NAI.

Draveil 20K				
	Draveil, France;	May 5		
M30	Pierre Vires	1:09:09		
M35	Aissa Chettouh	1:09:20		
M40	Cendrier	1:12:03		
M45	Andre Heulot	1:15:25		
M50	J Bourgeois	1:13:06		
M55	Louis Jallet	1:17:16		
M60	Alfred Weyers	1:22:43		
M65	P Fouquet	1:37:02		
M70	Michel Sadoc	1:24:52		
M75	Marcel Peschang	1:51:18		
W30	Michele Levaou	1:38:47		
W35	Christine Aubour	g1:40:11		
W40	Maryse Bedfert	1:44:52		
W45	Sylvie Courtois	1:36:14		
W50	D Pierrard Meil	1:49:15		
W55	Liliane Laville	1:40:16		

tch National ampionships 5K/Women 10K)

	Santpoort; March	24
M40	Cees Kraaijeveld	49:03
	Ton van Dorn	49:06
	Gerard Hendriks	49:11
M45	Jaap Vallentgoed	51:58
	Bouke Pitstra	52:07
With	Theo Bloemberg	52:14
M50	Frans Forrer	52:24
	Henk Peters	52:31
M55	Tini Damen	55:39
A) MA	Alberto Modafferi	56:48
	Joop Ruter	55:33
	Wil van der Lee	55:17
	Hans Kamperdijk	71:36
W35	Carla Ophorst	36:43
	Hetty Everhardus	37:37
	Margreet Broersen	
W40	Hennie Zantinga	36:10
	Suze Groenin'tWould	
	Truus de Maare	40:51
W45	Els Raap	38:09
	Leny van der Plas	38:22
W50	Plonie Scheringa	41:04
	Greet Marnaar	41:35
W55	Ria Duivenvoorden	42:54
W60	Ans van Amerongen	47:00
	Sophie Wisman	49:17
	from Ton Peters	学牌

British Veterans 5K Championships Wells, Somerset; May 27

	CHARLES OF AN ARTHUR AND A PARTY.	CONTRACTOR OF
M40	Martin Rees	14:49
	Nigel Gates	14:53
	Gordon Seward	15:05
M45	Mike Hager	15:10
	Dave Hill	15:10
	Ahmed Amraoui	15:36
M50	Alun Roper	15:57
	Brian O'Neill	16:02
M55	Mike Wrenn	17:09
	Alan Garrett	17:09
M60	Dennis Hayes	17:49
	John Taylor	19:31
	Ron Atherton	20:46
	Jo Thompson	16:42
	Jan Holt	16:56
	Jane Shields	17:40
W40	Janice Moorekite	17:40
	Marion Eldridge	17:40
W45	Zina Marchant	18:35
	Mary Anstey	21.14

RACEWALKING

Art Keay Memorial 10K Racewalk Toronto, Ontario, Canada;

_	April 28	
	erall	
1	Joan Bender 33W	56:48
3	Nancy Sweazey 40W	54:30
4	Lily Whalen 44W	56:44
.5	Mike Freeman 53	56:48
6	Paul Guimond 39	58:44
7	Paul Tucknott 30	59:39
8	M T Kelly 49	1:01:42

9	J-M Provost 62	1:02:53
10	Michael Gough 52	1:06:43
11	Peter Fellowes 71	1:08:45
12		1:12:25
13	Uno Limit 75	1:13:07
	One Emili	

Northwest Masters Regional 10K Racewalk Championships Seattle, WA; May 4

overall	
Colin Peters 34	50:58
Sian Spacey 31	50:56
M45 Stan Chraminski	52:13
Bob Novak	53:19
M60 Paul Kaald	63:01
Oscar Werner	68:44
W50 Georgia Cutler	67:47
W60 Bev LaVeck	60:20

Great Race XVI 10K Racewalk Elkhart, IN; May 17

Overal		
Josh H	owe 18	59:07
Karen	Chamness 37	1:01:43
M30	Brad Howe	59:25
M40	Rick Bainter	1:08:51
M50	Jerry Lambert	59:47
W30	Lori Wallacw	1:07:51
W40	G Marcinkowski	1:10:28
W45	Diana Speck	1:12:56
W50	Beth Young-Grady	1:08:27
W60+	Jo Presser	1:18:43

Niagara Falls 10K Racewalk (USATF Men's 10K Championships) Niagara Falls, NY; May 19

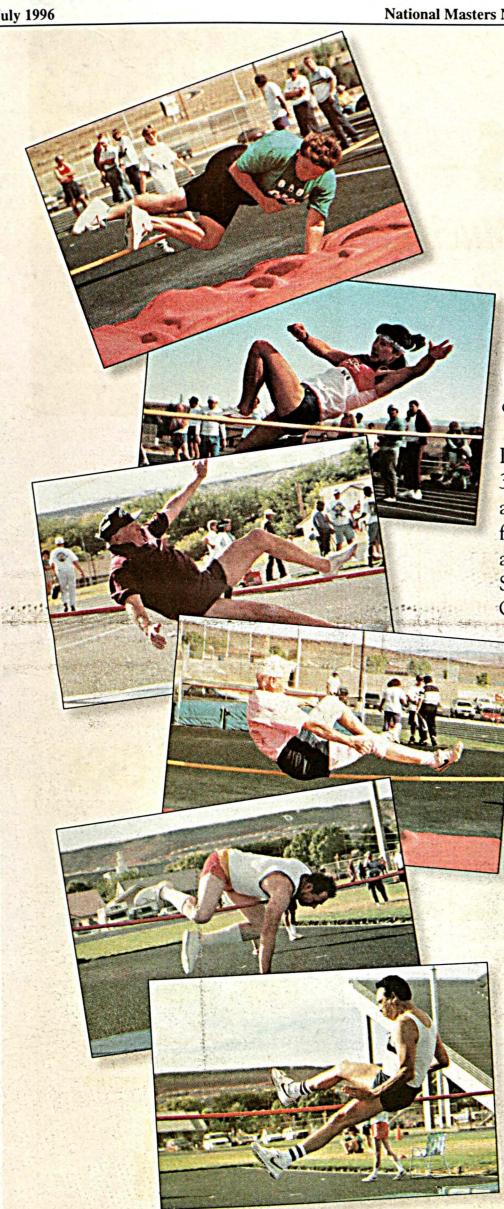
Hagara Falls, 141, Inc	Contract of the last
Overall	147 772
Curt Clausen	43:22
Kristen Mullaney	51:09
M40 Curt Sheller	50:45
Paul Guimond CAN	59:41
Robert Przybylak	1:00:40
Craig Woodall	1:07:14
Richard Merriam	1:17:21
M45 Brian Savilonis	52:25
Bruce Booth	53:57
Vince Abell	56:10
Stanley Sosnowski	57:07
Michael Bird	59:51
Larry Naukam	1:01:12
Claude Lettien	1:06:16
Ross Barranco	1:02:55
M50 Don Denoon	48:04
Jim Carmines	49:46
Norman Frable	51:51
Ron Shields	58:19
Rich Markiewicz	1:02:49
Larry Freeman	1:02:56
Lee Hyland	1:05:12
M55 John Elwarner	53:32
Ronald Laird	58:32
Bernie Finch	1:04:23
M60 Max Green	53:52
S Summerhayes CAN	57:23
Ray Everson	1:01:30
M65 Jack Starr	1:01:20
Mike Michel	1:03:0C
THE RESERVE AND ADDRESS OF THE PARTY OF THE	Control of the last

1:03:00 1:04:58 Ed Gawinski Stew Harkness 1:17:14 M70 William Flick 59:20 Peter Fellowes CAN 1:08:04 John Snaden 1:19:13 M75 Tim Dyas 1:08:55 M80 Bill Tallmadge 1:12:24 W40 Nanci Sweazey CAN 56:39 Lily Whalen CAN 57:43 1:00:00 Annella Abell 1:02:17 Karen Fina 1:04:05 Noreen Wiatrak W45 Jeanette Smith 1:11:55 58:33 59:53 Jackie Jessup Tish Roberts 1:01:45 Annie Montgom Sheisa Dahaney

1:07:22 1:12:39 W50 Marilyn Chute CAN Kathy Frable 1:02:50 1:03:21 Janet Highee 1:07:06 Valerie Stowe 1:07:38 Kathleen Wood 1:08:30 Olga Figueroa 1:09:48 W55 Elton Richardson 1:00:54 Walda Tichy Sami Bailey 1:05:59

Ruth Everson 1:07:31 1:03:26 W60 J-M Provost CAN Jeanne Shepardson 1:06:45 W65 Joe Presser 1:21:44 W70 J Binninng CAN Margaret Walker 1:13:06

1:18:31



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