

NATIONAL MASTERS NEWS

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

251st Issue

July 1999

\$2.50

5804 Athletes from 66 Nations Enter World Championships in England

A total of 5804 veteran athletes from 66 nations have entered the XIII WAVA World Veterans Athletics Championships this month in Gateshead, England.

It will be the second-largest World Veterans Championships ever held, surpassed only by the 12,178 participants – including 9701 Japanese – who competed in Miyazaki, Japan, in 1993. The XII Championships in Durban, South Africa, two years ago drew 5788 participants. The final total may be slightly

larger. At NMN press time, organizers were still sifting through entries which have had problems with entry visas.

The early predictions of 8000 competitors came up short, mainly due to lower-than-normal marathon entries. But the number of foreign entries is a new high at 4074, breaking the record of 3699 non-USA entries in Buffalo in 1995. 1730 athletes are from the host country, Great Britain, compared to 2250 South African participants (mainly marathoners) in 1997, and 1796 USA competitors in 1995.

The World Veterans Athletics

Continued on page 24

World Championships Preview Issue



JIM OAKS

13 of the 15 who had run all 19 of the previous Cotton Row 10K runs came out for this pre-start picture on Memorial Day. They all completed their 20th.

Splishing and Splashing at 20th Cotton Row 10K

by JIM OAKS

HUNTSVILLE, Alabama – For the first time in six years, Mike Fromant's masters course record of 31:01 from the 1992 Cotton Row 10K had a serious challenge.

John Tuttle, 40, the current top U.S. master, was back in Huntsville on May 31 for the 20th edition of one of the first races in the country to cater to masters runners. The list of former masters winners includes Herb Lorenz, Dan Conway, Barry Brown, Wilson Waigwa, and Earl Owens. On

Memorial Day, Tuttle, Douglasville, Ga., added his name to the list with a splashing 31:54.

It was a day more fit for ducks than runners. A light rain turned into a downpour soon after the 8:00 a.m. start and continued for the entire race. At least there were no cases of heat exhaustion this year among the 1461 finishers.

Patty Valadka, W40, finally made the trip from Houston, Texas, for the Huntsville race and easily won the

Continued on page 8



SUZY HESS

The age 50-and-over world record 4x100 USA Relay Team (53.39) at the XII WAVA Championships, Durban, South Africa, 1997. (l to r) Phil Raschker, Michael Hill, Johnnie Hill and Lorraine Tucker. Gateshead, England, will host the XIII Championships, July 29-Aug. 8.

300 Participate in 29th Southeastern Masters Meet in Raleigh

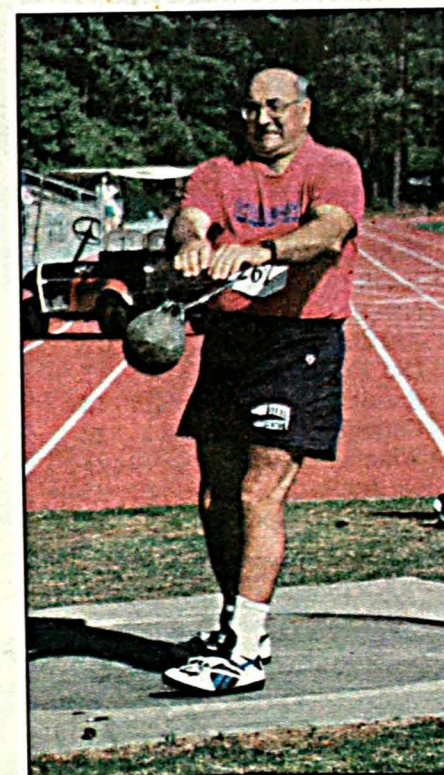
by PAUL HRONJAK

The 29th annual Southeastern U.S. Masters Track & Field Meet was held at the North Carolina State University's Paul Derr track, Raleigh, on May 7-9, under near-ideal weather for the more than 300 participants. They responded by setting three world, two U.S., three Canadian, and 46 meet records. The meet also served as the USATF Southeast Regional Championships.

Karl Trei, M90, of Canada, was surely the athlete of the meet by setting a world age-group record in the long jump (2.61/6-0 3/4) and establishing a world record for the outdoor pentathlon of 2118. Fellow Canadian Earl Fee broke the M70 world record of 2:27.57 for the 800 with a spectacular 2:24.60, an age-graded meet's best 97.8%.

Erika Messner, W60, Clermont, Fla., with 3214, and Debbie Lancashire, W35, Concord, N.C., with

Continued on page 9



LORRAINE QUINN

Ray Feick, M65, gives the 56# superweight a whirl, Southeastern Masters Meet.

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NATIONAL MASTERS NEWS

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

Publisher and Editor: Al Sheahan
Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Administrative Editor: Suzy Hess
 PO Box 50098 Eugene, OR 97405
 541-343-7716, Fax: 541-345-2436
 e-mail: natmanews@aol.com

Web site: <http://www.nationalmastersnews.com>

Assistant Editor: Jane Dods

Schedule: Jerry Wojcik

Marketing Director: Sue Hartman

National Advertising Director:

Claudia Malley

Sales Representatives:

Suzy Hess 541-343-7716 (T&F)

Lisa Fronti 610-967-8896

Billing/Production Coordinator: Lisa Binder

Production: Carol Covey, Kim McGill

Printing: American/Foothill Publishing Co.

Track & Field Records: Pete Mundle

Long Distance Records:

Road Running Information Center

Racewalking Records: Bev LaVeck

Track & Field Rankings:

Outdoor: Jack Lance

Indoor: Jerry Wojcik

Contributing Editors: Hal Higdon, Dr. John

Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), George Banker

(MD), Maury Dean (NY), Bob Fine (FL), Courtland Gray

(TX), Paul Heitzman (KS), Carol Langenbach (WA), Ron

Marinucci (MI), Marilyn Mitchell (NY), Phil Mulkey

(GA), Paul Murray (NY), Jim Oaks (AL), Mike Polansky

(NY), Phil Raschker (GA), Pete Taylor (VA), Mike Tymn

(HI), John White (OH).

International Correspondents: Jorge Alzamora

(CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten

Carlus (SWE), Bridget Cushen (GBR), Martin Duff

(GBR), Jim Tobin (NZL).

Internet Correspondent: Ken Stone, Web site:

<http://members.aol.com/trackceo/index.html>;

e-mail: trackceo@aol.com.

Photographers: George Banker (MD), Suzy Hess

(OR), Hank Kiesel (MO), Charlie Klutz (NC), Vic

Sailer (NY), Larry Sillen (NY), Tesh Teshima (HI),

Jerry Wojcik (OR).

Creative Art: Eugene Paasinen, Herb Parsons

The *National Masters News* (ISSN-07442416) is pub-

lished monthly, with an annual subscription rate of

\$26.00. Main office address: 14155 Magnolia Blvd.

#338, Sherman Oaks, CA 91423. Periodicals postage

paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication

of USA Track & Field and of the World Association of

Veteran Athletes. As an independent publication, its

editorial policy is not necessarily that of USATF or

WAVA.

Executive Officers of USATF: Pat Rico, President;

Craig Masback, Executive Director.

To inquire about a USATF card, call USATF in your

area, or 317-261-0500.

NMN welcomes contributions — results, schedule

info., photos, letters, articles, and opinions.

Manuscripts should be typed, doubled-spaced, but leg-

ibly handwritten material is also acceptable. Results

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Advertising information and rates: Please call 610-967-8896 or 541-343-7716 and request current rate card. Send all printed material and ad copy to: Carol Covey, Foothill Publishing, 10001 Commerce Ave., Tujunga, CA 91042. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: *National Masters News*, P.O. Box 16597, No. Hollywood, CA 91615.

Subscriptions: A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

TRACK & FIELD

Chairman:

Ken Weinbel
 4103 Hillcrest Ave., S.W.
 Seattle, WA 98116
 (206) 932-3923
 (206) 932-3917 (Fax)
 kweinbel@aol.com

Vice-Chairman:

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

Secretary:

Suzy Hess
 P.O. Box 5272
 Eugene, OR 97405
 (541) 342-8050 (H)
 (541) 343-7716 (W)
 (541) 345-2436 (Fax)
 suzy@nationalmastersnews.com

Treasurer:

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

Championships Sites:

George Mathews
 5701 6th Av. South, Ste. 418

Seattle, WA 98108

(206) 764-7000 (W)

(206) 764-7004 (F)

georgem@facility-resource.com

Scott Thomsley

512 Spradley Dr.

Troy, AL 36079-2937

(334) 807-0371 (H)

(334) 670-3755 (W)

(334) 670-3753 (Fax)

Records:

Pete Mundle
 4017 Via Marina #C-301

Venice, CA 90291

Outdoor Rankings:

Jack Lance

P.O. Box 276

Long Valley, N.J. 07853

(908) 876-5856 (Fax)

Indoor Rankings:

Jerry Wojcik

P.O. Box 50098

Eugene, OR 97405

Weight Events:

Dick Hotchkiss

14005 Meadow Dr.

Grass Valley, CA 95945

(530) 273-3660

Multi-Events:

Rex Harvey

6744 Connecticut Colony Cir.

Mentor, OH 44060

(440) 255-0751 (H)

(440) 954-8122 (W)

(440) 954-8111 (Fax)

rexjh@aol.com

Racewalking:

Bev LaVeck

6633 N.E. Windemere

Seattle, WA 98115

(206) 524-4721

Team Manager:

Sandy Pashkin

301 Cathedral Pkwy. No. 6U

New York, NY 10026

(212) 666-8603

spashkin@aol.com

Rules Coordinator:

Graeme Shirley

11212 Via Carroza

San Diego, CA 92124

(619) 292-6132

Regional Coordinators:

East:

Roz Katz

170-11 65th Ave.

Flushing, NY 11365

(718) 358-6233

throwerfca@aol.com

Southeast:

Bob Fine

3250 Lakeview Blvd.

Delray Beach, FL 33445

(561) 499-3370

Midwest:

Mel Larsen

2316 Willemore

Springfield, IL 62704

(217) 546-2909

Southwest:

John Head

9404 Gardenia Bend

Garden Ridge, TX 78266

(512) 651-6404

SportsJH@juno.com

Mid-America

Tom Thorne

525 Oak Ridge Dr.

Neosho, MO 64850

(417) 451-7417

West:

Gary Miller

1740 Grandview Ave.

Glendale, CA 91201-1263

(818) 242-8484

gdmiller@hsc.usc.edu

Northwest:

Becky Sisley

310 East 48th

Eugene, OR 97405

(541) 342-3113 (H)

(541) 346-3383 (W)

(541) 346-3583 (Fax)

bsisley@oregon.uoregon.edu

Awards:

Don Austin

P.O. Box 39148

San Antonio, TX 78218

Law Chairman:

Tom Light

P.O. Box 1550

Chugiak, AK 99567

(907) 694-4623 (H)

(907) 786-7431 (W)

(907) 786-7401 (Fax)

WAVA Delegates:

Al Sheahan

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Chairman:

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AGE RECORDS

I agree with Graeme Shirley (Speakers Corner, March NMN), in which he cites several instances when U.S. records set by masters were not properly documented and recorded.

I broke the U.S. W40 800 record with a 2:20.05 in the 1998 Western Regionals in Santa Barbara. Current records were not posted at the meet. No one, including me, knew that I had broken the record. I didn't file any paper work, nor did anyone else.

While at the 1998 Nationals in Maine, I discovered, by reading the posted records that the Santa Barbara time was a record, and then ran a 2:20.21, which is now the current record. Now, I am now in the process of doing the paper work for the 2:20.05 at Santa Barbara.

Posting records and having the correct forms available at masters meets at least helps athletes to take the initiative to apply for records themselves, if no one has been designated for this important job. I was lucky to have good friends and a great coach, Mark Cleary, to guide me.

To my fellow athletes: If you have record potential, be aware of what the records are and make sure your record forms are filled out properly. It's worth the effort.

*Diane Heil
Orange, California*

In response to Graeme Shirley's recent column (March NMN) on record ratification and Pete Mundle's

reply, and as one who has harassed hard-working officials on numerous occasions during track meets with record ratification forms in my hand, it is clear that this is a ludicrous and time-consuming irritant to all concerned.

A meet director is not going to stop his meet to process records. On the other hand, neither is it the job of the athlete to wait until the meet to obtain the signatures from referees, timekeepers, and judges. Clearly it is the athlete's job to know what records are, when he or she is fortunate enough to threaten them.

In the event that a record may be set, the appropriate officials should be informed. From then on, it is the job of the meet director to make sure that the correct signatures are obtained and the forms sent to USATF's Records Coordinator, Pete Mundle.

That Steve Plasencia's 14:02.86 5000 and the marks by Mary Slaney on the track and Glen Conley in the high jump are not in the record book is an atrocity. Indeed, if the paperwork had ever been processed for half the marks set by Evy Palm, the record book as it now stands would read much differently.

Now, when rules regarding masters track record-setting are becoming more stringent, it seems strange that a simple rule, such as Rule 180.2, which requires the presence of a "recorder of records" at meets, is seldom, if ever, adhered to.

The volunteers who work endlessly

on our behalf, have a thankless task. Perhaps the time has come for us, as athletes, to accept some form of fiscal responsibility for the administration and officiating of masters track & field and to remunerate partially those who enable our sport to go on.

Whining about its inadequacies is not good enough. The \$15 we shell out for our USATF membership is a pittance when compared to the expenses incurred by our many volunteers. Surely, the time has come for an annual fee to be paid by each of us, so that our sport may be run as efficiently and accurately as we would like.

*Steve Ottaway
Sonora, California*

In response to Nadine O'Connor's letter (June NMN), I agree with her that meet officials should have record forms on hand. However, finding sponsors to help pay for automatic timing and wind gauges is unrealistic.

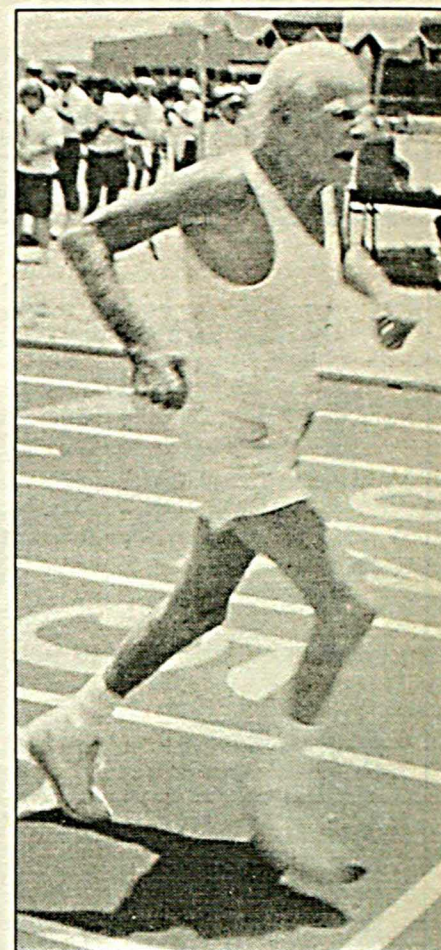
Many meets can't afford to purchase or rent timing systems, Hy-Tek, RaceBerry Jam, or any other software program, much less pay an operator to run them.

I agree that meet organizers should have record forms handy, but I suggest that athletes should be happy just to have a meet to participate in. We do the best we can with what we have. The big meets have the necessary equipment. Most small clubs do not. Perhaps we should cancel our meet after having done it for 12 years.

*Randall Brady
Nashville, Tennessee*

AGE-GRADING

I was a bit perplexed by Jeff Hlinka's letter on age grading (May, NMN). In long distance running, the



Erwin Jaskulski, 96, breaking the M95 world record for the 100m with a 24.01, Punahou Relays, Honolulu, May 1.

age-graded tables start at age 35, so Mr. Hlinka should be comparing his age-graded times as a 49-year-old to his age-graded times as a 40-year-old.

He further states that, "Age-grading should be based on what older runners could run, not what they are running." This is exactly how the tables are based, on world records, what it would be humanly possible to run.

Mr. Hlinka says, "I could get all excited about my age-graded times, but if I do that, I would never be able to reach my full potential as a runner." I am excited about age-grading because it gives me a chance to compete on a level playing field with John Tuttle, Dick Buerkle, Craig Young, Mark Curp, Gary Romesser, Fay

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Write On

Continued from page 4

Bradley, Warren Utes, etc. I have never finished ahead of most of them, but I haven't given up.

I know from experience that there is little competition in the age groups after 50 at the local level. It is testing myself against the very best masters runners in the country that will hopefully help me to reach my full potential as a runner.

I further know it is very difficult to achieve times that age-grade to 90%. I can only do it occasionally. In a sense, every race I run is age-graded, because I age-grade my times to check up on how I'm doing.

I think age-graded competition is the greatest development in road running in recent years. By the way, there are a few races (in Oklahoma and Kansas) which age-grade everyone in the race. This gives you an opportunity to test yourself against some very good Kenyan runners. I love it.

*Paul Heitzman
Eudora, Kansas*

LONG HURDLES

I've competed at every outdoor nationals since 1990 in the 400 hurdles. While I'm only 38, I agree with the proposed change back to 400H for the 60+ groups.

The 300H is a much different race. Historically, the 300H race came into being when high school coaches got sick of the 180 or 220 lows because those races favored the short sprinters and did not involve much in the way of hurdling technique. The 300 was selected because they thought high school kids would not be strong enough for the Olympic distance.

The result is not satisfactory. I coached three 300 hurdlers this season at a local high school. Because of the different demands of the races, my number one 300 hurdler would be number three if the race were 400. This makes it difficult for coaches and athletes to assess the viability of a college career in the long hurdles. Thus, most summer track programs use the 400 distance. High schools will probably change to 400 in the foreseeable future.

As for masters, we don't shorten other races as we get older (the 800 does not drop to 700 for 60+), so why shorten the hurdle race? The same skills and training demands apply to the race, regardless of age, if you keep the distance the same. If you change the distance, you change the race.

*Doug Schneebeck
Albuquerque, New Mexico*

Changing the long hurdle distance from 300m to 400m makes no sense to me.

The main purpose of masters T&F is to get as many people as practical to compete. The 1997 U.S. Masters T&F Rankings book lists only two M70 and one M80 competitors in the USA for the 300 hurdles.

I'm 69 years old. Would I compete in the 400 hurdles? Possibly, but not as often and I sure would not enjoy the race.

"If it ain't broke, don't fix it." Keep masters T&F as simple and available as possible for everyone.

*Jim Stookey
Dickerson, Maryland*

In most meets, I run alone in the M70 300H. At some, there may be three competitors. If the distance is changed to 400m, I will never have anyone to run with. Only Earl Fee, if he is there.

When I was in the M65 division, I had no trouble going with ease in the 400 at all heights - 30", 33" and 36". But at 72, I find it harder to finish the 300H at 30". The proposed rule change would eliminate most 70-and-over hurdlers.

From my experience, there would be no problem running the 400H through age 69. But leave the 300H for 70+. If there were any 70s who wanted to go in the 400H, they could when the hurdles were set up for 69 and under.

I've been told I'm the strongest 72-year-old in the world. Yet I know the 400H would be almost out for me. The 400H for 70+ would see very slow times - old men in slow motion.

*Chuck Sochor
Gower, Michigan*

To move the 60+ hurdles from 300m to 400m is totally inappropriate. Masters T&F is about participation. I remember the Spokane nationals where there was only one entry in the M55 400H.

The 400H I ran in had two steeplechasers and two 800m runners. They weren't even hurdlers. The 60+ 300H is not a sprint, but a race requiring the speed, endurance, leg strength, etc., outlined in the article.

High schools run 300H. Why should 60+ run 400H?

*Ross Jensen
Kansas City, Missouri*

I am for and against changing the distance of the long hurdle race from

300m back to 400m for age 60+.

For men under age 75, the long hurdle race could be changed back to 400m, but for men over age 75, the distance should remain at 300m.

Currently, there are few long hurdlers over age 75. A change to 400m will eliminate at least 70 percent of them.

I used to run the 400H and 300H but gave them up as I grew older, not wanting to risk a serious injury.

As we grow older, our stride becomes shorter, our breathing becomes more shallow, and we suffer from oxygen debt during intense activity. Therefore, it's dangerous for the older runners as they become more tired and lose their rhythm and stride while trying to get over the last few hurdles. The safety and well-being of the athletes must come first.

*Al Guidet
California City, California*

Continued on page 7



ART SHAHZADE

Avril Naylor won the W50 80H in 15.5, Visalia Masters Meet, Visalia, Calif., May 15.

Master The Board

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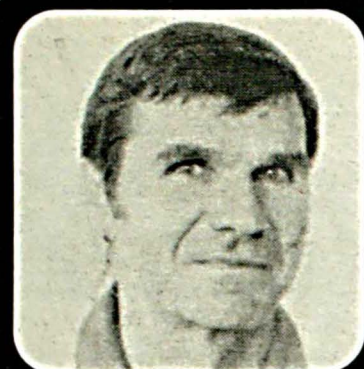
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Third Wind

by MIKE TYMN

Feeling Your Way to Faster Times

As Brian Clarke sees it, competitive running is like being on a gabled rooftop. The peaked surface is impossible to run on and so we run on the side of the roof, with gravity constantly pulling us toward the edge and...disaster.

"There is no such thing as perfect balance in this sport," Clarke writes in his recently published book, *Running by Feeling*. "Any ambitious runner who trains hard will at times approach the edge of overtraining."

A Hawaii state prep mile champion in 1962, before going on to the University of Oregon and running under the now-legendary Bill Bowerman, Clarke has been involved in coaching Hawaii's runners and joggers for the past two decades. The book represents his experiences as both a runner and a coach. Key to that experience is adaptation to competitive running through a training program in which effort is closely monitored.

"In my opinion, effective training needs to be occasionally violent," Clarke writes. "It's the relentless push of hard effort that destroys mental attitude and makes effort disagreeable."

Respect Your Limits

The important thing, Clarke counsels, is to respect our adaptive limits as we build on natural ability. "Every run consists of a certain amount of effort and a certain amount of energy," Clarke writes. "Yet, most runners, myself included, have been conditioned to focus exclusively on effort, often to the exclusion of effort's counterpart - energy."

Clarke offers a matrix (see below) in which workout effort is classified as *very easy, easy, moderate, hard, very hard, all-out* on the ascending side scale. Across the bottom of the matrix, energy is classified as *sluggish, tired, lazy, ready, eager*. It's coordinating the effort with the energy that allows for adaptation. Out of 30 possible combinations on the effort-energy matrix, Clarke says only five are optimum adaptive work-

outs. That is, they lead to improved performance with minimal risk of injury or exhaustion.

For example, VE/S (very easy/sluggish) and H/R (hard/ready) are adaptive workouts. However, H/S (hard/sluggish), E/R (easy/ready), and 25 other combinations are of little or no adaptive value because they either increase the risk of injury, illness and exhaustion, or they don't use your ability at an adaptive level.

"The optimum adaptive workouts each have a common characteristic," Clarke comments. "Your workout effort is in harmony with the way you feel. By *harmony* I mean a sense of agreement, accord and compatibility. In my own training, I measure harmony and discord by asking the following questions: 'Is this workout oppressive, burdensome, satisfying, enjoyable, or exhilarating?' The key is how much energy I have."

Don't Overdo It

The most common mistake Clarke sees in novice competitors is the belief that all-out training is the best way to practice all-out racing. "Unless you are a sprinter or a miler, speed work doesn't have to be a major part of your training regimen," Clarke offers. "Just a small and constant part of it during your base training, and of increasingly greater importance as your goal race approaches. Speed takes a relatively short time to develop compared with other racing abilities."

Clarke recalls Bowerman cautioning

his runners not to abuse themselves in training. "He was right," Clarke states. "In my experience, self-abuse never led to improved performance, though I knew how a certain frame of mind could create that illusion. The training process was inherently about breaking down, so it wasn't difficult to assume that more breakdown might be better than some theoretical optimum."

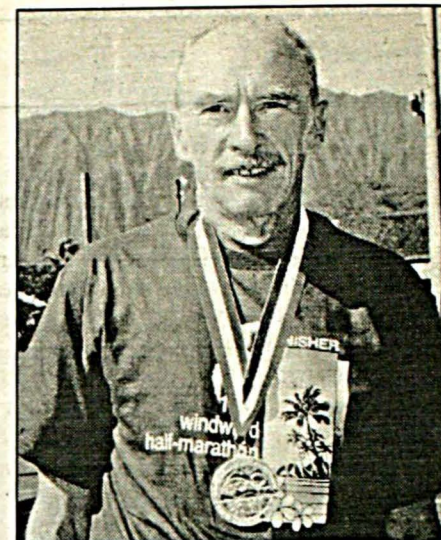
Stamina, power, tempo, speed, and endurance are the five abilities that the runner must work on, according to Clarke. He defines stamina as the ability to run slowly for a long time, while endurance means sustaining uncomfortable exertion. Using muscle strength to exert a forceful running motion is power.

Tempo is the ability to run comfortably at a race pace for at least half the planned racing distance, while speed is the ability to sprint or surge at a faster pace than you can average for your full racing distance. Through the use of a heart rate monitor, Clarke shows how you can structure your workouts to focus on any one or all of the five running abilities.

Maintain Balance

"The harder you train, the less likely you'll have fun doing it," Clarke concludes. "The more you abuse yourself with running, the less likely you'll continue running at that level. Ultimately, your commitment to run by feeling is what keeps you in the game. You must balance ambition with play."

Running by feeling is not just a seasonal approach to the sport. It's the key



TESH TESHIMA

Geoff Howard, M60 winner (1:48:24), Windward Half-Marathon, Kailua, Hawaii, May 16.

to running for a lifetime. So many runners have abused themselves in the pursuit of short-term gain and are now former runners. Had they followed Clarke's advice, many of those former runners would most likely still be enjoying the sport. If you want to run fast times this year and still be in it for the long run, Clarke's book can tell you how to do it. □

(You can order "*Running by Feeling*" by sending \$24.95, which includes shipping and handling, to Competitive Running Press, 4133 Sierra Drive, Honolulu, HI 96816. Call or fax Clarke at (808) 737-4340 or e-mail him at BrianCSR@aol.com)

Running by Feeling

Every serious runner has struggled with the problem of finding the optimum range between too much and too little training.

Running by Feeling takes the reader into the mind of an everyman endurance athlete - one who sometimes finds that optimum range and races well, and sometimes becomes obsessed with training and injures himself in his haste to achieve his goals.

In the story of his 1994 racing comeback at age fifty, Brian Clarke presents a compelling study of ambition tempered by a growing sense of his adaptive limits. Along the way, he exposes the pitfalls of competitive running and reveals a new way of thinking about the training process.

Running by Feeling describes the fundamental adaptive experience in readable terms. Its central thesis? We cannot adapt to the stress of running unless we adjust our training to the way we feel. Using scales to measure effort and energy, Clarke demonstrates how to make training decisions that lead to injury-free running and improved racing performances.

This book answers the following questions: What is a hard workout and how can I run them without becoming injured or exhausted? How can I use a heart rate monitor to build racing abilities? How can I measure adaptation? How can I run great races?

The text is illustrated with thirty-four drawings that clarify abstract ideas. Each chapter has a synopsis that defines key terms, develops theoretical tenets and answers practical "how to" questions.

Brian Clarke ran a 4:06 mile in 1965 under legendary Oregon track coach, Bill Bowerman. Besides being an accomplished age-group runner, Clarke has coached more than 2000 adult distance runners and triathletes since 1979.

His private clients include Don Mueller, the 1992 National Triathlon Age Group (45-49) Champion. Clarke's main occupation, however, is directing training programs for recreational athletes who are preparing for Hawaii's major triathlon and marathon events.

Clarke's training groups are made up of racers, runners, joggers and fitness walkers. Nita Maluyo, a heart patient, joined Clarke's 1997 marathon training as a 300-pound walker. She lost 38 pounds during a 14-week program, and finished the Honolulu Marathon in 10:40. A year later, Nita walk-jogged the 1998 Honolulu Marathon in 7:53 at 225 pounds.

As a fitness consultant, Clarke has presented running and jogging clinics to U.S. Air Force personnel and their dependents overseas.

He currently lives with his wife, Nancy Heck, in Honolulu. His e-mail address is BrianCSR@aol.com. Clarke's website is at <http://members.aol.com/BrianCSR>. □

Clarke's Matrix

The Optimum Effort/Energy Combinations (Shaded)

WORKOUT EFFORT	All-Out	AO/S	AO/T	AO/L	AO/R	AO/E
	Very Hard	VH/S	VH/T	VH/L	VH/R	VH/E
	Hard	H/S	H/T	H/L	H/R	H/E
	Moderate	M/S	M/T	M/L	M/R	M/E
	Easy	E/S	E/T	E/L	E/R	E/E
	Very Easy	VE/S	VE/T	VE/L	VE/R	VE/E
		Sluggish	Tired	Lazy	Ready	Eager
WORKOUT ENERGY						

Write On

Continued from page 5

There are so few 300H participants now, you'll lose over 50% with a change to 400H. In three or four regional meets I've been to, there are seldom more than four or five runners in the 60+ divisions.

This is a prime example of an event where age diminishes the abilities.

*James Schreiber
Chapel Hill, North Carolina*

I only recently took up the 300H and had significant success. I was under the impression the event was stable.

The U.S. high schools don't run the 400H. Why? Since a 60-year-old athlete is on about the same performance level as a high school kid, it seems to me they should run about the same kind of events.

It's clear from the times that the 300H is not a "sprint race."

The seven 300m hurdles are set on the same markings as the last seven 400 hurdles. This speeds up the masters meets.

We should be trying to encourage more entries in the long hurdles, not, so to speak, setting the hurdle so high that only a few dare try. It's hard enough to find a 300H or 400H race even now. Seldom are there more than a few competitors at any meet, except for the Nationals.

I propose we stick with the long hurdles as they are now, except maybe for making additional accommodations for the older age groups (e.g., lower hurdle heights for 80+ and/or going to 200m for 80+), in order to encourage continued participation in one of the most

beautiful events in track and field.

*Ronald Kirkpatrick
Los Alamos, New Mexico*

At age 64, I've been competing in masters T&F for over 20 years and the 300 hurdles is one of my favorite events. The race is a challenge that takes me most of the summer to train for. There is no way I would attempt to run 400 hurdles.

Fewer athletes would compete in the 400H. It is not in the best interests of our sport.

*Jim Peterson
Aitken Minnesota*

I would not mind increasing the hurdle distance to 400m at age 60, but it's better at 300m.

When a younger man runs 300H, sprint speed is paramount, and a fast sprinter can beat an average hurdler with lesser speed. I doubt that a 60-year-old man with some speed can learn a "new trick" to the extent that he can beat slower "hurdlers."

I would also like to see more entries in these events. The shot puts are lighter at age 60, the hurdles are lower, why not keep it at 300? The 400H training is awfully tough, and I look forward to running the 300H in five years.

Another change to consider is in the 110H. I think the ugliest race at meets is the M45 110H race. There are too few hurdlers who can three-step the entire race, and those who do look pretty bad and are not really running. If the event were to be changed to the 100H at 45 rather than 50, the event would be more fun and eminently more watchable without a frown, a grimace, or a shake of the head.

*Courtland Gray
Dallas, Texas*

WEB RESULTS

I am currently maintaining and posting a web page that tracks the world's top masters track performances for 1999. It contains all results for men's running events that have been available to me over the past several months.

Please check it out at www.xro.com/track.shtml. To make this list as complete and accurate as possible, I welcome and encourage all runners,

TEN YEARS AGO July 1989

- Nearly 5000 Athletes Enter World Championships in Eugene
- 1400 from 28 Countries Register for Nationals in San Diego
- Sweden's Kjell-Erik Stahl, 42, Runs 2:18:43 in Grandma's Marathon
- Priscilla Welch, 44, Sets World Best 26:26 in Nike Women's 8K in D.C.



GEORGE BANKER

Claudia Kasen, 42, second W40 (37:21), Sallie Mae 10K, Washington, D.C., April 25.

coaches and meet directors to submit meet results to me at: 1849 SE 20th, Portland, OR 97214, or email me at: xroads@xro.com.

*Dave Clingan
Portland, Oregon*

JOE KESHMIRI

It is never too late to pay tribute to a very special friend and great champion. Joe Keshmiri was this to me. He made a difference in the lives of those around him and was a world-class athlete and human being.

When he was a budding champion, it was a joy to share training tips with him, and when he became an illustrious masters champion, it was a pleasure to watch him continue to dare the dream and strive to be the best he could be as an athlete and gentleman.

He is missed greatly. We are all better persons for his having embraced us in our lives.

*Payton Jordan
Santa Barbara, California*

KUDOS

In addition to renewing my subscription, I am enclosing a \$25 sustainer gift. More next year. Thanks for your superb publication.

*John Danforth
Winston-Salem, North Carolina*

As an annual sustainer, I just wanted to let you know I'm still alive and fair-



JERRY WOJCIK

Larry Stuart won the M60 javelin with a 193-0, Dan Aldrich Memorial Meet, Irvine, Calif., May 30.

ly well at age 93. That means 93 and counting. You do a good job in keeping the paper growing.

*Otto Essig
Westfield, Massachusetts*

TEXAS MASTERS CHAMPIONSHIPS OPEN & MASTERS CHAMPIONSHIPS

SATURDAY JULY 17, 1999 JESUIT HIGH SCHOOL DALLAS, TEXAS
SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB

MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS AND OPEN DIVISIONS
ENTRY FEES: PRE-REGISTERED BY JULY 15, 1999 \$15.00 FIRST EVENT, \$5 EACH ADDITIONAL
LATE FEES: \$20.00 FIRST EVENT \$5.00 EACH ADDITIONAL EVENT. RELAY'S \$20.00

*****ALL HURDLE EVENTS MUST BE PRE-REGISTERED*****

ENTRIES CLOSE AT 9:00 AM

SCHEDULE OF EVENTS:	EVENTS RUN IN ORDER LISTED	TIMES ARE APPROXIMATE
6:00 PM 100 METER DASH	1:00 PM POLE VAULT JAVELIN	
6:30 400 METER RUN	3:00 DISCUS FLIGHT 1 (M, W > 50)	
7:00 80 / 100 / 110 HH	SHOT PUT FLIGHT 1 (M, W, < 50)	
7:30 200 METER DASH	3:00 LONG JUMP	
8:00 1500 METER RUN	4:00 DISCUS FLIGHT 2 (M, W, < 50)	
8:30 4 X 100 RELAY	SHOT PUT FLIGHT 2 (M, W > 50)	
8:45 300 / 400 IH	TRIPLE JUMP FOLLOWS LONG JUMP	
9:00 400 METER DASH	5:00 WEIGHT AND SUPER WEIGHT THROW	
9:20 3000M RACEWALK	HIGH JUMP	
9:45 5000 METER RUN	****WEIGHT AND SUPER WEIGHTS WILL BE AVAILABLE	
10:15 1 X 400 RELAY	WEIGHT MASTER TO BE USED	

ALL EVENTS RUN AS FINALS TIMED SECTIONS, IF NECESSARY AGE GROUPS AND SEXES MAY BE COMBINED. AUTOMATIC TIMING SYSTEM AND WIND GAUGE CERTIFIED OFFICIALS SANCTIONED BY USATF MEDALS TO TOP THREE IN EACH AGE DIVISION.

JESUIT HIGH SCHOOL IS LOCATED IN NORTH DALLAS AT 12345 INWOOD ROAD

NAME _____ DATE OF BIRTH _____ AGE ON 7/17/99 _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ DALLAS MASTERS CLUB MEMBER YES _____ NO _____

I, THE UNDERSIGNED, HEREBY AGREE TO RELEASE AND DISCHARGE THE DALLAS MASTERS TRACK AND FIELD CLUB, THE USATF SOUTHWEST ASSOCIATION, JESUIT HIGH SCHOOL, 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 PARTICIPATING IN SAID TRACK AND FIELD MEET. I CERTIFY THAT I BELIEVE THAT I AM CONDITIONED AND PHYSICALLY ABLE TO COMPETE IN THIS TRACK MEET.

ATHLETE'S SIGNATURE _____ DATE _____

CIRCLE EVENTS ENTERED AND INDICATE YOUR BEST PERFORMANCE IN 1998-99

DISCUS	1 _____	TRIPLE JUMP	7 _____	1500 M	14 _____
SHOT PUT	2 _____	HIGH JUMP	8 _____	800 M	15 _____
JAVELIN	3 _____	3000 RACEWALK	9 _____	400 M	16 _____
WT. THROW	4 _____	80/100/110 HH	10 _____	200 M	17 _____
POLE VAULT	5 _____	300 / 400 IH	11 _____	100 M	18 _____
LONG JUMP	6 _____	5000 M	12 _____	SUPER WT.	19 _____

OPTIONAL TEXAS MASTERS CHAMPIONSHIP T-SHIRT WITH ORIGINAL DESIGN AND NO ADVERTISING \$10.00

AMOUNT PAID _____

MAIL ENTRY AND CHECK PAYABLE TO: DALLAS MASTERS T & F CLUB, 1501 W. LAVENDER LANE, ARLINGTON, TX 76013
PHONE: 817-274-6448 AFTER 6:00PM



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Running and Heel Pain

Q. I have been running sprints – the 100 and 200 meters – in competition for about 12 years, and last year I found that after running the 100, both heels hurt and made it difficult to run the 200. I have put heel cushion inserts in my shoes for workouts. This helps, but my heels are very sensitive the next morning. After a few minutes of activity, they feel better. What might this condition be?

A. Your condition is called a "fascial tear," or "heel spur." If it was a fracture, you could not run on it. It sounds like it might be an irritation to the fascia at its attachment to the heel bone. This is usually a little sore in the morning, but "runnable."

The only problem is that you tend to irritate the area when running, especially when you are in spikes and running up on the toes. This causes the fascia to stretch and to pull at its insertion on the heel bone.

The heel cushions are a good idea, and eliminating street running and treadmill running is also advised. I

would add an ice pack for six minutes after workouts. At night, soak in hot water for 20 minutes. A Jacuzzi-type of device is even better.

You should stretch the Achilles and possibly consider night splints to keep the tendon at a stretch. The use of physical therapy with ultrasound and hot water is advised at this point.

Multiple heats in both the 100 and 200 are a problem as your foot does not get a chance to recuperate. You are constantly irritating it. Do not sit down after your heats, but continue walking to keep the fascia stretched. You may even want to use some moist heat between runs. Apply ice after you have completed the day's runs.

You may also want to have the arch taped for these sessions. This will lessen the stress to the fascia. Also, remove your spikes right after you run and don a heavier pair of workout shoes.

Once the pain and stiffness are gone in the morning, you have probably resolved this condition. □

(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.)

FIFTEEN YEARS AGO July 1984

- Masters Bill Stewart (31:27) and Shirley Matson (38:33) Win in Cotton Row 10K
- At Age 51, Norm Green Wins National 25K in 1:24:11
- Gretchen Snyder Sets Four U.S. W50 Track Records

MIDWEST MASTERS OUTDOOR TRACK & FIELD CLASSIC JULY 31

MARSHALL UNIVERSITY TRACK
HUNTINGTON, WEST VIRGINIA

A detailed brochure is NOW AVAILABLE. The track has a 400-meter tartan surface and eight (8) 42-inch wide lanes. All runways and takeoff areas are tartan, except the javelin area, which is grass. All field event competitors will be allowed six (6) trials. Organizer: USA T&F West Virginia Association.

Information: Tom Plummer 304-523-6046
27 South Queens Ct. 304-523-1662 fax
Huntington, WV 25705 tptrack@aol.com



JIM OAKS

At the packet pickup on Sunday night, May 30, M40-44 entrants, Pete Gibson (l), John Tuttle (c), and Phillip Rowan look happy to be in Huntsville, Ala., for the Memorial Day Cotton Row 10K. Tuttle was first M40+ (31:54), Rowan, second (33:26), and Gibson, third (34:46).

Cotton Row 10K

Continued from page 1

W40+ race in 37:48. She had planned to run Cotton Row in 1998 but had to cancel at the last minute due to injury.

Tuttle, fresh off a masters course record 29:52 at the Gum Tree 10K, Tupelo, Miss., two weeks earlier, had hoped to challenge the open field. However, a sinus infection during the week leading up to the race adversely affected his run. He finished ninth overall.

"The race felt like it went out really fast, and I thought we were sprinting," Tuttle said. "But after the first mile, I realized we weren't really going that fast. I guess it was just a slow day."

Tuttle, an industrial arts middle school teacher, did have the distinction of becoming the first former overall winner (30:22 in 1992) to also take a masters title.

Phillip Rowan's 33:26 would have won the race last year, but he had to settle for another second place. Rowan, Greenville, N.C., was runner-up to Russian Valery Svetogor in 1997. Peter Gibson, Murfreesboro, N.C., finished third in 34:46. The top five masters received prize money starting at \$500 for the winner.

After the first mile of the women's race, Valadka pulled away from her competition that included defending Rocket City Marathon champion

Jeanne Olash, Louisville, Ky. Both were running the tough 10K course for the first time. Cotton Row is famous for the challenging climb of Mountainwood Hill near the three-mile mark.

"It was even steeper than it seemed when I drove it in my car the day before the race," said Olash. Valadka also said the hill slowed her some, but not significantly. "I had heard about the hill," she said. "It's not that long."

Olash (39:32) held off the challenge of the top local runner, Barbara Saunders (39:50), for second.

Other age-division winners posted impressive times. Anson Clapcott, 55, Savannah, Ga., ran a 37:24, the fastest time among the M50+ finishers. Thom Weddle traveled from Burnsville, Minn., to win the M60 division in 39:00. Rocket City Marathon director, Malcolm Gillis, was top in the M65 group in 42:39.

Among the women, Susie Kluttz, 62, Winston-Salem, N.C., ran a 47:12, faster than all other W50+ runners.

Fifteen runners completed their 20th Cotton Row. The number decreased by one this year when Lynn Bembry, Fayetteville, Tenn., had to miss the race because of a heart condition. Bembry's cardiologist is Jon Turner of Huntsville, also one of the select 15 with a perfect Cotton Row completion record.

"We tried to get Lynn ready to run again this year," Turner said. "I told him I thought it was safe to run if he would use caution, but his wife thought he would get out there and run hard." Bembry opted for the two-mile instead.

Ray Moses directed the race for his first time, after Lawrence Hillis had served in that capacity for six years. There were 1712 entrants registered this year, almost the same as last year. An additional 698 ran the two-mile. □

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

Two U.S. Records Fall in Irvine Meet

by JERRY WOJCIK

IRVINE, Calif. - Two U.S. age-group records were set at the Dan Aldrich Memorial Meet held at the University of California at Irvine on May 30. The meet is one of the oldest continuous masters meets in the country, having been originated as the Grandfather Games in the early 1970s by George Ker and later moved to the UC-I where it became the Anteaters Meet, and then renamed to honor Aldrich, who was the chancellor at Irvine during the university's inception and a standout masters thrower. Nearly 200 athletes from ages 17-89 competed, with Anthony Castro, at 89, the oldest.

In the mile, Jeanne Hoagland broke the national W60 record for the mile with a pending 6:33.33. The present record stands at 6:35 by Pat Dixon in 1982. At the 1999 Indoor Championships in Boston, Hoagland broke the indoor world record of 6:55.59 with a 6:35.55. In the pole vault at Irvine, Terry Cannon erased Boo Morcom's U.S. M60 record of 12-3 1/2 in 1984 with a 12-6.

Other athletes who stood out on the track included Jim Selby, M70, who won the 100 (14.79), 200 (30.61), 400 (70.20), and mile (6:01.61); Maria Murphy, W40, who ran the best women's mile of the meet in 5:06.73, which should place her high in the 1999 rankings, led by a 5:25.9 in 1998,

and the fastest 800 in 2:21.46; Ben Rosales, M40, who won the 200 (23.12) and 400 (51.78); and Eugene Driver, M45, who took wins in the same distances (24.24 and 56.53).

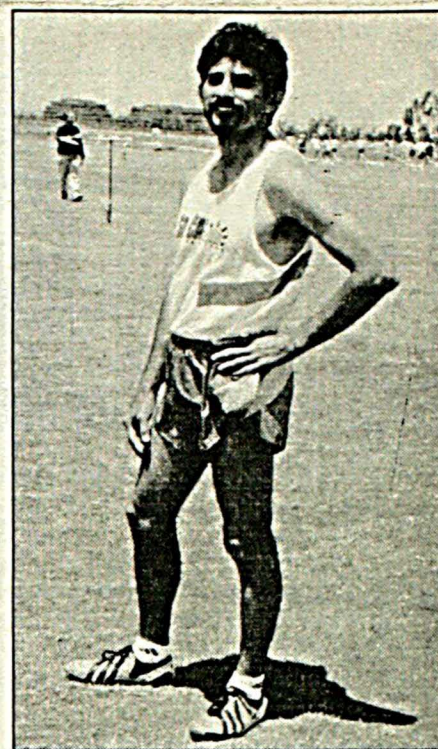
Jason Meisler, M40, topped all other high jumpers with a 6-0 effort. Bill Gardner, M45, was the farthest in the shot put with a 46-11 1/4. Joe Marino, M60, outthrew everybody else in the



JERRY WOJCIK
Efrain Sanchez, M70, ran a 9:25.2 for the 2000m steeplechase, Dan Aldrich Memorial Meet, Irvine, Calif., May 30.



JERRY WOJCIK
Maria Murphy (r) won the W40 mile (5:06.73) and Kellie Archuleta took the W35 race (5:08.27). Dan Aldrich Memorial Meet, Irvine, Calif., May 30.



JERRY WOJCIK
Ben Rosales, winner of the M40 200 (23.12) and 400 (51.78), Dan Aldrich Memorial Meet, Irvine, Calif., May 30.

discus with a 152-1. Larry Stuart, the M60 world record holder at 212-5 in the javelin, settled for a 193-0, after fouling three of his six attempts.

The meet was well-staffed by USATF officials, volunteers, and the UC-I men's and women's track team and staff, and directed by Mac

McCormick. Anthony Craddock of Santa Barbara provided a \$500 donation for the expense of the timing equipment at the finish line. Proceeds from the meet go to the Dan Aldrich Memorial Scholarship Fund, established in 1994 to assist the track and field program. □

Southeastern Meet

Continued from page 1

3341, broke U.S. age-group records in the weight pentathlon.

Edith Gray, W60, broke two meet records, and a Canadian record, in the



PHIL MULKEY
Bill DaPrano broke the age-72 U.S. pentathlon record with a 2913, Southeastern U.S. Masters Meet, Raleigh, N.C., May 7-9.

high jump with a 1.27/4-2, an age-graded 89.4%.

The best masters women's and men's performers in the 5000 racewalk were Ann Marie Rosenitsch, 58, of Canada, with a 77.2% 32:40.5, and Bob Mimm, 74, Willingboro, N.J., with an 83.0% 31:52.0.

Meet founder, Bob Boal, 87, set a meet record of 3-5 in the high jump. During the awards banquet, Boal was presented with a plaque, denoting his induction in the USATF Masters T&F Hall of Fame.

At the banquet, special awards were given to outstanding performers in their age groups. Pay Carstensen, M65, and Carol Young, W55, were awarded the Nolan Fowler Award for the best masters age-graded hammer throws. The Bernice Holland Award went to Erika Messner for the best overall performance in the throws.

Essie Kea, W60, and Doreen Carmichael, W65, shared the Phil Raschker Award for the best combined age-graded performance by a woman in the 100 and 200. Raschker, 52, competed in the meet, winning the W50 100 with an age-graded 94.0% 13.07.

The Ervin T. Mitchell Award for the best age-graded performance for a male master in the 100 and 200 went to Marion Harrison, 60, who ran the 100 in 12.2h, age-graded at 95.0%, and the 200 with a 92.3% 25.97. □

OKLAHOMA MASTERS ATHLETIC MEET TRACK & FIELD in the HEARTLAND!

July 23 - 24, 1999

East Central H.S., TULSA, OKLAHOMA

Hosts: TEAM OKLAHOMA Masters Track & Field Club

MASTERS COMPETITION Begins at AGE 30+ IN 5-YR Age GROUPS

OPEN DIVISION for under 30, & This Year; Thrower's Pentathlon!

Entry Fees: Received by July 21: \$10 1st event, \$5 each additional event, Relays \$15/team
*** Received after July 21, add \$5 late fee ***

Entries close 1 hour before scheduled start.

Schedule: Times are approximate, events held in order listed;

Friday July 23

3:00 PM Athlete Check-in Open
5:00 Hammer
5:15 5000 Racewalk
5:30 Triple Jump
5:45 100 prelims/final
6:30 Steeplechase
6:30 Pole Vault
7:00 Short Hurdles
7:00 Shot Put
7:30 400
8:00 5000
8:30 4 X 800 Relay

Sat July 24

6:30 AM Athlete Check-in Open
7:30 Mile Run, Discus
8:00 Long Jump
8:30 Long Hurdles
9:00 4 X 100 Relay
9:00 Javelin
9:30 1 Mile Racewalk
10:00 200
10:30 800
11:00 High Jump, Weight Toss
11:00 100 Final (if needed)
11:15 4 X 400 Relay

All events ran as timed finals, except the 100 which will have prelims only if needed. USATF sanctioned meet, USATF rules including Masters exceptions. Age groups and sexes may be combined in race heats. Relay teams must wear same uniform top. Declaration due 1 hour prior to scheduled start. USATF Certified Officials. Medals to top 3 in each age/sex division. Directions to track: located in northeast Tulsa, on 11th street one-half mile east of Interstate 44.

Name _____ DOB _____ Age on July 23 _____

Address _____

Phone _____ Club Name _____

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against the TEAM OKLAHOMA Masters Track Club, Tulsa Public Schools, Oklahoma Association of USATF, any individual associated with the operation of this meet and all sponsors of this meet, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Oklahoma Masters Athletic Meet held on July 23 and 24, 1999.

Signature _____ Date _____

Best 1998/1999 performance in events entered:

Event _____ Mark _____ Event _____ Mark _____

Event _____ Mark _____ Event _____ Mark _____

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Mail entry form with check payable to : TEAM OKLAHOMA, 4217 W. 91st, Tulsa, OK 74132-3739
Questions ? 918-446-7288, e-mail TEAM_OKLAHOMA@bigfoot.com fax 918-446-9232



Masters Racewalking

by ELAINE WARD

Jonathan Matthews - Master of Time (Part II)

On March 20, 1999 in Manassas, Virginia, Jonathan Matthews, 42, competed in the World Cup Trials 20K racewalk and finished third, setting a new age-group record with a time of 1:24:56. In part I of his interview, he discussed the problems he had to overcome and the race itself. In Part II, he discusses his training. — EW

EW: How important is being relaxed to racing well?

JM: A big factor. One of the advantages of having a training log and comparing workouts with past ones is the confidence it gives so you can relax. I think a lot of men and women might sabotage their best efforts by being too overwrought with anxiety about their performances. I try to look at my racing in as matter-of-fact a way as possible. I look at racing as a very straight forward thing. You put in the very best possible training, get out there, and see what your body will give you.

Some days, like in the 50K, your body can't give you enough. You do your best to estimate what you can do, you go out at a pace you think is reasonable, and you end up having to shut down. Then other days, like the trials 20K, you go out at a pace you think is reasonable and your body tells you,

"Hey, this is easy. You can even go faster than this." It is hard to say when this will happen, but for me there isn't a lot of psychological anxiety involved.

EW: Do you feel that experience has helped you get a more matter-of-fact approach?

JM: When I was a young runner in high school, I was sick to my stomach before a race. So much seemed to be on the line. I had a fair amount of self-confidence, but I wanted to do well so badly that I was incredibly nervous. I'm sure it hurt my performance. But after you have done endurance racing as many years as I have, it all becomes familiar. It doesn't necessarily become physically easier, but it does become psychologically easier.

EW: How would you tell a person to become more objective about racing?

JM: I would say try to look at racing as a physical issue. Either you have done the necessary training and your body is ready for a certain performance, or it is not. Race day is a type of discovery experience. You get on the line, and it is sort of like, "Gee, let's see what my body can give me today. I have done the best I can to prepare it. I am here. I am putting it on the line and so is everyone else. Let's see what happens."

Personally, I don't feel that I am battling anyone or that there is some kind of pressure to do something that is greater than I am capable of doing. I can only do what I can, and my body is going to give me whatever it can give me.

EW: In other words, you do not wear your ego on your feet or carry extra mental baggage into the race?

JM: I think that is the case. I think my approach also allows me to have a performance like happened at the World Cup Trials. I could have been thinking, "Okay, the old masters record is 1:29:36. If I want to get that record, I should go out at a pace that is a little faster than that." Or, "Gee, I want to make this World Cup Team. This will be my last chance; therefore, I am going to go out in fifth place and do everything I can to guard fifth place. If I have to sprint at the end to get it from some-



GEORGE BANKER
Victor Litwinski, 55, winner (17:14.9), 3000 racewalk, Potomac Valley TC Meet, Alexandria, Va., May 16.

one, I will."

I wasn't looking at the race in such calculating terms. I don't mean I didn't want to get a record and to make the World Cup Team, but the main focus was on racing and finding out whether the added weeks of training on the road and on the track had led me to be really fit. I look at racing as an occasion of self-discovery, more so than all the other aspects.

EW: What were the maximum workouts you were doing for your 20K performance?

JM: There are lots of different ways to train, but the workout that is best for me is the lactate threshold workout. This means repetitions on the track of either two or three miles at 90% maximum heart rate. As I wear a bit heavier shoe in training, it is a pace that is about 10 seconds per mile slower than my 20K race pace.

In the couple of weeks leading up to the race, I was doing 2 x 3 miles at an average pace around 7:06 per mile. Based on past performances, it turns out that I race about 10 seconds per mile faster than these lactate threshold workouts. That made me think I could probably race somewhere around 6:56 per mile. In fact, my average race pace was 6:53, which again may be due to the altitude effect.

EW: Then your maximum quality workout is doing two 3-mile intervals?

JM: It's not a whole lot, is it? But it's true. Also, I tend to take two days easy after every hard workout. I never have done a whole lot of distance or even that much volume with my faster stuff. For instance, in the last three weeks

before I started tapering for this race, my weekly mileage was 60-67.

EW: So Essentially, you keep your body well rested.

JM: In the past I have tried to do more quality work and to take only one day easy in between hard days, but it just doesn't work. I can do this for maybe one week or so, then I start to get run down. I think if I end up getting fitter this year, it's going to come by doing more quality work during a regular session. Maybe I can get up to 3 x 3 miles or maybe I can add something else. But I still think I am going to have to take two days of easy walking in between the harder efforts.

EW: Do you do any short stuff?

JM: I do a little. I typically begin my lactate threshold workout with 200s just to get the legs loosened up; and sometimes I will finish with a few 200s to put a little speed back in the legs.

I know the latest science in the running magazines says the best way to raise your lactate threshold is not to do lactate threshold workouts, but do things more at your 5K race pace. That is the most recent science, but they are talking to runners who are going out to do 10K in 25 minutes. For racewalkers, we are racing approximately three times as long. I think there may be something different for us in that we benefit from doing longer repeats, even if technically we could raise our VO2 max a little more by doing shorter repeats.

EW: What you are saying is also contrary to the popular thinking of many racewalkers who throw in a lot of short stuff to get fast.

JM: I know, and I may be different in some ways. I have always been someone who built muscle very easily. I was the fastest runner in elementary school and still have my junior high school's 50 yard dash record. I did a 5.8 in the 7th grade. I am someone who is naturally a muscular, speed kind of guy. Maybe I don't get as much benefit from shorter, harder stuff as some people do. Instead, I need to focus on endurance work.

As a bike racer, I did 120 miles races. Now I'm doing long racewalks. But I think my body is naturally better suited to the shorter stuff. So maybe, as they say, you find out where your weakness is and work on your weakness. I think my weakness is in the endurance area — extended endurance.

Maybe for someone who is more of an endurance person, it makes a lot of sense to do repeat kilometers or less. I have experimented a lot. Training for the 20K at the 1992 Olympic Festival in Los Angeles, I did an early tempo phase and then went into a sharpening phase with short, VO2 max repeats. I did a classic buildup according to the books. I felt great the first 10K and was walking just behind Allen James. After 10K I had nothing left. I absolutely ran out of gas. I had a horrible race and lost maybe five positions in the last 10K.

So experience has taught me that my bread and butter workouts are lactate threshold efforts that aren't even a 20K race pace, but not that much slower either. □

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TWENTY YEARS AGO July 1979

- Gas Crunch Affects Turnout in Grandfather Games, Los Angeles
- 45 Meet Records Set at Masters Sports Association Championships, NYC
- Nick Newton, 45, Top Master in 100m (11.73) and High Jump (5-8), Mt. SAC Relays



Health & Fitness

Long-term Effects of Exercise

In 1984, the Fifty-Plus Runner's Association recruited 561 members who agreed to a long-term study of the effects of aerobic exercise. A Stanford community sample of 469 persons from the Lipid Research Clinics study was recruited to serve as a control group. All were 50 to 72 years of age. With few dropouts, most completed yearly questionnaires for 15 years.

The goals of the study were to assess the long-term effects of running and other aerobic exercise activity on mortality, disability, medical costs, bone density, fractures, and development of osteoarthritis.

More than 20 major studies from this project have been published. Study participants now average 74 years of age. Some of the major findings, as reported by James F. Frics, M.D., in the Spring 1999 issue of the San Diego Senior Spirit:

- Of the first 38 deaths, 30 were in the control group and only eight among the runners.

- Runners developed disability at only one quarter the rate of non-runners.

- Runners developed osteoarthritis neither more nor less rapidly than controls.

- Runners had 20% greater bone density than non-runners.

- Runners had fewer osteoporotic fractures of spine and hip; they had

Yeager, Chamberlain Tops in 1-Hour Postal Racewalk

by JANE DODS

Total competitors in the 1998 1-Hour Postal Racewalk numbered 269. These walkers, hailing from 23 states plus Mexico and Cuba, strode a total of 2,416,943 meters – nearly 1.5 million miles.

Clinching the masters titles were Warrick Yeager, M40, representing the Potomac Valley TC, with 12,768 meters, and Donna Chamberlain, W40, representing SAC, with 10,996. Sandra DeNoon, unattached, was a close second to Chamberlain with 10,911.

A number of new individual records were set. Not far behind Yeager was Don DeNoon, M55, whose 12,428 erased Dave Romansky's 1997 record of 12,027 in that division. Jack Starr became the first M70 to crack the 10,000 barrier with his outstanding 10,199, thereby toppling Howard Channell's 9824 set in 1990. In the W75 division, Jane Dana's 8092 swept past Velma Jacobs' record of 7830 set in 1991.

Two team records were also set. Potomac Valley's Jim Carmines, Bruce Booth and Norm Frable stepped out for a total of 34,336 in the M50 division, overtaking Potomac Valley's own mark of 34,193 in 1997. Marin Walkers' Jack Bray, Jim Stuckey and Ed Lane zoomed to a total of 30,508 in the M60 division to erase their own club's record of 30,208 set in 1996.

The overall USA winners were Curt Clausen, representing SAC, with 14,134 and Victoria Herazo, representing California Walkers, with 12,210.

Race coordinator Elliott Denman

was very pleased by the return of the International Division and hopes to see increased participation in the future. The 1998 champion was Bernardo Segura, of Mexico, the current 20K world record-holder, with a total of 15,405. □

86,400 and Counting

Imagine there is a bank which credits your account each morning with \$86,400, carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you failed to use during the day.

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There is no going back. There is no drawing against "tomorrow." You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success!

The clock is running. Make the most of today...



JERRY WOJCIK

Jim Selby, of California, winning the M70 800 (2:35.42), 1998 USATF National Masters Championships, Orono, Me. The 32nd Championships will be held in Orlando, Fla., Aug. 26-29.

more fall-related and exercise-related fractures.

- Runners had 30% lower medical care costs.

- About half the runners have

stopped running, but nearly all continue to exercise vigorously.

- Through 1995 there have been no hip or knee surgical replacements in the runner group. □

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On The Run

by HAL HIGDON

Beating the Heat

On a soon-to-be hot and humid summer day, I rose early in the gray before dawn and quickly donned shorts and T-shirt. A five-minute jog took me to a nearby golf course, where the grass was still wet with dew. The golfers had not yet claimed their fairways; even the maintenance workers had not yet arrived to start their chores. For a magical 20 minutes, I was alone with nature, free to frolic back and forth on the grass before the temperature rose to levels of discomfort.

It is such moments that we live for as runners. It is why we persevere during the winds of winter. On one recent golf course workout, I spotted a deer near one tee. It slipped quickly back into the bushes as I approached.

That's the fun part of summer; the not-so-fun part is that it can get hot, humid and uncomfortable. When the temperature rises into the 80s and 90s, you may long for those winds of winter.

Nevertheless, given the choice, most of us prefer the freedom of summer vs. winter clothes. But how do you beat the heat when shedding one more layer would get you arrested for indecent exposure?

Here are some tips for staying cool

this summer:

Run Early: The coolest part of the day is at dawn. Running at 6:00 a.m., or earlier, allows you to enjoy the sunrise and jumpstart your day. If you have difficulty in getting going, lay out your running gear the night before so you don't have to think. A cup of coffee may help push you out the door.

Run Late: Not as good as running early, because temperatures remain elevated even after sunset, but you at least can avoid the direct rays of the sun by running at 6:00 p.m., or later. **Warning:** Pick a safe area. Run with a friend or a dog. Bad people lurk in the dark.

Run Slow: You can't run as fast when overheated, so don't compare

"If Leopold and Loeb had been runners, they might never have committed the Crime of the Century."

That's what I wrote when I autographed a copy of my latest book for Amby Burfoot, Editor of *Runner's World*. Several members of the RW staff didn't realize that I wrote about anything other than running.

In fact, I spent most of my career as a freelance journalist writing about subjects as diverse as business, politics, science and The Civil War. In 1976, I wrote *The Crime of the Century* about the Leopold and Loeb case. This brutal pair were defended by Clarence Darrow, the most famous attorney of any era. Their thrill killing bears striking resemblance to the recent school killings in Littleton, Colorado.

For several decades my book has been out of print, but now on the 75th anniversary of the murder and near the end of the century for which it is the crime, the book is being reprinted by The University of Illinois Press. You can order a personally autographed copy for only \$14.95 by contacting me (toll-free) at 888-ON-A-RRUN, or through my Web site: www.halhigdon.com.

And, yes, I will sign the book to you just like I did for Amby Burfoot. Just ask!

— Hal Higdon



The 4x1500 quartet that shattered the M40-49 world record (17:21) with a 16:59.10 at the Steve Scott Invitational, UC-Irvine, May 2, (l to r): Steve Scott (4th leg, 3:57), John Koningh (3rd leg, 4:18), Bill Randall (2nd leg, 4:30), and Thom Hunt (1st leg, 4:14).

hot-weather workout times with those done on cool days. **Warning:** a heart monitor can help you measure stress. You'll notice the hotter it is, the more rapidly your pulse will rise: a signal to take it easy.

Run Short: One way to ensure you won't overheat is to run shorter distances, which will allow you to maintain a faster pace. (This advice may be difficult to follow, however, if you're training for the marathon.)

Run Intermittently: Blend walking with your running. Slowing to a walk will allow your temperature to drop. You'll be able to run more comfortably when you start again. Learning how to walk in the middle of a run is an important finishing strategy marathoners need to master.

Run Hydrated: This advice is so obvious, it's surprising how many otherwise intelligent runners ignore it. Drink frequently before, after, but especially during workouts. The Chicago lakefront has water fountains every mile: use them! If you run in an area without fountains, wear a water belt.

Run Covered: Never run under the sun without a hat. Marathon training class leader Chris Knaus believes so strongly in this advice that she passed out caps last summer to everyone in her training group. You'll stay cooler if you provide your own shade, but, more important: you'll avoid the danger of skin cancer.

Run Smart: All of the above advice adds up to the point that if you learn to manage your summer training intelli-

gently, you can avoid the dangers of overheating and enjoy your warm-weather workouts.

Running in the summer is fun. It certainly beats the winter alternative. □

(Hal Higdon, Training Consultant, The LaSalle Banks Chicago Marathon, is Senior Writer for *Runner's World*. Hal's training schedules can be found on his web site: www.halhigdon.com.)



GEORGE BANKER

Betty Blank, 46, first W40+ (19:19), and Christine Newsham, 41, second (19:31), RRCA Mother's Day 5K, Washington, D.C., May 9.

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SUZY HESS

Jacqueline Board, of Missouri, winner of the W45 100 (13.19), 1998 USATF National Masters Championships, Orono, Me. The 1999 Championships are scheduled for Aug. 26-29 in Orlando, Fla.



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The Weight Room

by JERRY WOJCIK

Gage, Finsrud Go Best in Greeley

GREELEY, Colorado – Horace Greeley's advice, "Go West, young man," didn't have much application to the participants in the USATF National Masters Weight Pentathlon Championships held here on June 12, in the city, 40 miles north of Denver, named after Greeley, the *New York Tribune* editor and political leader of the 19th century.

First off, "young" had limited employment, what with 24 of the 31 men and 10 of the 13 women in the 50-plus-and-ultra range. Secondly, "man" didn't fit easily, with women composing well over a third of the total entry. Finally, the competitors not only went west from New York and New Jersey but also went east from Oregon and Arizona, north from Texas and Florida, and south from Montana.

The weather, which on Friday included a four-inch hail storm south of Denver, behaved itself until about halfway through the day, when a thunderstorm delayed activities for about an hour and a half.

When the Sturm und Drang in the skies and on the ground had ended, Tom Gage, 55, of Billings, Mont., temporarily working and living in Lake Charles, La., emerged as the men's top scorer with a 4837. Carol Finsrud, 42, Lockhart, Texas, totaled 3956 to lead the women. Gage is the M50 world-record holder in the hammer at 209-2. Finsrud is the W40 U.S. record holder in the shot (44-2 1/4) and discus (161-7).

Gage, whose highest score of the five events (hammer, shot, discus, javelin, weight) was a 1211-point 63-7 1/4 throw with the 25-lb. weight, broke the M55 U.S. record of 4499 points held by Richard Hotchkiss. Finsrud's total, bolstered by 1110 points with the

20-lb. weight, broke Joan Stratton's W40 national record of 3594.

The tough M65 group had three throwers over the 4500-point mark: Wendell Palmer, 67, Pampa, Texas, 4723; Bob Ward, 65, Dallas, Texas, 4634; and Len Olson, 67, Daytona Beach, Fla., 4507. Both Palmer and Ward broke Olson's U.S. M65 record of 4550.

David Schlolthauer, 81, Westport, Mass., the oldest male competitor, scored 2903 to establish and pending M80 record.

The 13 female competitors set an unofficial record for women participants for this championships, which, in the past, has rarely drawn more than a half-dozen women. National records were set by Oneitha Lewis, 39, Bayside, N.Y., who scored 3447 to better Joan Stratton's W35 record of 3341, and Betty Jarvis, 83, Tahlequah, Okla., the oldest competitor here, who established a pending W80 record of 2681.

As top scorers, Gage and Finsrud received Phil Partridge Award checks for \$150 each. The award honors Partridge, who was a pioneer in the concept of age-grading and instrumental in the adoption of the weight pentathlon as an official event internationally. The awards for the three best scores by men and women, initiated in the 1995 Championships in Grass



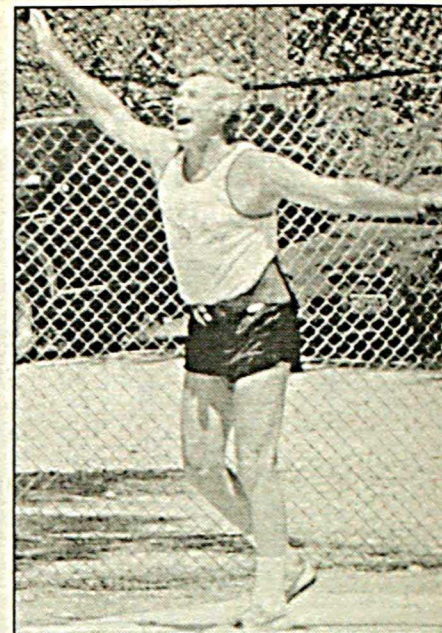
JERRY WOJCIK
Tom Gage, M55, top scorer (4837), Weight Pentathlon Championships, Greeley, Colo., June 12.

Valley, Calif., have been sponsored solely by Bob Stone, a long-time thrower from California.

Palmer and Amy Hicks, 66, received \$100 awards for their second-place scores. Palmer is the M65 U.S. record holder in the discus (176-11). Hicks, Needham, Mass., scored 3504 points in her first weight pentathlon championships.

Third-place scorers were Ward, runner up in the M65 division with 4634, and Lewis, with her record 3447. Each received a check for \$50. Ward was the defending champion (4832) from the 1998 championships held in Southern California. Lewis has a pending W35 U.S. indoor shot record (40-7) set at the 1999 Championships in Boston last March.

The Partridge Award winners also had a choice of commemorative Olympic plates donated by Stone.



JERRY WOJCIK
Norm Cyprus, M60 winner (3789), finishes the hammer throw with a flourish, Weight Pentathlon Championships, Greeley, Colo., June 12.

The medals and awards were given out at the post-meet BBQ held in the stadium's High Plains Room. Meet T-shirts show an outline of Colorado with a star for Greeley's location and a columbine flower in memory of the victims of the Columbine High School massacre.

Two features of the meet that participants hope would be adopted by future meets was use of start times by age groups and the first-ever, at this event, distribution of the complete results at the BBQ.

Dr. Scott Hill, head track coach at UNC, was the meet director, assisted by local competitors Tim Edwards and Ian Percy, student athletes and the coaching staff from the university.

The 2000 Championships are scheduled for September in Pampa, Texas, 50 miles southwest of Amarillo, under the direction of Wendell Palmer. □

Age-Graded Scoring of Weight Pentathlons

by REX HARVEY, USATF Masters Multi-event Coordinator

The introduction of the weight pentathlon into WAVA has been a truly successful grassroots effort. First, by volunteer effort and with popular demand, weight pentathlons were held immediately after, and in conjunction with, the 1987 WAVA Championships in Melbourne, then also in Eugene in '89 and Turku in '91.

The next step forward was to hold the weight pentathlon as an exhibition event during the 1993 Miyazaki Championships. Finally, in 1995, in Buffalo, the weight pentathlon became an official WAVA event. As some of us predicted, it has become as popular as, if not more than, the traditional track & field combined events. This year's WAVA Championships in Gateshead has over 600 entrants in the decathlon/heptathlon and the weight pentathlon.

As a combined event, it is obviously more of a challenge than any single event and, indeed, of any collection of single events. It is an event of its own.

Its specified event order and event timing, and the limited number of throws, require that it be approached differently from the specialty events.

As would be expected, most of the current leaders in the event are converted specialty throwers. But, at some time in the not too distant future, weight pentathletes will dominate. These weight pentathletes will work to become proficient in all of the events and not just some. They will see that there are more overall points to be gained by improving a few meters in the javelin than the considerable effort it takes to put the last meter or two on top of an already good discus or hammer throw.

Here is a short explanation for those of you who pay enough attention to combined events to wonder about the details of how they are scored using WAVA age grading. The basic concept is really very simple. It is some of the small details that tend to confuse people.

In general, scoring of the weight pentathlon is exactly the same as the scoring of single events. It is an event of its own.

Continued on page 15

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Speaker's Corner

by GRAEME SHIRLEY
Masters T&F Rules Coordinator

Hand-Timing vs. Automatic

In the March NMN, I suggested that we, the administration of Masters Track & Field, were not fulfilling our responsibilities in maintaining records. The emphasis of the column was on our failure to have meet directors, USATF Association Masters T&F Chairmen, and our National Committee ensure proper documentation of the record performances in our sport.

This month, I suggest that, in addition to failing by omission, we also fail by inclusion – accepting marks that should not be records because they are hand-timed.

On Jan. 1, 1981, U.S. and international governing bodies imposed the requirement on records in the sprints (400m or less) that they be automatically timed. The Masters T&F Committee has never had an exemption from this rule for masters records. Thus, since that date, we should have accepted no hand times as records.

Reflex Time

What's wrong with hand times? At the start of a race, a timer reacts to the flash or smoke from the pistol. At the finish, the timer stops the watch when the torso reaches the plane of the finish line. A reflex time is involved at the start, but not so much at the finish. Thus, in general, hand times are faster than automatic times, which are triggered automatically by the gun.

Hand times are reported only to tenths of a second (rounded up), but auto times to hundredths. We add 0.24 seconds to the rounded-up hand-time (0.14 for lap races).

Where does the 0.24 seconds come from? It's the accepted figure by the governing bodies.

Consider a hand-timed 11.2 second 100m. What would the auto time have been if we had had that equipment there? We like to think it would have been around 11.44, and that is a fair number to use when seeding runners. But the 11.2 could have rounded up a hand-time of anywhere from 11.11 to 11.20.

Human Variances

Thus, there is at least an 0.05 second uncertainty on that 11.44 number, in addition to variations in reflexes and quality of timers, so it is not a legitimate number to use when establishing records.

Nonetheless, we have introduced the 0.24 second differential into an idea of "intrinsically better" for breaking hand-timed records. Thus, if we list 11.2, an 11.43 or better will replace it.

And one by one we have done just

that, replacing most of the old hand-timed records. But some still remain. So this is the reverse side of the coin. We list Hal Higdon's 5000 mark as the best ever, knowing there are superior times. And we list, for one example, Ken Dennis at 11.2 in the M50 100m, knowing that it may not be better than an 11.43.

Here's the suggestion: get rid of all the sprint hand-times as records. Replace them with the best valid auto times. List the appropriate hand-times as notable performances.

Remarkable Performances

But here's the irony. In 1987, Dennis had a spectacular season. The August *National Masters News* headlined Dennis' records, describing his 11.2/22.9 double as "one of the most amazing one-day performances ever seen in masters track & field."

He followed that with an 11.43 a week later at the West Regionals, then posted (windy?) marks of 11.14 and 11.03 at the Nationals, followed by an 11.31 (legal) semi and an 11.24 (windy again) final World Championships win.

It would appear the appropriate mark for us to have approved would have been the 11.31. Instead, we publish the 11.2 hand-time. So his 11.31 gets ignored, and he and we will lose the record to an 11.43.

Difficult Choices

So how are we going to clean this up? Are we going to wait until someone runs 11.43? Or are we going to reach back to 1987 for the 11.31? Maybe it will be Steve Robbins' 11.24 to win the World Championships in 1995. Or maybe we can use Stan Whitley's 11.38 from last year's Nationals. Or maybe there are others.

There is the problem. By continuing to accept and list hand-times for sprints almost 20 years longer than the rest of the sport, we have failed to validate the automatically timed efforts which we now recognize as superior.

As a result, we may never know which – Dennis, Robbins, or Whitley – should have the record. And when Bill Collins is 50 in 2001, which mark should he target? □

Age-Graded Scoring

Continued from page 14

ing of open class combined events, with the addition of the single step of multiplying the actual performance times the age factor. Of course, for the scoring to be accurate, a person must use the proper WAVA implement for his/her age. These implements are specified in the WAVA Handbook and periodically in NMN, as the official WAVA publication.

The first step is to convert a person's actual performance (AP) into an age-graded performance (AGP) by multiplying the actual performance by the age factor appropriate for the competitor's age. The appropriate age factor is found in the WAVA Handbook, or in the "Age Graded Tables" booklet, or the "International Scoring Tables" (the latter two available from NMN – see page 13).

The first detail to remember is that all people within an age group use the same age factors. For example, all people from age 40 to age 44 use the age factors for age 40. This puts everyone within the age group head-to-head. So, if you beat someone in your age group you will score more points than he/she. This is why combined events people cannot wait to be five years older than the age factors, when scores jump up.

The age factors already take into account the fact that some masters throw lighter implements. That is why it is so important to throw the proper implement. The second detail to remember is that this resulting AGP must be rounded down to the lesser centimeter. The general rule always is to never round these numbers in such a way as to give the athlete's performance any artificial help. If the AGP came out to be 42.129999 meters, it would be rounded back to 42.12. It is just like on the field where the field judge may read the tape measure to say 42.129 meters but he/she must report only the lesser 42.12 meters.

The perceptive can see that the opposite would be true for the running events so an AGP of 61.34001 seconds in the 400m would be rounded up to 61.35 seconds. But enough of this 400 meter talk. I don't want to disquiet any of you

"pure" throwers.

The properly rounded AGP is then looked up in the 1985 IAAF Combined Events Scoring Table. Or, if you are using a computer program to score, the properly rounded AGP is entered into the scoring formula using the proper constants for the event and out pops the number of points awarded for that particular performance. The better the performance, the better the score.

Each of the events is scored in this manner and the event scores are added together to get the total score, which is all that matters in the weight pentathlon. We see it every year, and we saw it again this year in Greeley – someone can win three or four of the five events and still not win. Organizer Tim Edwards, 51, won three of the five events this year and not only didn't win, but got 4th place in his age group.

There is a complication that you should be aware of. In 1998, the IAAF adopted the use of both even and odd centimeters in the long throws (hammer, discus, and javelin). Previously only the lesser even centimeter was used. These odd or even centimeters work fine in the computer scoring formulas, but if you have a printed IAAF scoring table prior to 1998, you will occasionally look up a score that is one point too few for the long throws.

At worst, the previous tables will produce a total score that is only three points short of what is correct. IAAF has the new tables available, and other organizations are active preparing them also. Here are some examples to make the process more clear.

M60 discus throw of 40.73 meters: multiply 40.73 times the age factor of 1.1174 to get 45.511702. Round down to 45.51. Look up in scoring table. There is no entry for 45.51 so you must go down to 45.48 to get 777 points. (The table has an entry for 45.52 meters, which is closer to 45.51, but you must not use that because your age-graded performance is not that far.)

W44 shot put of 13.78: multiply 13.78 times the age factor of 1.0688 to get 14.728064. Round down to 14.72. Look up in scoring table. There is the entry for 14.72 which scores 842 points. And so on and so on. Have fun. □

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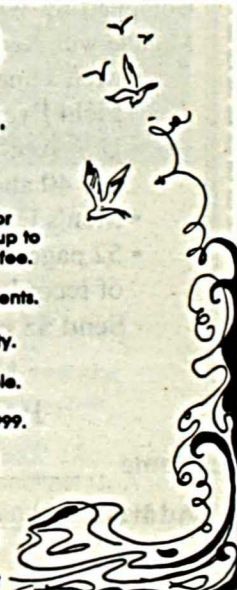
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False Start

by DAVID E. ORTMAN

"Wind-Aided," My Foot

Isn't it time for track & field to get rid of the term "wind-aided"? It's a rare meet when the wind blows at a steady 20 miles per hour, except maybe in Oklahoma, the only state where I ever ran on a grass track, because, otherwise, the wind blew the cinders away.

It is odd the way wind-aided and wind gauges apply at track meets. In field events, it depends on the implement. The discus and javelin generally fly better and travel farther when thrown into a head wind, a real advantage. How come discus and javelin records aren't taken away when a head wind is above a certain limit?

Tail Wind Preferred

Shot putters and hammer throwers seem to prefer throwing with a tail wind, but no one cancels their records because they are "wind-aided," no matter how hard the wind blows.

The field events have other inequalities. The pole vault is generally run with a tail wind because it is darn hard (and dangerous) to vault into a headwind. When the weather changes and the wind shifts direction, the entire event may be halted to turn the standards around and vault with the wind. But nobody takes away a world record because a vault is wind-aided.

High jumpers are at the total mercy of the wind, particularly a gusty one. As in the pole vault, a high wind speed can also affect how and whether the bar stays up or gets "blown off." But high jump records are not negated because a jump is "wind aided."

The long jump comes the closest to running events. It is the only field event where a wind gauge is used. Anything above a 2-meters-per-second (mps) is disallowed for record purposes (unless, of course, a trainer or teammate stands in front of the wind gauge during a jump!). Jumping into a headwind is certainly not conducive to jumping long, but jumping with the wind negates any record.

No Deduction

In multi-events, such as the decathlon or pentathlon, you don't get any points deducted because you ran your 100 with a tailwind. According to Rex Harvey, multi-events have an allowable wind limit of 4.0 mps, or double individual events. So, Dan O'Brien can run a decathlon 100 with an allowable 4 mps tailwind and count it toward a world record, but Maurice Greene's recent 100 in a world-record tying 9.84 at the Prefontaine Classic in Eugene was disallowed, because the tailwind was 3.50 mps.

Three other track events are affected by wind gauges: high hurdles, 100 and 200. All the other track events involve at least one full lap. This assumes that headwinds and tailwinds even out, but this is not always true.



ART SHANZADE

Brenda Trobaugh, winner of the W35 shot put (28-7 1/2), Visalia Masters Meet, Visalia, Calif., May 15.

I once ran a 400 at the U.W. Husky Stadium in Seattle, Wash., with a swirling tailwind for virtually the entire race.

The high hurdles, like the pole vault, can be run with either a tailwind or headwind. In high school and college, high hurdles were normally run with wind for the safety of the athletes. Occasionally, a very long-legged hurdler would get crossed up, but hurdlers running into the wind too often clobber one or more hurdles. Perversely, masters meet directors refuse to run masters hurdle races with the wind, even at WAVA championships (such as the one in Buffalo). High hurdles are difficult enough without the added burden of running into a strong (15 mph) headwind.

The 100 and 200 also use the wind gauge, but since there are no hurdles involved, at least there is no danger in running into a head wind. But I maintain that the term "wind-aided" is generally incorrect.

World's Fastest Human

The formula for converting meters-per-second into miles-per-hour is: mps x 2.235 = mph (2mps = 4.47 miles per hour). This caused the uproar over the world's fastest human. Donovan

Bailey ran 9.84 (22.7 mph) in the 100 at the last Olympics, while Michael Johnson ran 19.32 for 200 (23.1 mph). That is why they set up the much bally-hooed 150m duel race in which Johnson pulled up lame.

Even masters in short sprints or the long jump can approach 8mps (18 mph), well above the "wind-aided" allowance of 2mps (4.47 mph). At tail winds of 8mps or less, you are not really being pushed or "wind-aided". In fact, you are still running into air. It is only when steady wind speeds exceed 18 miles per hour, like in Oklahoma, that one might consider "wind-aided" to be a factor.

If we call wind speeds below 2mps, "wind legal," what should we call wind speeds above 2mps and below 8mps? How about just "positive wind factor?" After all, we have age factors, why not wind factors. Thus, we could have:

- All headwind = negative wind factor
- 0.0 to 2 meters-per-second = wind legal
- 2 to 8 meters-per-second = positive wind factor
- 8 meters-per-second = wind-aided

And everybody could still say at the end of their race, "I'm winded!" □

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1999 Indoor Rankings Completed

by JERRY WOJCIK, Indoor Rankings Coordinator

The McMahon Family Trust Masters Indoor T&F Rankings for 1999 are published in this issue on pages 19-22. They are based almost entirely on results published in the *National Masters News*. Other marks which did not appear in the results were sent with verification to the compilers.

The lists were compiled by Larry Patz of New Hampshire, David Ortmann of Washington, Jim Gerhardt of Texas, and Bill Benson of New

York. We masters owe them a debt of gratitude for their voluntary contribution of time and effort.

For the first time since publication of the indoor rankings, the superweight is included. Marks for the indoor weight and superweight will be carried over into the 1999 outdoor rankings if not superseded by an athlete's outdoor marks.

Changes and corrections to the 1999 rankings should be sent to Indoor Rankings, NMN, P.O. Box 50098, Eugene, OR 97405, for publication in the November issue. □

Visalia Masters Break 45 Meet Records

by BOB HIGGINBOTHAM

In the only masters meet between Los Angeles and the Bay Area-Sacramento, 140 athletes participated in the 6th Visalia Classic, Visalia, Calif., May 15, in the process setting 45 meet records.

Some of those records came from a number of the nation's top sprinters. Kevin Morning posted the day's fastest M40 100 (11.2) and 200 (22.9). Norbert Payton sprinted to an 11.5 in the M50 100. National champion Harold Tolson took the M60 100 (12.6) and 200 (25.3).

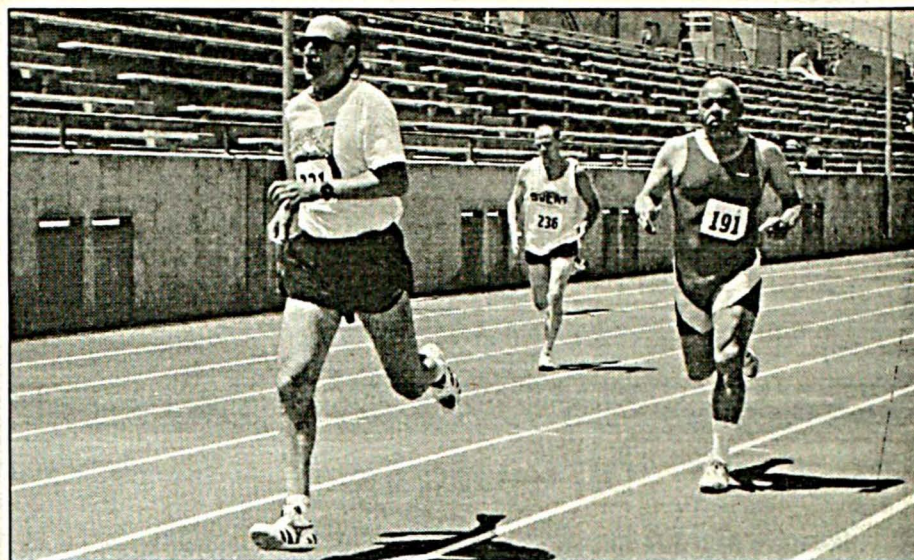
The women's sprint field was impressive with Elaine Iba, W35, Sylvia Hoss, W40, and Avril Naylor,

W50, all doubling in the 100 and 200. Iba ran the fastest women's time in the 100 (13.8), and Hoss in the 200 (29.0).

Long-time national-class runner Joan Ottaway raced to an 18:58.3 in the W55 5000. Phil Fehlen narrowly missed a record in the M60 high jump with a leap of 5-6. Angel Cachinero won the M50 triple jump (36-5½) and was second in the long jump to Roger Parnell (19-0).

John Casier was dominant in winning both the M50 shot put (42-4½) and discus (153-4). Mike Ostrom threw a meet record 182-0 in the M30 javelin.

Of the six Visalia Meets to date, this had the largest attendance, and was named the best by the contestants. □



ART SHAHADE

Runners in a mixed age-group 400 in the Visalia Masters Meet, Visalia, Calif., May 15. Alan Levine (1) was first M55 (59.7) and Mel Brooks, 191, second (60.7). Mike Norton, 236, won the M50 division (60.7).

Troncoso Wins Title at Freihofer's 5K

ALBANY, N.Y. – Carmen Troncoso has had a long, successful racing career, and when she turned 40 on April 2, a second career began as a masters runner. At the USA Track & Field 5K Championships, also an Indy Life Circuit event, hosted by the 21st Freihofer's Run for Women on June 5, Troncoso wasted little time establishing herself as a top master as she produced a convincing victory over two former USA 5K masters champions at Freihofer's – Ruth Wysocki and Jane Welzel.

At the start, Troncoso and Wysocki went out together and the pair hit the first mile in 5:15. From there, it was all Troncoso, as she went unchallenged to the tape in 16:37, the fifth fastest winning masters time at Freihofer's. She earned \$1500 for her win. Overall, the Austin, Texas, resident finished 19th.

Wysocki, 42, Canyon Lake, Calif., was second master in 17:15. In 1997,

the 1984 Olympian won the U.S. masters crown in 16:06, which is the current masters world 5K record. Patty Valadka, 41, from Houston, placed third master (17:20), while 1996 champion, Welzel, 44, from Ft. Collins, Colo., was fourth in 17:29.

"I'm very pleased," commented Troncoso. "I wanted to go out hard. My first mile was 5:15. From then on it was mental – just stay there and hang tough. One of the things that kept me going was knowing that Ruth or Jane could be right there."

Troncoso's performance was also the top age-graded time and, as a result, she pocketed another \$1500. Based on the 1994 WAVA tables, her 16:37 equates to a 15:50 open performance. In addition, she produced the only world class time (90% or more).

As the fourth Indy Life Circuit race for female masters runners, valuable Circuit points were earned at Freihofer's. With her third place (worth 10 points), Valadka moved into first place in the masters division with 61 points. Two-time ILC age-graded grand

prix champion Joan Ottaway, 55, Sonora, Calif., added to her lead with her second place age-graded performance (worth 47 points). Ottaway leads Victoria Crisp, 46, Nashville, Tenn., by 37 points, 288 to 251.

At Freihofer's, an ILC record 80 women scored over 70% on the WAVA tables. The previous record was 77 women from the 1998 race. Only the top 44 age-graded runners over 70% can earn Circuit points.

Toshiko d'Elia, 69, from Ridgewood, N.J., set the only U.S. single age record with her 24:03. The per-

vious record was 24:13 by Helen Dick from 1994.

The next Indy Life Circuit race (men and women) is the Crim Festival of Races 10 Mile in Flint, Mich., on Aug. 28. The 3rd Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company, features eight races and \$90,600 in race prize money (masters overall and age-graded) plus a \$50,000 grand prix purse. USA Track & Field coordinates and directs the Indy Life Circuit. □

—from Road Running Information Center



WATERY HILL IMAGES

Carmen Troncoso, 40, winner (16:37) Freihofer's 5K/Masters Women's Championships/Indy Life Circuit Event, Albany, N.Y., June 5.

INDY LIFE CIRCUIT

STANDINGS After Four Races

Masters Division		
1	Patty Valadka, 41, Houston, TX	61
2	Bev Docherty, 40, St. Paul, MN	54
3	Jane Welzel, 44, Ft. Collins, CO	53
4	Victoria Crisp, 46, Nashville, TN	35
5	J. Lasee-Johnson, 41, Chula Vista, CA	30
6	Diane Fitzpatrick, 41, Larkspur, CA	24
7	Jane Murphy, 40, River Forest, IL	15
8	Carmen Troncoso, 40, Austin, TX	15
9	Joan Ottaway, 55, Sonora, CA	14
10	Ruth Wysocki, 42, Canyon Lake, CA	12
Age-Graded Division		
1	Joan Ottaway, 55, Sonora, CA	288
2	Victoria Crisp, 46, Nashville, TN	251
3	Gloria Jansen, 51, Edina, MN	218
4	Linda Frisby, 52, Grand Junction, CO	217
5	Patty Valadka, 41, Houston, TX	217
6	Bev Docherty, 40, St. Paul, MN	197
7	Jane Welzel, 44, Ft. Collins, CO	194
8	Barbara Spannaus, 51, Shorewood, NJ	155
9	J. Lasee-Johnson, 41, Chula Vista, CA	152
10	Ellen Nitz, 58, Milford, MI	140

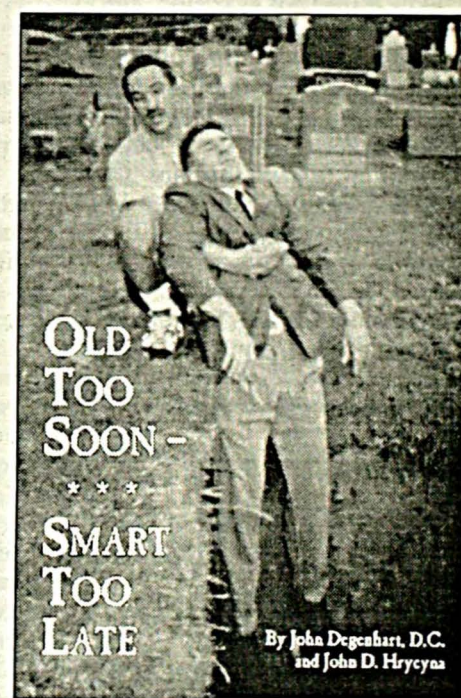
NEW BOOK WILL HELP TO KEEP YOU YOUNG!

As we age, we must fight harder than ever to stay young by keeping our weight down and making time to exercise. Yet, how many of us find it harder to stay motivated to be a good dad, a loving husband, and still find time to keep in shape?

This exciting new book entitled "Old Too Soon – Smart Too Late" has the map that you need to follow to have a healthy, balanced life so you don't get old too soon. The authors (on cover of book) want to pull you out of an early grave by giving you ways to reduce stress, reduce debt, so you can make the time to work at being your own doctor.

Exercise and nutrition are a big part of living a long life, but what about the missing magic ingredients not included in so many training schedules? New PRs or the perfect training plan or routine doesn't guarantee the constant "alive feeling" of well-being or robust living into your 80s or 90s and beyond.

Although this book is a fantastic gift to motivate one of your not so active friends off their posteriors and into action, there are many pearls a seasoned athlete can pocket. This book will focus you to address the important factors in life that are considered insignificant by most mainstream publications.



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Track and Field Report

by KEN WEINBEL,
Chairman, Masters T&F

Off to Gateshead

Like more than 500 other USA masters athletes, I am looking forward to the Gateshead experience. The organizing committee has long been preparing for the multitude of athletes who will descend upon the British Isles for the meet. The state of readiness relayed to us by our WAVA officials encourages confidence that the 1999 WAVA Championships will be very memorable.

The WAVA meetings, to be held in conjunction with the championships, will, among other important items, bring us up to date on progress of the WAVA International Masters Games Association partnership and the direction this movement is taking. I am anxious for the update, especially so we can evaluate the impact on our membership.

To all traveling to Gateshead, have a safe journey and pleasant visit. I look forward to seeing you there.

Orlando

Some individuals have been spreading rumors on their private web sites that have caused people to question whether or not our 1999 USATF Masters Outdoor Championships will be held as scheduled at Disney World. Of course it will. There was never any consideration given to doing otherwise.

The USATF legal department and Disney's legal representatives have been working on the final contract draft. Masters Championships Committee Chair, Scott Thornsley, and I have been in consultation with the responsible legal persons and have recently been advised that the passing of documents for signature is proceeding.

Within the past year, Disney World of Sports revamped their administrative structure. New personnel have been assigned to the various sports events. Some lack of experience and the timing of new assignments put the planning and dissemination of information on a late course of action.

Scott Thornsley and Regional Coordinator Bob Fine have been working closely with the Disney management to firm up event schedules, etc. We will inform all, via the *National Masters News*. If you have individual concerns not covered by the releases, feel free to contact Scott, Suzy Hess, or me and we will do our best to answer your concern. Be assured that we are planning for a fine meet.

Web Site Report Card

If you are one to spend time on the Internet, you probably noticed on a private web site that I recently received a "report card" for my work as chairman. I think the last time I got such poor grades, I was in 5th grade of elementary school. I don't think the teacher liked me.

I apologize to those of you who are actively involved with the committee and attend committee meetings – you may not find the following paragraphs very interesting reading. The information printed here is intended primarily for the uninformed. I sense from the grading criteria used, that the webmaster has no clue as to how our committee operates and who is responsible for what. When the webmaster is critical of the chair, he is in reality taking the entire committee to task. Perhaps the following synopsis of our bylaws will help him understand better.

We are a dedicated volunteer (non-compensated) group that conducts business as a committee, composed of association members, amateur sport organization members, official representatives, members at large, elected officers and active athlete members.

Most masters track and field business is conducted and acted on at the annual meeting of USATF. Other general meetings of the committee may be held in conjunction with the Masters Indoor and Outdoor National Championships.

Special meetings may be called

when deemed necessary by the Masters Executive Committee, which is composed of the chair, vice chair, secretary, treasurer, board of directors representative, championship subcommittee chair, regional coordinators and one active athlete, with an additional member appointed by the chair. The executive committee is empowered to conduct the business of the committee between meetings of the committee.

Specific Responsibilities

Within the committee there are standing subcommittees or special subcommittees which are appointed by the chair and who are responsible for specific tasks as sport subcommittees and administrative subcommittees. The bylaws identify the various committees and their tasks and responsibilities.

Officers of the committee are chair, vice chair, secretary and treasurer. They are elected during even-numbered years at the annual meeting of the committee. Each officer has specific duties and responsibilities outlined in the bylaws.

The chair's duties include: (a) presiding at all meetings of the committee and executive committee, (b) ensuring that all duties of the committee are properly carried out, (c) appointing subcommittees with the authorization of the committee, as may be necessary, (d) keeping committee members informed of events concerning the committee, (e) keeping the president and CEO (USATF) informed on committee actions and recommendations, (f) preparing and submitting appropriate documentation with proposed budget to USATF's budget and finance committee, (g) causing to be kept and forwarded to all committee members, the minutes of all committee meetings, (h) submitting reports to masters athletes via appropriate publications (*National Masters News*), (i) responding to inquiries concerning masters athletics, and (j) serving on the USATF executive committee and board of directors.

Purpose Defined

It would behoove the "webmaster grader" to study our bylaws, which clearly define the purpose of our committee to act as the masters arm of USATF for the sports of track and field and racewalking as approved by USATF and described in the USATF bylaws.

With such purpose, the committee shall: (a) promote and develop activities related to its sport, (b) provide a full schedule of national championships for the masters athlete, (c) provide a forum for discussion of USATF and WAVA rules as they relate to masters athletics and submit recommendations for changes, (d) provide liaison to USATF through elected officers and appointed members of the committee, (e) provide representation on appropriate USATF national committees, and (f) communicate with other organizations which conduct masters athletic events, including those conducting events for disabled masters athletes, to facilitate scheduling and adherence to USATF rules of competition.

The committee shall act pursuant to and in accordance with the authority granted by USATF and shall exercise the following powers: (a) serve as the coordinating body for masters athletics in the United States, (b) establish national goals and facilitate the attainment of these goals, and (c) supervise development and competition in masters regional and national championships in the United States and establish procedures for the determination of eligibility for participation.

Wide Jurisdiction

Among other duties, the committee has jurisdiction over national and regional championships and shall locate, conduct and manage such championships. The committee shall award championship events for masters athletics and administer all matters involving foreign countries in relation to masters athletics by working in close cooperation with the USATF board.

This chair loves masters track and field. My tenure as committee chair has been taxing at times, but thanks to a devoted group of people who serve as members of the executive committee and all those who give their personal time and finances to attend our committee meetings, I feel rewarded. With their dedication and efforts we have made great strides toward some lofty goals.

Our Hall of Fame Committee is up and running. We persevered through a difficult process during USATF restructuring and successfully maintained an equal representative position in the national structure. I advocated term limits for elected offices. Beginning with the year 2000, we will move to singular four-year terms to coincide with the national committee. Cooperation and assistance from the national office have improved.

We have taken a giant step toward breaking down the historical barrier that existed between the National Senior Games Association and USATF masters. All regional coordinators are now members of the executive committee. We have created a championship meet committee to guarantee proper conduct of the championship meets.

Media coverage has improved. Several masters athletes have been featured in television segments and articles concerning masters athletics have appeared in national publications. Elite masters athletes are competing in special events at large open meets. This chair is proud of the committee's accomplishments.

Consider Participating

I suggest that those who feel they need to criticize the efforts of others, join the program and become supportive of efforts or, better yet, volunteer for a contributing role. If you really want to be involved and appreciated, learn where you can be most effective. Attend association and regional meetings and start becoming an active participant at national committee meetings. I guarantee you will find this course of action gratifying. I have. □

THE 1999 UNOFFICIAL LIST OF

TOP MASTERS INTERNATIONAL TRACK PERFORMANCES

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in all men's running events
from 100m to 10,000m
in each age group.

Runners, coaches, & meet directors
please submit results

by email to: xroads@xro.com
or fax Dave Clingan at: 503-231-6345

1999 McMahon Family Trust U.S. Masters Indoor Track & Field Rankings

Coordinated by Jerry Wojcik

55 Meters Compiled by Larry Patz

M30	
MARIO RUSSO	6.5h
SHAWN CARSON	6.67
FRANCOIS BODA	6.68
ANDRE BRIDGETT	6.6h
BARNEY MORRONE	6.79
MATT DECAETANO	6.89
ALAN SINS	6.90
WILL HOLLAND	6.96
NOAH DESOUZA	7.25
ANDREW GAMBLE	7.43
RONALD DAVY	7.52

M35	
FRED PORTER JR	6.58
MITCHELL LOVETT	6.59
DONALD HARDY	6.65
BOB HARDING	6.6h
JIM REILLY	6.91
HOWARD LINSEY	6.98
EARL WENFIELD	6.9h
ALEX RIVERA	7.07
R V BIAGIONI	7.26
PATRICK SMITH	7.29
TIMOTHY MCMAHON	7.3h
TRACE BARNETTE	7.3h
ADAM HUTCHINSON	7.42
TYRONE JACKSON	7.44
HOWARD BOLTON	7.5h
RICH SAXBY	8.3h

M40	
VAL BARNWELL	6.69
LINDY RANEY	6.75
ANTHONY PULTON	6.7h
BARRY WISE	6.7h
JOHN ROBERTS	6.87
BRAD KELL	6.8h
KAESTER MCDONNOUGH	6.8h
KEN ELLIS	6.97
JOHN BROOKS	6.98
CHUCK HUNTER	6.99
DON TARASEWICZ	7.18
TOM BANNER	7.1h
DON MCNEILL	7.1h
DAVID CLARK	7.2h
RODNEY WILSON	7.3h
JOE NATALIE	7.3h
TOM WILKINS	7.3h
CHUCK JOHNSON	7.3h
BILL LEBERMAN	7.4h
ROCKDALE HUDSON	7.5h
BOB DORAN	7.89
STEVEN GERINGER	7.91
MARK RAFFA	7.9h
MIKE BRADY	8.75

M45	
BILL COLLINS	6.78
LESTER WRIGHT SR	6.8h
MICHAEL SKOPLANC	6.91
GERRY KRAINIK	6.93
TOMMY SMITH	6.9h
JIMMIE JONES	7.05
EDWARD GONERA	7.09
BILL MATSIS	7.0h
JIM DOLEZEL	7.12
DAVE RANSON	7.1h
DENNIS BROWN	7.29
DAVID GRITZ	7.2h
PULTON STRATHERN	7.2h
DALE SMITH	7.32
PERSHING REID	7.32
ROBERT HAIN	7.38
JEFF MOORE	7.3h
C D COOK SR	7.3h
BOYNE SPITZ	7.4h
LEE HESS	7.54
MIKE SANTO	7.5h
TONY SEARLES	7.5h
HUGH KELSEY	7.67
BOB JACKSON	7.72
STEVE MCCLUSKEY	7.80
MICHAEL GARRITY	8.04
JOHN HOGASTAN	8.10
DOUGLAS HOLMBERG	8.18
DAVID FRIEDMAN	8.86

M50	
JOE JOHNSON	7.10
RANDY SMITH	7.14
RON JOHNSON	7.22
ROGER PIERCE	7.27
DAVID SHIELDS	7.2h
DENNIS NEWTON	7.32
BILL SELBE	7.33
THADDEUS MORRIS	7.35
BOB DAVIS	7.39
ROBERT LLOYD	7.3h
RICHARD SEALEY	7.43
BOB MICHIO	7.4h
RICHARD KANSKI	7.5h
TOM WILSON	7.61
PAUL MONTGOMERY	7.68
EDDIE WATSON	7.75
JIM SHEA	7.8h
MICHAEL MILOVE	7.93
NOAH PERLIS	7.9h
KENT HANN	7.9h
R W ANTERONEN	8.04
GEORGE EBERLE	8.08
KEN KENZLE	8.09
IVAN BLACK	8.14
ROBERT ROVI	8.3h
BEN KENNEDY	9.0h

M55	
COURTLAND GRAY	7.05
FRANK BONHAM	7.5h
TOM THORNE	7.66
RICH JONES	7.6h
PAUL STELASZYK	7.72
PAUL GANSE	7.77
TROY SGOCCINS	7.7h
IRV HEATH	7.7h
TOM SEAVAR	7.7h
GENE BALLARD	7.84
DOUGLAS GEERTGENS	7.87
GARY SNYDER	7.95
CHET DOW	7.9h
CHARLES WEST	7.9h
R E ASHLAND	8.04
LOWELL THOMPSON	8.29
BOB FURMAN	8.2h
GEORGE LABELLE	8.4h
MIKE VALLE	8.4h
DAVID ROSENTHAL	8.9h
RICHARD SIMMONS	9.7h

M60	
BOB DOBBS	7.5h
ROOSEVELT WEAVER	7.68
JOHN LEWIS	7.68

DICK CAMP	7.7h
RICHARD RIZZO	7.82
WILLIAM WRIGHT	7.83
WAYNE BENNETT	7.85
NATE BYRD	7.9h
TOM PONDY	8.0h
DAN CANNON	8.0h
RODGER YOUNG	8.22
GLENDAL MARKWELL	8.25
LLOYD RIDDICK	8.2h
RICHARD CROAK	8.35
EARL HECE	8.3h
AL MATHIEUS	8.3h
ALVIN BURTON	8.3h
LEON TROUT	8.4h
FRANK AYERS	8.7h
ED FITZGERALD	8.8h
DAVE HANLOW	9.02

M65	
BILL WRIGHT	7.76
ALEX JOHNSON	7.9h
ROBERT REID	7.9h
JAMES STOOKEY	7.9h
CASS CURTIS	8.15
OSCAR TAYLOR	8.2h
VERN SCHEWE	8.31
JIM ALEXANDER	8.51
GIORGIO CHIAVELLI	8.6h
WILLIAM HUPNAGEL	8.77
JOHN DARRELL	9.17
JOSEPH KOGAN	9.2h

M70	
MEL LARSEN	7.78
CHUCK SOCHOR	7.88
TOM DELANY	8.2h
CARLOS VERA	8.2h
JACK GREENWALD	8.3h
DEAN SHAW	8.4h
TOM RICE	8.6h
BILL TOWNSEND	9.0h
MANNY HERSCHER	9.1h
WILLIAM BERGEN	9.2h
RICHARD SOLLAR	9.3h
SAM TAYLOR	9.62

M75	
LESTER WRIGHT SR	8.99
OSCAR HARRIS	8.9h
BOB WINGO	9.21
PAUL DERIAN	9.52
ED MATTHEWS	9.52
JIM MANNO	9.9h
MEL BUSCHMAN	10.14
ART HOLLAND	10.6h
DOC BENNETT	11.46

M80	
B H WRIGHT	10.5h

M85	
ALETHEA MORRIS	7.39
ANGELA SCOTT	7.8h
AMY STEWART	8.13

M90	
JOY O'HARA	7.6h
JOEANN JACKSON	7.82
DENISE JONES	8.61
B PARRISH-HAKIM	8.62

M95	
IRENE THOMPSON	7.6h
LOUISE PEASTER	7.8h
L. CLARK-PEASTER	8.08
D WHITAKER-CRAIN	8.52
EDNA CRAWLEY	8.54
RENEE DIGIACOMO	8.7h
SANDY LANE	9.03

M100	
RUTH THELEN	9.0h
SKIPPER CLARK	9.43
MARY TROTTO	10.44
DONNA CETRULLO	11.3h

NEAL MCINTYRE	7.28
MICHAEL PUKERIN	7.36
ANTHONY PULTON	7.37
SIRLESTER GRIFFIN	7.43
JOHN ROBERTS	7.4h
BENITO ROSALES	7.52
CHUCK HUNTER	7.55
LARRY HANKINS	7.61
KAESTER MCDONNOUGH	7.68
DON MCNEILL	7.6h
BARRY STEBBINS	7.6h
LLOYD JEREMIAH	7.6h
S. WEATHERSPOON	7.6h
GREG BELANCIO	7.70
VANCE JORDAN	7.73
ROBERT ZAHN	7.8h
STEPHEN WINKEL	7.94
STEVE PALACIOS	7.97
JAMES BRADSHAW	7.99
DANIEL TAYLOR	8.06
JOE NATALIE	8.07
CHUCK WILSON	8.11
RODNEY WILSON	8.11
CHUCK JOHNSON	8.11
GARY HERRLINGER	8.14
VICTOR PRICOLLO	8.48
JEFF WATRY	8.4h

M45	
BILL COLLINS	7.14
THOMAS JONES	7.2h
WILLARD THOMPSON	7.47
STACEY PRICE	7.5h
MICHAEL SKOPLANC	7.5h
GERRY KRAINIK	7.5h
DAVID PERRIN	7.76
DAVID B ORTMAN	7.78
DENNIS BROWN	7.87
IVAN BLACK	7.8h
C D COOK SR	7.8h
DAVID GRITZ	7.8h
THERRY BOUCQUEY	7.91
LARRY VOLLMER	7.95
ANTHONY SANTOS	7.96
STEVE KLOCH	8.01
PERSHING REID	8.05
BILL CHADEAU	8.06
JIMMIE JONES	8.13
ROGER PARNELL	8.13
JIM DOLEZEL	8.14
LEE NESS	8.20
WAYNE SPITZ	8.28
MARK GALOVIC	8.29
DOUG BAXTER	8.44
CHARLES MISSOURI	8.55
MICHAEL GARRITY	8.88
DAVID FRIEDMAN	9.1h

M50	
JOE JOHNSON	7.3h
JAMES ST CYR	7.48
MELVIN FIELDS	7.4h
CHARLES ALLIE	7.50
JOHN CROOK	7.6h
ROGER PIERCE	7.6h
BENNY LILES	7.72
ROBERT MITCHELL	7.72
DANIEL THIEL	7.81
DENNIS NEWTON	7.82
RON BEADLE	7.82
MIKE STEINMETZ	7.99
ROBERT LLOYD	7.9h
RICHARD SEALEY	8.16
RUFUS MORRIS	8.23
LINCOLN RUSSIN	8.24
EDDIE WATSON	8.39
RICHARD KANSKI	8.41
ISRAEL TEPPER	8.67
WALT NIEVEYER	8.94
DAVID GRASSMAN	9.01
MICHAEL DEJESUS	9.01
JIM WOOLEY	9.30

M55	
COURTLAND GRAY	7.74
STEVE BOWLES	7.7h
GENE BALLARD	7.86
BILL KNOCKE	8.18
DAN DURANTE	8.24
WALT BUTLER	8.29
JOHN CLIFFORD	8.32
FRANK BONHAM	8.34
JERRY BELINSON	8.34
PHILIP BYRNE	8.3h
ED TAPT	8.48
RAB HAGEN	8.54
DOUGLAS GEERTGENS	8.55
CHET DOW	8.5h
GARY SNYDER	8.72
KEN MOSES	8.78
GEORGE EPHGRAVE	8.82

M60	
LARRY COLBERT	7.8h
HAROLD TOLSON	7.92
KENNY DENNIS	7.94
LAWRENCE RICHARDS	7.98
BOB DOBBS	7.9h
DALE LANCE	8.26
ROOSEVELT WEAVER	8.2h
PHILIP WILKINSON	8.42
DICK CAMP	8.51
RICHARD RIZZO	8.56
WAYNE BENNETT	8.61
DARRELL RUEY	8.64
ALAN BREVIK	8.72
MIKE MURPHY	8.8h
JOHN LEWIS	9.1h
DON AMERY	9.4h

M65	
JAMES STOOKEY	7.87
BILL WRIGHT	7.9h
DEREK HOLLOWAY	7.9h
PIERRE DOBROVOLNY	8.38
HARRY BROWN	8.6h
RICHARD WIELAND	8.7h
BILL JANKOVICH	8.85
ROBERT REID	8.87
VERN SCHEWE	9.08
PAT FERRARO	9.74

M70	
WILLIAM DAPRANO	8.5h
BILL MELVILLE	8.75
MEL LARSEN	8.7h
CHUCK SOCHOR	8.9h
TOM RICE	8.9h
JACK GREENWALD	9.04
HOWARD MCHILLAN	9.1h
TOM DELANY	9.1h
JIM SELBY	9.32
ROBERT THOMAS	9.7h
WILLIAM BERGEN	10.1h
MANNY HERSCHER	10.1h
FRANK BRAGO	10.7h

M75	
LESTER WRIGHT SR	9.65
RAYMOND BOWER	9.73
SAM MADIA	9.89
JACK HIPPLE	10.49
ANGELO OLIVER	11.77
ART HOLLAND	12.10
RICHARD BENNETT	12.36

M80	
RODERICK PARKER	9.39
CHAMPION GOLDFY	10.31
ROBERT SORLIEN	12.30
MEL FLACHS	13.0h
KONRAD SLAUGHTER	14.43

M85	
JAMES ELLIOTT	12.31
ED ANDRYSIAK	16.91

M90	
ALTHEA MORRIS	7.92
KAREN HOOD	8.86
ANGELA SCOTT	8.86
BEVERLY TIMOTHY	8.92
DEBRA COOPER	9.43
SONIA GONGORA	9.85

M95	
CHARLENE LANDRUM	7.88
JOY ENOCH OHAYIA	8.1h
DANA BALMARTEN	8.35
FELICIA ANDERSON	8.38
EDNA CRAWLEY	9.2h
B PARRISH-HAKIM	9.2h
DENISE JONES	9.9h
FRAN DAVIS	10.52

M100	
IRENE THOMPSON	8.30
DENISE MCPHIE	8.43
L. CLARK-PEASTER	8.65
TERESA DROTTER	9.01
MICHELE FREEMAN	9.44
NEJLA MITCHELL	10.14
DEBBIE SELBY	10.68

M105	
CINDY STEENBERGEN	8.18
JACQUELINE BOARD	8.55

M110	
SKIPPER CLARK	9.0h
KATHLEEN CIRINA	9.0h
MICHAEL-MARIE HILL	9.2h
SANDY MARYOTT	9.6h
NORMA JONES	9.6h
CHARLOTTE JARVIS	10.20
PENNY DANIELSON	10.2h
JANE HIGGINS	10.42
MARY TROTTO	11.3h

M115	
ADLIN MAIR	9.31
MARY ROBINSON	9.60
NINA BRYANT	10.44
KAREN RUFF	11.66
JAN CONDON	11.96

M120	
AUDREY LARY	9.59
BARBARA JORDAN	9.73
PHYLLIS ROMAN	10.1h
LOUISE TRICARD	10.40
PHYLLIS BRADLEY	10.65
ESSIE KEA	10.68
MARY ROMAN	10.8h
JANET AMERY	13.3h

M125	
ANNE YUDELL	10.28
GEORGIA JOHNSON	11.20
JOYCE FRANKS	12.64

M130	
PATRICIA PETERSON	10.85
SUMI ONODERA	11.03
JOHNNY VALIEN	11.09
LENORE MCDANIELS	11.21
CHARLOTTE ACTON	14.84

M135	
LINDY RANEY	24.42
GREG BELANCIO	24.50
JOHN BROOKS	24.51
KEN ELLIS	24.61
CHUCK HUNTER	24.71
VANCE JORDAN	24.75
TOM WILLIAMS	25.22
THOMAS REVOLINSKI	25.22
LARRY HANKINS	25.29
TOM BRUNNER	25.2h
KENNY COOK	25.35
STEVE SAUGER	25.39
STEPHEN WINKEL	25.40
WAYNE SHAVER	25.43
FRED MILLS	25.43
STEVE PALACIOS	25.47
BARRY WISE	25.4h
BEN THOMAS	25.5h
EUGENE RACHEL	26.02
STEPHEN HANN	26.16
JEFF GALLERO	26.27
DAMON ROWE	26.28
JOE NATALIE	26.2h
RODNEY WILSON	26.45
BRIAN FLORIAN	26.54
CHUCK JOHNSON	26.54
RICHARD STEWART	26.87

Continued from previous page

VAL BARNWELL	54.42	PHIL SCHAPFER	1:15.48
RICK BASLEY	54.98	B. FREDRIKSON	1:15.48
THOMAS REMOLINSKI	55.63	SAM GRACEFFO	1:17.5h
STEVE SHAUGER	55.82	ED FITZGERALD	1:17.5h
GREG BELANCIO	55.95	M65	
ARCHIE GLASPY	56.2h	FRED SCHLERETH	1:03.6h
JOHN BROOKS	57.04	HARRY BROWN	1:04.11
FRED MILLS	57.10	BILL JANKOVICH	1:09.36
NIKOS MOUTOS	57.31	IRVIN BERNSTEIN	1:09.7h
JOHN DYER	57.4h	AL SHEAHEN	1:12.97
ADRIAN STERRETT	57.52	PAUL HEITZMAN	1:13.1h
JOE NATALIE	58.08	BOB BROCK	1:14.4h
CHUCK HUNTER	58.15	JAMES BEALL	1:14.9h
MARK RYBINSKI	58.2h	DONALD WEIS	1:16.17
STEPHEN HAHN	58.56	ROGER HAHN	1:17.2h
RICHARD BROOKS	58.67	CLAR. TRINKNER	1:18.46
KEVIN HANLON	59.2h	WALLY MCRAE	1:22.3h
STEVE PALACIOS	59.47	M70	
WARREN BROWN	59.6h	ROONEY BROWN	1:05.27
AL PENDLETON	1:00.2h	JIM SELBY	1:08.86
ROGER DAVIS	1:00.3h	JACK GREENWALD	1:12.42
CHUCK JOHNSON	1:00.54	PHIL O'CONNELL	1:13.90
STEPHEN BUNCE	1:01.1h	M. MACHILLAN	1:15.15
BOB HILL	1:01.3h	JOHN MOHMAN	1:18.05
PHIL GRIFFIN	1:01.3h	WILLIAM BERGEN	1:18.74
R. POLCHINSKI	1:02.80	CHUCK SOCHOR	1:22.2h
BRIAN RAPELYEA	1:03.47	TOM WALNUT	1:25.6h
TERRY MCCONNELL	1:04.5h	SAM TAYLOR	1:31.08
MILL LEBERMAN	1:05.0h	M75	
MARK CONDOLORA	1:05.3h	LES. WRIGHT SR	1:15.70
JOE BARRETT	1:06.8h	ARCH. MESSENGER	1:16.89
BOB GARCIA	1:07.1h	SAM MADIA	1:19.42
JACK AZEVEDO	1:07.2h	JACK NIPPLE	1:23.71
JEFF CARNES	1:07.9h	JOHN MEANS	1:28.46
DON HUGHES	1:08.0h	BOB WINDO	1:30.19
KEVIN REYNOLDS	1:08.8h	DON HANLON	1:31.8h
		RUSS MORE	1:39.5h
		GEO. RAJCEVICH	1:45.3h
EDWARD GONERA	53.44	M80	
FRANCIS SCHIRO	54.0h	RODERICK PARKER	1:15.58
JESSE NORMAN	54.38	BOB MATTESON	1:34.89
STEVEN HARDISON	54.55	AUSTIN NEWMAN	1:36.4h
NEIL STEINBERG	54.8h	M85	
BILL CHEADLE	55.8h	HAROLD MASSIE	2:34.32
GERRY KRAINIK	56.49	M90	
HUGH KELSEY	56.8h	W30	
BILL KRIEGER	56.8h	ALETHEA MORRIS	55.97
TOM CUNNINGHAM	56.91	DAWN BEST	1:03.97
DAVID E ORTHMAN	57.5h	ANGELA SCOTT	1:04.97
STEVE REJMAN	58.25	CLAUDIN MALCOLM	1:07.04
RICK SHERROD	58.58	J. KEMMINGER	1:07.27
DENNIS BROWN	58.86	COLLEEN ZOBY	1:08.0h
TIM MCULLEN	59.6h	JILL VOLLMER	1:10.0h
JOHN DUCRAY	1:00.04	BEVERLY TIMOTHY	1:10.97
TOMY PLASTER	1:00.30	M95	
TIM MILLER	1:00.30	KATHY HARTE	55.2h
JOE MOHMAN	1:00.6h	CHARLENE LANDRUM	58.62
JIM COLBERT	1:00.94	FEL. ANDERSON	1:00.95
JIMMIE JONES	1:01.06	RENEE STERRETT	1:00.97
JIM DOLEZEL	1:02.50	LISA PRICE	1:07.87
NOE HODGE	1:02.87	SARAH FALSO	1:09.2h
RICK EVANS	1:03.1h	LEATHA DAWSON	1:11.3h
BOB CONKLIN	1:03.2h	KAREN CONNELLY	1:13.9h
VAUGHN EDDY	1:04.2h	M100	
PETER MCCLURE	1:04.2h	STEPHANIE VEGA	1:01.41
LEE HESS	1:05.33	IRENE THOMPSON	1:03.34
JOHN MORRISON	1:05.36	DENISE MCPIELD	1:03.72
BOB PERTAR	1:06.2h	D WHITAKERGRAIN	1:06.63
DAVE OJA	1:06.3h	L CLARK-PEASTER	1:07.45
JOHN SPIEKER	1:06.6h	PATTI FORD	1:08.0h
STAN MORE	1:07.3h	LOUISE PEASTER	1:08.1h
LEO BOCHNIA	1:07.51	DENISE CRAIN	1:08.70
RICK CLEARY	1:07.8h	MARTHA LUTZ	1:08.70
JOHN CONDON	1:08.6h	BERNADETTE FLYNN	1:11.76
DOUG HOLMBERG	1:09.34	RUTH YAMAI	1:12.5h
TOM BRUNNER	1:10.4h	S. CARPENTER	1:13.9h
MARVY TERES	1:10.9h	TAMARA STEIL	1:20.3h
M50		M45	
CHARLES ALLIE	53.18	C. STEENBERGEN	1:02.74
FRED SOWERBY	53.45	JACO. BOARD	1:03.30
ROGER PIERCE	53.7h	PAT WATSON	1:03.8h
LEE ERROL	56.38	KATHRYN MARTIN	1:11.15
RALPH SOUPPA	56.98	P. DICKSONTAYLOR	1:11.48
RON JOHNSON	57.08	ERIKA CAMPBELL	1:13.46
MELVIN PRUDS	57.48	MARY ROSADO	1:14.14
ROBERT LLOYD	57.5h	MARY HARTZLER	1:14.81
STAN DRICKLEY	59.2h	KARYN CARRINO	1:24.2h
WARREN CRAFF	59.69	SANDRA O'BRIEN	1:30.39
JOE MOHMAN	59.9h	M50	
DICK BRADY	1:00.41	KATHLEEN CIRINA	1:11.05
BOB DAVIS	1:00.59	DEBBIE STILES	1:11.56
TONY COOPER	1:00.67	SKIPPER CLARK	1:12.02
BILL REITER	1:00.89	SANDY MILLER	1:18.03
BOB MICHIO	1:01.6h	ALINE KENNEY	1:18.3h
ALAN LEVINE	1:01.87	MARY TROTTO	1:22.79
RONALD PATE	1:02.13	M55	
JOHN ALBANESE	1:02.30	MARY ROBINSON	1:14.45
CHIP ROBINSON	1:02.62	Y. ROTHENBERG	1:32.5h
BOB VACER	1:03.0h	SHEILA MCKENNA	1:33.02
ROBERT LONE	1:03.5h	ESTELLE MAHN	1:41.3h
LARRY NAFIE	1:04.5h	M60	
EPHREN BELTRAN	1:04.83	C. CAPPETTA	1:11.74
HUGH SWEENEY	1:05.49	JEANNE HOAGLAND	1:12.68
BOB FRANZESSE	1:06.4h	AUDREY LARY	1:17.59
JOHN KURI	1:07.30	LENNIE TUCKER	1:26.2h
JOHN CONDON	1:07.3h	M. FITZGERALD	1:33.5h
CHARLIE RUTHMAN	1:13.0h	SHEILA HERMAN	1:39.3h
M55		M65	
COURTLAND GRAY	57.30	GRACE BUTCHER	1:24.45
DENNIS DUFFY	57.91	ANNE YUDELL	1:28.03
DAN DURANTE	1:01.02	SUSAN COHEN	1:35.92
RAB HAGEN	1:01.06	JOYCE FRANKS	1:44.00
LES. WRIGHT JR	1:01.30	GEORGIA JOHNSON	1:52.5h
PAUL STELMASZYK	1:02.6h	M70	
JOHN ALLEN	1:02.7h	SUMI ONODERA	1:32.44
GEO. MARCHETTI	1:03.51	PAT PETERSON	1:43.70
FRANK BONHAM	1:03.58	M75	
BOB MILLER	1:03.85	MARY HOLLAND	1:43.05
GARY SIVDER	1:03.88		
KINGSLEY CLARK	1:03.88		
HOWARD WEISSER	1:04.03		
CHARLES WEST	1:05.8h		
KEN MOSES	1:06.59		
BARRY KLINE	1:07.05		
WALLY BRAUNER	1:07.8h		
BOB FUHRMAN	1:07.9h		
TOM SEAVAR	1:09.3h		
L. ABRAMSON	1:10.5h		
DOUG FROST	1:16.7h		
M60			
LARRY COLBERT	57.6h		
RICHARD RIZZO	58.97		
THOMAS RANUZA	59.39		
EDWARD SMALL	1:00.98		
BOB DOBBS	1:01.70		
RON KIRKPATRICK	1:01.97		
MACK STEWART	1:01.98		
TOM PONDY	1:02.8h		
LAWRENCE HARVEY	1:02.99		
FRANK HAVILLAND	1:05.37		
CHRIS RUSH	1:05.92		
WAYNE BENNETT	1:06.36		
JOHN MACDONALD	1:06.4h		
DARRRELL HUEY	1:06.56		
ROSS GREATHOUSE	1:08.3h		
ROSS BREATHOUSE	1:08.3h		
BOB MILNER	1:08.4h		
RICHARD CROAK	1:08.70		
MIKE DAVIDSON	1:10.2h		
GEORGE CAIRNS	1:10.51		
HAG BOHIGIAN	1:10.6h		
RAY FRANKS	1:11.01		
DAN CANNON	1:12.1h		
RENE WILLET	1:12.6h		
JACK UCCI	1:14.0h		
ALVIN BURTON	1:14.7h		



JERRY WOJCIK

Steve Wulf, M45, California, middle distances.

Steve Wulf	2:03.9	Tony Plaster	2:13.7
Larry Glaser	2:04.8	Wayne Dwyer	2:13.9
David Cole	2:05.6	Tom Ryan	2:15.5
Tom Sassi	2:05.9	Peter Reinhart	2:15.8
Kerry Sloan	2:06.7	Bill McMullen	2:16.2
Chris Anklin	2:06.8	Turran Harper	2:16.5
Bruce Davis	2:06.9	Michael Carter	2:16.8
Bob Bolton	2:07.0	Harold Jenkins	2:17.1
Joe Mosolovski	2:07.3	Bill Cheshire	2:17.2
Bob Murray	2:08.3	John DuCray	2:17.7
Robin Wheelless	2:09.1	Tim Miller	2:18.1
Craig Loveth	2:09.6	Gary Comfort	2:19.3
David McMillan	2:09.6	Bob Pertak	2:19.9
Jim Cuomo	2:09.7	Shawn Regan	2:19.9
Harco Tremblay	2:09.8	Karl Castor	2:20.1
Doug Miller	2:10.1	Don Hodge	2:20.8
Wick Mitchell	2:12.6	Jim Corridan	2:21.1
Murray Nelson	2:13.8	Steve Reuman	2:21.9
David Sullivan	2:14.4	Bruce Bush	2:26.4
Gino Corio	2:14.7	Ken Florence	2:26.9
Leo Bochnia	2:15.4	Dave Oja	2:28.2
Bob Gornicki	2:16.4	Anthony Baker	2:28.5
Neal Coffey	2:17.9	Leo Bochnia	2:30.6
Kevin Hickman	2:18.5	Rick Cleary	2:32.3
Ken Martin	2:18.7	Peter McClure	2:32.8
Gerry Woods	2:18.9	John Condon	2:33.0
Jeff Endres	2:21.6	Allen Smith	2:34.2
Jim Bogus	2:22.9	J.J. Wind	2:36
Mike Fitzpatrick	2:23.5	Pat Caspen	2:37.0
Steve Slight	2:23.7	Stan More	2:37.8
Pat Turley	2:23.7	Vaughn Eddy	2:39.5
Adam Rolston	2:27.5	Harvey Torres	2:44.8
Tim Esse	2:29.2	Ricky Meghey	2:56
Phil Driscoll	2:30.2	M50	
Ting Kook	2:32.8	Dick Green	2:09.0
Andy Vogel	2:36.1	Harold Nolan	2:10.7
		Wandy Taylor	2:14.0
		Burke Grandjean	2:14.6
		George Smith	2:16.1
		Alan Taylor	2:16.2
		Gordon Reiter	2:16.8
		Rich Myers	2:17.2
		Colin Macdonald	2:17.3
		Lenny Handelman	2:17.9
		Miles Vaughn	2:19.2
		Jeff Lindsey	2:19.7
		John Albanese	2:19.7
		Brad Johnson	2:20.5
		Hugh Sweeney	2:21.0
		Stephen Viegas	2:21.8
		John Allen	2:24.4
		Shelley Sheehan	2:24.7
		Ronald Pace	2:25.2
		Erren Beltran	2:25.4
		Michael Wilson	2:26.5
		Ronald Buffin	2:26.8
		Larry Marie	2:27.6
		Jonathan Tetherly	2:28.1
		Bob Michelson	2:28.2
		Bruce Watson	2:32.0
		Bob O'Connor	2:33.6
		Bill Index	2:35.2
		Sam Baumgarten	2:35.5
		Bill Camperlino	2:36.9
		James Miner	2:37.5
		Bill Reiter	2:37.7
		Moah Perle	2:38.4
		Fat O'Regan	2:39.1
		Joseph Burleson	2:39.3
		Jeff Strausman	2:51.1
		Darryl Madden	2:54.9
		Jerry Ducker	3:06.9
		Bob Perry	3:07.4
		M55	
		Neil Macdonald	2:10.7
		Harold Morlok	2:11.7
		Hugh Sweeney	2:12.9
		Alvin Macdonald	2:13.9
		Dominic Rapasso	2:14.9
		Dennis Duffy	2:16.8
		Robert Bennett	2:18.9
		George Marchetti	2:30.0
		Ken Skinner	2:30.4
		Kent Blair	2:33.4
		John Saeraman	2:34.0
		Bolivia Cavalletto	2:34.0
		Joel Dubov	2:34.5
		Patrick Cosgrove	2:36.0
		Dave Garridge	2:36.7
		Paul Beha	2:37.8
		Paul Stelmazyk	2:39.0
		Todd Sinclair	2:40.3
		Robert Murphy	2:41.9
		John McFadden	2:45.9
		Bobby Fischer	2:46.0
		Phil Byrne	2:46.9
		Larry Abrahamson	2:50.1
		Charles Michael	2:50.2
		A.D. Maillet	2:54.7

Blaine Wilson	3:05.5
John Singer	3:11.6
Sam Clemence	3:16.1
M60	
Sid Howard	2:14.7
Mack Stewart	2:17.9
Henry Hawk	2:25.7
David Gagliani	2:27.8
Bob Milner	2:31.5
Lawrence Harvey	2:33.0
Joe Cordero	2:34.4
Cliff Cordy	2:34.6
Art Conro	2:35.2
Chris Bush	2:35.2
John Conner	2:38.5
Tom Fonny	2:40.1
Bob Payne	2:41.6
Bruce Gilbert	2:43.2
Frank Haviland	2:43.4
Jack Ucci	2:44.5
John Hurley	2:45.7
Sam Graceffo	2:46.2
Gene Chase	2:47.6
Ray Franks	2:51.6
Bruce Fredrikson	2:53.4
Phil Rice	3:13.5
Rene Wilett	3:18.8
M65	
Ino Cantu	2:28.9
Charles Wimblerley	2:29.8
Fred Schlereth	2:40.6
James Beall	2:43.5
Irvin Bernstein	2:44.7
Bob Brock	2:49.1
Robert Culling	2:50.0
Mark Lennigan	2:51.2
Ed Stabler	2:55.9
Jim Keat	3:02.1
Roger Hahn	3:05.8
Wally McKee	3:10.8
Dick Collins	3:23.7
Jack Myhan	3:25.2
Clarence Trinkner	3:26.7
M70	
Jim Selby	2:38.3
Rodney Brown	2:39.7
Bill Fortune	2:50.1
Gusmar Lind	2:51.0
Howard MacMillan	3:06.9
Tom Walnut	3:19.2
Ernie MacDonald	3:34.0
Sam Taylor	3:36.7
Chuck Sochor	3:37.3
M75	
Archie Messenger	2:54.8
John McManus	2:58.0
Bob Wingo	3:39.6
George Blyn	3:43.7
Bill Benson	3:46.8
M80	
Roderick Parker	3:13.3
Austin Newman	3:43.8
Ed Powers	4:17.3
M85	
Harold Maselle	5:33.1
M90	
Aletha Homs	2:20.7
Rebecca Hauer	2:20.9
Jill Vollweiler	2:27.5
Christine Reaser	2:29.9
Senoria Clarke	2:35
Dawn Best	2:35.8
Colleen Zogby	2:41.0
Monika Bracken	2:45
Guarrela Lindell	2:49.1
Claudia Malcolm	2:51.3
Jennifer Lacio	2:51
M95	
Kellie Archuletta	2:27.2
Sarah Falso	2:30.2
Leatha Dameron	2:32.4
Susan Menz	2:34.1
Lisa Prince	2:40.7
Laurea Frinch	2:52.2
Kathy Harte	2:52.3
Karen Connolly	2:50.7
M40	
Patty Blanchard	2:16.2
Patti Ford	2:27.6
Carolyn Eich	2:30.8
Susan Hill	2:34.8
Cathy Utzschneider	2:35.3
Irene Thompson	2:39.7
Ruth Yanai	2:40.8
Shells Carpenter	2:41.5
Badgett Flynn	2:45
Thomas Droter	2:46.0
Martha Lutz	2:49.9
Tamara Stell	2:55.5
M45	
Kathryn Martin	2:29.8
Eileen Troy	2:31.2
Erika Campbell	2:42.0
Mary Rosado	2:42.4
Mary Hartzler	2:52.3
Joyce Adams	2:57
M50	
Ann Hakoeke	2:50.5
Yoko Eichel	2:51.5
Jan Badgett	3:15.2
Mary Troto	3:15.8
Eileen Moizman	3:18.0
M55	
Marilyn Morehead	3:03.1
Mary Michelsohn	3:07.5
Yvonne Rottenberg	3:25.5
Sheila McKenna	3:36.5
Estelle Nahn	3:49.7
M60	
Jeanne Hoagland	3:00.1
Merlon Knight	3:13.9
Lennie Tucker	3:16.7
Joan Bondell	3:23.8
Tami Graf	3:28
Sheila Herman	3:54.5
M65	
Grace Butcher	3:12.7
Yoshiko D'Elia	3:21.4
M70	
S. Onodera Leonard	3:36.5

1500 Meters

Compiled by Bill Benson

M30	
William Broomth	4:03.2
Bill Bushnell	4:00.0
Max Crispi	4:11.9
James Cox	4:15.0
N. Bouthillier	4:15.0
John Gouvers	4:15.8
Scott Clark	4:17.9
Tom Mott	4:22.2
Alan Hirsch	4:27.3
Ryan Jusseau	4:28.9
Fred Benlein	4:30.0
Jud Santos	4:47.0
John Parker	4:50.8
Chris Stockman	4:54.3
M35	
John Barresi	4:03.4
Ansel LeBourne	4:04.4
Paul Stewart-Smith	4:11.9
Todd Sinclair	4:13.5
Robert Murray	4:14.0
Jorge Hernandez	4:19.1
Larry Glazer	4:21.4
Bruce Davis	4:23.6
Mike Tuhasz	4:23.9
Rich Agnello	4:25.0

Continued from previous page

Debra Kenney 5:59.34
 Tamara Stell 6:05.2
 Maria Vardanian 6:11.6
 Shirley Woodford 6:13.21
 Karen Loin 6:14.93
 Susan O'Connor 6:20.42
 C Smithanna 6:31.1

W45
 Kathy Martin 47 5:28.81
 Eileen Troy 5:39.21
 Regina Cahill 5:54.42
 Erika Campbell 5:56.59
 TinaMarieVarzeas 5:57.80
 Joyce Adams 45 5:58
 Diane Sardes 47 6:03.37
 Karen Iahoff 47 6:13.8
 Mary Hartzler 6:27.29
 Jeannine Haslund 6:27.5
 Pat Watson 6:28.4
 Mickey Dockwiler 6:47.5

W50
 Yoko Eichel 6:16.30
 Diane Stoneking 6:16.5
 Ann Makoske 6:17.51
 Debbie Stiles 6:29.84
 Mary Niatt 6:41.6
 Eileen Holzman 7:14.77

W55
 Marie Michelson 6:45.53
 Carol Rider 56 7:10.3
 Eileen Holzman 7:10.60
 Dagmar Romano 7:26.9
 YvonneRothenberg 7:36.7

W60
 Jeanne Hoagland 6:35.55
 Marion Knight 7:15.70
 Mary Harada 7:16.58
 Tami Graf 62 7:26
 Edna Myer 8:29.17

W65
 Toshiko d'Elia 7:13.86
 Diane Goulett 9:17.4

3000 Meters

Compiled by Bill Benson

W30
 Bob Julian 7:49.1
 Kent Thompson 8:14.9
 Kevin Sullivan 8:53.7
 Chris Yorgas 9:15.9
 Rich Byrne 9:16.1
 James Cox 9:20.0
 Rob Walker 9:22
 John Goulet 9:30.1
 Russ Jasson 9:37.2
 Eugene Mizson 9:45.0
 W. Southillier 9:49.3
 Keith O'Brien 9:55.3
 Jud Santos 9:56.6
 Jeff Benjamin 10:05.8
 Chris Stackman 10:07.7
 Randy Dalcill 10:44.4
 Eric Holte 10:50.9
 Brian Fuller 11:02.8
 Sam Saper 11:09.1
 Gary Scott 11:24.4

W35
 Neil Cornslove 8:44.9
 Steve Maslowski 9:05.6
 Allan Wells 9:08.5
 James Cuono 9:16.8
 Mike Yuhase 9:17.3
 Bob Murray 9:23.5
 Chris Ankin 9:34.0
 Keith Davies 9:38.1
 Manuel Pereira 9:42.7
 David Sullivan 9:50.4
 Mike Platt 9:50.7
 Mike Perry 9:55.9
 Jud Santos 9:57.0
 Chip Langmaid 9:58.0
 Dave Cole 9:58.8
 Ted Poulous 10:15
 Neal Coffey 10:16.5
 Pat Turley 10:17.5
 Curt Nelson 10:17.8
 Mike Fitzpatrick 10:22.6
 Bryan Thoreson 10:24.9
 Scott Robertson 10:33.9
 Doug Swansberg 10:34.3
 Jimmy Ighie 10:45.0
 G. Chandler 11:05
 Phil Driscoll 11:13.3
 Gerry Woods 11:14.5
 Lynn Macell 11:28.0
 Phil Rougeux 11:31.5
 Robin Wheeler 12:19.9
 Andy Vogel 12:23.7
 Joe Connelly 13:16.1

W40
 Bill Krohn 8:31.1
 Craig Fran 8:33.6
 Tom Dalton 8:41.5
 James Kepton 8:42.8
 Donald Dismato 8:48.1
 Bob Carroll 8:54.2
 Ken Leinbach 8:55.8
 Stephen Shalee 8:56.9
 Alan Ruben 9:08.5
 Carl Hubel 9:20.7
 Jeffrey Hader 9:45.6
 Miguel Ribadusa 9:47.4
 Ed Sheehan 9:49
 Mark Rybinski 9:55.8
 Kenneth Brown 9:56.0
 Fred Robbins 10:03
 Dennis Coleman 10:06.2
 William Gaston 10:07.5
 Phil Ware 10:09.0
 Kevin Hanlon 10:11.5
 Ken Fagan 10:14.3
 Don Hughes 10:18.9
 Gary Radford 10:22.0
 Bret Bowman 10:22.1
 Anthony Watson 10:23.2
 Dave Hiestand 10:27.7
 Jack Azevedo 10:30.7
 Scott Schaefer 10:42.6
 Clyde Louthart 10:43.7
 Terry McConnell 10:44.5
 Kevin Holmes 10:57
 Gary Weston 10:58.1
 Ed Grant 11:02
 Joe Barrett 11:13.1
 Wally Gajewski 11:15
 Tom Tunker 11:25.4
 Alex Auguerg 11:27.6
 Bob Brennan 11:30.9
 Seth Okrend 11:33.6
 Dave Cook 11:44.9
 Kevin Reynolds 11:50.3
 Randy Elder 11:52.2
 Jeff Carney 11:56
 Anthony Hollis 11:59.0
 Don Falowski 12:07.7
 Pat Placitelli 12:19.4
 Phil Griffin 12:21.8
 Ron Westbrook 12:25.5
 Jim Scarborough 12:28
 Jim Merrill 12:39.6
 Paul Hester 12:47.1
 Scott Love 12:53.4

M45
 Charles McMullen 9:05.1
 Geary Daniels 9:09.4
 Brandon Weaver 9:39.9
 Barry Jahn 9:48.5
 Leo Vandervliet 9:52.1
 Bill Scholl 9:53.9
 Harvey Blonder 10:00.3
 John Haberlem 10:06
 Judge Jones 10:12.6
 Gary Wallace 10:13.7
 Scott Abercrombie 10:17.3
 Paul Ryan 10:20
 Kevin Petrovek 10:29.5
 Bruce Bush 10:32.8
 Bob Rosen 10:34.9
 Tom Ryan 10:36.8
 Bill Bosmann 10:41.9
 Steve Rook 10:44.8
 Bob Brennan 10:48.6
 Don Mowra 10:51.0
 Julius Ratti 10:53.8
 David Webster 10:57
 J. J. Wile 11:09.7
 Rick Cleary 11:11
 Kevin Morrisroe 11:13
 John Weber 11:13.3
 Dave Oja 11:17.8
 John Condon 11:30.7
 Peter McClure 11:37.3
 John Piazza 11:38.7
 Stan More 12:10.1
 Ron Winkler 13:10.9

M50
 Harold Nolan 9:32.0
 Art Coolidge 9:53.5
 Hugh Sweeney 9:55.1
 Colin McArdie 9:57.9
 Alan Beck 9:59.9
 Jose Soloreano 10:09.9
 Ron Ruffin 10:36.5
 David DeFavero 10:42
 Victor Diaz 10:48.8
 Tom Cook 11:00.3
 Michael Wilson 11:02.2
 Larry Nafie 11:12.8
 Eric Oyaki 11:16
 Bruce Watson 11:18
 Bill Wehr 11:20.1
 Dana Freeman 11:28.9
 David Marlee 11:32.9
 John Miller 11:42.8
 John Dzial 11:47.4
 Carl Grossman 11:48.9
 Greg Attert 11:57.2
 Perry Hayden 11:59.7
 Paul Jewell 12:02.0
 Richard Weston 12:15
 Jeff Straussman 12:15.0
 Paul Willey 12:19.6
 Don Robbins 12:25.0
 Bob Nicho 12:33.2

M55
 Ken Sweeney 9:54.8
 T. Simpson 10:36.1
 Doug Goodhue 10:42
 Hugh Sweeney 10:50.5
 Jack Brennan 10:52.5
 Ed House 10:59.1
 John Cederholm 11:11.6
 John Allen 11:17.9
 Bill Cooper 11:22.5
 Ken Skinner 11:26.3
 Joel Dubov 11:46.9
 Jeff Martin 11:47.7
 Brian Saltsberg 11:57.3
 Larry Abrahamson 12:15.8
 Walt Schaefer 12:05.1
 Blaine Lawson 12:14.9
 Blaine Wilson 13:27.7
 Doug Frost 13:53.9
 Roger Pacheco 14:01.3
 Paul Stelmach 14:02.0

M60
 Dan Convey 10:01.9
 Vic Zvolak 10:15.3
 Joe Cordero 11:04.2
 Jose Pador 11:12.1
 Bob Milner 11:21.7
 Gene Chase 11:30.8
 Arthur Conro 11:40.2
 Sam Gracioso 11:41
 Jerry Lavasseur 11:46.2
 Jim Beahm 12:04.4
 Dennis Daly 12:07.6
 Jack Ucci 12:10
 Jack Ucci 12:19.2
 Adrian Craven 12:30.6
 Bruce Fredrikson 12:37.9
 Bernie Swasey 12:50.8
 Chas Hudson 12:51.1
 Tom Fiedler 13:00.9
 John Hurley 13:20.8
 Phil Rice 14:13.8
 Herb Friedenthal 14:26.9
 Marty Fried 14:28.4
 Joe Broderick 15:45

M65
 Gord McElenathan 11:50.5
 Mark Laanigan 12:13.6
 Bob Brock 12:29.5
 Robert Culling 12:38.1
 Ed Stabler 12:45.3
 Don Ross 12:50.3
 Jim Keat 13:07.1
 Jack McMahon 13:21
 Ray Pickell 13:23.6
 Wally McRae 13:56.0
 Fred Schiereth 14:01.0
 John Warwick 14:29.0
 Roger Hahn 14:35.3
 Marty Rothenberg 15:14.7
 Tom Talbott 15:53.6



JERRY WOJCIK
 Charlene Landrum, W35, New York, sprinter and hurdler.

Laura Barre 12:29.3
 Karen Connelly 13:00.2
 Kathy Marto 13:56.4
 L. Waterman 14:06.7

M40
 Patti Ford 10:05.3
 Sharon Yoe 11:05.0
 Carolyn Eich 11:15.8
 Linda Ryan 11:16.0
 Debra Keane 12:01.6
 Tamara Stell 12:11.3
 Ruth Tandi 12:20
 Deborah Yaelin 12:21.2
 Karen Loin 13:45.1
 Irene Thompson 14:46.2

M45
 Kathryn Martin 10:44.5
 Diane Sargent 11:44.1
 Tina W. Varsava 11:52.7
 Mary Winston 12:05.3
 Judy Anker 12:10.7
 Jan Decker 13:14.8
 Carl Klein 13:21.4
 Pat Watson 13:31.8
 Pauline Arne 15:17.6
 Diane McManus 15:52.7

M50
 Yoko Eichel 12:26.4
 Debbie Stiles 13:07.6
 Mary Trotto 14:19.7
 Betsy Eldredge 14:26.5
 Janet Garner 17:19.0

M55
 Marie Michelson 13:12.9
 Yvonne Rothenberg 15:50.6

M65
 JAMES ELLIOTT 18.45
 W30
 KAREN HOOD 10.47
 W35
 CHARLENE LANDRUM 9.47
 KAREN WAKELING 11.03
 DENISE JONES 12.3h
 W45
 LINDA LOWERY 11.89
 W50
 MICHAELMARIE HILL 10.87
 MARY TROTTO 19.9h
 W60
 BARBARA JORDAN 12.96

High Jump

Compiled by David Ortman

M30
 Andrew Boyce 2.00
 Kevin Ruff 1.62
 James Tunstall 1.62
 Michael Stevens 1.53

M35
 Joseph Patrone 1.90
 Earl Winfield 1.85
 Jeff Helton 1.74
 Dolf Berle 1.69
 Allen Jones 1.68
 Mark Twedt 1.68
 Bob Shelton 1.67
 Trace Barnette 1.57
 Mark Spenk 1.57

M40
 Dave Bergstrom 1.90
 Mark Williamson 1.88
 Gene McCabe 1.83
 Ken Ellis 1.73
 Kevin McLaughlin 1.70
 Jeff Watry 1.70
 Gary Pich 1.68
 John Valiska 1.67
 Bob Zaba 1.67
 Bill Brown 1.63
 Vance Jordan 1.63
 John Dyer 1.62
 Gary Hertinger 1.60
 Ed Somerville 1.58
 Ambrose Courteau 1.55
 Rick Schultz 1.53
 Dave White 1.53
 Kay Sparks 1.52
 Al Cestero, Jr. 1.52
 Fred Pearson 1.50
 Mark Jakubowski 1.50
 Rob Doran 1.47

M45
 David E. Ortman 1.74
 Kevin Carper 1.65
 Paul Fahy 1.63
 Ken Kring 1.63
 Ed Baskauskas 1.62
 Roger Parnell 1.59
 David Parnell 1.49
 Jim Dolzell 1.44
 Terrell Schaffer 1.44
 Ivan Black 1.42
 Richard Watson 1.38
 John Baylies 1.37
 Tom Brunner 1.37
 Gene Iwen 1.32
 Bill Drury 1.32
 John Dye 1.32
 John Hoogasian 1.30

M50
 James Savers 1.76
 William DeHorn 1.60
 Gregory Brooks 1.56
 Paul Heglar 1.54
 Bob Boddy 1.52
 James Dickerson 1.51
 Richard Kanak 1.48
 Johnston Ewing 1.46
 Jay Jellison 1.46
 Michael Dejean 1.42
 Joe McMahon 1.42
 Bill Walsh 1.42
 Ivan Black 1.42
 Seyvash Karimian 1.41
 Tony Cooper 1.39
 John Martin 1.37
 Denny Decker 1.35
 Nicholas Mitchell 1.35
 Brian Clute 1.32
 Jack Donley 1.32
 Joe Critchton 1.30
 Paul Boccard 1.24
 Douglas Wovak 1.22
 Bill Gainers 1.22
 Rich Bewrick 1.21
 Bob Everaki 1.21

M55
 James Cawley 1.55
 Phil Byrne 1.52
 Jerry Counihan 1.52
 Jerry Edwards 1.52
 Paul Gause 1.50
 Barry Klise 1.50
 Henry Clapper 1.49
 William Angus 1.45
 James Brady 1.45
 Frank Condon 1.45
 Tom Thorne 1.44
 Roger Williams 1.42
 Buster Byrnes 1.40
 Douglas Coorgens 1.40
 Carl Wallin 1.40
 Ron Collier 1.39
 Bruce Mills 1.37
 Fred Riley 1.32

Cass Curtis 1.25
 Russ McDaniels 1.17
 Bill Park 1.16
 Ray Reick 1.16
 Lou Edelman 1.06

M70
 Bill Simmons 1.38
 Bill Wambach 1.37
 Vince Sempronio 1.30
 Frank Brako 1.26
 Dick Dooley 1.24
 Richard Sollar 1.22
 Scott Hermann 1.21
 Chuck Sochor 1.21
 Desmond Margotson 1.16
 Tom Delany 1.14
 Harry Lawson 1.12
 Sam Taylor 1.09

M75
 Bill Chivvis 1.24
 Don Bonnet 1.09
 Bob Wingo 1.09
 Mel Bauman 1.06
 Ed Matthews 1.06
 George Rajcovich 1.06
 Armando Ricciardi 1.00
 Art Holland 0.96

M80
 George Braceland? 1.06
 George Braceland? 1.06
 James Elliot 1.06
 Claude Hills 0.86

M85
 Crystal Joseph 1.57
 Ann Mann 1.40
 Debra Cooper 1.34

M90
 Anne Jennings (AR) 1.65
 Michelle Mahoney 1.32
 Caryl Sean 1.42
 Edna Crawley 1.30
 Flo Meiler 1.05

M95
 Susan McDougall 1.40
 Edna Crawley 1.27

MSS
 Joe Johnston 3.85
 Paul Heglar 3.50
 Jeff Tisdall 3.50
 Jerry McBride 2.89
 Tom Saver 2.85
 Buster Byrnes 2.64
 Ron Collier 2.58
 Tom Thorne 2.58

M60
 Gerald Cousineau 3.35
 Taylor Goode 3.20
 Norm Cypress 2.75
 Peter Perkins 2.60
 Duane Rytkus 2.60
 John Stenman 2.58
 Glendale Martwell 2.13
 Roger Young 2.13
 Bob Golly 1.98

M65
 Jerry Dooley 2.90
 Phil Mulkey 2.90
 Harvey Lewellen 2.58
 Al Morris 2.58
 Bill Jankovich 2.45
 Loren Swanson 2.43
 Jerry Welbourn 2.43

M70
 Chuck Sochor 1.65

M75
 Bill Chivvis 2.15
 Armando Ricciardi 1.82
 Art Holland 1.70

M80
 Sue Tunnicliffe 1.67
 Flo Meiler 1.53

M85
 Amy Hicks 1.40

MSS
 Jerry Belinson 5.34
 James Cawley 5.21
 Douglas Geergens 5.12
 Phil Byrne 5.05
 William Angus 4.80
 Tom Sever 4.79
 Chet Dow 4.77
 R E Ashland 4.67
 Steve Bowles 4.63
 Ken Moses 4.61
 George Ephgrave 4.59
 Tom Thorne 4.45
 Terry Rowan 4.40
 Jerry McBride 4.38
 Troy Scroggins 4.16
 Mike Valle 4.14
 George LaBelle 3.79
 Doug Steffen 3.77
 Lowell Thompson 3.53
 Norris Wright 3.48
 David Rosenthal 3.39

M60
 Emil Pawlik 4.94
 Bob Golly 4.76
 Paul Beckman 4.74
 Grover Coats 4.66
 Alan Brevik 4.59
 George Cairns 4.30
 Vince Ruffin 4.30
 Dillon Maier 4.22
 Al Mathis 4.21
 Roger Young 4.16
 Glendale Markwell 4.06
 Ed Arnold 3.98
 Ed Mege 3.78
 Al Seimon 3.69
 Sam Rufford 3.55
 Don Amery 3.40
 Edward Mazzapelle 3.23
 John Steinman 3.08
 Mike Murphy 2.66
 John Hurley 2.60

M65
 Lowell Bonfield 4.90
 Jim Stookley 4.83
 Paul Lehmkuhl 4.53
 Cass Curtis 4.41
 C Trinkner 4.29
 James Duncan 4.27
 R Wieland 3.91
 Vern Schwes 3.87
 Bill Butterworth 3.83
 Glen Yoder 3.64
 Cully Vaughn 3.59
 Ben Thomas 3.59
 Walter Desand 3.50
 Russ McDaniels 3.30
 Wendell Palmer 3.25
 Lou Edelman 3.17
 Giorgio Chivelli 3.01
 Ray Feick 2.79

M70
 Carlos Vera 4.45
 Mel Larsen 4.38
 Chet Sochor 4.26
 Tom Rice 4.19
 Frank Brako 3.84
 Bill Deprano 3.84
 Richard Sollar 3.82
 Tom Delaney 3.70
 Bill Townsend 3.65
 Robert Thomas 3.60
 Bill Simmons 3.57
 Mary Herscher 3.14
 Ray Ryan 2.07

M75
 Edwin Lukens 3.94
 Mel Buschman 3.49
 Art Holland 3.16
 Ed Matthews 2.97
 Armando Ricciardi 2.94
 Bill Chivvis 2.93
 Doc Bennett 2.79

M80
 Mel Flachs 2.16
 Carlos Vera 4.45
 Mel Larsen 4.38
 Chet Sochor 4.26
 Tom Rice 4.19
 Frank Brako 3.84
 Bill Deprano 3.84
 Richard Sollar 3.82
 Tom Delaney 3.70
 Bill Townsend 3.65
 Robert Thomas 3.60
 Bill Simmons 3.57
 Mary Herscher 3.14
 Ray Ryan 2.07

M85
 Edwin Lukens 3.94
 Mel Buschman 3.49
 Art Holland 3.16
 Ed Matthews 2.97
 Armando Ricciardi 2.94
 Bill Chivvis 2.93
 Doc Bennett 2.79

M90
 Wayne Lambert 4.15
 David Bonney 4.00
 Joseph Pitzer 3.81
 Tom Rasmussen 3.55
 Rick Dumborg 3.40
 Johnas Ewing 3.40
 William DeHorn 3.20
 Dennis Schmitt 3.20
 Thomas Taft 3.10
 Kent Hall 3.00
 Michael Zahner 2.90
 Peter Fichter 2.75
 John Rasmussen 2.74
 Bill Walsh 2.59
 Bob Perry 2.28
 Ivna Black 2.13
 Gary Krueger 2.10

M95
 Wayne Lambert 4.15
 David Bonney 4.00
 Joseph Pitzer 3.81
 Tom Rasmussen 3.55
 Rick Dumborg 3.40
 Johnas Ewing 3.40
 William DeHorn 3.20
 Dennis Schmitt 3.20
 Thomas Taft 3.10
 Kent Hall 3.00
 Michael Zahner 2.90
 Peter Fichter 2.75
 John Rasmussen 2.74
 Bill Walsh 2.59
 Bob Perry 2.28
 Ivna Black 2.13
 Gary Krueger 2.10

MSS
 James Cawley 5.21
 Douglas Geergens 5.12
 Phil Byrne 5.05
 William Angus 4.80
 Tom Sever 4.79
 Chet Dow 4.77
 R E Ashland 4.67
 Steve Bowles 4.63
 Ken Moses 4.61
 George Ephgrave 4.59
 Tom Thorne 4.45
 Terry Rowan 4.40
 Jerry McBride 4.38
 Troy Scroggins 4.16
 Mike Valle 4.14
 George LaBelle 3.79
 Doug Steffen 3.77
 Lowell Thompson 3.53
 Norris Wright 3.48
 David Rosenthal 3.39

M60
 Emil Pawlik 4.94
 Bob Golly 4.76
 Paul Beckman 4.74
 Grover Coats 4.66
 Alan Brevik 4.59
 George Cairns 4.30
 Vince Ruffin 4.30
 Dillon Maier 4.22
 Al Mathis 4.21
 Roger Young 4.16
 Glendale Markwell 4.06
 Ed Arnold 3.98
 Ed Mege 3.78
 Al Seimon 3.69
 Sam Rufford 3.55
 Don Amery 3.40
 Edward Mazzapelle 3.23
 John Steinman 3.08
 Mike Murphy 2.66
 John Hurley 2.60

M65
 Lowell Bonfield 4.90
 Jim Stookley 4.83
 Paul Lehmkuhl 4.53
 Cass Curtis 4.41
 C Trinkner 4.29
 James Duncan 4.27
 R Wieland 3.91
 Vern Schwes 3.87
 Bill Butterworth 3.83
 Glen Yoder 3.64
 Cully Vaughn 3.59
 Ben Thomas 3.59
 Walter Desand 3.50
 Russ McDaniels 3.30
 Wendell Palmer 3.25
 Lou Edelman 3.17
 Giorgio Chivelli 3.01
 Ray Feick 2.79

M70
 Carlos Vera 4.45
 Mel Larsen 4.38
 Chet Sochor 4.26
 Tom Rice 4.19
 Frank Brako 3.84
 Bill Deprano 3.84
 Richard Sollar 3.82
 Tom Delaney 3.70
 Bill Townsend 3.65
 Robert Thomas 3.60
 Bill Simmons 3.57
 Mary Herscher 3.14
 Ray Ryan 2.07

M75
 Edwin Lukens 3.94
 Mel Buschman 3.49
 Art Holland 3.16
 Ed Matthews 2.97
 Armando Ricciardi 2.94
 Bill Chivvis 2.93
 Doc Bennett 2.79

M80
 Mel Flachs 2.16
 Carlos Vera 4.45
 Mel Larsen 4.38
 Chet Sochor 4.26
 Tom Rice 4.19
 Frank Brako 3.84
 Bill Deprano 3.84
 Richard Sollar 3.82
 Tom Delaney 3.70
 Bill Townsend 3.65
 Robert Thomas 3.60
 Bill Simmons 3.57
 Mary Herscher 3.14
 Ray Ryan 2.07

M85
 Edwin Lukens 3.94
 Mel Buschman 3.49
 Art Holland 3.16
 Ed Matthews 2.97
 Armando Ricciardi 2.94
 Bill Chivvis 2.93
 Doc Bennett 2.79

M90
 Wayne Lambert 4.15
 David Bonney 4.00
 Joseph Pitzer 3.81
 Tom Rasmussen 3.55
 Rick Dumborg 3.40
 Johnas Ewing 3.40
 William DeHorn 3.20
 Dennis Schmitt 3.20
 Thomas Taft 3.10
 Kent Hall 3.00
 Michael Zahner 2.90
 Peter Fichter 2.75
 John Rasmussen 2.74
 Bill Walsh 2.59
 Bob Perry 2.28
 Ivna Black 2.13
 Gary Krueger 2.10

M95
 Wayne Lambert 4.15
 David Bonney 4.00
 Joseph Pitzer 3.81
 Tom Rasmussen 3.55
 Rick Dumborg 3.40
 Johnas Ewing 3.40
 William DeHorn 3.20
 Dennis Schmitt 3.20
 Thomas Taft 3.10
 Kent Hall 3.00
 Michael Zahner 2.90
 Peter Fichter 2.75
 John Rasmussen 2.74
 Bill Walsh 2.59
 Bob Perry 2.28
 Ivna Black 2.13
 Gary Krueger 2.10

MSS
 James Cawley 5.21
 Douglas Geergens 5.12
 Phil Byrne 5.05
 William Angus 4.80
 Tom Sever 4

Continued from previous page

W65	
Amy Hicks	2.69
Lorelei Ruben	2.10
W70	
Leonore McDaniels	3.42
Johnnie Valien	3.04
Will Gatsa	1.42
Charlotte Acton	1.24
W75	
Mary Holland	2.98
Margaret Hinton	2.83

Triple Jump
Compiled by Jim Gerhardt

M30	
Andre Dowdell	11.52
James Tunstall	11.20
M35	
LeVell Davenport	14.11
Donald Hardy	13.45
Kerry Sloan	11.46
Trace Barnett	10.94
Mark Tweed	10.74
Bob Harding	10.46
M40	
Mike Lariza	13.34
Vance Jordan	12.32
Sirister Griffin	11.99
Dave Bergstrom	11.42
Bob Blackburn	10.77
Tony Ciccone	9.42
Jeff Watry	9.41
Gary Pich	9.30
M45	
Anthony Santos	11.25
Mike Skoflanc	11.21
Pat Fahy	11.18
Taylor Weatherbee	11.00
Mark Gershon	10.91
Ivan Black	10.69
John Oleski	10.20
John Bayless	9.65
Mark Johnson	9.64
Gene Iwen	9.36
David Friedman	8.83
John Hoogasian	8.70
Bob Reese	8.42
Douglas Holmberg	8.12

M50	
Angel Cachinero	11.50
Rufus Morris	11.34
Ivan Black	10.83
Bill Walsh	9.94
Roger Crockett	9.81
Jim Shea	9.67
David Shields	9.65
James Manor	9.50
Doug Hawkland	9.12
David Grassman	8.31
Bob Everski	7.46
Larry Myers	6.46
M55	
Douglas Geertgens	10.25
James Cawley	10.16
Ken Moses	9.36
Terry Rowan	9.27
Ed Taff	9.23
George Ephgrave	8.31
Buster Byrnes	8.12
George LaBelle	7.49
David Rosenthal	6.87
M60	
Haig Bohigian	9.34
Grover Coats	9.26
Ed Kent	8.77
Larry Carter	8.66
Paul Lahtukhi	8.50
Dillon Meier	8.23
Lou Edelman	6.40
Morton Halyn	5.43
M65	
Jim Stookay	9.82
R Wieland	8.19
Glenn Yoder	7.78
Jack Lance	7.52
Ray Feick	6.52
Lou Edelman	6.50
M70	
Carlos Vera	9.18
Tom Delaney	8.27
Tom Rice	7.78
Frank Brako	7.66
Bill Wambach	7.27
Bill Simmons	6.96
Des Margetson	5.73
M75	
Edwin Lukens	8.71
Hillar Saaresta	6.74
Ed Matthews	6.09
Art Holland	5.85
Eddie Coyle	4.12
M80	
Robert Sortien	5.71
W75	
Michelle Mahoney	7.92
Edna Creweley	7.74
W80	
Julie Wiedis	7.47
Edna Cawley	6.91
W85	
Linda Lowery	9.22
W90	
Michael Hill	7.53
W95	
Evelyn Wright	8.53
Audrey Lary	8.06
Barbara Jordan	7.70
Flo Meiler	5.87
W95	
Barb Thorgrimson	7.36
Amy Hicks	4.69
W100	
Leonore McDaniels	6.22
Johnnie Valien	5.62
Charlotte Acton	3.62
Willie Gatsa	3.48
W105	
Margaret Hinton	5.30
Mary Holland	4.95

M110	
Shot Put	
Compiled by Jim Gerhardt	
M30	
Todd Davis	14.54
Norm Deep	13.33
Troy Herr	12.47
Kevin Parker	10.81

JERRY WOJCICK
Roslyn Katz, W55, New York, weight thrower.

M35	
Glenn Thompson	18.67
Dan Gushart	15.33
Walter Shields	14.80
Dan Siewert	13.87
Tom Arrington	13.14
Thom Lanzalotto	12.96
Nicholas Mitchell	12.49
Joe Wernig	12.36
Gary Klein	11.95
Dave Gomez	11.84
Ken Plude	11.30
Paul Catanoza	10.20
Glenn Metcalfe	9.26
M40	
Gary England	16.12
Robert Orlando	15.40
Tony Ciccone	13.76
Bryan Stewart	12.91
Scott Bull	11.88
Ken Ellis	11.72
Richard Brown	11.13
Jeff Watry	10.89
Jeff Crothers	10.65
Gary Crago	10.44
John Dyer	10.00
Fred Pearson	9.76
Rob Doran	9.74
Mark Kneafle	9.71
Brad Kall	9.52
Vance Jordan	8.17
M45	
Ron Summers	14.58
Dennis Hansen	13.08
Donald Filkins	12.36
David Rhatigan	12.18
Ed Clark	11.55
David Parris	11.27
Carmen Letizia	11.18
Ken King	11.16
P Dreissgaker	11.09
Douglas Holmberg	10.55
Mark Johnson	9.84
Jeffrey Copeland	9.38
Richard Watson	9.20
Terrill Schaffer	9.06
Mike McManara	8.84
Jim Doelzal	8.37
C D Cook	8.26
John Hoogasian	7.94
M50	
Lad Pataki	16.27
Craig Shumaker	15.25
Chuck Chapin	15.21
Robert Mead	14.81
Hilary George	13.70
Joe DeStefano	13.60
Jim Nichols	13.55
Dennis Chandler	13.30
Jerry Bookin-Werner	12.91
Bruce Hedendal	12.71
Terry Shuman	12.16
R Woosencraft	12.01
Ron Broce	11.92
Herb Bechoni	11.87
Rich Dunphy	11.87
Tim Edwards	11.53
Bill Galtney	11.49
Bill Walsh	11.29
Gary Bowersox	11.15
Jack Romansic	10.79
Jim Shea	10.63
Carlton Mott	10.53
Walt Roucken	10.50
Ken Hann	10.20
Dave Tounsignant	10.07
Neil Rich	9.64
Gary Krueger	9.55
Bill Maltby	9.47
Dale Deuvall	9.09

M70	
Amie Gaynor	13.55
Phillip Brusca	12.08
Vince Sampronio	11.72
Michael Orlich	11.43
Mei Larsen	11.12
Ross Mitchell	10.21
Emmett Edwards	10.09
Chuck Sochor	9.91
William Bergen	9.25
Charles Covino	9.02
Wally Elliot	8.84
Harry Lawson	8.60
J W Snaden	8.05
Frank Brako	8.03
Jim Hayes	7.92
Doc Bennett	7.80
M75	
Charles Covino	10.63
William Walmoth	10.27
William Nettles	10.09
Charles Pistonino	9.22
Art Holland	9.08
Mei Buschman	8.60
George Brown	8.57
Edsell Floyd	7.76
Armando Ricciardi	7.74
Paul Denan	7.73
Jacob Stein	7.68
Angelo Oliver	7.57
M80	
Goldy Champion	6.99
Robert Sparks	6.55
M85	
Ross Carter	9.68
James Elliott	7.33
Leon Joslin	7.12
Geo Braceland	6.82
Bob Detweiler	5.00
Claude Hill	4.94
Harold Massie	4.75
M95	
Everett Hosack	4.06
W90	
Maureen Fallon	11.69
Debra Cooper	10.84
Virginia Palmer	9.63
W95	
Onetha Lewis	12.37
Lisa Prince	10.41
Caryl Sean	9.91
Virginia Palmer	9.59
Dana Baumgarten	9.40
Michelle Mahoney	8.60
Denise Jones	6.57
W100	
Margaret Foxhall	11.79
Sarah Boslaugh	10.83
Ruth Welding	10.46
Marcia Veale	9.59
Sandy Lane	8.24
Sue Hallen	8.07
Julie Wiedis	6.35
Julie Smith	5.95
W105	
Johnnie Clark-Hudgins	10.57
Skipper Clark	9.66
Kathleen Cirina	9.60
Sandy Maryott	9.27
Patricia Fogg	9.06
Charlotte Jarvis	8.69
Erika Szanto	8.49
Norma Jones	7.49
Mary Trotto	6.57
Linda Romansic	5.98
W110	
Karen Huff	9.05
Karen Wright	8.08
Carol Young	7.93
Roslyn Katz	7.92
Eilly McComas	6.79
Georgia Cutler	6.48
Sandy Paskin	5.99
M L Michelson	5.51
W115	
Mary Roman	9.37
Evelyn Wright	8.53
Audrey Lary	7.90
Ann Cinulnick	7.58
Bertha Aldrich	7.50
Sue Tunnicliff	7.49
Marcia Crooks	6.99
Flo Meiler	6.66
Janel Amery	4.81
W120	
Amy Hicks	7.67
Barb Thorgrimson	7.36
Marcia Crooks	7.18
Doreen Carmichael	6.72
Georgia Johnson	6.38
Harriet Patch	5.98
Lillian Snaden	5.89
Mary Stookay	4.35
W125	
Noreen Crawford	8.00
Johnnie Valien	6.74
Charlotte Acton	6.43
Pat Olson	5.56
Willie Gatsa	5.06
W130	
Margaret Hinton	6.69
Mary Holland	5.12
Diane Friedman	4.75
W135	
Katherine Gradick	5.05

Weight Throw
Compiled by Jerry Wojcik

M30-59 35#; M60+ 25#	
M30-49 20#; M50+ 16#	
M30	
Troy Herr	16.77
Harb Rodriguez	14.58
Norman Deep	12.54
M35	
Kike Haabrick	14.68
Glenn Thompson	13.81
Brian Doherty	11.74
David Tolson	11.39
Dan Stewart	11.00
Steve Barba	10.15

M40	
Ken Janeson	18.08
Andy Miller 41	14.93
Bill Johnston	14.69
David Vandergriff	14.66
Gary England	13.83
Bob Cedrone	12.72
Mark Kneafle	11.63
Tony Ciccone	11.36
Keith Johnston	10.66
Jeff Crothers	10.36
Bryan Stewart	10.13
Kevin Kruszona 40	9.57
M45	
Bill Johnston	14.43
Clay Hull	13.02
April Capwill	12.85
T C Reichard	12.74
Pat Lynn	11.23
Richard Watson	11.05
Dennis Hansen	9.60
Carmen Letizia	9.60
M50	
Tim Edwards	13.86
Ron Broce	13.22
Lad Pataki	13.11
Chuck Chapin	12.73
Hilary George	12.42
Terry Shuman	11.82
Bruce Hedendal	11.72
Jerry Bookin-Werner	11.20
G Bowersox	11.05
Jack Romansic	10.40
Jim Nichols	9.95
Dennis Chandler	9.78
Carlton Mott	8.79
Gary Greuger	8.71
Dave Tounsignant	7.48
Neil Rich	6.96
Jim Alexander	6.87
Ken Hann	6.86
M55	
Tom Gage	14.83
George Mathews	13.74
Al Neville	10.70
Bob Cahners	10.52
Buster Byrnes	9.29
Mike Valle	8.87
Gary Crawford	8.78
Ed Rosen	8.51
Jim Chambers	8.26
Norris Wright	7.46
George LaBelle	7.32
Doug Steffen	6.75
Carl Levine	6.61
M60	
Nora Cyprus	15.08
Jim Hart	12.52
Vern Spencer	12.26
Don Triable	11.93
Robert Verbanack	11.30
Bill Rykus	10.59
Steve Biddinger	8.36
James Rigby	5.36
M65	
Bob Bard	13.86
Austin Baggett	13.55
Len Olson	12.77
Ray Carstensen	12.75
Ray Feick	12.31
Harry Hawke	11.02
Jerry Wojcik	10.82
Bill Garrahan	10.56
Wendell Palmer	10.51
Jim Barnhart	8.66
Ed Luse	7.11
M70	
Ken Weinbel	11.15
Vince Seapronio	11.03
Phil Brusca	10.32
E Edwards	9.75
Lav Mozhav	9.55
J V Snaden	6.40
M75	
Bill Walmoth	10.56
Mei Buschman	10.00
Art Holland	9.40
Armando Ricciardi	8.05
Jacob Stein	7.41
Charles Covino	7.39

M85	
Leon Joslin	6.50
Ross Carter	5.99
Bob Detweiler	4.10
Harold Massie	3.28
M95	
Everett Hosack	3.06
M95	
Onetha Lewis	12.26
M100	
Ruth Welding	10.43
Sue Hallen	9.19
Margaret Foxhall	9.11
Julie Smith	4.77
M105	
Joan Stratton	11.13
April Capwill	9.15
Weg Savionis	6.89
Sandra O'Brien	5.85
M110	
Charlotte Jarvis	9.92
John Hill-Hudgins	9.07
Erika Szanto	8.44
Linda Romansic	5.90
M115	
Carol Young	10.32
Roslyn Katz	9.51
Georgia Outler	9.40
Suzy Hess	7.07
Karen Wright	4.07
M120	
Evelyn Wright	9.23
Mary Roman	8.50
Anne Cirulnick	7.84
M125	
Lillian Shaden	7.36
Lillian Crooks	7.05
M130	
Amy Hicks	6.97
Georgia Johnson	6.44
Barb Thorgrimson	5.84
M135	
Pat Olson	5.51
Johnnie Valien	5.26
Charlotte Acton	4.54
Willie Gatsa	2.95
M140	
Diane Friedman	3.97
M145	
Kathy Gradick	4.69
Helen Johnson	4.27

Superweight
Compiled by Jerry Wojcik

M30-59 35#; M70+ 35#	
M30-49 35#; M50+ 25#	
M30	
Troy Herr	11.09
Norman Deep	8.19
M35	
Mike Haabrick	9.50
Brian Doherty	8.31
M40	
David Vandergriff	9.80
Bob Cedrone	8.22
Mark Kneafle	7.46
Bryan Stewart	7.34
Jeff Crothers	7.02
M45	
Pat Lynn	8.15
Carl Reichard	8.13
Richard Watson	6.93
Dennis Hansen	6.82
M50	
Tim Edwards	9.25
Lad Pataki	9.11
Terry Shuman	8.21
JerryBookin-Werner	7.07
Neil Rich	4.37
M55	
George Mathews	8.76
Tom Gage	8.74
Bob Cahners	6.75
Al Neville	6.68
Buster Byrnes	5.72
Carl Levine	4.49
M60	
Vern Spencer	5.93

Jim Hart	5.87
Steve Biddinger	4.73
E Robert Preeo	2.76
M65	
Ray Feick	6.41
Austin Baggett	5.94
Bob Ward	5.39
Len Olson	4.83
Jerry Wojcik	4.12
M70	
Ken Weinbel	8.52
Phil Brusca	8.20
Vince Seapronio	7.26
J V Snaden	4.91
M75	
Bill Walmoth	7.96
Jacob Stein	5.57
Charles Covino	5.23
Armando Ricciardi	5.01
M85	
Leon Joslin	4.55
Bob Detweiler	3.06
M95	
Everett Haseack	2.29
M40	
Ruth Welding	7.44
Sue Hallen	5.75
M50	
Erika Szento	6.01
M55	
Roslyn Katz	7.01
Carol Young	6.47
M60	
Evelyn Wright	6.32
Mary Roman	6.28
M65	
Lillian Snaden	5.28
Amy Hicks	4.78
Marcia Crooks	4.31
3000m Racewalk	
Compiled by Jerry Wojcik	
M30	
Michael Cioce	16:22.4
M35	
Douglas Johnson	38 14:18
Nick Manuzzi	15:07.7
Michael Rose	16:01.0
M40	
Steve Pecinovsky	12:27
Warrick Yeager	12:46
Steve Vaitones	14:45.6
Don Peterson	18:49.7
Richard Zintek	21:54.8
M45	
Stan Sosnowski	14:38.8
Brian Savillonis	15:12.1
Larry Titus	15:14.4
Bill Reed	15:22
Richard Scott	15:28.2
Fred Anderson	16:14.9
Chris LeBeau	16:40
Romel Barranco	16:57.5
Douglas Varner	16:59.3
Rusty Dawson	21:15.9
Jonathan Price	21:35.0
Ron Winkler	16:51.4
M50	
Robert Keating	13:36.6
Gene Ophela	14:36.2
Richard McGuire	14:43.20
Max Walker	15:05.3
Bill Penner	15:15.1
James Miner	15:54.4
John Albert	16:50.6
William Gardner	18:21
Dennis Ryjecki	22:19.1
John Miller	16:15.5
M55	
Jim Carlines	13:51.46
David Baldwin	15:22
John Elworne	15:27.35
Tom Knatt	16:22.4
Ron Shields	16:40.6
David Bickel	18:41.0
Peter Giachetti	19:31.2
Larry Freeman	19:32.8
Peter Breen	20:22.7
Bernie Pinch	20:46.2
Wayne Clark	21:36.4



Athlete's Kitchen

by NANCY CLARK, MS, RD

SALT: Shake It or Leave It?

"In the summer, I sweat profusely and my skin gets crusty with salt. Should I eat extra salt to replace those losses?" "I commonly eat processed foods that are loaded with salt. Are they really bad for me?" "I never use salt. I don't want to get high blood pressure."

Many athletes have a confused relationship with salt. They love the taste of salty foods, but hate salt for its reputation of causing high blood pressure. They crave salt after sweaty exercise, but question if they should eat salty foods to replace it. If you are among the many active people who have concerns about salt, or, more correctly, sodium (the part of salt associated with health problems), this article can help you decide whether to shake it or leave it.

Does restricting salt reduce blood pressure?

Blood pressure is the force of blood against artery walls. High blood pressure (or hypertension) is a serious medical condition that can lead to hardening of the arteries (atherosclerosis), heart attack, kidney damage, eye problems, and heart failure. Eating salt does not directly cause blood pressure to rise, nor does restricting salt automatically lower it. Only 40 to 50% of people with high blood pressure and 10 to 15% of people with normal blood pressure experience salt-related changes in blood pressure.



GEORGE BANKER

Ofelia Perotti, second W40+ (66:04), George Washington Parkway 15K, Mt. Vernon, Va., April 18.

The best way to prevent hypertension is to choose the right parents; high blood pressure has strong genetic links. Alternative ways of controlling (if not preventing) hypertension are to be fit, active, and responsible for choosing a wholesome diet abundant in fruits, vegetables, and low fat dairy foods.

A recent study, Dietary Approaches to Stop Hypertension (D.A.S.H.), suggests a multi-faceted dietary approach can effectively control blood pressure. In addition to moderating salty foods, the D.A.S.H. research suggests you should also: 1) eat extra fruits, vegetables, and lowfat dairy foods for calcium, potassium, magnesium, and fiber, 2) lose weight (if you have weight to lose), and 3) limit your intake of saturated fats (in greasy meats, butter, cream, and cheese) and alcohol.

How much salt does an athlete actually need?

Sodium requirements vary and depend upon how much sodium you lose in sweat. For non-athletes, the National Academy of Sciences recommends at least 500 mg. of sodium per day for baseline health requirements. In the D.A.S.H. study, the subjects averaged 3000 mg. per day, which is slightly less than the 4000 to 6000 mg. sodium most Americans consume daily. Three thousand milligrams is the amount in six small salt packets (such as you might get at a fast food restaurant) or one medium pizza.

How much salt do I lose in sweat?

The amount of sodium you lose in sweat depends upon how much salt you eat. Your body has an amazing ability to maintain a stable sodium balance by eliminating any excess in either sweat or urine. Athletes who eat lots of salt have saltier sweat than those who restrict salt.

The amount of sodium in sweat also varies according to how much you exercise in the heat. For example, the sweat of an unfit, unacclimatized person may contain 1600 mg. sodium per lb. sweat; a fit but unacclimatized subject, 1200 mg.; a fit and acclimatized person, only 800 mg. As a frame of reference, the average male's body contains about 75,000 mg. sodium, the amount in 11 tablespoons salt.

If I crave salt, should I eat it?

Yes. Salt cravings are a sign your



GEORGE BANKER

Joyce Adams, 45, finished in 67:16, George Washington Parkway 15K, Mt. Vernon, Va., April 18.

body wants salt. A rule of thumb is to add extra salt to your diet if you have lost more than four to six pounds of sweat. Too little salt can result in fatigue, muscle cramps, and lack of thirst. Athletes who consciously restrict salt by eating low-sodium spaghetti sauce, salt-free pretzels, and other low sodium foods often benefit from adding sodium to replace sweat losses if they sweat profusely day after day in the summer heat.

Sodium content of some common sports foods:

Food	Sodium (mg)
Fruits and juices	1-5
Meat, chicken, 4 oz.	50-70
Powerade, 8 oz.	70
Gatorade, 8 oz.	110
Milk, 8 oz.	120
Fig Newtons, 2	120
Saltines, 5	180



GEORGE BANKER

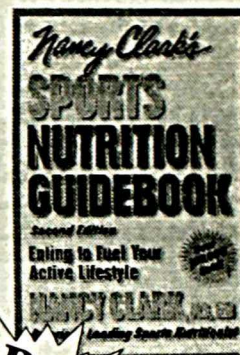
Mike Spinnler, 40, finished the 1999 Bethesda Chase 10K in 39:37, Bethesda, Md.

Amer. cheese, 1 sl.	260
Bagel, 1 sm. Lender's	320
Pizza, 1 lg. sl. cheese	600
Big Mac	960

(Nancy Clark, MS, RD, is nutrition counselor for both casual exercisers and competitive athletes at Boston-area's SportsMedicine Brookline. Her popular Sports Nutrition Guidebook, Second Edition (\$20) and The NYC Marathon Cookbook (\$20) are available by sending a check to Sports Nutrition Services, 830 Boylston St., Brookline MA 02467 or via www.nancyclarkrd.com)

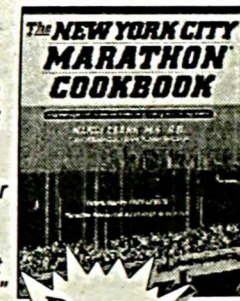
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Gateshead Preview

Continued from page 1

Championships is the premier international track and field event for men 40 years of age and over, and for women 35 years of age and over. An additional 6000 accompanying persons are expected to attend the 11-day event beginning on Thurs., July 29, providing an estimated economic impact of US\$12 million (7.2 million British pounds) to the area.

12,822 Event Entries

The total number of event entries is 12,822, up 13% from Durban (11,363) but down 2 1/2% from Buffalo (13,152). Organizers said late entries may surpass the Buffalo total. The 10K cross-country has drawn the most entries (989). The next most popular events are the 200 (879), 5000 (877), 100 (860), and 400 (852). The marathon drew 827 entries, less than half that of Durban and the lowest since Eugene's 787 in 1989. Even the least popular event – the pole vault – drew a substantial 217 entries.

The number of event entries to be

conducted in the stadiums (every event except the cross-country, marathon and road walks) is 10,550. That compares to Durban (8417), Buffalo (10,862), Miyazaki (11,166), Turku in 1991 (9091), Eugene (10,573), and Melbourne in 1987 (9590).

Record High Entries in 7 Events

Seven of the 26 events have record-high entries: 400 (852), long hurdles (303), steeplechase (268), hammer (375), decathlon (250), heptathlon (63), and weight pentathlon (367).

The largest age group is M50 with 1347 event entries, followed by M40 (1294), M55 (1238), M45 (1204), and M60 (1081). The biggest women's age division is W55 (611), followed by W50 (585), W45 (571), W40 (549), and W35 (547).

Next to the host country's total of 1730 participants, the largest contingent will come from Germany (689), followed by the USA (549), Australia (236), France (148), Italy (139), Ireland (138), and Canada (136).

32 Percent are Women

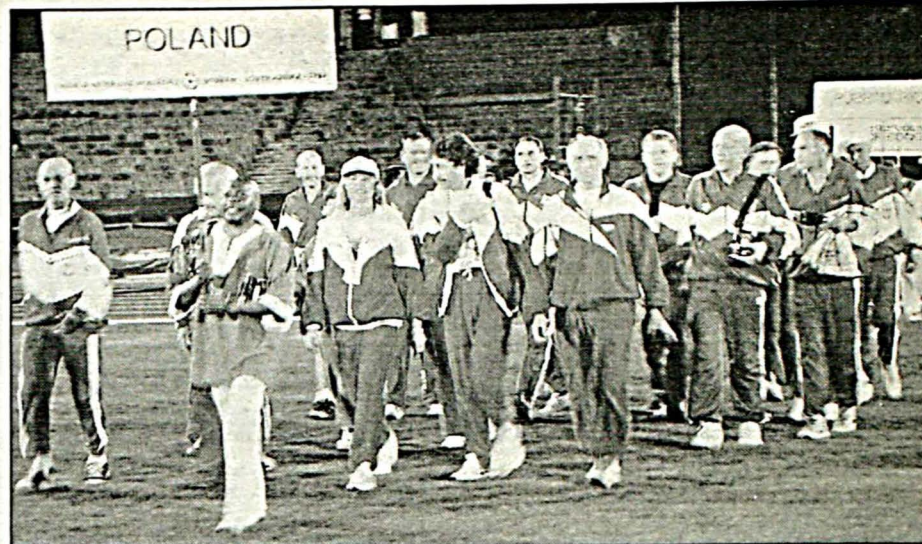
A record 32 percent of the 12,822 total event entries are women, compared to Durban (30%), Buffalo (27%), Miyazaki (19%), Turku (24%), and Eugene (25%).

Competition will be held in the traditional five-year age groups through age 95 plus, beginning Thurs., July 29. Opening ceremonies are set for Sat., July 31. Action then continues through Sunday, Aug. 8, with off days on Monday the 2nd and Thursday the 5th.

While the competition is the main reason for the whole affair, the best experience for most participants in Gateshead will be meeting and making friends with people from all over the world. It's a rare opportunity to talk to people from other nations in a relaxed and common setting.

Good Organization

The Championships are held every



SUZY HESS

The Polish contingent at the opening ceremonies, XII WAVA Championships, Durban, South Africa, 1997. Gateshead, England, will host the XIII Championships, July 29-Aug. 8.

other year under the auspices of the World Association of Veteran Athletes (WAVA). This year they will be staged by the Gateshead Organizing Committee, under the leadership of CEO Mike Newton.

"I'm really happy with the organization," said the USA's Rex Harvey, a key member of WAVA's Stadia Committee. "It looks good. They're not skimping on spending money."

Harvey, USA team manager Sandy Pashkin, and WAVA Stadia Vice President Jim Blair visited Gateshead in May to assist the organizers and work out scheduling details.

"I'm very pleased with the organizing committee," Pashkin said. "It's a refreshing change."

Two stadiums will handle most of the track and field action – Gateshead International Stadium (GIS) and Monkton Stadium, with Riverside Stadium being used minimally.

Free Shuttle Buses

The free shuttle bus system will have

several bus routes, each stopping at hotels/dormitories where participants are staying. The goal is to have no route take more than 45 minutes to get from the farthest outlying hotel to the GIS. Once at the GIS, a shuttle will run very 30- to 60-minutes in one direction to Monkton Stadium (15 minutes) and then on to Riverside (20 minutes), before returning to GIS (25 minutes). Another shuttle will go in the opposite direction to Riverside, then to Monkton before returning to GIS. In addition, 20 mini-buses will be on standby for emergencies.

The marathon will be run over an almost traffic-free course along the banks of the River Tyne, past Europe's largest indoor shopping and leisure complex – the Metro Centre. The race will start and finish next to the GIS.

The cross-country course follows a scenic river route in the shadow of Lumley Castle.

The walks will be held on a flat course, starting and finishing at the venue only 10 minutes from the main stadium.

Officials

More than 250 officials will be involved in the event, including 29 USA officials who are paying their own way. Included in the 29 are eight Olympic officials.

In addition, more than 1000 volunteers have been recruited to assist in staging the event. Many are language volunteers to help with the many foreign visitors.

Weather

The weather should be pleasant – with an average temperature of around 20°C (68°F). Rain can be expected on two or three days, based on past averages.

Currency

The British pound is currently worth about US\$1.60. Credit cards reportedly charge less in exchange fees than do airports or local banks.

Confirmation

Elaine Robinson, Marketing and Promotions Officer to the Gateshead Metropolitan Borough Council, promised "all entrants will receive an individual letter of confirmation by the end of June."

NUMBER OF PARTICIPANTS IN WAVA WORLD CHAMPIONSHIPS

Year	Site	No. Athletes	#
1 1975	Toronto	NZL	1408 29
2 1977	Gothenberg	SWE	2750 44
3 1979	Hannover	GER	3126 42
4 1981	Christchurch	NZL	2400 44
5 1983	San Juan	PUR	1935 48
6 1985	Rome	ITA	4330 48
7 1987	Melbourne	AUS	4817 52
8 1989	Eugene	USA	4754 57
9 1991	Turku	FIN	4802 56
10 1993	Miyazaki	JPN	12178 72
11 1995	Buffalo	USA	5335 79
12 1997	Durban	RSA	5788 76
13 1999	Gateshead	GBR	*5804 66

* Preliminary # No. of nations

NUMBER OF ENTRIES BY EVENT AND AGE GROUP – XIII WAVA WORLD VETERANS CHAMPIONSHIPS GATESHEAD, ENGLAND – JULY 29 - AUGUST 8

EVENT	MEN													WOMEN													GRAND TOTAL	EVENT
	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	TOTAL	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	TOTAL			
100	79	72	78	73	83	57	40	35	15	14	2	2	548	47	36	41	42	43	39	31	17	11	4	2	312	860	100	
200	93	80	84	80	87	56	41	35	15	12	3	2	585	52	39	43	39	37	30	29	13	7	4	3	294	879	200	
400	84	85	94	84	80	64	37	25	17	11	2	0	578	38	41	40	39	37	26	17	13	8	4	1	264	842	400	
800	102	72	73	75	58	42	37	21	15	7	2	0	500	43	33	27	21	23	23	15	9	5	1	1	196	696	800	
1500	87	68	77	72	70	58	44	23	18	7	1	0	523	45	28	33	29	30	23	17	10	6	2	0	219	742	1500	
5000	92	89	96	98	90	71	57	21	14	5	2	0	624	34	43	39	44	34	24	21	11	3	2	0	253	877	5000	
10000	74	61	73	79	74	54	37	21	10	3	0	0	482	18	24	23	31	25	20	13	6	3	1	0	161	643	10000	
SH	33	23	39	26	28	26	27	14	6	5	1	0	226	8	17	15	19	6	8	7	2	0	0	0	81	307	SH	
LH	33	36	33	27	40	28	16	9	4	1	0	0	224	14	11	14	15	11	10	3	3	0	0	0	79	303	LH	
SC	42	37	30	30	28	27	15	7	3	1	0	0	215	10	7	12	8	8	6	4	1	0	0	0	53	268	SC	
HJ	17	18	26	22	22	24	23	13	10	9	2	0	185	11	7	10	8	13	14	9	8	6	1	1	88	273	HJ	
PV	25	28	27	19	17	22	13	11	2	4	1	0	166	12	8	7	7	5	8	1	2	1	0	0	51	217	PV	
SP	30	27	44	33	37	44	23	13	10	14	3	0	274	28	31	17	30	38	23	19	25	13	6	2*	235	509	SP	
DT	34	29	48	40	42	43	23	20	12	17	3	1	311	23	25	17	28	34	15	18	25	10	6	2*	201	512	DT	
LJ	31	34	29	34	39	25	23	19	7	5	2	1	246	28	16	23	16	21	14	16	7	6	1	0	146	392	LJ	
TJ	32	20	24	22	34	21	17	9	6	5	3	0	189	15	13	14	12	10	14	11	3	5	2	0	134	323	TJ	
HT	17	26	25	25	32	34	17	15	9	7	1	1	207	18	24	20	26	29	17	9	14	4	6	1*	168	375	HT	
JT	25	26	27	25	37	29	21	15	10	10	1	1	224	24	17	14	21	23	23	14	13	7	6	1*	162	386	JT	
DEC	35	40	47	41	27	32	7	14	5	2	0	0	250	8	8	12	12	8	8	4	3	1	0	0	63	313	HEP	
WP	31	24	37	30	28	29	22	17	8	10	0	0	234	16	15	11	16	26	17	8	14	5	4	1*	133	367	WP	
XC	129	125	118	114	88	77	55	21	10	2	2	0	725	25	38	46	57	45	26	17	13	2	0	0	264	989	XC	
MARA	125	115	141	110	84	57	25	16	5	1	0	0	672	21	28	33	25	24	17	6	3	0	0	0	155	827	MARA	
5KRW	18	31	36	39	39	57	31	14	12	6	0	2	279	5	18	31	19	43	30	15	15	6	5	4	187	466	5KRW	
20KRW	26	38	41	40	40	54	30	11	8	3	0	0	287	4	22	29	21	38	26	11	14	3	2	1	169	456	20KRW	
TOTAL	1294	1204	1347	1238	1204	1031	681	419	231	161	31	10	8754	547	549	571	585	611	461	315	244	112	57	20	4068	12822	TOTAL	

*includes one W90

Gateshead Preview

Continued from page 24

International Party

The International Party will take place on Wed., Aug. 4th, at the Central Nursery in Gateshead. Tickets are 23 pounds (US\$37) each. Entertainment will include Beatlemania (a Beatle tribute band), traditional music, dancing in two areas plus licensed bar. Tickets may be purchased upon arrival at GIS from information desks. "Tickets are limited, so it is advised to book early," Robinson said.

Opening and Closing Ceremonies

The opening ceremony will take place on Sat., July 31 at 11:00 a.m. at GIS. Athletes from each participating country will walk into the stadium. The closing ceremony will be held on Sun., Aug. 8 at 6:00 p.m., also at GIS.

All competitors must register at Gateshead International Stadium before being allowed to compete. Official merchandise will be available at GIS throughout the championships.

U.S. Team Meetings

Pashkin said meetings for USA athletes will be held daily at 10 a.m. in the canopied area outside the main stadium (GIS). A team managers' meeting will be held daily at 8:00 a.m.

General Assembly

Everyone is invited to attend the WAVA General Assembly meeting on Thurs., Aug. 5 at the meeting headquarters - Swallows Gosforth Park Hotel in Newcastle. Only delegates may vote, however. Contact your national delegate if you have an opinion on some item of business (see page 2 for USA delegates).

Regional, stadia and non-stadia meetings, and the women's assembly will be held on Mon., Aug. 2, at sites to be announced. Again, everyone is welcome to attend.

Tours

Tours can be booked at the GIS information desk. The venues have not changed from those initially reported, although the frequency has been increased in some cases.

Host-a-Vet

A host-a-vet program will be offered to athletes which links them up with local residents.

TV Coverage

The BBC-TV is producing a special documentary focusing upon veteran athletes which will be broadcast in the U.K. on Bank Holiday Monday, Aug. 30.

Time Difference

Great Britain is five hours ahead of New York and eight hours ahead of Los Angeles. Thus, when it's 10 p.m. in Gateshead, it's 5 p.m. on the U.S. east coast and 2 p.m. on the west coast.

Jet Lag

You can't avoid tiredness and jet lag, but you can make things easier if you: 1) take your shoes off - feet tend to swell during flight; 2) don't eat or drink too much; 3) get off at transit stops and walk around; 4) stretch your legs by standing on tip-toe; 5) do deep breathing exercises; and 6) exercise in any way possible.

Results

The results of the Championships will be published in the September issue of the *National Masters News*. A complete results book, available in November, can be ordered in Gateshead.

Relay Teams

Relays (4x100, 4x400) are limited to one team per country per five-year age group. The selection process varies from country to country. U.S. relay teams will be formed by taking the best four U.S. times in each 5-year age group from the 100m and 400m competitions in Gateshead. Pashkin will coordinate the selections.



JERRY WOJCIK

The M60 100 finals, XI WAVA Championships-1995, Buffalo, N.Y., won by Bobby Thomas #3359, USA, with an age-graded 96.6% 12.22. Nick Newton #3085, USA, was second (96.4% 12.24). Rudolph Boeckl (far left), Germany was third (95.1% 12.41). The XIII Championships will be held at Gateshead, England, July 29-Aug. 8.

Sections

The 5000 and 10,000 runs, steeplechase, and 5000 track walks will have seeded sections based on estimated performances. The faster sections will go last. Overall best times from all sections will determine the age-group winners.

Advancement from Heats

In track events from 1500 down, heats will be run, if necessary. At least two competitors will advance from each heat to the next round.

National Uniforms

In WAVA World Championships, everyone competes as an individual, not as a member of a national team (except in team scoring events). Athletes may wear a uniform of their choice - either a national uniform, club uniform, or favorite t-shirt. There will be national team scoring in the relays, marathon,

cross-country and road walks.

Anyone wishing to score as a mem-

Continued on page 26

ATHLETES WHO HAVE PARTICIPATED IN ALL 12 WAVA CHAMPIONSHIPS

1	Ruth Anderson	74	USA
*2	Reg Austin	62	AUS
3	Norbert Barth	79	GER
4	Hari Chandra	68	SIN
*5	Isobel Cunningham	85	CAN
6	Willie Dunne	65	IRE
7	John Dunsford	74	GBR
8	Don Farquharson	74	CAN
9	Bob Fine	68	USA
10	Roland Johansson	71	SWE
11	Bob Mimm	74	USA
12	Hans Potsch	66	AUT
13	Jack Stevens	82	AUS

*Won medal in all 12

Compiled by Don Farquharson

NUMBER OF ENTRANTS BY EVENT AT LAST EIGHT WAVA WORLD CHAMPIONSHIPS

Event	1985	1987	1989	1991	1993	1995	1997	1999
100	693	769	796	780	1438	906	684	860
200	674	750	787	704	967	868	630	879
400	549	649	730	619	668	767	573	852
800	494	650	710	572	604	651	468	696
1500	508	666	725	608	738	761	517	742
5000	697	1080	957	765	1025	934	744	877
10000	686	1105	608	700	553	671	780	643
50K	161	225	275	261	355	320	243	307
100K	167	196	290	232	260	293	216	303
SC	142	173	176	203	189	224	182	268
11J	256	226	283	325	362	329	232	273
PV	111	102	172	160	164	222	133	217
LJ	437	417	469	475	713	489	364	392
TJ	169	248	272	285	374	301	235	323
SP	380	406	433	514	660	567	454	509
DT	343	449	453	537	561	590	470	512
HT	163	232	228	271	265	360	296	375
JT	297	341	389	379	490	422	340	386
DEC	-	-	196	217	175	246	166	250
HEP	-	-	40	54	57	60	48	63
WP	-	-	-	-	174	350	284	367
XC	507	1113	832	824	1997	851	455	989
MARA	1007	1724	787	965	5776	965	2060	827
5KRW	313	398	474	430	394	531	358	466
10KRW	56	134	167	117	91	182	201	169
20KRW	254	198	260	256	177	292	230	287
TOTAL	9365	12759	12619	11253	19207	13152	11363	12822
Entrants	4330	4817	4754	4802	12178	5335	5788	5804
Events per entrant	2.16	2.65	2.65	2.34	1.58	2.47	1.96	2.21

PRESIDENT:

Torsten Carlus
Smalandsgratan 25
S-25276 Helsingborg, Sweden
Fax: 46-42-128-956

EXECUTIVE VICE PRESIDENT:

Tom Jordan
P.O. Box 10825
Eugene OR 97440 USA
Phone: 1-541-687-1989
Fax: 1-541-687-1016

VICE-PRESIDENT:

(Stadia)
Jim Blair
43 Emslie Road
Pinchaven, Upper Hutt
New Zealand
Fax: 64-4-528-2992

VICE-PRESIDENT:

(Non-Stadia)
Ron Bell
25 Llwyn Menlli, Ruthin
Denbighshire LL15 1RG
Great Britain
Phone/Fax: 441-182-470-5250

SECRETARY:

Monty Hacker
PO Box 2277
Houghton 2041, South Africa
Phone: 27-11-444-4011 (h)
27-11-483-3313 (o)
Fax: 27-11-483-3392



TREASURER:

Peppo Galfetti
Bahnhofstrasse 1
CH 8956 Killwangen
Switzerland
Phone: 41-56-401-2311
Fax: 41-56-401-2319

WOMEN'S DELEGATE:

Bridget Cushen
156 Mitcham Rd., West Croydon
Surrey CRO 3JE, England
Phone: 441-181-683-2602 (h)
Phone: 441-171-261-8685 (o)
Fax: 441-171-928-6093

PAST PRESIDENT:

Cesare Beccalli
P.O. Box 76
37010 Assenza di Brenzone
(Vr) Italy
Fax: 39-45-742-0661

IAAF DELEGATE:

Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F. Mexico
Fax: 52-5-653-3159

DELEGATE OF:

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

SOUTH AMERICA

Jose Figueras
Rincon 682 Of. 18
11000 Montevideo, Uruguay
Phone: 598-2 308 17 68
Fax: 598-2 916 34 23
e-mail: josefigueras@yahoo.com

ASIA

Hari Chandra
1300 Opal Circle
Lawrenceville, GA 30043
Fax: 1-770-682-6500

EUROPE

Jacques Serruys
Korte Zilverstraat, 5
B-8000 Brugge, Belgium
Phone: 32-50-341-781
Fax: 32-50-334-325
E-mail: evaa.serruys@skynet.be

OCEANIA

Stan Perkins
106 Silkwood St.
Alger, Queensland
Australia
Phone: 61-7-3222-1021
Fax: 61-7-3221-1684

NORTH AMERICA

Brian Oxley
259 McDougall Road
Parry Sound, Ontario
Canada P2A 2W7
brianoxley@sympatico.ca
Phone: 705-746-4942
Fax: 705-746-9748

WAVA web site: <http://www.wava.org>

Five World Records Set at South African Championships

by LEO BENNING

About 380 athletes competed in the South African Veterans T&F Championships, Port Elizabeth, May 28-29. Five world records and 31 national records were broken or equalled.

Isabel Hofmeyr broke the W70 records in the 80H and 300H with a 19.28 and a 70.38. Johnnye Valien currently holds both records at 20.08 and 76.50.

Lucas Nel broke the 20-year-old M75 400 record of 68.5 by Josiah Packard with a 67.28.

Philip Rabinowitz, 95, racewalked the track 5000 in 39:39.0 and the road 20K in 2:48:19 to establish records for the M95 group.

M75 hurdler Kalie van Zyl, who was expected to challenge records, was injured and did not compete. □

XIII WAVA CHAMPIONSHIPS PARTICIPANTS BY NATION

1. Albania	22	24. Hungary	22	47. Poland	49
2. Argentina	67	25. Iceland	* 5	48. Portugal	44
3. Armenia	2	26. India	*93	49. Puerto Rico	22
4. Australia	236	27. Indonesia	1	50. Romania	22
5. Austria	64	28. Ireland	138	51. Russia	95
6. Barbados	1	29. Israel	1	52. Singapore	8
7. Belgium	59	30. Italy	139	53. Slovakia	15
8. Bolivia	6	31. Japan	91	54. Slovenia	26
9. Brazil	54	32. Latvia	14	55. South Africa	116
10. Bulgaria	15	33. Lebanon	3	56. Spain	61
11. Canada	137	34. Lithuania	14	57. Sri Lanka	1
12. Chile	50	35. Malaysia	20	58. Sweden	98
13. Chinese Taipei	19	36. Malta	4	59. Switzerland	68
14. Colombia	38	37. Mauritius	6	60. Thailand	7
15. Czech Republic	82	38. Mexico	57	61. Trinidad & Tobago	9
16. Denmark	41	39. Moldova	8	62. Turkey	9
17. Estonia	27	40. Netherlands	78	63. Ukraine	49
18. Finland	95	41. New Zealand	101	64. United States	549
19. France	148	42. Norfolk Islands	1	65. Uruguay	10
20. Germany	689	43. Norway	84	66. Venezuela	2
21. Great Britain	1730	44. P.R. of China	11		
22. Greece	41	45. Pakistan	2	TOTAL	5804
23. Hong Kong	22	46. Peru	9	*Estimated	

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

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

MEN

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

IMPLEMENTS

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

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

Four Cities to Bid for 2003 Championships

A record four cities will bid to host the 2003 XV WAVA World Veterans Athletics Championships.

Tom Jordan, Executive Vice-President of the World Association of Veteran Athletes, said he has received formal bids from:

- 1) Cesenatico, Italy
- 2) Kuala Lumpur, Malaysia
- 3) Moscow, Russia
- 4) San Juan, Puerto Rico

Jordan said he also has received formal bids for the 2002 WAVA Road Race Championships from Auckland, New Zealand, and Upice, Czech Republic.

The sites for both of the above will be determined by delegates to the WAVA General Assembly in Gateshead, England, on Aug. 5.

The XIV WAVA T&F Championships will be held in Brisbane, Australia, in 2001.

Proposed Amendments

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

- 1) To change the word "veterans" to "masters."
- 2) To change WAVA's accounting period.
- 3) To change the long hurdles from 300m to 400m for M60+ and W50+.
- 4) To change the allowed number of throws in the weight pentathlon from three to four.
- 5) To translate into German at the General Assembly.
- 6) To change the cross-country distance from 10K to 8K.
- 7) To change the world road racing championships from two to four days.
- 8) To reduce the height of the W60+ and M70+ 80H from .762m (30") to .682m (27") or .650m (25 1/2").

Questions for 2003 Bidders

Tough questions which delegates to the WAVA General Assembly are likely to ask of potential bidders for the 2003 WAVA Championships:

Cesenatico, Italy

Isn't 2003 too soon for athletes to return to Europe for the Championships? That's only four years from the Gateshead event.

Kuala Lumpur, Malaysia

Is your country still executing people for marijuana possession? (Two Australians were put to death in Malaysia for this offense in the 1980s.)

Moscow, Russia

Will the reported instability and crime in your country make it difficult for you to put on the Championships? Who will pay for the event?

San Juan, Puerto Rico

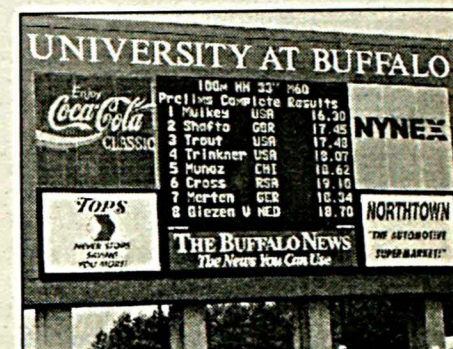
In 1983, San Juan staged what is generally regarded as the poorest organized of all 13 WAVA Championships. And less than 2000 athletes showed up. What assurances can you give us that the 2003 meet would be any better?

.682m (27") or .650m (25 1/2").

9) To reduce the height of the W60+ 300H from .762m (30") to .600m (23 1/2").

10) To shorten the spacing between hurdles for the M60 and M65 100H from 8.50m (27'10 1/2") to 8.00m (26'3").

11) To reduce the javelin weight for M50 and M55 from 800g to 700g. □



JERRY WOJCIK

Scoreboard showing the results of the 100H preliminaries, XI WAVA Championships, Buffalo, N.Y., 1995. The XIII Championships will be held at Gateshead, England, July 29-Aug. 8.

Gateshead Preview

Continued from page 25

ber of a team must wear a uniform clearly identifying the country he/she is representing. Moreover, the Gateshead community is encouraging the wearing of national uniforms in the streets and around the town so residents will know where athletes are from.

To order a USA uniform, contact On Track. (See ad on page 27.)

Team Events

In team scoring events, an athlete may move down an age group subject to declaration. Medals will be awarded to each scoring member in teams that gain a 1st, 2nd, or 3rd in their team event. Teams will be formed by country. Marathon, road walks and cross-country will be scored on aggregate times of the first three of each country to finish in each five-year age group.

Medals

Medals will be awarded to the first three finishers in the individual events and the first three teams in the non-stadia and relay team events.

Pre- and Post-Meets

Athletes looking for pre- or post-meet competition can find it in Edinburgh, Scotland on July 17-18 for the British Veterans T&F Championships, and in Tullamore, Ireland (60 miles west of Dublin) on Sat., Aug. 14 for the Irish Veterans T&F Championships. (See schedule for details.)

Website

Updated information can be found on the Gateshead website: <http://www.gatesheadmbc.gov>.

"We can promise an event that will be second to none," said Councillor Brian Coates, Mayor of Gateshead. "Our community will offer tremendous support, and we promise athletes and spectators a warm welcome." □

- Al Sheahen

Masters Scene

NATIONAL

• Masters should be aware that many over-the-counter drugs and some diet supplements are banned. Athletes with concerns about drug testing and rules contact the U.S. Olympic Committee hotline: 800-233-0393.

EAST

• Masters winners in the Long Island Police Appreciation 5K, East Meadow, NY, were **John Lupski**, 47, in 18:34, and **Lori Harfenes Melnik**, 43, in 20:13. First law enforcement masters were **Steven Girardi**, 42, Syosset, NY, with a 19:05, and **Sue Kretzmer**, 45, Freeport, NY, with a 26:31.

• **Donna Hurley**, 41, Spruce Head, ME, highlighted the masters portion of the Long Island Marathon, East Meadow, NY, May 2, with a female overall victory in 2:58:29. First M40+, **Alex Cuozzo**, 41, Bellmore, NY, was sixth overall in 2:45:27. Other top times included **Julio Aguirre**, 52, Corona, NY, with a 2:58:55, and **Anna Thornhill**, 58, NYC, second W40+ in 3:17:27.

• **Andrey Kuznetsov**, 41, of Russia, dominated the masters field with a win in 10th-place in 51:13, Defenders 10 Mile, Arlington, VA, May 23. **Betty Blank**, 46, took the W40+ contest in 68:49. **Jeffrey Klein**, 53, East Windsor, NJ, collapsed at the finish line and was pronounced dead at George Washington Hospital.

• **Mark Donahue**, 40, Middletown, RI, in 38:48, and **May Lammi**, 42, Spencer, MA, in 45:24, logged masters victories in the Bedford Rotary Memorial 12K/USATF NE Championships, Bedford, NH, May 22. **William Riley**, 61, Marston Mills, MA, won the M60-69 race in 46:39. **Rebecca Stockdale-Woolley**, 48, Chaplin, CT, was second W40+, also in 46:39.

• **Terry Permar**, 44, Perkasee, PA, held off several M40+ runners down the stretch to finish first with a 17th-place 52:21, Broad Street 10 Mile, Philadelphia, May 2. **Brendan Hilliard**, 41, Ardmore, PA, was second in 52:28. **Jan Yerkes**, 42, Buckingham, PA, took top honors in the W40+ race with an eighth-female 60:55.

• **Jim Hage**, 41, Lanham, MD, finished fourth (48:18) and **Christine Iwahashi**, 43, Sacramento, CA, sixth female (63:38) for masters wins, George Washington Parkway 15K, Mount Vernon, VA, April 18. **Fay Bradley**, 61, Washington, DC, took the M60 race with an age-graded 88.6% 57:06. **Hedy Marque**, 81, raced to an A-G 89.4% in the W75+ division. **Ron Knepper**, 47, Waynesboro, PA, 17:14, and **Christine Newsham**, 41, Alexandria, VA, 20:18, captured masters honors in the 5K.

• **Betty Blank**, 46, Falls Church, VA, registered a masters win with a fourth-place 19:19, RRCA Mother's Day 5K, at Hains Point, Washington, DC, May 9. Notable division wins came from **Heidi Pirie**, 54, Fairfax, VA, third W40+ in 20:06, and **Doralie Segal**, 69, Arlington, VA, in 24:26.

SOUTHEAST

• **Mike Brown**, 45, Jacksonville, FL, was overall winner in the javelin with a pending U.S. M45 record 67.55/221-7, Seminole Twilight Meet, Tallahassee, May 8. The present record is 210-1 by **Ed Morlund** in 1996. Brown was the M40 winner at the WAVA-Buffalo Championships in 1995.

• **Larry Doan**, 42, Virginia Beach, VA, and **Linda Kidder**, 42, Williamsburg, VA, didn't let any grass grow under their running shoes in the Urbanna Waterfront 5K & 10K, Urbanna, VA, June 5. They both won the masters races in the 5K at 8:30 a.m. in 15:57 and 19:38, respectively, and did a reprise in the 10K at 9:15 a.m. with 34:52 and 43:34. Both collected \$50 apiece for each win.

• One hundred M40+ from the Atlanta area broke the 1x100 mile relay record by more than six minutes with an 8:57:31, at Emory U., June 6. **Kirk Rosenbach**, 47, one of the relay organizers, led off with a 5:18 first mile. **Dick Buerkle**, 51, past world indoor mile record holder, ran the final leg in 4:39. Fifty-five runners were at 5:26 or better. The slowest was 5:56; only eight were above 5:39.

• **Tom Kennell**, 78, won the age-graded 100 and \$100 with a 10:32, Birmingham TC Classic, Birmingham, AL, June 5. Other age-graded award winners were **Alvin Seale**, 51, the Jim Law Award, for his 57.21 400; **Phil Mulkey**, 66, the Joe Keshmiri Award, for his 42-4 SP; 1996 Olympic SC competitor, **Scott Strand**, 31, the Ultra Mile Award, for his 4:07.71 mile; and **Evelyn Wright**, 62, for her multiple victories. Each received \$50. **Robert Conn**, 41, the grandson of past heavyweight champion **Bill Conn**, competed in the SP.

MIDWEST

• **Charlie Fox**, M40, Plymouth, IN, in 33:17, and **Laurel Cihak**, W40, North Muskegon, MI, in 41:17, took masters titles in the shorter event in The Great Race 10K & Half-Marathon, Elkhart, IN, May 31. **Jack Nelson**, featured in **Mike Tymn's** column (June NMN), who turns 60 on Aug. 30, won the M50-59 contest with an A-G 89.4% 36:18. **Steven Wilson**, 40, Lafayette, IN, with a 73:54, and **Robin Walker**, 43, Carmel, IN, with a 1:43:33, outlegged the masters fields in the longer event.

• **Martin Mondragon**, 45, of Mexico, ran an A-G 93.4% 64:13 to take the M40+ win from the race favorite, **Andrey Kuznetsov**, 41, in the Big Boy Classic 20K, Wheeling, WV, May 29. **Kuznetsov**, of Russia, who has had a spectacular season on the roads, ran a 67:07. **Bill Rodgers**, 51, won the M50-59 race in 73:09. **Cindy Grimm**, 47, captured the W40+ crown in 89:00, with **Lynn-Marie Fawcett**, 43, second at 89:51. Both masters winners took home \$1000.

• **Anne Audain**, 43, galloped to a first female overall in an age-graded 86.4% 80:49, Kentucky Derby Festival Half-Marathon, Louisville, April 24. **Stan Clark**, M40, cantered to a third-place 71:01.

MID-AMERICA

• The NationsBank River Run 10K, Wichita, KS, May 8, featured hot competition in the M40+ race. Two 1998 National Age-Group Runners of the Year, M60 **Fay Bradley**, 61, and M65 **Paul Heitzman**, 68, and Wichita's best masters runner, **Jeff Berven**, 52, ran strong races, with **Bradley** winning in 36:37, which age-graded to a sensational 29:52. **Heitzman** was second with an A-G 30:50 on an actual time of 40:42. **Berven** was third with an A-G 31:27 for his 35:35. **Marla Rhoden**, 43, was top W40+ A-G with a 37:42 (40:19). **Carolyn Buckner**, 61, was second with an A-G 38:25 (48:51). In the Wichita Seniors 5K for 40+ on May 26, **Berven** was the overall winner in 17:13, as was **Vickie Luebbers**, 41, with a 20:42 on the women's side.

• **Derek Shoare**, M40, 16:53, and **Lana Best**, W50, 25:01, turned in masters firsts, YMCA Plaza Run 5K, Kansas City, MO, May 16. **Dmitry Voldman**, M45, 37:49, and **Beverly Thomas**, W40, 39:30, posted masters wins in the longer 10K.

SOUTHWEST

• **Courtland Gray**, M55, ran a slightly wind-aided 14.28 100H, USATF Southwestern Association Championships, Cedar Hill, TX, June 5. The WR is 14.49 by **Walt Butler** in 1996. In the SW Championships, **Cindy Steenbergen**, W40, won the 100 in 12.55 and the 200 in 25.71. **James Lofton**, M40, turned in an 11.12



MIKE POLANSKY

M60 award winners (l to r): Jose Mendez (2nd, 20:49); Joe Cordero (1st, 19:55); and Bob Mitchell (3rd, 22:57), Long Island Police Appreciation 5K, Eisenhower Park, L.I., N.Y., June 3.

100 and 22.59 200. **Paul Johnson**, M60, ran a 59.16 400 and is priming for Gateshead, when he'll be 65.

WEST

• **Charlie Andrews**, 41, journeyed from Rochester, NY, to San Diego, CA, to take M40+ honors with a 2:31:35, Rock 'N' Roll Marathon, May 23. **Guy Gordon**, 41, traveled just about as far to finish second M40+ in 2:33:44. First W40+ **Mary Burns-Prine**, 41, of San Diego, didn't go far from home and still ran a tidy 2:55:17.

• **Craig Young**, 44, Colorado Springs, CO, with a seventh-overall 37:25, and **Tatyana Pozdnyakova**, 44, of Russia, with a 41:13,

breezed to masters firsts, Bay To Breakers 12K, San Francisco, May 16. **Brian Spangenberg**, 55, Saugus, CA, was top M50+ in 40:20.

• **Payton Jordan**, world record holder in the M80 100 and 200, has relocated to Santa Barbara after 43 years in Los Altos, Calif.

• **Burt Morrow**, 86, of San Marcos, CA, was featured in a 6-column spread in USA Today's sports pages, May 26. "To say U.S. masters track and field superstar **Albert Morrow** started running a little late in the game is an understatement," the article began. "He leapt his first hurdle 17 years ago - when he was 69." The piece said Morrow is pointing for the World Veterans Championships in England this month.



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Schedule

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

TRACK & FIELD

NATIONAL

July 3-4. USATF National Masters Decathlon/Heptathlon Championships, Grass Valley, Calif. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

August 26-29. 32nd annual USATF National Masters Championships, Orlando, Fla. Disney Wide World of Sports, PO Box 692349, Orlando, FL 32869-2349. Contact: Sports Event Coordinator, 407-828-2978.

September 18. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

October 20-29. National Senior Games - Senior Olympics, Orlando, Fla. National Senior Games Association, 3032 Old Forge Dr., Baton Rouge, LA 70808. 225-925-5678; fax: 216-7552.

August 10-13, 2000. 33rd annual USATF National Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440.

EAST

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

July 12-17. Pennsylvania Senior Games, Shippensburg. David Farrand, 570-823-3164. Closed to out-of-state.

August 14. USATF East Regional Masters Championships, Springfield College, Springfield, Mass. USATF New England, 617-566-7600; email: masterstf@USATFNE.org.

August 20-22. Granite State Senior Games, Laconia, N.H. Out-of-state welcome. Aug. 1 deadline. GSSG, 610 Front St., Suite B, Manchester, NH 03102-2610. 603-622-9041.

September 4-5. Potomac Valley TC Games, Alexandria, Va. PVTC, 3515 Slate Mills Rd., Sperrville, VA 22740. 540-547-4355; corrallo@erols.com

September 4-29. Maine Senior Games, Portland. Anita Chandler, 207-775-6503.

September 15. Green Mountain Senior Games, Green Mountain College, Vermont. Ardis Smith, 802-824-6521.

September 23-25. Maryland Senior Olympics, Towson. No out-of-state. Phil Adams, 410-830-4456.

October 2-10. Delaware Senior Olympics, Dover. No out-of-state. Peggy Yaeger, 302-736-5698.

SOUTHEAST

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

July 23-25. Georgia Games, Burke County HS, Ga. Open & Masters on 25th. 912-982-4881.

July 23-29. Tennessee Senior Games, Clarksville. Theresa Prinzo, 931-381-2019. Closed to out-of-state.

July 31. Jacksonville TC Summer Track Classic, Bolles School Track. Lamar Strother, JTC, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-388-7860; 384-TRAK.

September 22-25. Georgia Golden Olympics, Robins AF Base. Aug. 1 deadline. Vicki Pilgrim, 404-657-6644.

September 28-October 3. North Carolina Senior Games, Raleigh. No out-of-state. Cindy Trumbower, 919-851-5456.

November 30-December 5. Florida Senior Games State Championships, Kissimmee/St. Cloud. Laura Hallam, 407-943-7992.

MIDWEST

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

July 11. Cleveland Track Classic, Independence HS, Independence, Ohio. SASE to Norman L. Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

July 17. USATF Midwest Regional Masters Championships, Millikin U., Decatur, Ill. Don Luy, 217-424-6344.

July 24. Byron Masters Meet, Byron HS, Ill. Jeff Watry, 414-843-3567.

July 24. Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Dayton Masters TC, 7567 Roselake Dr., Dayton, OH 45414. Bob Jones, 937-837-2754.

July 31. Midwest Masters Classic, Marshall U., Huntington, W. Va., Tom Plummer, 27 South Queens Ct., Huntington, WV 25705. 304-523-6046; fax: 523-1662; email: tptrack@aol.com.

August 15. Sprint Pentathlon (50, 100, 400, 200, 300), Oak Forest HS, Oak Forest, Ill. Must run all 5 races. Gerry Krainik, 15124 Hillside Ave., Oak Forest, IL 60452. 708-687-2124; email: jkraini9@idt.net.

September 15-25. Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 414-821-4444; fax: 821-4445; email: aging@execpc.com.

September 16-19, 22-26. Illinois Senior Olympics, Springfield. Sandy Holste, 217-789-2284.

September 22-26. Kentucky Senior Games, Elizabethtown. Ruth Hudson, 502-765-2175, 800-437-0092.

September 25. Wisconsin Senior Games, Milwaukee. Mary Byers, 6946 N. Ardora

Ave., Milwaukee, WI 53209. 414-352-2258.

MID-AMERICA

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

July 11. USATF New Mexico Masters Meet, U. of New Mexico, Albuquerque. New Mexico Association, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; 565-8367.

July 12-16. Northland Senior Games, Duluth, Minn. Chuck Campbell, 218-723-3724.

July 25. Blair Masters Meet, Blair HS, Nebr. Mike Maryott, 402-426-5955.

August 1. 21st Century Ageless Games, U. of Minnesota. Rachel Lyga, 122-NE 63 1/2 Way, Twin Cities, MN 55432.

August 3-8. Rocky Mountain Games, Greeley, Colo. Sheri Lobmeyer, 970-453-2461.

August 19-22. Nebraska Senior Olympics, Kearney. Scott Hayden, 208-237-4644.

September 4-5. Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055; Tim Edwards, 303-315-9107; Sue Norton, 303-443-2695.

September 23-26. Kansas Senior Olympics, Topeka. Limited events. Deadline w/o extra fee, Aug. 20. Kansas SO, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 17. Texas Masters Championships, Jesuit HS, Dallas. Entry blanks on Internet at TexasTrack.com.

July 23-24. Oklahoma Masters Athletic Meet, East Central H.S., Tulsa, Okla. Team Oklahoma, 4217 W. 91st., Tulsa, OK 74132-3739. 918-446-7288. email: TEAM_OKLAHOMA@bigfoot.com.

July 24. USATF Southwest Regional Masters Championships, Trinity U., San Antonio, Texas. Art Rodriguez, 6606 Benhill, San Antonio, TX 78239. 210-655-4904.

August 14. 1st annual Cat Spring Grunt, Cat Spring (70 miles w. of Houston), Texas. Throwers meet. Swimming & BBQ to follow. Cheryl Mellenthin/Mark Chapman, Rt. 1, Box 65, Cat Spring, TX 78933. 409-732-5591.

September 16-19. Arkansas Senior Olympics, Hot Springs. Gail Ezelle, Exec. Director, PO Box 3377, Hot Springs, AR 71913. 501-321-1441; fax: 321-4161.

September 16-22. Oklahoma Senior Olympics, Tulsa. Dana Brown, 918-596-7866.

September 20-26. Scott and White Texas Senior Games, Temple. James Garcia, 254-298-5720.

September 24-October 3. Louisiana Senior Games, Baton Rouge. No out-of-state. Butch Gipson, 504-925-1748.

WEST

Arizona, California, Hawaii, Nevada

June 29-July 30. All-Comers Meets, Los Angeles. Tues., Banning HS; Wed. & Fri., Birmingham HS; Thurs., Bell HS. 7:30 pm. No entry fee. 818-904-2003.

July 1-August 5. All Comers Meets, Santa Barbara City College. Every Thursday at 6 p.m. Robin Paulsen, 805-965-0581; 2275.

ON TAP FOR JULY

TRACK AND FIELD

The biennial XIII WAVA Championships in Gateshead, England, commence the 29th and last until Aug. 8. Some 6000 M40+ and W35+ athletes are expected to show up. Before that, tune-up meets are available in the National Masters Decathlon/Heptathlon Championships, Grass Valley, Calif., on the 3rd-4th, and Regional Championships in the Midwest in Decatur, Ill., on the 17th, and Northwest in Seattle on the 17th-18th. Other action can be had at the Northern California Striders Meet, Union City, on the 3rd; New Mexico Masters Meet, Albuquerque, on the 11th; Big Sky Games, Billings, Mont., on the 16th-18th; Texas Championships, Dallas, on the 17th; Byron Masters Meet, Illinois, and the Dayton Track Classic, Ohio, on the 24th; Blair Masters Meet, Nebraska, on the 25th; and Gateshead stay-at-homes can find doings in Jacksonville, Fla., and Huntington, W. Va., on the 31st. Check the schedule for multi-sport Senior Games and State Championships.

LONG DISTANCE RUNNING

The Peachtree 10K, Atlanta, starts the month with a bang on the 4th. On the 10th, two women's races on the East Coast look attractive, the Long Island 5K and the Avon 10K, Hartford, Conn., followed by the Boilermaker 15K, Utica, N.Y., and the San Francisco Marathon on the 11th. The Subaru 4 Mile, Buffalo, N.Y., beckons on the 17th. The Clarksburg 10K, W. Va., and Wharf To Wharf 6 Mile, Santa Cruz, Calif., are set for the 24th. The Quad Cities Bix 7, Davenport, Iowa, wraps it up on the 31st.

RACEWALKING

The world titles for the track 5000 and road 10K for women and 20K for men will be up for grabs in Gateshead. The Regionals offer racewalks, as do most of the other meets and road races. □

July 3. Northern California Seniors T&F Club Mark Grubi Memorial Meet, James Logan HS, Union City, Calif. Don Rose, 43 McAllister Ave., Kentfield, CA 94904. 415-457-8177.

July 17. Matt's Pole Vault Competition, San Ramon HS, Danville, Calif. Y/O/M (m & w). USATF registration required. 707-645-8555; fax: 645-0550; email: prsport1@aol.com.

July 17. KelField Throws Series Meet #74, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

August 4-8. Prescott Senior Olympic Games. Cathy Casalegno, PO Box 2059, Prescott, AZ 86302. 502-445-5291.

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August 7. Paul Sinatra's Pole Vault Competition, Vacaville, Calif. Y/O/M (m & w). USATF registration required. 707-645-8555; fax: 645-0550; email: prsport1@aol.com.

August 14. Nevada Masters Classic, Mojave H.S., Las Vegas. Al McDaniels, 702-895-4179.

August 14-22. Orange County Senior Games. T&F on 21st. 949-499-7202. (See entry form in June issue, p. 7.)

August 21. KelField Throws Series Meet #75, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

September 15-19. Flagstaff Senior Olympics. Carole Mandino, NAU Box 15063, Flagstaff, AZ 86011. 520-523-6584.

September 18. Eddie's Pole Vault Competition, Vacaville, Calif. Y/O/M (m & w). USATF registration required. 707-645-8555; fax: 645-0550; email: prsport1@aol.com.

September 18. Chuck McMahon Memorial Meet, ARCO Olympic Center, Chula Vista (south of San Diego), Calif. M&W40+. Racewalks, 7:30 am; Running & Field Events, 10:00 am. San Diego Senior Sports Festival, 619-282-4350; fax: 282-4321. David Pain, T&F Commissioner, 619-3316(h); fax: 582-5769; email: DpainTF@aol.com.

September 30-October 11. Nevada Senior Games, Las Vegas. Dr. Roger Owen, 702-242-1590.

October 3. Club West Meet, Santa Barbara Comm. College, Calif. Gordon McClenath, PO Box 99, Goleta, CA 93116-1099. 805-964-3005. Beverley Lewis, 805-969-5851(h); 805-452-5020 (cell); fax: 969-6613.

October 11-23. Huntsman Senior Games, St. George, Utah. Kathie Thayne or Nancy Colarossi, 435-674-0550, 800-562-1268.

October 17. Sri Chinmoy Masters Meet, Cal State Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., #202, Culver City, CA 90230. 310-645-0271.

November 26-30. Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; email: zeug@lava.net.

NORTHWEST

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

July 4. Seattle Frontrunners Meet, West Seattle Stadium. Open to out-of-state. Mark Nagan, 607 E. Harrison St., #503, Seattle, WA 98102. 206-324-3166; email: Seattle1997@hotmail.com.

July 4, 17, 24, 31. Willamette Striders Pole Vault Club Outdoor Festival Series. Open to all ages. For locales and entry contact Rick Baggett, WSPVC, 503-762-0861.

July 10-11. State Games of Oregon, Mt. Hood Community College. Keith Maneval, T&F, Mt. Hood CC, 503-667-7140.

July 16-18. Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. 406-254-3923.

July 17-18. USATF Northwest Regional Masters Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

July 30-31. Wyoming Senior Olympics, U. of Wyoming, Laramie. Open to out-of-state. Paul Harrison, 307-721-5269.

August 12-15. Washington Senior Games, Spokane. Lisbeth Naber, 360-438-5458.

September 8-12. Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324; email: aaa3@cyberhighway.net.

CANADA

July 9-11. Canadian Masters Championships, Universite de Sherbrooke, Sherbrooke, Quebec. Richard Crevier, 819-821-8000, x2549; fax: 821-7576; Brenda Laliberte, email: brenlaliberte@hotmail.com.

INTERNATIONAL

July 10. San Juan Annual Masters T&F Championships, Santurce, Puerto Rico. M&W 30+. Puerto Rico Masters Association, Gregorio Angulo Rivera, P.O. Box 31300, San Juan, PR 00929-0300. 787-724-6157.

July 17-18. British Veterans Championships, Meadowbank Stadium, Edinburgh, Scotland. Ian Steedman, 33 Grange Loan, Edinburgh, Scotland EH9 2ER. Tel: 44-131-667-1416. Fax: 44-131-667-5066.

July 23-25. Russian Veterans Championships, Moscow. Foreign athletes welcome. Vadim Marshv, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7-095-535-3308; fax: 7-095-573-4150.

July 29-August 8. XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 1EA, England. Phone: 44-191-443-3301 and 3302; Fax: 44-191-443-3303

August 14. Irish Veterans Athletics Championships, Tullamore, County Offaly (60 miles west of Dublin). B.L.E., 11 Prospect Rd., Glasnevin, Dublin 9, Ireland. Martin Kelly, 353-1-235-2364; Fax: 353-1-235-2726. (Entry form in April issue.)

November 20-23. Japan International Masters Championships, Kumamoto. 1-1 Tetorihoncho, Kumamoto City, 860-8601, Japan. Fax: 096-328-2959.

LONG DISTANCE RUNNING

NATIONAL

July 3-4. Tommy's American Running Series. 13 road races from 3K to 10K throughout U.S. 212-423-2263; www.tommyrun.com.

August 28. Crim Festival Of Races 10 Mile/Indy Life Circuit Race, Flint, Mich. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

September 11. Riverfest Run By The River 5K/Indy Life Circuit Race, Clarksville, Tenn. Joe Huber, Events & More, PO Box 3899, Clarksville, TN 37043. 615-647-3855.

September 18-19. USATF National Masters 24-Hour Championships, Sylvania, Ohio. 973-898-1261.

October 3. USATF National Masters Championships/Twin Cities Marathon/Indy Life Circuit Race (1.5 x points), Minneapolis/St. Paul, Minn. Theresa Wynne, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 17. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Rd., Louisville, KY 40205. 502-459-6820.

October 30. Tulsa Run 15K/Indy Life Circuit Race, Tulsa, Okla. Jack Wing, PO Box 1319, Tulsa, OK 74101-1319. 918-587-8786. Entry deadline June 19.

October 31. Avon Running National 10K Championships, Cincinnati. 212-282-5350; email: avonrunning@avon.com.

November 21. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. USATF-NJ, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006.

EAST

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

July 10. Long Island Women's 5K, Farmingdale HS, Farmingdale, N.Y. Suzanne Vasata, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

July 10. 9th annual Spirit of Gettysburg 5K, Gettysburg, Pa. 717-334-9171. http: users.desupernet.com/ywca-gburg.

July 10. Avon Running Women's 10K, Hartford, Conn. Avon Running, 119 Hebron Ave., Glastonbury, CT 06033. 860-652-8866; fax: 652-8145; eatrun@erols.com.

July 11. Boilermaker 15K, Utica, N.Y. Limited to first 11,000 entries. SASE to E.C. Reed, Utica Boilermaker, Utica Boilers, Inc., PO Box 512, Utica, NY 13503-0512. 315-797-5838; fax 797-3762.

July 11. NYRRRC Bronx Half-Marathon, Bronx, N.Y. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

July 17. Subaru Buffalo 4 Mile Chase. James or Mary Ann Nowicki, 47 Windsor Ave., Buffalo, NY 14209. 716-881-1652.

July 24. New Milford 8 Mile, New Milford, Conn. 860-355-6050.

August 1. Green Mountain 10K, Killington, Vt. The Summit Lodge, Box 119, Killington, VT 05751. 802-422-3535; out-of-state: 800-635-6343.

August 1. Gold Medal Camp Alumni 8K Cross-Country, California, Pa. Alumni 8K, 48A Morris St., Clymer, PA 15728. 724-254-2369.

August 3. Yankee Homecoming 10 Mile & 3 Mile, Newburyport, Mass. SASE to YHR, PO Box 366, Newburyport, MA 01950.

August 7. NYRRRC Manhattan Half-Marathon, Central Park, NYC. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

August 7. Peoples Beach To Beacon 10K, Cape Elizabeth, Me. Entries close at 4000. 888-480-6940.

August 14. Bridge Of Flowers 10K & 2 Mile, Shelburne Falls, Mass. SASE to McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411; email: mccusker@crocker.com.

August 15. Falmouth 7.1 Mile Road Race, Falmouth, Mass. 508-540-7000; email: falmouth@aol.com.

August 15. NYRRRC Roosevelt Island 10K, Roosevelt Island, NYC. See Aug. 7.

August 21. Eamonn Coghlan 5K, Belmont Race Track, N.Y. 212-686-1210.

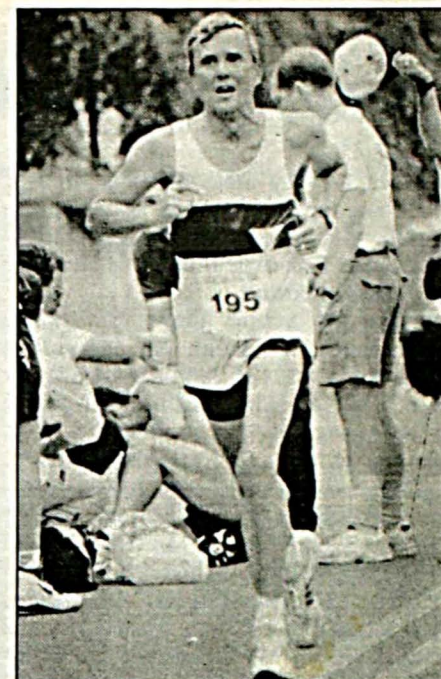
August 29. Annapolis 10 Mile, Annapolis, Md. 410-268-1165.

September 6. New Haven 20K, New Haven, Conn. John Bysiewicz, 203-481-5933; email: jbsports@javanet.com.

September 11. Goodloe Byron Memorial Run, Mt. Saint Mary's College, Emmitsburg, Md. 301-473-7868.

September 12. Eriesistible Marathon, Erie, Pa. Rick Godzwa, PO Box 8311, Erie, PA 16505. 814-456-0621; fax: 459-8381.

September 12. Brewery Exchange 5K/USATF NE Championships, Lowell, Mass. 617-566-7600; email: usatfne@ix.netcom.com.



GEORGE BANKER

John Haubert, 55, first M55 (39:49), 1998 Leesburg 10K, Leesburg, Va.

September 18. The Great Cow Harbor 10K, Northport, N.Y. SASE to GCH 10K, Inc., PO Box 41, Northport, NY 11768.

September 19. Harvard Pilgrim 5K, Providence, R.I. HP 5K, PO Box 1940, East Greenwich, RI 02818. 401-331-4034, x43365; fax: 294-9925.

September 19. Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603. 914-471-0777.

September 19. Philadelphia Distance Run Half-Marathon & 5K. 610-526-9188.

September 25. Fifth Avenue Mile, NYC. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

September 26. Falling Leaves 5K/RRCA Championships, Utica, N.Y. Jim Stasaitis, 315-797-4949 (weekdays).

September 26. Ocean To Sound 50 Mile Relay, Jones Beach State Park, Wantagh, N.Y. 8 runners - 5-7 miles each. Alan End, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7649.

October 1-2. Reach The Beach 200 Mile Relay, Lincoln to Hampton, N.H. RTB Relay, 32 Chester Ave., Waltham, MA 02453. 508-881-4505.

October 2. New Hampshire Marathon, Bristol. Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.

October 3. Wineglass Marathon, Corning, N.Y. WM, PO Box 117, Corning, NY 14830. 800-3352, x65; email: Bill Tay@aol.com.

October 3. Ro-Jacks 8K/USATF NE Championships, Attleboro, Mass. 617-566-7600; email: usatfne@ix.netcom.com.

October 9. Greater Hartford Marathon, Half-Marathon, & 5K. GHM, 119 Hebron Ave., Glastonbury, CT 06033. 860-652-8866; fax: 652-8145.

October 10. Army 10 Miler, Washington, D.C. SASE to Army 10 Miler, 103 Third Ave., Bldg. 48, Ft. McNair, DC 20319.

October 11. Tufts 10K for Women/USATF Open Championship, Boston, Mass. 888-767-RACE.

October 16. Oyster Festival 5K, Roosevelt Memorial Park, Oyster Bay, N.Y. Mike Polansky, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

October 17. Mohawk Hudson River

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Marathon/USATF Adirondack Championships, Schenectady-Albany, N.Y. MHRM, PO Box 4146, Albany, NY 12204. 518-435-4500.

October 17. Bay State Marathon, Half-Marathon, and Merrimack River 5K, Lowell, Mass. SASE to BayState, 26 Groton St., Pepperell, MA 01463. Email: BayState@empire.net.

October 24. Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; fax: 703-784-2265; email: marathon@quantico.usmc.mil

October 31. Cape Cod Marathon/USATF NE Marathon Championships & Marathon Relay, Falmouth, Mass. SASE to CCM, Box 699, West Falmouth, MA 02574. 508-540-6959; email: marathon@cape.com.

October 31. Sweetwood Halloween Scamper 5K Cross-Country, Williamstown, Mass. 11:30 am. M&W50+ only. Matteson Associates, 359 Main St., Bennington, VT 05201-2173. 802-447-2588.

November 7. New York City Marathon. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455; www.nyrrc.org.

November 14. Ocean State Marathon, Warwick to Providence, R.I. SASE to OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax: 885-3188.

SOUTHEAST

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

July 4. Peachtree 10K, Atlanta. SASE (before March 1) to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

July 24. Run For Life 10K & 5K, Marietta, Ga. 770-426-2RUN.

August 14. Dinosaur Dash 5K, Fernbank Museum of Natural History, Atlanta, Ga. 404-843-2257.

August 28. The Atlanta Mile, Centennial Olympic Park, Atlanta, Ga. 404-845-3690.

October 16. Southtrust Running Festival 10 Mile & 5K, St. Petersburg, Fla. PO Box 66252, St. Pete Beach, FL 33736. 727-363-7866; fax: 360-9710; email: run_florida@msn.com.

October 17. Atlantic City Marathon, Atlantic City, N.J. 609-601-1786.

November 13. Richmond Marathon & 5 Miler, Richmond, Va. 804-673-RACE.

Coaching/Training List to be Updated

New entries and changes to the Masters Coaching/Training List to be published in the August issue should be sent before the July 10 deadline to the National Masters News, P.O. Box 50098, Eugene, OR 97405; 541-343-7716; fax: 541-345-2436; email: natmanews@aol.com.

Individuals and organizations appearing in the most recent list published in the March 1999 issue should check over contact information, such as telephone numbers, e-mail addresses, etc., to assure that those are correct for the August list, which will also be available on our internet web site at <http://www.nationalmastersnews.com> □

November 25. Atlanta Marathon & Half-Marathon. Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064.

December 11. Rocket City Marathon, Huntsville, Ala. Huntsville, TC, 1001 Opp Reynolds Rd., Toney, AL 35773-7443.

MIDWEST

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

July 3. Bluegrass 10,000, Lexington, Ky. 606-288-2935.

July 24. Clarksburg 10K. Clarksburg 10K, PO Box 1734, Clarksburg, WV 26302-1734. Phone/fax: 304-622-4735.

August 14. State Street Mile/USATF Illinois Championships, Rockford. Bob Sharp, 815-963-2171.

August 21. Parkersburg Half-Marathon, Parkersburg, W. Va. 304-424-2786.

August 22. Abe's Amble 10K/USATF Illinois Championships, Springfield. John Hartnett, 217-787-4400.

September 4. Charleston 15 Mile & 5K. Charleston Distance Run, PO Box 2749, Charleston, WV 25330. 304-348-6464.

September 6. Park Forest 10 Mile/USATF Illinois Championships. 708-748-2005.

September 12. Chicago Half-Marathon/USATF Illinois Championships. Dillon Productions, 773-929-5978.

September 18. United States Air Force Marathon, Wright-Patterson AFB, Ohio. 937-257-4350; 800-467-1823.

September 26. Fox Cities Marathon, Appleton, Wisc. 920-830-7259.

October 10. Frank Lloyd Wright 5K/USATF Illinois Championships. Greg Evans, 708-383-0002.

October 16. Bowling Green 10K, Bowling, Ky. Rick Kelley, 502-782-3660.

October 17. Detroit Marathon, Detroit, Mich. DM, James Minella, Book Tower, 1249 Washington Blvd., Ste. 2700, Detroit, MI 48226. 313-393-7749.

October 24. Chicago Marathon/USATF Illinois Championships. CM, PO Box 5709, Chicago, IL 60680. 312-243-0003; 888-243-3344.

MID-AMERICA

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

July 3. Hannibal Cannibal 10K Run/5K Walk, Hannibal, Mo. Jayme Connell, PO Box 551, Hannibal, MO 63401. 573-221-0561.

July 4. Freedom Run 10K, Junction City, Kans. Joe Frakes (No Race Day), 2005 N. Jackson, Junction City, KS 66441. 913-238-6137.

July 4. Fair Saint Louis 10K & 3K, St. Louis, Mo. St. Louis TC, 314-781-3926.

July 24. Waterland 5000, Des Moines (Seattle), Wash. Des Moines Park & Rec. Dept., 1000 S. 220th St., Des Moines, WA 98198. 206-870-6527; fax: 870-6587.

July 31. 25th Quad-Cities Bix 7, Davenport, Iowa. SASE to Bix 7, PO Box 4526, Davenport, IA 52808. 319-359-9197.

August 7. Sedalia Women's Distance Festival, Sedalia, Mo. Kent Lang, 4030 Par 4 Dr., Sedalia, MO 65301. 660-824-0274.

August 15. USATF Minnesota Masters 15K Championships, Minneapolis. Barb Leininger, 5115 Park Ave., Minneapolis, MN 55417. 612-881-3740.

August 21-22. Pike's Peak Run-Up & Marathon, Colorado Springs. Dave Zehrer, PO Box 38235, Colorado Springs, CO

80937. 719-473-2625.

September 6. Heart Of America Marathon, Columbia, Mo. SASE to Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65203. 314-445-2684.

September 11. Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. 800-542-3992.

September 18. The Great Escape Run, 10K, Ft. Leavenworth, Kans. Capt. Eric Barres or Sgt. 1st Class Ronnie Hamlin, U.S. Disciplinary Barracks, 300 McPherson Ave., Ft. Leavenworth, KS 66027-1363. 919-684-5542.

September 26. Duke City Marathon, Albuquerque, N.M. 505-880-1414.

September 26. Cliffhanger 5K & 8K, Kansas City, Mo. Jerry Morrison, 5617 Adrian, Kansas City, MO 64151. 816-741-2314.

October 2. 37th annual Jackrabbit 15 (15.2 Miles) & Relays, Brookings, S. Dak. Chad Witt, Wellness Director, SDSU, PO Box 2820, Brookings, SD 57007. 605-688-5386.

October 17. Wichita Marathon. Prize money for open & age-graded masters. WM, Box 782050 Wichita, KS 67278.

October 17. St. Louis Marathon. SLTR, 2385 Hampton Ave., St. Louis, MO 63139. 314-781-3926.

October 17. Omaha Marathon. Peak Performance, 519 N. 78th, Omaha, NE 68114. 402-398-9807.

October 23. 4th annual Hobo Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 7. San Antonio Marathon. Marathon, 1123 Navarro, San Antonio, TX 78205. Entry forms: 210-246-9652.

WEST

Arizona, California, Hawaii, Nevada

July 11. San Francisco Marathon. SFM, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622; 800-722-3466 (in Calif. only).

July 24. Wharf To Wharf 6 Mile Santa Cruz, Calif. 831-475-2196.

August 15. America's Finest City Half-Marathon, San Diego, Calif. 619-297-3901.

August 29. Silver State Marathon, Reno, Nev. Ski Pissarski, 2358 Camelot Way, Reno, NV 89509. 702-849-0419.

September 2. Sunset In The Park 2.8 Mile & 4.8 Mile Cross-Country Race, Huntington Beach. 6 pm. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

September 12. 17th annual Cross City Race 10K Run, 10K Wheelchair, 2-Mile Run & Walk, 2-Mile Wheelchair. Masters prize money. 559-650-3220. On-line form and registration: www.fresnofair.com.

October 3. Sacramento Marathon, Sacramento, Calif. SM, PO Box 995, Dixon, CA 95620. 707-678-5005.

October 9. South Gate Scholarship 5K & 10K, South Gate, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

October 10. Lake Tahoe Marathon, Half-Marathon, 10K, & 5K, Lake Tahoe, Calif. 530-544-7095.

October 16. Big Sur Trail Marathon, Big Sur, Calif. BSTM, Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415-868-1829.

October 17. Humboldt Redwoods Marathon, Weott, Calif. HRM, PO Box 4989, Arcata, CA 95518. 707-443-2553.

October 29-31. Silicon Valley Marathon & Y2K Kinetic Festival, San Jose, Calif. 831-477-0965.

November 7. Santa Clarita Marathon and Half-Marathon, Santa Clarita, Calif. 888-823-3455.

November 13. Helen Klein 50 Mile, Sacramento, Calif. Greg Soderlund, 916-929-7858.

NORTHWEST

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

July 4. Butte To Butte 10K, Eugene, Ore. BTB, PO Box 10825, Eugene, OR 97440. 541-687-1989.

July 24. Deseret News Marathon, Salt Lake City. DNM, PO Box 1257, Salt Lake City, UT 84110. 801-237-2135.

August 27-28. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 12-person/195 miles. Also shorter Portland To Coast Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; email: htcrelay@teleport.com

October 2. St. George Marathon. Leisure Services, 86 S. Main St., St. George, UT 84770. 435-634-5850.

October 3. Portland Marathon, Portland, Ore. SASE to PM, PO Box 4040, Beaverton OR 97076. 503-226-1111.

RACEWALKING

August 27. USATF National Masters 5000 (track) RW Championships, Orlando, Fla.

August 29. USATF National Masters Men's 20K & Women's 10K RW Championships, Orlando, Fla.

August 29. Cincinnati Walking Club 5K (Ohio 5K Championships), Cincinnati, Ohio. Spring Grove Cemetery & Arboretum. Ralph Dehner, 513-674-1179.

September 11. Chicago Walkers/Illinois State Championships. Diane Graham-Henry, 773-327-4493.

September 18. Chuck McMahon Memorial Meet, ARCO Olympic Center, Chula Vista (south of San Diego), Calif. M&W40+. 1500, 3000, 5000 racewalks starting at 7:00 am. See T&F above.

September 19. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 25. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406.

October 3. USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-566-7600.

October 9. South Florida 1-Hour Postal Walk, Plantation City Central Park. FAC Walkers, Kay Cella, 954-572-4392.

October 23. Bob Fine International 5K, Tradewinds Park, Coconut Creek, Fla. FAC Walkers, Rosie Sidelko, 954-349-1984.

October 30. Annual Jack Blackburn Walks (Ohio 50K & 100K Championships). Vince Peters, 937-767-7424.

November 13. USATF National Masters Men's 10K RW Championships, Ft. Lauderdale, Fla. John Fredericks, 10825 Mystic Circle, #303, Orlando, FL 32836. 407-238-9688.

RECIPIENTS OF ALL-AMERICAN AWARDS

M45-49

Richard Watson	P	2786	2-21-98
	WT	12.13	3-28-98
	SW	8.32	3-29-98
	HT	39.76	4-5-98
	JT	50.11	6-6-98
	WT	12.20	7-11-98
	JT	160-8	7-25-98
	WT	41-4	7-25-98

M50-54

Ronald Pate	3K SC	12:41.82	8-31-98
Allen Ray	WT	10.82	5-23-99

M55-59

Gerald Roy	800	2:22.49	5-1-99
	1500	4:58.98	5-1-99
Jim Watkins	10K	38:16	3-6-99

M60-64

Richard Dow	Discus	42.05	3-20-99
Geoff Howard	5K	19:26.6	3-25-98
Darrell Huey	400	65.0	3-14-99
Turk Markishtum	SW	4.72	4-24-99

M80-84

Bob Detweiler	SW	3.06	3-26, 28-99
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W35-39

Frances Harwell	SP	9.84	6-24-95
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W40-44

Mary Steppi	Mile	5:46.6	5-23-99
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W65-69

Helen Amazeen	10K RW	1:09:58	3-27-99
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U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	10:20	10:35	10:40	11:00	11:30	12:00	12:30	13:00	14:45	17:00	20:00	23:00	26:00
5000	16:00	16:20	16:20	17:10	17:30	19:00	20:00	21:30	24:30	27:30	31:00	34:00	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2%	6-7%	5-9%	5-6	5-3	4-11	4-9	4-6	4-1%	3-9%	3-3%	2-7%	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5%	13-5%	12-11%	12-1%	11-7%	10-0	8-10%	8-4%	7-6%	6-6%	5-10%	4-3%	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-7%	19-2%	18-4%	17-8%	16-1	14-9%	13-9%	12-5%	10-11%	9-4%	7-2%	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3%	41-4%	37-8%	35-5%	34-1%	31-2	29-2%	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8%	36-1%	29-6	26-3	19-8%	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2%	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7%	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2%	45-11%	42-8	39-4%	32-9%	29-6%			19-8%	16-5	13-1%	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-6%	32-9%	29-6%	23-11%	17-4%	14-9%	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6%	27-10%	26-5	19-8%	16-5	14-9	13-1%	11-5%	9-10	8-2%	6-6%	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

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

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

WOMEN

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

MEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

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

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5 1/4	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/4	7-10 1/4	6-7	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-8 1/4	6-10 1/4	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18- 1/4	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9 1/4	30-7	27-11	27-8 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-7 1/4	14-1 1/4
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-6	49-2 1/4	39-4 1/4
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-3 1/4	69-0	59-7 1/4	52-6	45-0	42-8	36-1 1/4
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5 1/4	72-2 1/4	68-0	59-7 1/4	46-0	39-4 1/4	39-6 1/4
20#Wt.	10.00	9.00	8.00	7.01							
	32-9 1/4	29-6 1/4	26-3	23-0							
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75
					26-3	23-0	19-8 1/4	18-2	17-0	16-5	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8 1/4	18-2 1/4	16-5	17-2 1/4	16-5	15-7	14-9 1/4	13-1 1/4	11-5 1/4	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

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

NATIONAL

USATF National Masters Weight Pentathlon Nottingham Field, University of Northern Colorado; June 12 Weight Pentathlon Age Graded Results

Athlete Name	Points	HT	SP	DT	JT	WT
----- M35 -----						
1 Dan Siewart Golden, CO Age-Graded Mark: Age-Graded Percent: Age: 38	2869	43.28m (566)	13.71m (711)	37.44m (613)	37.21m (443)	11.07m (536)
2 Bob Jones Lyons, CO Age-Graded Mark: Age-Graded Percent: Age: 36	2423	34.47m (422)	11.33m (566)	37.88m (622)	31.75m (358)	9.68m (455)
----- M40 -----						
1 Ken Jansson Wichita, KS Age-Graded Mark: Age-Graded Percent: Age: 41	3915	55.98m (877)	13.28m (733)	41.26m (690)	40.11m (551)	18.43m (1064)
2 Tony Ciccone New Milford, NJ Age-Graded Mark: Age-Graded Percent: Age: 42	2856	28.25m (372)	12.35m (673)	40.09m (666)	37.72m (509)	11.82m (636)
3 Tony Carcaterra Glenwood Springs, CO Age-Graded Mark: Age-Graded Percent: Age: 40	587	13.57m (116)	9.21m (471)	DNS (0)	DNS (0)	DNS (0)
----- M45 -----						
1 Clay Hull Phoenix, AZ Age-Graded Mark: Age-Graded Percent: Age: 48	2838	32.69m (516)	10.69m (644)	28.57m (490)	40.38m (625)	9.88m (563)
2 Richard Watson Yuma, AZ Age-Graded Mark: Age-Graded Percent: Age: 46	2572	ND (0)	10.66m (642)	30.31m (527)	47.42m (763)	11.00m (640)
----- M50 -----						
1 Bruce Hedendal Delray Beach, FL Age-Graded Mark: Age-Graded Percent: Age: 51	3948	45.25m (779)	12.68m (800)	43.77m (812)	41.20m (720)	15.14m (837)
2 Ian Percy Greeley, CO Age-Graded Mark: Age-Graded Percent: Age: 53	3824	36.22m (594)	12.30m (772)	44.80m (835)	45.57m (815)	14.70m (808)
3 Ron Broce Loveland, CO Age-Graded Mark: Age-Graded Percent: Age: 52	3792	41.52m (702)	12.73m (803)	40.67m (743)	39.96m (694)	15.35m (850)
4 Tim Edwards Commerce City, CO Age-Graded Mark: Age-Graded Percent: Age: 51	3753	45.74m (789)	11.04m (679)	44.91m (838)	28.74m (457)	17.53m (990)
5 Bob Sager Willsall, MT Age-Graded Mark: Age-Graded Percent: Age: 51	3265	41.77m (708)	11.43m (708)	31.04m (533)	31.66m (518)	14.53m (798)
6 Rex Harvey Mentor, OH Age-Graded Mark: Age-Graded Percent: Age: 52	3098	32.38m (515)	11.39m (705)	35.03m (620)	38.51m (663)	11.32m (595)
7 TW Tesche Ft. Wright, KY Age-Graded Mark: Age-Graded Percent: Age: 51	2244	15.65m (183)	9.90m (597)	27.92m (466)	33.40m (555)	8.88m (443)
----- M55 -----						
1 Tom Gage Billings, MT Age-Graded Mark: Age-Graded Percent: Age: 55	4837	58.72m (1196)	13.89m (1007)	42.56m (895)	29.23m (528)	19.40m (1211)
2 Jack Crawford Waynesville, MO Age-Graded Mark: Age-Graded Percent: Age: 55	3100	28.60m (503)	10.70m (744)	33.17m (662)	32.76m (610)	10.28m (581)

----- M60 -----						
1 Norm Cyprus Fishkill, NY Age-Graded Mark: Age-Graded Percent: Age: 60	3789	42.09m (822)	10.28m (724)	33.02m (601)	33.88m (646)	16.88m (996)
2 Vern Spencer Greeley, CO Age-Graded Mark: Age-Graded Percent: Age: 64	2986	35.02m (658)	9.57m (665)	28.48m (500)	24.98m (438)	12.82m (725)
3 Steve Biddinger Fallon, NV Age-Graded Mark: Age-Graded Percent: Age: 61	2153	27.43m (485)	7.71m (513)	25.19m (428)	18.29m (286)	8.48m (441)
----- M65 -----						
1 Wendell Palmer Pampa, TX Age-Graded Mark: Age-Graded Percent: Age: 67	4723	39.83m (872)	12.95m (1072)	50.98m (1155)	35.37m (764)	13.74m (860)
2 Bob Ward Dallas, TX Age-Graded Mark: Age-Graded Percent: Age: 65	4634	45.31m (1014)	11.27m (914)	42.54m (933)	35.82m (776)	15.63m (997)
3 Len Olson Daytona Beach, FL Age-Graded Mark: Age-Graded Percent: Age: 67	4507	40.13m (879)	12.39m (1019)	41.54m (907)	36.40m (792)	14.43m (910)
4 Reed Quinn Leesburg, FL Age-Graded Mark: Age-Graded Percent: Age: 69	3576	30.26m (625)	10.02m (798)	35.73m (757)	30.22m (630)	12.44m (766)
5 Jerry Wojcik Eugene, OR Age-Graded Mark: Age-Graded Percent: Age: 69	2992	31.77m (664)	7.78m (591)	26.66m (528)	25.69m (513)	11.45m (696)
----- M70 -----						
1 Phillip Brusca Maryland Heights, MO Age-Graded Mark: Age-Graded Percent: Age: 72	4115	34.06m (716)	12.33m (1010)	33.71m (804)	33.08m (790)	13.28m (795)
2 Harold Kroeker Grant, NE Age-Graded Mark: Age-Graded Percent: Age: 72	3233	30.45m (624)	8.85m (687)	31.37m (737)	20.14m (422)	12.82m (763)
3 Tom Maloy Albuquerque, NM Age-Graded Mark: Age-Graded Percent: Age: 71	2678	24.19m (467)	7.64m (576)	26.10m (589)	21.52m (461)	10.24m (585)
4 Bill Snaden Florence, SC Age-Graded Mark: Age-Graded Percent: Age: 73	2233	17.21m (294)	7.85m (595)	21.12m (451)	18.16m (368)	9.35m (525)
----- M75 -----						
1 Frank Bowles Greeley, CO Age-Graded Mark: Age-Graded Percent: Age: 78	3162	21.13m (448)	9.12m (808)	26.35m (680)	27.10m (695)	8.74m (531)
2 Jacob Stein Louisville, KY Age-Graded Mark: Age-Graded Percent: Age: 75	3068	27.52m (627)	7.47m (639)	26.88m (697)	21.54m (521)	9.45m (584)
----- M80 -----						
1 David Schlotthauer Westport, MA Age-Graded Mark: Age-Graded Percent: Age: 81	2903	25.79m (658)	7.83m (767)	21.84m (618)	12.44m (283)	10.00m (577)
----- W35 -----						
1 Oneitha Lewis Bayside, NY Age-Graded Mark: Age-Graded Percent: Age: 39	3447	35.17m (612)	12.80m (714)	39.48m (644)	30.12m (574)	12.76m (903)
----- W40 -----						
1 Carol Finsrud Lockhart, TX Age-Graded Mark: Age-Graded Percent: Age: 42	3956	35.49m (701)	12.94m (783)	47.33m (854)	23.90m (508)	14.19m (1110)
2 Debby Crawford Waynesville, MO Age-Graded Mark: Age-Graded Percent: Age: 43	1150	12.12m (145)	4.98m (228)	10.11m (116)	13.80m (257)	6.08m (404)
----- W50 -----						
1 Lorraine Quinn Leesburg, FL Age-Graded Mark: Age-Graded Percent: Age: 50	1414	17.17m (284)	5.65m (327)	14.10m (261)	11.88m (239)	5.28m (303)

Continued on next page

Continued from previous page

----- W55 -----						
1 Carol Young	32.25m	7.90m	22.97m	22.78m	9.81m	
Marietta, GA	105'10.00	25'11.00	75'04.00	74'09.00	32'02.25	
Age-Graded Mark:	41.94m	11.03m	35.10m	37.64m	13.73m	
Age-Graded Percent:	69.91%	51.43%	47.54%	47.07%	71.71%	
Age: 59	3254	(754)	(597)	(559)	(622)	(722)
----- W60 -----						
2 Roslyn Katz	27.47m	8.12m	20.02m	16.34m	8.37m	
Flushing, NY	90'01.00	26'07.75	65'08.00	53'07.00	27'05.50	
Age-Graded Mark:	35.72m	11.33m	30.60m	27.00m	11.71m	
Age-Graded Percent:	59.55%	52.86%	41.43%	33.76%	61.18%	
Age: 57	2725	(617)	(474)	(420)	(597)	
----- W65 -----						
1 Anne Cirulnick	22.97m	8.19m	16.58m	15.06m	8.68m	
North Babylon, NY	75'04.00	26'10.50	54'05.00	49'05.00	28'05.75	
Age-Graded Mark:	33.00m	13.11m	28.64m	28.28m	10.57m	
Age-Graded Percent:	55.02%	61.17%	38.77%	35.36%	55.25%	
Age: 64	2702	(558)	(735)	(437)	(444)	(528)
----- W70 -----						
1 Amy Hicks	24.90m	7.31m	21.53m	21.20m	8.78m	
Needham, MA	81'08.00	23'11.75	70'08.00	69'07.00	28'09.75	
Age-Graded Mark:	39.52m	13.42m	42.02m	45.24m	11.52m	
Age-Graded Percent:	65.87%	62.59%	56.90%	56.56%	60.18%	
Age: 66	3504	(701)	(755)	(694)	(768)	(586)
----- W75 -----						
1 Charlotte Acton	19.03m	6.01m	15.11m	11.02m	6.16m	
Longmont, CO	62'05.00	19'08.75	49'07.00	36'02.00	20'02.50	
Age-Graded Mark:	33.36m	12.66m	33.32m	26.72m	8.70m	
Age-Graded Percent:	55.63%	59.04%	45.12%	33.41%	45.46%	
Age: 74	2625	(566)	(705)	(525)	(415)	(414)
----- W80 -----						
2 Paula Maloy	18.38m	5.21m	10.27m	8.86m	6.80m	
Albuquerque, NM	60'04.00	17'01.25	33'08.00	29'01.00	22'03.75	
Age-Graded Mark:	32.22m	10.97m	22.64m	21.48m	9.61m	
Age-Graded Percent:	53.73%	51.18%	30.67%	26.86%	50.18%	
Age: 70	2245	(541)	(593)	(326)	(316)	(469)
----- W85 -----						
3 Lillian Snaden	14.53m	5.89m	9.34m	8.92m	7.54m	
Florence, SC	47'08.00	19'04.00	30'08.00	29'03.00	24'09.00	
Age-Graded Mark:	25.48m	12.40m	20.60m	21.62m	10.65m	
Age-Graded Percent:	42.47%	57.86%	27.89%	27.05%	55.65%	
Age: 70	2224	(396)	(688)	(289)	(319)	(532)
----- W90 -----						
4 Willie Gatz	10.63m	5.00m	13.09m	12.38m	4.86m	
Colorado Springs, CO	34'10.00	16'05.00	42'11.00	40'07.00	15'11.50	
Age-Graded Mark:	18.64m	10.53m	28.86m	30.02m	6.86m	
Age-Graded Percent:	31.07%	49.12%	39.09%	37.54%	35.87%	
Age: 74	2036	(251)	(564)	(441)	(477)	(303)
----- W95 -----						
1 Betty Jarvis	13.65m	4.63m	11.83m	9.62m	6.03m	
Tahlequah, OK	44'09.00	15'02.25	38'10.00	31'07.00	19'09.50	
Age-Graded Mark:	29.20m	12.83m	33.30m	30.12m	9.88m	
Age-Graded Percent:	48.70%	59.82%	45.10%	37.67%	51.63%	
Age: 83	2681	(476)	(716)	(525)	(479)	(485)

EAST

Potomac Valley TC Meet
Alexandria, VA; Apr. 18

100m	
M30 Yonco Mermersky	12.60
M40 Paul Allen	11.90
M45 Garry Crawford	12.60
M50 Mike McDaniel	12.80
M60 Larry Colbert	13.20
W75 Carla Convery	25.30
200m	
M30 Yonco Mermersky	24.80
M40 Joe Varrone	25.00
M45 Garry Crawford	25.30
M50 K J Bertagnoli	30.40
W35 Teresa Henderson	27.90
W75 Carla Convery	58.60
400m	
M30 Paul Olweny	52.70
M40 Paul Allen	53.00
M45 Tony Belchei	53.40
M50 D J Bertagnoli	1:07.60
M60 Larry Colbert	58.50
800m	
M40 M Southwood	3:32.20
M50 D J Bertagnoli	2:47.70
1600m RW	
M30 Charles Brady	5:01.20
M35 Richard Sardo	5:07.40
M40 Edward Sheehan	5:06.70
M45 Spider Rositer	5:19.10
M50 Charles Desenberg	5:35.20
M60 E Robert Premo	8:38.80
W30 Alisa Harvey	4:44.80
3000m	
M30 Charles Brady	10:35.60
M40 John McCabe	12:28.10
High Jump	
M60 E Robert Premo	3-3
W60 Evelyn Wright	3-10
Long Jump	
M60 E Robert Premo	8-10
W60 Evelyn Wright	11-3
W75 Carla Convery	5-5
Shot Put	
M40 Gary Crago	32-1
M55 Victor Litwinski	30-9
M60 Marty Rademacher	34-5
W35 Teresa Henderson	37-7

W60 Evelyn Wright	26-10
W65 Sharon Good	14-7
W75 Carla Convery	12-11
Discus	
M40 Garry Crago	108-5
M55 Russ White	107
M60 MRademacher	112
W45 Cathy Johnson	54-10
W60 Evelyn Wright	75
W65 Sharon Good	34
W75 Carla Convery	30-1
Javelin	
M30 James Barr	163-5
M55 Russ White	159-2
M60 M Rademacher	126-5
W60 Evelyn Wright	78-9
W65 Sharon Good	27-9
W75 Carla Convery	34
Weight Throw	
M55 Victor Litwinski	23
M60 M Rademacher	21-9
W60 Evelyn Wright	29-9
W65 Sharon Good	15-9
1600m RW	
M50 Bruce Booth	8:23.70
M55 Victor Litwinski	9:15.70



3000m RW	
M40 Robert Briggs	15:06.50
M50 Bruce Booth	16:28.50
M55 Victor Litwinski	18:21.50
W45 Janice Adams	18:21.50

MAC Masters Meet
York College, Queens, NYC
May 1

100m	
M40 Barnwell, Val	12.50
M45 Hudson, Rockdale	13.09
Cook, C D	13.14
M59 Rosenthal, David	16.02
M60 Smalls, Edward	13.79
M65 Talbott, Tom	17.37
W30 Best, Dawn	14.46
W35 Parrish-Hakim, B	14.84
600m	
M40 Royster, Keith	1:32.05
M40 Okrend, Seth	5:20.29
400m	
M40 Gonzalez, Joe	1:15.20
Long Jump	
M55 Rosenthal, David	3.53
W30 Best, Dawn	4.41
Triple Jump	
M55 Rosenthal, David	7.29
M65 Talbott, Tom	5.31
Shot Put	
M50 Dunphy, Rich	10.55
W35 Eklund, Debbie	6.38
Javelin	
M55 Fox, Edward	37.52
W35 Eklund, Debbie	15.62

Potomac Valley TC Meet
Alexandria, VA; May 2

100m	
M30 J St Julian	10.5
M35 Jeff Gold	11.1
M40 James Banks	14.0
M45 Brian Lee	12.4
M50 D J Bertagnoli	14.7
M65 Don McCarten	18.0
75m Ed Matthew	
W75 Carla Convery	24.0
200m	
M30 J St Julian	21.9
M35 George Ridley	23.8
M45 Brian Lee	26.0

M50 Wayne Harris	28.1
W75 Carla Convery	58.0
400m	
M30 J St Julian	48.1
M35 George Ridley	51.6
M50 Wayne Harris	1:00.0
M55 R Lee Earman	1:11.2
M60 Rolland Elliott	1:11.6
M65 Don McCarten	1:23.3
W30 Jennifer Lazio	1:17.4
800m	
M30 Alex Grant	2:18.2
M35 Cliff Tell	2:53.9
M40 M Southwood	2:38.7
M50 Bob Weiner	2:44.6
W30 Jennifer Lazio	2:54.9

Mile	
M35 Ted Poulos	4:53.3
M45 David Webster	5:15.1
M55 Jim Verdier	6:15.4
M65 Jack McMahon	6:45.9
W30 Jennifer Lazio	6:11.0
3000m	
M35 Ted Poulos	9:54.9
M45 J J Wind	12:52.7
M65 Jack McMahon	13:49.6

Short Hurdles	
M35 Karl Smith	14.7
M65 James Stookey	18.1
Long Hurdles	
M65 James Stookey	53.4

High Jump	
M40 James Banks	5-6
Long Jump	
M30 James Barr	20
M50 David Shields	15-6
W75 Carla Convery	5-4.50

Triple Jump	
M30 Robert Walter	41-9.75
M50 David Shields	33-2.25

Shot Put	
M45 Mark Rose	33-9.50
M55 Victor Litwinski	29-7
M60 Jack Kuhns	37
W70 Maxine Bartlett	18.50

Discus	
M45 Mark Rose	107-2
M55 Norman Johnson	115-5
M60 William Smith	136-6
W45 Cathy Johnson	61-2
W70 Maxine Bartlett	38-10

Javelin	
M45 Mark Rose	84-5
M55 Victor Litwinski	79-11
M60 Marty Rademacher	118-6
W70 Maxine Bartlett	32-6
W75 Carla Convery	36-8

Weight Throw	
M45 Mark Rose	30-7
M55 Victor Litwinski	22-3
1600m RW	
M55 Victor Litwinski	9:12.4
W65 M A Stookey	11:54.0
W70 Terry Hamilton	12:25.4

MAC Masters Meet
York College, Queens, NYC
May 15

100m	
M30 Drucker, David	13.2
M35 Reilly, Jim	11.2
M40 Shauger, Steve	12.3
M45 Collins, Bill	11.3
Brown, Dennis	12.2
Kelsey, Hugh	12.3
Hudson, Rockdale	12.4
M50 Hammer, Richard	13.3
W30 Best, Dawn	14.1

200m	
M35 Reilly, Jim	23.1
Rivera, Alex	24.0
M40 Barnwell, Val	22.7
Shauger, Steve	25.2
Stewart, Richard	25.5
M45 Kelsey, Hugh	24.6
Brown, Dennis	26.0
Hudson, Rockdale	26.3
M60 Smalls, Edward	26.6
W30 Best, Dawn	28.6
W40 Vega, Stephanie	27.7

400m	
M35 Reilly, Jim	52.0
M40 Barnwell, Val	53.7
Shauger, Steve	54.8
M45 Collins, Bill	51.7
Brown, Dennis	58.1
Hudson, Rockdale	1:02.3
M55 Shane, Glen	1:04.4
M60 Smalls, Edward	1:00.9
W40 Vega, Stephanie	1:02.4
Hill, Sue	1:06.2
W45 Rosado, Mary V	1:17.9
800m	
M40 Rodriguez Jul	2:38.4

M45 Martinez, Jose	2:32.0
1500m	
M35 Gottlieb, Robert	5:17.6
M50 Diaz, Victor	5:01.8
3000m	
M35 Sangeap, Alan	12:52.2
M50 Diaz, Victor	10:46.0
110m Hurdles	
M50 Black, Ivan	17.6
High Jump	
M50 Black, Ivan	1.42
Buster, Lee	1.27
Long Jump	
M50 Black, Ivan	4.98
W30 Best, Dawn	4.50
Triple Jump	
M50 Black, Ivan	10.59
Shot Put	
M50 Dunphy, Rich	11.17

Potomac Valley TC
Decathlon/Heptathlon
Alexandria, VA; May 29-30

Decathlon	
David Hood 34	5632
James Barr 31	4814
Shawn Jensen 39 DNF	1572
Michael Crosby 55	4257
Mike Valle 58	4689
Heptathlon	
Leslie Estwick CAN 38	4418

SOUTHEAST

Southeastern U.S. Masters Meet
USATF Southeast Regional
Masters Championships
Raleigh, NC; May 7-9

100m	
M30 Danny Peebles	10.92
Vince Martin	12.93
Kevin Parker	13.15

M35	
Robert Harris, Jr	12.02
Robert Harding	12.04
Acolphus Bethune	12.07
Sanford Stephens	12.23
William Green	12.28

M4

Continued from previous page

M75 Archie Messenger 3:01.6h	M60 Sammy White 1.50	M50 Craig Shumaker 15.90	Jack Hunter 24.77	Mark Kreaflle 6.10	Bill Tallmadge 40:47.5h
M85 Max Springer 4:13.5h	Jack Gilmore 1.27	Bruce Hedendal 12.95	M65 Leonard Olson 39.97	M45 Richard Watson 6.96	W35 Grace Mutz 32:33.4h
W50 Kate Fulkerson 2:52.20	M65 Glenn Yoder 1.48	John von Rohr 12.38	Pay Carstensen 36.63	M50 Carlton Mott 5.53	W40 Denise Shepard 39:49.3h
W55 Barbara Latta 4:15.0h	Phil Mulkey 1.32	Gordan Herbert 10.06	Ray Feick 34.70	M55 Bob Cahners 6.46	W50 Karen Monna 35:30.6h
W60 Joyce Hodges-Hite 3:18.96	James Duncan 1.27	Carlton Mott 9.03	M Woerle 34.36	Mike Valle 5.84	W55 A M Rosenitsch 32:40.5h
W65 Gloria Lipton 4:07.30	Anthony Besase 1.27	M55 Mike Valle 11.34	William Garrahan 30.70	Norris Wright 4.03	W65 Miriam Dye 41:59.4h
W70 Helen Schley 4:08.30	Russel McDaniels 1.17	M Harrington 10.83	M70 R Bergenback 31.49	M60 Timothy Twomey 6.35	W70 Joann Beers 39:37.0h
1500m	M70 Paul Barndt 1.27	Laurence Morrell 10.08	Art Harris 20.82	M65 Ray Feick 5.60	20,000m RW
M30 Briann Hickey 5:04.26	M85 Bob Boal 1.04	Norris Wright 10.05	W35 Debbie Lancashere 43.04	Leonard Olson 4.43	M30 Jianping Xu 2:00:50.5h
M35 Michael Castle 4:32.07	W45 Linda Lowery 1.36	Bob Cahners 9.56	W50 Lorraine Quinn 16.46	Reed Quinn 4.37	M35 Keith Luoma 1:41:37.6h
Lynn Wachtell 4:39.02	W55 Barbara Cleveland 1.27	M60 Gerald Vaughn 13.87	W55 Carol Young 32.15	M75 Jacob Stein 4.38	M45 Rick Austin 2:05:15.9h
S Meriwether 5:29.59	W60 Edith Gray CAN 1.27	Esse Sattari 13.00	W60 Erika Messner 28.21	W55 Carol Young 6.16	Dave Gwyn 2:16:40.7h
Anthony Boerio 5:45.14	Evelyn Wright 1.17	T Mordecai 11.40	Mary Roman 24.00	W60 Erika Messner 6.82	M50 J Fredericks 1:53:28.0h
M40 Kevin St John 4:31.29	Essie Kea 1.12	William Gramley 11.21	Evelyn Wright 19.18	Evelyn Wright 6.52	Gene Opheim 1:56:25.0h
C Mallinckrodt 4:39.57	W70 Leonore McDaniels 1.17	George Mirka 11.20	W65 Sharon Good 11.12	Mary Roman 6.41	M60 H Hooser 2:09:18.3h
M McCauley 4:43.08	Pole Vault	M65 Phil Mulkey 13.18	W70 Lillian Snaden 15.71	W70 Lillian Snaden 5.39	P Veenhuis 2:41:45.7h
M45 Tim Payne 4:49.41	M30 David Hood 4.57	Leonard Olson 12.46	W80 Betty Jarvis 14.04	W80 Betty Jarvis 3.46	M65 Ole Holsti 2:18:28.0h
Robert Peterson 5:37.04	M45 Johnnie Dye 3.66	Leonard Rosen 12.11	Katherine Gradick 11.21	Pentathlon	Andrew Briggs 2:21:24.0h
M50 Peter O'Neil 4:48.65	Robert Berke 3.35	Ray Feick 11.68	Javelin	M30 Vince Martin 1211	Robert Fine 2:25:37.9h
Dane Freeman 5:33.78	Doug Baxter 3.20	William Garrahan 10.92	M35 Dennis Bresnahan 47.68	M35 Michael Bagnell 2481	Jack Munnell 2:30:50.3h
M60 John Dunkelberg 5:21.20	M50 Ronald Kimball 3.05	M70 John Gamble 10.29	John Allen 43.12	Glen Sigman 2245	George Solis 2:36:53.9h
Adrian Craven 6:08.93	M55 William Eubanks 2.59	William Bergen 9.09	M40 Bryan Stewart 45.35	Christian Hendricks 2103	M70 Robert Mimm 2:14:40.0h
M65 Donald Lein 5:27.85	Mike Crosby 2.30	Donald Grey 7.98	Daniel Taylor 36.68	M40 Michael Janusey 3374	Clint Edwards 2:32:22.7h
M75 Archie Messenger 6:26.79	M60 Jack Gilmore 2.10	Art Harris 7.89	D Vandergriff 32.69	John Dyer 3011	M80 Bill Tallmadge 2:49:53.0h
Eldridge Lloyd 8:31.56	M65 Anthony Besase 2.59	M75 Jacob Stein 7.39	M45 Thomas Nielsen 51.42	Charles Jordan 2305	W35 Lisa Sonntag 1:52:09.5h
M85 Max Springer 8:54.10	Phil Mulkey 2.59	Robert Dew 6.16	Richard Watson 42.77	M45 Richard Watson 2179	Grace Mutz 2:17:22.7h
W55 Barbara Latta 8:06.84	James Duncan 2.10	W35 Dana Baumgarten 10.08	Bruce Wolfe 38.31	Garland Roebuck 1697	W40 D Shepard 2:51:44.2h
W70 Helen Schley 8:09.18	Russel McDaniels 2.10	W50 Lorraine Quinn 5.75	John Baylies 31.30	James Doughton 1642	W50 Karen Monna 2:24:55.0h
3000m	M70 Donald Grey 1.83	W55 Carl Young 7.92	M50 Bruce Hedendal 38.94	Bruce Hedendal 2549	W70 Joann Beers 2:49:20.8h
M35 Anthony Boerio 12:55.57	W50 Phil Raschker 2.90	W60 Erika Messner 9.21	Carlton Mott 30.16	Charles Bernard 2032	
M45 Daniel Merritt 10:23.71	W55 Barbara Cleveland 2.30	Mary Roman 8.82	Gordan Herbert 29.94	M55 David Ayers 3040	South Florida Running Club Meet
Robert Peterson 11:47.99	W70 Leonore McDaniels 2.10	Evelyn Wright 8.74	Ronald Kimball 26.76	Walt Lancaster 2499	FL Lauderdale, FL; June 5
M65 Donald Lein 12:00.33	Long Jump	Audrey Lary 8.23	M55 Norris Wright 32.10	Mike Crosby 2046	100m
5000m	M30 Vincent Martin 7.32	W65 Sharon Good 5.41	Walt Lancaster 31.20	George Cliette 1814	M35 Curtis Mosby 11.96
M30 Mike Royal 19:57.8h	David Hood 5.92	W70 Lillian Snaden 6.12	Mike Valle 31.14	M60 Jack Gilmore 1678	George Castanza 12.09
M35 Michael Castle 16:35.6h	M35 Christian Hendricks 5.73	W76 Carla Convery 4.47	Laurence Morrell 28.90	M65 James Duncan 3200	M40 Steve Palacios 12.40
M40 Phillip Rowan 15:46.8h	Robert Harding 5.60	W80 Katherine Gradick 4.83	George Cliette 24.66	Marshall Lipton 2068	David Collins 13.34
Phil Wahlbrink 17:01.2b	M40 Daniel Taylor 5.40	Betty Jarvis 4.63	M60 Esse Sattari 44.53	Donald Levesque 323	M45 John Painter 13.25
George Howe 17:13.7h	Charles Jordan 5.39	Discus	Ezzat Pashaei 42.05	M70 Chuck Sochor 3208	Don Nelson 15.69
H Stephenson 19:51.8h	Michael Garrison 4.78	M35 David Speaks 34.37	T Mordecai 37.85	William Daprano 2913	M50 A LaFramboise 13.05
M45 Daniel Merritt 17:24.4h	M45 Gene Iwen 5.21	D Vandergriff 37.27	Jim Cleveland 31.60	Jim Flowers 2104	Israel Tepper 14.00
Robert Peterson 20:11.6h	Bob Rockwell 4.99	Bryan Stewart 35.90	Jack Hunter 30.10	Donald Grey 1284	M55 Jose Suvillaga 14.44
M50 William Walker 17:55.3h	James Parsons 4.93	Michael Janusey 34.97	M65 Ray Feick 37.18	M75 Sam Madia 2887	Dave Daniels 14.59
M55 M Hamlyn 21:16.2h	John Baylies 4.86	Garry Crago 33.82	Leonard Olson 34.82	M90 Karl Trei CAN 2118	M65 Oscar Ponce 13.76
M65 Jim Hite 23:18.5h	M50 Michael McDaniel 5.11	M45 Richard Watson 30.68	William Garrahan 32.90	(Sets WR)	W30 Michelle Poole 13.85
M75 Lloyd Eldridge 30:48.4h	Bruce Hedendal 4.65	M50 Bruce Hedendal 46.80	Reed Quinn 29.62	W60 Edith Gray CAN 3170	400m
W60 J Hodges-Hite 25:55.0h	William Yates 3.59	Craig Shumaker 46.50	M70 Donald Grey 22.22	Weight Pentathlon	M35 Joel Blakeman 1:01.46
Short Hurdles	Mike Crosby 3.81	John von Rohr 37.44	Art Harris 17.48	M40 David Vandergriff 3071	M40 David Collins 1:00.11
M40 Daniel Taylor 19.8h	Walt Lancaster 3.46	Ronald Kimball 32.12	M75 Jacob Stein 21.60	Jeff Baty 2983	M45 Charles Smith 55.88
M45 Gene Ewen 19.8h	M60 Sammy White 4.67	M55 Michael Harrington 40.39	M90 Karl Trei CAN 15.18	Bryan Stewart 2828	Jim Painter 1:00.12
M50 Robert Mitchell 17.54	Taylor Goode 4.32	Mike Valle 35.27	W35 Dana Baumgarten 27.00	Mark Kreaflle 2027	M55 David Daniels 1:19.00
John Hall 17.93	Theodore Mordecai 4.06	Morris Wright 34.18	Kym Bresnahan 16.92	M45 Richard Watson 2927	M60 Herbert Berman 1:16.13
M60 Leon Trout 18.94	James Stookey 4.72	Laurence Morrell 32.65	W50 Lorraine Quinn 12.86	M50 Bruce Hedendal 3909	M65 Matthew Quinn 1:35.81
Alvin Burton 22.00	Anthony Besase 4.32	Walt Lancaster 31.51	W55 Barbara Cleveland 23.52	John von Rohr 3278	W30 Michelle Poole 1:07.87
M65 James Stookey 17.67	John Schreiber 4.29	M60 William Smith 44.00	Carol Young 21.52	Carlton Mott 2671	1500m
John Schreiber 20.34	Glenn Yoder 3.57	Esse Sattari 41.28	Evelyn Wright 22.28	Robert Lupinacci 2139	M30 A Greenidge 4:27.1
James Duncan 21.81	M70 Carlos Vera 4.33	George Mirka 39.93	W60 Erika Messner 24.64	Daniel Folk 1747	Jon Hennen 5:47.2
Glenn Yoder 23.73	Chuck Sochor 4.28	Ezzat Pashaei 39.90	W65 Gloria Lipton 10.76	M55 Mike Valle 3551	M35 Joe Monks 4:52.7
M70 Chuck Sochor 15.11	M75 Edward Matthews 3.28	William Gramley 39.71	Sharon Good 8.82	Bob Cahners 3038	M40 Jim Bland 5:13.3
Jim Flowers 18.65	M85 Max Springer 2.38	M65 Leonard Olson 43.81	W70 Lillian Snaden 10.78	Jack Crawford 2809	M55 Joe Meenoff 6:43.6
M75 Joseph Martin 17.05	M90 Karl Trei 2.61	Leonard Rosen 41.42	W75 Carla Convery 11.66	M60 Jack Hunter 3000	M65 Martin Quinn 7:02.5
M80 Frank Finger 18.50	(WR-B Crane/USA/2.44/1990)	Phil Mulkey 40.90	W80 Katherine Gradick 12.08	M65 Leonard Olson 4361	W45 Carol Virga 5:32.5
W45 Linda Lowery 16.46	W35 Dana Baumgarten 4.58	William Garrahan 40.56	Betty Jarvis 9.10	Ray Feick 4068	3000m
W55 Ann Carter 19.71	W45 Linda Lowery 4.35	Reed Quinn 36.25	Weight Throw	William Garrahan 3523	M30 A Greenidge 9:21.5
W60 Edith Gray CAN 18.34	W55 Barbara Cleveland 4.23	M70 John Gamble 37.05	M40 David Vandergriff 14.47	Reed Quinn 3480	Randall Auclair 10:51.3
Long Hurdles	W60 Evelyn Wright 3.74	Paul Barndt 31.42	Mark Kreaflle 10.73	Pay Carstensen 2326	M35 Joe Monks 10:15.7
M40 Alan Shultz 1:14.81	Audrey Lary 3.47	William Bergen 27.29	M45 Richard Watson 10.83	M70 Art Harris 2227	Brad Lindberg 12:15.7
M45 Gene Iwen 1:09.41	Edith Gray CAN 3.40	R Bergenback 26.76	M50 Carlton Mott 9.25	Bill Snaden 1825	M40 Jim Bland 10:28.0
M50 John Hall 1:24.78	W70 Leonore McDaniels 3.34	Donald Grey 25.54	Daniel Folk 7.60	M75 Jacob Stein 2863	Rick Wallis 12:29.6
M60 Leon Trout 54.4h	W75 Carla Convery 1.80	M75 Jacob Stein 25.27	M55 Bob Cahners 10.08	W35 Debbie Lancashere 3418	M45 Gary Bloome 9:34.8
Alvin Burton 56.0h	Triple Jump	Robert Dew 12.47	Mike Valle 9.31	(AR-J Stratton/3341/1987)	M50 Dan Ilcay 10:28.4
M65 James Stookey 50.4h	M30 Vincent Martin 13.85	W50 Lorraine Quinn 14.11	Norris Wright 6.57	W40 Debby Crawford 1052	M65 Martin Quinn 14:15.4
John Schreiber 59.8h	M35 Joe Tomlin 10.14	W55 Carol Young 19.44	M60 Timothy Twomey 13.16	W50 Charlotte Jarvis 2490	W45 Carol Virga 11:31.1
M70 Chuck Sochor 58.44	M45 Bob Rockwell 11.44	W60 Evelyn Wright 25.87	Jack Hunter 8.55	Lorraine Quinn 1543	W50 Teresa Nolen 14:36.1
M75 Joseph Martin 1:06.70	John Baylies 10.00	Audrey Lary 22.84	M65 Ray Feick 12.51	W60 Erika Messner 3744	4x200m Relay
W30 Bonita Lewis 1:17.00	M60 Sammy White 9.89	Erika Messner 22.11	Leonard Olson 11.98	(AR-B Holland/3714/1987)	M30 Boca Raton 1:55.1
Steeplechase	Joe Kiker 9.17	Mary Roman 16.86	Evelyn Wright 3278	W65 Sharon Good 1714	4x800m Relay
M30 Briann Hickey 12:48.39	M65 James Stookey 9.88	Sharon Good 13.19	William Garrahan 10.53	W70 Lillian Snaden 2418	M30 Boca Raton 9:31.0
M65 Jim Hite 10:18.27	Glenn Yoder 8.24	Gloria Lipton 11.32	Reed Quinn 10.17	W80 Betty Jarvis 2708	High Jump
High Jump	M70 Carlos Vera 9.87	W70 Lillian Snaden 12.69	M Woerle 9.46	Katherine Gradick 2664	M45 Nicholas Romanoff 1.72
M40 Michael Garrison 1.63	M75 Edward Matthews 7.06	W75 Audrey Bergenback 10.04	M70 Art Harris 7.84	5000m RW	M50 William DeBeck 1.45
Charles Jordan 1.63	M85 Max Springer 5.18	Carla Convery 9.44	Richard Bergenback 6.86	M30 Jianping Xu 26:56.5h	M60 Larry Judd 1.36
Alan Shultz 1.53	M90 Karl Trei 5.29	W80 Betty Jarvis 13.60	Bill Snaden 6.81	M50 Gene Opheim 25:50.7h	Rudy Houg 1.36
M45 Bruce Wolfe 1.53	W45 Linda Lowery 8.99	Katherine Gradick 11.27	M75 Jacob Stein 6.50	John Fredericks 26:28.7h	Pole Vault
Bob Rockwell 1.48	W55 Ann Carter 6.50	Hammer	Robert Dew 4.81	Bruce Booth 27:22.0h	M35 Nick Green 3.40
John Baylies 1.48	W60 Audrey Lary 7.95	M40 David Vandergriff 49.19	W50 Lorraine Quinn 4.56	M65 Robert Fine 32:18.0h	M40 Harry Hackett 3.40
Johnnie Dye 1.48	Evelyn Wright 7.41	M45 Richard Watson 35.38	Evelyn Wright 8.60	Andrew Briggs 32:43.6h	M45 Jim Pedley 3.55
Mike Walker 1.37	W70 Leonore McDaniels 6.90	M50 Bruce Hedendal 40.90	Mary Roman 7.88	Jack Munnell 34:35.7h	David Shepard 3.40
M50 James Sauters 1.80	Shot Put	John von Rohr 40.47	W65 Sharon Good 5.24	Frank Sullivan 35:36.8h	Long Jump
John Hall 1.43	M30 Kevin Parker 10.13	Carlton Mott 34.82	W70 Lillian Snaden 6.66	George Solis 36:48.2h	M35 Mike Bagnell 5.58
Ronald Kimball 1.37	M40 Bryan Stewart 12.45	M55 Mike Valle 37.50	W80 Betty Jarvis 5.30	M70 Robert Mimm 31:52.0h	Curtis Mosby 5.47
M55 George Cliette 1.43	Daniel Taylor 11.00	Bob Cahners 37.32	Katherine Gradick 4.62	Ken Long 33:11.7h	M50 Armand LaFramboise 4.93
Walt Lancaster 1.32	Gary Crago 10.45	Laurence Morrell 24.48	Super Weight Throw	Bill Snaden 41:03.5h	Bruce Hedendahl 4.76
Mike Crosby 1.22	Mark Kreaflle 9.08	M60 Timothy Twomey 41.04	M40 David Vandergriff 9.43	M75 Lloyd Eldridge 38:12.8h	M60 Larry Judd
	M45 Richard Watson 10.18	Ezzat Pashaei 29.40	Bryan Stewart 6.46	M80 Bill Patterson 40:15.7h	

Continued on next page

Continued from previous page

Triple Jump

M50A LaFramboise 10.12
M60 Larry Judd 8.45

Shot Put

M30 Neil Marotta 9.67
Curtis Mosby 9.39
M50 Bruce Hedendahl 13.17
Rusty Earp 9.13
M60 Larry Houg 12.09
Larry Judd 9.31
M65 Pay Carstensen 11.10

Discus

M30 Neal Marotta 28.97
M35 Curtis Mosby 29.51
Mike Bagnell 28.08
M40 Gary England 44.22
M45 Nat Robinson 52.40
M50 Bruce Hedendahl 44.72
Bob Hume 44.58
M60 Rudy Houg 46.22
Larry Judd 35.08
M65 Pay Carstensen 30.05
Jerry England 24.00

Hammer

M40 Gary England 44.30
M50 Bruce Hedendahl 44.52
M60 Pay Carstensen 36.92
Jerry England 30.42

Javelin

M30 Neil Marotta 38.10
M40 Gary England 44.84
M45 Nat Robinson 52.40
M50 Bruce Hedendahl 40.14
Israel Tepper

1500m RW

M45 Juan Mora 7:31.0
M50 John Fredericks 7:27.1
M55 Dan Koch 9:36.8
Jay Caplen 10:51.3
M60 Bob Cella 8:28.0
Harvey Pitterman 9:34.9
M65 Theodore Sager 8:43.6
Bob Fine 8:45.6
M70 Dan DeMauro 10:25.7
M75 Jerry Kauffman 10:56.8
W45 Marilyn Whipple 9:22.6
W55 Pat Baran 9:45.8
Kay Cella 10:43.8
W60 Joanne Elliot 9:49.3

3000m RW

M50 John Fredericks 15:24.5
M55 Dan Koch 18:14.5
Jay Caplen 21:51.9
M60 Bob Cella 17:26.9
Harvey Pitterman 20:09.1
M65 Bob Fine 18:26.7
Theodore Sager 21:09.3
M70 Dan DeMauro 21:29.8
M75 Jerry Kauffman 22:02.6
W45 Carol Virga 19:16.3
W55 Pat Baran 19:57.1
Kay Cella 21:29.4
W60 Joanne Elliot 20:14.0
W70 Miriam Gordon 20:29.8

**Police and Fire Games
Birmingham, AL; June 5**

100m
M30 John Washington 13.88
M40 David Cohen 15.28
H. Summerford 27.25
M50 Sylvester Smith 13.60
Edwin Clack 13.61

200m
M30 John Washington 29.06
M40 David Cohen 31.33
H. Summerford 42.81
M50 Eric Gary 25.94
Edwin Clack 27.66

400m
M40 David Cohen 78.72

1500m
M30 Michael Britton 4:46.63
William Cole 5:57.41

100m Hurdles
M50 James Woosley 20.61

Shot Put
M30 Scott Watkins 42-9
James Chappell 42-0
M40 Bobby Conn 44-10
Pleasant Parker 35-10.50
M50 John Von Rohr 45-2
Ernest Brown 37-10
W30 Daphne Horton 30-6

Discus
M30 James Chappell 123-5
Michael Johnson 99-2

M40 Bobby Conn 134-6
Pleasant Parker 106-7
M50 John Von Rohr 116-4
Charles Hallmark 73-0
W30 Daphne Horton 75-0.50

Javelin
M50 Kip Rabern 131-4
Geo LaBelle 110-7
W30 Daphne Horton 63-8

Hammer
M30 James Chappell 67-3
Michael Johnson 88-5
M40 Pleasant Parker 97-3
M50 John Von Rohr 141-9
James Brown 107-0
W30 Daphne Horton 68-4

Long Jump
M50 Ernest Brown 15-7
Sylvester Smith 13-7.50
W30 Arlinda Odom 12-1

**Birmingham TC Classic
Birmingham, AL; June 5**

Age-Graded 100m
Tom Kennell 78 10.32
Marian McCoy 49 10.45
Jim Stookey 69 10.60
Bill Daprano 72 10.70
Mike Boudreaux 60 11.04
Tony McClendon 50 11.86

50m
M30 Will Holland 6.48
M35 Sanford Stephens 6.49
M40 Ron Bingham 7.51
M45 Marion McCoy 6.53
M50 Tony McClendon 6.96
M55 Sylvester Smith 7.46
M60 Mike Boudreaux 7.21
M65 Sonny Oliphant 8.26
M70 Bill Daprano 7.71
M75 Tom Kennell 7.66
W45 Linda Lowery 7.81
W50 Carol Stricklin 9.41

100m
M30 Will Holland 11.94
M35 Harold Pierce 11.86
Sanford Stephens 11.87
M40 Ron Bingham 13.94
M45 Marion McCoy 11.94
Bill Cheadle 12.65
Phil Campbell 13.38
M50 Tom Brewer 12.53
Tony McClendon 12.58
M55 Roger Kroodsma 12.80
Golden Bertram 13.75
M60 Mike Boudreaux 13.07
M65 Jim Stookey 13.75
Sonny Oliphant 15.44
M70 Bill Daprano 14.30
M75 Tom Kennell 15.19
W45 Linda Lowery 15.42
W50 Phil Rascher 13.04
Carol Stricklin 18.57

200m
M30 Marcus Skeete 24.76
M35 Harold Pierce 23.82
Sanford Stephens 24.06
Stan Jefferson 24.30
M40 Steve Winkel 24.36
M45 Marion McCoy 24.17
Gary Rudick 24.39
Bill Cheadle 24.70
M50 Tom Brewer 25.13
Randall Brady 25.96
Tony McClendon 26.28
M55 Golden Bertram 27.03
M60 Richard Cummings 33.84
Mike Boudreaux 26.63
Cliff Pauling 31.93

400m
M30 Marcus Skeete 56.14
M40 Steve Winkel 54.18
M45 Bill Cheadle 55.80
Gary Rudick 56.60
Bruce Denson 62.83
M50 Alvin Seale 57.21
M55 Golden Bertram 61.67
M60 Mike Boudreaux 62.36
Cleveland Payne 68.59
Richard Cummings 74.29

800m
M30 Daniel Bond 2:39.67
M35 Mark Golden 2:58.68
M45 DeWayneSchmidt 2:11.77
Bill Cheadle 2:29.46
James Bonner 2:16.29
M55 James Huffman 2:56.43
M60 Sammy White 2:37.03
Mike Boudreaux 3:21.77
M65 Charles Wimberly 2:28.49

1500m
M30 Gerald Johnson 5:43.97
M35 Peter Heibieder 4:39.02
Mark Golden 5:50.12

M55 James Huffman 5:32.00
M60 John Pitman 5:06.50
M65 Casey Jones 5:23.48
M70 Herbie Johnson 6:45.90

Ultra Mile
M30 Scott Strand 4:07.71
M35 Mark Golden 6:28.65
M45 DeWayneSchmidt 5:06.72
M50 Don Rossman 5:18.93
Chas. Thompson 6:05.30
M60 Rich Cummings 6:15.48
Rich Tankersley 6:28.29
M70 Herbie Johnson 7:18.02
W35 Kellie Eyre 5:40.80

5k
M45 James Bramlett 20:48
David Demedici 21:18
M50 Gordon Ladner 20:13
M60 Richard Cummings 20:37
Wayne Hasenbein 23:03
Richard Tankersley 23:08
M70 Les Longshore 35:36
W45 Helen Tankersley 35:37

Short Hurdles
M45 Douglas Baxter 21.64
M60 George LaBelle 19.34
M65 James Stookey 17.60
W45 Linda Lowery 16.96

300m Hurdles
M45 Bill Cheadle 45.67
M65 James Stookey 52.79

Shot Put
M30 Chris Lingenfelter 42-9
M35 Scott Watkins 37-0.25
M40 Mark Van Winkle 41-1
Robert Conn 35-3
L. Schrader 33-8
M45 Jim Accardi 37-6
Phil Campbell 28-7
M50 Bob Green 43-8
John Von Rohr 43-2
Kip Rabern 36-1
M55 Roger Kroodsma 33-7
M60 Gerald Vaughn 44-9.75
Cliff Hunter 33-5
Louis Vodopya 33-3
M65 Phil Mulkey 42-4
W35 Daphne Horton 30-6
W50 Carol Stricklin 22-5
W55 Alice Tym 22-9
W60 Evelyn Wright 30-4

Discus
M40 Mark Van Winkle 151-2
Robert Conn 138-2
Frank Broadus 99-5
M45 Jim Accardi 104-2
Phil Campbell 79-1
M50 John Von Rohr 117-9
Bob Green 111-5
M55 Larry Pratt 157-1
Roger Kroodsma 115-2
M60 Cliff Hunter 120-2
Louis Vodopya 111-0
Paul Taylor 87-5

800m
M65 Phil Mulkey 142-10
M70 Rich Bergenback 81-3
W35 Daphne Horton 76-7
W55 Wayne McCauley 118-1
Alice Tym 64-2
Carol Stricklin 55-9
W60 Evelyn Wright 84-1
W75 Audrey Bergenback 33-4

Javelin
M35 S. Stephens 93-10.75
M40 Chris Clark 179-7
Steve Winkel 157-10
M45 Phil Campbell 101-1
M55 Roger Kroodsma 122-3
Kip Rabern 121-0
M60 Bill Duckworth 133-6
Sammy White 112-8
Geo LaBelle 110-6
M65 Phil Mulkey 110-9
W35 Daphne Horton 74-0
W50 Carol Stricklin 72-5
W55 Alice Tym 66-8
W60 Evelyn Wright 74-2

Hammer
M30 Chris Lingenfelter 139-0
M40 Larry Schrader 125-7
Frank Broadus 119-2
M50 John Von Rohr 137-11
M65 Phil Mulkey 74-8
M70 Rich Bergenback 97-7
W35 Daphne Horton 68-4
W55 Alice Tym 68-1
W60 Evelyn Wright 73-4

High Jump
M45 Mike Walker 5-0
Johnny Dye 4-8
M50 Tom Jordan 5-5
Charles Bernard 4-10
Paul Shea 4-0
M60 Louis Vodopya 4-3

Geo LaBelle 4-0
M65 Phil Mulkey 4-6
Sonny Oliphant 4-0
W45 Linda Lowery 4-0
W60 Evelyn Wright 4-0

Pole Vault
M40 James Fountain 13-6
M45 Johnny Dye 12-6
Douglas Baxter 11-0
M50 Henry Jordan 11-0
M60 Roger Shassay 8-6
M65 Phil Mulkey 8-6
W50 Phil Rauschker 9-6

Long Jump
M65 Jim Stookey 15-10
Sonny Oliphant 11-4
Peter Kenney 7-1
M75 Tom Kennell 11-9
W45 Linda Lowery 14-2
W50 Carol Stricklin 8-4
W60 Evelyn Wright 11-7

Triple Jump
M45 Mike Walker 26-7
M60 Sammy White 30-10
M65 Jim Stookey 32-11
M75 Tom Kennell 26-3
W45 Linda Lowery 29-6
W50 Carol Stricklin 18-10
W60 Evelyn Wright 25-2

4x100
M40 Memphis Health 55.07

SOUTHWEST**El Paso Senior Games
El Paso, TX; Apr. 24**

100m
M50 Don Neidig 11.6
M55 John Mylius 14.7
M60 Don Judd 14.0
M65 Joe Summerlin 12.6
M70 Andy Anderson 14.1
W50 Diann Kaerwer 16.5
W55 Mary Morrison 21.7
W65 Mary Theisen 19.1

200m
W80 Sis Warnke 25.4
M50 Don Neidig 24.6
M55 John Mylius 36.0
M60 Charles Nutter 37.7
M65 Joe Summerlin 27.7
M70 Andy Anderson 30.2
M75 John Alexander 32.5
W50 Diann Kaerwer 39.2
W65 Mary Theisen 53.6
W80 Sis Warnke 1:18.6

400m
M55 John Mylius 1:15.5
M70 Leo Vasquez 1:45.6
M75 John Alexander 1:30.4
W50 Moni Holmberg 1:38.0
W80 Sis Warnke 3:02.5

800m
M55 John Mylius 3:07.1
M70 Bill Barton 3:33.3
W50 Moni Holmberg 3:26.9
W80 Sis Warnke 6:15.6

1500m
M55 John Mylius 5:15.8
M65 Paul Hernandez 6:28.4
M70 Bill Barton 7:19.4
W50 Moni Holmberg 7:05.8
W80 Sis Warnke 13:46.8

High Jump
M50 David Williams 4-2
M55 John Mylius 4
M60 Bufo Morrison 4
M65 Jim Leggett 4
M70 Bill Barton 3-10
W50 Laurie Barton 3-10
W65 Barbara Brandt 3-4
W75 Emma Udovich 3

Long Jump
M50 Randy Barton 11.50
M55 John Mylius 12-3
M60 Don Judd 11-2
M65 Jim Leggett 12-10
M70 Doug Cochran 8
W50 Laurie Barton 9-6
W55 Wanda Fisher 5-3
W65 Mary Theisen 7-4
W70 Lupe Carrasco 3-9
W75 Emma Udovich 5-4

Shot Put

M50 Randy Barton 28-3
M55 Avi Paz 31-1
M60 Bob Beck 39-11
M65 Larry Fisher 27-2
M70 Doug Cochran 29-3

M75 John Udovich 20-3
M80 Virgil McAnally 19-4
W55 Wanda Fisher 17-9
W65 Mary Theisen 23-5
W70 Betty Cruzan 16-8
W75 Adele McCormick 19-4

Discus
M50 Randy Barton 88-3
M55 Avi Paz 86-6
M60 Bob Beck 129-3
M65 Jim Leggett 110
M70 Art Brandt 99-10
M75 John Udovich 54-9
M80 Virgil McAnally 44-8
W55 Wanda Fisher 43-11
W65 Barbara Brandt 61-1
W70 Lupe Carrasco 46-8
W75 Adele McCormick 51

Javelin
M50 Randy Barton 96-7
M55 John Mylius 75-6
M60 Bufo Morrison 118-3
M65 Jim Leggett 96-6
M70 Doug Cochran 90-1
M75 Rafa Ramirez 37-6
W50 Diann Kaerwer 50-8
W55 Wanda Fisher 48-1
W65 Barbara Brandt 81-9
W70 Betty Cruzan 38-7
W75 Adele McCormick 65-4

**USATF Southwestern
Association Championships
Cedar Hill, TX; June 5**

100m
M30 C Udy 11.22
M40 J Lofton 11.12
D McBay 12.42
J Brower 12.50
M45 W Thompson 11.80
W McHone 12.56
M50 M Loyd 13.28
M55 T L Scoggins 13.30
M60 J Paddy 12.60
P Johnson 12.70
B Biddy 16.42
M70 A Anderson 14.66
B Wingo 16.77
W35 H Williams 11.70
W40 C Steenbergen 12.55
W55 N Bryant 17.24
W60 S Brooks Smith 17.31

200m
M40 J Lofton 22.59
D McBay 26.16
M45 W Thompson 23.93
J B Hagerty 24.53
W McHone 25.66
M50 M Loyd 28.10
M60 J Padie 26.79
B Biddy 33.07
M70 A Anderson 30.48
V Smith 42.43
W45 C Steenbergen 25.71

400m
M40 M Gaston 53.07
M45 R Easley 53.41
M55 T B Scoggins 69.34
M60 P Johnson 59.16
M70 V Smith 2:03.42
W40 L Kerns 74.72

800m
M35 C Hughel 2:15
M45 J Holderman 2:25
M50 V Schierling 2:28
W Harris 2:34
D Joyce 2:37
M55 T B Scoggins 2:47
M75 B Wingo 2:47
W65 P Provost 4:01

1500m
M45 J Heldoman 5:23
M50 -- Rodgers 5:37
-- Conway 5:48
M55 T B Scoggins 4:53
W65 P Provost 8:24

Short Hurdles
M40 J Brower 17.14
M45 J Dolezel 19.61
M55 C Gray w4m/sec 14.28

Long Hurdles
M40 J Brower 63.64
M55 C Gray 61.55

High Jump
M40 J Brower 5-10
M45 J Dolezel 4-8
M50 T Schaffer 4-6
D Schmidt 3-1
M55 J Wright 4-6
M60 J Paddy 4-8
M70 V Smith 3-1

Pole Vault
M30 B Dehollander 12-6
M35 T Garzillo 10-6
M40 K Ellis 14-0
J Stevenson 14-0
M45 M Vick 11-6
J Dolezel 10-6
M50 D Schmidt 10-6
M55 J Wright 7-6

Long Jump
M40 B Olenson 16-11
M45 R Thomas 18-2
J Dolezel 17-2
M50 D Schmidt 15-9
M55 T L Scoggins 14-4
J Wright 13-10
M60 J Paddy 15-5
M70 V Smith 8-7

Triple Jump
M40 B Olson 38-6
M45 J Dolezel 34-3
M50 D Schmidt 26-3
M55 T L Scoggins 28-6

Shot Put
M30 S Bloomquest 56-10
M50 T Schaffer 35-1
M55 J Conniff 44-9
M65 W Palmer 44-2
B Ward 42-3
S Meneely 28-10

Discus
M40 R Steward 165-8
K Ellis 117-8
M45 B Reid 137-1
M50 T Schaffer 127-1
W Wilke 105-6
M60 J Cantrell 134-10
M65 W Palmer 169-11
B Ward 147-7
M70 V Smith 82-0

Javelin
M40 K Ellis 146-0
M50 W Wilke 156-5
T Schaffer 101-11
M60 J Cantrell 99-10
M65 B Ward 127-5
S Meneely 114-0
W Palmer 109-8
W60 S Brooks Smith 56-0

3000m Racewalk
M55 J Horton 17:20
M60 C Mills 21:20
M65 P Donaldson 18:45
W50 P Mills 17:20
W70 J Nightingale 21:46

WEST

**Hawaii TC Pentathlon
Honolulu; April 25**
(LJ/UT/200/DT/1500)
Vince Costello M45 2883
(5.10/40.10/26.90/30.28/5:42.60)
Jack Karbens M55 2849
(4.08/32.82/30.00/32.70/6:03.17)
Kevin Kruzona M40 2274
(5.11/44.24/28.40/29.04/6:31.30)
Lionel Low M55 2203
(4.75/19.34/31.30/20.30/6:39.50)
Bob Voegel M70 1825
(3.17/16.84/39.60/25.84/-)

**Arizona Masters Invitational
Tempe, AZ; May 1**

100m
M30 Tim Woods 11.30
M35 Eric Peay 11.15
M40 S Onyepunuka 11.86
M45 Burrell Bender 12.70
M50 Abe Rodriguez 12.76
M55 Harold Tolson 12.59

Continued on next page

Continued from previous page

M60 Ray Graves	13.83
M65 Budd Hamilton	16.68
M70 Andy Anderson	14.68
200m	
M30 Tim Woods	11.76
M35 Courtney Hill	22.57
M40 S Onyepunuka	24.24
M45 Ron Smith	25.81
M50 Abe Rodriguez	26.50
M55 Harold Tolson	25.64
M60 Fred Kjer	27.46
M65 Budd Hamilton	36.41
M70 Andy Anderson	30.61

**Kelfield Throws Series #71
Santa Cruz, CA; May 9**

Shot Put	
M40 Eric Hodgdon	43-6.75
A Miller	39-9.25
M45 G Kelmenson	33-10.5
Discus	
M40 Andy Miller	156-1
M45 G Kelmenson	106-5
M50 Ladislav Pataki	156-2
Hammer	
M40 A Miller	134-0
M45 G Kelmenson	121-8
M50 Ladislav Pataki	167-8
M60 Don Hughes	98-7
35# Weight	
M40 A Miller	50-9
M45 G Kelmenson	41-2
56# Weight	
M40 A Miller	30-5.5
M45 G Kelmenson	26-7
M60 Don Hughes	20-2

**Visalia Classic Masters Meet
Visalia, CA; May 15**

100m	
M30 Marcus Sims	12.0
M40 Kevin Morning	11.2
Ron Walter	11.8
Ken Wun	12.0
M45 Dave Martin	12.7
Dwight Stone	12.8
Joe Garay	13.3
M50 Norbert Payton	12.2
Roger Parnell	12.4
Lex Freitas	12.6
M55 David Naylor	12.4
Dan Durante	12.8
Bill Knocke	13.1
M60 Harold Tolson	12.6
Gary Sims	13.0
Dee DeWitt	13.9
M65 Ben Rivera	14.0
Benson Ford	14.3
M70 Paul Bambrook	13.9
M75 Frank Benedict	16.3
M80 K K Slaughter	18.4
M85 Bert Morrow	19.0
W35 Elaine Iba	13.8
W40 Sylvia Hoss	14.2
Kath Herring	16.2
W50 Arvil Naylor	14.3
Nancy Nevin	17.7
W65 Magda Kuehne	18.2
Marjorie Moore	19.8
W70 Shirley Dietderich	20.6
W75 Phyllis Benedict	23.2
200m	
M30 Vaughn Castor	24.0
M Smith	24.8
Deik Maxwell	25.1
M40 Kevin Morning	22.9
Ron Walter	24.1
Ken Wun	25.3
M45 Dwight Stone	27.0
Joe Garay	28.3
M50 Roger Parnell	25.5
Lex Freitas	25.7
Homi Hormasji	27.1
M55 David Naylor	26.0
Bill Knocke	26.2
G Middlebrooks	26.8
M60 Harold Tolson	25.3
Gary Sims	27.1
M65 Benson Ford	31.2
M70 Paul Bambrook	29.6
M75 Frank Benedict	35.5
M80 K K Slaughter	40.8
M85 Bert Morrow	42.5
W35 Elaine Iba	29.1
W40 Sylvia Hoss	29.0
Val St James	29.6
Kathy Herring	33.5

W45 Tina Bowman	30.0
M50 Avril Naylor	30.5
Nancy Nevin	38.6
M65 Magda Kuehne	39.3
W70 Shirley Dietderich	47.3

400m	
M30 Vaughn Castor	51.5
Deik Maxwell	55.1
M35 Mick Mayberry	59.0
M40 Nikor Mourtos	56.0
Ken Wun	56.8
Manny Barrios	59.6
M45 John Banks	53.7
M50 Mike Morton	1:00.7
Lamar Turner	1:03.6
M55 Alan Levine	59.7
Mel Brooks	1:00.7
W40 Val St James	1:07.3
W45 Tina Bowman	1:07.7
W50 Nancy Nevin	1:24.6

800m	
M30 Noah Hinkston	2:03.0
M35 Rob Stark	2:10.4
Rick Mayberry	2:21.4
M40 Nikos Mourtos	2:09.8
Bruce Deeter	2:22.2
M45 Steve Hall	2:10.0
M50 Gary Hall	2:23.6
Mike Morton	2:25.9
Luis Pannarale	2:43.0
M55 Dennis Duffy	2:20.0
Will McMillen	2:20.5
M60 Pete Richardson	3:10.1
Billie Boles	2:53.0
M45 Leslie King	3:14.7
M50 Nancy Nevin	3:19.1

1500m	
M30 Noah Hinkston	4:30.7
Alfred Ortiz	4:55.5
M35 Al Bates	4:18.3
Rob Stark	4:46.7
M40 Charles Lighty	4:19.7
Bruce Deeter	5:00.4
Nikos Mourtos	5:19.2
M45 Steve Hall	4:37.3
M50 Gary Hall	5:06.5
M60 P Richardson	5:59.6
W40 Lana Hendricks	5:51.1
W45 Leslie King	6:18.0
M50 Nancy Nevin	7:07.2

5000m	
M30 Alfred Ortiz	18:35.8
M35 Robert Taylor	17:45.8
M40 Bruce Deeter	17:52.8
M55 Dale Nelson	31:07.0
M65 G McClenathen	20:49.4
W35 Billie Boles	21:15.1
W45 Leslie King	21:00.4
W55 Joan Ottoway	18:58.3

Short Hurdles	
M40 B J Duhon	14.9
M50 Sheridan Groves	16.6
Gary Wuest	19.4
M60 Dee DeWitt	18.4
M65 George Ball	21.2
M80 Bert Morrow	20.9
W50 Avril Naylor	15.5

Long Hurdles	
M30 Marcus Simms	44.7
M50 Sheridan Groves	48.7
M65 George Ball	58.3

High Jump	
M40 Steve Stafford	5-6
M45 Ben DelVillar	5-4
Dave Martin	5
M50 Roberto Pozzi	5-4
Gary Wuest	4-6
M55 John Burns	5
Don Dvorak	4-10
Richard Noble	3
M60 Phil Fehlen	5-6
John Steiner	4-8
Dee DeWitt	4-8
M70 Paul Bambrook	4-2
W50 Nancy Nevin	3-6
W65 Marjorie Moore	3-4

Pole Vault	
M40 Bob Good	10
M45 Doug Johnson	8
M50 Bob Bly	9
M55 M Connelly	11
M60 Dee DeWitt	9
John Steiner	9
Ray Fitzhugh	8-6
Long Jump	
M40 John Kimura	18-2
Steve Stafford	17-1.50

M45 Dave Martin	17-7
Larry Pesch	13-10
M50 Roger Parnell	19
A Cachinero	18-6.50
Andrew Lopez	16-2.25
M55 R Imperiale	15-2.50
Don Dvorak	15-2
John Lawson	15-3.75
M60 Dee De Witt	14-11
Ray Fitzhugh	13-7
M65 George Ball	13-7
M70 Paul Bambrook	14-4
M75 Frank Benedict	10-2
W35 Elaine Iba	15-6.50
W50 Nancy Nevin	8-11
W65 Magda Kuehne	9-5.50
Marjorie Moore	8-1.50

Triple Jump	
M40 Steve Stafford	30-8
M45 Scott Wolfe	31-5
M50 A Cachinero	36-5.50
M55 John Lawson	31-5
M60 Dee DeWitt	29-7.50
M70 Paul Bambrook	26-11.50
W35 Elaine Iba	28-6
W50 Nancy Nevin	19-1
W65 Magda Kuehne	21-10

Shot Put	
M40 R Frugugliet	47-1
Rich Gorbet	42-8
M45 Larry Pesch	29-4.50
M50 John Casler	42-4.50
Gary Knox	39-11.50
Norm Banks	38-11
M55 Richard Noble	32-3.50
M60 Gene Thacker	40-10
Jim Hart	40-1
Ray Fitzhugh	31
M65 Don Sharp	33-10
D Richardson	32-7
M70 Louie Toscano	18-2
M75 Frank Benedict	25-9
Jerry Lyerla	21-6
W35 Branda Trobau	28-7.50
W50 Ruth Lawson	19-11.50
W55 Kathy Noble	22-7

Discus	
M30 Mike Ostrom	116-7
M40 R Frugugliet	157-4
Rich Gorbet	110-1
M45 Scott Wolfe	96-5
Joe Garay	87-6
M50 John Casler	153-4
Gary Knox	139-3
Norm Banks	120-4
M55 John Burns	114-11
M60 Jim Hart	136-5
Gene Thacker	102-6
Ray Fitzhugh	101
M65 Don Sharp	101-3
D Richardson	100-2
Ahmet Ardaman	97-5
M70 Louie Toscano	73-4
M75 Jerry Lyerla	64-10
W35 Brenda Trobaugh	82-2
W70 Shirley Dietderich	53-11

Javelin	
M30 Mike Ostrom	182
M45 Joe Garay	130-9
Scott Wolfe	117-1
M50 Gary Wuest	114-8
Norm Banks	113-6
Dale Herring	111-5
M55 John Burns	151-3
Richard Noble	92-10
M60 Ray Fitzhugh	100-3
M65 Ahmet Ardaman	93-2
George Ball	78-1
M70 Del Pickarts	121-8
W35 Brenda Trobaugh	114-10
Elaine Iba	87-8
W40 Kathy Herring	41-6
W65 Magda Kuehne	53-4
W70 Shirley Dietderich	48-9

Hawaii Masters TC Weight Pentathlon	
Honolulu; May 16	
(HT/SPOT/JWT)	
Jack Karbons 57	3000
(29.02/9.13/32.66/30.44/11.65)	
Dick Mulken 74	2810
(23.70/9.01/31.32/20.38/8.95)	
Robert Voegel 71	2292
(19.82/8.40/25.34/16.92/7.45)	
Ken Wheeler 78	2232
(18.56/7.39/20.82/17.26/6.03)	
Kevin Kruszona 41	2223
(19.74/10.45/28.32/38.94/6.61)	

Robert Molyneux 61	2075
(20.02/7.92/28.32/16.88/9.13)	
Bob Larson 53	1792
(16.82/9.20/25.78/19.94/7.38)	
Lionel Low 59	1368
(10.98/5.89/20.02/18.82/5.43)	

**Kelfield Throws Series #72
Santa Cruz, CA; May 29**

Shot Put	
M40 Eric Hodgdon	42-0.5
M45 Gary Kelmenson	33-1
M60 Don Hughes	16# 25-2.25
Discus	
M45 Gary Kelmenson	101-3
Hammer	
M45 Gary Kelmenson	124-2
M60 Don Hughes	99-8
35# Weight	
M40 Eric Hodgdon	39-4.5
M45 Gary Kelmenson	41-2.25
56# Weight	
M45 Gary Kelmenson	26-5.5
M60 Don Hughes	20-8

**Dan Aldrich Memorial Meet
U. of Calif.-Irvine; May 30**

100m	
M30 Jeff Williams	10.72
Kelsey Nakanekla	10.97
Geo Onyenyewu	11.31
Gerald Woodyard	11.50
Chris Hughes	11.55
M35 Kettrell Berry	11.03
Alberto Ros	11.09
Eric Dixon	12.06
Chuck Gaudette	12.92
M40 Marty Krulce	h11.00
Ben Rosales	h11.15
Wayne Iba	h11.24
M45 Johnny Williams	12.03
Bob Richardson	12.17
Eugene Driver	12.27
Glenn Johnson	12.51
David Perrin	12.75
M50 Dale Herring	12.64
Herman Castille	12.68
Barry Green	13.77
George Wong	13.85
Harold Dixon	14.54
M55 Doug Smith	12.46
Bill Knocke	12.80
Charley Loftis	13.29
Willie Roberson	13.36
Tony Craddock	13.41
M60 Ken Dennis	12.91
Gary Sims	13.16
M65 Sam Flory	14.09
Frank Kishi	15.17
M70 Jim Selby	14.79
Tom Miller	17.63
Joe Welch	18.10
M85 Tony Castro	18.87
W35 Elaine Iba	13.87
W40 Sylvia Hoss	14.02
Kathy Herring	16.28
Debbie Selby	17.03

200m	
M30 Geo Onyenyewu	22.92
Chris Hughes	23.70
Ron Zeigler	24.58
Deik Maxwell	25.58
M35 Kettrell Berry	24.16
M40 Ben Rosales	23.12
Steve Cummings	24.84
Foots Williams	27.87
M45 Eugene Driver	24.24
Bob Richardson	24.55
Johnny Williams	24.72
Steve Kloch	25.69
Glenn Johnson	25.80
M50 Herman Castille	25.83
Harold Dixon	29.92
M55 Doug Smith	26.03
Bill Knocke	26.08
Willie Roberson	27.24
Charley Loftis	27.75
Tony Craddock	27.83
M60 Ken Dennis	26.60
Terry Cannon	27.02
Gary Sims	27.15
M65 Sam Flory	29.61
Frank Kishi	32.64
M70 Jim Selby	30.61
Louis Beadle	31.33
Al Escobosa	31.52
Ephrian Sanchez	36.48
Joe Welch	39.86
M85 Tony Castro	42.94
W35 Elaine Iba	29.76
Kellie Archuletta	31.29
W40 Sylvia Hoss	29.26
Carla Hoppie	31.08
Debbie Selby	38.24
W45 Tina Bowman	30.44
W60 Jeanne Hoagland	34.16

400m	
M30 Vaughn Kastor	51.95
Brian Gore	55.16
Deik Maxwell	55.27
Gerald Woodyard	59.23
M40 Ben Rosales	51.78
Steve Cummings	56.09
Chas Williams	60.89
M45 Eugene Driver	56.53
Steve Kloch	58.48
Bill Fitzpatrick	61.67
Chas Missouri	63.04
Phil Gnesin	63.21
M50 Herman Castille	58.93
M55 Ron Salupo	57.79
M65 Al Sheahan	74.83
M70 Jim Selby	70.20
Louis Beadle	73.93
W40 Marianne Fullove	68.13
Debbie Selby	88.09
W45 Tina Bowman	67.55
W50 Gloria Lockhart	86.68
W70 SumiOnoLeonard	90.77

800m	
M30 Tony Saxon	2:06.09
Brian Gore	2:10.46
M35 Mark Cleary	2:10.95
M40 AngelDeColibus	2:06.89
Jeff Wong	2:11.92
Frank Bogeman	2:15.47
Tom Bowman	2:26.57
Chas Williams	2:36.16
M45 Greg Lash	2:21.65
M50 Gary Hall	2:25.49
M70 Jim Selby	2:44.25
Efrin Sanchez	2:52.27
Bob Holmes	3:03.92
Harold Willis	3:34.72
W35 Kellie Archuletta	2:23.87
Lisa Kealy	2:33.46
W40 Maria Murphy	2:21.46
Carla Hoppie	2:30.75
Debbie Barraza	2:39.24
Marianne Fullove	2:40.91
W70 SumiOnoLeonard	3:37.17

1 Mile	
M30 Greg Doud	5:16.59
M35 Mark Cleary	4:50.61
M40 AngelDeCollibus	4:40.42
Jeff Wong	4:53.53
Ken Morris	5:20.36
M45 Gary Foltz	4:56.93
Hugo Vasquez	5:07.24
Bill Fitzpatrick	5:13.02
Mike Tipping	5:21.33
M50 Lee Fitzgerald	5:10.94
Gary Hall	5:18.93
M55 Ron Salupo	5:17.70
Simeon Baldwin	5:30.71
Jim Naftel	6:39.33
M70 Jim Selby	6:01.61
W35 Kellie Archaletta	5:08.27
Lisa Kealy	5:41.73
W40 Maria Murphy	5:06.73
Teena Colebrook	5:28.69
Debbie Barraza	5:47.96
Marian Fullove	5:56.08
Lana Hendricks	6:19.44
W60 Lene Hagland	4:36.33

Continued from previous page

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

Freihofer's 5K Run for Women/USATF Championships
Indy Life Circuit Race, Albany, NY; June 5

Overall	
Cheri Goddard-Kenah, 28	15:31
W40 Carmen Troncoso	16:37
Ruth Wysocki	17:15
Patty Valadka	17:20
Jane Weizel	17:29
Patti Ford	17:51
Kimball Bender	18:04
Ena Weinstein	18:07
Jeanne Olash	18:19
Robin Hallop	18:26
Linda Kimmey	18:45

W45 Victoria Crisp	17:58
Kathryn Martin	18:37
Trish Vlastnik	19:48
Erika Campbell	20:02
Janice Roche	20:07
Peggy Wiltberger	20:22
Coreen Steinbach	20:30
Diane Sardes	21:06
Jo-Ann Spinelli	21:06
Elaine Lutzker	21:06
W50 Gloria Jansen	19:23
Linda Frisby	19:38
Chary Griffin	22:09
C. Schermerhorn	22:21
Karen Vaglelski	23:31
Rosemary Hillengas	23:43
Norma Shaffer	23:45
Patricia Kane	23:55
Laura Clark	23:56
Dianne Clement	24:24

W55 Joan Ottaway	19:14
Nancy Frisillo	21:55
Ellen Nitz	22:44
Carol Rider	23:30
Eileen Holzman	24:00
Alice Green	25:17
Sakiko Claus	25:47
Lois Chandler	27:56
Asiah Shayegari	28:44
Mary Ellis	28:55

W60 Margaret Betz	21:02
Zofia Turos	22:59
Lenis Tucker	23:27
Joan Bondell	24:02
Kay Schleusener	24:30
Janice Partyka	25:58
Sally Rusby	26:44
Mary Kunz	27:41
Dolores Stein	28:05
Barbara Lindell	28:59

W65 Toshiko d'Elia	24:03
Anny Stocman	25:37
Mary Melehan	26:05
Patricia Vangalen	30:49
BJ Solite	32:44
Luretha Davenport	34:33
Janet Aldous	36:27
Phyllis Lennert	37:59
Diana Ferris	40:46
Terry Hickey	42:36

W70 Dolores Quinn	28:36
Bertha McGruder	31:49
R. Tumidajewicz	32:43
Shirley Simmers	38:24
W80 Althea Jureidini	43:03

Age-Graded Scores	
A-G	Actual
Carmen Troncoso 40	15:50 16:37
Joan Ottaway 55	16:01 19:14
Jane Weizel 44	16:07 17:29
Ruth Wysocki 42	16:10 17:15
Margaret Betz 62	16:14 21:02
Victoria Crisp 46	16:16 17:58
Patty Valadka 41	16:23 17:20
Patti Ford 43	16:35 17:51
Kathryn Martin 47	16:43 18:37
Gloria Jansen 51	16:47 19:23

EAST

Clarion River Half-Marathon
Cooksburg, PA; April 3

Overall	
Andrew Herr 33	68:49
Mindy Sawtelle 26	84:29
M40 Carl Bialo	75:44
Tom Hewitt	80:54
Jim Bubsey	82:49
M45 Chris Gibson	81:27
Tom Rose	82:09
Bob Berg	85:02
M50 Larry Deremer	87:12
Bill Grove	89:16
M55 Tom Fetterman	90:39
James Lombardi	91:41
M60+Tom Dunbar 60	1:41:36
Ron Canton 62	1:48:20
W40 Lisa Cimbala	1:39:16
Michele Megarry	1:43:50
W45 Cindy Grimm	92:39
Sherry Mason	1:43:35
W50 Bev Yates	1:52:36
Beverly Bernard	2:01:14

Clyde's 10K
Columbia, MD; April 18

Overall	
Faisal Hasan 21	32:07
Bea Marie Altieri 32	37:02
M40 Peter Kirk	33:21
Anthony Basile	33:48
Morton Compton	37:51
M45 Bill Moore	36:26
Bob Burns	37:41
Earl Swatzenruber	38:02
M50 Reuben Beauchamp	36:27
Charlie Koester	36:54
Piriya Pinit	38:57
M55 John Haubert	40:01
Jerry Warfield	40:41
M60+John Elliott	39:11
Stanton Neumann	42:57
W40 Joy Glass	42:52
Roseann Dougherty	43:50
W45 Colleen Russell	46:02
Robin McKenzie	48:01
W50 Pamela West	50:28
Natalie Vaslavsky	50:40
W55+Judy Gilbert 55	52:23
Sadj Bartolo 57	54:47

Long Island Marathon
East Meadow, NY; May 2

Overall	
Antonio Martinez 34	2:34:36
Donna Hurley 41	2:58:29
M40 Alex Cuzzo	2:45:27
Mario Reyes	2:46:20
Rudy Alfador	2:47:28
Jeff Kaplan	2:53:11
Juan Miranda	2:53:44
Rene Marcucci	2:59:53
Ernesto Aquino	3:02:20
A. Kielczewski	3:09:45
Yong Baek	3:12:49
John Brehm	3:13:02
M45 Andy Bunek	3:03:10
John Broecl	3:09:26
Vince Di Canio	3:12:26
George Nelson	3:19:29
Charles Leonard	3:22:14
Brian Mc Ilrath	3:23:01
Michael Speiller	3:24:36
Julian Alvarez	3:24:39
Jim Gallagher	3:25:05
Marc Ginsburg	3:26:11
M50 Julio Aguirre	2:58:55
Richard Andron	3:00:59
Brown Yoo	3:05:34

Louis Rodriguez	3:08:43
Joseh Brennan	3:09:59
Rob Nordman	3:10:43
Anibal Barrero	3:11:27
Rich Edwards	3:14:40
M55 John Samsel	3:15:38
Z. Juraczko	3:31:34
Eric Nelson	3:32:28
Rob Lomonico	3:34:52
Jorge Aguilera	3:40:07
F. Orejuela	3:50:30
Jozef Soffa	3:50:41
Mariusz Solarski	3:56:47
M60 Mel Cowgill	3:28:56
Thomas Brown	3:41:35
Michael Saltser	4:09:25
Roger Drzen	4:11:01
Helmut Schardt	4:12:37
Thomas Rooney	4:12:43
M65+J. Pasarella	6:42:43
M. Salama 70	4:22:06
D. Fastovsky 70	4:48:48
Sab Koide 75	4:53:54
G. Froehling 69	5:10:38
Wilfredo Rios	8:25:36:48
W40 Donna Hurley	2:58:29
A. Oquendos	4:04:00
Mary Money	4:19:57
Carol Pelletier	4:24:56
Bonnie Edward	4:25:10
Evelyn Deliz	4:31:29
Kim Solomine	4:32:22
Judith Neff	4:36:39
Camille Dutchin	4:37:54
Margareta Rehak	4:39:11
W45 Anne Van Meter	4:10:49
Maura Mc Veigh	4:25:09
Riitta Tornegard	4:48:15
Maria Ferguson	5:06:35
W50 Barbara Galpin	4:19:02
K. Juraczko	4:26:18
Cecile Lawrence	4:27:16
Sherry Bellowin	4:28:43
W55 Anna Thornhill	3:17:27
Delores Maloney	3:37:18
Carol Johnson	4:09:57
Ruth Fairbrother	4:25:58
W60 Patricia Delaney	5:14:39
Bring Eng	5:56:03
W65+Americo Fiore	6:39:28
Celine Blais 93	4:53:06

Broad Street 10-Mile
Philadelphia, PA; May 2

Overall	
Elijah Kitar 27	47:41
Catherine Ndereba	53:07
M40 Terry Permar	52:21
Brendan Hilliard	52:28
Don Didonato	53:07
Steve Shaklee	53:19
Mike Scythes	54:00
Ben Huddell	54:49
Chris Harkins	54:50
Jeff Hayes	54:57
Will Kauffman	56:07
Jeff Painter	56:17
M45 Lee McConnell	57:39
Ron Roop	58:26
David James	58:49
Kevin McGetrick	59:01
Jon Cohen	59:34
Bill Dawson	59:34
Ed Maher	59:52
Bob Dougherty	60:22
Rick Boyle	60:30
Larry Filtz	60:33
M50 Richard Webb	60:28
Denny Snyder	61:13
Frank Webb	61:52
Gerald Mullen	62:46
Doug Campbell	63:15
William Payne	63:21
Steve Goodman	63:57
Art Burger	65:01

M55 Ron Ayre	64:15
Dan McAlee	64:57
Rob Taggart	65:44
Louis Dwyer	66:14
Robert Watson	67:02
Frank Hopper	67:21
Jon Kunitake	68:35
Joe Zimmatore	69:09
M60 Jim Donohue	64:46
Herb Townsend	67:10
Jim Flanagan	70:27
Wally Kurz	71:18
Willis Kriebel	71:38
R. Melendrez	71:43
M65 Oliver Collins	73:23
Bob Robbins	75:43
Richard Hoban	77:07
Don Monagle	77:10
Robert Dobie	79:06
Richard Devan	81:51
M70+Rich Galinta	71 87:50
Ron Weingrad	70 89:50
O. Williams 74	91:27
Robert Rosati	71 92:13
W40 Jan Yerkes	60:55
Shirley Geerling	65:11
Donna Lewis	66:24
D. DiPangrazio	67:23
Amy Snyder	69:30
Anne Mitchell	69:41
Janice Rispoli	69:48
Linda Richey	70:22
Susan Reich	70:38
Lorrie Beck	71:11
W45 Gwen Torchia	66:50
Karen Erb	69:22
Leah Whipple	69:50
Beth Howlett	69:51
Loretta Metkus	71:53
Gail Vant Zelfde	72:11
Linda McGovern	76:16
Joan Potterfield	77:33
Katie Exas	78:44
Nancy Berube	78:49
W50 Joy Hampton	69:10
Cathie Cooper	74:00
Mary Ann Lippin	76:57
Marjorie Kos	78:27
Lynn Packer	79:54
Rena Hart	81:08
Joan Osborne	81:14
Barb Leighton	85:04
W55 Carole Lelli	75:56
Sandra Folzer	75:58
Ingrid Fox	78:34
Mary McCoy	84:53
Helen Perron	84:57
Eva Das	86:06
Ann Warsing	86:54
Francine Lettiere	94:56
W60+Imme Dyson	62 78:46
Rita Alles 62	81:35
A. Gerstadt 64	85:18
Gloria Jenkins	87:01
H. Moebius 60	89:05
Z. Moberg 64	1:40:33

RRCA Women's 5K
Washington, DC; May 9

Overall	
Anita Freres 34	18:15
W40 Christine Newsham	19:31
Robin Moon	20:07
Juliet Rodman	21:37
W45 Betty Blank	19:19
Stephanie Shipp	21:30
Judy Ferrier	23:00
W50 Heidi Pirie	20:06
Deborah Gebhardt	22:17
Muffet Chatterton	23:17
W55 Janet Newburgh	24:56
Joyce Weinstein	25:23
Pat Hoefter	27:03
W60 Tami Graf	24:32
Sheila Ward Dyer	30:57
Chizuko Thorne	31:40
W65 Doralie Segal	24:26
Mary Pett	40:43
W70 Betty Anne Scott	46:57

Bedford Memorial 12K/USATF
New England Championships
Bedford, NH; May 22

Overall	
Eric Morse 34	37:14
Mimi Corcoran 34	43:56
M40 Marc Donahue 40	38:48
Jim Garcia 40	39:43
Wayne Jacobs 44	39:58
Geary Daniels 45	40:18
Robert Chasen 44	40:27

Jim Miller 40	40:43
M50 Laurence Olsen	52 42:23
Paul Ducey 51	43:34
John Boyle 54	44:32
Colin McArdle 55	44:34
M60 William Riley 61	46:39
Jim Daley 63	47:33
Bill Spencer 63	49:11
M70+Herb Aardman 70	64:26
W40 Mary Lammi 42	45:24
R Stockdale Wool	48 46:39
Peg Donovan 44	48:09
W50 Patty Poltz 50	52:34
Mary Ryzek 53	52:55
Dian McLaughlin	51 55:03
W60 Barb Robinson 65	59:19
Elsa Murphy 61	65:51

Long Island Police
Appreciation 5K
East Meadow, NY; June 3

Overall	
Kevin Krause 28	15:56
Debbie Cutitta 32	19:41
M40+ Law Enforcement	
Steven Girardi 42	19:05
Lutz Hoffman 53	19:50
John Brant 42	19:51
W40+ Law Enforcement	
Sue Kretzmer 45	26:31
Barbara Friel 43	27:00
Susan Nesbinal 49	27:12
M40 Richard Delorantis	18:46
Mark Janiak	18:54
Charles Vetter	19:03
M45 John Lupski	18:34
John Tenbroeck	19:03
Keith Sullivan	19:10
M50 Joe Brennan	19:37
Bob Nordman	20:27
Bob Eaton	21:52
M55 Jorge Aguilera	19:56
John Lutz	23:44
Carlos Monserrate	25:53
M60 Joe Cordero	19:55
Jose Mendez	20:49
Bib Mitchell	22:57
M65 Ira Brotman	27:22
Alan Druckman	27:58
M70 Bert Jablon	24:07
John Moran	28:28
M75+John McManus 75	24:50
Sab Koide 75	27:36
Bill Benson 79	32:00
W40 Lori Harlenes Melnik	20:13
Sheila Dauscher	22:51
Rose An McDonald	23:27
W45 Marilyn White	24:53
Jeanne Abele	26:14
C Gillen Ventura	27:11
W50 Kathy Lindsley	23:56
Irene Robinson	25:40
Evelyn Arenella	26:28
W55 Rosalind Goldman	25:27
Helma Clavin	27:45
Janice McGeary	28:42
W60 Betty Powers	36:37
W65 Chickie O'Toole	30:36
Dolores O'Brien	56:57

SOUTHEAST

George Washington Classic
15K & 5K
Mt. Vernon, VA; April 18

Overall	
Tom Jeffrey 25	46:04
Sharon Servidio 25	55:21
M40 Jim Hage	48:18
Robert Marino	50:22
John Doub	52:10
Larry Jones	52:19
Marty France	53:55
M45 James Pryde	51:49
Ed Weston	54:28
Rudolph Pekarek	54:59
Milan Basta	57:30
Tim Morgan	57:45
M50 Bob Chase	61:14
Bill Knowlton	62:03
Jim Mercure	62:37
Alan Ryder	64:43
M55 Roger Kilgore	64:27
Jim Cavanaugh	68:58
Larry Spencer	70:00
Richard Siracusa	70:16
M60 Fay Bradley	57:06
Antonio Panizza	63:19
Jack Schmid	69:12
John Gluck	70:25
M65 Don McCarten	74:42
Don Smith	78:07
Heinz Bachmann	90:37
M70 Leonard Wagman	1:40:15

Newton Cattell	1:40:53
M75+Henry Bukowski 78	91:31
W40 Christine Iwahashi	63:38
Ofelia Perotti	66:03
Sandra Ruprech	66:25
Robin Roberts	67:04
W45 Karen Hawthorne	65:49
Patty Donohue	67:02
Joyce Adams	67:15
Beth Schmid	71:02
W50 Lynn Jamieson	73:12
Karen Hosler	74:38
Melissa McLeod	77:52
W55 Godhild Habib	83:03
Jane Metzler	83:18
Brenda Murphy	83:19
W60 Jeanette Chambers	89:20
Kathy Guerrieri	90:13
W65 Marge Stahl	1:53:35
W70 Kay Morrison	98:03
W75+Hedy Marque 81	87:30

Continued from previous page

M50 Patrick Griffith	63:58
Kevin Healy	66:18
Joe Wargo	68:34
Barry Capelli	68:42
Stephen Banks	71:49
James King	72:14
Imants Celtnieks	72:16
Greg Chaconas	74:56
M55 Charles Raper Jr.	71:48
Malcolm O'hagan	73:27
Roy Koehn	75:09
Franklin Willis	76:43
Joseph Bernard	77:17
Dennis Reikner	77:31
James Amerault	78:08
Richard Siracusa	80:28
M60 Cal Fowler	69:30
Richard Williams	76:08
William Smith Jr	82:30
Ron Steele	82:57
Robert Barry	87:16
George Tarrico	88:06
M65 Robert Smith	78:14
Denis Dirscherl	86:27
David Hotz	89:38
Harold Collins	92:24
Bob Myers	1:50:24
Robert Nielsen	1:50:41
M70+Dixon Hemphill	74:79:41
Marcel Bitoun	71
Walt Washburn	76 90:53
Bill Osburn	75 99:48
Oliver Bragg	71 1:46:56
W40 Ellie Sloan	71:52
Shelley Ralston	71:58
Olelia Perotti	72:07
Renee Pickard	76:17
Sylvia Travaglione	76:59
Lori Wisniewski	78:07
Jean Beauchesne	78:26
Betsy Niemeyer	81:08
Linda Sheimo	81:59
Lisa Henry	82:47
W45 Betty Blank	68:49
Umaja Harvey	72:10
Kathleen Hogan	75:43
Alice Deppe	77:52
Sandra Adams	80:25
Judy Ferrier	83:01
Rosie Schiavone	84:16
Diane Paddock	84:31
Marcia Devore	85:23
Wanda Nuckols	85:42
W50 Hideko Pirie	75:47
Mary Gonyea	82:04
Margie Hinton	84:52
Roberta Carlisle	89:05
Micheline Copland	89:51
Kari Sprecher	92:20
Susan Koehler	92:25
Frances Sherez	93:26
W55 Kathy Lewis	79:43
Jane Metzler	89:51
Judith Brennan	91:30
Andrea Chisholm	93:49
Nancy Linck	94:42
Pat Vores	95:28
Rose Jellish	1:57:37
Karen Lovelace	2:11:39
W60+B. Dameron	63 1:40:59
Penny Canty	60 2:00:19
D. Hansen	62 2:04:10
Sister Maria	74 2:42:29

Big Boy Classic 20K

Wheeling, WV; May 29

Overall	
Peter Ndirangu	27 61:19
Catherine Ndereba	26 69:37
M40 Martin Mondragon	45 64:13
Andrey Kuznetsov	41 67:07
Glenn Baldwin	41 75:00
M50 Bill Rodgers	51 73:09
M60 John Gebhard	61 96:47
M70+Lou Lodovico	75 95:59
W40 Cindy Grimm	47 89:00
Lynn Marie Fawcett	43 89:51
Julie Rathbone	43 92:23
W50 Pamela Gibson	53 1:43:39
W60 Ella Jane Custer	69 2:40:51

WZYP Cotton Row Run 10K

Huntsville, AL; May 31

Overall	
Jared Segura	22 30:25
N. Gusselchshiova	29 34:25
M40 John Tuttle	31 31:54
Phillip Rowan	33 33:26
Pete Gibson	34 34:46
Terry Daniel	34 34:57
Jeff Miller	35 35:01
John Taylor Jr.	35 35:18
Joe Francisco	35 35:34
Joseph Bahilov	36 36:35
John Passwater	37 37:17

Greg Matthews	39:33
M45 Clint Jones	36:59
Robert Childs	37:45
Steve Rice	37:50
Roland Rust	38:04
Barry Ege	38:38
Kim Koenig	38:39
Larry Camp	38:51
Leah Putnam	38:55
Michael Crouse	38:59
Rich Rodenhansen	39:13
M50 Wes Wessely	38:11
Dwayne Key	38:16
Gary Robinson	38:39
Gary Grace	38:58
Jim Worthey	39:44
Sam Davis	40:26
John Whitlock	40:46
Jerry Brumfield	42:43
Jon Turner	44:23
John Roberts	44:25
M55 Anson Clapcott	37:24
James Adams	41:10
Jim Opton	41:13
Dick Ashley	41:17
Jerry Harris	42:42
Vic Thayer	43:00
Dwight McPherson	43:26
Wendell Sandlin	45:18
Marty Eubank	45:20
Jim Stroud	45:54
M60 Thom Weddle	39:00
Jerry McGath	41:42
John Conroy	42:50
Dean Whitehead	43:57
Joe Beams	44:42
Roy Ingle	44:55
Tim Hopper	45:07
James Sadler	49:15
Raymond Mattle	49:58
Richard Tankersley	50:24
M65 Malcolm Gillis	42:39
Rudolph Bates	47:15
Kelly Stinson	47:32
Charles Terrall	49:36
Lyman Jackson	51:32
Bob Walton	53:49
Jim Splawn	57:24
Gordon Woodcock	59:19
M70 Herb Johnson	52:58
Roger Richards	53:04
B.P. Daniel	55:15
Lloyd Doering	61:07
Gene Simonson	65:38
Michael Dooley	67:06
Jay Grove	69:00
M75 Ernest R. Ritch	75:27
M80 Claudia Hawkins	93:32
W40 Patty Valadka	37:48
Jeanne Olash	39:32
Barbara Saunders	39:50
Joyce Deason	41:19
Janise Fontanot	43:21
Athena Naugher	46:26
Janet Baenish	46:38
Mimi Hughes	47:13
Gloria Cochran	48:32
Cathy Henry	48:47
W45 Victoria Crisp	39:53
Sarah Grace	46:51
Nancy Sheppard	47:23
Mary Skirvin	49:53
Nancy Anderson	50:40
Kathleen Thayer	51:09
Maureen Higgins	51:35
Clothial Mallory	51:45
Nancy Turner	52:40
Luvran Blackwood	53:38
Bea Lutz	54:05
W50 Alida Morgan	47:51
Gail McCaslin	48:01
Donna Candel	49:48
Pamela Duke	52:23
Judy White	59:47
Joan Bell	60:17
Gayle Ricks	61:12
Lynne Wilbanks	62:39
Louise Young	62:53
Judy Wilson	64:32
M55 Anne Park	53:43
Jeanne Hendrickson	56:11
Carol Wright	59:51
Jackie Clark	61:20
Maryanne Hall	61:56
Betty Byrne	62:30
M60 Susie Klutts	47:12
Yoshiko Setser	53:27
Barbara Meyer	54:51
Pat McClain	59:21
Dot Richter	62:15
Hattie Lesley	63:14
Christine Hearn	65:54
M65 Joann Long	58:52
Boots Hill	75:13
W70 Betty Dooley	69:53
W75 Lynn Edwards	65:23
Margaret Hagarty	75:43

Urbanna Waterfront 5K & 10K

Urbanna, VA; June 5

Overall	
Tom Jeffrey	25 15:05
Naoko Ishibe	30 17:38
M40 Lanny Doan	42 15:57
Ed Sheehan	41 16:06
Jim Goggin	45 17:22
M50 Lewis Jones	55 19:21
M60+Ray Berube	64 23:34
W40 Debby Harber	43 23:50
Connie Archibald	42 25:05
W50 Virginia Carey	50 34:25
W60 Marie Travesky	67 43:45

--10K--(9:15 am)

Overall	
Robert Hinkle	34 32:14
Lori Robertson	38 40:52
M40 Lanny Doan	42 34:52
Rick Platt	48 35:22
Ed Weston	45 38:00
M50 Steve Tyndall	51 40:36
M60+Richard Williams	63 45:47
W40 Linda Kidder	42 43:34
Michelle Lybarger	44 43:52
Ellie Sloan	42 45:40
W50 Harriet Fishburn	52 62:06
W60+Nancy Patron	62 53:31

MIDWEST

Kentucky Derby Festival Half-Marathon

Louisville; April 24

Overall	
Jim Estes	68:59
Anne Audain	43 80:49
M40 Stan Clark	71:01
Tom Horn	77:58
Glenn Sterchi	78:56
M45 Barry Ross	76:13
Dave Lenahan	77:56
Stephen Daffron	80:02
M50 Thys Bax	79:29
Keith Meikler	82:47
David Hendrich	83:02
M55 Bill Delph	83:17
Budd Bettler	86:08
Mike Malloy	86:42
M60 Ray Parrella	85:37
Dean Whitehead	93:23
Charlie Denney	93:30
M65 Clay Baker	97:10
Frankie Robinson	1:43:39
Vernon Lange	1:51:12
M70+Fred Pipkin	1:43:26
Mike Blanford	1:55:45
John Mezcapa	1:58:26
W40 A Audain	80:49
DWindsand Dausm	84:43
Janie Wilson	87:44
Cheryl McGinnis	88:43
W45 Janice Spodarek	89:35
Wanda Shaw	90:01
Sherry Hyden	91:47
W50 Jane Rada	1:41:17
Isabelle Joffrion	1:43:22
Isabelle Joffrion	1:44:34
W55 Mount Davis	1:42:05
Marilyn Grissom	1:42:34
Mary Nagle	1:47:19
W60 Rose Taylor	1:50:13
Lucy Gleason	1:53:58
W65 Bernice Martin	2:01:13
Mary Jane Mullins	3:02:57
W70+Alma Gardner	3:06:24
Doris Campbell	3:09:24

Great Race 10K & Half-Marathon

Elkhart, IN; May 31

Overall	
Abel Ondeyo	28:56
Mariann Foster	36:37
M40 Charlie Fox	33:17
Mike Haag	33:22
David Gardner	34:21
Rick Terhune	36:41
Anton Crepinsek Jr	38:50
Dan Dorais	39:34
M45 Ken Burke	38:32
Neil Tate	39:53
Mike Bradford	40:14
Mike Dubois	43:16
Stan Garber	44:34
M50 Jack Nelson	59 36:18
Dennis Hooley	41:23
Peter Elliott	42:37
George Etherington	43:30
Bob Burden	44:13
Jim Stalter	46:34
M60 Freeman Hershberg	45:01
John Helm	55:58
Jerry Rotramel	61:11
Loren Stauffer	63:56
W40 Laurel Cihak	41:17
Kelly Grady	47:06
Traci Smith	49:36
W45 Margaret Bedell	48:42
Nita App	52:07
Linda Keen	58:00
W50 Dixie Bake	50:14
Judy Anastasio	51:49
Carolyn Bierbaum	58:16

--Half-Marathon--

Overall

Andrew Musuva 66:08

Veronica Kanga 81:25

M40 Steve Wilson	73:54
Jeff Foster	75:47
Ed Deiwert	77:56
Hal Pearson	82:58
M45 Glenn Bowen	83:31
Bill Moor	84:36
Jim D'Haenens	84:58
Jed Pearson	90:02
M50 Al Dube	83:35
Danny Wolfe	90:15
George Sigler	90:37
Mike Whitemon	90:57
Dan Graves	93:47
M60 Harry Tellman	89:11
Ken Hurley	1:49:52
W40 Robin Walker	1:43:33
Sue Fowler Finn	1:44:45
Kelly Gonderman	1:51:46
W45 Rhonda Kile	1:52:54
Nikki Rector	1:56:13
Martha Randall	2:11:34
W55+Patricia Wolf	2:08:37
Patricia Heniff	2:24:58

MID-AMERICA

NationsBank River Run 10K

Wichita, KS; May 8

Overall	
Morney Annandale	30:35
Cami Wells	38:04
M40 Dan Lawson	33:15
Mike Shryock	35:16
Peter Klug	35:18
M45 Tom Trusdale	36:10
Brad Rhoden	37:43
Joe Wagonblast	38:28
M50 Jeff Berven	35:35
Randy Mendat	37:18
Kent Oglesby	37:39
M55 John Boyle	38:48
John Osborne	41:39
W Van Andel	43:38
M60 Fay Bradley	36:37
Charles Doze	44:43
James Hague	46:39
M65 Paul Heitzman	40:42
David Arst	47:40
Virgil Love	48:23
M70 Sigurd Daehnke	54:17
W40 Marla Rhoden	40:19
Vickie Luebbers	42:27
R Baumfalk Lee	45:31
W45 Barb Holzman	43:01
Jan Kiehl	45:34
Nancy Davis	47:14
W50 Trudy Calloway	45:40
Vera Burton	46:21
Sheryl Drevo	47:20
W55 Judy Hammond	54:05
Rowena Hinshaw	58:31
Beverly Parke	59:07
W60 Carolyn Buckner	48:51
Eileen Schmidt	66:58

YMCA Plaza Run 5K & 10K

Kansas City, MO; May 16

Overall	
John Fendel	15:48
Katrina Bellem	22:56
M40 Derek Shoare	16:53
M45 James Haire	20:26
M50 John Burke	20:29
M55 Eugene Wren	21:26
M60 Wes Nicholson	24:31
M65 John Alstatt	30:23
M80+Bill Dyer	39:44
W40 B J Novak	26:08
W45 Em Fernandez	26:00
W50 Lana Best	25:01
W55 Anne Coveney	26:45
W60 Aileen McComas	30:52
W70 Anna Brock	51:46

Wichita Senior 5K

Wichita, KS; May 26

Overall

Jeff Berven 52 17:13

Vickie Luebbers	41 20:42
M40 Peter Klug	17:29
Phil Walker	18:18
Marty Clem	18:18
M45 Tom Trusdale	17:51
Stephen Aleman	18:49
Greg Records	18:59
M50 J Berven	17:13
Russ Lundstrom	18:40
Terry Pollock	18:46
M55 W Van Andel	21:32
Jon Rush	21:42
Leon Mattocks	21:53
M60 Terry Duncan	22:25
Miles Tade	24:48
M65 Paul Heitzman	19:29
Virgil Love	23:08
M70 Sigurd Daehnke	27:05
Jack Barber	34:02
W40 V Luebbers	20:42
Mari Mohr	21:54
Carol Boorady	22:53
W45 Barb Holzman	20:51
Barbara Voth	24:14
Judy Cox	24:34
W50 Trudy Calloway	21:39
Sheryl Drevo	22:28
Sandra Kitchen	28:46
W55 Rowena Hinshaw	28:21
Ros Scudder	34:13
W60 C Buckner	23:45
M Linhardt	35:21
W65 M Rietcheck	33:26
M Balthazor	33:41

WEST

Big Sur Marathon

Carmel, CA; April 25

Overall	
Arsenio Ortiz	25 2:19:16
Susan Morris	41 2:52:24
M40 Sammy Rotish	2:40:36
Larry Hyde	2:43:13
Rich Oldrieve	2:43:48
Mark Shorter	2:47:05
James Mahar	2:53:05
M45 David Louks	2:52:39
Jim Poulos	3:00:46
John Catts	3:01:51
Steve Radigan	3:02:10
Tom Augustus	3:

Continued from previous page
M. Faratella 97 1:42:55

Rock 'N' Roll Marathon San Diego, CA; May 23

Overall	
Philip Tarus 25	2:08:33
Irina Bogacheva 37	2:28:46
M40 Charlie Andrews	2:31:35
Guy Gordon	2:33:44
Stan Sawyer	2:45:45
Amir Shahmirza	2:45:53
Kim Uile	2:46:06
M45 G. Figueroa	2:40:53
David Ahner	2:42:55
Steve Hall	2:51:37
Mark Uliasz	2:54:38
Chuck Katz	2:55:02
M50 F. Shuffelbarger	2:53:52
Wayne Mitchell	2:57:07
Ira Zimmerman	2:57:26
Ron Enos	2:58:02
Julio Calisto	3:06:07
M55 Michael Mahler	3:03:51
Neville Pearson	3:05:16
M. Jorudane	3:05:40
Chuck Sorensen	3:12:10
Bill Peck	3:16:16
M60 Joseph Wilson	3:32:32
Bud Derbidge	3:35:28
Donald Boyd	3:35:51
Bob Beaton	3:37:25
Jack Wilson	3:51:17
M65 Gilbert Mendoza	3:25:20
Warren Osborn	3:29:38
Stanley Polski	3:46:11
James Woolf	3:47:15
Joe Rutkowski	3:54:51
M70+HuGoldstein 70	4:16:26
George Butler 70	4:22:53
Rao Paladugu 70	4:29:18
O. Rosenhall 74	4:42:57
Ira Smith 71	5:29:34
W40 Mary Burns-Prine	2:55:17
Joy Norris	3:13:37
Maria Madueno	3:16:37
Maria Figueroa	3:18:29
L. Schenone	3:20:25
W45 Cecilia Ramos	3:24:04
Paula Brierton	3:30:00
Judy Cannon	3:30:00
C Aufderheide	3:31:03
Tanya Pool	3:34:26
W50 G. Swanson	3:27:37
Mary Carpenter	3:38:15
Patricia Koester	3:45:31
Gudrun Mueller	3:45:49
Patricia Bates	3:46:31
W55 Pat Brumbalow	3:37:26
Barbara Brady	3:59:31
Kim Coe	4:03:52
Betty Bulich	4:20:05
Edith Jones	4:24:31
W60 Shirley Blush	3:58:46
Joan Maxwell	4:14:24
Polly Kenniston	4:27:32
Una Pierce	4:35:03
Patti Ploeser	4:44:57
W65+Hazel Phillips 65	5:08:47
Bobbi Pollock 65	5:17:27
G. Davidson 78	5:19:39
G. Sweezee 65	5:27:23
Joyce Duval 67	5:32:34

NORTHWEST

Lilac Bloomsday 12K Spokane, WA; May 2

Overall	
Joshua Chelanga	25:34:18
Jane Omoro 27	39:37
M40 A. Kuznetsov	36:51
Craig Young	38:39
Ted Jaleta	39:59
Ken Bell	40:22
Rob Reid	41:18
M45 Doug Bell	40:05
Rob Benedetti	42:23
Dick Leland	43:47
Dan Sandberg	45:08
Mick Slonaker	45:13
M50 John Peglau	44:33
Paul Johnson	44:41
Steven Jones	45:15
Dan Bonogofski	45:40
Jim Nicholson	45:53
M55 Jeff Corkill	42:41
William Greene	46:05
Ken Hinds	46:21
Jerry Graham	46:30
Joe Machala	48:40
M60 David Pitkethly	50:00
Ron Kelling	50:10
Grant Smith	50:12

Rich Olin	50:54
Des O'Rourke	51:05
M65 Malcolm Gillis	51:32
Ed Rockwell	55:08
John Parrott	58:12
Gerry Kirkwood	58:17
Ronald Hart	58:39
M70 John Cahill	54:20
Lenn Dompier	64:00
Rob Seymour	65:39
M80 Les Leyland	76:10
Fred Schwin	77:15
Geo. Boulden	82:18
W40 Kim Jones	43:40
Kimball Bender	43:55
Ulla Marquette	45:23
Denise Foote	45:48
Regina Joyce	46:30
W45 I. Bondarchouk	45:07
Jamie Berns	51:35
Penny Colton	52:22
Ann Bell	53:00
Jean Grammer	53:45
W50 Kathy Slinger	52:36
G. Swanson	54:35
Jane Davey	54:54
Rebecca Baum	55:57
Pat Keppner	58:00
W55 Angelika Tann	58:14
Judith Paine	58:18
D. Christiansen	59:06
Sharon Carroll	60:54
Donna Sims	61:26
W60 Sylvia Quinn	58:20
Carol Woodbury	60:57
Arlene Arneson	65:30
Francis Ard	66:17
E. MacDonald	68:28
W65 June Machala	57:51
Wilma Parker	68:36
Eileen Fawcett	69:56
Inge Hendron	72:20
Virginia Sutphin	73:30
W70 Lois Hatch	85:42
Edie Wilson	88:09
Wilma Smith	92:43

RACEWALKING

1998 1-Hour Postal Racewalk

USA	
Open	Meters
Curt Clausen	14,134
Victoria Herazo	12,210
M40 Warrick Yeager	12,768
Steve Pecinovsky	11,693
Joe Berendt	10,568
Doug Vermeer	10,268
Paul Cajika	10,263
John Costello	10,951
Steven Lipe	10,008
Bryan Winter	9,799
M45 E Camarena	11,284
Shoja Torabian	10,999
Stan Sosnowski	10,941
Juan Mora	10,898
Rob Frank	10,892
Bill Reed	10,814
Larry Titus	10,521
Tom Quattrocchi	10,476
Robert Ullman	10,322
Rod Vargas	10,196
Al Kaiser	9,848
Ken Cyr	9,574
John Albert	9,562
Jim Currier	9,248
Fred Anderson	9,150
Jimmy Boyd	8,053
Jamie Nelson	7,400
M50 Robert McGuire	11,596
Bruce Booth	11,459
Norman Frable	11,212
Alan Price	11,070
Joe Light	11,069
Bill Penner	10,800
George Fenigsohn	10,246
Jack Lach	10,210
Ed Dunphy	9,997
Timothy Stats	9,949
Jim Goldstein	9,836
Milt Taylor	9,755
Claude Leiten	9,739
Eric Hedges	9,466
John Gersh	9,359
Ralph Edwards	8,861
Garland Murphy	8,325
Bill Banton	8,147
Larry Vandermeer	8,132
Ed Flint	7,808
M55 Don DeNoon	12,428

Jim Carmines	11,665
Larry Walker	10,778
Ron Shields	10,560
Thomas Knatt	10,349
Manny Eisner	10,035
Victor Litwinski	9,598
John Schultz	9,528
Ron Baers	9,514
John Doane	9,255
Don Cassels	9,173
Dan Koch	9,050
Sal Yerardi	9,025
David Bickel	8,988
Stu Kinney	8,968
John Backlund	9,820
John Molendyk	8,662
Jim Scheller	8,457
George Rescigno	8,375
Dudley Thornton	8,326
Carl Angevine	8,307
Richard Manske	8,282
James Weber	7,288
Larry Freeman	5,600
M60 Dave Romansky	11,494
Carl Acosta	10,138
Jim Stuckey	9,899
Bob Cella	9,777
Lee Duffner	9,707
Ed Lane	9,605
Ben Ottmer	9,220
Leon Glazman	9,122
Jim Fisher	8,809
Rich Kuie	8,338
Harvey Pittman	8,320
Stuart Sonne	8,162
Lee Hoffman	8,127
Gordon Clark	6,658
M65 Jack Bray	11,004
John Kelly	9,398
Gerry Gomes	9,245
Arvid Rolle	9,187
John Lyle	9,102
Robert Fine	9,049
Lou Free	9,021
Bill McCann	8,949
Huey Johnson	8,743
Dick Vaughn	8,717
Robert Beaudet	8,604
Bob Davis	8,597
Frank Sullivan	8,448
Peter Corona	8,394
Joe LaBruno	8,330
Geoff Bye	8,257
Jon Borset	8,026
R Shepardson	7,924
John Sears	7,751
Lewis Mead	6,847
Bill Hogan	6,686
M70 Jack Starr	10,199
Hugh Acton	9,154
Walter Morse	8,769
Albert Goldman	8,733
Klaus Timmehaus	8,587
Rich Hansen	8,108
Emmanuel Eckert	7,714
Virgil Schuler	7,401
Herman Smolar	6,886
M75 John Levinsohn	8,168
Herman Arrow	7,970
Pat Kilpatrick	7,241
Chris Lorenzo	7,159
M80 Ernest Lucken	6,771
M85 Harry Drazin	6,029
W40 D Chamberlain	10,996
Sandra DeNoon	10,911
Peggy Miller	10,180
Lee Chase	10,059
K Stoyanowski	10,052
Virginia Fong	9,231
Wendy Dudas	8,922
Lorraine White	8,278
Peggy Oliver	8,163
Tricia Blaha	7,925
Beth Guftason	7,914
Ann Percival	7,842
Lisa Stoyanovich	7,617
Shelly McMillan	7,318
Sandra Thornton	6,983
Connie Steele	6,141
W45 Sherry Broshahan	10,068
Rotwitha Sidelko	9,907
Nancy Goldman	9,689
Fran Carnevale	9,453
Mary Snyder	9,441
Donna Green	9,149
Christi Elniff	8,990

M Lucchesi	8,887
Nancy Side	8,882
Ann Lee	8,769
Sheila Danahey	8,746
Sue Haroldson	8,629
Barbara Currier	8,494
Donna Kilgore	8,408
Sonia Mora	8,341
Connie Malmin	8,149
Susan Lolli	8,009
Cathy Feldman	7,924
Barb Minier	7,907
Doris Marsh	7,842
Doris McGuire	7,767
Tricia Dymond	7,130
Joyce Ahlgren	6,897
W50 B Usher-Carpino	9,970
D Graham-Henry	9,642
Donna Cetrullo	8,881
Anne Montgomery	8,822
Darlene Backlund	8,754
Fran Emanuel	8,554
Joan Grossman	8,530
Karen Murphey	8,050
Sandy Flint	7,813
Nancy Mackrola	7,714
Holly Synhorst	7,389
Regina Gustason	7,179
Vivian Holley	7,075
Nancy Pearlman	7,067
Carmen Covington	6,776
Esther Beirne	6,302
W55 Elton Richardson	10,103
Hansi Rigney	9,669
Jolene Steigewalt	9,635
Wanda Tichy	9,281
Doris Cassels	9,196
Jeanne Bocci	9,160
Marge Gamero	8,989
Phyllis Abbate	8,737
Dixie James	8,634
Sharen Garner	8,049
Patricia Baran	7,991
Norma Hardnutt	7,899
Susan Turner	7,468

Kathleen Taylor	6,526
Charity Gambill	6,500
W60 Joan Berman	8,856
Jeanne Sheppardson	8,810
Kati Kelly	8,724
Joyce Camburn	8,433
Linda Burnett	8,382
Anne Whitaker	8,293
Rachel Beaudet	8,076
Pat Wilis	7,934
Frances O'Brien	7,868
Ena Dubnoff	7,794
Donna Toft	7,609
Liz Michiels	7,561
Thelma Brafford	7,384
Judie J Rowell	7,000
Marian Adams	6,800
Kathleen Taylor	6,525
Laly Reno	6,436
Doris Keller	5,250
Dorothy Keller	5,250
W65 Shirley Dockstader	9,460
Bonnie Vaughn	7,900
Lorelei Ruben	7,677
Carolyn Selby	7,514
Grace Moreman	7,347
Patricia McCaron	7,306
Reba Smith	6,350
W70 Masashi Noritake	8,392
Charlote Walker	7,890
Ruth Perraud	7,551
Thelma Fallows	7,210
W75 Jane Dana	8,092
W80 Mary Latham	6,713
Louise Stutsman	6,620
W85 Dorothy Roberts	6,460
International	
Bernardo Seguro MEX	15,405
Renaldo Carranza CUB	11,501
Teams	
M40 New Eng Walkers	34,724
Kalamazoo	30,236
New Eng Walkers	29,523
Florida AC	29,147
M50 PVTC A	34,336

PVTC B	31,466
New Eng Walkers	30,443
Shore AC	30,178
Marin RW A	30,083
Florida AC	26,413
Marin RW B	25,956
PVTC C	24,557
M60 Marin RW A	30,508
Florida AC A	28,729
Marin RW B	25,947
Conn RW	25,623
New Eng Walkers	25,477
Florida AC B	25,120
W40 Shore AC	29,472
Conn RW	27,727
Marin RW A	26,900
Chicago Walkers	26,605
Florida AC	26,172
Idaho RW	25,753
Marin RW B	19,981
W50 Marin RW A	28,155
Chicago Walkers	25,886
Marin RW B	25,270
Calif Walkers	23,478
Marin RW C	20,780
W60 Marin RW A	25,451
Silver Striders A	21,700
Marin RW B	20,267
Silver Striders B	16,850

Mid-America RW Circuit 5K Kenosha, WI; May 9

Overall	
Will Prieschel 38	24:47
Lynn Tracy 46	27:39
M35 Will Brieschel	24:47
M45 Ron Winkler	30:01
M50 Pete Holman	33:52
M65 Al DuBois	28:55
W35 Sarah Frey	33:13
W45 Lynn Tracy	27:39
Judy Stock	32:22
Alice Winkler	34:06
W65 Joyce Decker	31:42
Darlene DuBois	43:47
W70 Kate Marrs	34:05

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JULY 1999

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
BIRGIR ASPLUND (SWEDEN)	7-21-29	70-74
REGINALD BARLOW (AUS)	7-22-4	95-99
GABRIEL BERNAL (BRIGHTON, MA)	7-29-39	60-64
GLENN BRADD (BLOOMINGTON, IL)	7-22-24	75-79
THOMAS BROOKS (NYC, NY)	7-5-29	70-74
THOMAS CLAYTON (CARSON, CA)	7-10-24	75-79
WILLIAM COOK (TN)	7-2-34	65-69
PAUL DUNGAN (PORTLAND, OR)	7-24-44	55-59
MANFRED GARBISCH (WG)	7-5-34	65-69
WILLIAM GARRAHAN (RI)	7-27-29	70-74
JORGE GRAVE (POR)	7-27-49	50-54
LARRY GREGORY (PHILADELPHIA, PA)	7-28-24	75-79
RICHARD HICKMAN (LIVERMORE, CA)	7-18-34	65-69
HERMAN HIRSCH (WG)	7-8-9	90-94
MAURICE HOUVION (FRANCE)	7-4-34	65-69
GAYLON JORGENSEN (HENDERSON, NV)	7-2-29	70-74
BOB MCGOWAN (RANCHO MIRAGE, CA)	7-30-24	75-79
JOHN MCKNIGHT (CA)	7-27-9	90-94
LARRY MILLER (GRANVILLE, OH)	7-6-14	85-89
YOSHIMITSU MIYAUCHI (JPN)	7-20-24	75-79
H. OKADA (JAPAN)	7-30-4	95-99
JOHN PERRY (LAGUNA HILLS, CA)	7-9-44	55-59
DONALD RAMOS (APTOS, CA)	7-14-39	60-64
ROBERT SADLER (CHICAGO, IL)	7-16-34	65-69
KURT SCHUMAKER (WG)	7-12-24	75-79
DAVID SHRADER (ENTERPRISE, KS)	7-12-14	85-89
JAMES NELSON DA SILVA (BRA)	7-13-39	60-64
NOLAN SMITH (PASADENA, CA)	7-18-49	50-54
EDVARD TAMM (URS)	7-8-14	85-89
LEON TROUT (UNION, NJ)	7-4-34	65-69
JEAN VALLES (FRA)	7-26-39	60-64
DICK WAGNER-SMITH (SANTA SUSANA, CA)	7-10-24	75-79
LOYD WALKER (NZ)	7-3-39	60-64
TED WILSON (US)	7-30-14	85-89
CURTIS WRIGHT (AMBLER, PA)	7-14-4	95-99
VLADIMIR ZINCHENKO (UKR)	7-23-59	40-44
RUTH ANDERSON (OAKLAND, CA)	7-27-29	70-74
JEANNETTE CYR (US)	7-30-34	65-69
PENNY DANIELSON (MILAN, IL)	7-7-44	55-59
HELEN PARKER (SYLMAR, CA)	7-0-29	70-74
DORIE QUAM (BELLEVUE, WA)	7-4-44	55-59
DONNA RICKS (BURNSVILLE, MN)	7-9-59	40-44
AGATHA SUE-LEE (US)	7-18-39	60-64
VIRGINIA TERRY (LONG BEACH, CA)	7-7-24	75-79
ANNE TRIGG (ST. PETERSBURG, FL)	7-14-24	75-79
PAMELA WILLIAMS (MANDEVILLE, LA)	7-16-54	45-49
BRENDA ATKINSON (GBR)	7-5-34	65-69
TAMARA DANILOVA (RUS)	7-30-39	60-64
DANIELLE DESMIER (FRA)	7-27-49	60-64
VERNY FALKEBORG (DEN)	7-28-34	65-69
HELENA FIBINGEROVA (CZE)	7-13-49	50-54
CAROL GOULD (GBR)	7-10-44	55-59
DAGMAR HILL (GER)	7-22-59	40-44
EDITH JACOBSEN (DEN)	7-26-24	75-79
KAY KENNETH-LOW (NZL)	7-29-14	85-89
DORIS KRUEZT ((GER)	7-6-39	60-64
MARIE LYNNERUP (DEN)	7-19-14	85-89
SANDRA MEWETT (BER)	7-31-49	50-54
GISELA OTIS (GER)	7-29-54	45-49
MARJA-LEENA PARVIAINEN (AUS)	7-29-44	55-59
HELEN SEARLE (AUS)	7-12-39	60-64
MARGARETH TOMANECK (BEL)	7-20-49	50-54
OLIVE WEBB (AUS)	7-20-29	70-74

USATF NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS AUGUST 26-29, 1999

SCHEDULE*

*subject to change

GENERAL INFORMATION

ELIGIBILITY

Open to all men and women 30 years of age and older, including non-US citizens. Age on Aug. 26 determines age group. Competition is in 5 year age groups; relays are in 10 year age groups. **Proof of birthdate is required (send photocopy with entry form).** 1999 USATF membership will be required of all US citizens. Membership may be obtained through your local association, or on site for \$20. Competitors from other countries compete as guests, with no membership required.

ENTRY DEADLINES

AUGUST 6, 1999 is the deadline for the early entry fee, and a guarantee that confirmation of entry and instructions will be mailed to you. No entries will be accepted after August 16, 1999. Relay Registration and payment of Relay Entry Fees will take place on site.

ENTRY FEES

\$25 for first event (includes event T-shirt); \$15 for 2nd event; \$10 for 3rd and each subsequent event. Pentathlon is a separate \$30 fee. All Entry Fees must be paid in advance, with the exception of the Relay Entry Fees. Relay Entry Fee is \$40 per team. Fees must be paid and declared on site by 2:00pm Saturday, August 28, 1999.

EQUIPMENT

Meet management will have throwing implements (2), and starting blocks available for use by all competitors. Competitors must provide their own pole vault poles. You may bring your own throwing implements. **Implement weigh-in will be held prior to your age group's competition.** Spike length is 1/4"

SCHEDULE

Schedule is subject to change. An event time schedule will be available once all entries have been received.

DAY 1

TRACK

5000M Run
800M Trials/Semis
400M Trials/Semis

FIELD

Pentathlon (M&W)
Hammer (M&W)

DAY 2

TRACK

5000M Racewalk
High Hurdles
100M Trials
1500M Semis

400M Semi/Finals
3K/2K Steeplechase

FIELD

Hammer
Long Jump (M60+; W)
High Jump (M59-30)
Pole Vault (M60+; W)
Discus (M&W)

DAY 3

TRACK

10,000M Run
400/300M Intermediate
Hurdles
800M Finals

100M Semi/Finals
200M Trials
Regional Relays

FIELD

Long Jump (M59-30)
High Jump (M60+; W)
Pole Vault (M59-40)
Discus (W&M)
Shot Put (M)
Javelin (W; M60+)

DAY 4

TRACK

10K/20K Roadwalk
1500M Finals
200M Semi/Finals
Age Graded 100M

400M Relay
1600M Relay
3200M Relay

FIELD

Triple Jump (M&W)
Pole Vault (M 39-30)
Javelin (M59-30)
Shot Put (W)

TRACK & FIELD

HOUSING & ENTERTAINMENT



Howard Johnson's
Maingate West
1-800-638-7829

Package Rate	\$48
Max. Occupancy	5
Exercise Room	Y
Laundry Facilities	Y
Microwave	N
Refrigerator	R/S
In-Room Safe	Y/S
Security	Y
Hair Dryer In-Room	R
Iron/Ironing Board	R
Dining Facilities	Y
Comp. Breakfast	N
Gift Shop	Y
R - By Request, \$ - Fee	

2-DAY OR 3-DAY WALT DISNEY WORLD® THEME PARK VALUE PASSES

The 2-DAY VALUE PASS entitles you to a choice of TWO of the following (none chosen more than once):
1 day of admission to the Magic Kingdom® Park,
1 day of admission to Epcot®,
1 day of admission to Disney-MGM Studios, or
1 day of admission to Disney's Animal Kingdom®

2-DAY VALUE PASS: \$74 (save over \$28**)

The 3-DAY VALUE PASS entitles you to a choice of THREE of the following (none chosen more than once):
1 day of admission to the Magic Kingdom® Park,
1 day of admission to Epcot®,
1 day of admission to Disney-MGM Studios, or
1 day of admission to Disney's Animal Kingdom®

3-DAY VALUE PASS: \$105 (save over \$15***)

SPECTATOR LENGTH OF ADMISSION

ADULT \$18

CHILD \$12
(ages 3-9)

CALL 407-828-FANS

for specially-priced WALT DISNEY WORLD® Theme Park passes for you, your friends & your family.

FOR EVENT HOUSING, CONTACT THE HOST HOTEL:
Howard Johnson's Maingate West at
1-800-638-7829

Valid for use only on the specific dates of the event and for a limited period of time before and/or after the event. 1999 Specially Priced Theme Park Tickets prices are tax inclusive. Some activities/events may be separately priced. Advance purchase is required for all special ticket offers listed above. Tickets should be purchased 14 days prior to your arrival. Ticket prices are subject to change.

** As compared to price of 2 Adult 1-Day/1 Park Tickets purchased at theme park ticket booths.
*** As compared to price of 3 Adult 1-Day/1 Park Tickets purchased at theme park ticket booths.

ENTRY FORM-COMplete & MAIL TO: Disney Sports Attractions, Inc. ATTN: USATF Outdoor Masters P.O. Box 470847, Celebration, FL 34747-0847

FIRST NAME _____

MI _____ LAST NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____ COUNTRY _____

PHONE NUMBER _____

FAX NUMBER _____

M/F _____ BIRTHDATE _____

AGE as of
8/26/99

1999 USATF Number _____

T-SHIRT SIZE
(S, M, L, XL, XXL)

EVENT

BEST RECENT PERFORMANCE/DATE

COST PER EVENT
ENTERED

1.	_____	\$25
2.	_____	\$15
3.	_____	\$10
4.	_____	\$10
5.	_____	\$10
6.	_____	\$10
7. PENTATHLON	_____	\$30

Make checks payable to WALT DISNEY ATTRACTIONS, Inc.
CREDIT CARDS ACCEPTED: AMEX, VISA, Mastercard

ENTRIES POSTMARKED AFTER 8/6/99 \$25

TOTAL AMOUNT ENCLOSED \$ _____

CREDIT CARD NUMBER _____

EXPIRATION DATE _____

SIGNATURE OF CARD HOLDER _____

Release and Indemnity (Adults) - WAIVER

READ CAREFULLY BEFORE SIGNING

In consideration of my participation in the 1999 USATF Masters National Outdoor Track & Field Championships hosted by Disney's Wide World of Sports, Inc. and the USATF, I agree to assume the risks incidental to such participation and use (which risks may include, among other things, muscle injuries and broken bones) and on my own behalf, and on behalf of my heirs, executors and administrators, release and forever discharge the released parties defined below, of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, actions,

damages, costs or expenses, including but not limited to, all attorney's fees and disbursements. For this event, and the event that I choose to participate in the NFL Experience at the Sports Complex, the released parties are Walt Disney World Co.; Walt Disney Attractions, Inc., the National Football League Properties, Inc., the National Football League and its thirty-one (31) member professional football clubs, Party Planners West, Inc., their parent, related and affiliated companies, and the officers, directors, employees, agents, representatives, successors and assigns of each of the foregoing entities. I understand that this release and indemnity agreement includes any claims based on the negligence, action or inaction of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by me, before, during or after such participation. I declare that I am physically fit and have the skill level required to participate in this particular event. I further authorize medical

treatment for myself at my cost, if the need arises.

I further grant the released parties the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials without reservation or limitation. The released parties are, however, under no obligation to exercise said rights herein granted.

This Agreement shall be governed by the laws of the state of Florida, and any legal action relating to or arising out of this Agreement shall be commenced exclusively in the Circuit court of the Ninth Judicial Circuit in and for Orange County, Florida (or if such Circuit Court shall not have jurisdiction over the subject matter thereof, then to such other court sitting in said county and having subject matter jurisdiction). I certify I am 18 years of age or older.