



JERRY WOJCIK

The winning USA W60-64 4x400 team in the 14th World Masters Athletics Championships, Brisbane, Australia (from l): Carolyn Cappetta, Kemisole Solwazi, Yvette LaVigne, and Jeanne Daprano. Solwazi and Daprano are entered in the 15th World Masters Championships in Puerto Rico.

441 U.S. Athletes Enter World Championships in Puerto Rico

Four hundred and forty-one U.S. entrants are among the 2600 masters athletes traveling to Carolina, Puerto Rico, for the 15th biennial World Masters Athletics Championships on July 1-13. Masters from the 138 WMA affiliate countries will be con-

tending for recognition as the best in the world in five-year age-groups starting from women 35-39 and men 40-44.

The U.S. contingent is the largest, followed by Germany with 275, Great

Continued on page 11

McDaniels Stars in Senior Olympics

By JERRY WOJCIK

Leonore McDaniels, who broke three W75 world records in the 2003 National Masters Indoor Championships, had another hat trick in the track & field portion of the National Senior Games/Senior Olympics held at Norfolk State University in Virginia.

Competing in the first session for athletes aged 65 to 100+ on May 28-31, McDaniels broke world W75 records in the high jump (1.13), pole vault (1.72), and long jump (3.38).

The present W75 WR for the high jump is held by Helgi Pedel (CAN) at 1.10, set in 1999. Johnnye Valien (USA) has the pole vault record of 1.70, set in 2000. Paula Schneiderhan (GER) holds the long jump record at 3.34, set in 1999.

Josephine Gregg smashed the W90 record for the 100, held by Canada's blind runner Ivy Granstrom at 47.84 set in 2002, with a 35.77. Eleanor

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Ayala-Troncoso Captures U.S. 5K

By SUSANNAH BECK

Two-time masters 5K champion Carmen Ayala-Troncoso, 44, Austin, Tex., added another national masters title to her resume, May 31, winning the masters division at the 25th Freihofer's Run for Women 5K, Albany, N.Y., the National Masters 5K Championships.

The humble queen of cross-country and road romped to 16:47 in her 12th Freihofer's appearance since 1991, displaying a happy return to fitness after a humdrum 17:35 fifth place masters finish here last year. Ayala-Troncoso was first master here in 1999 (16:37) and 2000 (16:38).

This year, in a star-packed field that was also the women's open National Championships, Ayala-Troncoso placed 11th overall.

After the race, the Texas brunette said, "This was my most satisfying race, even better than when I won in

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VICTOR SAILER / PHOTO RUN

Carmen Ayala-Troncoso, 44, wins the Freihofer's 5K Run for Women / National Masters Championships, 16:47.

Burangulova Wins Cotton Row 10K

By JIM OAKS

HUNTSVILLE, Ala., May 26. — The attention given to Dan Browne, one of America's top distance runners, as he tried to break the men's record of 29:10 on the challenging WZYP Cotton Row 10K course, made spectators miss a magnificent run by Ramilia Burangulova.

The 41-year-old Russian native not only smashed — by more than two minutes — Nancy Grayson's masters mark of 35:35 in 1992, but set the women's open record at 33:34, breaking the mark of 33:49 run by Australian Olympian Carolyn Schuwalow in 1993.

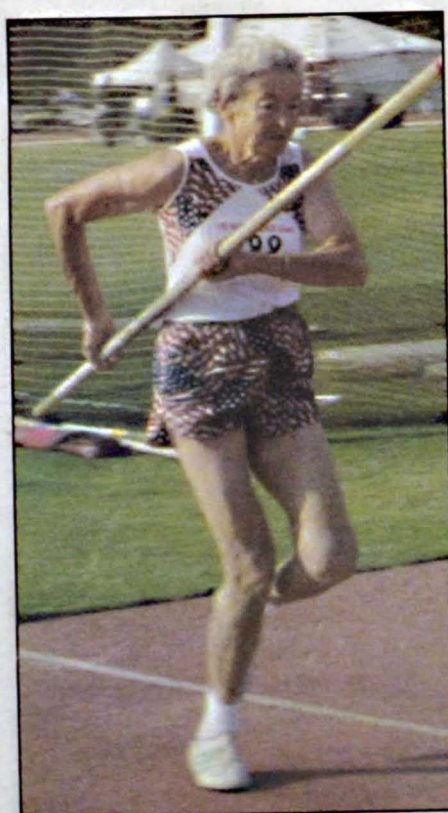
Although 22-year-old Kenyan Emily Samoei led the women's race through the first mile, Burangulova took the lead in the second mile, pushed the pace and was unchallenged by the younger runner during

Continued on page 8



FRITZ GANT

Carl Senkbeil, 66, one of 16 runners who have completed all 24 WZYP Cotton Row 10K races, Huntsville, Ala.



SUZY HESS

Leonore McDaniels set three W75 world records in the National Senior Games.

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NATIONAL MASTERS NEWS

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



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*Di Pietro Claims First National Title***Simonaitis Pounces, Trounces in Masters 20K**

By SUSANNAH BECK

Wheeling, W.Va., home of the famous Grave Creek conical burial mound, played host to the USATF National Masters 20K Championships, May 24.

It is billed as one of the toughest mid-length road races in the country, and Dennis Simonaitis, 40, Draper, Utah, took advantage of the seriously moundy course to put another nail in the coffin of master rival Eddy Hellebuyck, 42, Albuquerque, N.M. Simonaitis lost the Masters 5K Championship to the phenomenal Hellebuyck this year at Carlsbad by a single stride, but the Ogden 20K marked Simonaitis' second national masters title in two weeks; he was tops at the River Bank Run 25K, Grand Rapids, Mich., May 10. Take that, Eddy!

Hellebuyck and Simonaitis ran together through five miles, at which point "fast Eddy" threw in a surge, creating a gap that would take Simonaitis miles to close. But close it he did. Together again, Simonaitis made his move at the top of the hill near 12 miles. Only 4/10 mile remained, but Hellebuyck was unable to cover the move, and played dead by jogging it in.

Hellebuyck is known for racing far and wide nearly every weekend. Simonaitis seems, in this regard, to be following in his footsteps. A week after Wheeling, Simonaitis placed third overall at the Salt Lake City Classic 10K, 31:05, which, at 5000 feet altitude, converts unofficially to +/-29:37, the U.S. M40 record (held by Hellebuyck). Simonaitis told the local *Salt Lake Tribune*, "[My] motivation is high... I'm going to keep going all summer. I'm just going to pounce while the iron is hot."

Ultrarunner and 2003 U.S.

Snowshoe Association National Champion Dan Verrington, 40, Bedford, Mass., cruised in for third M40+, 1:09:36.

In the women's race, this year's unbelievable Russian missile, Firaya Sultanova-Zhdanova, 42, Gainesville, Fla., made a play for the open women's race, in her fourth weekend of racing since her masters win at the Boston Marathon (2:31:30) five weeks before. After a strong start, she settled for third overall, 1:12:15, winning \$1000 for a new masters course record. Triathlete and six-footer Lee Di Pietro, 45, Ruxton, Md., was the U.S. women's masters champion, and second W40+, 1:20:40. It was her first national championships title, and half a minute faster than her 40+ win here last year.

"Last year when I ran, I really liked the course. The hills present a challenge, but overall I enjoy running here in Wheeling. I'm really excited about today. For a 45-year-old woman to come and run as well as I did and win the national title, I am very happy," Di Pietro told local reporter Don Clegg. Gloria Jansen, 55, Edina, Minn., 1:35:49, also collected a course record with her W55 title. She was seventh W40+.

Richard Hall, 60, Bloomingdale, Ohio, topped the M60, 1:22:27, and Matt Norris, 75, Olmsted Falls, Ohio, whizzed to 1:49:57 for the M75. Both set course records in the process.

Race sponsors staked \$3500 in masters prize money. This was the first year of the Ogden Newspapers 20K's three-year contract with USATF to hold the 20K masters championships. The race Web site is www.odgen20kclassic.com. □

— from reports by Dave Monti; M. Yount and A. Aragon/*Salt Lake Tribune*; Don Clegg/*The Intelligencer*.



SUZY HESS

Sal Allah (far right) leads the M40 800 in the 14th World Masters Championships. He will be competing in the 15th WMA Championships in Puerto Rico, July 1-13.

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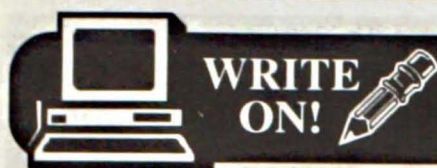
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WMA GENERAL ASSEMBLY

I have a question about the WMA General Assembly agenda for Puerto Rico: what events are proposed for deletion or addition to the men's and women's pentathlons?

I have read the 21 changes to the WMA Constitution and By-Laws to be considered in Puerto Rico per the June *National Masters News*, and read over Web sites without finding out these details. I would like to make comments on changes to my favorite event. I wish that such proposed changes could be announced in detail several months before any votes are taken.

My overall impression of the multitude of changes to be considered in Puerto Rico is that most represent rearrangement of the deck chairs to suit the special interests of a few individuals.

Every year we go back and forth to



SUZY HESS

Jack Stevens, 86, Australia, has attended all 14 previous Masters World Championships and is expected to be at the 15th WMA Championships.

keep up with these changes. Our little club tries to keep an inventory of all of the implements, equipment, etc., in order to host first-class, conforming meets. We may have to give up this goal if constant changes keep taking place. For example, in recent years we have bought all kinds of expensive hammers, weights and javelins. We cannot afford 27-inch hurdles at this time.

Rule changes make record-keeping a real challenge. Do we eliminate the valiant efforts of those great athletes of the past who used the obsolete implements, jumped outdated height hurdles, or ran the invalid spacings? Our club record book is a mess, especially the hurdles, multi-events and throws sections.

Regarding Item 13, why should council members be banned from voting on matters for which they receive compensation? This kind of rule would affect those council members who are honest and up front with their dealings. It is desirable to have council members who have been devoted to masters track & field for a lifetime, even if they have developed some business activities related to masters events based on their talents and success.

The issue of the odd/even years when WMA and WMG championships will be held is of great interest in Hawaii. Our club athletes are preparing for the 2005 National Masters Championships scheduled for Honolulu. That summer the National Senior Olympics will be held in June, WMA Championships in Spain in early July, Pan Pacific Games in Sacramento in July, and World Masters Games in Edmonton until two days prior to the National Masters Meet in Honolulu. Who speaks at the meeting in Puerto Rico on behalf of the USA National Masters Championships?

Sustainers for July 2003

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

We are grateful for the support of masters athletes.

Special thanks this month go to:

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Jim & Wendy Donnell
William Jankovich
Audrey Lary
Dorothy Stotsenberg

Addison, Texas
The Dalles, Oregon
Racine, Wisconsin
Frederick, Maryland
Malibu, California

Another critical problem related to so many changes: administrators, officials and athletes at many meets are not aware of current rules applicable to masters competitors.

Jack Karbens
Hawaii Masters Track Club
Honolulu, Hawaii

WORLD RANKINGS

Last year, thanks to widespread requests by masters athletes from around the world, WMA agreed to take over the responsibility of compiling and posting World Masters Rankings. After four years of developmental work on the masterstrack.com Web site, the time had come for rankings to become an official, authorized product of WMA, the international governing body of the sport.

WMA's first attempt at world rankings occurred during the 2003 indoor track season. Though hampered by formatting problems, the WMA rankings were posted on-line and updated regularly throughout the indoor season. Meet results from all over the

world were compiled into lists that appeared on the Internet and made readily available to all athletes. Formatting issues stirred debate and controversy, but at least WMA appeared committed to the task of maintaining and updating rankings during the course of the season, carrying on the tradition of the masterstrack.com rankings in that regard.

Unfortunately, the 2003 Outdoor World Rankings are quite a different story. The 2003 WMA World Masters Championships in Puerto Rico are rapidly approaching, yet the 2003 Outdoor World Rankings are nowhere to be found. For the first time in four years, there is no place for an athlete to go and check his/her rankings status during the track season. As the World Championships draw near, this vital service to athletes has been abandoned. WMA has dropped the ball.

WMA needs to get this program back on track. Seasonal rankings need to be compiled during the track season, not after the season is over. They need to include results from all legitimate competitions, not only the national championships of WMA's affiliates. They need to be organized by five-year age groups (not single year) so that athletes can readily compare their marks against other athletes within their competition brackets.

These and other concerns about rankings will be on my mind when I meet with WMA Records & Rankings Chair Brian Oxley in Puerto Rico. Hopefully, we'll have a constructive dialog that will help resuscitate the WMA Rankings. Meanwhile, Brian seems to be under the impression that only a few Americans actually care about how the rankings are being handled. So, in the next few weeks, I urge everyone who cares about the rankings to share their concerns with Brian via e-mail at brianoxley@sympatico.ca. Your input is important!

Dave Clingan
USA Masters Rankings
Coordinator

ON THE RUN

Thank you for the great coverage you have given and continue to give masters track & field. However, a recent editorial by Hal Higdon is, in

Continued on page 7

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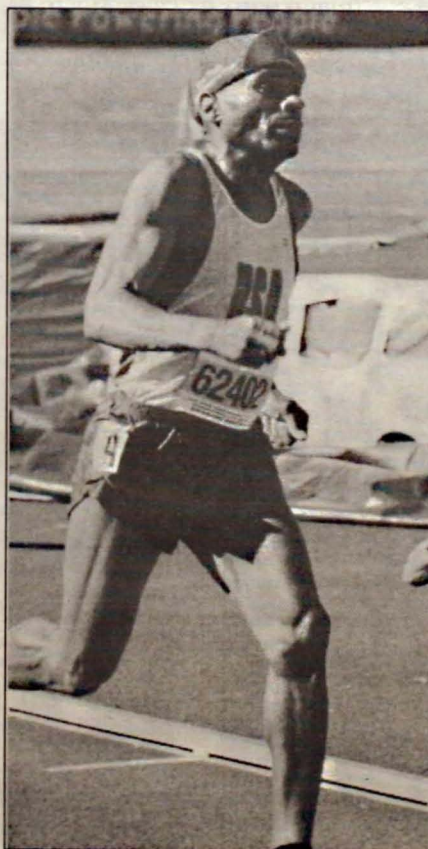
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818-286-3129

CZZMN



SUZY HESS

Sid Howard, at the top of his age group at 64, is entered in the 15th WMA Championships.



Track & Field Report

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

A Busy Summer Heats Up

We are at that time of the year again when we have wonderful competitive opportunities available throughout most of the country. The West Coast has a string of meets for the athlete who has the time and money, starting at the Mexican border with the West Regional Championships in San Diego, July 26-27, and ending up in Richmond, B.C., Aug. 16-17. In between, we have the Pan Pacific Games in Sacramento, Aug. 1-3, and of course, our National Championships in Eugene, Aug. 7-10. All that in a three-week time span.

Remember, all USATF members and visitors are welcome to compete in the Regional Championships. I have been working with Mark Cleary, West Region Masters Coordinator, on this meet, and it promises to be a good one. Interesting is the amount of cooperation we have here in San Diego with the Senior Olympics people. Susan Loveall and her staff and volunteer group are administering this meet for us.

We also worked together on our Association Championships at the Chuck McMahon Meet on June 28. Hopefully this is a good example of how we can use each group's strengths to our mutual advantage.

Pentathletes Unite

My involvement in this meet also highlights the need for more organization of the local pentathlon groups. As we know from experience, it is difficult to combine these pentathlons with a regular meet. Pentathletes need to get together and put on their own meets, or find others to put them on, with our help, of course.

A good way to get this going is with clubs. The club is our future. I thought the club scoring from our Indoor Championships was quite impressive. Did everyone know there were that many clubs? Hopefully, all those club members will wear their club colors in Eugene and all the meets they compete in. There will be club scoring in the Outdoor Championships. If you all like this scoring, could official scoring be far away?

FIVE YEARS AGO July 1998

- Peter Koech (40, 23:54) of Kenya, and Jeanne Lasee-Johnson (40, 28:25), California, Winners in USATF National Masters 8K Championships, Chicago
- Joan Benoit-Samuelson, 41, Finishes First (16:33) in the USATF National Masters Women's 5K, Albany, N.Y.
- Tom Mather (40, 33:30) and Tatyana Pozdnyakova (43, 36:05), First Masters in WZYP Cotton Row 10K

ities. You don't have to be an Olympian to qualify.

Date Conflicts

Speaking of meets, some of our members have been noticing the conflict of dates in the next couple of years, particularly internationally. It would be constructive if the world would coordinate these schedules so as not to conflict. We have been in international meetings on this subject, and are trying to get better coordination.

I can tell you that much of this starts with what we can control, our own National Championships. We can't set a date, as we have for Hawaii in 2005, and expect that WMA will change their World Championships in San Sebastian in 2005. WMA set theirs first, and we went ahead and awarded our National Championships to Hawaii in 2005. Even though this is a U.S. Championships, for a lot of people it is a major trip. How many long trips can one afford in a year?

I will have to accept some fault in

this. The meet was awarded under my leadership. Maybe this is reason to revamp how we make these awards. Perhaps there is too much passion of the moment at the USATF annual meeting?

Site Information

I would like to see more advance information on the sites, and more deliberation from the delegates before they get to the annual meeting. Somehow, I would also like to give my input on the sites without getting slaughtered, as I did at last year's meeting in Kansas City for my site report on Boise. I am sure you will have much to contribute on this subject. Let me know. I'm listening!

Puerto Rico is turning into a much bigger meet for us than we earlier thought. At last count 440, not bad. Many of us will look terrific in those 1996 USA Olympic uniforms (order form on p. 11). Thanks to Suzy Hess for the great work she has done in facilitating this.

GOOD LUCK! □



2003 West Regional Masters Outdoor Track & Field Championships

Presented by USATF San Diego Association and UCSD Track & Field
Administered by San Diego Senior Sports Festival

July 26- 27, 2003 • UC San Diego • La Jolla, CA

SAT. JULY 26 (tentative schedule)			SUN. JULY 27 (tentative schedule)		
Unless listed event times are for men and women			Unless listed event times are for men and women		
Track	Time	Field	Track	Time	Field
10,000	8:00		1 Mile Racewalk	7:30	
5000m Racewalk	8:45		5000m	8:00	
	9:00	Hammer	300m Hurdles	9:00	Discus (M30-64)
Steeplechase	9:30			9:00	High Jump (All W, M60+)
	10:00	Weight	400m Hurdles	9:30	
80m Hurdles	10:30	Pole Vault (All W& M60+)	200m Prelims	10:15	
100m Hurdles	10:45	Long Jump (M30-59)	800m run	11:15	
	10:45	Super Weight	200m Finals	12:00	
110m Hurdles	11:00	Javelin (All W, M60+)		12:15	High Jump (M30-59)
100m Prelims	11:45	Pole Vault (M30-59)	4x800 Relay	12:45	
1500m	12:45	Shot Put	4x100 Relay	1:15	Discus (All W, M 65+)
400m Finals	1:45	Long Jump (All W, M60+)		1:45	Triple Jump
100m Finals	2:15	Javelin (M30-59)			
4x400 relays	3:00				

Meet Information: EVENTS MAY RUN 15 MINUTES AHEAD OF SCHEDULE

- All participants must be a registered USATF member. Memberships may be purchased prior to the meet at www.usatf.org, your local association office or at the SD Association office at (619) 275-6542.
- All participants must be pre-registered. Entries postmarked after July 12th must include a late fee of \$20. No entries will be accepted with postmarks after July 19, 2003. Incomplete registrations will not be processed so please read registration information carefully.
- Medals will be awarded to the first 3 men and women finishers in each 5-year age division.
- Events begin with women oldest to youngest; then men oldest to youngest unless otherwise marked.
- Meet administrator is San Diego Senior Sports Festival: (619) 226-1324, (619) 226-1304 fax, info@sdseniorgames.org, www.sdseniorgames.org.
- Mail registrations to SDSSF, P.O. Box 84202, SD, CA 92138
- Championship shirts will be available for sale at the meet.

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<input type="text"/> <small>STREET ADDRESS</small>				
<input type="text"/> <small>CITY</small>		<input type="text"/> <small>STATE</small>	<input type="text"/> <small>ZIP CODE</small>	
<input type="text"/> <small>PHONE NUMBER</small>		<input type="text"/> <small>AGE AS OF 7/26/03</small>	<input type="text"/> <small>BIRTHDATE (MO-DAY-YR)</small>	<input type="checkbox"/> FEMALE <input type="checkbox"/> MALE
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<small>USATF#:</small> <input type="text"/>				
<small>Fees: Make check to SDSSF</small>				
-First Event (\$20).....\$ -Second Event (\$12).....\$ -Additional Events (\$6 ea).....\$ -Late Fee (\$20 PM after 7/12).....\$ Total Fees:.....\$				

ALL PARTICIPANTS MUST SIGN A WAIVER AT REGISTRATION BEFORE COMPETING



Third Wind

By MIKE TYMN

The 7-11 Conundrum

Until Paula Radcliffe of Great Britain entered the marathon arena in 2002, it was generally thought that the 100-meter record of 10.49 seconds by the late Florence Griffith Joyner was a fluke of some kind, an anomaly, an aberration. No other female sprinter, including Marian Jones, has approached it. But, in lowering the marathon world best to 2:17:18 last year and then to 2:15:25 this year, Radcliffe has given credibility to "FloJo's" record.

Here's why: While FloJo's 100-meter record, set back in 1988, is just 7.26% higher than the current men's record of 9.78 seconds, all other records from 200 meters to the marathon, including FloJo's 200-meter mark, were, before Radcliffe, 10% or more than the men's record, the average being 11%.

It simply didn't make sense that the 100-meter record should deviate so much from all the other records. The 100-meter record should have been about 10.8 seconds to be in line with the other records. However, Radcliffe's 2:15:25 in this year's London Marathon is just 7.79% more than the men's record of 2:05:38 by Khalid Khannouchi.

To put it another way, the percentage difference between the men's and women's world records is now seven to eight percent in both the 100 and the marathon. It remains at 10 percent or more at all other distances from 200 to the 10,000 (see accompanying chart).

Three Possibilities

There are three possible conclusions: 1) all the women's records between 200 and 10,000 are significantly soft; 2) the men's 100 meter and marathon records are soft; 3) Griffith Joyner and Radcliffe came from the planet Krypton and therefore should not be compared with mere earthlings.

Based on the 100-percent age-graded standards of 2:06:50 for men and 2:20:47 for women, as revised in 1993, a man would have to run a 2:01:59 to equal Radcliffe's effort. This suggests that either the men's marathon record is now very soft or the women's standards are soft.

That 2:01:59 is arrived at by reducing Radcliffe's 2:15:25 by an exact 11%, the difference between the 2:06:50 and

2:20:47 standards.

It Boggles the Mind

Radcliffe's amazing performance came just a few weeks after another mind-boggling performance—a 2:29:40 victory in the Los Angeles Marathon by Ukrainian Tatyana Pozdnyakova, just two days short of her 48th birthday. On an age-graded basis, Pozdnyakova's time is equal to a 2:18:21 for women. On a gender-graded basis, it is equal to a 2:04:38 for men.

As the chart indicates, the softest women's record is the 5000 time of 14:28.09 by Junxia Wang of China. It is 14.32% higher than the men's record of 12:39.6 by Haile Gebrselassie of Ethiopia. If the women's record were lowered to 7.79% more than the men's record, it would be 13:25.21. That's just four or five seconds slower than Steve Prefontaine's one-time American record. That challenges my boggle threshold. Does it yours?

Back in 1985, I wrote a column for *The Honolulu Advertiser* in which I claimed that the then women's record of 2:21:06 by Ingrid Kristiansen of Norway was soft. I pointed out that Evelyn Ashford's 100-meter world record of 10.79 seconds was 8.66% more than the men's record of 9.93 by Calvin Smith and that such a percentage difference in the marathon would result in a 2:18:11 for women.

Endurance vs. Strength

I further suggested that since physiologists tell us that women are better suited to endurance activities than to those requiring strength or great anaerobic output, the women's marathon record should be significantly under 2:18. There were smirks, snickers, and scoffs from some of my running friends at the suggestion that a woman could run under 2:18.

So, should we look for a significant reduction in the women's records from 200 to 10,000 in the near future? What is going on here? I put these questions to a panel of experts.

"I've read the speculations about FloJo's time," said Joe Henderson, often referred to as the dean of running writers. "The same finger-pointing hasn't applied to Paula Radcliffe as a way of explaining her anomalous marathon times. Most telling will be her result when she next runs a track 10,000. It's highly unlikely that she'll close that gap to seven-plus percent."

Rich Englehart, a Massachusetts psychologist and running writer, says that

COMPARING THE WORLD RECORDS FOR MEN AND WOMEN

Distance	Men's Record	Women's Record	% Diff.*
100	9.78	10.49	7.26
200	19.32	21.34	10.46
400	43.18	47.60	10.24
800	1:41.11	1:53.28	12.04
1500	3:26:00	3:50.46	11.87
Mile	3:43.13	4:12.56	13.19
5000	12:39.36	14:28.09	14.32
10,000	26:22.75	29:31.78	11.94
Mar.	2:05:38	2:15:25	7.79

*women's WR divided by men's WR

he finds it difficult to believe that a sub 2:06 for men is soft. "I think some women's events are too new for statistical comparisons with men's events to mean very much," he offered, adding that the 5000 is such an event.

Maturation Process

Englehart feels that we're now seeing the maturing of the women's marathon in the last couple of years and that performances are now getting to where they should be, relative to men. "But there is one other factor in Paula's time that I haven't seen discussed since before the race," he continued.

"She had rabbits from start to finish. No male record-setter in the marathon has had that luxury and instead has been on his own from at least the 30 to 35 kilometer mark, the toughest part of the race. Would the men's record be 2:02 something if Khannouchi had been able to race against a relay team?"

Gordon Bakoulis, author, writer, and now one of the top female competitors in the 40-44 division, declined comment on the 100-meter record. "The most amazing thing about Paula Radcliffe is that she is not from Krypton, but has succeeded through natural talent, hard work, and being utterly devoted to her sport," said Bakoulis.

"I believe she will lower the marathon record further and also set significant new world records at 5000 and 10,000. At the moment it appears that the rest of the elite world is simply in awe of her accomplishments, but that will change quickly and women will be inspired to break her records."

Bakoulis does not feel the men's 100 and marathon records are soft, because they are being broken so infrequently and in such small increments. "The men's 5000 and 10,000 records are extraordinary," she opines, "and the product of an inspired competition among a handful of athletes at the very top. I hope we will see that happen in the men's marathon soon. There is a critical mass of people there. The conditions just have to be right for the records to fall."

Controversial Time

Linda Somers Smith, who represented the U.S. in the 1996 Olympic marathon and is now one of the top 40-44 competitors in the country, points to the controversy concerning the possibil-

ity of FloJo's time being wind-aided as well as the fact that her next best time was 10.61. "So, the women's 100 world record was either a 'heroic' effort suggesting a 'softness' in the men's record, or more likely, it was wind aided," she offers.

Somers Smith thinks the men's marathon time will come down. "Kannouchi appears to be a 27-plus 10K runner who is very good in the marathon," she explains. "It would seem that Gebrselassie and (Paul) Tergat in their sub-26:30 10K primes should be able to approach 2:02:30 for the marathon."

Indeed, using the tables of comparative performance formulated by scientists Jack Daniels and Jimmy Gilbert ("Oxygen Power"), it does appear that the men's marathon record is soft, as Gebrselassie's world record of 26:22.75 at 10,000 equates to a 2:01:32 marathon.

Physically Superior

I asked Somers Smith if she had any thoughts concerning Pozdnyakova's 2:29 at age 48. "Incredible," she responded. "She looks so good, young, and stung. You would never pick her out from a lineup as being 48. Her time is less amazing to me than is her ability to race consecutive weekends posting fast times and winning, even after running a marathon. She doesn't break down. She obviously is physically gifted just like Paula Radcliffe."

Somers Smith adds that the best of the best are vastly different from the average or even other elites.

"How often did Michael Jordan make other players look slow or clumsy? And yet these men were NBA level players. I had the privilege of watching Paula in Chicago from the lead truck and watching her run world-record pace and then turn into the wind at 23 miles and still pick up the pace. At that time, I thought she could run 2:15."

"Certain superstars have the luck of having a great day with good competition and good weather and, concomitantly, produce a superb result that stands out statistically for a while. We should be glad we can appreciate these records and can even look forward to the next great natural-produced feat, statistical anomaly or not." □

(Mike Tymn can be contacted by e-mail at metgat@aol.com)

TWENTY YEARS AGO July 1983

- Norm Green, Jr., 50, Sets New M50 Mark of 65:50 for 20K
- Dan Conway, 44, Wins Second Straight Cotton Row 10K Title in 31:18
- Joyce Smith, 45, Takes Avon Marathon in 2:34:39

600 Take Part in 22nd Capital Challenge

By JEFF DARMAN

The 22nd SGMA Capital Challenge® took place Wednesday, May 7, in Washington, D.C.'s Anacostia Park. A large contingent of 25 Congressmen and Senators, plus Agency Heads, Federal Judges and scores of media were among the 600 runners who took part in the three mile team race. Teams were captained by a U.S. Senator, representative, cabinet member, or sub-cabinet presidential appointee, federal judge, on-air media personality or professional journalist.

The purpose of the SGMA Capital Challenge is to determine who is fittest: the Legislative Branch, the Executive Branch, the Judicial Branch, or the media that covers them, and to raise money for the DC Special Olympics. This year almost \$12,000 was raised.

Abe Lincoln and George Washington were on hand to hold the finish tape and "work the crowd" before the race, engaging in animated conversations with today's politicians

and those who cover them.

Senator John Ensign (R-NV), took home the top senator finisher's honor again (19:51), knocking over a minute off his 2002 time, while Kay Bailey Hutchison (R-TX) repeated as the women's winner, reducing her time by several minutes (33:45). Representative Bart Gordon (D-TN) is still the fastest man in Congress (Mike Synar Award) with his 17:42 time.

Overall winners were Jim Hage of the *Washington Post* (15:27) and Janel Kiley of *National Geographic* (17:50). Former world record holder, Jim Ryun, again enlisted his twin sons and his daughter for his team and retained House Division team honors.

Foreign Relations Committee Chairman, Senator Richard Lugar, continued his streak by finishing his 22nd straight Challenge. Race records were set by Judge James Baker (Judicial Division) of the U.S. Court of Appeals for the Armed Forces, who ran a time of 16:39, smashing his old record of 17:06, and correspondent

Teri Schultz (electronic journalist), of Fox News with a time of 22:06.

The media were well represented with teams including national correspondents from Fox, CBS, NBC and NPR. Worst Team Name "honors" (James B. Kenin Award) went to "My Cornyns are Hurtin," captained by Senator John Cornyn (R-TX).

As always, the race had a festive air and included pre-race entertainment by singer/songwriter, John Flynn. The runners quenched their thirst with pure water provided by Chubb, smoothies from Stonyfield Farm Yogurt, and munched on fruit and chocolate croissants.

The SGMA Capital Challenge highlights the ability of many of the nation's busiest leaders to stay fit. Challenge title sponsor, SGMA International, and contributing sponsors, Fannie Mae, Chubb, McDonald Bradley, Stonyfield Farm Yogurt, *Roll Call* and *Running Times* donated additional funds to DC Special Olympics, as well as paying all race expenses. □



JEFF DARMAN

Bill Plante, CBS News, running for the What You See is No BS print media team, 22nd SGMA Capital Challenge.

Write On

Continued from page 4

my view, demeaning, juvenile, and inappropriate.

While I was just in the gaps, age-wise, to miss military service, my Dad's four brothers all served in WWII, and my brother and brothers-in-law served in Korea. Our ancestral homestead in Pennsylvania, still in the family, was founded in 1794 as the Donation Lands given to veterans in the Revolution. I am grateful to all of the vets for the freedoms I have enjoyed.

Mr. Higdon's political drivel tramping on the blood of Americans belongs in his diary, not the NMN. His soapbox is undeserved and intrusive. Let Higdon run on the beach or wherever, but not "run off" in our sports information piece.

I have lined up with him before, and may again, but will keep my sentiments to myself.

Edwin Alexander
Stilwell, Kansas

MASTERS MUST REFOCUS

I am not privy to the justification for narrowing the throwing areas for the weight events and would hope that some USATF Masters T&F Committee member would explain the considerations which led to this decision.

However, the question for masters is whether its rules should now try to mirror the IAAF Open standards, or whether we should have somewhat more relaxed standards, recognizing the need to attract athletes below the ex-Olympian standard.

Please do not mistake this as endorsement of a relaxation of the rules, e.g., overlooking fouls, permitting non-standard implements, toying

with the number of throws, etc. We can all have a good time within the constraints of well-officiated events.

However, we are no longer attracting people who were once good competitors at the high school or, perhaps, college level, particularly those over sixty. I have a cousin who is in his 70s, who regularly organizes teams for the Hood-to-Coast Run and who is a great long distance runner. However, he is intimidated by what he perceives as very professional competition at the masters level. Not any fun!

Maybe we need to create an Elite Class to accommodate some of the athletes who have excelled at the national level or beyond. Or perhaps, for example, the sector for the weights needs to be widened to 45 degrees for the throws once the age of 50 or 60 is attained, similar to what we do with the implement weights.

I don't know the answer, but the wizards at the top of the masters organization need to get away from their infatuation with the super-performers and think about how to attract Joe and Jill Six-Pack.

Neil Saling
by e-mail

SOUTHEASTERN MEET

In response to Marlen McWilliams' letter (NMN, June) regarding the Southeastern Meet in Raleigh, N.C., on May 4, communication is best accomplished by two people talking directly, but McWilliams chose to air his complaint before he contacted us.

The Southeastern Masters Meet is planned and operated by a very dedicated group of volunteers who strive to produce the most professional and athlete-friendly meet they can. We welcome feedback that will allow us to do

our job better. However, when these people's efforts are unfairly criticized in a national publication, I feel compelled to set the record straight. McWilliams did not inform us of his desires before or during the meet. After the meet, he chose not to complain to us, but instead wrote letters to USATF and *National Masters News*.

Since our practices have been called into question, let me explain our rationale. In some previous meets we have combined age groups, but unfortunately that has had unpleasant consequences. We had letters complaining of having to compete with people in younger age groups, different sexes, heats being run earlier than expected and lots of dead time between events. Combining was equated to "cattle herding," running the meet for officials and race administrators and not the athletes, etc.

We try to adhere to the age-group discipline, but we try not to be doctrinaire about it. We had one runner this year who, despite being two age-groups removed from Earl Fee, wanted to run against him. We were able to accommodate him and he succeeded in beating the "Great One." We had another runner whose daughter's schedule changed at the last minute, and he wanted to sign up, at the last minute, for a race he thought he would not be around for, and we accommodated him, gladly.

We discussed this topic at our banquet, and I specifically requested that athletes let us know, in advance, if there is anything we can do to enhance their experience at our meet. Obviously, there are times we cannot accommodate the athlete's wishes and those are primarily when the requests are in contravention of the rules, the

circumstances are beyond our control, or, as in McWilliams' case, we were not aware of his wishes.

Again, we all are sorry that he had an unpleasant experience at our meet. We want to invite him back to show the kind of professionalism and "southern hospitality" we are noted for. However, McWilliams, as well as others, will have to tell us in advance what they want out of our meet. We/I can be reached at:

Don Lein, President
Southeastern Masters Track and
Field Association, Inc.
c/o Raleigh Parks & Recreation
P. O. Box 590 Raleigh, NC 27602

NATIONAL SENIOR GAMES

Another National Senior Games has come to an end! It was wonderful to see old friends and make new ones. We would like to express our gratitude to Ed Fitzgerald, meet director, his wife, Marilyn, and to all the members of his family for putting on such a good t&f meet.

Ed had to straighten out registration problems caused by others, which he did with unfailing good humor. He did his best to accommodate competitors with heavy schedules of events, so that they did not have to miss one event while competing in another.

The Norfolk State U. track was in excellent shape, and the massage people were inexpensive and talented. Athletes enjoyed being allowed onto the infield to watch the action and support their friends.

A big thank you to all the Fitzgerald family and volunteers!

Phil Raschker,
Pat Peterson,
Leonore and Russ McDaniels,
Ann Carter



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO, D.P.M.

Good Habits Can Have a Lasting Impact

This may have nothing to do with masters, but at a recent American College of Sports Medicine Meeting, a study showed that active kids are more likely to be lean and healthy during their youth, while inactive adolescents are more likely to become adults who do not exercise. This study tracked the physical activity levels and behavior in children to help predict physical activity levels of adults. They also said that physically active children do not necessarily grow up to be adults who exercise.

The first study was done in children, kindergarten through third grade, as they felt this is an important transition period. The children's activity movements were tracked during the day. Fatness levels were measured. Obviously, those engaged in vigorous activity were more likely to stay lean, while those who watched TV the most were 2.4 times more likely to gain fat in middle childhood.

They pointed out that evidence shows that physical activity promotion in children matters a great deal and impacts the children's immediate health.

They did find, however, that in ado-

lescents this might not be true. Those who are inactive as children tend to grow up to be inactive adults. However, when you are physically active as an adolescent, you may not be physically active as an adult.

So, as we expected, early and consistent health promotion across the lifespan is the key to getting adults to participate in some physical activity as part of their daily routine. □

(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, e-mail Dr. John Pagliano at thefootbeat@aol.com)

Oregon to Host 36th Masters Nationals

In August, historic Hayward Field, Eugene, Ore., "Track Capital of the U.S.," will again play host to a National Championships. This time it will be the 36th USATF National Masters T&F Championships on the 7th-10th. Over 1500 men and women are expected to vie for national titles.

Competition will be held in five-year age groups starting at age 30, with relays held in age groups of 10-year increments. No qualifying is necessary, except to be a registered member of USATF, the governing body for athletics in the U.S.

When last held here in 2000, the Championships drew 1503 athletes, from every state and 12 countries, who set seven world and 21 U.S. age-group records. A large number of foreign guest athletes are expected this year as well.

Gold, silver, and bronze USATF medals will be awarded to the top three U.S. citizens in each event, and ribbons to places 4-6, with duplicate awards to

non-citizens. All will receive a Certificate of Participation.

Opening with the 5000 and pentathlon for men and women on Thursday, the 7th, the meet has a full schedule, including two racewalks, before closing on Sunday, the 10th, with three relays. In 2000, the weather was near-perfect, warm but not hot, and rainless, typical in Eugene in August.

All entries must be received by Monday, July 21st. Late entries will be assessed a \$50 penalty, with none accepted after Monday, July 28th. Proof of birth date is required in advance. A copy of the athlete's passport or birth certificate must be sent with the entry form, or presented at packet pick up if registration was done on-line, available at www.eugenechamps.com. The entry form was published in the June issue of NMN.

Dormitory housing at the U. of Oregon is still available and can be reserved by contacting the University Housing Office at 800-280-6218, 541-346-4303; fax: 541-346-3545, and on-line at www.eugenechamps.com.

A Championships dinner, open to all athletes and their guests, will be held indoors at the end of competition on Saturday, Aug. 9th. A non-championships 8K road race will be held early Sunday, the 10th. Registration for it is available on the entry form.

The meet is presented by the Oregon Track Club Masters and Oregon Track Club. The primary sponsors are Puma, Gill Athletics, PeaceHealth, and willamette.net. □

Cotton Row 10K

Continued from page 1

the rest of the race. Samoei finished second in 34:01.

Browne missed his record bonus by 10 seconds, but Burangulova earned two \$500 bonus checks (women's open record and women's masters record) in addition to \$1000 for open money and \$500 for the top masters prize.

The second masters woman, Marie Spinnler, 41, Hagerstown, Md., won \$400 for her finish and would have won the masters division in 12 of the 23 previous Cotton Row Runs with her 37:37. Spinnler, who ran in college at Eastern Kentucky and now works as a counselor at Hagerstown Community College, was satisfied with her first attempt at Cotton Row.

"It was a challenging course," Spinnler said. "I had not driven the course before the race Monday. I figured we all had to run the same thing. But that hill (Mountain Wood) was a tough one."

Janice Addison, 43, Columbia, S.C., was third (\$300) in 38:08, and Connie Robertson, 40, Hapeville, Ga., also broke 40 minutes in 39:34 (\$200). Shannon Reade, 43, Gallatin, Tenn., was fifth (\$100) in 40:51.

The absence of three-time masters winner (2000-2002) Andrew Masai from this year's race set up a battle between two former Southeastern Conference runners, John Tuttle (Auburn) and Brian Pope (Ole Miss) for the men's masters title. Pope was a freshman at Ole Miss when Tuttle was finishing Auburn, so the two did not race in college.

Pope turned 40 last December and has enjoyed masters competition both in indoor track and on the roads this spring. His close second-place finish in 8:23.70 to Tony Young in the Masters Exhibition 3000 at the USATF Indoor Championships in Boston in early March was faster than the previous U.S. record. Only Eddy Hellebuyck was faster than Pope's 30:58 at the Azalea Trail 10K in Mobile, Ala., in late March.

Tuttle, a former Olympic marathoner, has enjoyed four years as the dominant southern masters runner since his 40th birthday in 1998, and he didn't give up the 2003 Cotton Row title without a fight.

According to Pope, Tuttle went out hard at the start and was the first master through the first quarter-mile.

"Tuttle came up and passed me in the first mile," Pope said. "I was right behind him at the mile in 5:02. We were basically together for the next mile and I don't think he knew I was a master. He led to the hill, and I decided to push hard and gained what I thought was a good lead by



DAVE DIETER / HUNTSVILLE TIMES

Ramilia Burangulova, 41, is all smiles after winning \$2500 in prize money and bonuses with a women's course record, WZYP Cotton Row Run 10K, Huntsville, Ala.

the top and thought I had dropped him. I went as hard as I could on the downhill after mile-three, but around the four-mile mark Tuttle came flying by me and I thought it was all over."

Between miles four and five, Tuttle and an open runner, James Scott, missed a left turn. Pope was close enough to call them back, but not close enough to pass them before they corrected their mistake.

"I did catch up enough that I was able to pass him before mile-five, but he came back and was a little ahead of me at the five-mile marker," Pope continued. "I pushed the last mile as hard as I could and finally pulled away, but I was looking back on the turns."

Pope won the 2003 master's title in 32:20, and Tuttle took second in 32:40. Tim Ensign, 40, Chattanooga, Tenn., was third in 33:42, followed by Lance Winders, 40, Mansfield, Tenn., in 33:50 and Marty Clarke, 41, Huntsville, in 35:04.

Joe Quillen, 63, Cullman, Ala., and Susie Kluttz, 66, Winston-Salem, N.C., had impressive age-graded runs. Quillen's 40:35 translated to a 31:43 and Kluttz's 49:48 was equivalent to a 32:12.

Although 10K finishers were down slightly to 1432 this year, the masters fields were deeper. The 5K race grew to 546 finishers with Marty Clarke coming back to win the men's masters title in 17:20 and Debbie Page, 43, Scottsboro, Ala., the top women's master in 23:27.

Sixteen runners have now completed all 24 Cotton Row Runs. This year Don Hillis, 46, led with a 42:51, followed by Charlie VanValkenburgh, Bruce Woody, James Carroll, Bill McDowell, Gary Deere, Jon Turner, Bill Allbritton, Carl Senkbeil, Joanie Bell, Merrill Jones, Kevin Jose, Betty Byrne, Lon Porch, Jack Kachelman and 67-year-old Moody Davis. □

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Freihofer's 5K

Continued from page 1

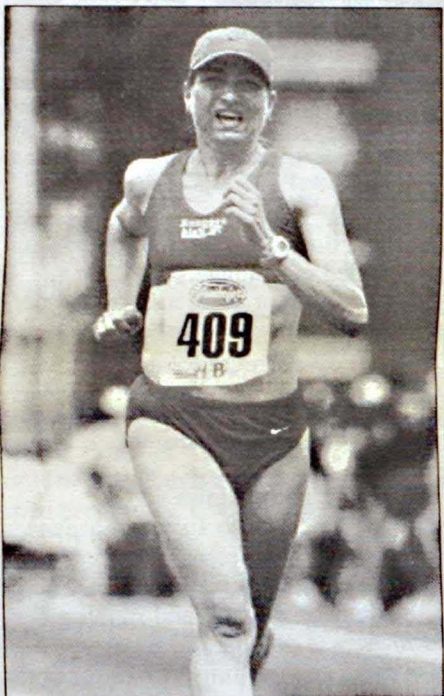
1999. I felt like I had something to prove after last year... Today I felt good, and it was like the race just flew by, but last year, when I was feeling bad, it was endless."

Ayala-Troncoso is rumored to be training for a debut marathon this fall.

Masters runner-up Janet Robertz, 43, Shorewood, Minn., 17:12, improved her time and place over last year (fourth, 17:30), signaling the end of her winter-long rehabilitation from a stress fracture in her hipbone.

New master Carol LeGate, 40, Green Bay, Wisc., ran to third W40, 17:28, just two weeks after her women's overall win at the Green Bay Marathon (2:45:02). "I don't feel like I have a lot of speed, so I was real happy," she joked.

Tough cookie Joan Benoit-



VICTOR SAILER / PHOTO RUN

Rosalva Bonilla, 40, Anaheim, Cal., 18:30, nears the finish at the Freihofer's Run for Women 5K, May 31.

Samuelson, 46, Freeport, Me., served as honorary race spokesperson and also hopped in the race, scoring the W45 title 17:37, in spite of an Achilles tendon problem that had her limping around pre-race festivities. Claudia Kasen, 46, Orlando, Fla., 18:51, claimed second W45.

Fresh off the track, Kathryn Martin, 51, Northport, N.Y., 18:16, repeated as top W50, followed by Victoria Crisp, 50, Nashville, Tenn., 18:52. Minnesota maven Gloria Jansen, 55, Edina, 20:48, continued her summer travels with a W55 title here, just a week after her W55 national title at the Ogden Newspapers 20K, Wheeling, W.V.

Marie-Louise Michelsohn, 61, Stonybrook, N.Y., repeated as W60 winner, cruising to a super 20:24. Margret Betz, 66, Conklin, N.Y., 22:59, also held on to her title for another year. Anny Stockman, 70, Rensselaer, N.Y., 27:36, reigned in the W70, while the indefatigable Muriel Merl, 77, Pomona, N.Y., 28:15, enjoyed her second W75 crown. Victoria Michalek, 83, Gloversville, N.Y., 47:51, was the most senior athlete in the field, and ran to an uncontested W80 win.

Pleasant weather greeted runners this year after hot, sweaty conditions last year. It was calm and humid, with temperatures in the upper 60s. A record 3616 women toed the uphill starting line on the famous course that skirts Albany's Empire State Plaza capital buildings and makes a loop tour of Washington Park. In spite of the rolls, the course is home to more than 12 U.S. masters single-age records.

Freihofer's Run for Women awarded \$3000 in masters prize money, including cash four-deep in an age-graded category. Ayala-Troncoso led the age-graded ranks, followed by Michelsohn, Martin, and Merl. The race Web site is www.freihoferstrun.com. □

— from reports by Janny Hu/times union.com, and Edward Parham



VICTOR SAILER / PHOTO RUN

Top age-graded money winners at the Freihofer's Run for Women 5K; (l to r) Muriel Merl, 77, Kathryn Martin, 51, Marie Louise Michelsohn, 61, and Carmen Ayala-Troncoso, 44.

Meet Records Abound at Visalia Classic

By BOB HIGGINBOTHAM

Forty-two meet records were set in the Visalia Classic Masters Meet on May 17 in Visalia, Calif. Athletes from Utah set six records. Rodney Brown, 76, St. George, Utah, set three: 100 (14.9), 200 (31.2), and 400 (70.1). Doug Spainhower, 68, Fruit Heights, Utah, recorded the other

three: long jump (14-2 1/2), triple jump (30-7), and high jump (4-8).

Elaine Iba continued her domina-

Continued on page 12



ART SHAHZADE

Tina Bowman, first W50 in the 80m hurdles, Visalia Classic Meet, May 17.



ART SHAHZADE

Roger Trujillo, M50 winner in the long and triple jumps, Visalia Classic Meet, May 17.

Texas Masters Championships

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\$20.00 for Relays, \$30.00 for the Weight Pentathlon

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Athlete's Signature _____
Date _____

Circle the events you want to enter and your best performance (if any) in 2002-2003:

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Shot Put _____	Triple Jump _____	800 _____	100/110HH _____
Javelin _____	High Jump _____	400 _____	300/400IH _____
Hammer _____	Wt. _____	200 _____	5000 _____
	Pentathlon _____		
Wt. Throw _____	Super Wt. _____	100 _____	Pole Vault _____
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Masters Racewalking

By ELAINE WARD

Age-Grading Issues For Masters Athletes

In the last five years, age-graded results have become increasingly used in masters racewalking events. This article explains age grading, presents the reasons for its popularity, discusses the seeming discrepancy in the standards for younger and older racewalkers, and gives information on a fast Internet resource for age-grading your finish times.

Age Grading

Age grading is a subjective process based on careful analysis of "world best" times at each age for both men and women. It is not an exact science. However, it provides one of the best available tools for evaluating, forecasting and comparing walking and/or running performances.

The performance percentage values estimate how your race times compare to a "world best" time for the same age-gender-distance combination as your own. For example, a 75% result estimates your race pace to be 75% of a "world best" pace at your age. All distance comparisons are based on a competitor being physically able to do the various distances and to have trained for them properly. Being able to perform at a 75% level in a 5K in no way infers that you can go out and perform at the same level in a 10K.

A printed copy of the Masters Age-Graded Tables is available from *National Masters News* for \$6.00 plus \$2 for postage and handling (see p. 13).

Benefits

Bill Moremen, M75, Southern Cal Walkers: As an older person, I appreciate the age-graded formula for calculating results. Having racewalked for 14 years, my times have been getting slower and slower, which can be rather discouraging.

The age-graded formula gives you a way of looking at yourself from another perspective. You are competing with the best walker in the world at your age and are no longer competing with the finish times of others in a race. This allows you to feel competitive with younger athletes as they are also competing against world best performances at their age and may not get a better percentage than you.



JERRY WOJICK

George Solis, 69, in the 5000 racewalk, 14th World Masters Championships, will be competing in the M70 division in the 15th WMA Championships.

Another benefit to age grading is that it allows you to compare your younger times with those you are making now. You may find yourself improving even though you are getting older and your times slower. In addition, you can aim for a certain percentage and then figure what time you need to get that percentage. This knowledge lets you set goals for your workouts and races. I have been working to achieve 80% or better this year.

Older vs. Younger Walkers

Why do older walkers seem to fare better than younger walkers with age grading? This question was raised by Charlie Mansbach, 58, of the New England Walkers. The following answers evolved in his consultation with Bev LaVeck who was instrumental in setting up the age-graded tables for racewalking.

Mansbach: It seems that younger walkers in their twenties and thirties face more of a challenge in getting high performance percentages than older walkers. I continue to see my Grand Prix age-graded percentages go higher, even as my times get slower.

LaVeck: The times in the Age-Graded Tables are based on world best performances, smoothed to fit a curve with consistency between distances. In a nutshell, the difference between the times of younger U.S. walkers and the world best performances of their peers is greater than the difference between U.S. masters and the world best performances of their peers. U.S. men in their twenties and thirties aren't walking sub-3:40 50Ks, or sub-1:20 20Ks as walkers in some other countries are. This sets a high comparative standard for the U.S. open men.

The world best performances I used for masters are the single-age bests. The curve that the standards follow shouldn't be too easy since they have to accommodate some outstanding international veterans (Grimwade, Weidner, Tibbling, Little, etc.), and we had to keep all scores under 100. Also, because international documentation and standards were sketchy or unknown, especially for the older best performances, I gave older performances the benefit of the doubt regarding judging and proper course length.

As world records have dropped for the younger women in the 20K, revised Age-Graded Tables will probably become tougher for U.S. women, too. I haven't seen any new world best performances among masters women. This might mean that the shape of the curve will change, perhaps showing a sharper decline with age than at present, since I haven't seen a corresponding change in the performance of older women.

Another possible factor in the relatively high scoring age-graded performances of U.S. masters is that we have more opportunity to compete than most of the rest of the world (although Australia, New Zealand and South Africa seem to be exceptionally well organized).

Also, for cultural and economic reasons, the international pool of outstanding older racewalkers may be much smaller than the pool for younger elite racewalkers. So it's possible that out there, somewhere, there are older racewalkers who can potentially shatter the current world best performances and cause adjustments in the tables. We just don't know.

Age Grading Calculator

Phil Howell has made calculating your age-graded percentages easy on the North American Racewalking Foundation Web Site (see below). All you have to do is enter your race distance, gender, race age and finish time



BILL BAXTER

Judy Myers, 47, women's winner (61:23), USATF North Region 10K RW Championships, U. of Wisconsin-Parkside, May 17.

and click the calculator. Up comes your age-graded percentage.

The calculator gives age-graded percentages and age-adjusted times for ages 8-100 for walking distances of 1500m, 1 mile, 3K, 5K, 8K, 10K, 15K, 20K, 25K, 30K, 40K and 50K, plus some popular running distances: 1 mile, 5K, 10K, and 20K.

The calculator allows you to:

- age-grade up to five performances at the same or different distances based on estimates of equivalent effort
- compare walking and running performances at popular distances
- estimate your finish times for other distances (walking or running)
- estimate your age-adjusted finish times for other distances (walking or running)
- estimate your finish times as if you were any age from 8 to 100.

You can also use the calculator to answer the following types of questions:

Based on my recent 5K or 10K times, what is a reasonable goal for me in the 20K?

At age 54, do my slower times really indicate poorer performances?

Given my recent best times, which distance offers me the best opportunity for improvement?

How do my current walking times stack up against my running times in high school?

Did that runner who passed me in the race this weekend really beat me?

Who was the age-graded winner of our 5K/10K/10K extravaganza last Saturday?

Phil was made calculator templates that provide same age, different distance comparisons, and same distance, different age comparisons. For fun and training assistance try Phil's calculators at <http://members.aol.com/RWNARF>.

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

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Report from Britain

Chrimes, Rees Set World Records

By BRIDGET CUSHEN

Trying to fit a gallon into a pint pot was how the meet director described the packed two-day program of the BMAF Championships, Derby, England, June 7-8. Over 170 entered the 100/200 sprints. Athletes bound for Puerto Rico welcomed the somewhat humid conditions on the first day of competition, but a strong wind swirled around the arena buffeting the 200/400 finalists on the afternoon of day two. Competitors from Australia, New Zealand, Belgium, and Ireland gave the meet added impetus.

Rosemary Chrimes, a British international for over 20 years in the discus, now a W70, set three world records: discus (31.62), shot (11.02) and high jump (1.23).

Thirty-two British records were broken, and as the weight was included for the first time and contested by all age groups, a further 20 meet records entered the books.

Stephen Peters took the M45 100 (11.37), 200 (22.99), and 400 (51.87). Howard Moscrop set the first British record in the M45 400H in 55.89, and John Ross got two British records in the M65 100 (12.91) and 400 (61.19). Neil Griffin set M55 British records in the shot (14.00) and discus (48.46). Gordon Darbon got British records in the M70 80H (14.54) and 300H (52.03).

Averil McClelland had the frustrating experience of clocking W45 100 and 200 record times of 12.5 and 26.1 in May, only to be told that they would not be ratified because there was no electronic timing. At this meet she set a British 100 record of 12.74 and also won the 200 in 26.50. Virginia Mitchell walked away with two golds in the W40 400 (58.12), a British record, and the 400H (65.58).

Veronica Boden, making a return to competition at age 44, now the mother of three young children, set a British record of 7:29.56 for the 2000m steeplechase. She won the first BMAF championships, then 3000m, nine years ago. Pat Gallagher achieved a great double in the

W55 800/1500 in new record times of 2:38.90 and 5:23.34.

Several records were broken during the busy competitive month of May when each county holds its championships. The masters mingle with the open and inspire the juniors. Martin Rees took over two seconds off of the M50 5000 world record, held since 1991 by Antonio Villanueva, of Mexico, when Rees won overall in the West Wales championships in a brilliant 14:53.2, May 11, after leading all the way for a meet record also.

Steven Toogood, M40, was just that for his open rivals, showing them a clean pair of heels in the Essex County 400, winning in 51.81. Peter Gordon broke the M50 British discus record when representing the North East at the Inter-Counties Championships, Bedford, May 24, with a 52.95. He is going to Puerto Rico.

Among the most competitive BMAF championships are the road relays held annually on the traffic-free roads of Sutton Park, Birmingham, attracting over 700 clubs. This year saw the return of several ex-Olympians running for their clubs: John Graham, a 2:09.0 marathoner in the 80s, Dave Long, Jeff Norman, Colin Kirkham, Nick Rose, Bernie Ford and his wife, Ann, and Malcolm Flint, all turned out in wet and blustery conditions.

A Titanesque-like battle was assured when two fierce Celtic rivals, Swansea Harriers from Wales, and the Scottish club, Cambuslang, clashed in the eight-stage M40-49 race. Swansea moved Martin Rees down an age group, and he stormed round the three-mile course in an incredible 14:37 pegging back Cambuslang's lead by a minute and 13 seconds. By stage seven, one second separated the two clubs, when Jack Brown, running the second fastest stage, brought the Scots home to take the coveted trophy in 2:03:22 from Swansea (2:03:59).

Complete results are on the BMAF Web site: www.bmaf.org.uk. □

Puerto Rico Preview

Continued from page 1

Britain, 182, Mexico, 135, and Canada, 88. The U.S. entrants were listed by name and single age in the June *National Masters News*, along with a summary of proposed amendments to the WMA Constitution and By-Laws to be decided during the General Assembly, Thurs., July 10th.

For the first time at a World Championships, entrants in each event by age-group with the athlete's country, single age, and submitted recent best mark can be found at http://www.puertorico2003.org/champs_athletes.asp.

Results will be posted soon after each event, "... no later than five minutes after the last competitor finishes," according to Manuel de Jesus, WMA Championships spokesman, on three Web sites: <http://www.cyberscoreboard.com/sport.php?Sport=1>; <http://www.flashresults.com>; and the WMA home page, <http://www.puertorico2003.org>.

The Opening Ceremonies will be held on the evening of Tues., July 1, at the Roberto Clemente Stadium. The first events on the 2nd are the 8K cross-country, heptathlon, decathlon, and hammer. A gala party is scheduled for Monday evening, July 7. The Closing Ceremonies are set for Sun.,

July 13, at 7 p.m., following the relays, women's weight pentathlon, and marathon.

The 14th World Championships in Brisbane, Australia, in early July of 2001, drew 4976 competitors, with 405 from the U.S.

Two decades ago, the 5th World Veterans Games were hosted by San Juan, Puerto Rico, and drew 1935 athletes from 48 nations. Forty world and 15 U.S. records were set. Stars from the U.S. included Phil Raschker, W35, Jack Greenwood, M55, Ed Benham, M75, Konrad Boas, M80, and Herb Anderson, M80. In the medal count, the U.S. won 91 golds, 94 silvers, and 63 bronzes.

The 15th WMA Championships will be covered in the August issue with results, articles, and photographs. □

TEN YEARS AGO July 1993

- Francie Larrieu-Smith, 40, Sets 10K Record (34:08) in Advil Mini Marathon in NYC
- Doug Kurtis, 41, Runs WR 70th Sub-2:20 Marathon in Cleveland
- Ken Popejoy, 42, Wins (4:10:17) Runner's World Masters Mile in NYC

NEW USA MASTERS UNIFORMS FOR WMA WORLD CHAMPIONSHIPS COMPETITION

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

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

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

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

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Sizes run small.

Sizes available: Unisex:

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Sizes available: Men's: M

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Navy stretch lycra.

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SUZY HESS

David Wilcock #47389, 49, Great Britain, winner of the M45 800 in the 14th World Masters Championships will defend his title in the 15th Championships in Puerto Rico.



On The Run

By HAL HIGDON

Steeplechasing Spans Generations on a Small College Campus

I spotted the news on the Web site of my alma mater, Carleton College. Dan Bucy, a sophomore from Sioux Falls, SD, placed sixth in the 3000 meter steeplechase at the NCAA Division III championships. Dan's school record time of 9:09.50 won't scare the Kenyans, who usually dominate that event, but it's a minute faster than I ran a half-century earlier at another NCAA Championships, placing ninth.

In my defense, that meet was the first time I had even seen, much less tried, to clear a water jump. Back then, Carleton didn't have steeplechase barriers. I trained using high school high hurdles three inches higher. But competition was easier then. Few other Americans knew how to run the 'chase either, even though Horace Ashenfelter won a gold medal at the 1952 Olympics. Despite two-footing every water jump landing, I missed qualifying for the Olympic Trials by only four seconds. I eventually would improve my time, though my Olympic dream proved elusive.

Coincidentally, Dan's Uncle Greg lives in my home town of Michigan City, Indiana. Greg Bucy went to high

school about the same time as my three children. He was a high-scoring point guard. My son David played basketball with Greg through 10th grade before shifting to tennis. Several days after I learned about Dan Bucy's achievement, his grandmother stopped by my house. She planned to visit Carleton for Dan's older brother's graduation and wanted to bring Dan one of my autographed running posters. (Don't anybody tell him.)

Fond Memories

I expect to visit Carleton myself in a few weeks for my college class's 50th reunion. I've visited the campus frequently since my graduation in 1953 and serve on the planning committee for that reunion. Among events sched-

uled for reunion weekend is a 5K run/walk through the Carleton Arboretum. I have fond memories of the Arb, where I ran cross-country a half century ago. Joining me in the 5K will be Rob Oden, the college's new president, another runner. President Oden recently told me his first day in Northfield he ran 16 miles. "I got lost," he sheepishly confessed.

Dan probably will have left campus by the time I arrive in Northfield, Minnesota. I've never met him. While on campus, I certainly plan a nostalgic trip to the Carleton stadium, site of my collegiate races, some of them won, some of them not. The current track is smooth and rubberized, not the rough cinders on which I trained. Carleton now has a steeplechase water pit and barriers the correct size. If I had such a track and equipment and were I armed with the training knowledge I now possess, would I have improved on my modest collegiate accomplishments? I'm not sure I want to contemplate that question. We do the best we can during the time we are given.

Following his grandmother's visit, I checked the college online directory and found Dan Bucy's email address. (That was something unavailable at the time of my graduation a half century ago!) I emailed him congratulations for his accomplishment in my old event. I challenged him to get his 'chase time under 9:00 during his final

two years at Carleton, maybe win an NCAA title, but couldn't resist adding: "Your goal should not be fast times, but rather still to be running at your 50th reunion." □

(Hal Higdon, Senior Writer for *Runner's World*, still holds the American M40 and M45 records for the 3000 meter steeplechase, set during the 1970s. He wrote a nostalgic article about running in the 1952 Olympic Trials in an article published by *Sports Illustrated*. Check it out at www.halhigdon.com by clicking on the following link: *A Time of Wonder, Joy and Glory for Losers.*)

Visalia Classic

Continued from page 9

tion in the sprints in this meet with wins in the 50m, 100, and 200, and lengthened the W40 meet record in the triple jump to 30-7.

Tina Bowman, 50, Long Beach, Calif., had meet records in the 80H (15.1) and shot put (27-6).

Other record breakers included Bob Powers, 54, Santa Cruz, Calif., 174-8 in the javelin, and Steve Hardison, M50, 13-6 in the pole vault.

Bruce Deeter, 47, Bakersfield, Calif., posted the fastest 1500 time (4:30.9) in the meet, held under pleasant 80-degree temperatures. □

Midwest Masters Regional Track and Field Meet

Sunday, July 27, 2003

Oak Forest High School • Oak Forest, Illinois

Meet Description:

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

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

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

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

Events

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

Oldest to youngest, ladies first!

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

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

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

Age Graded Percentage Scoring
Fully Automatic Timing
Results posted at: www.timetf.com

Registration Form

Make Checks Payable to Gerry Krainik

Mail Entries to: Gerry Krainik, 15124 Hillside Ave., Oak Forest, IL 60452-1924

Please Print or Type

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

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

Signature _____ Date _____ Emergency Phone Number _____

NSG Senior Olympics

Continued from page 1

Pease, second in the race, also broke the record with a 46.01.

Throws records fell aplenty. Robert Stewart increased Buell Crane's M90 shot put world record of 1990 from 6.97 to 7.11. Jean Brubaker set a W75 world record in the shot put with a 7.96, bettering the 7.91 held by Anny Binder (GER) since 1992. Trent Lane, M90, hurled the javelin 21.13/69-4, a good bet for world record consideration for the "new rules" 400g implementation. The record, now at 17.42, is for the old 600g. In any case, Lane's throw establishes an M90 U.S. record.

National records were also in for revision. Harold Hoffman eclipsed Everett Hosack's M95 record for the 100 of 38.66 in 2000 with a 38.36.

Evelyn Wright, W65, high jumped 1.30, adding to Leonore McDaniels' U.S. record of 1.27 of 1993.

Shot put records went to Mary Bowermaster, W85 (5.59), and Margaret Evans, W90 (4.08). The W85 record is held by Juanita Brookover at 5.08, set in 2001, and the W90 by Margaret White at 3.39 in 1992.

Brookover was second to Bowermaster with a 4.74 in the shot put, but bettered her own U.S. record of 11.46 in the discus with an 11.89 to beat Bowermaster (10.49), and also broke the record of 12.76 in 2000 by Betty Jarvis in the javelin with a 12.97.

In the 5000 racewalk, Yoko Eichel, W55, 30:15, and Robert Shires, M50, 27:37, were first overall. Standouts included Maurine Lia, W70, 34:14, and Jack Bray, M70, 28:36. Abe Ulanoff, M85, finished in 39:05.

On the roads, Michael Barr, M50, 17:10, and Colleen Burns, W50, 20:34, were first in the 5K. Harold Hoffman, who broke Hosack's M95 100 record, ran a 52:27.

In the 10K, Michael Jenkins, M50, second to Barr in the 5K by 16 seconds, won over Barr, 36:26 to 36:33. Kathy Foucal, W50, won the women's race in 45:30.

Athletes aged 50-and-over competed in the second session, June 2-5. Both sessions experienced brief rain delays. Complete results are available on the NSG Web site: <http://www.NSGA.com>. □

FIFTEEN YEARS AGO July 1988

- Laurie Binder, 41, Top Master (35:32) in Freihofer's 10K, Albany, N.Y.
- Arling Pitcher Breaks Own M85 WR with 5-8 Pole Vault, Birmingham, Ala.
- Gary Miller Sets M50 World Decathlon Record of 6031 in Los Angeles

Oak Apple 10K Draws 1000

By RON MARINUCCI

ROYAL OAK, Mich. – The Oak Apple Run is one of southeast Michigan's most popular springtime runs, regularly attracting upwards of 1000 runners. This year, the 26th Oak Apple, on May 31, was no exception.

Despite some unpleasant weather – a light, but cold drizzle accompanied by a stiff breeze and high humidity – 871 runners finished the 10K, the marquee event. Another 200+ ran in a two-mile race, pushing the total number of participants to well over 1000 again. Staggered start times permitted runners to do both races if they chose.

Masters runners were well represented, comprising 40% of the total entrants. The flat course that wound through the residential and commercial streets of Royal Oak helped lead to some fast early season times.

The first masters runner was Tim Emmett, 47, who was seventh overall (35:35, age-graded 32:41). The masters women were led by June Yaeger, W50, 45:21.

Some top times were turned in by several past nationally-ranked age-group runners. Among the men, Brian Harris, 68, ran 41:29 (31:26). Mark Cryderman, 56, led his age-group with 41:10 (35:10). The oldest finisher was the omnipresent Joe Thornburg at 86 years young (69:36, 39:05). □

(Ron Marinucci can be reached by e-mail at RMarin6424@aol.com.)

Harshman Takes Princeton Masters Mile Title

Brian Harshman, 40, claimed a victory as he ran away with the Fourth Annual Masters Invitational Mile, 24th Princeton T&F Meet, May 10. In a field of nine, he led from the gun and was never challenged as he clocked a 4:29.92. Trailing the New Jersey resident were Chris Harkins, 44, 4:44.08, and former event winner Don DiDonato, 45, 4:47.45.

Harold Nolan led the 50+ field with a 4:59.98, edging Roger Price, 54, 5:02.84.

The Masters Mile is sponsored each year by the Shore AC and run in conjunction with the Princeton U. T&F team. Assisting in the event coordination was Princeton assistant track coach Marc Anderson, a former national indoor masters track champion. □

– From Shore AC

PUBLICATIONS ORDER FORM

Masters Age Records (2002 Edition)

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

Masters Track & Field Rankings (2002)

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

McMahon Family Trust Masters Track & Field Indoor Rankings

Indoor rankings for 2003. 4 pages. \$2.00.

Masters Age-Graded Tables

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

Masters 5-Year Age-Group Records

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

Masters 5-Year Indoor Age-Group Records

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

Competition Rules for Athletics (2003 Edition)

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

USATF Directory (2003)

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

New! WMA Handbook (2001-2003)

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

USATF Governance Handbook (2003)

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

Running Encyclopedia, The Ultimate Source for Today's Runner

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

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

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

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

2003 Road Race Management Directory

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

Running Research News

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

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The Weight Room

By JERRY WOJCIK

A Bumpy Ride

No event on the masters road map has had more speed traps, dead ends, detours, and blind curves than the weight throw, and it's not over. Oops, sorry, it cannot be called an official individual event yet, but its adoption as a bona fide World Masters Athletics event is on the WMA General Assembly agenda, July 10, in Carolina, Puerto Rico.

When the weight pentathlon was approved as a WMA event a decade or so ago, the weight throw, one of the five events in the WP, was not. This, despite the fact that the specifications for this non-WMA event were listed on the WMA Web site and in the WMA Handbook.

We in the U.S. added a couple of speed bumps of our own, when, instead of going along with the WMA implements designated for the WP from the beginning, we tried something else when the weight was contested as an individual event in our masters meets. While the WMA implements were the same as they are now in the U.S., back then we decided to have women age 60-and-over throw the 16# and men 60-and-over use the 25#.

From Weight to Superweight

It's hard to believe that we had 90-year-olds throwing the same weight as

a 60-year-old. To show how off the road that was, we are now considering changing the superweight implement from 35# to 25# for men age 80-plus. What once was the weight implement may become the superweight for that group.

The WMA weights were adopted officially in the U.S. several years ago after athletes complained that throwing the heavier weights all year put them at a disadvantage in an international WP. At least that was the reason given for the change. I think we realized that we were going the wrong way on a one-way street.

We also became embroiled in the goofiness of "the outdoor at the indoor," which involves people breaking records with outdoor implements on a dirt surface at an indoor championships, such as happened in the 1995 Indoor Championships in Reno, and subsequent meets there.



SUZY HESS

Hammer thrower Florian Kulczynski, 53, will represent Poland in the 15th WMA Championships in Puerto Rico.



JERRY WOJCIK

Richard Rzehak, 73, Germany, is the favorite in the M70 weight pentathlon, 15th WMA Championships, Puerto Rico.

Good Idea, But It Could Be Better

I'm glad to see the proposed adoption of the weight by WMA, but why wait until 2005? Why not make the event official as of January 1, 2004, or even earlier? The birth date for the "new" javelins approved at Gateshead four years ago was right after they were legalized, to accommodate the Southern Hemisphere masters programs, and those javelins as well as the specifications for them were practically non-existent! The WMA weights, both indoor and outdoor types, are available all over the world.

Let's hope that one of the U.S. representatives to the WMA General Assembly offers an addendum for an earlier adoption date to the weight throw proposal. After all, we in the U.S. are the weight throw authorities. The event has long been on our schedules in minor meets as well as in national competitions. I believe we are the only country in which an outdoor National Masters Weight and Superweight Championships is a separate meet. We have had published national age-group records for the weights, indoor and outdoor, for several years.

A Tricky Question

Which brings me to the final pothole in our journey. What will happen to all of the best marks by U.S. and foreign athletes made with the weights before the date that the event becomes official? It's not as if this is a new event with specifications that differ from previous events such as what has happened in the hurdles, steeplechase or javelins. It's been in place for years.

Will a world best mark with a 20# weight by an M60-64 made two years ago at the USA Masters WT & SW Championships in Seattle qualify for world record consideration even though the event was not an official WMA individual event? If yes, imagine the nightmare of producing the paperwork necessary for world records. If no, you can also imagine the objections by those whose potential world marks become worthless. It's an issue that should also be decided at the GA in Puerto Rico.

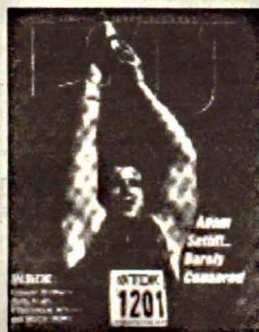
I don't know what the outcome will be, but I'll bet, based on the past travel itinerary of the weight throw, that there is a storm brewing down the highway. □

(Jerry Wojcik can be contacted by e-mail at jerrywoj@att.net)

THROWERS

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Masters Scene

NATIONAL

• **George Simon** and **Bill Weinacht** are looking for two or three M80 sprinters, who have had a heart by-pass or new valve, to form a 4x100 relay team to compete in the Nationals in Eugene. Nine years ago, the "By-Pass Four" (Simon, Weinacht, Tim Murphy and Tom Miller) completed as 70+ runners in the Nationals. Contact Simon at 818-788-9871.

• People interested in the late **Paul Geyer's** collection of track memorabilia – programs, booklets, pins, posters from WAVA Meets, etc. – may contact his wife, **Doris Berglund Geyer**, at skiescape@lakesnet.net.

• The U.S. record holder for the W55 2000m SC is not **Sue Grigsby** (8:21.66) as listed in the Women's USA Age-Group Records, May issue, p. 23. Grigsby is the record holder for W45.

• **Andrew Masai**, M40, KEN, and **Tatyana Pozdnyakova**, W45, UKR, were the world top-ranked masters on the roads in 2002. The top U.S. runners were **Eddy Hellebuyck**, M40, second, and **Linda Somers Smith**, W40, 10th. For more rankings and 2002 performances, go to www.runningusa.org.

EAST

• **John Tuttle**, 44, Douglasville, GA, with a fourth-place 54:32, and **Laura Freix**, 41, Centerville, VA, fifth female in 65:09, logged masters wins in the 19th George Washington Parkway 10 Miller, Alexandria, VA, April 27. **Develand Campbell**, 50, Lusby, MD, was fifth M40+ (60:32). **Betty Blank**, 50, Falls Church, VA, was second W40+ (70:09). **Hedy Marque**, 85, Alexandria, finished in 1:57:30.

• **Gretchen Triantos**, 46, Rockville, MD, scampered to the 40+ win with an 18:58, 4th Metro 5K for Women, Reston, VA, May 4. **Joyce Rankin**, 55, traveled from Carbondale, CO, to capture the W55 race in 21:33.

• Masters winners at the NYRR Queens Half-Marathon, NYC, May 17, were **Rob Isabelle**, 41, 1:16:49, and **Yumi Ogata**, 41, 1:28:07. Age-group standouts included **Alfred Finger**, 68, 1:35:34, and **Mary Dunn**, 1:26:08.

• **Stacey Creamer**, 43, 18:51, was the women's overall champion at the NYRR Skaggs-Walsh 5K, Queens, NYC, May 17. **Fernando Salvador**, 40, 17:34, took the men's masters title. **Anna Thornhill**, 62, turned in an impressive 23:17.

• The George Sheehan 5th Avenue Mile for runners aged 60+ will celebrate its 10th anniversary on Sept. 7. "It appears that we may have the best group of runners to date," says **Al Puma**, director. "Prospective match-ups include **Vic Heckler**, **Sid Howard**, and **Maxwell Hamlyn** in the M60, **John Keston** and **John Cahill** in the M75, and **Marie-Louise Michelsohn** and **Yvette Lavigne** in the W60, and perhaps some surprises!"

SOUTHEAST

• **Evelyn Wright**, 66, tied the W65 WR, held by **Leonore McDaniels**, for the HJ with a 4-2/1.27, Birmingham TC Classic, Stamford U., AL, May 17. In the KC Age-Graded 100m, **Bill Johnson**, 51, was first in 10:13, with **Marion Harrison**, 64, second (10:66). In a Mini-Decathlon, which scored the five best events, **Jim Stookey**, 73, was top scorer with a 4364.

MIDWEST

• **Everett Hosack**, 101, broke the M100-104 WR for the javelin with a 24-9/7.54 and established a WR mark for the 200 with a 2:18.22 in the North Coast Invitational, Cleveland, OH, May 18. **John Whittemore** has the present JT record at 21-11/4/6.69 set in

2000.

• **Todd Kelly**, 42, Troy, MI, 37:50, and **John Tarkowski**, 50, Garden City, MI, 38:13, finished sixth and seventh overall, Berkley 10K, Berkley, MI, May 11. **Marcy Kossak**, 44, Huntington Woods, MI, was third female and first W40+ (44:14), with **Donna Olson**, 53, Bloomfield Hills, MI, fifth (46:24).

MID-AMERICA

• With masters winners determined by age-grading, **Dick Wilson**, 71, Lawrence, KS, with an A-G 72:44 (actual time 98:37), and **Carol McFall**, 43, Lawrence, with an A-G 84:25 (89:36) took 40+ honors, Raintree Half-Marathon, in Lawrence, April 13.

• **John Mirth**, 41, Platteville, WI, in 64:06, and **Janice Ettle**, 44, Roseville, MN, in 81:10 swooshed to masters firsts in the Dam to Dam 20K, Des Moines, IA, May 31. **Dick Wilson**, 71, Lawrence, KS, won the M70+ race in 87:38, an age-graded 90.9%, breaking the course record by 15 minutes.

• The Fools Five 8K, Lewiston, MN, April 6, saw **Penny Madvig**, 46, White Bear Lake, MN, 35:12, as top masters woman, and got a celebrity turnout with **Dick Beardsley**, 47, Detroit Lakes, MN, 29:29, tenth overall, and **Alberto Salazar**, 44, Portland, OR, 31:48, second M40.

• Lead by example? **Carol LeGate**, 40, Green Bay, WI, designed the official training program for the Green Bay Marathon, May 18, then went ahead and won the women's race outright, 2:45:02. It was her tenth marathon and first major marathon win.

• **Paul Heitzman**, 72, Eudora, KS, 12:32, and **Deborah Tonedon**, 42, Wichita, KS, 11:09, were the age-graded masters winners at the Kansas State 2-Mile Championships, Hutchinson, KS, May 7.

• **Kari Di Stefano**, 44, guaranteed herself a spot on the Teva U.S. Mountain Running Team (and \$1000) by winning the Vail Spring Run Off 6.3 mile trail run, June 7, Vail, CO, 53:02. "I loved the course," DiStefano related. "It was custom-made for me with all the single-track downhill sections. Since I had a disappointing race season so far this year, I had no expectations, so I'm delighted with the win and I'm psyched for Worlds in Alaska." The World Trail Running Championships take place in Girdwood, AK, Sept. 20-21.

SOUTHWEST

• **Mack Stewart** broke the M65 U.S. record in the 800 with a 2:24.78 in the Gulf Coast Track Meet at Rice U., May 24. The present record of 2:25.3 was made 23 years ago on July 5 by **Frank Finger**.

WEST

• **Patricia "Trish" Porter** broke the W40 WR for the HJ with a 1.73 in the New Mexico Games, Milne Stadium, Albuquerque, June 7. A stay-at-home mom with a son, 6, and a daughter, 2, Porter, 40, of Albuquerque, is a U. of Oregon grad, was a member of the 1988 U.S. Olympic team, and is married to former Olympian **Pat Porter**. Her PR is 6-5, and she plans on competing in the Masters Nationals in Eugene. The present HJ record is held by **Debbie Brill** (CAN) and **Carmen Karg** (URS) at 1.72.

• **Nolan Shaheed**, 53, turned in a world single-age best for the 800 with a 2:01.91 in an open race at Occidental College in Los Angeles, May 10. The previous mark was 2:03.5 by **Dean Smith** in 1979.

• Unstoppable **Irina Bogacheva**, 42, Kyrgystan, won her second Suzuki Rock 'n' Roll Marathon, San Diego, CA, June 1,

2:29:50, this time as a master. She also won the race outright in 1999 and has run all six Rock 'n' Roll Marathons. Bogacheva is on a roll, with several very recent high-speed marathons in her wake: a first at the Country Music Marathon (April 26, 2:28:06), and a third place at the prestigious Nagoya International Women's Marathon in Japan (March 9, 2:28:17).

NORTHWEST

• **Ray Propst**, 74, was recently named State Games of Oregon Male Athlete of the Year for 2002 at the 2003 Kickoff Luncheon in Portland. Propst has participated in t&f in the Summer Games for 12 years, and also for the past three in the Winter Games.

• **Susan Faulkner**, W40, 30:04, ran to second overall at the 11th Alaska Run for Women 8K, Anchorage, June 7. Olympic marathoner and new master **Christine Clark**, 40, Anchorage, cruised in for third at 30:43.

• **Dennis Simonaitis**, 40, Draper, UT, peppered to third overall at the Salt Lake City Classic 10K, May 31, 31:05. Correcting for 5000 feet altitude, that matches the U.S. M40 record. **Kirk Zander**, 42, South Jordan, UT, did double duty, placing second M40 in the 10K, 36:55, and first M40 in the 5K, 16:55. **Tina Coates**, 41, Tooele, UT, 22:44, topped the 5K W40.

CANADA

• The 2004 Canadian National Masters Championships will be held July 17-18 in Calgary, Alberta, according to Meet Director **Rick Larush**, and will include a Masters Age-Graded 5K Road Race. Web site address is www.2004canadianmasters.com.

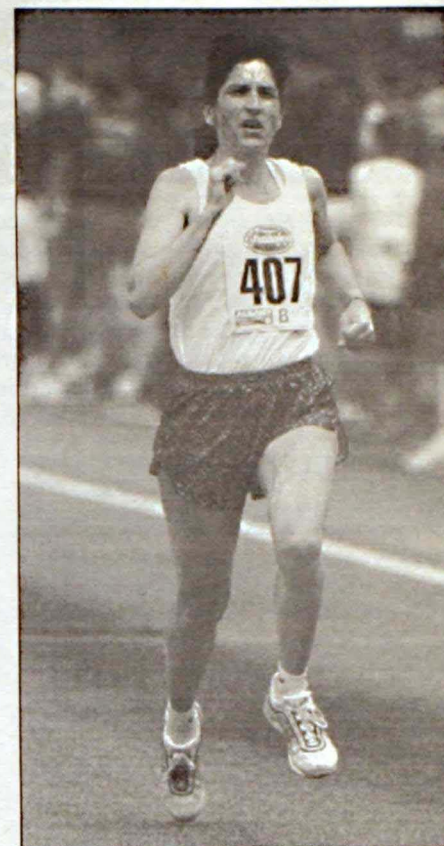
INTERNATIONAL

• **Troy Douglas**, Netherlands, who broke the M40 100 WR of 10.84 by **Erik Oostwegel** (NED) in 2000, with a 10.42 into a 2.2 mps wind in an IAAF Meet, Hengelo, NED, June 1, followed that up with a 10.29 (1.9 mps) win in the Golden Spike Meet, Leiden, The Netherlands, June 17.

• **Merlen Ottey**, who turned 43 on May 10, lowered the W40 WR for the 200 with a fourth-place 23.33 in a meet in Celje, Slovenia, May 25. **Phil Raschker** owns the present record of 24.84 in 1989.

• The European Veterans AA has appointed its president, **Dieter Massin** (GER) as European delegate on the WMA Council as of April 11. Massin replaces **Jacques Serruys**, WMA Vice-President at the founding of WAVA/WMA in 1977, and WMA Vice-President Non-Stadia for many years.

• First overall in the BMAF 20K RW Championships, Sutton Park, May 3, was **P. Murphy** (IRE), M40, in 68:29. **R. Emsley**, M50, second in 68:37, was the BMAF champion. C.



VICTOR SAILER / PHOTO RUN

Fresh off her Green Bay Marathon win, **Carol LeGate**, 40, Green Bay, Wisc., sprints to 3rd W40 at the Freihofer's Run for Women 5K, May 31.

Duhig, W45, was first woman (86:55).

• **Ron Adams**, M40, 32:12, and **June Clarke**, W40, were first overall in the BMAF 10K Championships, Birmingham, May 4. **Michael Hage**, M50, 32:48, and **Daphne Ellmore**, W50, 37:19, were impressive with division wins.

• The 27th South African Masters Championships, Pretoria, May 9-10, drew a disappointing entry of 341, writes **Leo Benning**, manager of the 14 South Africans headed for the 15th WMA Championships. Seven SA women's records and seven men's were broken, including an M90 WR of 3353 in the WP by **Claude Sterley**. The record is 2225 by **Everett Hosack** (USA) in 1995. The outstanding woman was **Magdalena Tomlinson**, 60, who won the 200, 400, 80H (14.93 SAR), and 300H (55.51 SAR).

• Six weeks after placing 12th at the USATF Open Women's National Marathon Championship in St. Louis, MO (2:47:20), **Meghan Arbogast**, 42, Corvallis, OR, traveled across the Pacific Ocean to win the overall women's title at the City of Christchurch Marathon (NZ), 2:45:57, June 1. It was Arbogast's first visit to New Zealand since studying there as an agricultural exchange student 21 years earlier.

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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 usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

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

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

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

EAST

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

July 1, 8, 15, 22, 29. Colonie Recreation Department Meets, Colonie HS, Albany, N.Y. 6:15 pm. 518-783-2760.

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

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

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

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

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

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

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

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

August 5, 12. Colonie Recreation Department Meets, Colonie HS, Albany, N.Y. 6:15 pm. 518-783-2760.

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

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

August 16-17. International Implements Challenge, Dartmouth College, Hanover, NH. Carl Wallin, 58 Stoney Brook Rd., Lebanon, NH 03766; www.lancertiming.com

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

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

SOUTHEAST

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

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

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

July 19. Jacksonville TC Summer Track Classic. 5 pm. 904-388-7860; jacksonviltrackclub.com

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

MIDWEST

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

July 19. USATF Illinois Masters & Open Championships, Sterling HS, Sterling, Jan Moore, 815-622-6201; www.SterlingParkDistrict.com

July 19. Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, PO Box 17706, Dayton, OH 45417. 937-837-2754; bjrun1@juno.com

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

July 27. USATF Midwest Regional Masters Championships, Oak Forest HS, Oak Forest, Ill. Gerry Krainik, gkrainik@attbi.com. Online registration: http://midwestmasterstrack.net

MID-AMERICA

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

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

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

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

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 12. Cat Spring Grunt V Throwers Meet, Cat Spring, Texas. Mark Chapman, 979-732-5591; email: k9luvs@intertex.net

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

WEST

Arizona, California, Hawaii, Nevada, New Mexico

June 24-August 3. All-Comers Meets, Los Angeles. Tues., San Pedro HS; Wed., Birmingham HS; Thurs., Bell HS. 7:30 p.m. No entry fee. 818-904-2003.

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

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

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

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

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

October 5-6. Nevada Senior Olympics, Las Vegas, NV. 702-242-1590; e-mail: srgames1@juno.com; www.nevadaseniorolympics.com

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

November 1. 6th Great Punkin Throws Meet, Nevada Union HS, Grass Valley, Calif. WP/All throws. Richard Hotchkiss, ashglaze42@hotmail.com

NORTHWEST

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

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

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

July 4. North America Pole Vaulting Championships/NW Pole Vault Development Beach Championships, Tacoma, Wash. Rick Baggett, 503-722-0861; baggettpv@aol.com

ON TAP FOR JULY

TRACK AND FIELD

The 15th World Masters Athletics Championships, Carolina, Puerto Rico, start on the 1st and finish on the 13th. Some 440 U.S. athletes are among the 2600 entrants vying for world titles. Action in the U.S. can be had at the Tennessee Masters Meet, Vanderbilt U., California State Games, El Cajon, and Oregon State Games, Gresham, on the 12th. Post P.R., the schedule includes the Seattle Masters Classic, on the 25th-26th; the East Regional Masters Championships, Springfield, Mass., and Texas Masters Championships, Dallas, on the 26th; the Midwest Regional Masters Championships, Oak Forest, Ill., and Mid-Atlantic/Philadelphia Masters Championships, Fort Washington, Pa., on the 27th; and the West Regional Masters Championships, UC-San Diego, on both of those days.

LONG DISTANCE RUNNING

Vail, Colo., hosts the USATF National Masters 8 Mile Mountain Climb Championships on the 6th. The first weekend opens with a bang on Friday, the 4th, with a string of firecracker races, including the massive Peachtree 10K, Atlanta, Ga., Firecracker Fast 5K, Little Rock, Ark., and Butte to Butte 10K, Eugene, Ore. The NYRR Bronx Half-Marathon and the Calgary Herald Stampede Marathon, Alberta, Canada, fill up the 6th, followed by the Boiler-maker 15K, Utica, N.Y., on the 13th. On the 18th, the Midwest has the Bastille Day 5K, Chicago, while, on the 19th, New York offers the Long Island Women's 5K, Farmingdale, and the Subaru 4 Mile Chase, Buffalo, N.Y. The Clarksburg, W. Va., 10K, and Quad City Times BIX 7 Mile, Davenport, Iowa, on the 26th, and the San Francisco Marathon on the 27th end the month.

RACEWALKING

The USATF Indiana 5K Championships stride off on the 13th in Indianapolis. □

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

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

July 19-20. Big Sky Games, Billings,

Continued from page 16

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

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

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

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

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

CANADA

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

INTERNATIONAL

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

July 27. BMAF Pentathlon Championships, Solihull, U.K. www.bvaf.org.uk

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

September 13-14. BMAF Decathlon & Heptathlon Championships, Woodburn Road, Sheffield, U.K. www.bvaf.org.uk

LONG DISTANCE RUNNING

NATIONAL

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

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

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

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

September 28. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 1135 Santa Rosa St., San Luis Obispo, CA 93401. 805-544-7200, x105; fax: 546-2750; mmassey@heritageoaksbank.com

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

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

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

November 8. USATF National Masters

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

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

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

EAST

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

July 4. 28th July 4th 15K & 5K, Altoona, Pa. 814-695-4467.

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

July 6. Market St. Mile, York, Pa. 6 pm. 717-843-7884, x269.

July 11 (Fri.). Midsummer Night's Mile, Rockville, Md. 301-353-0200; www.mccrc.org

July 12. West Hartford Women's 10K, West Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

July 12. Spirit of Gettysburg 5K, Gettysburg, Pa. 717-334-9171; www.ywcagegettysburg.org

July 12. Rattlesnake Trail Run 50K, Charleston, W.Va. 304-344-8342.

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

July 13. Boilermaker 15K, Utica, N.Y. 315-797-5838; www.boilermaker.com

July 17 (Thur.). RRCA Women's Festival 5K, Dryden, N.Y. 315-497-3743.

July 19. Vytra Long Island Women's 5K, Farmingdale, N.Y. 516-349-7646; www.gliirc.org

July 19. Vermont 100 Mile Run, S. Woodstock. 802-728-5294.

July 19. Subaru Buffalo 4 Mile Chase, Buffalo, N.Y. 716-881-1652; fax: 884-9669.

July 20. Stowe 8 Miler/USATF NE Grand Prix Championship, Stowe, Vt. www.stowe8miler.org

July 29 (Tues.). JP Morgan Chase Corporate Challenge 3.5 Mile, Wantagh, N.Y. 7 pm. 516-349-7649.

July 29 (Tues.). Yankee Homecoming 10 Mile, Newburyport, Mass. 978-463-3393; www.yankeerace.com

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

August 10. DCRRC Women's Distance Festival, Washington, D.C. 703-351-9059; dcroadrunners.org

August 10. SBLI Falmouth 7.05 Mile, Falmouth, Mass. Closed for 2003. www.falmouthroadrace.com

August 24. Women Running Wild 5K, Cape Cod, Mass. 508-771-4590.

August 24. Annapolis 10 Mile, Annapolis, Md. 410-268-1165; annapolisstriders.org

August 24. NYRR NYC Marathon Tune-Up 18 Mile, Central Park. See Aug. 16.

August 30. Saturday in the Park Women's 5K, Holmdel, N.J. 732-542-6090; saturdayinthepark5k.org

August 30. NYRR NYC Run to Liberty 10K, Lower Manhattan. 212-850-4455; www.nyrrc.org

September 7. NYRR Fifth Avenue Mile, NYC. 212-860-4505; www.nyrrc.org; M&W60+ contact Al Puma, 718-854-

6886; alpuma@att.net

September 12-13. Reach the Beach 200 Mile Relay, Bretton Woods-Hampton Beach, N.H. 508-881-4505; rtbrelay.com

September 20. Lake Winnepesaukee Relay, Weirs, N.H. Ken Robichaud, 603-235-5452; www.coolrunning.com

September 20. The Great Cow Harbor 10K, Northport, N.Y. 631-754-7369; www.cowharborrace.com

SOUTHEAST

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

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

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

July 4. Pippins Firecracker 5000, Naples, Fla. 238-434-9786; gcrunner.org

July 19. Huntsville Women's Distance Festival 5K, Huntsville, Ala. 256-533-9977; www.huntsvilletrackclub.org

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

August 23. Maggie Valley Moonlight 8K, 4K & Mile, Maggie Valley, N.C. 828-926-1686; mvmoonlighttrace.com

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

MIDWEST

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

July 4. Firecracker Mile, Clawson, Mich. 248-544-9099; www.motorcitystriders.com

July 4. Firecracker 4 Mile, Youngstown, Ohio. 330-758-8708.

July 18. Bastille Day 5K, Chicago. 773-868-3010; chicagoevents.com

July 19. Standard Federal Bank 10K Series, Grand Rapids, Mich. 877-904-5408; standardfederal10k.com

July 26. Greater Clarksburg 10K, Clarksburg, W. Va. 304-624-4100; www.clarksburg10k.com

July 27. Fleet Feet Sports Women's 5K & 10K, Chicago. 312-944-4113; www.fleetfeetchicago.com

August 1 (Fri.). The Green Mile, Wheeling, W. Va. 7 pm. 740-859-0704; www.debbiegreen5k.com

August 1 (Fri.). Women's Distance Festival 5K, Toledo, Ohio. 419-833-6365; toledoroadrunners.org

August 2. Allen Park Street Fair 8K & Mile, Allen Park, Mich. 248-544-9099; www.motorcitystriders.com

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

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

August 9. Age-Graded 4 Mile, Kokomo, Ind. 765-455-2283; www.ckrr.us

August 9. Run Thru Hell 10 Mile & 4.8 Mile, Pinckney, Mich. 734-878-6640; gaultracemanagement.com

August 16. Falcon 5K, Dearborn, Mich. 248-426-7497.

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

August 23. Crim 10 Mile, 8K, & 5K, Flint, Mich. 810-235-3396; www.crim.org

August 30. Charleston Distance Run 15K & 5K, Charleston, W. Va. 304-345-5433; charlestondistance.com

MID-AMERICA

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

July 12. Midnight Madness 10K & 5K, Ames, Iowa. 515-232-6131; captainmidnight@mcleodusa.net

July 19. Rochester Women's 4 Mile, Rochester, Minn. 507-289-8841.

July 26. Quad City Times BIX 7 Mile, Davenport, Iowa. 319-359-9197; www.bix7.com

August 3. 26th Hennepin Lake Classic 5K & 10K, Minneapolis, Minn. 651-228-1986, x2; www.tslevents.com

August 10. Komen Race for the Cure 5K, Colorado Springs, Colo. 303-694-2030; csracefortheCure.com

August 16. Pikes Peak Ascent 13.32 Mile, Manitou Springs, Colo. 719-473-2625; pikespeakmarathon.com

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

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

September 13. Turkey Day 10K, Worthington, Minn. 507-376-6105(d); 376-5610(eve).

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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

July 4. 36th Fireball Classic 10K, Ada, Okla. 580-332-6011.

July 4. USATF Oklahoma Championships West/Liberty 8K, Bethany. www.okrunner.com

July 26. Mohawk 5000, Tulsa, Okla. 918-665-8925; www.signmeup.com/mohawk5000

August 2. Sandblazer 2003 5K Sand Run, Tulsa, Okla. 918-295-6645; www.tauw.org

September 13. Komen Race for the Cure 5K, OSU-Tulsa. 918-744-5099, www.rfctulsa.org

September 27. Hurricane Run 8K, Tulsa, Okla. www.hurricanerun.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

July 4. 4th of July 5K Blast, Las Vegas, Nev. 702-450-4788; www.lasvegasrunningteam.com

July 13. New Bastille Day 5K, Irvine, Calif. 619-298-7400; www.kathylopererevents.com

July 13. Fleet Feet Mile, Sacramento. 916-974-0786; www.rungoldmedal.com

July 26. Cypress 5K & 10K, Cypress, Calif. 714-229-6789.

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

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

August 2. Susan B. Anthony Women's & Men's 5K, Sacramento. 916-481-2365;

Continued on page 18

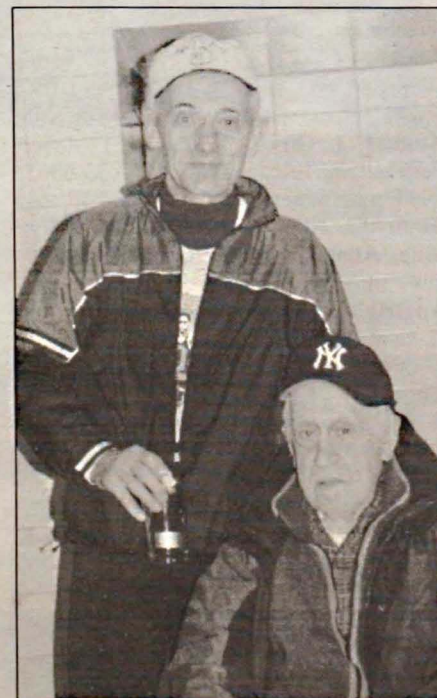
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www.buffalochips.net

August 10. Samuraj 5K, Los Angeles. 323-295-0556; www.niseiweek.org**August 17.** America's Finest City Half-Marathon & 5K, San Diego. 858-792-2900; www.afchalf.com**August 17.** Silver State Marathon & Half-Marathon, Reno, Nev. Email: longruns@aol.com; www.silverstatestriders.com**August 31.** Pier to Peak Half-Marathon, Santa Barbara, Calif. 805-564-8879; www.runsantabarbara.com**September 7.** Terry Fox 4 Mile Run/Walk, Carlsbad, Calif. Kinane Events, 949-452-3466; lisa@kinaneevents.com**September 28.** Komen Orange County 5K Race for the Cure, Newport Beach, Calif. Kinane Events, 949-452-3466; lisa@kinaneevents.com**October 5.** Sacramento Marathon & Half-Marathon, Sacramento, Calif. www.sacramentomarathon.net**NORTHWEST**Alaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming**July 3.** Firecracker 5000, Memorial Stadium, Seattle. 206-729-9962; www.promotionevents.com**July 4.** Sierra Mist Butte to Butte 10K, Eugene, Ore. 541-687-1989. buttetobutte.org**July 12.** Siskiyou Out Back Trail Run 50K & 15K, Ashland, Ore. www.danabandy.com/sob**July 13.** Bare Buns Fun Run West 5K, Issaquah, Wash. Clothing optional. www.parkforestia.org**July 24.** Deseret News & KJZZ Salt Lake Marathon & 10K, Salt Lake City, Utah. 801-816-2500; www.SaltLakeMarathon.com**July 26.** Seafair Torchlight 5K, Seattle. 6:30 pm. 206-728-0123, x101; www.seafair.com**August 2.** ORRC Pacific Crest Trail 50K/50 Mile, Timothy Lake to Timberline Lodge, Ore. 503-970-4228; www.orrc.net**August 17.** Humpy's Marathon & Half-Marathon, Anchorage, Alas. 907-345-4004; www.anchoragerunningclub.org/humpys**August 22.** Nationwide Insurance Hood to Coast Relay, Mt. Hood, Ore. 196 miles/12 per team. 503-292-4626; www.hoodto.coast.com**September 7.** Ladies Day at the Races 5K & 10K, Bend, Ore. 541-382-7025; meadowlarkmanor.org**September 14.** USATF Inland Northwest 5K Championships, Medical Lake, Wash. Jacqueline Van Allen, 509-838-1834.**September 20.** Prefontaine Memorial 10K, Coos Bay, Ore. 541-269-1103; prefontainerun.com**CANADA****July 6.** Calgary Herald Stampede Marathon, Relay, & Half-Marathon, Calgary, Alberta. 403-264-2996; www.stampederodrace.com**August 24.** Marathon Des Deux Rives, Quebec City. Also New Balance Half-Marathon & 10K. 418-694-4442; marathonquebec.com**INTERNATIONAL****July 6.** Gold Coast Marathon & Half-Marathon, Queensland, Australia. www.goldcoastmarathon.com.au

GEORGE BANKER

Patrick Griffith, 57, first M55 (18:44), Paul VI Runfest 5K, Fairfax, Va.

July 27. BMAF 10 Mile Championships, Stoke on Trent, U.K. www.bvaf.org.uk**August 30.** Puffer Ultra Trail Run 80K & 160K, Cape Town, South Africa. +27 21 6504256.**November 16.** WMA 100K Championships, Zan-en Dam, Taipei. www.iau.org.tw**RACEWALKING****July 13.** USATF Indiana Association 5K RW Championships, Indianapolis. Cheryl Sunman, 317-835-0161.**August 3.** USATF MAC 3K RW Champ-

DON PREVEN

Witold Bialokur, 67, M65 winner (41:43), NYRR Joe Kleiner 10K, Central Park, Dec. 9, with Kleiner, the race's namesake. Kleiner, 91, was one of the founders of the NYRR and the New York City Marathon.

ionships. NYC. Stella Cashman, 212-628-1317.

August 7-10. USATF National Masters 5000 (8th) and 10K (10th) RW Championships, Eugene, Ore. See National T&F Schedule.**August 17.** USATF Indiana 3K RW Championships, Indianapolis. Cheryl Sunman, 317-835-0161.**September 6.** Third annual North Central 5K RW Championships, Detroit Lakes, Minn. Detroit Lakes C of C, 800-542-3992.**September 7.** USATF Florida 1500/3000 RW Championships, Plantation. 954-921-9190.**September 14.** USATF Inland Northwest 5K RW Championships, Medical Lake, Wash. Jacqueline Van Allen, 509-838-1834.**September 14.** USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.**September 20.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-578-2061.**October 5.** USATF Indiana One Hour RW Championships, Indianapolis. Cheryl Sunman, 317-835-0161.**October 12.** Bob Fine Invitational RW, Coconut Creek, Fla. 954-427-0032; 771-3347.**October 19.** USATF National Masters 50K RW Championships, Hauppauge, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11787. 631-979-9603.**November 23.** USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 954-921-9190.

TESH TESHIMA

Jonathan Lyau #6, 40, wins the 5000 (15:29.83), Hawaiian Sunset Series, Honolulu.

de St. Croix, Palmason, Young Set Records

Masters running in open competition in the Northwest produced a host of distance records. Maureen de St. Croix, of Canada, broke three W50 world records in less than two weeks.

At the Review Kajaks International Track Classic, Richmond, B.C., Canada, June 4, she knocked almost 22 seconds off the mile record of 5:24.6 by Elaine Statham (GBR) in 1994, with a 5:02.80 in a mixed field under windy conditions.

In the Langley Pacific Invitational, Langley, B.C., June 14-15, she broke the 800 world record with a 2:18.68 on Saturday, and the 1500 record with a 4:40.92 on Sunday. The present 800 record is 2:21.08 by Barbara Lehmann (GER) in 1992. The 1500 record is

held by Jutta Pedersen (SWE) at 4:43.10 in 1997.

Even better, de St. Croix ran a 2:16.62 in the Hersey Harriers All-Comers on June 17, in Burnaby, B.C.

In the Kajaks meet on June 4, Canadian Diane Palmason, W65, in the same mile race as de St. Croix but out of helpful pacing range, ran a 6:19.04, about 14 seconds better than the 6:32.47 world W65 record by Jeanne Dapruno (USA) in 2000.

On June 7, Tony Young reduced his M40 U.S. mile record of 4:09.61, set a year ago, to 4:07.25 in the Seattle Invitational Classic. On April 6, in the Oregon Invitational at Hayward Field, Young broke the M40 1500 national record of 3:52.99 with a 3:46.43. □

**International Implements Challenge!!!
First of its kind for Masters Throwers!!!!****To be held at beautiful Dartmouth College
Hanover, New Hampshire****Saturday and Sunday, August 16 and 17, 2003**

- Five year age groups for men and women
- Men-16# shot put, 16# hammer, 2k discus, 800 gm. javelin, 35# weight
- Women-4k shot put, 4k hammer, 1k discus, 600gm. javelin, 20# weight
- Prizes for the top 3 placers in each event for each age group

**For further information contact Carl Wallin at 58 Stoney Brook Road, Lebanon, NH 03766, or check
www.lancertiming.com**

RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34

Kareem Lanier 3000i 9:00.02 3-28, 30-03

M35-39

Keith O'Brien 3000 9:20.8 1-31-00

M45-49

Jeffrey Mader 3000i 10:20.8 3-28, 30-03

M50-54

Sergio Angulo 400h 66.56 5-17-03
Kevin Christensen 55m 7.41 2003
Jerry Scliver 60m 7.92 3-2-03

M60-64

Robert Puddy Javelin 128-11 5-24-03

M65-69

Paul Beckman LJ 14-0 3-2-03
60m 9.20 3-2-03
LJ 13-10 4-12-03
D 132-10 5-2-03



W35-39

Lauri Plesco 1500 5:20.46 6-9-01

W50-54

Debbie Topham 3K RW 16.25 3-30-03
Jeanne Bowman 400 77.28 5-25-03

W55-59

Dale Patricia Holmes 5000m 24:43.5 5-24-03

W60-64

Ann Ferguson 10K 47:21 3-8-03
Judi Hill 10K 53:25 9-8-02

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
6-2 1/2	6-7/8	5-9/16	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/16	3-3/4	2-7/8		
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
14-5 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-0	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4		
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
21-4	20-1/2	19-2 1/2	18-4 1/2	17-8 1/2	16-1/2	14-9	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2		
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 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	19-5 1/2		
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
47-7	46-0	44-0	41-5	42-11 1/2	39-4 1/2	42-0	37-8 1/2	36-1 1/2	29-6 1/2	26-3	19-8 1/2		
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/2	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 1/2	56-0		
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0		
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
49-2 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2				19-8 1/2	16-4 1/2	13-1 1/2	9-10	
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
37-8 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	14-9								
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
31-2	29-6 1/2	27-10 1/2	26-3	19-8 1/2	18-1/2	16-4 1/2	14-9	11-5 1/2	9-10	8-2 1/2	6-6 1/2		
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	3000	2600	2700	3000	3000

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL-AMERICAN STANDARDS

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	85-89	90-94
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		17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	2-9			
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
8-10 1/2	7-10 1/2	6-10 1/2	5-10 1/2	4-11	3-11 1/2	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2			
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
15-1	14-6	13-3	12-6	11-1 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11			
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/2	19-8 1/2	18-1/2	14-9	12-9			
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
33-9 1/2	30-7	27-11	27-6 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17-1/2	14-1 1/2			
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	15.00	12.00			
114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2			
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
105-0	98-5	82-0	78-9	72-2 1/2	68-10 1/2	59-1/2	52-6	45-11 1/2	42-8	36-1 1/2			
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-10 1/2	59-1/2	45-11 1/2	39-4 1/2	29-6 1/2			
20#Wt.	10.00	9.00	8.00	7.01									
32-9 1/2	29-6 1/2	26-3	23-0										
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75		
26-3	22-11 1/2	19-8 1/2	18-2	17-0	16-4 1/2	15-7							
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00		
21-4	19-8 1/2	18-1/2	16-4 1/2	17-2 1/2	16-4 1/2	15-7	14-9	13-1 1/2	11-5 1/2	9-10			
Wt. Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2400	2300			

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles:

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Senior Games/
Senior Olympics
Hampton Roads, Va;
May 22 - June 9
100 METER DASH

M50 OSCAR PEYTON	12.06
MORRIS COLLINS	12.42
MIKE TREXLER	12.70
M55 ROGER ASSINK	12.89
DOUGLAS SPENCER	12.93
VIC BOYLHART	13.10
M60 JOHN DAVIS	13.30
EMIL PAWLK	13.50
WALTER LANCASTER	13.51
M65 BOB LIDA	12.85
JOHN ROSS	13.20
LLOYD WILLIAMS	13.75
M70 HARRY BROWN	13.83
DENNIS MELANSON	14.18
JOE SUMMERLIN	14.31
M75 JACK GREENWALD	15.01
CHARLES MODLIN	15.71
LESTER RUDY	15.91
M80 BLAIR MCFARLANE	16.30
JOHN MEANS	16.46
TOM KENNEL	16.54
M85 CHAMPION GOLDY	18.39
JOHN BOESENHOFER	19.70
EDWIN KOCH	34.74
M90 MURPHY DOMINGUES	20.03
FRED DICKERSON	23.27
CARL MANCUSO	24.96
M95 HAROLD HOFFMAN	38.36
W50 HELEN HAYES	13.70
MARGARET CURTIS	14.51
MARSHA HAVENGAR	14.68
W55 PHIL RASCHKER	14.13
KATHY JAGER	15.11
LYNN NAFTL	15.50
M60 MARY ROBINSON	15.60
LYNNE CLEWELL	15.80
MARG RADCLIFFE	15.81
W65 JOYCE TRADER	15.57
AUDREY LARY	16.01
BARBARA JORDAN	16.34
W70 ANN MORRIS	17.47
JANET FREEMAN	17.93
EHTEL LEHMANN	18.83
W75 PATRICIA PETERSON	17.97
LEONORE MCDANIELS	18.12
FRANCES D. STYLES	18.68
W80 BARBARA GLADD	21.43
C PRITCHARD	21.64
MARGARET HINTON	22.85
W85 MARY BOWERMASTER	21.46
MOLLY MACKOWN	22.86
VELMA JACOBS	26.10
W90 JOSEPHINE GREGG	35.77
ELEANORE PEASE	46.01
THELMA WILSON	58.04
200 METER DASH	
M50 OSCAR PEYTON	24.24
GEORGE BOWNE	25.73
MAC AZUOGU	25.74
M55 ROGER ASSINK	25.58
RON JOHNSON	25.99
DOUGLAS SPENCER	26.20
M60 JOHN DAVIS	26.58
EMIL PAWLK	27.00
CHAS BARTHOLOMEW	27.34
M65 BOB LIDA	26.09
JOHN ROSS	26.38
LLOYD WILLIAMS	28.17
M70 HARRY BROWN	28.79
DENNIS MELANSON	29.38
JOE SUMMERLIN	29.63
M75 RODNEY BROWN	31.19
JACK GREENWALD	31.80
CHARLES MODLIN	33.04
M80 JOHN MEANS	35.17
BLAIR MCFARLANE	35.27
CHARLES KEENAN	37.18
M85 CHAMPION GOLDY	41.39
MAX SPRINGER	45.88
JOHN BOESENHOFER	48.75
M90 MURPHY DOMINGUES	44.92
GEORGE BOUCHER	58.52
HAROLD HASWELL	2:40.59
M95 HAROLD HOFFMAN	1:37.46
W50 HELEN HAYES	28.15
MARGARET CURTIS	28.70
MARSHA HAVENGAR	29.78
W55 PHIL RASCHKER	28.70
LYNN NAFTL	30.64
KATHY JAGER	31.51
W60 MARY ROBINSON	32.04
MARG RADCLIFFE	32.42
BLANDINE TATE	33.09
W65 JOYCE TRADER	32.72
AUDREY LARY	33.55
BARBARA JORDAN	34.23
W70 JANET FREEMAN	37.90
ANN MORRIS	37.94
EHTEL LEHMANN	39.89
W75 PATRICIA PETERSON	39.90

FRANCES D. STYLES	40.36
LEONORE MCDANIELS	43.15
W80 BARBARA GLADD	46.47
CARLA CONVERY	56.08
LORMA BAUER	56.68
W85 MOLLY MACKOWN	51.10
VELMA JACOBS	1:01.31
MAVIS BORTHICK	1:35.00
W90 JOSEPHINE GREGG	1:25.87
ELEANORE PEASE	1:56.71
400 METER RUN	
M50 HERMAN CASTILLE	57.46
KEN RAGGIO	58.91
WALDEN CURRY	59.24
M55 LARRY BARNUM	58.89
RALPH WALLACE	1:00.46
DALE GAIDE	1:01.49
M60 RICHARD CLEMENT	1:03.13
HOWARD Q. WEISSER	1:04.58
JOHN SHENK	1:05.09
M65 JOHN ROSS	59.71
BOB LIDA	1:02.50
M DAVIDSON	1:10.13
M70 HARRY BROWN	1:07.72
ALEX JOHNSON	1:11.04
JERRY PARKER	1:12.96
M75 RODNEY BROWN	1:10.23
CHARLES MODLIN	1:15.49
JACK GREENWALD	1:16.04
M80 JOHN MEANS	1:31.75
CHARLES KEENAN	1:35.16
HOWARD HALL	1:35.29
M85 MAX SPRINGER	1:48.02
WILLIAM WALSH	1:55.64
TERRY SCOTT	2:39.43
M90 M DOMINGUES	1:59.05
GEORGE BOUCHER	2:18.78
HAROLD HASWELL	6:27.02
M95 HAROLD HOFFMAN	3:41.33
MARGARET CURTIS	1:06.42
KATHY FOUCAR	1:11.58
GAIL KANTAK	1:12.67
W55 PHIL RASCHKER	1:10.26
LYNN NAFTL	1:11.79
ALICE GREENE	1:17.92
W60 MARY ROBINSON	1:16.35
BLANDINE TATE	1:18.33
BETTY HOFF	1:25.56
W65 JEANNE DAPRANO	1:16.86
MAR. FITZGERALD	2:14.42
FRANCES BARGER	1:46.67
W70 JANET FREEMAN	1:29.38
NESSIE HOLLOCKY	1:29.72
EHTEL LEHMANN	1:35.18
W75 PAT PETERSON	1:38.99
DOTTIE GRAY	1:49.21
HELEN SCHLEY	1:50.25
W80 CARLA CONVERY	2:52.62
NONA TODD	3:20.29
BETTE HOFFMANN	3:49.52
W85 VELMA JACOBS	2:28.64
MAVIS BORTHICK	3:20.24
W90 JOSEPHINE GREGG	0:79.99
ELEANORE PEASE	4:17.29
800 METER RUN	
M50 MICHAEL JENKINS	2:13.70
TURRAN HARPER	2:13.80
MONTY SANLEY	2:15.46
M55 DALE GAIDE	2:22.43
MAATTHYS BAX	2:22.47
KENT BLAIR	2:23.75
M60 MAXWELL HAMLYN	2:31.88
HOWARD WEISSER	2:34.33
JOHN TWEETEN	2:34.60
M65 HAWK HENRY	2:30.93
LEE WALTON	2:31.71
JIM MADONNA	2:43.18
M70 DAVID COLTON	2:53.63
JERRY PARKER	2:54.96
ALFRED DUBOIS	2:54.98
M75 RODNEY BROWN	3:05.61
GENE HOLSHOUSER	3:29.57
JERRY OLGIN	3:30.24
M80 HAROLD CAREY	3:20.67
ROY ENGLERT	3:49.50
NED BENNETT	4:01.58
M85 MAX SPRINGER	4:50.59
EDWARD POWERS	5:45.71
JESSE JOLLY	6:11.85
M90 BILL FINCH	5:22.78
GEORGE BOUCHER	5:43.45
M95 HAROLD HOFFMAN	7:33.26
W50 KATHY FOUCAR	2:48.11
GAIL KANTAK	2:52.74
MARION ROBINSON	2:58.41
W55 LYNN NAFTL	2:54.57
YOKO EICHEL	2:57.60
RUTH THELEN	3:14.11
W60 BLANDINE TATE	3:12.31
HEIDE MOEBIUS	3:18.39
BETTY HOFF	3:32.56
W65 JEANNE DAPRANO	3:03.48
MAR. FITZGERALD	3:19.72
JEAN BONGIORNO	3:24.04
W70 NESSIE HOLLOCKY	3:37.95
JANET FREEMAN	3:54.11
EDITH WEBER	3:59.52
W75 HELEN SCHLEY	4:17.99
DOTTIE GRAY	4:19.80

LUELLA MORRIS	5:51.73
W80 JOYCE SCHROEDERS	0:3.23
NONA TODD	7:18.76
BETTE HOFFMANN	9:01.22
W85 MAVIS BORTHICK	8:05.11
MILDRED COCHRAN	9:28.54
W90 JOSEPHINE GREGG	7:03.70
1,500 METER RUN	
M50 MICHAEL JENKINS	4:43.79
MICHAEL BARR	4:44.85
TIM PAYNE	4:50.66
M55 MATTHYS BAX	4:51.20
DALE GAIDE	4:52.14
KENT BLAIR	4:53.82
M60 MAXWELL HAMLYN	5:17.45
WM DEGRAVELLE	5:30.86
EDWARD JURGENS	5:31.09
M65 HENRY HAWK	5:14.48
LEE WALTON	5:17.72
JIM MADONNA	5:38.04
M70 JACK GRAY	6:10.82
JERRY PARKER	6:14.13
ORVILLE KREMER	6:14.22
M75 GENE HOLSHOUSER	7:16.10
SETH WARNER	7:18.13
DARWIN MICHAUD	7:18.76
M80 ROY ENGLERT	7:59.07
NED BENNETT	8:14.88
JACOB ROBINSON	11:05.50
M85 MAX SPRINGER	10:23.56
JESSE JOLLY	12:05.36
CLAUDIS HAWKINS	14:07.59
M90 BILL FINCH	10:26.55
GEORGE BOUCHER	11:11.44
M95 HAROLD HOFFMAN	14:12.10
PATSY MILLER	5:33.26
KATHY FOUCAR	5:35.51
MARION ROBINSON	6:10.28
W55 RUTH THELEN	6:24.96
PAULINE NIELSEN	6:30.33
ANDREA HESS	6:30.58
W60 BLANDINE TATE	6:46.32
MARGIE STOLL	6:50.52
HEIDE MOEBIUS	7:00.81
W65 JEANNE DAPRANO	6:50.96
JEAN BONGIORNO	6:59.85
BEVERLY AVERY	7:12.25
W70 NESSIE HOLLOCKY	7:19.73
MARGE HOFFMAN	7:41.33
JANET FREEMAN	7:50.52
W75 DOTTIE GRAY	8:35.65
HELEN SCHLEY	8:44.38
LUELLA MORRIS	11:50.62
W80 NONA TODD	14:00.33
BETTE HOFFMANN	17:01.69
W85 MAVIS BORTHICK	15:27.65
MARY HAINES	16:00.79
W90 E FRENDBERG	13:06.70
JOSEPHINE GREGG	13:30.48
ARDA PERKINS	18:50.66
HIGH JUMP	
M50 JAMES SAUERS	1.75
WALDEN CURRY	1.70
LARRY VOLLMER	1.65
ROGER POWERS	1.65
M55 DAVID WHITE	1.50
EDDIE LUCE	1.50
HENRY CLAPPER	1.50
ROBERT BODDY	1.50
M60 EMIL PAWLK	1.55
HOWARD DEWEY	1.50
TERRY CARPENTER	1.40
BILL ANGUS	1.40
MARK CHAPMAN	1.40
M65 RONALD DENNERT	1.45
DWANE HORTON	1.45
ROBERT SWACKHAMER	1.40
M70 RICHARD LOWERY	1.47
JAMES NICHOLSON	1.35
ROSS VROOMAN	1.30
PHILIP WATKINS	1.30
GLENN BREMENKAMP	1.30
FREDERICK EVERHART	1.30
FRED HIRSTMAKI	1.25
FRANK BRAKO	1.20
RICHARD SOLLER	1.20
LESTER RUDY	1.20
M80 HOWARD HALL	1.05
JOSEPH SCORCIA	1.05
SEYMOUR DUCKMAN	0.95
M85 JOHN BOESENHOFER	1.05
CHARLES IRWIN	1.00
LEW LUEHRS	1.00
M90 ROBERT STEWART	0.90
ELEANOR GIPSON	1.30
JANE CASTLE	1.25
KATHY LORD	1.10
W55 PHIL RASCHKER	1.40
LINDA DOUGLASS	1.30
JANET BLAIR	1.30
W60 MARG RADCLIFFE	1.25
BARBARA CLEVELAND	1.20
SHELLY WHITLOCK	1.05
BRENDA ANDRIEU	1.05
DONNA BEELER	1.05
MARILYN BELLAMY	1.05
INGRID MILLER	1.05
ANN CARTER	1.05
W65 EVELYN WRIGHT	1.30
ESSIE KEA	1.10
BARBARA JORDAN	1.10
W70 JOAN GRAVES	1.05
JANICE BIRKS	1.00
ROSEMARY AUSTIN	0.95
EHTEL LEHMANN	0.95
HARRIETT BLOEMKER	0.95
W75 LEONORE MCDANIELS	1.13
SARAH OVERTON	1.00
JOHNNY VALIEN	0.95
W80 MARGARET HINTON	0.90
HELEN BEAUCHAMP	0.85

POLE VAULT	
M50 DICK HIMES	3.10
STACY CARTER	2.80
JOHN DOWLING	2.60
M55 TOMLINSON RAUSCHER	3.60
CHARLES POLHAMUS	3.40
GERARD DUNNE	3.00
M60 BILL ANGUS	3.10
F JAMES TINELLI	3.00
EMIL PAWLK	2.90
JOHN TWEETEN	2.90
M65 DEKE CONKLIN	2.90
JOHN R. SHARP	2.80
JERRY ROUSE	2.30
M70 JAMES CONDELL	2.40
JOHN LAMB	2.40
CHUCK WIEDMAN	2.30
M75 EDWARD WILLIAMS	2.00
LESTER RUDY	2.00
JOHN GOGGIN	1.80
M85 LEW LUEHRS	1.10
JOHN BOESENHOFER	1.00
M50 MARTHA ROPER	1.70
JANE KAISER	1.30
W55 PHIL RASCHKER	3.00
KATHY JAGER	2.10
JANET BLAIR	1.90
M60 BARBARA CLEVELAND	2.40
BRENDA ANDRIEU	1.70
SHELLY WHITLOCK	1.60
W65 FLO MEILER	1.90
EVELYN WRIGHT	1.80
W70 ELEANOR SCOTT	0.80
W75 LEONORE MCDANIELS	1.72
SARAH OVERTON	1.30
LONG JUMP	
M50 LARRY VOLLMER	5.95
JOHN JONES	5.29
DICK HIMES	5.14
M55 MICHAEL MCDANIEL	5.41
CARY CARTER	5.11
EDDIE LUCE	5.11
M60 RAY KOZUSKO	5.15
EMIL PAWLK	5.12
ROBERT TAYLOR	5.05
M65 CHARLES RICHARD	4.66
JOHN ROSS	4.64
JERRY BARTON	4.62
M70 RICHARD HARRISON	4.41
JOHN SCHREIBER	4.28
MONROE RATCHEFORD	4.06
M75 FREDERICK EVERHART	4.08
LESTER RUDY	3.84
CHARLES MODLIN	3.64
M80 TOM KENNEL	3.12
NILE RUSSELL	3.05
WILLIAM CANTERNA	2.87
M85 JOHN BOESENHOFER	2.50
MAX SPRINGER	2.32
CHARLES IRWIN	2.29
M90 ROBERT STEWART	2.33
FRED DICKERSON	1.99
CARL MANCUSO	1.58
M95 HAROLD HOFFMAN	0.95
MARGARET CURTIS	3.91
JANE CASTLE	3.55
KATHY LORD	3.11
W55 PHIL RASCHKER	4.61
SHARADA SARANIK	3.88
JANET BLAIR	3.80
M60 BARBARA CLEVELAND	3.70
BLANDINE TATE	3.42
KARIN RESCHKE	3.42
W65 AUDREY LARY	3.85
JOYCE TRADER	3.82
BARBARA JORDAN	3.70
W70 JANICE BIRKS	3.00
ANN MORRIS	2.93
PATRICIA LEMANSKI	2.75
W75 LEONORE MCDANIELS	3.38
JOHNNY VALIEN	2.96
FRANCES D. STYLES	2.64
M80 MARGARET HINTON	2.39
HELEN BEAUCHAMP	2.19
CARLA CONVERY	1.59
W85 MOLLY MACKOWN	2.07
MARY BOWERMASTER	1.95
VIOLA GEORGE	1.22
W90 ELEANORE PEASE	0.75
SHOT PUT	
M50 DOUGLAS ARENDELL	14.11
MICHAEL GORHAM	14.01
STEVEN ROSS	13.82
M55 HILARY GEORGE	13.88
LOARN ROBERTSON	13.85
BOB PETERS	13.55
M60 RICHARD COCHRAN	12.96
GARY WINTERS	12.88
MARK CHAPMAN	12.81
M65 GERALD VAUGHN	13.35
JAMES KOCH	11.64
CHARLES LANZA	11.22
M70 LARRY HORINE	12.42
A XANTHOPOULOS	11.99
JIM GERHARDT	11.39
M75 PHILLIP BRUSCA	10.90
GEORGE RISER	10.57
KARLIS EZERINS	9.78
M80 WILLIAM NETTLES	8.86
CHARLES PISTORINO	8.74
WALT EVICK	8.53
M85 BRUCE MCDONALD	7.61
JOHN BOESENHOFER	7.06
TERRY SCOTT	6.28
M90 ROBERT STEWART	7.11
TRENT LANE	6.41
ALLAN BJORK	4.93
M95 HAROLD HOFFMAN	4.05
M50 DIANA GUTERREZ	10.32
MARY HARTZLER	10.28
MYRLE MENSEY	9.31
W55 CONNIE STROBACH	10.42

	JAICE LATHOUWERS	9.07
	KATHY JAGER	8.81
W60	INGRID MILLER	11.81
	CHERRIE SHERRARD	9.51
	MARIANNE NEUBER	9.05
W65	EVELYN WRIGHT	8.43
	MARY ROMAN	8.39
	BARBARA HUTCHISON	7.59
W70	NORMA PRICE	7.55
	PATRICIA LEMANSKI	7.30
	JOAN GRAVES	7.21
W75	JEAN BRUBAKER	7.98
	ANN TOYA	6.25
	BARBRA MARTIN	6.18
W80	MARGARET HINTON	5.66
	H TREXLER CAMPBELL	5.63
	HELEN BEAUCHAMP	5.41
W85	MARY BOWERMASTER	5.59
	JUANITA BROOKOVER	4.74
	GENEVA GILLUS	4.53
W90	MARGARET EVANS	4.08
	DISCUS	
M50	V MARTINEZ	47.54
	MICHAEL GORHAM	43.03
	DAVID DUNNIGAN	42.94
M55	MARK LUMPKIN	45.81
	HILARY GEORGE	41.76
	HAL FISHER	40.74
M60	RICHARD COCHRAN	52.74
	LARRY PRATT	51.81
	TOM HENLEY	42.83
M65	RON ANDERSON	47.03
	BILL GRAMLEY	42.45
	LEONARD ROSEN	37.31
M70	A XANTHOPOULOS	37.64
	LARRY HORINE	36.79
	JIM GERHARDT	35.41
M75	GEORGE RISER	35.31
	PHILLIP BRUSCA	31.51
	KARLIS EZERINS	30.31
M80	WALT EVICK	25.00
	CHARLES PISTORINO	25.00
	EDWARD HILL	23.91
M85	BRUCE McDONALD	23.91
	CHAMPION GOLDY	20.91
	ROY CLARK	19.41
M90	ROBERT STEWART	17.81
	TRENT LANE	15.91
	ALLAN BJORK	13.81
W50	MARY HARTZLER	29.31
	DIANA GUTERREZ	28.51
	PATRICIA CONNELL	27.31
W55	JANICE LATHOUWERS	24.91
	CONNIE STROBACH	24.71
	SHARON RAHAM	24.41
W60	INGRID MILLER	34.21
	ANNMARIE FLYNN	23.61
	MARIANNE NEUBER	22.01
W65	MADELATNE CAZEL	22.31
	AUDREY LARY	21.81
	EVELYN WRIGHT	21.51
W70	AMY HICKS	19.11
	PATRICIA LEMANSKI	17.81
	HARRIETT CARTER	17.81

Continued from previous page

SOUTHEAST**USATF Georgia Association
Championships, Savannah St. U;
April 19-20
(Corrected Results)**

W35 Maggie Keenan 1:17.16
W45 Mary Richards 1:18.09

800m
M35 Brian Hickey 2:13.29

M40 Peter Heidbreder 2:22.27

M45 Byron Kramer 2:18.45

Don O'Quinn 2:29.34

M60 Bob Hart 2:44.56

M65 Reg Checkley 2:47.53

300mH
M60 John Sloan 1:09.00

Pentathlon
M35 Rob Lawson 2523

M40 Craig Neff 2306

**Birmingham TC Classic
Samford U.; Birmingham, AL
May 17**

50m
W45 Melody Izard 8.89

M35 Landon Jones 7.24

M45 Jeff McCullough 7.56

M50 Martin Spencer 7.08

M55 Wayne Garner 7.83

M60 Golden Bertram 6.51

Manon Harrison 7.11

M80 Tom Kennell 8.44

100m
W45 Melody Izard 17.04

W65 Audrey Lary 15.83

M30 Todd Ashley 11.79

M35 Landon Jones 11.99

Sylvester Wiley 12.49

Rob Lawson 12.88

M40 Paul Brown 11.29

Samford Stephens 12.04

Harold Pierce 12.05

M50 Billy Johnson 11.57

Bill Cheadle 12.80

Wm Hall 13.37

M55 Doug Spencer 12.91

Norman Hough 14.17

Robert Norton 14.29

M60 Marion Harrison 13.61

Golden Bertram 13.69

M70 James Stookey 14.43

M80 Tom Kennell 16.99

KC Age-Graded 100m
1 Billy Johnson 51 10.13

2 Marion Harrison 64 10.66

3 Tom Kennell 82 11.22

4 Paul Brown 40 11.24

5 James Stookey 73 11.31

6 Harold Pierce 42 11.65

7 Golden Bertram 61 11.67

200m
W65 Jeanne Daprano 36.18

M30 Todd Ashley 23.88

Reginald Percival 25.90

M35 Landon Jones 24.81

Sylvester Wiley 26.20

M40 Paul Brown 22.82

Harold Pierce 23.84

Samford Stephens 24.95

M45 James Davis 27.14

Tom Krebs 30.29

M50 Billy Johnson 23.87

Bill Cheadle 26.70

Andy Gipson 27.13

M55 Doug Spencer 26.54

Dave Shields 28.51

M60 Golden Bertram 28.70

400m
W45 Mary Richards 76.39

W65 Audrey Lary 82.58

M30 Todd Ashley 54.07

Reginald Percival 58.62

M35 Rob Lawson 57.16

M40 Paul Brown 50.64

Harold Pierce 55.98

Phil Carter 56.42

M45 Bill Murray 62.99

James Davis 64.12

M50 Bill Cheadle 58.92

M55 Ozzie Binion 61.86

Dave Shields 70.41

M60 Golden Bertram 65.12

M70 James Stookey 72.99

800m
W40 Kellie Eyre 2:36.55

W45 Mary Richards 2:57.68

W65 Jeanne Daprano 2:59.79

JoyceHodgesHite 3:44.81

M40 Kyle Rose 2:11.81

Peter Heidbreder 2:20.06

Ramzi Malek 3:01.95

M50 Dewayne Schmidt 2:22.45

M60 James Huffman 3:02.74

M70 Casey Jones 2:57.72

1500m
W40 Kellie Eyre 5:23.16

M35 Will Matthews 4:59.84

M40 Kyle Rose 4:39.89

Pete Heidbreder 4:42.73

M50 Dewayne Schmidt 4:58.73

M55 Chas Thompson 5:57.38

M65 Jim Hite 7:29.33

5000m

W65 JoyceHodgesHite 28:43.64

M45 Peter Neuberger 19:21.08

M65 Jim Hite 28:16.51

Short Hurdles
W50 Linda Lowery 14.88

W65 Evelyn Wright 19.16

M35 Rob Lawson 19.21

M45 Bill Murray 18.98

M50 Bill Cheadle 16.06

Jim Woolsey 19.69

M55 Ozzie Binion 19.10

Robert Norton 21.62

M70 James Stookey 13.02

High Jump
W50 Eleanor Gipson 4-6

Linda Lowery 4-4

W65 Evelyn Wright tWR4-2

(McDaniels/4-2/1993)

M35 Rob Lawson 5-2

M40 Marcus Shute 5-5

Craig Neff 4-10

M45 Bill Murray 5-5

M55 Norman Hough 4-9

M65 Lou Vodopya 4-4

M70 Gordon Seifert 4-7

James Stookey 4-6

Pole Vault
W65 Evelyn Wright 6-0

M40 Craig Neff 11-0

M45 Bill Murray 11-0

Jack Butler 10-0t

Tom Krebs 10-0t

M50 Lyndell Farmer 11-6

M65 Hugh Manning 7-0

M70 Gordon Seifert 8-6

Long Jump
M35 Rob Lawson 17-6

M40 Craig Neff 17-2

Marcus Shute 14-11

M45 Bill Murray 16-10

Tom Krebs 15-3

M50 William Hall 16-11

M55 Robert Norton 14-1.25

Norman Hough 12-6.75

M70 James Stookey 14-1

Gordon Seifert 11-8

M80 Tom Kennell nma

Triple Jump
W50 Linda Lowery 30-10

W65 Audrey Lary 26-2.25

Evelyn Wright 24-9.75

Shot Put
W50 Sheryl Norton 5.74

W65 Evelyn Wright 8.28

Audrey Lary 7.79

M35 Rob Lawson 9.78

M40 Matt Gubenski 11.65

M45 Bill Murray 10.98

Frank Broadus 9.49

M55 Norman Hough 11.86

Robert Norton 8.66

M60 James Turner 9.49

M65 Lou Vodopya 9.68

M70 Pay Carstensen 10.38

Gordon Seifert 9.60

Discus
W50 Sheryl Norton 42-5

W65 Lary Audrey 67-2

Evelyn Wright 65-3

M35 Rob Lawson 95-6

M40 Matt Gubenski 116-8

Craig Neff 88-5

M45 Frank Broadus 85-7

M55 Norman Hough 115-6

Robert Norton 82-1

M60 Larry Pratt 179-7

Swayne McCauley 146-0

James Turner 101-7

M65 Lou Vodopya 104-1

M70 Gordon Seifert 92-8

M80 Tom Kennell 76-1

Hammer
M45 Frank Broadus 37.85

M70 Pay Carstensen 41.08

Javelin
W30 Wendy Newman 134-2

W50 Sheryl Norton 49-3

W60 BreEricksonHough 62-2

W65 Evelyn Wright 74-6

M35 Rob Lawson 142-9

M45 Joe Bowker 154-11

M55 Norman Hough 137-7

Robert Norton 86-2

M60 James Turner 107-0

M70 Gordon Seifert 90-1

Miini-Decathlon
(score best 5 events)
Jim Stookey 73 4364

Gordon Seifert 74 3643

Bill Murray 49 3132

Norman Hough 55 3034

Rob Lawson 39 2624

Robert Norton 57 2493

Craig Neff 43 2447

Tom Kennell 82 2046

Odessa Lions Meet
Odessa, TX; May 17

100m
W50 Oneala O'Briant 15.84

W55 Laurie Barton 16.36

W60 Sylvia BrooksSmith 18.11

M35 Randy Unruh 13.07

Doyle Mitchell 13.95

M50 Sergio Angulo 13.05

Richard Riddle 13.28

M55 Bill Lewis 13.67

Pepper Martin 17.39

M60 Paul Johnson 13.45

605 Wayne Bennett 13.75

Bill Biddy 16.64

M70 Jerry Donley 17.68

M80 J E Alexander 17.73

200m
W30 Kathy Wilde 27.89

Yvette Cordova 31.85

W50 Oneala O'Briant 32.54

W55 Laurie Barton 33.60

W60 Sylvia BrooksSmith 39.38

M35 Doyle Mitchell 28.51

M50 Richard Riddle 26.59

M65 Wayne Bennett 27.17

Bill Biddy 36.04

400m
W30 Kathy Wilde 68.35

M55 Bill Lewis 59.44

M60 Paul Johnson 61.76

Pete Clarke 65.40

800m
M40 David Jackson 2:41.29

M45 Ricky Santiago 2:34.69

1500m
M30 Cedric Dolphos 4:40.74

M40 David Jackson 6:03.01

3000m
W30 Yvette Cordova 14:26.55

W65 Arlyne Ragan 21:19.48

M30 Cedric Dolphos 10:33.53

M40 Michael Neiman 11:10.09

David Jackson 11:34.40

Mark Snyder 11:50.62

Short Hurdles
W30 Kathy Wilde 16.16

M50 Sergio Angulo 16.41

Long Hurdles
M50 Sergio Angulo 66.56

High Jump
W55 Laurie Barton 4-3

M35 Randy Unruh 5-0

M50 John Barton 4-6

M60 Charles Good 4-3

M70 Val Smith 3-10

Pole Vault
M40 Richard Barrett 13-6

M70 Jerry Donley 8-6

Long Jump
W55 Laurie Barton 3.30

M35 Randy Unruh 4.96

M50 Sergio Angulo 4.68

John Barton 3.95

Triple Jump
M35 Randy Unruh 9.99

M50 Sergio Angulo 9.71

Shot Put
W30 Kathy Wilde 36-0.75

W50 Oneala O'Briant 30-6.5

M45 Steve Partridge 48-7

M50 Roger Conboy 40-8

M60 Charles Good 35-8

Continued from previous page

M40 Rod Meeker	60.82
M40 Frank Makozy	58.17
Lawrence Finley	60.84
Steve Rich	66.01
M45 Walter Hawkins	59.04
Bob Thomas	59.74
M50 Kenneth Javor	65.01
Bernie Glisic	68.61
M55 Jeff Gerson	71.61
W35 Debbie Thomas	65.01

800m	
M35 Rod Meeker	2:30.00
M40 Phillip Pillin	2:42.00
Anthony Boerio	2:53.00
M45 Bob Thomas	2:15.00
Walter Hawkins	2:25.00
M55 Jeff Gerson	2:47.00
W35 Richee Cunningham	2:57.00
W40 Tina Hunsinger	2:45.00

1500m	
M40 Phillip Pillin	5:23.67
Walter Thien	5:30.83
W35 Richee Cunningham	6:23.92
W40 Tina Hunsinger	5:52.49
Joanne Siegel	6:00.85

3000m	
M40 Joanne Siegel	12:42.70

High Jump	
M40 Frank Makozy	4-8
Steve Rich	4-8
W30 Willetta Taylor	4-0

Pole Vault	
M70 Chuck Wiedman	7-6
Ev Poe	6-2

Long Jump	
M40 William Brown	12-7.75
M60 Grover Coats	13-0.75
W30 Willetta Taylor	13-1

Shot Put	
M30 Al Lechler	48-4
M40 Steve Rich	31-8
William Brown	27-5.5

Discus	
M30 Al Lechler	129-8
M40 Steve Rich	92-9
M60 Abe Sheinker	81-5
M70 Ev Poe	62-0
M100 Everett Hosack	25-0

Javelin	
M40 Frank Makozy	119-2
Anthony Boerio	71-1
M55 Jeff Gerson	98-2
M100 Everett Hosack	WR24-9

(Whittemore/21-11 5/2000)	
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3000K Racewalk	
W35 Richee Cunningham	21:31.37
W50 Joyce Prohaska	18:53.03

SOUTHWEST**El Paso Senior Games**
El Paso, TX; May 3

50m	
M50 BYRON JOHNSON	7.7
M55 RUDY ALVAREZ	7.3
M55 OSCAR GOMEZ	7.3
M60 JOHN MYLIUS	7.4
M75 ANDY ANDERSON	7.9
M85 NICK AGUILAR	16.5
M50 LYNN STEWART	8.5
M55 LAURIE BARTON	9.6
M60 MARY MORRISON	12.8
W70 DOROTHY GROSS	13.1

100m	
M50 BYRON JOHNSON	15.3
M55 OSCAR GOMEZ	13.8
M60 JOHN MYLIUS	14.1
M65 JIM LEGGITT	13.4
M75 ANDY ANDERSON	14.8
M85 NICK AGUILAR	31.3
M50 LYNN STEWART	17.0
M55 LAURIE BARTON	16.3
M60 MARY MORRISON	23.5
W70 DOROTHY GROSS	27.5

200m	
M50 LARRY BRUNT	32.4
M55 RUDY ALVAREZ	32.4
M60 JOHN MYLIUS	32.6
M65 JIM LEGGITT	28.0
M75 ANDY ANDERSON	32.2
M50 LYNN STEWART	35.9
M55 LAURIE BARTON	33.6

400m	
M50 BYRON JOHNSON	79.0
M55 RUDY ALVAREZ	73.0
M60 JOHN MYLIUS	85.0
M65 JIM LEGGITT	69.0
M75 LEO VASQUEZ	121.0
W50 CLOTILDE ARROYO	90.0

800m	
M50 BYRON JOHNSON	2:50
M55 RUDY ALVAREZ	2:31
M60 JOHN MYLIUS	3:13
M70 DON NAVRKAL	3:58

1500m	
M50 BYRON JOHNSON	6:20
M55 FLIP LYLE	8:34
M60 JOHN MYLIUS	6:52
M70 DON NAVRKAL	7:59
W80 BETTY BARRIE	13:04

4x100m RELAY	
50-54 GARY YOUNG	63.0
OSCAR GOMEZ	
LARRY BRUNT	
LAURIE BARTON	

High Jump	
M50 JOHN BARTON	4'8"
M55 RICHARD ECKERT	3'4"
M60 HERB MILLER	4'5"

M65 ARMAND ZAHN	4'5"
M70 JIM POWELL	4'4"
M70 BILL BARTON	3'8"
W55 LAURIE BARTON	4'2"
LONG JUMP	
M50 LARRY BRUNT	13'2"
M55 FLIP LYLE	9'5"
M60 JOHN MYLIUS	13'1"
M65 JIM LEGGITT	13'4"
M70 CARLOS CORELLA	8'8"
M75 BILL BARTON	8'11"
W50 CLOTILDE ARROYO	11'10"
W55 LAURIE BARTON	11'10"
W70 DOROTHY GROSS	7'1"
W75 LUPE CARRASCO	3'9 1/2"

JAVELIN	
M55 GORDON WOFFORD	63'2"
M60 BUFE MORRISON	110'3"
M65 JIM LEGGITT	97'0"
M70 CARLOS CORELLA	64'9"
M75 ART BRANDT	92'10"
M85 NICK AGUILAR	37'11"
W50 GAY MYLIUS	76'0"
W55 LAURIE BARTON	54'8"
W60 WANDA FISHER	32'9"
W70 BARBARA BRANDT	69'2"
W75 LUPE CARRASCO	38'5"

DISCUS	
M55 GORDON WOFFORD	71'7"
M60 HERB MILLER	134'8 1/2"
M65 JIM LEGGITT	110'3"
M70 CARLOS CORELLA	67'10 1/2"
M75 ART BRANDT	99'4"
M85 NICK AGUILAR	36'8"
W50 GAY MYLIUS	74'2"
W60 MARY MORRISON	40'4"
W70 BARBARA BRANDT	57'9"
W75 LUPE CARRASCO	38'0"

SHOT	
M55 GORDON WOFFORD	28'0"
M60 HERB MILLER	34'6"
M65 ARMAND ZAHN	38'4 1/2"
M70 CARLOS CORELLA	28'5"
M85 NICK AGUILAR	20'11 1/2"
W55 LAURIE BARTON	23'7"
W60 WANDA FISHER	14'1 1/2"
W70 DOROTHY GROSS	20'2 1/2"
W75 LUPE CARRASCO	16'5"

RACEWALK	
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1500m	
M55 RICHARD ECKERT	10.05
M60 J.C. SANFORD	9.47
M65 BEN ARRIOLA	11.46
M70 RAY ORTEGA	13.35
M85 NICK AGUILAR	16.56
W60 MARY MORRISON	11.16
W65 TAKEKO LINDER	14.17
W70 EVELYN HUNT	12.22
W80 BETTY BARRIE	13.09

5K	
M55 RICHARD ECKERT	36.18
M60 J.C. SANFORD	35.20
M65 BEN ARRIOLA	42.49
M70 MARY MORRISON	39.04
W70 EVELYN HUNT	44.00
W80 BETTY BARRIE	46.11

5K RUN	
M50 BYRON JOHNSON	22.26
M55 RUDY ALVAREZ	21.48
M60 JOHN MYLIUS	23.44
M65 JOSE TORRES	26.35
M70 PAUL HERNANDEZ	27.28
W50 ANITA ROCKETT	27.26
W60 MARY MORRISON	34.56
W65 SHIRLEY HERNANDEZ	33.46
W80 BETTY BARRIE	44.30

10K RUN	
M50 BYRON JOHNSON	47.00
M55 RUDY ALVAREZ	44.45
M60 JOHN MYLIUS	47.58
M65 JOSE TORRES	53.30
M70 DON NAVRKAL	59.37
W50 ANITA ROCKETT	56.04

Gulf Coast Meet	
Rice U., TX;	
May 24	

100m	
M35 Chuck Green	12.09
Alan Sims	12.45
M40 Kerry Sloan	11.95
M50 Jim Saunders	14.44
M55 John Hartfield	12.74
W30 Carol Aitels	12.95
Shay Emerick	15.95

200m	
M30 Shay Emerick	31.74
M35 Chuck Green	24.3h
M40 Kerry Sloan	24.35
M50 Horace Grant	25.50
Larry Donhower	26.64
M65 Mack Stewart	28.19
Bob Cozens	29.29

400m	
M50 Bill Collins	54.96
Richard Lovell	63.78
M60 Horace Clark	56.91
Pete Clark	62.85
M65 Mack Stewart	62.24
Bob Cozens	68.17

800m	
M30 Carlo Deason	2:07.70
M35 Sean Wade	2:04.84
M40 Russ Henderson	2:40.13
M45 Jim Lattner	2:21.34
M50 Al Denbleyker	2:23.52
Stephen Smith	2:27.16
M65 Mack Stewart	AR2 24.78
(Finger/25 3/1980)	
W30 Kyra Jorgenson	2:17.35
W35 E Young	2:22.24

Short Hurdles	
M40 Kerry Sloan	16.78

Long Hurdles	
M30 Winston Chambers	53.40
M35 Steve Gittens	54.48
M40 Kerry Sloan	59.10

WEST**So. Calif. Striders**
Meet of Champions
Long Beach CA; May 10

100m	
M35 Robert Spence	11.0
Anthony Smith	12.6
M40 Cornell Stephenson	11.1
Michael Sullivan	11.4
Eric Dixon	11.6
M45 Dray Hargrove	11.6
Vincent Calloway	11.8
Steve Cummings	12.3
M50 Robert Richardson	12.4
Steve Kloch	12.7
John Tomaschke	13.1
M55 Harold Tolson	12.6
Willie Robertson	13.8
Dan Girling	14.6
M60 Tony Craddock	13.5
Avital Schurr	13.9
Bill Knocke	14.0
M65 Milton Newton	13.5
Roger Tsuda	13.8
Maynard Morris	14.3
M70 Sam Flory	14.4
Vincent Salce	15.4
Frank Kishi	15.7
M75 Paul Evans	17.1
Joseph Welch	20.4
M80 Tom Pico	19.0
M85 Al Guidet	19.2
M90 Bert Morrow	21.9
Pete Allen	22.7
W35 Colleen Barney	12.9
Tammy Nolen-Mack	14.2
W40 Beverly Jephcott	13.2
Elaine Iba	13.9
W45 Michelle Freeman	14.2
Debbie Selby	16.1
Karen Vaughn	16.3
W50 Brenda Matthews	14.2
Jeanne Bowman	16.0
W55 Lynn Naftel	14.9
W60 Kathy Bergen	14.6
W70 Magdalena Kuchne	17.8
Sumi Onodera-Leonard	18.5

200m	
M35 Anthony Smith	25.7
M40 Cornell Stephenson	22.5
Kettrell Berry	22.8
Michael Sullivan	23.2
M45 Dray Hargrove	24.0
Steve Cummings	24.8
Ken Stone	28.2
M50 Robert Richardson	25.1
Steve Kloch	25.6
Herman Castille	25.9
M55 Matt Pruitt	25.3
Harold Tolson	26.2
Willie Robertson	28.5
M60 Tony Craddock	28.4
Avital Schurr	45.9
M65 Milton Newton	28.6
Roger Tsuda	28.9
Maynard Morris	30.0
M70 Sam Flory	30.0
Jim Selby	33.4
Frank Kishi	33.9
M75 Rodney Brown	30.8
Louis Beadle	32.1
M80 Tom Pico	42.6
M90 Pete Allen	51.3
Bert Morrow	52.2
W35 Colleen Barney	26.3
Tammy Nolen-Mack	31.1
W40 Beverly Jephcott	27.2
Caren Ware	32.5
W45 Debbie Selby	36.0
W50 Tina Bowman	29.0
Brenda Matthews	29.4
W55 Lynn Naftel	30.0
W70 Magdalena Kuchne	39.2
Sumi Onodera-Leonard	40.7

400m	
M35 Tim Hickok	56.8
M40 Kettrell Berry	51.2
Dave DiMatta	55.6
M45 Dray Hargrove	55.2
Steve Cummings	56.4
Steve Wolf	58.4
M50 Herman Castille	58.1
Steve Kloch	1:01.4
Ernie Snodgrass	1:08.0
M55 Matt Pruitt	58.2
M70 Jim Selby	1:15.5
M76 Rodney Brown	1:12.1
Al Escabosa	1:19.4
Louis Beadle	1:29.1
W40 Beverly Jephcott	1:02.6
W55 Lynn Naftel	1:13.0
W70 Sumi Onodera-Leonard	1:43.4

800m	
M40 Joe Gilboy	2:21.9
M45 Steve Wolf	2:06.5
Danny Goldman	2:13.4
Jim Hershberger	2:15.6
M45 Steve Terrill	2:05.7
M50 Wayne Douglas	2:28.5
Rick Muth	2:39.4

M70 Jim Selby	3:01.8
Bob Holmes	3:26.3
Ray Archibald	3:42.8
M75 Harold Willis	3:55.1

1500m	
M30 Robert Davis	4:28.4
M35 Brian Gore	4:36.3
M40 Mark Cleary	4:37.6
M45 Gregory Lash	5:08.6
M70 Jim Selby	6:18.9
Ray Archibald	7:32.9
W45 Debbie Barraza-Lee	5:35.5

3000m	
M30 Sven Haug	9:25.5
M40 Mark Cleary	10:12.2
M55 Michael Blakeman	15:38.7
M65 Dale Headley	13:21.3
W40 Caren Ware	12:41.7
W45 Debbie Barraza-Lee	12:10.0
Lana Henricks	14:46.8

80m Hurdles	
M90 Bert Morrow	23.9
W45 Elizabeth Mondoy	15.9
W50 Tina Bowman	14.1
Lynn Naftel	15.8

100m Hurdles	
M60 Theo Viltz	15.7
Bill Knocke	17.9

110m Hurdles	
M35 Robert Spence	15.3
M45 Jeff Davison	21.7

300m Hurdles	
M60 Terry Rowan	51.6
M70 Al Sheahan	59.6
W50 Tina Bowman	51.9
W55 Lynn Naftel	56.4

400m Hurdles	
M35 Robert Spence	1:00.9
W45 Elizabeth Mondoy	1:28.7

High Jump	
M35 Ron Lee	1.95
M45 Keith Nelson	1.80
M55 James Goodreau	1.65
Charlie Rader	1.60
Roberto Pozzi	1.60
M60 Davie Perry	1.45
M65 Bert Bergen	1.40
Milton Newton	1.35
John Steinman	1.30
W40 Elaine Iba	1.35
W45 Karen Vaughn	1.30
W55 Annelies Steekelenburg	1.35
W60 Kathy Bergen	1.30

Long Jump	
M30 Jerome Price	6.78
M35 Robert Spence	5.72
M40 Lovell Davenport	5.75
M50 John Kuechle	5.36
M55 Carl Flowers	4.90
M60 Terry Rowan	4.19
M65 Roger Tsuda	4.64
M70 Vincent Salce	3.85
M80 Tom Pico	2.88
W40 Elaine Iba	4.53
W45 Elizabeth Mondoy	3.68
W50 Brenda Matthews	4.19
W60 Magdalena Kuchne	3.00

Roberto Pozzi	1.60
M60 Davie Perry	1.45
M65 Bert Bergen	1.40

Continued from previous page

**Hawaii Masters TC
Weight Pentathlon
Honolulu; May 11**

HT/SP/DT/JT/WT	
Jack Karbens 61	3155
32 29/10.02/36.26/28.82/13.33	
Lee Thomas 70	2807
23 11/10.58/27.47/25.17/8.22	
Eric Roth 44	2738
39 83/10.39/33.67/35.70/12.64	
Robert Molyneux 65	2712
21 98/8.47/30.93/25.19/9.28	
Vince Costello 50	1641
--10.97/29.68/36.55/11.23	
Lionel Low 63	1235
12 76/6.46/21.38/9.47/5.82	
Brenda Abdiou 62	1997
17 42/5.70/18.77/12.34/5.33	
56# Superweight	
J Karbens 61	6.03
R Molyneux 65	3.35
L Low 63	2.57

**Rocky Mountain Qualifier
Albuquerque, NM; May 24-25**

100m	
M40 Darrell Turnipseed	12.57
Tony Gonzales	13.25
M45 Herb Behm	13.42
M65 Ron Kirkpatrick	13.83
M70 Will Robinson	15.24
200m	
M40 Tony Gonzales	26.7
M45 Mike Pannell	25.4
Paul Gooris	29.5
M65 Ron Kirkpatrick	27.4
400m	
M40 David Hampton	61.43
M45 Mike Pannell	56.45
800m	
M50 David Salazar	2:08.8
M45 Karen Blackmore	3:24.7
1500m	
M40 George Rivera	5:26.4
M45 Paul Gooris	5:20.8
Steve Nunley	6:28.2
M50 David Salazar	4:32.5
3000m	
M45 Steve Nunley	14:56.1
5000m	
M40 Ted Romero	17:54.3
100mH	
M50 Gene Iwen	17.60
400mH	
M45 Mike Pannell	68.7
M50 Gene Iwen	66.5
300mH	
M65 Ron Kirkpatrick	49.9
M70 Will Robinson	57.2
Long Jump	
M40 David Hampton	3.97
M45 Paul Gooris	3.82
M50 Gene Iwen	4.84
Pole Vault	
M40 George Barber	4.57
M45 Dan Ashcraft	3.50
M50 Brad Winter	3.96
Shot Put	
M55 Paul Economides	13.87
M65 James Koch	12.62
Discus	
M40 David Hampton	20.36
M45 Lisa Hampton	9.94
Hammer	
M70 Judy Fetherston	22.88
Javelin	
M40 Darrell Turnipseed	30.55
David Hampton	28.32
M50 Pat Fort	27.89
M80 Hugh Hackett	20.45
M50 Cheryl Haaker	11.72

**Mark Grubi Memorial Meet
Edwards Field, Berkeley, CA;
May 25**

100m	
M40 Joy Margerum	13.19
Mary Miller	15.02
Detric Thompson	15.46
Hillary Loeb	15.84
M45 Carol Ruth	16.47
M50 Sharlet Gilbert	16.65
M55 Ardienne Tucker	16.96
MaryLou Cramer	17.08
M30 Brian Coleman	13.57
M35 Rod Lewis	11.20
Durrell Turnage	11.62
Darren Coleman	12.36
David Villalobos	13.70
M40 Tom Baker	11.81
Alan Tucker	12.06
M45 Martin Krullee	11.90
Hubert Evans	12.33
Michael Cook	12.71
Rich Novelli	12.91
Ronald Walter	12.95
M50 Donn Imre	12.49
M55 Chris Horsley	14.7h
M60 Bob Callori	16.39
M65 Gary Sims	13.53
Robert Fuller	15.10
M70 Marion Sanchez	14.72
Don Cheek	15.18
M75 Lee Conway	18.26
M80 Frank Toner	19.04
200m	
M40 Joy Margerum	27.03
Hillary Loeb	33.6h

M45 Valerie St James	31.63
M50 Sharlet Gilbert	33.53
M35 Andre Ammons	21.01
M40 Tommy Baker	23.58
Alan Tucker	23.81
M45 Martin Krullee	24.55
Hubert Evans	24.67
Michael Cook	25.34
M50 Roger Parnell	27.19
M55 Matt Pruitt	25.39
Chris Lawn	29.34
M60 Martyn Adamson	28.60
M65 Gary Sims	27.36
Robert Fuller	31.01
M70 Don Cheek	29.91
Marion Sanchez	30.91

400m	
M45 Valerie St James	70.86
M50 Sharlet Gilbert	76.78
M65 Vicki Bigelow	87.79
M35 Curtis Moore	51.81
Drew Monaghan	56.54
M45 Ron Walter	58.86
M50 Rick Kantola	56.38
Parker White	61.66
Lewis Pannell	65.02
M55 Matt Pruitt	55.86
Chris Lawn	66.26
M60 Martyn Adamson	68.63
Dennis Duffy	63.81
Jim Evans	73.00
M65 Robert Fuller	71.84

800m	
M40 Mary Woo	2:48.7
M50 Sharlet Gilbert	2:56.7
M65 Vicki Bigelow	3:12.3
M30 Matt Bogdanowicz	2:03.5
M35 Scott Bang	2:11.4
M40 Dave Lucas	2:08.3
Tony Jager	2:13.7
M45 Bruce La Belle	2:17.8
Kevin Howard	2:28.0
M50 Parker White	nta
M55 Tom Bennett	3:10.5
M60 Jim Evan	2:45.0
M65 Jeremy Lys	2:43.6
Pete Richardson	2:44.7

1500m	
M50 Sharlet Gilbert	5:51.50
Mary Woo	5:55.80
M35 Scott Bang	4:39.70
M45 Bruce La Belle	4:54.90
M55 Searcy Barnett	5:19.80
M65 Jeremy Lys	5:50.70
5000m	
M40 Suzanne Cordes	19:06.5
Desiree Love	23:59.6
M50 Sharlet Gilbert	21:23.8
M65 Barbara Robben	29:25.9
M50 Steve Sidney	18:54.3

Short Hurdles	
M40 Joy Margerum	12.50
Bliss Grant	13.63
Angela Paradise	14.77
M35 John Johnson	15.43
Drew Monaghan	nta
Eugene Swift	nta
M40 Malcolm Dixon	15.97
Brian Conley	16.79
M45 Greg Hodson	25.61
M50 Roger Parnell	17.79
Ed Baskauskas	19.26
M55 Chris Horsley	20.40
M70 Marion Sanchez	16.15
Long Hurdles	
M40 Angela Paradise	79.96
M30 Robert Price	52.01
M35 Larry Birde	60.75

4x100m Women's Relay	
(no ages given)	
Hot Feet	58.5
Lady Sprinters	59.7
Open Picks	60.3

High Jump	
M60 Cherrie Sherrard	2-11
Lucille Ligon	2-11
M35 David Villalobos	4-8
M45 Ron Nussle	6-0
M50 Ed Baskauskas	5-0
M55 Gary Wuest	4-4
M60 John Burns	5-0
M65 Jack Parker	4-2
Ken Tronstad	3-8
M70 Marion Sanchez	4-6
Charles Bispala	3-2
M75 Jerry Silsdorf	3-4
Pole Vault	
M40 Paul Sinatra	4.60
M45 Bob Olsen	4.10
Brad Smith	3.65
John Kwan	3.20
M50 Eddie Seese	3.05
M55 Roger Werne	3.20
Gary Wuest	2.75
Dennis Stempel	2.60

Long Jump	
M55 Lorraine Tucker	3.51
M40 Peter Chen	5.97
Alan Eggman	5.68
M45 Greg Hodson	3.88
M50 Roger Parnell	5.53
Roger Trujillo	5.03
M55 James Manor	5.04
M60 Richard Imperiale	4.28

Triple Jump	
M50 Roger Trujillo	11.11
Shot Put	
M50 Kathy Noble	21-7.75
M60 Cherrie Sherrard	29-7
Lucille Ligon	27-2
M30 Richard Harrison	18.29m

M35 Mike Curry	38-8.5
Curtis Moore	36-11.75
David Dibley	29-2
M40 Allen Eggman	32-4
M45 Michael Venning	33-9.5
Rick Thomas	25-3.25
M50 Gary Schmidt	38-10.5
M55 Gary Wuest	35-5
M60 Richard Noble	36-11.75
Bob Callori	20-6.5
M65 Ken Tronstad	36-1
Robert Jordan	35-2.25
Jack Parker	33-2.25
Billy Parker	21-2.25
M70 Stew Thomson	38-1
Thomas Harney	23-1.5
M75 Eric Petersen	27-7.5
Jerry Silsdorf	21-11

Discus	
M60 Cherrie Sherrard	66-4
Lucille Ligon	56-10
M35 Mike Curry	97-3
M45 Mike Venning	94-5
M50 Gary Schmidt	118-2
M55 Lad Pataki	158-10
John Price	126-2
Searcy Barnett	71-3
M60 Ron Mickle	164-8
John Burns	125-5
M65 Ken Tronstad	120-0
Robert Jordan	107-0
M70 Stew Thomson	132-8
Charles Bispala	80-9
Joseph Keever	71-7
Thomas Harney	67-6
M75 Eric Petersen	74-4
Jerry Silsdorf	55-10
M80 Alden Bryant	56-4

Hammer	
M35 Matt Cavender	47.04
Mike Curry	39.58
David Dibley	24.53
M45 Mike Venning	45.58
M70 Stew Thomson	43.40

Javelin	
M45 Marlene Berro	77-5
M55 Lorraine Tucker	71-1
M30 Ray Lauderdale	156-10
M35 Mike Curry	108-0
M45 Robert Myers	161-2
John Hansen	158-3
M50 Bob Powers	176-7
Ed Baskauskas	113-8
Gary Schmidt	111-2
M55 Gary Wuest	116-7
Searcy Barnett	80-11
M60 John Burns	156-2
M65 Ken Tronstad	108-5
M70 Charles Bispala	72-1
Thomas Harney	52-10

**Dan Aldrich Memorial Meet
UC Irvine; May 25**

100m	
M30 T Gamda	10.81
W Holland	12.38
M35 K Coffee	11.50
R Holmes	11.62
R Spence	12.13
M40 C Stephenson	11.38
W Gault	11.58
E Dixon	11.71
J Chinn	11.79
M45 S Cummings	12.49
R Stover	12.63
A Hecker	13.96
M50 T Wilson	12.28
E Snodgrass	13.43
G Wong	13.84
R Watson	15.59
M55 W Roberson	14.20
R Findlay	14.92
R Muranaka	15.18
M60 D Smith	13.32
M65 R Tsuda	14.04
M70 S Flory	14.75
F Kishi	15.94
J Selby	16.41
M35 C Barney	13.11
M40 V Amarasekara	13.25
B Jephcott	13.81
E Iba	13.96
M45 M Freeman	14.87
D Selby	17.09
M50 J Bowman	15.87
M60 K Bergen	14.65
M70 M Kuehne	18.99

200m	
M40 M Sullivan	23.39
E Dixon	23.61
J Chinn	23.68
R Hicks	24.04
M45 S Cummings	24.98
F Kolkhorst	24.98
R Duncanson	25.36
A Hecker	29.55
M50 S Knoch	25.73
H Castille	26.00
J Tomaschke	26.85
E Snodgrass	28.26
M55 L Fitzgerald	27.85
W Roberson	29.18
M60 P Gilbert	32.80
M65 R Tsuda	30.04
M70 J Selby	34.83
F Kishi	34.93
M35 C Barney	26.64
M40 B Jephcott	28.35
E Iba	30.14
M45 D Selby	37.45
M50 J Bowman	33.14
M70 M Kuehne	40.96

400m	
M35 S Caproni	60.50
M40 K Berry	50.87
M Sullivan	51.30
M45 S Cummings	55.82
R Duncanson	56.61
R Berrios	62.10
K Stone	67.43
M55 H Castille	58.37
S Knoch	59.35
E Snodgrass	61.29
J Tomaschke	61.60
M70 J Selby	75.49
M75 L Beadle	74.94
M35 C Look Jaeger	59.79
M40 B Jephcott	62.26
M45 D Selby	87.52
M50 J Bowman	77.24

800m	
M35 B Crouch	2:07.41
L Gessler	2:10.97
M40 A Roman	1:59.32
T Reyes	2:00.97
K McCarthy	2:10.71
M45 D Goldman	2:14.30
M55 L Fitzgerald	2:23.45
W Douglas	2:27.56
M70 J Selby	3:03.12
M75 B Holmes	3:20.61
M45 P Contreras	2:41.04
D Barraza Leet	2:41.92

Mile	
M35 T Hickok	5:09.92
M40 A Roman	4:26.51
R Garibaldi	4:30.64
K McCarthy	4:54.18
M Cleary	4:55.94
M45 D Cook	4:58.44
M50 G Shapiro	5:14.36
M55 R Salupo	5:15.91
M45 D Barraza Lee	5:49.91
P Contreras	5:50.18
Y Lui	5:50.97

5000m	
M65 D Headley	22:13.72
M40 C Ware	21:36.53

Short Hurdles	
M35 R Holmes	15.04
R Spence	15.16
M40 W Gault	15.63
M45 M Merigan	20.09
J Davidson	22.11
M50 T Wilson	15.69
M60 B Knocke	17.86
M40 V Amarasekara	13.11
M45 E Mondoy	17.01
Long Hurdles	
M50 T Wilson	68.97
M60 B Knocke	56.61
M70 A Sheahan	61.10

Steeplechase	
M40 J Marquez	11:45.82
M65 G McClenatren	9:45.33

4x100m Relay	
M40 So Cal TC	43.58

High Jump	
M35 R Lee	6-4
M40 T Vanzandt	6-6
M Sullivan	5-4
D Berle	5-1
M50 R Watson	4-6
M55 C Rader	5-6
R Pozzi	5-2.25
M60 D Perry	4-9.75
M65 B Bergen	4-4
H Smith	4-2
R Fitzhugh	3-10
M75 D Roser	3-6
W30 L Riech	5-8
L Martin	4-7.75
M40 E Iba	4-4
M45 K Vaughn	4-4
M55 A Steekelenburg	4-4
M60 K Bergen	4-4

Pole Vault	
M35 B Morris	15-6
M40 D Berle	14-0
G Charles	12-6
M45 B Halverson	15-0
M Hogan	13-0
M Mead	12-6
M Ramoska	10-6
M50 S Morris	12-0
R Watson	7-6
M55 W Lambert	12-6
M65 T Cannon	11-0
C Miller	9-0
R Fitzhugh	8-0
H Smith	7-0
M70 B Holmes	7-0

Long Jump	
M45 R Duncanson	17-0.75
M55 C Flowers	17-2
M65 R Tsuda	15-10
M40 V Amarasekara	17-2
E Iba	15-0.75
C Ware	13-7.5
M45 E Mondoy	11-11
K Vaughn	11-0.25
M70 M Kuehne	8-11

Continued from previous page

M50 Tim Muller	44.96
Richard Watson	36.69
M55 Bob Colby	26.35
M65 Phillip Shipp	42.10
M70 Dave Douglass	31.42
W60 Elke Davis	15.00
Hammer	
M40 Jeff Crothers	37.82
M50 Richard Watson	38.10
M60 Bob Osterhoudt	43.63
M70 Dave Douglass	36.52
W60 Elke Davis	18.41
Javelin	
M40 Dave de Weese	48.54
Ron Stilwell	47.65
M45 Jim Lothrop	49.11
Alvin Rollier	34.23
M50 Richard Watson	47.89
Tim Colby	46.63
M55 Bob Colby	32.24
M65 Phillip Shipp	38.03
W60 Elke Davis	12.63
3000m RW	
M50 Steve Call	16:24.51
William Jefferson	24:46.80

New Mexico Games Albuquerque, NM; June 7

100M		
M40 Tony Gonzales	13.3	
M45 Mike Pannell	12.6	
Herb Behm	13.4	
M55 Charles Fuller	14.9	
M65 Ron Fitzpatrick	13.9	
M70 Andy Anderson	15.7	
Chet Warwick	20.2	
W45 Lisa Hampton	18.2	
W50 Rose Wasilewski	17.1	
W55 Jane Fuller	20.6	
W60 Kathy Bergen	14.7	
W70 Joan Blair	26.2	
200M		
M40 Tony Gonzales	26.6	
M55 Charles Fuller	31.9	
M65 Ron Kirkpatrick	28.0	
Bob Baker	38.0	
M70 Andy Anderson	33.8	
W45 Lisa Hampton	40.7	
W55 Jane Fuller	47.1	
W70 Joan Blair	1:03.8	
400M		
M35 Walter Cole	54.3	
M45 Mike Pannell	55.9	
M50 David Salazar	56.2	
Jim Fallon	59.2	
Steve Nunley	1:12.3	
M65 Ron Kirkpatrick	1:02.3	
M70 Chet Warwick	1:49.1	
W45 Karen Blackmore	1:23.4	
W70 Joan Blair	2:37.3	
800M		
M45 Paul Fragua	2:09.9	
M50 David Salazar	2:15.4	
Jim Fallon	2:20.5	
M60 Tom Windes	3:00.6	
M65 Bob Baker	3:27.8	
W45 Karen Blackmore	3:28.0	
1500M		
M50 David Salazar	4:34.1	
Steve Nunley	6:21.2	
3000M		
M30 Loren Serna	12:23.4	
M45 Donald Gleason	12:41.8	
M60 Tom Windes	15:27.2	
5000M		
M45 Paul DeRego	21:03.1	
Galen Martinez	21:04.3	
1500M RW		
M70 Ryszard Nawrocki	11:16.9	
W40 Teresa Aragon	7:54.8	
W65 Marjorie Larragoite	10:09.7	
W70 Joan Blair	13:35.8	
4X100M RELAY		
M40 Thermo Nuclear Track	49.9	
(Csanadi, Hampton, Gonzales, Pannell)		
4X400M RELAY		
M40 Thermo Nuclear Track	3:55.7	
(Csanadi, Hampton, Gonzales, Pannell)		
HIGH JUMP		
M30 Jon Thompson	1.58	
M35 Rick Romero	1.58	
M40 Tom Csanadi	1.58	
M65 Bert Bergen	1.37	
Bob Baker	1.27	
W40 Trish Porter	WR1.73	
(Brill & Karg/1.72)		
W60 Kathy Bergen	1.32	
POLE VAULT		
M35 Scott Steffian	3.96	
M40 George Barber	4.42	
M45 Dan Ashcraft	3.50	
Galen Martinez	2.74	
M50 Brad Winter	3.66	
LONG JUMP		
M40 David Hampton	4.42	
M50 David Salazar	5.04	
M70 Chet Warwick	2.50	
W50 Rose Wasilewski	2.81	
SHOT PUT		
M35 Alex Mikaelian	10.20	
M45 Ruben Cervantes	9.69	
Herb Behm	8.68	
M55 Paul Economides	14.41	
M65 James Koch	13.37	
Maurice Kecker	9.13	
M70 Edwin Johnson	6.97	
W45 Lisa Hampton	5.83	
W50 Cheryl Haaker	6.23	

DISCUS		
M45 Patrick Jaramillo	21.36	
M50 Dennis Umshler	45.70	
M55 Paul Economides	44.54	
M65 Floyd Riddle	37.54	
Ross Aragon	35.90	
Maurice Kecker	29.68	
M70 Roy Johnson	28.98	
Edwin Johnson	20.20	
W45 Lisa Hampton	16.64	
W50 Cheryl Haaker	14.98	
JAVELIN		
M40 David Hampton	26.16	
M45 Patrick Jaramillo	32.82	
M50 Pat Fort	28.24	
M55 Paul Economides	34.46	
M65 Ross Aragon	32.44	
Floyd Riddle	32.22	

Hawaii Masters TC Decathlon Honolulu; June 7-8

100m		
M40 Philip Oyape	12.50	
M45 Bill Blair	12.30	
M50 Allan Nakasone	14.60	
M55 Robert Larson	13.80	
M60 Cecil Downing	17.00	
M65 Standord Kuroda	14.90	
Vernon Knight	19.20	
M85 Bob Terukina	34.90	
200m		
W50 Britta Staub	35.90	
M40 Philip Oyape	25.90	
M45 Bill Blair	25.70	
Bob Gill	26.50	
M55 Robert Larson	30.20	
M60 Cecil Downing	35.30	
M65 Standord Kuroda	31.50	
Vernon Knight	41.50	
M85 Bob Terukina	76.30	
400m		
M40 Philip Oyape	62.50	
M45 Bill Blair	61.60	
M65 Standord Kuroda	75.30	
800m		
W50 Britta Staub	3:04.50	
M65 Ken Mohica	2:48.20	
1500m		
M50 Derek Goudge	5:35.60	
M65 Ken Mohica	5:36.20	
3000m		
M65 Geoff Howard	12:27.50	
5000m		
M65 Geoff Howard	20:55.00	
Short Hurdles		
M50 Vince Costello	17.10	
M55 Robert Larson	20.80	
M60 Lionel Low	20.90	
M65 Standord Kuroda	23.40	
M70 Lee Thomas	19.90	
Long Jump		
M50 Vince Costello	4.78	
Allan Nakasone	4.07	
M60 Lionel Low	4.11	
M65 Standord Kuroda	3.84	
Triple Jump		
M45 Francis Mukai	10.34	
M50 Allan Nakasone	8.60	
M60 Lionel Low	9.15	
High Jump		
M30 David Hamby	1.27	
M50 Vince Costello	1.47	
M55 Robert Larson	1.21	
M60 Lionel Low	1.32	
M65 Standord Kuroda	1.16	
Shot Put		
M50 Vince Costello	10.23	
M55 Robert Larson	9.09	
M60 Lionel Low	6.23	
M65 Standord Kuroda	7.27	
Discus		
M60 Lionel Low	22.27	
M65 Standord Kuroda	23.75	
Javelin		
M50 Vince Costello	37.62	
Derek Goudge	27.15	
M55 Robert Larson	25.70	
M60 Lionel Low	18.64	
Superweight		
M55 Thomas Reppuhn	4.20	
M60 Jack Karbens	6.32	
Pentathlon (LJ/JT/200/DT/1500)		
M45 Francis Mukai	2611	
5.43/25.78/27.10/21.18/5.22.70		
M60 Jack Karbens	2935	
3.72/33.67/29.60/34.01/6.22.30		
Robert Taylor	2564	
4.24/30.71/30.20/23.71/7.09.00		
Weight Pentathlon		
(HT/SP/DT/JT/WT)		
M55 Thomas Reppuhn	1293	
---/7.62/24.19/27.74/---		
M60 Jack Karbens	3309	
30.65/10.01/35.45/35.93/14.15		
M70 Lee Thomas	2713	
20.09/10.12/27.31/23.95/8.98		

NORTHWEST

Oregon, TC Masters All Corners Eugene; May 14

100m		
M35 Gentle Anderson	12.2	
M50 Steve McGuire	13.3	
M55 Dick Lamster	14.4	
M70 Bill Baxter	16.0	
M75 Don Anhorn	21.4	
W45 Becky Mitchell	15.5	
200m		
M35 Gentle Anderson	25.0	

M55 Frank Lulich	27.5	
Larry Norris	27.8	
M75 Don Anhorn	51.7	
400m		
M35 Gentle Anderson	64.0	
M55 Larry Norris	67.8	
1500m		
M35 Ken Mansfield	6:02.9	
Shot Put		
M50 Jerry Crowe	30-0	
M60 Joe Myers	30-3	
M70 Tom Allison	37-0	
M75 Cal Hersey	29-7	
W55 Kitty Crowe	16-7	
W60 Georgia Cutler	24-7	
W80 Melanie Reske	16-0	
Discus		
M50 Jerry Crowe	116-9	
M60 Conrad Sundholm	138-0	
Joe Myers	133-1	
M70 Tom Allison	116-8	
M75 Cal Hersey	91-8	
W50 Anne Lowe	51-8	
W55 Kitty Crowe	45-1	
W60 Georgia Cutler	66-4	
W80 Melanie Reske	35-9	
Javelin		
M35 Gentle Anderson	148-7	
M50 Robert Gunzer	122-2	
Foloi Poasa	91-9	
M55 Frank Lulich	84-5	
M60 Al Phillips	157-2	
M75 Cal Hersey	79-8	
W45 Jill Duncan	34-1	
W60 Sandy Pashkin	49-8	
W80 Melanie Reske	28-2	

INTERNATIONAL

BMAF Championships Derby, England; June 7-8

100m		
M40 Stephen Smith	11.52	
M45 Steve Peters	11.37	
M50 Viv Oliver	11.66	
M55 Robert Fraser	12.36	
M60 John Steede	12.92	
M65 John Ross	12.91	
M70 Gordon Daborn	14.28	
M75 Allan Meddings	13.88	
M80 Sylvester Stein	16.91	
W35 Julie Money	12.74	
W40 Manny Laing	13.51	
W45 Averil McLelland	12.74	
W50 Vivien Bonner	13.39	
W55 Valerie Parson	14.20	
W60 Esther Linaker	14.12	
W65 Barbara Colwell	16.09	
W70 Brenda Green	21.33	
200m		
M40 Warren Fraser	23.93	
M45 Steve Peters	22.99	
M50 Viv Oliver	23.76	
M55 Robert Fraser	25.07	
M60 John Steede	27.36	
M65 John Ross	27.45	
M70 Gordon Daborn	30.20	
M75 Allan Meddings	29.40	
M80 Sylvester Stein	36.17	
W35 Euphemia Scott	28.41	
W40 Janice Ellacott	28.42	
W45 Averil McLelland	26.50	
W50 Vivien Bonner	28.40	
W55 Yvonne Priestman	29.87	
W60 Esther Linaker	30.56	
W65 Barbara Colwell	34.50	
W70 Brenda Green	48.89	
400m		
M40 Kermit Bentham	50.33	
M45 Steve Peters	51.87	
M50 Viv Oliver	52.99	
M55 Robert Fraser	58.25	
M60 John Steede	1:02.36	
M65 John Ross	1:01.19	
M70 Tom Clowry	1:10.07	
M75 John Quantrell	1:24.51	
W35 Clare Axford	59.96	
W40 Virginia Mitchell	58.12	
W45 Barbara Lock	1:03.00	
W50 J Saunders-Mullin	1:04.52	
W55 Yvonne Priestman	1:08.09	
W60 Eva Osborne	1:28.86	
W65 Dorothy Fraser	1:19.12	
800m		
M40 Sean Price	2:01.56	
M45 David Wilcock	1:01.01	
M50 Joe Geogh	2:06.19	
M55 Mike Erith	2:12.41	
M60 Barry Swindells	2:29.38	
M65 Bill Kenny	2:45.88	
M70 Tom Clowry	2:48.44	
W35 Kim Heffernan	2:15.62	
W40 Sarah Heath	2:14.85	

W45 Barbara Lock	2:16.58
W50 J Saunders-Mullin	2:39.67
W55 Patricia Gallacher	2:38.90
W60 Kathleen Stewart	3:04.89
W65 Mary Holmes	3:22.96
1500m	
M40 Philip Hall	4:13.67
M45 David Bedwell	4:13.37
W50 Bernard Wareing	4:23.09
M55 Charles Dickinson	4:46.40
M60 Barry Swindells	5:02.04
M65 Ian Barnes	5:11.25
M70 Brian Ashwell	5:19.77
M75 Donald Adie	6:08.22
M80 Jerry Keily	9:09.68
W35 Bernadine Pritchett	4:51.77
W40 Sarah Heath	4:43.48
W45 Jill Harris	4:57.83
W50 Jane Waterhouse	5:22.27
W55 Patricia Gallagher	5:23.34
W60 Kathleen Stewart	6:05.04
5000m	
M40 Avid Machlachlan	15:51.07
M45 Brian Green	15:55.46
M50 Archie Jenkins	16:59.20
M55 Charles Dickenson	16:54.35
M60 C Woodcock	18:55.47
M65 Steve James	19:16.21
M70 Eric Appleby	21:58.51
M75 Ron Franklin	26:43.21
W35 Helen Wheeler	17:51.86
W40 Jill Burke	18:33.11
W45 Gail Duckworth	18:22.32
W50 Christine Kilkenny	19:12.43
W55 Margaret Auerback	20:56.69
W60 Val Hancock	21:01.17
10,000m	
M40 James McMahon	33:03.31
M45 Brian Green	33:06.81
M50 David Wheeler	35:53.98
M55 Brian Hilton	36:09.34
M60 Fred Gibbs	39:22.11
M65 John Perratt	40:58.30
M70 Ron Franklin	54:19.04
W50 Ros Tabor	42:13.99
W55 Pauline Rich	45:32.65
W60 Bridget Cushen	53:44.25
Short Hurdles	
M40 Des Wilkinson	15.10
M45 Howard Moscrop	15.61
M50 Tony Wells	15.49
M60 John Howe	16.53
M65 Trevor Driver	21.55
M70 Gordon Daborn	14.54
W35 Meryl Austin	17.30
W40 Manny Laing	12.03
W45 Lucy Moore-Fox	15.35
W50 Grete Howarth	18.92
Long Hurdles	
M40 Niel Tunstall	57.11
M45 Howard Moscrop	55.89
M50 Peter Mould	1:05.92
M55 Richard Barrington	1:09.63
M60 Frederick Bush	47.22
M65 John Baron	54.04
M70 Gordon Daborn	52.03
W35 Kim Heffernan	1:03.83
W40 Virginia Mitchell	1:05.58
W45 Carole Filer	1:10.33
2000m Steeplechase	
M60 Frederick Bush	7:55.85
M65 Bill Kenny	8:44.83
W35 Jane Pidgeon	7:55.98
W40 Veronica Boden	7:29.50
W45 Shona Fairchild	8:35.99
W60 Eva Osborne	10:52.30
W65 Ann Martin	10:33.91
3000m Steeplechase	
M40 Keith Newton	9:46.78
M45 David Carrington	10:39.36
M50 Aleksander Swiecki	11:26.44
M55 Tony Culshaw	12:02.84
High Jump	
M40 Andrew Weddington	1.72m
M45 Chris Hesketh	1.75m
M50 Stephen Faulkner	1.60m
M55 Robert Groves	1.50m
M60 Sean Power	1.57m
M65 Anthony Bateman	1.57m
M70 Norman Carter	1.15m
W45 Carole Filer	1.40m
W50 Pam Garvey	1.26m
W55 Elaine Mee	1.08m
W70 Rosemary Chimes	1.23m

Continued from previous page

M55 Bill Rodgers	1:18.04
Bob Gracie	1:32:58
Robert Baker	1:34:13
Rick Brown	1:37:54
Robert Walker	1:38:40
M60 Richard Hall	1:22:27
Jerry Solomon	1:28:32
James Lombardi	1:28:53
Walter Seamon	1:32:46
Bill Zehner	1:36:23
M65 Donald Siefers	1:40:22
John Gebhard	1:40:27
Richard Albaugh	1:50:21
Mitchell Toto	1:57:27
Jim Tinstman	1:59:37
M70 Maurice Miller	2:09:59
Peter Vivoli	2:12:46
Robert Fretwell	2:22:45
Louis Difilippo	2:25:33
M75 Matt Norris	1:49:57
Arthur Joachim	2:53:41
M80+Albert Booth	2:27:25
Jack McClain	2:47:17
Thomas Park	2:57:00
W40F Sultiva-Zhdanova	1:12:15
Stephanie Agosta	1:26:13
Becky Droginske	1:33:06
Carol Stryker	1:42:30
Janie Davis	1:46:50
Angel Glitch	1:48:48
Mary Jean Bujdos	1:52:11
W45Lee Di Pietro	1:20:40
Sharon Marks	1:33:04
Shelley Ralston	1:34:29
Susan Mortakis	1:39:58
Kim Simon	1:41:59
M Badaczewski	1:47:24
W50 Caroline Troise	1:50:30
Sue McGuire	1:52:55
Diana Morris	1:53:23
Joyce Michaels	1:57:37
Linda Rolley	1:59:26
W55 Gloria Jansen	1:35:49
Bonnie Detling	1:54:18
Patty Degasperis	1:56:43
Pati Habenicht	2:00:46
Susan Fair	2:24:13
W60 Marti Stephan	1:57:09
Jackie Rooney	2:12:32
Charlene Gammell	2:16:42
Julia Froble	2:43:06
W65 Carole Litman	2:44:06

USATF Women's National Masters 5K Championships Freihofer's Run for Women 5K Albany, NY; May 31

Overall	
Maria Runyan 34	15:25
W40C Ayala-Troncoso	16:47
Janet Robertz	17:12
Carol LeGate	17:28
Mary Level Menton	17:35
Sarah Kramer	17:42
Susan Faber	17:47
Kate Paddon	18:02
Rosalva Bonilla	18:30
Cathy Pearce	18:31
Maureen Burns	18:59
W45J B-Samuels	17:37
Claudia Kasen	18:51
Patti DePaulis	19:49
Mary Janiszewski	20:32
Jeryl Simpson	20:50
Shirley Woodford	20:53
Mary Smith	21:36
Barbara Pearce	21:44
Carol Dodge	21:51
Nancy Briskie	21:57
W50 Kathryn Martin	18:16
Victoria Crisp	18:52
Mary Dunn	19:04
C Smith-Hanna	19:26
Trish Vlastnik	19:56
Melinda Struwas	20:34
Coreen Steinbach	20:39
Martha DeGrazia	21:01
Judy Phelps	21:33
Catherine Lempesis	21:43
W55 Gloria Jansen	20:48
Joy Hampton	21:53
Joan Ottaway	21:58
Carolyn Kriesen	23:36
Candi Schermerhorn	25:02
Dianne Clement	25:10
Nancy Hodge	25:47
Betty Roberts	25:49
Rosemary Hillengas	25:49
Polly Sullivan	26:30
W60M-L Michelsohn	20:24

Zofia Turos	23:45
Sandra Folzer	23:51
Lennie Tucker	23:55
Jayne Zinke	24:31
Y Tasker-Rothenberg	25:05
Carol Rider	26:00
Marge Rajczewski	26:27
Marcia Brown	26:43
Mary Ellis	27:20
W65 Margaret Betz	22:59
Edwina Abaira	32:02
Billie Gall Moten	32:44
Mary Nagle	34:34
Eiko Bogue	34:44
Ann Johnson	34:53
Catherine Guere	36:06
Carol Reynolds	37:48
Terry Hickey	40:47
Janice Mayer	44:57
W70 Anny Stockman	27:36
Lois Gilmore	29:01
Doris Schlamowitz	33:25
Maureen T. Dooley	34:12
Janet Pomeranz	35:16
Gisela Choi	41:46
Shirley Simmers	51:38
W75 Muriel Merl	28:15
Joy Johnson	29:27
Dolores Quinn	32:51
Maggie Matthews	45:47
W80 Victoria Michalek	47:51

EAST

George Washington Parkway Classic 10 Miler Alexandria, VA; April 27

Overall	
Glen Mays 32	51:38
Heather Hanscom 25	59:20
M35 Joel Frushone	55:01
M40 John Tuttle	54:32
Dave Berardi	55:45
Ted Poulos	58:03
M45 Steven Ward	58:12
Mike Hart	60:38
Paul Peterson	61:40
M50 Develand Campbell	60:32
Desmond Alston	66:32
Jay Wind	67:21
M55 Jim Noone	68:48
Alan Ryder	71:47
Stephen Banks	71:52
M60 John Churchman	69:00
Malcolm O'Hagan	71:49
M65 Richard Williams	76:45
Joseph Conti	89:09
M75 Don Trilling	2:28:57
W35 Kimberly Betz	72:47
W40 Laura Freix	65:09
Susan Hyre	77:01
Holly Foster	77:58
W45 Bernadette Flynn	78:38
Linnea Olsen	82:08
Robin Kyle	84:48
W50 Betty Blank	70:09
Barbara Lipska	78:34
W55 Heidi Pirie	78:59
Lynne Hays	81:49
W60 Nancy Linck	88:43
Pokran Yi	1:45:30
W65 Anne Morris	2:13:55
W85 Hedy Marque	1:57:30

Pittsburgh Marathon Pittsburgh, PA; May 4

Overall	
Juan Camacho Pina 30	2:12:05
Loudmila Kortchaguina 31	2:28:53
M40 Michael Kichty	2:49:00
Russell Lauer	2:54:30
Joseph Ewaskiewicz	2:54:47
Steve Gilliland	2:55:01
Tony Yurko	2:55:49
M45 Tom Carminati	2:50:17
Timothy Hewitt	2:54:23
Joseph Como	2:58:04
Andrew Campbell	3:05:38
John Parisella	3:10:11
M50 William Jurena	2:59:35
Randy Strobbe	3:04:48
Don Slusser	3:08:50
M55 Alex Silverman	3:16:00
Robert Crawford	3:24:03
Ferdinando Saglio	3:26:42
M60 Tony Mauro	3:05:41
Paul Marraccini	3:20:18
Rick Brodine	3:27:07
M65 John Dugdale	3:24:58
Jim Benson	3:35:27
Ben Sherman	3:49:19
M70 Ted Shiff	4:32:51
K-M Park	4:38:35
Brad Chapman	5:13:39
W40 Jeanmarie Eschenbach	3:20:34
Breen Smith	3:27:01
Helen Shekerjian	3:28:45
Sabine Kane	3:28:57
W45 Laura Shymansky	3:31:05
Sandra Onofray	3:40:29

Mary Kachadurian	3:41:47
Jude Miller-Platko	3:47:25
Susan Hazlett	3:51:59
Brenna Wist	3:57:37
W50 Debra Cully	3:41:38
Kathleen Brandt	4:08:10
Margie Palaisa	4:11:57
W55 Patricia Koester	3:44:55
Donna Czarny	4:26:13
Kathy Shoaf	4:34:52
W60 Janet Patterson	6:01:31
W65 Joan Berman	5:37:24
Martha Raak	6:29:37

NYRR Queens Half-Marathon Queens, NYC; May 17

Overall	
Paul Mwangi 36	1:08:05
Allison Kerr 26	1:22:57
M40 Bob Isabelle	1:16:49
M45 Vladimir Tomilov	1:17:11
M50 Jack McShane	1:20:00
M55 Julio Aguirre	1:22:36
M60 James Sammon	1:28:25
M65 Alfred Finger	1:35:34
M70 Anthony Celentano	2:03:24
M75 John Cahill	1:55:02
W40 Yumi Ogita	1:28:07
W45 Kari Proffitt	1:31:18
W50 Mary Dunn	1:26:08
W55 Rita La Bar	1:49:15
W60 Mary Nathan	1:43:27
W65 Naomi Vogel	2:16:17
W70 Toshiko D'Elia	2:07:16
W75 Joan Rowland	2:57:09

NYRR Skaggs-Walsh 5K Queens, NYC; May 17

Overall	
Joseph Tambarello 28	16:39
Stacy Creamer 43	18:51
M40 Fernando Salvador	17:34
M45 Ivan Mills	19:24
M50 Kenneth Pickell	18:39
M55 John Samsel	19:12
M60 Jeng Ahn	23:00
M65 Michael Goldman	22:00
M70 John Dwyer, Jr	30:26
M80 Mel Freidel	41:02
W40 Stacy Creamer	18:51
W45 Asteria Claire	21:43
W50 Randi Opsahl	25:42
W55 Chuang Chang	24:16
W60 Anna Thornhill	23:17
W65 Arlene Eneman	42:44

Road & Track Moonlight Run 5K New Milford, CT; May 24

Overall	
Patrick Nthiwa 20	13:58
Carlten Cornelissen 31	16:04
M40 GEO BUCHANAN	16:04
JOHN TOLBERT	16:30
KIERAN STACK	18:33
M50 WES BYERLY	17:45
DANIEL LAVOIE	18:40
VINNY CURRY	18:49
M60 JOHN DUGDALE	20:39
ART LIBERMAN	22:05
JERRY NAHLEY	23:21
M70+GENE ARCERY	29:04
EDWARD REGNER	32:00
BOB KOSTKA	40:08
W40 SUSAN FABER	17:55
KATE PADDON	17:55
ZOFIA WIECIORKOWSKA	18:48
W50 GRACE HANOVER	24:02
EVELYN MANCUSO	26:23
JANICE CONNOR	26:29
W60 MARY SLATER	27:46

Key Bank Vermont City Marathon Burlington, VT; May 25

Overall	
Greg Wenneborg 35	2:24:02
Heather Gardiner 24	2:45:31
M40 Greg Hill	2:34:07
Jim Miller	2:35:33
Joe McNamara	2:35:35
Matt Kohlbrenner	2:37:42
Ronald Davis	2:42:26
M45 Dick Beardsley	2:49:21
Patrick Miner	2:54:41
Richard Foote	2:55:02
Robert Cox	2:55:28
P Cravedi-Cheng	2:58:59
M50 Robert Briglio	3:04:23
Yvon Lamarche	3:05:30
Stanley Crane	3:10:25
Nick Honerkamp	3:10:34
Charles White	3:11:45

M55 Stephen Reed	2:54:10
Bob Mildrum	3:01:57
Rick Stetson	3:07:53
Richard Edwards	3:08:43
Robert Nordman	3:14:37
M60 David Chioffi	3:41:55
Mike Fleming	3:50:28
John Viskup	3:51:43
Newton Baker	3:55:19
Rich. Czaplinski	3:56:29
M65 David Sonstroem	3:21:58
Albert Miclette	3:32:51
Will Wright	3:39:07
Fred Bostrom	3:50:27
Dan Shuff	3:54:22
M70 Robert Cordner	4:18:43
Donald Lacharite	5:12:04
Al Chameides	5:32:02
W40 Sue McNamara	3:00:26
Yukiko Nishide	3:03:42
Maggie Plante	3:16:48
Anne Mac Kay	3:16:51
Nicole Mcgilpin	3:21:24
W45O Mchugh-Dillon	3:31:50
Joan Wry	3:35:35
Jeanne Lapierre	3:38:52
Sinthy Kounlasi	3:45:41
Sandy Dupuis	3:48:16
W50 Melinda Miller	3:41:39
Dorothy Helling	3:43:05
Linda Hallinger	3:50:18
Terry Yarian	3:50:29
Patty Reaves	3:52:55
W55 Carole Caron	3:54:57
Geraldine Liebert	3:55:00
Linda Zavalick	3:59:20
Pru Hostetter	4:16:58
Karen Henning	4:24:58
W60 Carrie Parsi	3:54:53
Rosemary Rusin	4:17:17
Eleanor Slattery	4:39:15
Susan Bradt	5:13:00
Jeanne Bocci	5:36:21
W65 Erika Abraham	4:34:15
Jeannette Cyr	4:56:55
Betty Lacharite	5:00:13
Beth Muskat	5:33:13

Ridgewood 5K Ridgewood, NJ; May 26

Overall	
Patrick Nthiwa 19	14:24
Ataleleh Ketema 20	16:35
M40 Jaime Kempton	16:13
Daniel Feder	16:28
Wayne Beam	16:45
Michael Mbugua	18:30
Eckart Weeck	19:11
M45 Piotr Karasiewicz	17:01
Jerry O'Connor	17:32
Blas Mederos	17:55
Gregory Gleason	18:39
Paul Goldberg	20:10
M50 Bill Bosmann	18:52
Peter Molyneux	19:54
Tom Monahan	20:06
Daniel Molloy	21:36
Dennis Erienne	21:53
M55 Jostein Pederson	21:07
Gordon Khan	21:34
Fred Campagna	23:39
Anders Maxwell	24:09
Robert Boyd	25:42
M60 Jack Brennan	19:32
George Mc Intyre	21:13
Jim Horton	23:48
William Ash	24:17
Ruben Perez	25:37
M65 Robert Ebner	25:45
Emanuel Sosinsky	26:05
M70 Bill Fortune	22:22
Joe La Bruno	25:46
James Fitzgerald	29:01
Bill Welsh	45:02
M75+Dudley Healy	43:15
Bill O'Brien	45:02
Vincent Caenevale	51:26
W40 Judy Rubin	20:49
Marya Ostrowski	23:01
Anne Fotino	23:56
Hilary Jones	24:16
Deirdre Murphy	24:58
W45 Heather Douglas	24:28
Nancy Grabow	24:45
Ellen Teres	24:52
C Inthione	25:14
Christine Fellner	26:17
W50 Jane Parks	22:06
Judy Anker	23:31
Cami Klein	24:24

Rosemary Bell	28:39
Stacia Mosler	32:16
W55 Antje Hennings	27:47
Kristan Louis	29:50
Theresa Zabielski	32:23
Rosalyn Batandall	36:44
Joyce Mason	38:34
W60 Judy Repple	24:41
Joan Bondell	26:45
Sachiko Kawamura	30:09
Virginia Magee	32:19
Lorrie Brnic	34:14
W65 Shirley Pettijohn	40:16
Lois Filreis	32:20
Melva Murray	51:25

NYRR New York Mini 10K Central Park, NYC; June 7

Overall	
Lornah Kiplagat 29	31:13
W40 Alayne Adams	37:14
W45 Marie Wickham	41:37
W50 Admas Belligne	44:04
W55 Ann Davis	44:23
W60 Marie Michelsohn	43:01
W65 Helene Bedrick	48:27
W70 Toshiko D'Elia	54:42
W75 Muriel Merl	58:28
W80 Althea Jureidini	1:49:36

New York Mini 10K New York, NY; June 7

Overall	
Lornah Kiplagat 29	31:13
W40 Alayne Adams	37:14
Jeanne Pare	38:11
Catherine Stone	38:21
W45 Marie Wickham	41:37
L. Branche	41:53
Kari Proffitt	42:28
W50 Admas Belligne	44:04
Mary Rosado	46:26
Cathy Handy	46:53
W55 Ann Davies	44:23
Marilyn Walsh	46:37
Kathleen Horton	47:55
W60 Marie Michelsohn	43:01
Zofia Turos	49:05

Continued from previous page

Jean Bongiorno	24:32
Beverly Avery	26:26
W70 Nessie Hollicky	26:17
Marge Hoffman	26:34
Yvonne Aasen	29:38
W75 Dottie Gray	32:15
W80 Millie Bolton	37:55
Wanda Hall	38:36
Valley Ellingsen	38:52
W85 Louise Martin	47:34
Mary Haines	51:18
W90 Arda Perkins	61:36
--10K--	
M50 Michael Jenkins	36:26
Michael Barr	36:33
Andy Bryant	38:38
M55 Matthys Bax	38:20
Ronald Ruffin	40:09
Michael Brasko	44:00
M60 Bill Boria	38:37
Bill Harding	42:20
Ed Jurgens	42:39
M65 Joe Fodor	45:57
Jerry Levasseur	46:45
Gary Schmidt	47:14
M70 Orville Kremmer	46:59
Jim Lynch	48:24
Tom Cooks	50:09
M75 Ted Hine	56:35
Howard Mayer	60:34
Clay Ireson	63:43
M80 Jim Hamilton	59:45
Ned Bennett	64:42
M85 Goryun Nigogosyan	74:43
Claudia Hawkins	1:42:30
M90 George Boucher	91:18
W50 Kathy Foucal	45:30
Norma Cousin	50:10
Nancy Specht	53:23
W55 Sally Evans	52:22
Kathy Hoffman	55:22
JoAnne May	55:33
W60 Margie Stoll	49:57
Heide Moebius	51:22
Becky Whitehead	58:42
W65 Jean Biongiorno	51:11
Carolyn Buckner	56:31
Andrea Gergstadt	56:43
W70 Marge Hoffman	57:25
Nessie Hollicky	58:35
Yvonne Assen	62:04
W75 Dottie Gray	69:39
Virginia Benenati	74:21
W80 Wanda Hall	91:18
Eliz Gerhardt	99:56
W85 Louise Martin	99:57

5K Run for Mental Health Williamsburg, VA; May 31

Overall	
Michael Mann 34	16:04
Jennifer Quarles 31	19:42
M40 Chuck Breiner	18:45
M45 Jim Bates	17:15
M50 Rick Platt	18:17
M55 Robert Wilson	19:34
M60 Bob Spencer	19:49
M65+Tom Ray 70	22:53
Richard May 69	26:55
Racewalk	
1 Ray Funkhouser 52	25:32
2 Harry Watson 62	34:04
W40 Sherry Volk	20:33
W45 Sharon White	20:41
W50 Brenda Mitchell	23:51
W55 Mary Thibodeaux	24:55
W60 Joan Coven	22:57
W65+Nancy Petron	28:09
Racewalk	
1 Linda Walker 42	39:24

MIDWEST

Cellcom Green Bay Marathon Green Bay, WI; May 18

Overall	
Charles Kamindo 20	2:19:05
Carol Legate 40	2:45:01
M40 Gennady Temnikov	2:21:51
Dan Verrington	2:30:38
Rick Stefanovic	2:40:12
Stuart Kolb	2:45:36
Malafu Tiatia	2:52:03
M45 I. George Ogutu	2:56:39
Mike Schleis	3:13:31
David Wians	3:14:20
Dennis Frisby	3:18:26
John Megan	3:21:56
M50 Joe Jackels	3:11:23
Daniel Horvath	3:12:47
Roy Pirrung	3:15:49
Frank Hinterleitner	3:23:31
Denny Erswell	3:24:25
M55 Alan Kraszewski	3:09:06
David Drexler	3:21:42
Constanz Hartney	3:37:06
George Kerwin	3:42:42
Gary Engstrom	3:47:59
M60 Paul Ford	3:09:23
James Fahrbach	3:32:28
Russ Johnson	4:15:56
Jim Peterson	4:24:58
Paul Grotenhuis	4:53:00

M65 Peter Stauffacher	4:01:13
Roy Rubinstein	4:30:38
Sylvan Praturion	5:06:19
Kent Leasure	5:46:12
Dave O'Brien	5:57:02
M70 Butler Peter	5:18:02
M75 Donald Lintereur	4:33:27
Dean Rademaker	6:37:58
Thomas Bradley	7:31:29
W40 Carol Legate	2:45:01
Maddy Tormoen	2:50:09
Kathy Waldron	3:03:44
Nancy Schubring	3:05:28
Jill Anderson	3:05:48
W45 Mary Burns Prine	3:01:23
Mary Schmeling	3:48:46
Elizabeth Weaver	3:49:08
Joann Dobbie	3:57:51
Kathy Jankowski	3:59:48
W50 Jeanne Van Rite	3:59:24
Denise Simon	4:02:46
Nancy Korpi	4:08:35
Terry Yarian	4:17:45
Chau Smith	4:36:04
W55 Kathleen Cibula	5:02:51
Susan Haese	5:16:11
Angie Reuter	7:06:08
W60 Myrna Dickinson	4:23:53
Patricia Nott	4:30:08
Sharon Kerson	5:54:58
Faye Landey	6:05:00
W65 Ann Nelson	4:58:01
Carolyn Mitchell	5:49:20
Ruth Fleck	6:20:06
W80+Helen Klein 80	4:53:03

Oak Apple 10K Royal Oak, MI; May 31

Overall	
Brett Sanborn 36	33:34
April Likhite 30	37:03
M40 Todd Kelly	36:06
M45 Tim Emmett	35:35
M50 John Tarkowski	37:21
M55 Mark Cryderman	41:10
M60 John Stuart	46:44
M65 Brian Harris	41:29
M70 Kingsley Sears	67:06
W40 Clair Dedow	47:08
W45 Jackie Blair	45:28
W50 June Yaeger	45:21
W55 Leslie Anderson	53:21
W60 Ellen Niltz	50:26
W65 Chris Swanson	56:50
W70 Claudia Novitsky	78:51

Sunburst Memorial Hospital Marathon, Half-Marathon, 10K & 5K

Overall	
Chris Karas	2:33:57
Amanda Kirby	3:03:07
M40 Bob Bythell	2:42:21
Joey Warner	2:50:56
Seth Denenberg	2:52:29
M45 Steve Barzso	2:50:08
Doug Sundling	2:50:40
Mike Miller	3:13:50
M50 David Robbins	3:08:43
Frank Mosler	3:08:50
Jim D'Haenens	3:11:49
M55 Bob Fumish	3:13:11
Richard Nagel	3:22:41
Stan Mertzman	3:36:00
M60 Max Monroe	3:37:15
Joseph Saley	3:54:31
Bruce Bancroft	3:57:10
M70 Will Wright	3:39:39
Roy Rubinstein	4:31:23
Eugene Bruckert	5:16:24
W40 Jill Vincent	3:04:55
Deborah Sekan	3:48:11
Julie Kaczor	3:49:51
W45 Wanda Hancock	3:56:22
Joann Dobbie	4:01:52
Tena Becker	4:05:00
W50 Maggy Zidar	3:42:13
Janet Cole	4:04:58
Patricia Cardwell	4:14:58
W55 Roxana Lewis	5:19:54
Mary Brennan	5:20:33
Mary Steinhauser	5:26:32
W60 Cora Hill	4:39:16
Karyn Maxey	5:43:54
Gale Godfrey	5:48:41
W70 Joan Gary	5:12:34
Half-Marathon	
Overall	
Steve Wilson	1:16:16
Monica Hostetter	1:29:04
M40 Steve Wilson	1:16:16
Greg Thompson	1:21:41
Lewis Ase	1:23:46
M45 Thomas Dever	1:17:54

Ken Burke	1:29:15
Dr Fanning	1:31:41
M50 Pat Zoll	1:34:17
Mike Bradford	1:34:51
Robert Byers	1:36:08
M55 Ben Eklof	1:36:00
Howard Thomas	1:36:55
Tim Baker	1:42:43
M60 David Scarlin	1:47:05
Fred Ross	1:54:52
Daniel Hendren	1:54:58
M65 F Hershberger	1:49:54
M70 Devon Clark	2:03:04
Lawrence Scholl	2:11:59
Bob Boehmer	2:39:38
W40 Shannon Mara	1:39:36
Nina Johnson	1:42:51
Sandy Briggs	1:45:48
W45 Jennifer Garvey	1:58:40
Diane Purwin	2:00:08
Alicia McClean	2:03:14
W50 Elizabeth Garwood	1:44:20
Willie Hekman	1:50:36
Sue Host	2:00:37
W55 Lynne Knutson	2:10:08
Paula Scheiwe	2:18:02
Sue Mater	2:19:21
W60 Francine Bangs	2:16:59
Patricia Wolf	2:36:14
Lynne Hellman	3:02:15
W70 Bonnie Maschka	3:33:33

Overall	
Michael Korir	29:28
Stephanie Herbst	34:17
M40 Mike Haag	37:28
Lee Korzan	38:25
Ray Byers	38:42
M45 Marlin Howe	38:09
Nace Mullen	38:36
Marc Laudeman	38:55
M50 Nigel Butterwick	37:23
Ed Pabst	39:33
Gary Jenswold	42:01
M55 Bruce Watson	38:22
Bill Noll	39:59
Richard Skalous	45:53
M60 Tom Sharp	44:44
William Crane	45:24
Patrick Hellman	48:01
M65 Roger Schmitz	49:14
Marlin Schmidt	52:06
John Helm	55:00
M70 Walter Blair	51:54
Leroy Wise	53:45
Frank French	54:38
M80 Joseph Thornburg	1:06:17
W40 Jan Mathew	44:13
Lisa Webb	47:08
J Junkins-hopkins	47:24
W45 Nancy Grembowicz	47:27
Peggy Skoczylas	49:05
Deb Schiesser	49:13
W50 Mary Regan	50:32
Ginny Bamber	50:40
Rebecca Gaff	56:47
W55 Brenda Knowles	50:29
Maureen Reichart	56:52
Linda Scott	58:01
W60 Mary Connolly	56:53
Barb Miller	58:09
Carol Vanatta	1:03:43
W65 Marge Burton	1:36:44

Overall	
Christopher Boesch	15:23
Agnes Ngunjiri	16:31
M40 Scott Kimlick	18:03
Rich Sandala	18:26
John Kroening	18:34
M45 Marks Furks	16:33
Andrew Schnabel	17:43
Mike Carey	17:56
M50 Mike Geglio	20:12
Michael McCrear	20:13
Bill Thistlethwaite	20:56
M55 Bruce Bordner	22:06
James Tyburski	22:17
Dick Plank	22:36
M60 DeWain Cobbs	22:10
Gary Crawfis	23:47
Jose Santillan	23:52
M65 Richard Collins	25:11
Bob Root	26:17
Robert Lewis	27:13
M70 Tom Cassidy	28:38
John O'Connor	29:16
Joe Mollo	29:27
M75 Carlton Cook	36:59
Peter Serna	42:02
M80 Henry Kuric	40:11

Walter Kayser	44:48
W40 Rose Johns	22:02
Janet Julien	22:11
Darlene Cutrona	22:22
W45 Loretta Lecount	23:25
Karen Schwelhus	23:53
Michelle Germano	24:41
W50 Cheryl Crone	26:36
Mary Fegel	28:00
Soyla Cardenas	28:05
W55 Gina Whitehead	27:35
Suzanne Taylor	27:36
Constance Coleman	28:48
W60 Joan Lennon	30:16
Audrey Cramer	30:20
Judy Cayo	31:14
W65 Mavis Collins	30:21
Shirley Massing	32:07
Carol Bender	34:44
W75 Rose McCourt	46:58

MID-AMERICA

Fools Five 8K Lewiston, MN; April 6

Overall	
Pete Gilman 27	25:52
Rachel Earney 23	30:51
M40 Kiri Goetzke	30:08
Alberto Salazar	31:48
Brian Polikowsky	32:17
M45 Dick Beardsley	29:29
Jerry McMillin	29:49
Matt Kingsbury	31:28
Steve Deboer	31:39
M50 Dave Currell	33:30
Jim Clennon	33:45
Steve Horek	33:46
M55 Jim Graupner	32:06
John Brown	33:55
Bruce Hubbard	34:55
M60 Lee Stauffacher	34:50
Dick Jarvinen	38:01
Dan Blake	38:14
M65+Ted Tetzlaff	38:05
Pat Brown	41:15
David White	44:24
W40 Colleen Roethke	35:17
Amy Wolf	37:25
Michele Curley	38:54
Lori Anderson	40:16
W45 Penny Madvig	35:12
Andriette Wickstrom	37:22
Joni Heath	37:51
Cheryl Watson	39:34
W50 Briggs Jean	40:52
Sandra Belgard	43:53
Carol Gordon	46:55
W55 Rosemary Harnly	43:01
April Hubbard	46:03
Julie Kinney	49:59
W60 Phyllis Freeman	50:59
Karen Connolly	53:08
Carol Prescher	1:08:50
W65+Bev Luehmann	1:21:36
Mathilda Thompson	1:29:24

Dillon's Reno Country School Run 2M Hutchinson, KS; May 17

Overall	
Shawn Found 32	9:08
Jen Found 32	10:56
M40JP Worcesfar	10:04
Peter Kietsch	10:24
Bill Andreas	11:37
M45BOB McANANY	10:30
Michael Valdois	12:05
Terry GEORGE	12:31
M50Lee Rose	14:50
Doug Whisler	14:57
MARK YAMAUCHI	15:26
M55JEFF BERNEN	10:52
Philip Found	13:02
PAUL SHIMON	13:04
M60Wally Brawner	13:00
CONRAD GRABER	14:45
M65+PAUL HEITZMAN	12:32
DON DIRKSEN	13:56
James Forrest	14:10
W40DEB TORNEDEN	11:09
MARY GRENE	11:35
KIM WILLSE	12:48
W45MICHEL JAHNELKA	18:54
W50BARBARA HOLZMAN	12:52
JUDY COX	15:06
LINDA COLVEY	22:57
W55SHERYL DREVO	14:35
MERILYN HARRIS	20:15
PAM BROOKS	20:27
W60KAY SCHMIDT	19:31
KYOUNG ALONZO	19:40
BETTY DAVIS	27:00
W65+CAROLYN BUCKNER	14:48

Dam to Dam 20K Des Moines, IA; May 31

Overall	
Julius Rotich 27	63:34
Chame Rademeyer 27	71:38

M40 John Mirth	64:06
Jerry Lack	70:20
Kevin Mullenburg	71:57
Andy Leonard	72:55
M45 Dave Johnson	69:18
Keith Fevold	71:09
Mike Nelson	75:17
Tim Gallagher	76:05
M50 Wm Hidding	78:37
Gary Holda	79:08
James La Plant	82:50
M55 David Schulte	83:23
Don Miller	88:45
Larry Walden	95:00
M60 Ronald McKay	82:57
Mike Bender	89:45
Jim Floyd	93:34
M65 Jack Wolcott	1:42:05
Ron Scott	1:46:09
Dave Coppinger	1:48:49
M70+Dick Wilson 71	87:38
Jim Schleisman 70	91:02
FrankAmos 70	2:05:23
W40 Janice Ettle	81:10
JoAnn Kobes	87:50
Melanie Anderson	88:10
W45 Ann Ringlein	82:07
Tricia McClain	83:53
Andriette Wickstrom	90:33
W50 Nancy Hoegh	87:11
Janelle Swanberg	87:40
Claudia Scott	95:46
W55 Sandy Rupnow	1:41:41
Janice Hastings	2:14:48
W60+Judy Teeple 62	97:50
Janet Ross 60	1:52:37

Hospital Hill Run Kansas City, MO; June 7

Half-Marathon	
Overall	
RYAN SHAY	1:04:13
DEBORAH TORNEDEN 42	1:23:21
M40 CHRIS NICHOLS	1:18:03
Ross McDaniel	1:20:23
Brian Franke	1:20:53
M45 MARK CURP	1:13:36
CHARLIE GRAY	1:14:56
STEVE RILEY	1:20:15
M50 KEN BEACH	1:24:08
BRAD RHODEN	1:27:34
VICTOR ARCIA	1:30:13
M55 GUSTAVO PENALOZA	1:25:53
GREG HARTMAN	1:32:08
RONNIE WILSON	1:33:15
M60 Gary Cooper	1:35:42
ROGER Wilson	1:37:39
EUGENE WREN	1:39:28
M85 HERB BROWN	1:47:27
LARRY Moore	1:51:48
DON SEBERT	1:52:51
M70 Hernan Azocar	1:57:44
LOUIS JOLINE	2:07:33
ROBERT RODARTE	2:14:41
W40 DEBORAH TORNEDEN	1:23:21
Michele Mcfadden	1:25:33
BARB RINNE	1:28:32
W45 MARLA RHODEN	1:37:10
COLLEEN LOOMIS	1:48:03
LISA MCCOLLUM	1:49:47
W50 Mary Ann Lambrechts	1:43:35
DEE BOECK	1:48:50
SANDI WESTON	1:49:12
W55 Dorris McManis	1:52:03
CAROL WHITEHEAD	1:54:09
VERNITA BECK	1:59:30
W60 SUZIE TURNER	2:10:27
JANET LITTLEFIELD	2:26:18
MUNAWARA HUSSAIN	2:39:27
W65 ANN NELSON	2:21:08
W70TRUDY NEPSTAD	3:11:59
12K	
Overall	
FERNANDO MARTINEZ 27	39:55
Tammy Ritchie 30	48:08
M40 BRET OHLHAUSEN	47:46
GARY EMRICK	48:00
M45 STEVE WICKNER	44:52
JAY ONEILL	46:09
JACK UHRIG	48:26
M50 JR FLORES	49:40
MAHLON STRAHM	53:33
PHIL PETERSON	53:39
M55 DONALD RISKER	53:45
CLYDE HUTCHISON	57:56
ROY HOPKINS	1:00:41
M60 RALPH HOWARD	1:05:37
CLAY LANG	1:06:06
LARRY STALLBAUMER	1:06:53
M65 Carl Van Sant	1:02:12
Dave Boone	1:02:23
David Arst	1:04:04
M70 BOB MAHONEY	1:10:09
FERMIN SNODELL	1:12:26
RON RIGGS	1:20:03
W40 Annette Pierce	50:02
SURUH RICHMAN	54:38
ANN LORD	58:11
W45 DIANNE SIEGEL	58:54
Dawn Jacobson	1:02:38
KENDRA BEALMEAR	1:04:51
W50 GAYLE VAN	50:37
JOANN HEAP	53:44

Continued from previous page

M70 Stanley Polski	1:49:27
Edward Salkin	2:04:59
Bob Kohler	2:11:05
James Render	2:17:06
Ollie Biederman	2:28:51
M75 Link Lindquist	2:01:34
Allen Bergman	2:29:11
W40 Cheryl Sheremeta	1:26:15
Louise Davis	1:27:41
Katie Tapia	1:32:23
Marie Romero	1:35:16
Rozanne Strong	1:35:23
W45J Lasee-Johnson	1:29:22
Elaine Rutkowski	1:35:20
Trish Haskell	1:36:20
Sharon Feinberg	1:47:24
Tannaz Ramezani	1:51:12
W50 Marina Jones	1:30:15
Candice Beck	1:41:06
Jean Schlesinger	1:42:51
Peggy Enriquez	1:43:39
Frances Segal	1:49:17
W55 Dee Chadwick	1:38:09
Carole Gass	2:01:10
Diane Thomas	2:10:57
Gail Jiles	2:14:23
Diann Heyer	2:24:11
W60 Dorothy Strand	2:16:37
Cleo Bluth	3:23:48
Susie Hanson	3:23:52
Susan Whitlock	3:54:24
W65 Pat Herr	2:17:47
Pat Moore	2:36:22
Yvonne Weber	2:38:51
Patti Kopcho	2:55:05
Doris Lynch	2:55:44
W70 Patti Kennedy	2:56:35
Joyce Duval	3:00:07
Donna Wyman	3:37:55
W75 Charlotte Baerst	2:11:55
5K	
Overall	
Johann Appell	26 15:28
Dolly Gintner	39 18:13
M40 James Kurtzman	15:31
Danny Reed	15:53
Fred Cowles	15:55
Elias Hernandez	15:57
Mark Donaldson	16:28
M45 Dave Parsel	16:09
Angelo Decollibus	17:26
David A Smith	18:35
Richard Bouton	19:07
Gregory Beck	19:25
M50 Bob Morris	18:27
Steven Owen	19:54
Tom Gey	19:56
Pete Boisineau	20:15
M55 Richard Kenworthy	20:31
Raul Pinon	20:42
Warren Young	20:43
Ed Coffey	21:54
M60 Alan Wakeling	21:06
Tommy Martin	24:05
Andrew Bailey	24:39
M65 Richard Tamoush	27:59
Fred Vescial	27:59
Ed Mitchell	29:11
M70 Bob Trujillo	24:14
Leo George	27:40
George Tilson	28:24
M75 Chuck Lelsberg	29:20
Harold Willi S	33:22
Roland Davis	35:58
M80 William Petrossi	25:56
Warren Sprayregen	45:22
Joseph Well	50:27
M85 Ludlow Gibbons	45:50
Vincent Nelson	48:53
Martin Sendrow	48:59
W40 Kim Wolivar	23:21
Rhonda Coles	24:01
Michelle Marra	24:27
Linda Ridge	24:37
Ronda Smith	25:43
W45 Ann Phillips	23:20
Diana Gilbert	24:05
Sue Branica	24:34
Donna Osuna	24:39
Candace Flint	25:29
W50 Sherri Hall-Curt	20:11
Debby Bowman	25:32
Lisa Koestner	25:46
Patti Tisone	27:06
W55 Veronica Burkwalter	27:26
Barbara Allan	30:22
Paula Rush	31:14
Armida Younger	32:38
W60 Monika Early	30:13

Miriam Kahn	32:56
Sarah Norvell	34:49
W65 Winnie Rich	32:47
Joann Bally	34:00
Patty Sperry	38:11
W70 Chieko Allwein	28:42
Jane Tolley	38:25
Mary Fairweather	39:32
W75 Mary Storey	32:27
Nellie Escobedo	47:36
June Maguire	53:24
W80 Hazel Trapp	54:05
Peggy Paul	58:30
W90 Edith Allen	48:50

Suzuki Rock 'n' Roll Marathon
San Diego, CA; June 1

Overall	
Ondoro Osoro	35 2:09:38
Irina Bogacheva	41 2:29:52
M40 Salvador Rodriguez	2:32:03
Gordon Hyde	2:43:04
Carlos Alarcon	2:44:09
Robert Leonardo	2:44:23
M45 Joseluis Diaz	2:48:58
Pete Kaplan	2:47:40
Mark Higginson	2:48:39
James Willmore	2:51:41
M50 Donald Gregory	2:58:19
Greg Wilson	3:00:04
Jim Kornell	3:01:25
Douglas Frost	3:02:54
M55 Cliff Hardick	3:11:37
Bernie Candy	3:13:15
Jerry Jackson	3:21:46
Hayden Smith	3:22:44
M60 Roger Dellor	2:59:02
Dallas Smith	3:15:47
Maurice Waters	3:23:07
Maurice Jourdan	3:39:13
M65 Christopher Smith	3:37:47
Paul Robillia	3:43:04
Juri Tint	3:58:51
Patrick Higgins	4:01:29
M70 Manuel Cadena	3:27:53
James Woolf	4:05:41
Bob Mangrum	4:15:21
Chris Denny	4:27:07
M75 Robert Kevitch	4:04:61
Bob Koch	4:14:00
Edgar Driver	4:53:39
Rick Galinta	5:18:14
M80+ Kyle Brown	4:09:09
W40 Irina Bogacheva	2:29:52
Zita Mulligan	3:08:30
Christa Koot	3:14:35
Alicia Britt	3:18:28
Renee Sacco	3:23:29
W45 Mary Brethauer	3:19:51
Rhonda Holden	3:27:07
Susan Mc Caffrey	3:31:44
Barbara Eckes	3:34:08
W50 Mariat Fernandez	3:16:43
Joan Bielinski	3:40:17
Kim Dennis	3:40:57
Susan Love	3:43:53
W55 Romy Niblack	3:38:32
Marilyn Carpenter	3:42:21
Ria Rugg	4:04:55
Christine Craun	4:08:22
W60 Barbara Warren	3:53:32
Joan Kramer	3:59:22
Ingrid Deary	4:18:47
Sherry Taylor	4:35:48
W65 Tertu Barsch	4:36:39
Donna Brown	5:46:17
Hiroko Hunt	5:49:42
Ann Watters	7:03:32
W70 Ann Chadwick	5:41:33
Kathleen Callaway	5:54:28
Joyce Duval	6:03:58
Beth Petersen	6:25:07
W75 Mary Ehrlich	5:10:33
W80+ Harriette Thompson	6:15:46

NORTHWEST

Nordstrom Beat the Bridge 8K
Seattle, WA; May 18

Overall	
Eric Tollefson	30 24:07
Shelley Smathers	30 27:19
M40 Kurt Schaefer	27:15
Ian Brown	27:42
Gary Niegemann	28:22
M45 Rockwell Mouton	27:39
Kevin Adams	27:44
Bryan Burdo	28:54
M50 David Harris	30:41
Rob Johnson	31:38
James McGill	31:58
M55 Paul Ladniak	32:24
Michael Shouse	32:52
Michael Higgins	33:19
M60 Timothy Joslin	34:46
Skip Kolve	40:16
Gordon Morie	40:49

M65 Ronald Brinton	33:29
Bill Iffrig	34:25
Kenneth Zike	38:29
M70 Bob Eaton	43:54
James Nisbet	44:07
Nell Voth	48:22
M75 Don Ellis	1:02:07
M80+ Jeff Rhinehart	47:29
W40 Mary Kay Benz	32:56
Kim-Hoang Cooper	33:03
Rhoda Ramirez	33:18
W45 Regina Joyce	28:30
Eileen Sterling	36:35
Linda Rowe-Oneal	37:20
W50 Marcia Swanson	36:21
Susan Walker	36:31
Linda Watson	40:31
W55 Phyllis Nelson	37:04
Judy Fisher	39:40
Ok Hul Ross	40:49
W60 Carol Flexer	36:07
Clarita Bhat	42:03
Gay Nelson	45:49
W65 Helen Molina	44:05
Marlene Beadle	1:01:52
W70 Patricia Johnson	43:24
Nancy Olsen	47:32

Salt Lake City Classic 5K & 10K
Salt Lake City, UT; May 31

10K	
Overall	
Teren Jameson	28 30:48
Susan Nielsen	28 36:36
M40 Dennis Simonaitis	31:05
Kirk Zander	36:55
Kenneth Stone	39:05
M45 Louis Gassmann	36:31
Tek Kilgore	39:08
Kevin Tuck	39:12
M50 Kevin Murphy	38:12
Bob Evers	39:27
John Straley	39:50
M55 Donald French	38:08
Michael Peter Berber	41:34
John Helm	43:11
M60 Ken Jameson	43:06
Thomas Anderson	45:49
P Keith Nelson	50:15
M65 Gary Raddon	1:07:09
B Jay Ludwig	1:16:06
Bud Astin	1:20:07
M70 Dewain Jenkins	58:59
M75 Thomas Gregory	1:01:51
M80 Bill Collings	1:20:15
W40 Amy Sanyer	42:48
Marlene Mauer	44:07
Lisa Schneider	44:18
W45 Mary Beacco	44:09
Anne Kilgore	46:16
Kirsten Whetstone	48:00
W50 Alice Steiner	1:00:10
Sharon Gough	1:00:51
Jill Wayne	1:00:54
W55 Carol Johnson	58:17
Christy Felton	1:01:27
Pauline L. Higgin	1:07:59
W60 Kathy Reynolds	1:05:31
Erika Williams	1:12:09
Marjorie Mullaly	1:37:36
W65 Elfie Dalton	59:53
W70 Judith Bulough	1:08:45
Charlotte Frank	1:11:47

5K

Overall	
Joe Wilson	26 15:31
Kit Ziegler	16 18:43
M40 Kirk Zander	16:55
Criss James	17:53
Jeffrey Taylor	19:03
M45 Jules Magda	17:44
George Katz	18:15
Walter Blanco	18:36
M50 Toby Salazar	18:47
Bill Francis	19:39
Michael Richards	22:19
M55 Don Schultz	22:06
George A Adams	22:55
David Anderson	23:00
M60 Steve Lester	20:45
Sid Rudolph	24:06
Rick Reese	24:41
M65 Harry Ewing	21:57
Bob Gold	29:10
Edward Campos	30:20
M70 Clinton Baxter	27:50
Donald Nielsen	28:23
Derald Evans	31:15
M75 Sid Smith	41:29
Frank Erwin	49:04
M80+ Gerald Klemm	40:19
Herb Wright	47:55
John Wightman	54:29
W40 Tina Coates	22:44
Beverly Salazar	23:07
Teresa Richardson	25:03
W45 Liz Vincent	25:21
Juliet Ekstrom	25:48
Jill Bischoff	26:07

W50 Marlene Summers	27:42
Lee Snow	29:26
Jeanette Osgulthorpe	29:33
W55 Jeanie Groves	23:39
Wendy VandeKamp	25:55
Olivia Moreton	26:18
W60 Dixie DeanMathis	28:58
Nona Horsley	31:02
Irene Gayheart	32:09
W65 Devon Nish	30:42
Erin Ross	31:12
Patricia Figge	40:57
W75 Colleen Gregory	42:04

Alaska Run for Women 5M
Anchorage, AK; June 7

Overall	
Liz Wilson	34 28:17
W40 Susan Faulkner	30:04.6
Chris Clark	30:43.3
Esther Jurasek	31:26.5
Laura McDonough	33:01.3
Natasha Bergt	33:45.1
W45 Patti J Foldager	34:53.3
Carol Jewell	36:05.8
Beth Balen	36:26.8
Mary Barrett	36:31.1
Marianne Pedersen	37:40.2
W50 Susie Holway	35:25.1
Ellyn G. Brown	35:40.0
Shirley Durtschi	36:09.3
Barbara Dupps	36:32.9
Mary Flanigin	36:35.0
W55 Maria Cobb	37:01.9
Tania Spurkland	41:19.4
Dyanne Brown	41:34.7
Jane Wiggins	41:53.0
Elaine Nelson	41:55.4
W60 Arlene Gerety	42:05.2
Marlene Roch Rice	46:09.2
Berit Flora	46:20.2
Carol Pool	47:53.3
Susan Bury	48:17.8
W65 Mary Marsolais	42:50.1
Millie Spezialy	47:51.5
Kaz Teekell	49:50.6
Joan Lindemuth	50:58.2
Raye Faulk	54:41.0
W70 Marilyn Swanson	1:06:16.6
Judie Samter	1:08:02.0
Grethe Hansen	1:09:46.2
Helen Thompson	1:09:58.2
Sally Brownsberger	1:12:19.7
W75 Wilma Larsen	1:08:26.9
Pauline Pergande	1:23:53.0
Betty MSoule	1:44:37.2
W80+ Beryl Johnson	1:34:01.0
Elizabeth Dennis	1:37:51.4

INTERNATIONAL

British Masters Athletic
Federation 10K Championships
Birmingham, May 4

M40 Ron Adams	32:12
Mark Burnhope	32:24
M45 Andy Wetherill	33:13
Steve Robinson	33:27
M50 Michael Hager	32:48
Stan Owen	34:41
M55 John Exley	35:31
Roy Treadwell	35:59
M60 Mike Shipway	38:31
Michael Smith	38:41
M65 John Collins	40:43
Walter Ryder	38:41
M70 Derek Howarth	45:25
M75 James Caddy	54:01
W35 Sharon Coyne	37:08
W40 June Clarke	37:01
W45 Gail Duckworth	39:29
W50 Daphen Ellmore	37:19
W55 Dot Fellows	44:52
W60 Jeanne Bryan	51:21

RACEWALKING

USATF North Region
Racewalk Championships
Kenosha, WI; May 17

10K	
M45 Klaus Theidmann	56:41
M55 George Opsahi	1:00:31
W45 Judy Myers	1:01:23
W50 Lynn Tracy	1:03:21
Open 5K	
M40 Garland Moore	37:16
M50 Ron Winkler	33:03
W50 Alice Winkler	36:17
W70 Kate Marrs	35:15

NSG/Senior Olympics 5K RW
Norfolk St. U., VA;
May 28 - June 5

W50 Joyce Prohaska	32:28
Sherrie Gossert	32:33
Betty Surratt	34:16
W55 Yoko Eichel	30:15
Emily Lee	32:19
Marjorie Pilla	33:43

W60 Diane Lawrence	33:38
Donna Gonzales	34:04
Rita Sinkovec	34:22
W65 Barbara Harkleroad	34:29
Marjorie Larragoite	35:11
Doria Flynn	35:56
W70 Maurine Lia	34:14
Betty Allgood	37:58
Claire Elkins	40:50
W75 Terry Hamilton	40:31
Bess Grimm	42:34
W80 Barbara Gladd	47:21
W85 Mary Haines	49:32
M50 Robert Shires	27:37
Stephen Moore	27:43
R MacElwain	29:02
M55 Gene Opheim	27:39
Marc Olshan	28:49

George Fenigsohn	29:47
M60 David Baldwin	29:04
Robert Weeks	29:49
Ronald Shields	30:20
M65 Bob Barrett	28:47
Alan Poisner	31:58
Ray Everson	32:33
M70 Jack Bray	28:36
Alfred Dubois	31:41
Jos Armbruster	32:04
M75 Ken Long	34:37
Dan Demauro	36:20
Paul Madden	36:22
M80 Anthony Silvini	40:01
Weldon Bigony	40:36
Jacob Robinson	40:40
M85 Abe Ulanoff	39:05
Paul Miller	40:08

ATHLETES WHO ENTER A NEW DIVISION
THIS MONTH, JULY 2003

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ABDELLAH BEHAR (FRA)	7-5-63	40-44
PAULA IVAN (ROM)	7-20-63	40-44
DENISE JONES (STATEN IS. NY)	7-21-63	40-44
LISA BOYON (GLOUCESTER, MA)	7-22-63	40-44
ROBERT CANNON (US)	7- 9-58	45-49
ELENA REVAJOVA (SVK)	7-10-58	45-49
YOSEPHA EVIE ROELANDS (NED)	7-12-58	45-49
JAMES HARKINS (NJ)	7-16-58	45-49
ELIZE J UYS (RSA)	7-17-58	45-49
CHRISTINE MULLER (SWI)	7-22-58	45-49
STEPHEN PETERS (GBR)	7- 5-53	50-54
GRITH EJSTRUD (DEN)	7- 5-53	50-54
JACQUELINE BOARD (NORMANDY, MO)	7- 6-53	50-54
DESLEY SPENCER (AUS)	7-10-53	50-54
GLEN GRANT (GBR)	7-16-53	50-54
ROBIN VESEY (PORTLAND, OR)	7-22-53	50-54
BERNADETTE BEAUMONT (FRA)	7-28-53	50-54
JNGE DECH (GER)	7-30-53	50-54
HILDEGARDE MATHEUSSEN (BEL)	7-30-53	50-54
MILAN TIFF (LOS ANGELES, CA)	7- 5-48	55-59
MARTA LOPEZ (SPA)	7- 8-48	55-59
JANE ANN KEEN (AUS)	7-12-48	55-59
LINDA MANTYNNEN (MARKLEEVILLE, CA)	7-13-48	55-59
WILLIAM FOUCHER (WINCHESTER, MA)	7-24-48	55-59
RANDI FOR (NOR)	7-24-48	55-59
JANE BUCH (SMITHVILLE, OH)	7-24-48	55-59
CHARLOTTE JARVIS (HOMERWORTH, OH)	7-25-48	55-59
MITSUKO TAKAHASHI (JPN)	7-31-48	55-59
TOM THORNE (EUREKA, KS)	7- 2-43	60-64
LINDA UPTON (CHESTNUT HILL, MA)	7- 5-43	60-64
DIETER WILLE (GER)	7- 6-43	60-64
LUTZ CASPERS (GER)	7-10-43	60-64
RUTH MACLOUGHLIN (NZL)	7-11-43	60-64
CAMELLA BRAVO (SPA)	7-14-43	60-64
MARGERY SWINTON (GBR)	7-21-43	60-64
ADRIAN WEATHERHEAD (GBR)	7-22-43	60-64
THOMAS HARE (US)	7-23-43	60-64
ERMA TRANTER (CHICAGO, IL)	7-23-43	60-64
TAKAKO TOGAWA (JPN)	7-26-43	60-64
RUTH ALLCOCK (GBR)	7-27-43	60-64
RAE BAYMILLER (NEW YORK, NY)	7-27-43	60-64
GEORGE MATHEWS (SEATTLE, WA)	7-28-43	60-64
RICHARD EMBERGER (ESCONDIDO, CA)	7- 3-38	65-69
NIKOLAY SVIRIDOV (URS)	7- 6-38	65-69
ELFRIEDE HOFFMANN (GER)	7-14-38	65-69
MARION COFFE (AUSTIN, TX)	7-16-38	65-69
ROBERT MONZINGO (US)	7-18-38	65-69
NORNA DUCKER (AUS)	7-22-38	65-69
MARION STANJONES (NORTHPORT, NY)	7-22-38	65-69
MARY MIDDLEBROOK (HOUSTON, TX)	7-23-38	65-69
ZOFIA TUROSZ (HARTFORD, CT)	7-27-38	65-69
NATE BYRD (NY)	7-31-38	65-69
JUNE MILES (NZL)	7- 2-33	70-74
SYLVIA HATTON (BEND, OR)	7- 2-33	70-74
BOB D WARD (DALLAS, TX)	7- 4-33	70-74
ELLEN BRANNIGAN (PALM SPRINGS, CA)	7-11-33	70-74
DOUGLAS CLEMENT (CANADA)	7-15-33	70-74
HEATHER DOWERTY (AUS)	7-21-33	70-74
MELBA HATCH (CANTON, MI)	7- 1-28	75-79
JOSEF MATOUSEK (CZE)	7- 2-28	75-79
HELGA SCHNEIDER (GER)	7- 2-28	75-79
AL BRENDA (MODESTO, CA)	7- 6-28	75-79
MITSUKO MIURA (JPN)	7- 8-28	75-79
GUNNER LINDE (SANTA MONICA, CA)	7-14-28	75-79
DAVE POWER (AUS)	7-14-28	75-79
JIM SELBY (CA)	7-18-28	75-79
GORDON SIEFERT (BIRMINGHAM, AL)	7-18-28	75-79
IRENE SCHANKMAN (US)	7-20-28	75-79
SHIRLEY PETERSON (NZL)	7-24-28	75-79
BOB BRUCE (OWEGO, NY)	7-27-28	75-79
JACK STARR (US)	7-27-28	75-79
TOM HISHON (AUS)	7-10-23	80-84
RUDOLPH VALENTINE (NYC, NY)	7-12-23	80-84
HORST ALBRECHT (GER)	7-19-23	80-84
NEL LUCAS (RSA)	7-20-23	80-84
LUCAS NEL (RSA)	7-20-23	80-84
JOHN MCANUS (WOODSIDE, NY)	7-22-23	80-84
SIGNE GALLAHER (RIDGECREST, CA)	7-23-23	80-84
LLOYD YOUNG (PINE CITY, MN)	7-28-23	80-84
HENRY SYPNIEWSKI (BUFFALO, NY)	7- 7-18	85-89
ALAN WATERMAN (SAN FRANCISCO, CA)	7- 8-18	85-89
ROBERT McDONALD (EL CAJON, CA)	7-12-18	85-89
ANDREW JONES (CINCINNATI, OH)	7-20-18	85-89
ERIK ANDERVARN (SWE)	7-28-18	85-89
ALBIN NOREN (SWE)	7- 4-13	90-94
MAZUMI MORITA (JPN)	7-17-13	90-94

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