



NATIONAL MASTERS NEWS



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

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De Reuck Sets World Masters 5K Record at Freihofer's



Marie-Louise Michelsohn, first W60, Freihofer's 5K.



Kathy Martin, W50 winner, Freihofer's 5K.

By SUSANNAH BECK
Colleen De Reuck, 40, Boulder, Colo., began her reworking of the masters record books without much consideration for the masters community, June 5, at the Freihofer's 5K Run for Women in Albany, N.Y., where she set a new women's masters world record, 15:48, (old record: Ruth Wysocki/16:08/1997).

"I keep forgetting I'm in the masters division. I didn't even know about the record. It wasn't something I was shooting for, I just wanted to be competitive in the race," she told Maureen Kelly of the *Albany Times-Union*.

Fair enough. De Reuck placed third overall in the race that was the U.S. Women's Open and Masters 5K Championships, earning \$4750. The likeable and self-effacing De Reuck is, of course, the woman who won the U.S. Women's Olympic Trials Marathon in St. Louis, Mo., April 3 (2:28:25). She is currently preparing

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37th Masters T&F Championships Head For Decatur, Illinois

By JERRY WOJCIK

After a ten-year hiatus, the USATF National Masters Championships will return to the Midwest this summer. The 28th edition in 1995 was held on the campus of Michigan State University in East Lansing. The 37th Championships will again be held on a college campus, this time at Millikin University in Decatur, Ill., on Aug. 5-8.

Since 1995, the Championships' closest venue to the area was a distant Orono, Me., in 1998 and 2002.

"Holding the Nationals in the Midwest opens the meet up to a wider array of competitors than having it anywhere else," said Jim O'Neil, M45 thrower and Michigan Association Masters Chairman, commenting on the

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JERRY WOJCIK

Ed Spinney, 1st (4:34.60), and David Salazar #888, 2nd (4:34.75), lead in the M50 1500, 2003 National Masters Championships. The 2004 Championships will be held in Decatur, Ill., Aug. 5-8.



LINDA SENKBEIL

Twelve of the 16 runners who have completed their 25th Cotton Row 10K this year (l to r): Jack Kachelman, Moody Davis, Kevin Jose, Merrill Jones, Joanie Bell, Carl Senkbeil, Gary Deere, Jon Turner, Bruce Woody, Don Hillis, Bill McDowell, and Charlie Vanvalkenburgh. They have run them all.

Sultanova-Zhdanova Takes Women's Race

Pope Bests Masai in Cotton Row

By JIM OAKS

HUNTSVILLE, Ala. – Brian Pope, the Mercedes-Benz Cotton Row Run defending masters champion, had enjoyed an impressive string of masters victories in April and May before coming across the state line to Huntsville from his home in Oxford, Miss., for the 2004 Memorial Day race, celebrating its 25th anniversary.

In April he took top masters honors at the Crescent City 10K (31:17),

began the month of May with a 31:37 win in the Coca Cola Classic 10K, and a week later was seventh overall in winning top masters money in 30:50 at the Gum Tree 10K.

Pope was the favorite among the field of pre-registered runners that included Chris Chattin from Maryland, Eric Putman from Georgia, Larry Taylor from West Virginia and

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BENGAY to Support Masters

INDIANAPOLIS - USA Track & Field sponsor BENGAY will support masters (age 40+) programs, USATF announced Thursday, June 10. BENGAY, which joined the USATF sponsor family at the 2003 USATF Annual Meeting, is setting up three new sponsorship opportunities to support masters programs.

The "BENGAY Travel Grant Program" will award 16 athletes (eight men and eight women) \$500 dollars each, to be used to assist the athletes in

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Publisher: Suzy Hess
Editor: Jerry Wojcik
Senior Editor: Angela Egremont
Assistant Editors: Susannah Beck, Jane Dods
Consultant: Al Sheahan
National Masters News Office:
 PO Box 50098 Eugene, OR 97405
 541-343-7716, Fax: 541-345-2436
e-mail: natmanews@aol.com
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www.nationalmastersnews.com
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Schedule: Jerry Wojcik, jerrywoj@aol.com
Advertising Representative:
 Suzy Hess 541-343-7716
Production: Susan Yarbrough
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Track & Field Records: Sandy Pashkin
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 Road Running Information Center
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Track & Field Rankings: Dave Clingan
Contributing Editors: Hal Higdon,
 Dr. John Pagliano, Mike Tymn, Elaine Ward
Correspondents: Ruth Anderson (CA), George Banker
 (MD), Bob Fine (FL), Paul Heitzman (KS), Bob Koch (CA),
 Carol Langenbach (WA), Ron Marinucci (MI), Marilyn
 Mitchell (NY), Paul Murray (NY), Jim Oaks (AL), Mike
 Polansky (NY), Phil Raschker (GA), Ken Stone (CA),
 Pete Taylor (VA), Mike Tymn (OR).

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

Photographers: George Banker (MD), Suzy Hess
 (OR), Mike Polansky (NY), Vic Sailer (NY), Douglas
 Smith (CAN), Tesh Teshima (HI), Thom Weddle
 (MN), Jerry Wojcik (OR).

Creative Art: Eugene Paasinen, Herb Parsons
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NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

Chair George Mathews 2149 Calle Buena Ventura Oceanside, CA 92056 760-757-4550 760-757-4533 (Fax) george.mathews@cox.net	Mid-America Jerry Bookin-Weiner 1920 Navajo Drive Fort Collins, CO 80525-1528 970-482-0616 (H) 970-482-5135 (F) midamtmfcoord@aol.com	All American Standards Len Olson 3 Oceans West Blvd., #5C4 Daytona Beach, FL 32118-5991 Tedodiscus@aol.com	Masters Invitational Program Mark Cleary (see West above)	Team Manager Phil Greenwald 101 W. 81st St., #718 New York, NY 10024-7237 (212) 595-2486 (H, Fax) Greenwald@worldnet.att.net
Vice-Chair Suzy Hess PO Box 5272 Eugene, OR 97405 541-343-7716 (W) 541-345-2436 (Fax) mtfvicechair@aol.com	Northwest Jim Schlewitz 2696 NW Quince Albany, OR 97321 541-928-3644 (H) 541-924-1132 (Fax) harwood@peak.org	Awards Phil Byrne 55 Constellation Wharf Charlestown, MA 02129 617-242-8822 pmb02129@aol.com	Racewalking Rod Larsen 104 Eleventh Ave. Windermere, FL 34786 407-876-4467 (H) 407-876-5843 (Fax) larsenrod@aol.com	Chair Appointee Rex Harvey 6744 Connecticut Colony Cir. Mentor, OH 44060 440-255-0751 440-954-8122 (W) 440-954-8111 (F) 440-339-5688 (C) rexjh@aol.com
Secretary Bob Cahners 4535 Lighthouse Lane Naples, FL 34112 239-793-4574 (H) 239-793-5744 (W) mtfsec@aol.com	Southwest Lester Mount 6750 Hillcrest Plaza Dr., #221 Dallas, TX 75230 214-766-2854 lestermount@yahoo.com	Championships Games Sandy Pashkin 301 Cathedral Pkwy., #6U New York, NY 10026 212-666-8603 spashkin@aol.com	Rankings (Indoor) Larry Patz 534 Gould Hill Rd. Contoocook, NH 03229 B6883578@aol.com	Weight Events Dick Hotchkiss 14005 Meadow Dr. Grass Valley, CA 95945 530-273-3660 ashglaze42@hotmail.com
Treasurer Frank Lulich 2315 Shields Eugene, OR 97405 541-343-8604 (H) mtfreas@comcast.net	West Mark Cleary 18 Charca Rancho Santa Margarita, CA 92688 949-589-0242 runnermark@cox.net	Championships Sites Ken Weinbel 4103 Hillcrest Ave., S.W. Seattle, WA 98116 206-938-3895 (H) Kweinbel@comcast.net	Rankings (Outdoor) Dave Clingan (address above) www.mastersrankings.com	WMA Delegates (Dorado, PR) George Mathews Bob Cahners Jerry Bookin-Weiner
Regional Coordinators East Ray Feick 2987 Lutheran Rd. Gilbertsville, PA 19525 610-754-6007 RFeick@aol.com	Active Athletes Representative Dave Clingan 1849 SE 20th Portland, OR 97214 503-231-0530 xroads@xro.com	Combined-Events Jeff Watry 3224 CR 2700E Penfield, IL 61862 217-367-8438 (W) jwatry@gillathletics.com	Records Sandy Pashkin 2525 Willakenzie, Apt. 4 Eugene, OR 97401 spashkin@aol.com	Alternates: 1) Marilyn Mitchell 2) Max Hamlin 3) Tim Edwards 4) Harry Brooks
Southeast Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 561-499-3370 bobfine@bellsouth.net	Law Chair Tom Light P.O. Box 1550 Chugiak, AK 99567 907-694-4623 (H) 907-786-7431 (W) 907-786-7401 (Fax)	Records - Racewalk Bev LaVeck 511 Lost River Road Mazama, WA 98833 bevlaveck@methow.com	Rules Coordinator Graeme Shirley 11212 Via Carroza San Diego, CA 92124 858-292-6132	WMA Delegates: Women Suzy Hess Christel Donley Marilyn Mitchell Alternate: Mary Trotto

NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

Chair: Norm Green 407 Freedom Blvd. West Brandywine, PA 19320-1559 (610) 466-9197 (610) 466-9198 (Fax) runnorm@aol.com	WMA Delegates: Mary Rosado Charles DesJardins	Jack Wing 4038 East 48th St. Tulsa, OK 74135 (918) 742-5418 (H, W, Fax) (918) 292-2860 (Fax)
Secretary: Lloyd Stephenson P.O. Box 170266 San Francisco, CA 94117 (415) 759-6194 fstmstr@mac.com	Rules Coordinator: David Katz PO Box 822 Port Washington, NY 11050 (516) 883-5599 katz@firt.com	Cross-Country Representative: Carole Langenbach 4261 S. 184 St. Sea-Tac, WA 98188 (206) 433-8868 (H, Fax) pntf@wolfenet.com
Vice Chair: John Boyle P.O. Box 1700 DeLand, FL 32721 (386) 736-0002 (386) 740-1047 (Fax) jboyle@altavistasports.com	Championships: John Boyle (See above)	Mountain, Ultra, Trail Representatives: Theresa Daus-Weber (ultra rep) Ian Seecof (trail rep) Scott Creel (mountain rep) Roy Pirrung (vice chair)
Awards: Don Lein 13 Crosswinds Estates	Championship Stats: Norm Green 407 Freedom Blvd. West Brandywine, PA 19320-1559 (610) 466-9197 (610) 466-9198 (Fax) runnorm@aol.com	Team Manager Roger Price 33 Tanglewood W Piscataway, NJ 08854 (732) 752-1654 rogerprice5K@aol.com
Law and Legislation: Mary Rosado 102 West 80th St., Apt. 23 New York, N.Y., 10024-6303 (212) 874-0822 (Home) (212) 758-2104 (Work) (212) 308-8582 (Fax) mrosadoesq@prodigy.net	Marketing Representatives: Don Lein (address above)	

Preview of Nationals

Continued from page 1
meet's locale.

"It's literally a three-hour flight from just about anywhere in the U.S. to Chicago or St. Louis, and then a couple of hours to Decatur."

Competition is open to men and women 30 years of age and older in five-year age groups. Relay teams compete in ten-year age divisions, with the athlete's age on Aug. 5 determining his or her age group.

The only qualification for U.S. citizens to enter is registration with USA Track & Field, the national governing body of athletics. Medals will be awarded to the top three finishers in each age group, with ribbons awarded to places 4, 5 and 6. Non-citizens cannot displace a U.S. citizen, but will receive an equal award.

Entry fees must be received by

Monday, July 19, to avoid a \$50 late fee. Entry confirmation will be sent to athletes who register by that date. No entries will be accepted after Monday, July 23. A photocopy of the entrant's passport or birth certificate is required with the entry form to assure eligibility. For on-line registration, visit www.directathletics.com.

On-campus housing information is available at www.millikin.edu/athletics/track, or by phone, 217-420-6625. For off-campus housing, athletes can contact the Decatur Area Convention & Visitors Bureau, 217-423-7000; 800-331-4479; or e-mail: teri@decaturcvb.com.

The entry form with additional information, including the schedule, equipment and championships dinner reservations, was in the May and June *National Masters News*. The meet's

Web site is www.millikin.edu, then Athletics, then Track & Field, and then The Masters.

Events on Thursday, Aug. 5, include the 5000 finals and the pentathlon. The meet closes on Sunday, Aug. 8, with a full schedule, including the 1500 and relays. In between, athletes will vie for national titles in the steeplechase, two racewalks, and other championship events.

"Decatur can't claim to be Tracktown USA, and the sights don't include an active volcano," said O'Neill, "but it does have the small-town charm that the Midwest is famous for. And Millikin is no stranger to big track meets. They've hosted any number of major collegiate events, and in May hosted the Division Three Collegiate National Championships. With that kind of experience, this meet should be run well." □



SUZY HESS

Paul Carrozza, M40, running a relay leg, 2003 National Masters Championships. The 2004 championships will be held in Decatur, Ill., Aug. 5-8.

Celebrate in Decatur

For those who seek more than competition when they travel to a championships city, or want to make the trip worthwhile for accompanying friends and family, the championships in Decatur should fit the bill.

The Decatur Celebration, "The Most Exciting Family Street Festival in the Midwest," will be in its 19th year on Aug. 6-8, and promises to attract some 300,000 people to downtown Decatur.

The celebration features 69 one-of-a-kind food booths, 127 arts and crafts vendors, 40 commercial vendors, dozens of street attractions, and 12 show stages, all centered in 22 city blocks, plus a parade and music from ethnic to jazz to Cajun to classical. For more information: Decatur Celebration, 227 S. Main St., Decatur, IL 62523; 217-423-4222; www.decaturrence.com; e-mail: havefun@decaturrence.com.

If shopping is your bag, you can hit the Wabash Depot Antique Centre (217-233-0800), Elwin Antique Mall (217-865-2916), and the Hickory Point Mall (217-875-0080).

Local history buffs can visit the Governor Oglesby Mansion (217-429-9422), James Millikin Homestead (217-422-9003), Hieronymus Mueller Museum (217-423-6161), Homestead Prairie Farm (217-423-7708), Macon County Historical Society Museum Complex (217-422-4919), and take one of three walking tours with emphasis on architectural styles of historic Decatur residences (217-424-2786).

The area boasts four libraries, including the African-American Cultural & Genealogical Society Museum of Illinois (217-429-7458).

Want to relax with a flick after a day at the track? Try the Avon Theatre, a downtown upscale Indie and alternative film emporium, which opened in 1916 and is believed to be

haunted (217-422-8151).

Athletes with a day off from competition and a car might want to head for Illinois Amish country in nearby Arcola.

If you're staying on the Millikin University campus, you'll be able to learn more about it before you get there by visiting www.millikin.edu about.

Decatur, located in Macon County, has a population of 81,860, and along with Macon County is celebrating its 175th anniversary. The major manufacturing employers are Archer Daniels Midland Co. (3300) and Caterpillar, Inc. (2000). The major non-manufacturing employer is Decatur Memorial Hospital (2200), one of two hospitals in the area.

Athletes from New York City, Los Angeles, Seattle, and other pricey real estate markets, might want to check out the housing. The median housing cost in the area is \$71,600, which would not buy a lean-to in San Francisco. The median household income is \$38,746.

The *Herald & Review* is the daily newspaper. Seven TV channels (without cable) service the area.

Fun facts about Decatur: the first patented flyswatter was made here; the Chicago Bears originated here as the Decatur Staleys; the first slot machine was made in Decatur; Abraham Lincoln made his first political speech here; and in 1860 he was nominated for the presidency at the Illinois Republican Convention in Decatur.

To learn more about Decatur and Central Illinois, contact Decatur Area Convention & Visitors Bureau, 202 E. North St., Decatur, IL 62523; 217-423-7000; 800-331-4479; fax: 217-423-7455; e-mail: tourism@decaturcvb.com; www.decaturrence.com. □

— Jerry Wojcik

TWENTY YEARS AGO July 1984

- Masters Bill Stewart (31:27) and Shirley Matson (38:33) Win in Cotton Row 10K
- At Age 51, Norm Green, Jr., Wins National 25K in 84:11
- Gretchen Snyder Sets Four U.S. W50 Track Records

TEXAS MASTERS CHAMPIONSHIPS OPEN & MASTERS CHAMPIONSHIPS

SATURDAY JULY 24, 2004 COPPELL HIGH SCHOOL DALLAS, TEXAS

SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB

MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS AND OPEN DIVISIONS

ENTRY FEES: PRE-REGISTERED BY JULY 21, 2004 \$15.00 FIRST EVENT \$5.00 EACH ADDITIONAL

LATE FEES: \$20.00 FIRST EVENT \$5.00 EACH ADDITIONAL

RELAYS \$20.00 *****ALL HURDLE EVENTS MUST BE PRE-REGISTERED***** WGT PENTATHLON \$30.00

ENTRIES CLOSE AT 3:00 PM

SCHEDULE OF EVENTS	EVENTS RUN IN ORDER LISTED	TIMES ARE APPROXIMATE
6:00 PM ALL THROWS	300/400 METER HURDLES	9:00 AM WEIGHT PENT. & PENTATHLON
6:15 THROWS WILL COUNT	100 METER DASH	AS REGULAR COM-
6:45 PETITION THROW	1500 METER RUN	
7:15 80/100/ 110 METER HURDLES		1:00 PM POLE VAULT
7:45 200 METER DASH		2:00 LONG JUMP
8:15 800 METER RUN		3:00 HIGH JUMP
8:45 4 X 100 RELAY		4:00 TRIPLE JUMP FOL-
8:55 LOWS LONG JUMP	400 METER DASH	
9:10 5000 METER RUN		
9:10 3000 METER RACEWALK		
MEGA WT. (98#) 9:25 4 X 400 RELAY		

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

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**WRITE
ON!**

Address Letters to: National Masters News
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PAYTON JORDAN

I first met Payton Jordan in March 2000, on a balmy, picturesque spring day in Santa Barbara, where I was competing in the Easter Relays.

The city by the sea occupies a narrow plain that slopes southward from the rugged Santa Ynez mountains to palm-fringed Pacific beaches. Of course, I was well aware of who this legend of track was, and longed to meet him and perhaps gain some knowledge that would help me improve my running.

And there he was, sitting on the grass with a group of other runners, some of whom I knew. Another legend, Jim Selby, introduced me to Payton, who was not competing that day.

As great a runner and competitor as he is, this distinguished octogenarian is an even finer gentleman. He was friendly, courteous, and shared his thoughts on the fine art of track for several hours.

When I pulled a calf muscle out of the blocks in the 200, he was very concerned and told me to ice it immediately.

No pompous superficiality with this superstar, no exaggerated show of self-importance, just civility and humaneness. Refreshing in the midst of what appears to be an epidemic of rudeness and indifference that is pervading our society.

Whenever I think of Payton Jordan, my thoughts will not be of the many track records he set, but of the kind and caring person he is. Isn't that what

really counts?

Good luck, Payton, in your most recent battle against cancer. Knowing you, the predator doesn't stand a chance.

Bob Frier
Covina, California

RANDALL BRADY

After 59 years in Nashville, Tenn., Randall Brady is moving to Seattle in late June. I am writing to recognize Randall as the "Father of Masters Track" in Nashville and thank him for his hard work and dedication over the years.

While Randall has competed consistently (mostly in his favorite race, the 200) and served as an official at every level, his real gift to track has been getting others involved with the sport. He constantly promoted the sport, encouraged folks to participate, and gave us opportunities to compete by staging meets.

Randall, thanks for all that you have done for track in Nashville. You will be missed.

Mark Carver
Nashville, Tennessee

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CZZMN

Sustainers for July 2004

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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Tim Dyas

Robert Osterhoudt

Roderick Parker

Timothy Sugrue

Highlands Ranch, Colorado

Ridgewood, New Jersey

Sun City, Arizona

Amity, Arkansas

Holyoke, Massachusetts

BENGAY to Support Masters Programs

Continued from page 1

getting to Sacramento to take part in special races to be staged in conjunction with the U.S. Olympic Track & Field Trials on July 18.

These events – men's and women's 800m races – will feature current world and U.S. champions as well as world and U.S. record holders at multiple events. The 16 athletes will be selected from across the country and must have achieved significant accomplishments in middle distance running.

Among the men invited to compete are Tony Young, who has run a world-leading 1:54.79 this year; John Hinton, last year's world outdoor champion at 1500; and Nolan Shaheed, the age-50 world record holder at 1:58.6.

The women invited include Rose Monday, a former world masters champion at 800; and Catherine Stone-Borkowski, winner of the 800 and mile at this year's USA Masters Indoor Championships.

BENGAY also will honor the "Masters Athlete of the Year" among all of USATF's masters long distance running, track and field, and racewalk athletes. The athlete will receive the award at the USATF Annual Meeting at the Jesse Owens Hall of Fame Banquet, presented by Xerox. BENGAY will provide travel for the award winner and a guest to the host city for the award presentation.

Additional funds will be used to support the 2005 Masters Indoor Championships in Boise, Idaho, in March 2005. BENGAY will receive signage as well as name/logo recognition in return.

"With their sponsorship, BENGAY is making a ground-breaking contribution to our masters programs," USATF CEO Craig Masback said. "In partnering with our masters community, they will enable us to maximize the quality of our masters events and provide recognition for masters athletes."

BENGAY is used for the temporary relief of minor aches and pains of mus-



SUZY HESS

Stan Whitley #1118, and Charles Brocato, in the M55 100 at the 2003 National Masters Championships. This year's championships are scheduled for Decatur, Ill., Aug. 5-8.

cles and joints associated with simple backache, arthritis, strains, bruises, and sprains.

Among those invited, in addition to the athletes named above, to compete in Sacramento (subject to change):

Men:

Jeff Lindsay (45) Tulsa, OK – #3 in the USA in the 800 in 2003.

Kevin Paulk (43) Portland, OR – 2003 Masters National Outdoor Champion in the mile and 800.

Sal Allah (44) New Jersey – 2003 World Masters Champion in the 800.

Women:

Mary Thane (40) Montana – 2003 Outdoor 800 Champion.

Terri Cassel (42) Tulsa, OK – 2nd at the 2003 National Championships in both the 800 and 1500.

Claudette Groenendaal (42) Santa Monica, CA – Former NCAA and USA Champion in the 800. □



Track & Field Report

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

Masters Invited to the Big Dance

Thank you, BENGAY. Masters have finally gotten a seat on the dais at our organization's most prestigious awards banquet, The Jesse Owens Hall Of Fame Banquet. As I discussed in last month's article, this has everything to do with money. We can do wonderful things with the green stuff. I should share with you how the "Masters Athlete of the Year" will be selected. First, we should understand that this award will be decided between LDR and Masters Track & Field. Always in the past these selections have been made at the Annual Meeting. Because we need time for the honoree to make arrangements to be at the banquet, both LDR and Masters Track & Field committees will have to select their candidates by early October.

Phil Byrne and his hard-working committee will start early and pick the one and maybe two or more candidates for the award. The Masters Executive Committee will approve the final candidate for submission for the final vote.

The LDR Executive Committee will also decide on their candidate after the last important race of the year. The final decision will then be made by the respective masters chairs of LDR, Track & Field and the president of USATF.

Travel Grant Program

Also, the "BENGAY Travel Grant Program" really gives our Masters Invitation Program a shot in the arm. We will truly have our best athletes representing us at the Olympic Trials.

I hope you all see that this is not the creation of an "elite" program. We are helping the athletes equally, regardless of their standing in the qualifications. It really behooves us to be able to put the best athletes in each race so we can show off what masters athletes can do. This, frankly, is one of our best marketing programs. Thanks to Mark Cleary and the people that help him put this together.

BENGAY is also going to participate in the sponsorship of our National

Indoor Championships in Boise. Thank you again, BENGAY. I hope this is the start of something big for our national championships.

Rustle Up Sponsors

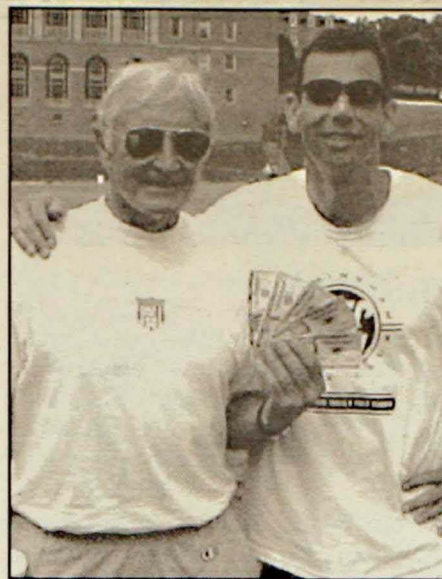
Think about how you can get sponsors to help support other meets. They don't have to be global brands like BENGAY. They may be a local bottler of healthful soft drinks, etc. You don't get it if you don't ask!

I also must thank the national office, especially Craig Masback and his very professional staff, for developing this sponsorship and inviting us to participate. This shows the kind of horsepower we have working for us.

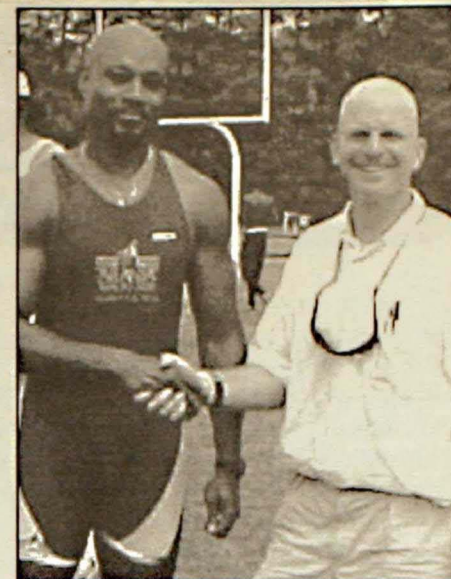
Working Together

I know many have thought over the years that we can do this by ourselves. I have always thought our real potential has been in working with our own professional staff. They surely know we more than exist. This is just the beginning!

I hope most of you approve of this application of funds. This proves our value to the commercial world and that the masters movement is really a significant market and one of the most affluent, highly educated buying groups in the U.S. Now we need to support the people who support us. □



GORDON SEIFERT
Phil Mulkey presents Bill Murray, 50, with the \$100 Mulkey Mini-Decathlon Award, Birmingham Track Classic.



GORDON SEIFERT
Frank Newland, meet director, congratulates Harold Pierce, 42, winner (10.98) of the KC 100, Birmingham Track Club Classic.

BTC Wins Team Award

By GORDON SEIFERT
BIRMINGHAM, Ala. — The Birmingham TC won the Coach Bill McClure Trophy team award, beating the Atlanta TC, at the annual Birmingham TC Classic, Samford Univ., May 29. The team score was determined by age-grading each event and awarding points on a 5-3-1 basis.

Bill Murray, BTC, scored 21 points. Murray recently turned 50 and has made his presence known in his new age group. He gold medaled in

the pentathlon in the 2004 World Indoor meet in Germany and also at the 2004 National Indoor Meet in Boston.

Harold Pierce, ATC, won the KC \$100 age-graded 100m in a close race. Murray won the \$100 Phil Mulkey Mini-decathlon award with a 4081. The mini-decathlon avoids all the complexities of the time constraints and order of events involved in a decathlon, and the athlete selects five decathlon events for participation. □

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For more information, please contact us at 785-368-3798
or visit our website at www.topeka.org

www.nationalmastersnews.com

Senior Games Spotlight

2004 is Qualifying Year for NSG

This is a qualifying year for the National Senior Games, to be held June 3-18, 2005, in Pittsburgh, Pa. Athletes earning gold or silver medals, or meeting the minimum performance standards set by the National Senior Games Association (NSGA) will be eligible to compete in Pittsburgh against athletes from throughout the country.

To find out where qualifying meets are being held, what the standards are, and how the Senior Games program works, check the NSGA Web site at www.nationalseniorgames.org.

You can also write to NSGA, P.O. Box 82059, Baton Rouge, LA 70884-2059, call 225-766-6800, or e-mail

nsga@nsga.com.

For contact information for the 2005 National Senior Games: 344 Forbes Ave., Murdoch Bldg., Suite 215, Pittsburgh, PA 15213. 412-647-9519; e-mail: info@2005seniorgames.org; www.2005seniorgames.org. □



Third Wind

By MIKE TYMN

A Smartt Comeback

Jerry Smartt was a little disappointed with his effort in the 5,000 meter run at a Senior Olympics meet in Poplar Bluff, Mo., during early May. "I had to run solo, so I could cut only a 25:50," Smartt, a 73-year-old resident of Warsaw, Mo., explained. "I ran 24:42 in a road race a few weeks earlier. I have a lot of faith and confidence that I'll be able to drop another three or four minutes by the national championships in August."

After hanging up his running shoes in 1989, Smartt is on the comeback trail. "I had a big ranch to take care of and, after turning 70, I decided to see what I could do."

Those who were involved in the sport or following it during the 1950s will likely recall Smartt. In 1956, he made the U.S. Olympic team as first alternate at 10,000 meters. Although he didn't compete in Melbourne, he did accompany the team to Australia and participated in a number of pre-Olympic events. In 1957, he won the national AAU senior cross-country championship, then contested at six miles rather than 10,000 meters, and the national six-mile championship on the track while recording 29:48.3.

Trip to Moscow

In 1958, Smartt was one of two Americans selected for the 10,000 in the USSR vs. USA meet in Moscow. Although the Russians took first and second, Smartt finished ahead of teammate Gordon McKenzie.

Born in Donna, Texas, Smartt traces his running back to running games of tag and hide and seek during his youth. In high school, he won his district championship in the mile with a 4:52.



Jerry Smartt

At the University of Houston, he lowered his mile best to 4:13 and also recorded 8:58 for two miles, 13:56 for three miles, and 29:20 for six miles.

After college, Smartt moved to

California and competed for the Southern California Striders. "I won everything on the West Coast and outran Billy Mills a lot...until 1964, that is," he says, referring to Mills' surprise victory in the 10,000 at the Tokyo Olympics.

High Mileage Training

While very few runners during the 1950s were doing high mileage training, Smartt recalls putting in many 100-plus mile weeks. "I'd run 12-and-a-half miles to work and then 12-and-a-half miles back home on Monday, Wednesday, and Fridays," he explained his regimen. "On Tuesdays and Thursdays, I'd run 15 after work. I did things for sheer torture then, knowing that no one else was doing that much. If I didn't do 20 miles a day, I was one unhappy cat."

Beginning in 1956, Smartt trained under Armas Valste of Finland and later under Fred Wilt. "Thank God for those two men," he said, adding that Emil Zatopek was his running idol and that he named his first daughter, Emily, after the famous Czech runner.

Memorable Moments

Asked about his most memorable running experiences, Smartt pauses and ponders before responding. "I'd have to put making the Olympic team as first alternate on top," he said. "It allowed me to travel and compete with the regulars in build-up meets prior to Melbourne, fostering life-long friendships with the cream of the crop. The USA vs. USSR meet provided great competition and allowed me to see more of the world."

But then Smartt remembered being

a member of the U.S. team making a tour of Africa in 1963. "That tour of Africa was special, because I was part of Kenya's independence from Britain celebration. It was an adventure. I ran 5000 meter races on Monday, Wednesday, and Friday of the same week. Ouch!"

Smartt also has fond memories of serving as the national team coach for Turkey, Iran, Pakistan, and Jordan during the early 1970's.

He continued running into his 40s, setting an American age 43 record of 15:30.8 for 5000 meters in 1975, a record that is still on the books today. "It was sort of low-key training and racing after that," he said. "And then I quit completely in 1989."

Getting Serious

Smartt raced once in 2002 and then started getting more serious in March of 2003. His progress has been gradual as Smartt knows better than to rush things. He is now up to 50 miles a week of training and is just starting to do intervals. "After a good warmup, I'll do five quarters with a 200 jog at 7-7:15 (mile) pace and a good warm-down," he explained his regimen. "This will be increased dramatically."

His goals? "Aging has made me humble in that I realize that the speed I think I should have just isn't there. Flexibility is MIA. On the other hand, I just love to run footraces and I want to be competitive at nationals. I know what is required. I know how to do it. It becomes a personal thing. Is it attainable? The fun is in the trying." □

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

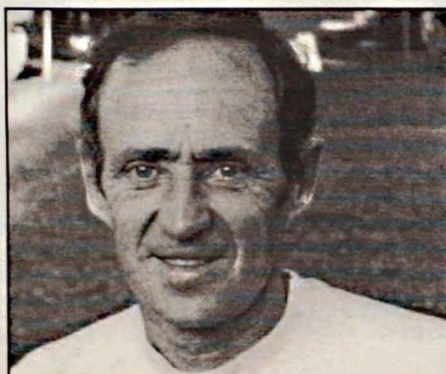
The Legendary Jack Foster, 1932-2004

At the time masters competition was in its infancy, New Zealand's Jack Foster was setting seemingly impossible standards for men 40-and-over. At the age of 40, he represented New Zealand in the marathon at the 1972 Olympic Games in Munich, finishing eighth. At 41, he recorded a marathon time of 2:11:18, ranking him among the world's top marathoners of any age. At 43, he won the Honolulu Marathon in record time. At 44, he again represented New Zealand in the Olympic marathon at Montreal. At 50, he ran a marathon in 2:20:28.

On June 5, Foster, 72, was killed while cycling near his home in Rotorua. Other than the fact that a car collided with his bike, details of the accident were not available at press time.

Born in Liverpool, England, Foster emigrated to New Zealand when he was 24. He didn't begin running until he was 32. Prior to that he had been a competitive cyclist.

Before moving to New Zealand, he took many holiday bike trips around England and other parts of Europe. Making the change over to running was not difficult, Foster said in a 1982 interview for *National Masters News*, because the cardiovascular base had



Jack Foster

MIKE TYMN

been established on the bike.

Foster was an anomaly in more ways than one. Unlike most long distance runners, who train long and slow, he trained short and fast.

"I seldom, if ever, run slower than 6-minute (mile) pace," he said in that 1982 interview, "simply because I feel like I'm plodding. I don't like what people call 'social runs.' I like to socialize with a few beers while lying around the garden. When running, I like to run."

Married and with four children, Foster was, in 1982, employed as a clerk for the Department of Public Works in Rotorua. "I've been up and down the promotional ladder due to

going away for races," he mused, "but I'm not very ambitious when it comes to getting to the top of the ulcer pile."

Although he retired from serious running competition during his early 50s, Foster remained active and fit, primarily by cycling.

Foster's 2:11:18 marathon stood as the world best for men 40 or over until John Campbell, also of New Zealand, recorded a 2:11:04 in the 1990 Boston Marathon.

Foster was an inspiration to a generation of distance runners and will be remembered for his humility as much as his running talent. □

— Mike Tymn

FIFTEEN YEARS AGO July 1994

- Nearly 5000 Athletes Enter World Championships in Eugene
- Sweden's Kjell-Erik Stahl, 42, Runs 2:18:43 in Grandma's Marathon
- Priscilla Welch, 44, Sets World Best 26:26 in Nike Women's 8K in DC

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natmanews@aol.com;
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- **Publisher**
Phone: 1-541-343-7716
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LDR Report

USATF RRIC

U.S. Marathon Demographic Snapshot

SANTA BARBARA, Calif. – With the marathon season in full stride, it is time again for USATF Road Running Information Center's annual marathon report. The 108th Boston Marathon illustrated how much marathon demographics have evolved since the 1970s Running Boom era. In 1975, female finishers were only 1.5% of the field (28 of 1846 overall finishers). The female percentage continued to increase impressively to 11.7% in 1985, 35% in 2000, and 37% in 2003, as the absolute finisher totals grew respectively (3930, 15,668 and 17,030).

Boston has also experienced a gradual increase in the age of marathoners, although its very large masters pool (53% – up from 48% in 2000) is affected by the qualifying entry process.

A more general look at all 2003 marathons that provided results to USATF RRIC shows consistency over the last six years (see chart below).

The median age for marathon finishers (39 for men, 34 for women) has not changed since 1998, and the overall median age has only increased by one year to 38.

Also, the percent of women (40%), masters (43%) and juniors (2%) has not varied by more than one percentage point.

Younger women are still the majority of runners under-30 (55%), while men comprise 69% of the masters group (40 and over).

Of course, from city-to-city and year-to-year, marathon fields vary more significantly. The 2000 New York City Marathon, for example, had the lowest percent of female finishers (28.4) of the larger U.S. marathons tracked that year, but in the 2003 ING-sponsored edition, 34% of the finishers were women.

Another large marathon with significant increases in female participation was Honolulu, which increased from 42% in 2000 to 48% in 2003. The highest female percent for both 2000 and 2003 occurred at Portland with 58% and 57%, respectively.

The largest marathon with the smallest percent of masters was LaSalle Bank Chicago (33% both years), and the largest number of juniors (19 and under) can be found at the City of Los Angeles Marathon (8.5% in 2000 and 11% in 2003), which has the successful "Students Run L.A." training program.

As the median times chart below illustrates, marathoners were a little faster in 2003 (4:19:52 for men, 4:52:55 for women) compared to 2002, but still significantly slower than in the 1980s and 90s.

The data also show that there is a much bigger difference between men and women's times than between older and younger runners.

An average male masters runner could expect to run about seven minutes slower than an under-30 male, whereas the typical female masters runner might run 15 minutes slower than her under-30 counterpart. □

Marathon Demographic Breakdown 1980-2003

	1980	1995	1998	1999	2000	2002	2003
Women	10.5%	26%	34%	36%	38%	40%	40%
Masters	26%	41%	40%	42%	44%	43%	43%
Juniors	5%	2%	1%	1%	2%	2%	2%

Median Times

	1980	1995	2002	2003
Males	3:32:17	3:54:00	4:20:01	4:19:52
Females	4:03:39	4:15:00	4:56:46	4:52:55

Median Age

	1980	1995	1998	2000	2002	2003
Males	34	38	38	38	39	39
Females	31	35	34	35	34	35
Median Age Overall	na	na	37	37	37	38

(Source: USA Track & Field Road Running Information Center: www.usatf.org and www.runningusa.org)

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

Send to: *National Masters News*, P.O. Box 50098, Eugene OR 97405



Top five finishers in the Princeton Invitational Masters Mile (l to r): Paul Mascali, 51, first (4:48.17); Harold Nolan, 57; Fred Kitzrow, 48; Larry Glazer, 41; and Alston Brown, 55.

Bids Sought for Mountain, Ultra, and Trail Championships

The Mountain/Ultra/Trail Running Council (MUT) of USATF Long Distance Running is accepting bids for national championship races for open and masters athletes at the ultra and sub-ultra distances for the year 2005 and beyond. The distances that can be awarded championship status are 50K road and trail, 50 mile road and trail, 100 mile road and trail, 100K road, 24-hour road/track, and sub-ultra mountain/trail races of various distances.

If you are interested in hosting the above events for 2005 and beyond, contact MUT Championship Coordinator Janice Anderson, or your regional MUT representative (listed below). Any of these MUT representatives can answer your questions and supply you with useful information for bidders.

Additional information is also available on the MUT Web site at http://www.cerritos.edu/lgersitz/MUT/Ultra_Championships.html

The USATF Championship Bid Form is available at <http://www.usatf.org/groups/eventDirectors/bids/>

Completed bid forms must be received by Saturday, Oct. 23, to ensure

review at the USATF Annual Meeting, which will be held Dec. 1-5, 2004, in Portland, Ore. Not all distances will necessarily be awarded in a given year.

Race directors and the ultra, mountain, and trail running media will be notified by Dec. 15 regarding the outcome of the selection process. Further bids may be solicited after the convention for race distances that have not been awarded.

Regional Coordinators

East (Ultra): Janice Anderson, 668 N. St. Mary's Lane, Marietta, GA 30064. jslug@mindspring.com. 678-778-8211 (h); 770-433-8211 X17654 (w).

West (Ultra): Lorraine Gersitz, 2505 Sunflower St., Fullerton, CA 92835. bruceandlo@earthlink.net. 714-526-5340 (h); 562-860-2451 X2414 (w).

Central (Ultra): Theresa Daus-Weber, 6970 Buckskin Dr., Littleton, CO 80125. tdaus-weber@earthlink.net. 303-973-7579.

Mountain/Trail (Sub-Ultra Distances): Richard Bolt, 43 Salisbury St., Manchester, NH 03104. r_boltski@yahoo.com. 603-627-7213. □

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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

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

Biomechanics of Age

A study from the Univ. of Amsterdam looked at ground reaction forces and kinematics in distance running in older men. The conclusion was that older and younger men are biomechanically different in the way they run.

We know that older men take shorter steps at a high frequency (the old guy's shuffle), use smaller knee range of motion, and show higher initial loading rates and higher impact forces than younger men.

The reason for this is unknown, but the authors feel it is related to musculoskeletal degeneration, demands for safety, and the attempt to reduce metabolic cost in distance running.

What is disturbing is the increased impact peak forces and loading rate in the older runner.

This indicates we have less shock-absorbing capacity, which can lead to lower extremity over-use injury and may explain why older runners develop a higher incidence of over-use

injury than younger runners.

It suggests that older runners need a shoe designed for the older runner with higher cushioning properties.

The research indicated that further information is needed to determine the specific relationship between aging and musculoskeletal changes. This includes lack of fat pad, decrease in muscle strength and increase in joint stiffness.

Once this is determined, the medical community will have a better insight into the mechanisms of injury and how to control these prior to onset of injury. □

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

Capital Challenge Raises \$13,000 for Special Olympics

The 23rd ACLI Capital Challenge took place Wednesday, May 5, in Anacostia Park, Washington, D.C. A large contingent of 29 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, sub-cabinet presidential appointee, federal judge, on-air media personality, or professional journalist.

The purpose of the ACLI Capital Challenge is to determine who is fittest, the legislative branch, executive branch, judicial branch, or the media that covers them, and to raise money for the D.C. Special Olympics. This year over \$13,000 was raised.

Bill Rodgers, the celebrity guest athlete, the "official whistle blower" for the race, started the runners on their way. Sen. John Sununu (R-NH), 19:47, took home top senator finisher honors, defeating 2003 winner Sen. John Ensign (R-NV), while Kay Bailey Hutchison (R-TX), 33:59, repeated as the women's winner.

Rep. Bart Gordon (D-TN), 18:22, is still the fastest man in Congress, receiving the Mike Synar Award.

Overall winners were Philip Huspeth, 15:28, of Rep. Peter DeFazio's (D-OR) staff, and Sharon Donovan, 17:40, of the Transportation Dept.

Former world record holder Jim Ryun again enlisted his twin sons and his daughter for his team and retained House team honors. Foreign Relations Committee Chairman, Sen. Richard Lugar, continued his streak by finish-



Sen. Dick Lugar (R-IN) and Bill Rodgers, ACLI Capital Challenge 3 Mile, Washington, D.C.

ing his 23rd straight Challenge.

The ACLI Capital Challenge highlights the ability of many of the nation's busiest leaders to stay fit. All entry fees went to Special Olympics. Challenge title sponsor ACLI (American Council of Life Insurers) and contributing sponsors, American Express Financial Services, Northwestern Mutual, Prudential Financial, Swiss Re, FannieMae, Saucony, Roll Call, Running Times, and Chubb, also donated funds to D.C. Special Olympics, as well as paying all race expenses. □

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Cotton Row Run

Continued from page 1

last year's masters runner-up, John Tuttle. Since Tuttle has been bothered by an irregular heart beat when running at maximum effort, he was not expected to challenge Pope as he had in 2003. He said he would probably run around 36 minutes, as he is awaiting surgery that is scheduled later this summer.

But the field changed at late registration Sunday night when former three-time masters winner and record holder (29:38) Andrew Masai showed up to run. Masai had just arrived from Kenya on Thursday and this would be his first race in the U.S. for the summer.

Last year, Pope's winning time was 32:20, and that on a cooler-than-normal day. This year the humidity was in the 90s and thunder storms in the area early in the morning at the time of course setup caused the start time to be delayed from 7:30 to 9:00. It was not a day for course records as the women's masters winner, Russian Firaya Sultanova-Zhdanova would learn.

However, the presence of Masai in the race drove Pope to an outstanding performance on a sultry, but thankfully overcast day.

"I could see him the whole time," Pope told *Huntsville Times* reporter Bruce McLellan after the race. "He was better on the downhill, but I could see he was struggling on the uphill. But it wasn't until the sixth mile that I thought I had a chance to catch him."

With about 200 meters to go, on a slight downhill to the finish, Pope kicked to pass Masai and win the race and \$500 in 31:42. Masai followed in 31:46 (\$400). Putnam took third in 33:45 (\$300), Chattin was fourth in 34:00 (\$200), and Tuttle held off Taylor for fifth and \$100 in 34:20.

Sultanova-Zhdanova, 43, came to Huntsville on a mission. She wanted to break the course and masters record that fellow countrywoman Ramilia Burangulova had set last year at 33:34, and her agent and coach, Tatyana Pozdnyakova, thought she could. Her credentials were impressive, particularly in the marathon. She had represented Russia in the marathon in the 1996 Olympics, finished fifth overall at Boston in 2002, won Grandma's last year in 2:27:05, and earlier this year was third overall at the Music City Marathon in 2:35:56.

Race officials were not able to notify her of the delayed start time, so at 7:15 she was in the start area, warmed up and ready to run. Through an interpreter, the situation was explained, but from her reaction she was not happy with the situation since the weather was then clear enough to start the run.

Even though she did not enjoy the course record bonus (\$1000) that Burangulova had earned in 2003, her overall win in 36:19 still earned a good



LINDA SENKBEIL
Women's overall and masters winner Firaya Sultanova-Zhdanova (36:19) of the 2004 Mercedes-Benz Cotton Row 10K.

paycheck - \$1000 for the overall title and \$500 for the masters win.

"I was ready to start at 7:30, and I was very confused with the delay," Sultanova-Zhdanova told *Huntsville Times* reporter Brooke Milam through an interpreter. "The run was very hard. I planned to run it in 33:00, but I didn't run as fast as I was supposed to."

Connie Robertson, 41, Hapeville, Ga., was second master in 39:34, the only other masters woman under 40 minutes.

The other masters money winners were local runners. Gail Whelan, 40, took third (44:18); Jenise Fontenot, 47, fourth (44:20); and Jennie Rountree, 44, fifth (47:50).

Three of the better age-graded performances were run by Fay Bradley, 66, Huntsville, first in the M65 in 41:46; Donald Brown, 58, Woodstock, Ga., first M55 in 39:25; and Susie Kluttz, 67, Winston Salem, N.C., first W65 in 51:32.

On the Saturday before the race, the Huntsville Track Club celebrated the occasion with a meeting that featured three former participants in the race on a panel to discuss "Running in the Early '80s." The three speakers were three-time 10,000 Olympian Craig Virgin, Olympic marathoner John Tuttle, and the winner of the first Cotton Row in 1980, Stephen Bolt. These three entertained with stories from the "old days."

This year's Cotton Row races, which include a 5K and a mile fun run in addition to the 10K, enjoyed an increase in participation. Registration numbers for the 10K and 5K were up 162, and a slight increase in the fun run gave a total registration number of 2646 for 2004. □



The Weight Room

By JERRY WOJCIK

A-As, Take the Steps to Get Them

With the season in full swing, thoughts of attaining the All-American standard in the throws, as well as in the other events, will follow, as will this inevitable question by callers to NMN, "What does All-American mean?" After I tell them that the A-A standard is a mark that, when attained by masters athletes, qualifies them for a certificate of recognition, a patch, and a patch tag if they so desire, then comes the next question, "Yeah, but what does it really mean, and how were the standards arrived at?"

This results in a half-hour conversation, mostly explanatory on my part, which leaves me and the caller essentially unsatisfied, and with more questions than when we started.

I wasn't in on the adoption of most of the present marks, but I've been involved in revisions because of new implements and specifications, or to make the A-As more meaningful and equitable.

It has always been my understanding and intent that the A-A should be equal to at least an 80% national class level performance, but I suspect that some are below that level.

Age-Graded Tables

When the newly revised Age-Graded Tables become more public than they are now, it's a safe bet that many of the standards will undergo scrutiny to see whether they really constitute All-American performances.

By applying the present standard for each age group in the rankings to see how many athletes would make A-A, it's apparent that some standards for the throws may be ripe for change. I did that with a couple of events for age groups 40 through 75 in the 2003 outdoor rankings, published in the March 2004 issue.

Marks for the 30-39 groups, especially the women, are so few and disparate that I wonder whether the present standards for those groups really reflect an A-A performance.

I see that many of the marks for the 40-44 divisions in the World Masters Indoor Championships in Germany were better than the marks for the 35-39 groups.

The standards for the 30-39s should be examined often as more data are accumulated. That's also probably true for the M80+ groups. Take a look at the All-American standards charts in this issue, and you'll see that there aren't any for most events for the 90+ divisions.

And forget about the M&W100+ divisions. How can you devise a standard based on one mark?

Shot Put Standard

The M55 shot put standard is 12.00 meters/39-4 1/2. Of the 25 throwers listed in the 2003 rankings, 23 met the standard. It's not as bad as it looks if you remember that the list consists of the top 25 in the U.S., and that there are probably four times that many

M55 shot putters in the U.S.

When the M60+ groups go to the 1kg discus after the 1.5kg, they seem to have a much easier time with it. Of the 25 M60 throwers listed, 23 hit A-A marks, as did 23 in the M70 group.

Again, a reminder that there are at least 100 discus throwers in those divisions, and also that the number of top athletes moving in and out of age groups may influence the percentage that attain A-A certification.

When four or five good athletes have birthdays within a year or so, let's say, and vacate the M50 division in certain events, and move into the M55, the percentage of M50 A-As is reduced and the M55 numbers are fattened up, which at quick glance makes it look as if the A-As are too hard or too easy.

New Javelins

Standards for the "new" javelins are in the works and can't come soon enough. All 25 throwers in the M50 division made A-A.

That's because the standards are based on the "old" javelins when the M30-59 used the 800g, and the M60+ used the 600g. The M50s now throw the 700g.

The older men's and women's group standards will also have to be adjusted for the new javelins.

To my chagrin, the easiest A-A for the 35# superweight appears to be in my division, M70, where 11 of the 13 listed made the standard of 6.00 meters.

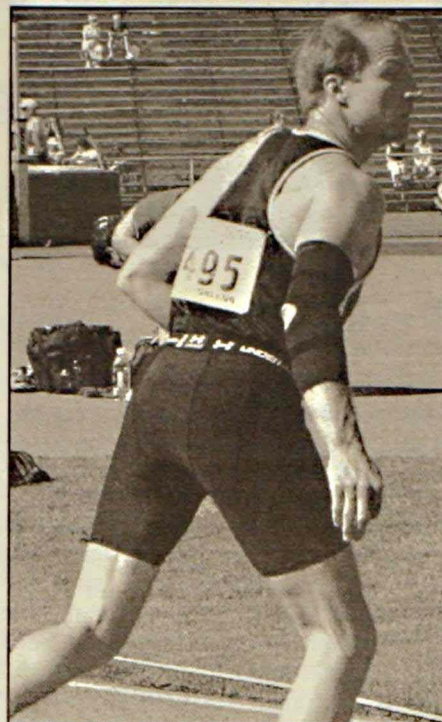
This is also a good example of strong throwers moving into a division, but the standard should probably be at least another half-meter higher anyway. If that occurs, it may come back to haunt me.

Several years ago, I felt that the 4.00 meter standard for the M65 superweight (56#) was too easy, so I persuaded Len Olson, the Masters All-American Standards Sub-Committee Chairman, to up it to 4.50. My best throw that year was 4.49.

Don't wait too long to apply for the A-A certificate, patch, and patch tag. Get on the A-A wagon while you're still able to qualify under the present standards, because they may get harder.

On the other hand, they may get easier, but I wouldn't count on it. □

(Jerry Wojcik can be reached by e-mail at jerrywoj@aol.com)



NMN PHOTO
Michael Janusey, M45 pentathlon winner, finishing the javelin throw, 2003 National Masters Championships.



NMN PHOTO
Doug Appel, 2003 M60 javelin national champion (47.35), Eugene, Ore. The 2004 championships are scheduled for Aug. 5-8 in Decatur, Ill.

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Masters Racewalking

By ELAINE WARD

A Racewalking Perk – Part 2

Darlene (W55) and John Backlund (M60) continue their interview on how they combine competition and fun by traveling and racing all over the country. Darlene has a 5K time of 31:40.2 and a 10K of 65:37. John races the 5K in the 28-29 minute range and has a recent 10K time of 61:44.

EW: How far out do you plan your workouts, John?

JB: Right now I am trying to get us into October and the Huntsman Games in Utah.

EW: Do you pick a race to peak at?

JB: More or less. Depends on what other things come up and how the workouts are going. Darlene is coming off an injury, so her workouts are a guesstimate until we see how she responds.

DB: I think being able to analyze things together is a major benefit in sharing the same sport. In a sense we can act as each other's coach. It helps having a shared history of knowing what each other can do and what we want to do.

Valuable Input

JB: For example, we both have occasional bent knee problems in

races. Having someone's eyes on you and cautioning you when your knees look soft is invaluable. I spot for Darlene and Darlene spots for me for tips to improve our techniques so we can go faster legally.

DB: Another benefit is simply the support we give each other. When a workout doesn't go well, we remind each other of a previous good workout.

We help each other by interrupting any negative thinking. We have gone through cycles of good and bad workouts and accept that our bodies aren't machines that go as we want.

Racing Goals

EW: Of course, it's possible to keep focused on what is important on your own, but I agree it is much easier when you have a teammate who cares. What are your individual racing goals?

JB: My goal is to perform as best I

can under whatever circumstances I have. Sometimes I am pleasantly surprised; sometimes I am disappointed.

EW: By circumstances, do you mean injuries and not feeling well?

JB: Or simply getting out the wrong side of the bed or being overtired. I figure I can only do with what I have at the time of the workout or race. I am not real steady. I am a little bit up and down.

Setting Goals

EW: How do you set your time goals, Darlene?

DB: I set them by how I am doing in my workouts and then knock off a minute or so. I think because it is a race that I am really going to work a whole lot harder to go faster.

And this is where John is so supportive. If I don't make my goal, John will say, "Now be realistic. Look how well you did do. There's always another race."

EW: I am always very pleased when walkers come into our club as couples.

DB: In the younger years with children, you don't have time to be together if you're off doing different recreational activities. In sports you can warm up and cool down together, work out in the same location together, travel to sporting events together.



NMN PHOTO
Paul Johnson, first M65 in the 5000 racewalk, 2003 National Masters Championships.

then soccer as coaches for our kids and as players for ourselves.

When John retired and we were on our own, it was natural to take up a sport we could both do.

Perfect Sport

JB: Racewalking fits us perfectly as we like to travel and we can work out anywhere. We don't have to find a court or track or depend on others to practice or play. It is something that is easy for the two of us to do wherever we are.

And the sport keeps us in shape for the adventures we like to take. We hiked the Inca Trail to Macau Pacha this past fall. In 2002, we went to Antarctica which was definitely a trip of a lifetime.

DB: We have wonderful freedom. Our motor home gives us the freedom to pick up and go wherever we want; our sport gives us the freedom to work out wherever we are and race with a wonderful group of fellow athletes across the country.

We love our life style. "Hey out there, try it!" □

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



NMN PHOTO
Bill Reed (I), second M50, and Norman Frable, third M55, 2003 National Masters Championships. The 2004 championships are set for Decatur, Ill., Aug. 5-8.

All this allows time to talk things over, not just about the sport, but about other daily activities and problems.

Determining Priorities

JB: Kids come and go.

DB: I see a problem with young people today as they tend to put the kids first and forget that the marriage needs to come first. This means establishing patterns of doing things together as a priority from the very beginning.

In John's and my case we established a pattern of doing sports together. Tennis first as there was a court down the street from where we lived,



USATF West Regional Masters Championships

Presented by So Cal Track Club

July 24-25, 2004 – Home Depot Center, Carson, Calif.
Olympic Training Center – Mondo Track Surface

Sat. July 24 (tentative schedule)

TRACK	TIME	FIELD
10,000M	8:00	Hammer (All M&W)
5000M RW (M&W)	8:45	
Steeplechase (M&W)	9:30	Pole Vault (All W, M50+)
80m Hurdles (M&W)	10:30	Long Jump (M30-59)
100m Hurdles (M&W)	10:45	
110m Hurdles (M&W)	11:00	Javelin (All W, M60+)
100m Prelims (M&W)	11:45	Pole Vault (M30-59)
1500m (M&W)	12:45	Shot Put (All M&W)
400m Finals (M&W)	1:45	Long Jump (All W, M60+)
100m Finals (M&W)	2:15	Javelin (M30-59)
4x400 Relay (M&W)	3:00	

Sun. July 25 (tentative schedule)

TRACK	TIME	FIELD
5000m (M&W)	8:00	Discus (M30-54)
300m Hurdles (M&W)	9:00	High Jump (All W, M60+)
400m Hurdles (M&W)	9:30	
200m Prelims (M&W)	10:15	
800m (M&W)	11:15	
1 Mile RW (M&W)	12:00	
200m Finals (M&W)	12:30	High Jump (M30-59)
4x600m Relay (M&W)	1:15	Discus (All W, M65+)
4x100m Relay (M&W)	1:45	Triple Jump (M&W)

Meet information

- Medals will be awarded to the first 3 places in each 5-year age group.
- Implements must be checked in 30 minutes prior to event.
- Events begin with women, oldest to youngest, then men, oldest to youngest.
- Entries postmarked after July 10 must include late-entry fee of \$20.
- No entries accepted after July 19.
- Entry fees: First event, \$20; second event, \$12; \$6 for each additional event. Relays: \$12 per team, payable at meet.
- Make checks payable to: Mark Cleary, 18 Charca, RSM, CA 92688
- Contact: runnermark@cox.net

Name _____ Age (on 7/24/04) _____ Birth date _____ Male/Female _____

Address _____ Phone _____

City/State/ZIP _____ USATF No. _____

Club affiliation _____ e-mail _____

Event _____ Best mark, '00-3-'04 _____ Entry Fees _____

1. _____	_____	First event (\$20)	\$ _____
2. _____	_____	Second event (\$12)	\$ _____
3. _____	_____	Additional events (\$6)	\$ _____
4. _____	_____	Late fee (\$20 after 7/10)	\$ _____
5. _____	_____	T-shirt (\$15 each) size _____	\$ _____

Waiver (Must be signed in order to compete): I hereby waive all my rights that I or my heirs or assigns may have against So Cal Track Club and/or Mark Cleary and/or the Home Depot Center arising from any illness or accident that I may sustain in arriving at, participating in, or departing from this event. I declare my good health to participate in this event.

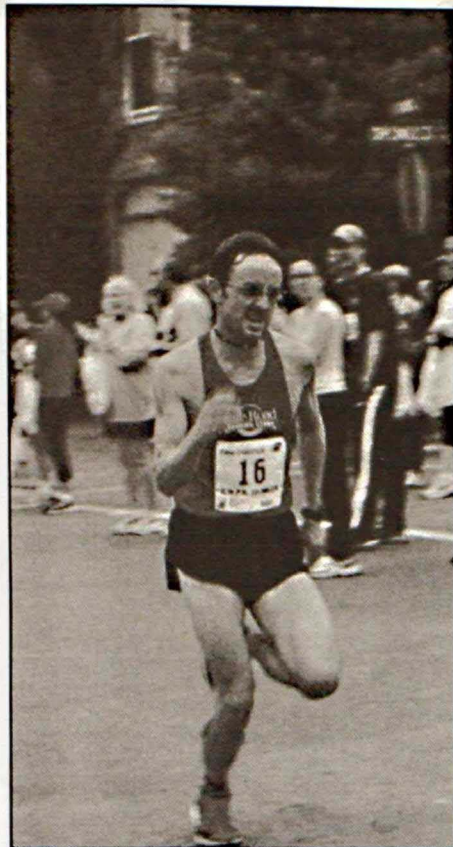
Signed _____ Date _____

TWENTY-FIVE YEARS AGO July 1979

•Gas Crunch Affects Turnout in Grandfather Games, Los Angeles

•45 Meet Rords Set at Masters Sports Association Championships, NYC

•Nick Newton, 45, Top Master in 100m (11.73) and HJ (5-8), Mt. SAC Relays



GEORGE BANKER

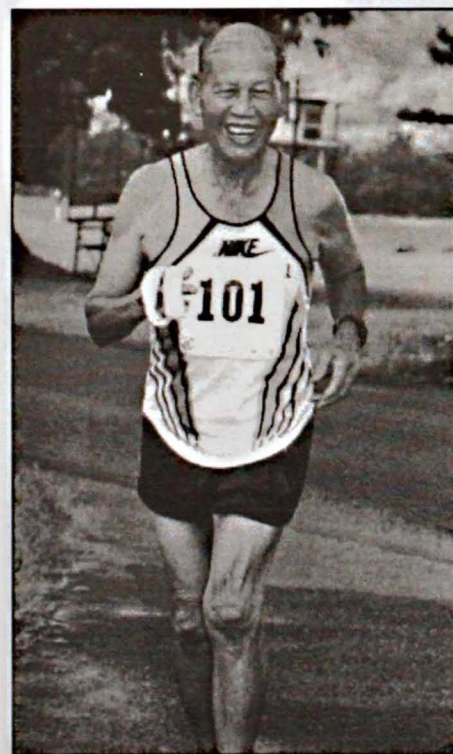
Chris Chatten, 40, first master and fourth overall (54:01), 20th George Washington Parkway 10 Mile.

TEN YEARS AGO July 1994

•Desmond O'Connor (40, 32:01) and Nancy Grayson (44, 37:50), First Masters in WZYP Cotton Row 10K

•At 47, Phil Raschker Places 2nd in Women's Open PV (11-1), Knoxville, TN

•Cheryl Ralya, W45, First W40+ (39:28), Advil Mini-Marathon 10K, NYC



TESH TESHIMA

David Rarangol, M80 winner (2:29:04), Schofield 10 Mile, Schofield, Hawaii.

PUBLICATIONS ORDER FORM

Masters Age Records (2003 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, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.

Quantity

Total (US\$)

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

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Men's and women's 2003 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

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Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA), 4 pages. \$2.00.

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

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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

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Report from Britain

Sub-Four Anniversary Celebrated

By BRIDGET CUSHEN

The 50th anniversary of Roger Bannister's sub-four-minute mile on May 6, 1954, was celebrated with invitational men's and women's mile races on the same Iffley Road athletic track in Oxford. In weather conditions not dissimilar to those on the historic night, it was an Australian, Craig Mottram, 23, ironically from the same alma mater as John Landy, Bannister's arch rival, who won the mile in 3:56.64. Sonia O'Sullivan won the women's in 4:27.79. Alison Hurford, W40, a world medalist in the 800, was pleased with her 5:03.03.

Glasgow police officer, Clare Cameron, notched up 10.41 in the W45 shot put, a 35.68 discus, and a 31.67 hammer at a league meeting in Scotland. Liz Sissons set a W55 British javelin record of 28.66 at a meet in London. Not to be upstaged by her siblings winning the Under-15 and U-17 hammer in the Midlands, mum Diane Smith won the W40 with a 41.14.

Bill Gentleman, M60, won the Scottish hammer title with a 33.65. World M40 indoor shot put silver medalist, Andy Turner, won his county hammer title (49.10) and was runner-up in the shot (14.09).

At the Veterans AC meet, Mark Baker won the M40 100 (11.9) and 200 (24.7). Sue Yeomans, who set a European indoor W50 pole vault record at the WMA championships, Sindelfingen, has cleared 2.70 in her first outing this summer.

Alan Williams, M50, cleared 4.10 to win the Kent county title. Tony Wells, M55, won the county masters 100 (13.2), 200 (27.0), 400 (58.), and his favorite event, the 400H (66.1) – all in one day.

Guy Amos, second in the British M40 cross-country last March, ran the 5000 in 14:42.4. Martin Rees, 51,

retained the West Wales title in 15:21.5.

The national road relays held in Sutton Park, Birmingham, May 22, attracted entries from all the major British clubs. The women's 3-stage x 3 mile event, run in 10-year age-groups from 35 through to age-55+, was won for the first time by Liverpool Harriers. Jo Thompson, covering the opening stage in 16:51 to give the City of Bath an unassailable lead in the 45-54 race, as marathon runner Zina Marchant and Sue Brigen held pole position throughout. The Sepentine Running Team won the W55+ race ahead of Coventry Godiva.

The current BMAF M40 cross-country winning team and defending title holders, Cambuslang AC, arrived from Scotland in full strength. After being outside the first 10 in the early stages of the six per team event, they worked their way through as Jack Brown on the penultimate leg and John Cowan on the glory lap, recorded the two fastest individual stages.

M50 Nigel Gates' 14:57 for the 3-mile circuit would place him an equal third in the M40 group. It was not good enough to prevent Oxford City's team from taking their fifth M50 title. □



JERRY WOJCIK

Marelys Godoy, VEN, fourth W35 in the long jump (4.88), 15th WMA Championships, Puerto Rico.



Donn Kirk, third M70 in the 5000, 2003 National Masters Championships.



BRIAN KEAVENEY

Race start, 7th WMA World Masters Championships, Auckland, New Zealand.

IAAF Approval Required for Therapeutic Use Exemptions

It is essential and important that athletes using medical drugs must apply to the IAAF for an approval.

For athletics, both IAAF and WMA grant such applications, but today sometimes on different levels with the result that:

- WMA will always accept decisions by IAAF
- IAAF will soon accept WMA decisions provided they are taken after IAAF/IOC rules.

This means that a masters athlete who competes in both WMA and

IAAF/NGB sanctioned competitions should seek an IAAF decision, while masters athletes competing only in WMA competitions must send their application to: Karri Wichmann, Ritarikatu 7, FIN-00170 Helsinki, Finland.

He is appointed to handle these applications on behalf of the WMA Doping and Medical Committee. □

– Stan Perkins, Chairman
WMA Doping and Medical Committee

PRESIDENT:

Torsten Carlus
Smalandsgatan 25
S-25276 Helsingborg, Sweden
46-42-180-745 (h)
46-42-208-110 (o)
torsten.carlus@helsingborg.shem.se

EXECUTIVE

VICE PRESIDENT:

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

VICE-PRESIDENT:

(Stadia)
Rex Harvey
6744 Connecticut Colony Cir.
Mentor, OH 44060
(440) 255-0751 (H)
(440) 954-8122 (W)
(440) 954-8111 (Fax)
rexjh@aol.com

VICE-PRESIDENT:

(Non-Stadia)
Ron Bell
25 Llwyn Menlli, Ruthin
Denbighshire LL15 1RG
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Phone/Fax: 44-1-824-705250
e-mail: wava@enterprise.net

SECRETARY:

Monty Hacker
Unit 1, The Terrace in Dunkeld
26 North Road, Dunkeld West
Johannesburg, Rep. South Africa
Phone: 27-11-447-7522 (h)
27-11-483-3313 (o)
Fax: 27-11-483-3392
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TREASURER:

Peppo Galfetti
Bahnhofstrasse 1
CH 8956 Killwangen
Switzerland
Phone: 41-56-401-2311
Fax: 41-56-401-2319
peppogalfetti@swissonline.ch

WOMEN'S REPRESENTATIVE

Marina Hoernecke-Gil
Les Oblades 3
La Mont Goda
E-17310 Loret de Mar
Spain
Phone or fax: 0034972-365457
MARHOER@putput.es

IAAF REPRESENTATIVE:

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

DELEGATE OF: AFRICA

Hannes Booysen
P.O. Box 5180
1403 Delmerville
South Africa
Fax: 27-11-827-7590
hannes_wava_sa@hotmail.com

SOUTH AMERICA

Jose Figueras
Rincon 682 Of. 18
11000 Montevideo, Uruguay
Phone: 598-2 308 17 68
Fax: 598-2 916 34 23
figueras@inetnet.com.uy

ASIA

Hari Chandra
185D Rivervale Crescent #04-149
Singapore 544 185
Phone: 65-881-4684
Fax: 65-244-1454
hari_asia@pacific.net.sg

EUROPE

Dieter Massin
Sedanstrasse 112
D-59227 Ahlen, Germany
Phone: 49-2382-803280
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Dieter.massin@t-online.de

OCEANIA

Stan Perkins
106 Silkwood St.
Alger, Queensland
Australia
Phone: 61-7-5563-7523 (h)
Fax: 61-7-5564-9733
stanperkins@athletics.org.au

NORTH AMERICA

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259 McDougall Road
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Phone: 705-746-4942
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Masters Scene

NATIONAL

• **Mike Powell**, 40, LJ world-record-holder, will vie for one of the three spots on the U.S. Olympic team. In training since September, he believes he can qualify in the Trials in July at Sacramento and even medal in Athens. But if he can't reach his standards before the Trials, he will call off his comeback. "I'm not going out there and embarrass myself. If I can't get 26-6 by the Trials, I'm not going out there." Other age 40+ Olympic Trials hopefuls include **David Ashford**, 41, of Illinois, who ran a 14.09 for the 42" 110mH in the Jim Bush SCA Championships, Occidental College, June 5; **Al Joyner**, triple jump, with a 16.56; **Arne Bradstock**, javelin, 74.02, and **Roger Kingdom**, hurdles, 13.98.

• **Kari DiStefano**, 45, Telluride, CO, 52:21, and **Andy Ames**, 41, Boulder, CO, 45:40, were the top dirt-lovin' masters at the USATF 10K Trail Running Championships hosted by the Teva Mountain Games at Vail, CO, June 5. DiStefano, who won the race in 2003, was third woman overall, and Ames, fifth man overall.

EAST

• **Brian Pope**, 41, broke the M40 U.S. 3000 record with an 8:16.87 (1600 in 4:29.02) in the Boston High Performance Meet, Boston, June 5, taking third in a race against open runners half his age. **Tony Young** holds the present record at 8:23.78, set last year when he was 41.

• **Jack Starr**, 75, Newark, DE, set M75 racewalk ARs in the Al Saner RWs, Point Pleasant, NJ, May 23, with a 66:38 for the 10K track and 8971 meters in the one-hour. Top masters finishers in the 20K were **Tom Quattrocchi**, 53, Spotswood, NJ, 2:08:22, and **Sherry Brosnahan**, 52, Bridgewater, NJ, 2:21:09.

• **Chris Chattin**, 40, Columbia, MD, 54:01, and **Thomas Dever**, 46, Terre Haute, IN, 54:29, were fourth and fifth overall, 20th George Washington Parkway 10 Miler, Alexandria, VA, April 25. **Laura Freix**, 42, Centerville, VA, 64:25, **Leslie Minnix-Wolfe**, 42, Herndon, VA, 64:42, and **Maria Spinnler**, 42, Hagerstown, MD, 65:19, were third, fourth and fifth females. **Brian Klippenstein**, 40, Bowie, MD, sixth in 1:18:58, and **Win Persina**, 43, Washington, DC, fourth in 1:19:48, were first masters in the 5K.

• **Paul Mascali**, 51, NYAC, outstepped multi-world record holder **Alston Brown**, 55, Central Park TC, 4:48.17 to 4:49.00, in the Masters Mile, part of the Larry Ellis Princeton Invitational, May 1. **Fred Kitzrow**, 48, Albany TC, was third (4:50.74), with **Harold Nolan**, 57, Shore AC, fourth (4:53.05), and **Larry Glazer**, 41, Orta TC, fifth (5:03.80).

• Placing second and third overall at the NYRR Downtown Dash 4K, Financial District, NYC, May 18, were **Conor O'Driscoll**, 42, 13:08, and **Jerry Macari**, 44, 13:10, only seconds behind winner **Alexander Belavin**, 31, 12:55. **Danielle d'Angelo**, 42, 16:39, led the masters women, with **Amy Dietrich**, 84, finishing in a strong 19:56. On June 6, O'Driscoll, 43, 15:16, led the entire field at the NYRR Anniversary Run 4.6K, Central Park, NYC. **Corinna Cortes**, 43, 17:49, brought home the masters women. Age-group standout was **Ginette Bedard**, 70, 23:22.

SOUTHEAST

• **Al Swenson**, 57, in 17:34, and **Carol Postigo**, 42, with a first female 19:03, were top masters, Tour of the Gables 5K, Coral Gables, FL, May 29. **Hans Fendl**, 74, was first M70+ in 23:42.

• **Luis Souza**, 41, with a second-overall 17:23, and **Char Davidson**, 50, 21:10, took the masters titles in the Memorial Day Classic 5K, Weston, FL, May 31. **John Corcoran**, 56, won the M55 race in 19:15.

• The Florida AC-Walkers will become the South Florida Racewalkers on Sept. 1. "We will stand alone, not part of the Florida AC," said **Dan Koch**. South Florida will host the USATF National Masters 20K RW Championships at Coconut Creek, on Nov. 14.

• **Allan Smith**, 73, set an M70 U.S. record in the 1500 at the Central Florida Classic, Clermont, FL, on May 22. His 5:14.11 erases the 5:14.97 set by **James Lyjten** in 1991.

• At the USAT-NTC Spring Fling #2, Clermont, FL, April 10, **Mike Brown**, 50, broke the M50 WR for the 700g javelin with a 69.58. The current record is 65.88 by **Esa Kiuru** (FIN) in 2000.

WEST

• **Nadine O'Connor**, 62, and **Bud Held**, 76, set age-group WRs in the PV, both clearing 3.00 in the Dan Aldrich Memorial



Alan Newton (r), with a 15:02.51, held off Peter Magill (15:02.97) to take second in the M40 5000, 2003 National Masters Championships. The 2004 championships will be held in Decatur, Ill., Aug. 5-8.

Meet, UC-Irvine, May 31. This marks the ninth time O'Connor has raised the W60 record (currently held by her at 2.85) for a total of 55cm, more than 21 1/2 inches. The present M75 record is held by **William Bell** at 2.95 in 1997.

• **Andri Diconti**, 40, Monrovia, CA, with a second-place 16:00, and **Rosa Arevalo**, 44, in 21:45, posted masters wins in the Fiesta Day Run for the Y 5K, held at Descanso Gardens, Los Angeles, May 31. **Donna Pittman**, 54, Los Angeles, was second W40+ by a second (21:46). **Milo Sather**, 77, Los Angeles, ran a division winning 28:27. **Dorothy Ramirez**, 80, Alhambra, CA, finished in 37:20. In the 10K, **Robert Bush**, 41, LaVerne, CA, scrambled to the M40+ first (35:45), and **Marie Romero**, 45, La Canada/Flintridge, CA, won the women's race overall (41:32). **Trini Espinoza**, 63, Sylmar, CA, took the M60 title in 39:22.

• **Dennis Simonaitis**, Draper, UT, 39:01, and **Firaya Sultanova-Zhdanova**, Russia, 41:41, were the top masters at the Bay to Breakers 7.46M Race, San Francisco, CA, May 16.

• The wavy-tressed **James Sheremeta**, 40, La Jolla, CA, 1:12:05, was the overall winner at the Saddleback Memorial Half-Marathon, May 31, Laguna Hills, CA.

NORTHWEST

• **John O'Hearn**, 42, Redmond, WA, 2:48:21, and six-time winner **Karen Steen**, 39, 2:58:35, Olympia, were the overall winners at the Capital City Marathon, Olympia, WA, May 16. **Joan Benoit-Samuelsen**, 47, Freeport, ME, classed-up the field with a 1:24:28 in the half-marathon.

INTERNATIONAL

• **Leo Benning**, reporting on the South Africa Masters Championships, Durban, "This year we had only 328 participants, much lower than the usual 400 or so. However, we did have six athletes from Zimbabwe. Twenty-four S.A. records were set. The star performers were 80-year-olds. **Lena Grobler** had six records from the 200 to the weight pentathlon, and **Lucas Nel** won the 100, 200, 400, and 800 (SAR 3:02.00).

OBITUARY

• **Ivy Granstrom**, of Canada, died April 14 in Vancouver, BC, Canada. She was 92. A holder of W80 and W85 world records from the mile to the 10,000, Granstrom, who was blind, is remembered by masters athletes all over the world for her endeavors on the track competing against sighted athletes, with the aid of **Paul Hoeberigs**, who was tethered to her

We Welcome Letters

- The *National Masters News* welcomes letters on topics of general interest.
- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.

as she ran. She began running after doctors told her she would need a wheelchair for the rest of her life following a car accident in the 1970s. She earned the title of "Queen of the Polar Bears" for her longtime participation, since 1928, in an annual New Year's Day "polar bear" swim in English Bay. She was a member of the Order of Canada.

CORRECTIONS

Rankings Changes: Outdoor 2003

Discus	
M75 Arthur Brandt, 16th	28.47
Javelin	
M75 Arthur Brandt, 18th	25.47

Indoor 2004

55m	
M50 Bobby Terrell, 5th	7.43
60m	
M45 Randy Frey, 1st handtime	6.8h
M70 Robert Hewitt, 6th	9.03
400m	
W60 MarieLMichelson, 1st	72:79
800m	
M40 Kevin Heffernan, 13th	2:09.84
1500m	
W60 MarieLMichelson, 1st	5:39.32
Mile	
M40 John Hinton, 2nd	4:15.46
M50 Joe Bolster, 22nd	5:19.9h
M55 Alston Brown, 1st	4:48.4h
M65 Sidney Howard, 1st	5:1.3h
3000m	
M30 Kareem Lanier, 3rd	9:06.2h
Pole Vault	
M35 Wayne Lacy, 2nd	4.12
3000m Racewalk	
M40 Mike Blanchard, 2nd	16:41.64
(incorrectly listed in M50)	

2004 USATF COMPETITION RULES

Run your event by the rules

Track & Field • Long Distance Running • Race Walking
Senior • Junior • Youth Athletics • Masters

Name _____

Address _____

City _____ State _____ Zip _____

(Send \$12 + \$(s/h) to National Masters News
Order Dept., P.O.Box 50098, Eugene, OR 97405)

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 open to men and women over age 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 5-8. 37th Annual USATF National Masters Championships, Decatur, Ill. Don Luy, 1184 W. Main St., Decatur, IL 62522. 217-420-6625, www.millikin.edu. Decatur Area Convention & Visitors Bureau, Teri Hammel, Dir. of Sports Marketing, 800-331-4479; teri@decaturcvb.com; http://www.millikin.edu/athletics/track/USATFMasters/04master.html

August 14-15. USATF National Masters Weight Pentathlon Championships, Reading, Pa. Ray Feick, 610-754-6007; ffeick@aol.com

August 21-22. USATF National Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Watry, 3224 CR 2700E, Penfield, IL 61862. 217-367-8438, x152; jwatry@gillathletics.com

September 11. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

June 3-18, 2005. National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com

EAST

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

June 26-July 3. Pennsylvania Senior Games, Shippensburg. Judith Brominski, 570-823-3164; 888-445-4559.

July 7. Metro Harriers Challenge Meet, Glen Burnie, MD. 6:30 pm. 410-789-7560.

July 8. Thursday Night Twilight Races, Rochester, NY. Genesee VH, 585-720-9252; www.gvh.net

July 10. 5th annual Long & Strong Throwers Classic, Cocalico HS, Denver, PA. 10:00 am. Terry Shuman, 717-285-7943; TGShuman2@aol.com, or Glenn Thompson, 717-238-1720; www.longandstrong.com

July 10. Bay State Games, MIT, Cambridge, Mass. All masters compete in M40+ division. USATF New England, 617-566-7600; office@usatfne.org

July 10. USATF Adirondack Masters & Open Championships, Troy, N.Y. 518-273-5552; info@usatfadir.org

July 10, 24. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc.org

July 13. Colonie Mile, Colonie HS, Albany, N.Y. 6:15 pm. Ken Skinner, kennyskin@earthlink.net

July 13. Philadelphia Masters Meet, Ft. Washington, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

July 24. USATF East Regional Masters Championships, Springfield College, MA. USATF New England: 617-566-7600; office@usatfne.org; www.usatfne.org/track

July 25. Mid-Atlantic USATF Masters & Open Championships, Ft. Washington, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

July 27. Nick Bottone Track Mile, Pawcatuck, CT. Tim McCoy, 860-599-1219; www.westerlytrackclub.org

July 29. HMRRC Hour Run, Shaker HS, nr. Siena College, Latham, NY. 518-489-5311 (eve); kennyskin@earthlink.net

August 7-15. Granite State Games, Manchester, NH. Charles Houser, 603-622-9041; www.nhseniorgames.org

August 17, 24. Wissahickon Wanderers Distance Meets, Philadelphia, PA. Dan Gordon, dgordon95@comcast.net

August 7, 21. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc.org

September 4-5. Potomac Valley TC Games, Langley HS. 703-671-2520; www.pvtc.org

September 18. Delaware Fall Throwers Classic, U. of Delaware, Newark. Larry Pratt, 302-322-1718; discoach@aol.com

SOUTHEAST

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

July 10. Tennessee Masters Meet, University School, Jackson. Ross Dunton, 865-774-0023; coachr880@bellsouth.net; www.coachr.org/tenmastersjackson.htm

July 16-22. Tennessee Senior Games, Clarksville. Christine Dewbre, 615-902-9261.

July 24. Tennessee Masters Meet, Nashville. Ross Dunton, 865-774-0023; www.coachr.org/tenmastersentry.htm

August 14. Runner's Pentathlon, Knoxville, TN. Masters & Open; starts with 3200, ends with 200. Ross Dunton, 865-774-0023; www.coachr.org/tenmastersentry.htm

MIDWEST

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

July 3. Cleveland Track Classic, Independence, OH. Over The Hill TC, R. Harvey, 440-339-5688; J. Gerson, 473-0636.

July 9-25. Ohio Senior Olympics, Akron. Bob Gandee, 330-972-7243; www.ohioseniorolympics.org

July 17. Dayton Track Classic, Welcome Stadium, Dayton, OH. Bob Jones, 937-837-2754; email: BJR@Juno.com

August 6-10. Michigan Senior Olympics,

Lansing. Marye Miller, 248-608-0255; www.michiganseniorolympics.org

September 18. Norm Bower Memorial Weight Pentathlon, Kent St. U., Kent, OH. Also individual events. OTHTC, 6744 Connecticut Colony Circle, Mentor, OH 44060. Rex Harvey, 440-954-8122; Jeff Gerson, 473-0636.

MID-AMERICA

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

July 3, 17, & 31. Colorado Masters Throwers Meet #3, #4, & #5, CSU-Ft. Collins, 2 pm. Total entry fee \$5. 3rd-SP/DT/ JT/SW; 17th-WT/HT/SP; 31st-DT/JT/WT. midamtfcoord@aol.com

August 1. Blair Masters & Open Meet, Blair HS, NE. Mike Maryott, 402-426-5955.

August 12-15. Nebraska Senior Olympics, Kearney. Michael Fearnley, 308-233-3229; www.nebraskaseniorgames.com

August 21. Halstead Masters & Open Mini Meet, Halstead HS, Kansas. 4 p.m. Bob Everoski, Halstead Recr. Commission, 316-835-3366; 835-2286.

September 4-5. Rocky Mountain Masters Games, CSU-Ft. Collins. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602; Jerry Donley, 719-635-1264

September 25-26. Kansas Senior Olympics, Topeka. 5K road Sept. 24. 785-368-3798; bsewell@topeka.org

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 10. Cat Spring Grunt VI Throwers Meet, Cat Spring, TX. M&W30+. 979-732-5591; k9luvs@intertex.net

July 17. USATF Southwest Regional Masters Championships, Catoosa HS, Catoosa, OK. (s) Registration, 8:00 am. Janet Smith, 918-814-3278; ahurdleworld@hotmail.com; www.dallasmasters.com

July 24. Texas Masters Championships, Coppell HS. (s) Open & Masters. Wayne Bennett, 1501 W. Lavender Ln., Arlington, TX 76013. 817-274-0448; www.dallasmasters.com

July 31. Waterloo Throwers Meet, Austin, TX. lionswaterloo@earthlink.net; waterlootrackandfield.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

July 7, 14, 21. San Ramon All-Comers Meets, California HS, San Ramon, CA. 6:00 pm. 925-973-3200; www.ci.sanramon.ca.us

July 11. New Mexico USATF Masters/Open Meet, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 5565-8387; foneskn@aol.com; www.usatf.org/assoc/hm

July 16. California State Games, Patrick Henry HS, San Diego. T&F. CSG, 2919 Camino Del Rio South, San Diego, CA 92108. 619-682-3436; Fax: 682-3440; calgames@sosinet.net; www.calstategames.org

July 24. New Mexico USATF Masters/Open Pentathlon, Albuquerque See July 11.

July 24-25. USATF West Regional Masters Championships, Home Depot

ON TAP FOR JULY

TRACK AND FIELD

Regional championships are scheduled for the Southwest, Catoosa, OK, on the 17th; Northwest, Pullman, WA, on the 17th-18th; East, Springfield College, MA, on the 24th; and West, Los Angeles, on the 24th-25th. Other meets of interest include the California State Games, San Diego, on the 16th; two meets in Albuquerque, NM, on the 11th and 24th; Texas Masters Championships, Seattle Masters Classic, and Tennessee Masters Meet, on the 24th; and Mid-Atlantic Masters Championships, on the 25th.

LONG DISTANCE RUNNING

The White River 50 Mile Trail Race, Crystal Mountain, WA, on the 31st, is a USATF National Masters Championships. The celebratory July 4th weekend lists the Peachtree 10K, Atlanta, GA; Firecracker Mile, Clawson, MI; and Butte to Butte 10K, Eugene, OR, on the 4th. The Empire State hosts the Vytra Women's 5K, Farmingdale, on the 10th; Utica Boilermaker 15K on the 11th; and the Subaru Buffalo 4 Mile on the 17th, also the date for the Crazy 8s 8K, Kingsport, TN. The Quad-City Times Bix 7 Mile, Davenport, IA, takes off on the 24th, followed by the Wharf to Wharf 6 Mile, Santa Cruz, CA, on the 25th. The Seafair Torchlight 5K & 8K will run through Seattle on the 31st.

RACEWALKING

The MAC 5K Championships, NYC, march off on the 11th. The 20K Olympic Trials will be held in Sacramento on the 17th-18th. □

Center/Olympic Training Facility, Carson, Calif. Mark Cleary, runnermark@cox.net

July 29-31. White Pines Senior Games, Ely, NV. Holly Wilson, 775-289-3709; hmw@idsely.com

August 4-8. New Mexico Senior Olympics, Las Cruces. 505-623-5777; www.nm-seniorolympics.org

August 5-8. Elko Senior Olympic Games, Elko, NV. 775-777-2292; cc425@citilink.net

September 25-October 9. Nevada Senior Games, Las Vegas. (s) NSG, 3111 S. Valley View Blvd. M-103, Las Vegas, NV 89102; nevadaseniorolympics.com

October 17. 14th Self-Transcendence Masters Meet, CSU-Long Beach. 40+. Bigalita Egger, 6220 Bristol Parkway, #315, Culver City, CA 90230. 310-645-0271; fax: 645-8618; www.srichinmoyraces.us

NORTHWESTAlaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

July 1-15 (Thurs.), July 20 (Tues). Oregon TC All-Comers Meets, Hayward Field, Eugene. Thursday evenings for ages 13+. Jill Mestler, 541-302-9416; jlmestler@juno.com

July 3 (tent.). Bend Masters & Open Classic, Summit HS, Bend, Ore. Mac McCormick, 1055 NW Milwaukee Ave., Bend, OR 97701. 541-318-8513; cmccormick@bendcable.com

July 10. West Sound Senior Games, Bremerton HS, WA. 360-377-7356; 5KXC, 360-692-9414.

July 10-11. State Games of Oregon, Mt. Hood CC, Gresham. Bill Cook, 2860 SW Lilyben Place, Gresham, OR 97080. wv.cook@comcast.net

July 17-18. USATF Northwest Regional Masters Championships, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. jeffschaller@turbonet.com; www.eteamz.com/cometstcm/news

July 24. Seattle Masters Classic, Seattle, Wash. Ken Weinbel, 206-938-3895; kweinbel@comcast.net

July 31-August 4. Wyoming Senior Olympics, Cody. Open to out-of-state. Amber Boyson, 307-587-2550; amber@cityofcody.com

August 13-22. Alaska International Senior Games, Fairbanks. Jim Madonna, 907-456-2569.

October 4-16. Huntsman World Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net

CANADA

July 17-18. Canadian Masters National Championships, Calgary, Alberta. Also Masters Age-Graded 5K Road Race. www.2004canadianmasters.com; 866-286-1318.

INTERNATIONAL

July 22-August 1. Europe Championships, Aarhus & Randers, Denmark. www.world-masters-athletics.org

July 29-August 1 (tent.). Africa Championships, Yaounde, Cameroon. www.world-masters-athletics.org

August 25-29. NCCWMA Championships, Dorado, Puerto Rico. NCCWMA, PO Box 482, Dorado, PR 00646-0482. WP; 8K XC; half-marathon. 787-528-2003; fax: 787-796-4669; email: frt2728@yahoo.com; www.angelfire.com/games



SUZY HESS

Top three M50s in the 200 (l to r): Robert Browne, 2nd, Bill Collins, 1st (23.25), and Greg Schwab, 3rd, in the 2003 National Masters Championships. The 2004 championships will be held in Decatur, Ill., Aug. 5-8.

5/dorado2004

October 17-29. South Pacific Masters Championships, Cook Islands. M30+ & W35+. Gary Tuttle, 805-643-1104; 10K2826@earthlink.net

August 27-29. NCCWMA Championships, Dorado, Puerto Rico. www.world-masters-athletics.org

October 21-27. Oceania Championships, Rarotonga, Cook Islands. www.world-masters-athletics.org

November 6-13. South America Championships, Montevideo, Uruguay. www.world-masters-athletics.org

November 6-14. Pan Pacific Masters Games, Queensland, Australia. 45 sports. Phone: +61 7 5564 8733; fax: +61 7 5564 9733; www.mastersgames.com.au

July 22-31, 2005. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005worldmasters.com

August 22-September 3, 2005. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

**LONG DISTANCE
RUNNING****NATIONAL**

July 31. USATF National Masters Championships/White River 50 Mile Trail Race, Crystal Mountain, Wash. 206-325-4800; www.whiteriver50.org

September 11. American Ultrarunning Association Championships/Olander Park 100 Mile, Sylvania, Ohio. 419-885-7399; www.americanultra.org/olander/text.html

September 26. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 805-

544-7200; www.heritageoaksbank.com

October 2. USATF National Masters Championships/Tussey Mountainback 50 Mile, Boalsburg, PA. Mike Casper, 814-238-5918; email:mcc4@psu.edu; www.nvrn.com/MTB50.html

October 3. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. www.twincitiesmarathon.org

October 17. USATF National Masters 5K Cross-Country Championships/Saratoga National Bank Classic, Saratoga Springs, NY. Rob Picotte, 518-869-5898; rpicotte@nycap.rr.com

October 17. USATF National Masters Championships/Dupont Forest Trail Marathon, Hendersonville, NC. Greg Walker, 828-692-5774, x11; gregw@mchsi.com; www.ymcahendersonville.org/SpecialEvents/DupontMarathon.htm

November 6. American Ultrarunning Association Championships/San Diego 1 Day-24-Hour Run, San Diego, Calif. 760-967-8348; www.sandiegodayrace.com/index.html

November 7. USATF National Masters 8K Cross-Country Championships, Boston, Mass. Steve Vaitones, office@usatfne.org

November 14. USATF National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; darksiderunningclub@comcast.net

December 4. USATF National Masters 10K Cross-Country Championships, Portland, Ore. www.usatf.org

December 18. USATF National Masters Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50k.com

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

July 3. USATF Adirondack 10 Mile Championships, Lake George, NY. 518-273-5552; info@usatfadir.org

July 10. Spirit of Gettysburg 5K, Gettysburg, PA. 717-334-9171; ywcagegettysburg.org

July 10. Vytra Long Island Women's 5K, Farmingdale, NY. 516-349-7646; spolan sky@aol.com

July 11. Utica Boilermaker 15K, Utica, NY. www.boilermaker.com

July 11. NYRR Bronx Half-Marathon, Bronx, NYC. 212-423-2261; www.nyrrc.org

July 11. Women's Distance Festival 5K, Columbia, MD. 410-964-4426; www.striders.net

July 14. 22nd Berna's Great Legs Women's 5K, Lowell, MA. 6:30 pm. Trina Picardi, 978-441-6259; www.glr.net

July 17. Subaru Buffalo 4-Mile Chase, Buffalo, NY. 716-881-1652; fax: 884-9669.

July 18. Women's Distance Festival 5K, Union Mills, MD. Also men's 5K. 410-857-5427.

July 18. Indian Ladder Trail Run 15K & 3.5 Mile, Thacher St. Park, NY. 518-435-4500; www.hmrcc.com

August 1. Peoples Beach to Beacon 10K, Cape Elizabeth, ME. 888-480-6940; www.Beach2Beacon.org

August 3. 45th Yankee Homecoming 10 Mile & 5K, Newburyport, MA. www.yankeeace.com

August 7. Debbie Green Memorial 5K/RRCA National Championships, Wheeling, WV. www.debbiegreen5k.com

August 8. Falmouth 7 Mile, Falmouth, MA. www.falmouthroadrace.com

August 9. Bethlehem Cross Country 5K, Elm Ave. Park, Delmar, NY. Day of race sign up. Mcleod354@aol.com

August 14. NYRR Fifth Avenue Mile, NYC. 212-860-4455; www.nyrrc.org

August 29. NYRR Manhattan Half-Marathon, Central Park, NYC. See Aug. 14.

August 29. Annapolis 10 Miler, Annapolis, MD. www.annapolisstriders.com

September 17-18. Reach the Beach Relay, Bretton Woods, NH. www.rtbrelay.com

September 19. Jefferson Hospital Philadelphia Distance Run. 215-564-6499; www.philadistance.com

September 26. Cerrone Providence Half-Marathon, Providence, RI. 401-885-4499; providencehalfmarathon.com

September 26. USATF Adirondack Masters 5K Championships, Watervliet, NY. 518-273-5552.

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

July 4. Peachtree 10K, Atlanta, Ga. Limited to 55,000. SASE to Peachtree 2004, Atlanta TC, 3097 East Shadowland Ave., Atlanta, GA 30305.

July 4. Pippins Firecracker 5000, Naples, FL. Firecracker 5K, PO Box 8636, Naples FL 33941. 239-434-9786; gcrunnr.org

July 16. Downtown Dash 5K, Stuart, FL. 772-221-1419.

July 17. Crazy 8s 8K, Kingsport, TN. www.crazy8s.org

August 13. 12th 5K Midnight Run, Cullman, AL. 11:59 pm. 256-734-9157; www.cullmanrecreation.org

September 5. Rock 'N' Half-Marathon, Virginia Beach, VA. Limited to 16,000. www.mrhalf.com

September 25. Fred Brown Lake Winnepesaukee Relay, Weirs Beach, NH. Ken Robichaud, 978-534-4891; kenrob44@aol.com

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

July 3. Independence Run 5K, Riverside, IL. 708-442-7025. www.riverside.il.us

July 4. 22nd Pickerel Run 5K & 10K, Algonac, MI. 810-794-7809.

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

July 25. Fleet Feet Sports Women's 5K & 10K, Chicago, IL. Melissa White, 312-587-3338.

August 1. Pro Football Hall of Fame Festival 5 Mile, Canton, OH. 800-533-4302; profootballhoffestival.com

August 1. Chicago Distance Classic Half-Marathon & 5K. www.chicagodistanceclassic.com

August 7. Women's Distance Festival 5K, Toledo, OH. 419-833-6365; toledoroadrunners.org

August 14. Paavo Nurmi Marathon, Hurley, WI. 715-561-4334; www.HurleyWi.com

August 21. News and Sentinel Half-Marathon, Parkersburg, WV. 304-485-1891; www.NewsandSentinel.com

August 28. Crim Festival of Races 10 Mile, Flint, MI. 810-235-3396; www.crim.org

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August 28. Charleston Distance Run 15 Mile, Charleston, WV. 304-546-3349; www.charlestondistancerun.com
September 6. Park Forest Scenic 10 Mile, Park Forest, IL. 708-748-2005; www.sce nic10.com
September 19. Chicago Half-Marathon. 312-347-0233; chicagohalfmarathon.com
September 25. Fox Cities Marathon, Half & Relay Marathon, 13.1 Mile Powerwalk, & 5K, Appleton, WI. Marnie Nordskog, Community First Fox Cities Marathon, PO Box 1315, Appleton, WI 54912-1315. 920-882-9499; 877-230-7223; www.fox citiesmarathon.org

MID-AMERICA

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

July 10. 32nd Midnight Madness 10K & 5K, Ames, IA. 515-232-6131; fitness sports.com
July 22. Pearl Street Mile, Boulder, CO. 303-441-4938; americasdowntownmile.com
July 24. Quad-City Times Bix 7 Mile, Davenport, IA. www.bix7.com
August 21-22. Pikes Peak Ascent (21st) & Marathon (22nd), Manitou Springs, CO. 719-473-2625; pikespeakmarathon.org

WEST

Arizona, California, Hawaii, Nevada,
New Mexico

July 4. 4th of July 5K Blast, Las Vegas, NV. Las Vegas RT, 702-450-4788; lasveg asrunningteam.com
July 4. 50th Semana Nautica 15K, Santa Barbara. 805-965-3671; sbrunning.org
July 10. New Mexico Association 8K Championships, Las Cruces. Dan Shep-an, 505-524-7824.
July 11. Fleet Feet Davis Mile/USATF Pacific Championships, Davis, CA. 916-974-0786; www.rungoldmedal.com
July 25. Wharf to Wharf Race, Santa Cruz, CA. Limited to 15,000. www.wharftowharf.com
August 1. San Francisco Chronicle Marathon. 415-284-9653; www.chronicle marathon.com
August 8. 25th Samurai 5K, Los Angeles. 323-252-7246; www.niseiweek.org
August 14. Dammit Run 5 Mile, Los Gatos, CA. Bruce Springbett, 408-354-7365.
August 15. McConnell's Ice Cream 10K, Santa Barbara, CA. 805-564-3400; kyoung@sbre.com
August 15. America's Finest City Half-Marathon & 5K, San Diego, CA. H-M limited to 6000. www.afchalf.com
August 19. Sunset in the Park, 2.8 & 4.8 Mile Cross-Country, Huntington Beach, CA. 714-841-5417; www.nealand.com/finishline
August 22. Silver State Marathon & Half-Marathon, Reno-Carson City, NV. www.silverstatemarathon.com
September 5. New Mexico Marathon, Albuquerque. 505-345-4274; www.newmexicomarathon.org
September 5. Pier to Peak Half-Marathon, Santa Barbara, CA. 805-564-8879; www.runsantabarbara.com

NORTHWEST

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

July 2. Main Street Mile, Boise, ID. 303-

441-4938; americasdowntownmile.com
July 4. Butte to Butte 10K, Eugene, OR. 541-687-1989; www.buttetobutte.com
July 17. Nike 10K, Beaverton, OR. 503-634-9440; www.eventmgmt.com
July 17. Aspen Meadow 15K Trail Race, Bend, OR. 541-350-3938; willracepromo tions.com
July 31. Seafair Torchlight 5K & 8K, Seattle. 206-728-0123, x108; www.sea fair.com
July 31. Pacific Coast Trail 50K & 50 Mile, Portland, OR. ORRC, 503-646-7867; www.orrc.net
August 8. Bridge Run for Clean Water 5K, 12K & Half-Marathon, Portland, OR. www.RunForCleanWater.com
August 27. Fred Meyer Hood to Coast Relay, Mt. Hood to Seaside, OR. 198 miles; 12-person teams. 503-292-4626; hoodtocoast.com



NMN PHOTO
Dale Gaide, first M55 in the 1500 (4:49.75), 2003 National Masters Championships. Millikin Univ., Decatur, Ill., will host the 2004 championships Aug. 5-8.

September 18. Prefontaine Memorial 10K, Coos Bay, OR. 800-824-8486; www.prefontaine.com

CANADA

August 29. Marathon des Deux Rives, Quebec City. Half-Marathon & 10K. 418-694-4442; email: info@marathonquebec.com

INTERNATIONAL

July 4. Gold Coast Airport Marathon, Queensland, Australia. www.goldcoastmarathon.com.au
May 8-14, 2006. World Masters Athletics Non-Stadia Championships, Vancouver, B.C., Canada. www.wma2006.org
September 26. Berlin Marathon. 800-444-4097; www.marathonontours.com

RACEWALKING

July 11. USATF MAC 5K RW Championships, NYC. Stella Cashman, 212-628-1317; francicash@aol.com
July 17-18. USA 20K Olympic RW Trials, Sacramento, Calif.
August 5-8. USATF National Masters 5000m & 10K RW Championships, Decatur, Ill. See National T&F Schedule.
August 8. USATF MAC 3K RW Championships, NYC. Stella Cashman, 212-628-1317; francicash@aol.com
August 27. Portland to Coast Walk Relay,



NMN PHOTO
Start of the W40 400, 36th National Masters Championships, Eugene, Ore. The 37th championships will be held in Decatur, Ill., Aug. 5-8.

Portland to Seaside, OR. 128 miles; 8-12 person teams. 503-292-4626; hoodtocoast.com

September 12. USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 732-222-9080. Also on Sept. 22, 2005.

September 19. Long Island Association 5K RW Championships, Long Beach, NY. Michael Roth, 631-584-9824.

October 9. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 423-349-6406.

October 10. USATF MAC 30K RW Championships, Central Park, 90th St/5th Ave. Stella Cashman, 212-628-1317; francicash@aol.com

October 11-12 (tent.). NCCWMA 15K Regional RW Championships, Coconut Creek, Fla. Bob Fine, 561-499-3370; bobfine@aol.com

October 24. South Florida 15K RW Championships & 5K RW, Coconut Creek. Dan Koch, 954-970-9634; racewalker@bellsouth.net

October 31. USATF National Masters & Women's 50K RW Championships, Hauppauge, N.Y. Gary Westerfield, 631-979-9603.

November 14. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634.

November 14. Gran Prix Racewalk #1, Tavern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; Franci Cash@aol.com



NMN PHOTO
Jeanette Groesz, W50 second in the 5000, 2003 National Masters Championships.

November 28. Gran Prix Racewalk #2. See Nov. 18.

December 5. Grand Prix Racewalk #3, Tavern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; Franci Cash@aol.com

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M35-39

Barney Borromeo	55m	6.76	1-11-04
Felton Turnage	100m	11.19	7-13-03
	200m	22.84	8-7-03

M40-44

Nick Agoris	SP	13.51	5-9-04
Len Ferman	1500	4:22	5-8-04

M45-49

Jeffrey Mader	3000	10:24.14	3-28, 30-04
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RECIPIENTS OF ALL-AMERICAN AWARDS

M50-54

Jed Jackson	SP	13.51	5-7, 9-04
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M60-64

Bob Hart	400	1:04.36	4-16, 17-04
Les Lane	60m	3-14-04	3-14-04

M65-69

Roger Dean	Pent.	2603	4-25-04
Ted Moore	5Krw	30:19	5-30-04
David Perry	HJ	1.54	2-21-04

M70-74

Wayne Sabin	SW	6.68	4-24-04
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W40-44

Paula Fortuna	60m	8.90	3-26, 28-04
	200m	29.62	3-26, 28-04

W60-64

Sally Curtis	D	60.0	3-28-04
	100m	15.9	3-28-04
	200m	33.5	3-28-04

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	14.8
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	6-1/4	5-9/16	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/16	3-3/4	2-7/8	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5/16	13-5/16	12-11/16	12-1 1/16	11-7/16	10-0	8-10/16	7-10/16	7-6 1/16	6-6 1/16	5-10/16	4-3/16	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3/4	41-4/4	37-8/16	35-5/16	34-1 1/16	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/16	39-4 1/16	42-0	37-8 1/16	36-1 1/16	29-6 1/16	26-3	19-8 1/16	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/16	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00		6.00	5.00	4.00	3.00		
	49-2 1/2	45-11/16	42-8	39-4 1/16	32-9 1/16	29-6 1/16		19-8 1/16	16-4 1/16	13-1 1/16	9-10		
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
	49-2 1/2	45-11/16	43-5/16	41-0 1/16	46-9	43-5/16	45-11/16	43-5/16	44-3/16	38-6 1/16	32-9 1/16	28-8 1/16	19-8 1/16
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 1/16	27-10/16	26-3	19-8 1/16	18-1/16	16-4 1/16	14-9	11-5/16	9-10	8-2 1/16	6-6 1/16	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 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) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#
 9) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).
 10) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

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
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
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 1/4	3-0 1/4	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 1/16	7-10 1/16	6-10 1/16	5-10 1/16	4-11	3-11 1/16	3-7 1/16	3-3 1/16	2-11 1/16	2-7 1/16	2-3 1/16		
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 1/16	10-6	10-2	8-6 1/16	7-6 1/16	6-10 1/16	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 1/16	19-8 1/16	18-1/16	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 1/16	30-7	27-11	27-6 1/16	26-3	25-6	24-7 1/16	21-8	19-8 1/16	17-1/16	14-1 1/16		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
	114-10	109-11	91-10	82-0	75-5 1/16	72-8	65-7 1/16	55-9 1/16	52-6	49-2 1/16	39-4 1/16		
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 1/16	68-10 1/16	59-1/16	52-6	45-11 1/16	42-8	36-1 1/16		
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 1/16	72-2 1/16	68-10 1/16	59-1/16	45-11 1/16	39-4 1/16	29-6 1/16		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9 1/16	32-9 1/16	29-6 1/16	26-3	29-6 1/16	26-3	31-2	28-8 1/16	25-5 1/16	21-4	18-0 1/16	15-7	11-5 1/16
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 1/16	18-1/16	16-4 1/16	17-2 1/16	16-4 1/16	15-7	14-9	13-1 1/16	11-5 1/16	9-10		
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2-1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Princeton Invitational

Masters Mile

Larry Ellis Invitational

Princeton U., NJ; May 1

Paul Mascali 51 NYAC 4:48.17
Alston Brown 55 CPTC 4:49.00
Fred Kitzrow 48 AIBTC 4:50.74
Harold Nolan 57 ShorAC 4:53.05
Larry Glazer 41 OrraTC 5:03.80

Potomac Valley TC Meet

Alexandria, VA; May 2

100m
M40 Jeff Gold 11.60
M45 Anthony Markley 13.10
M50 Terrence Kuruppin 14.80
M75 John Martin 18.20

200m
M40 Darnell Smith 25.30
M45 Anthony Markley 27.30
M50 Larry Hart 33.60
M55 D J Bertagnoli 33.20
M60 Terrence Kuruppin 31.60

400m
M40 Joseph Aukward 1:03.80
M45 Gregory Ruhlian 1:03.10
M50 Larry Hart 1:15.10
M55 D J Bertagnoli 1:11.30
W40 Yue Guan 1:30.10

800m
M50 Rick Hower 2:30.80
M55 D J Bertagnoli 3:14.10
W40 Yue Guan 3:57.80
W45 Lanetta Gibson 3:28.70

1 mile
M35 Ben Xavier 4:57.90
M40 Ted Poulos 5:26.50
M45 David Cannon 4:49.90
M50 Larry Washington 5:30.90
W40 Yue Guan 8:04.00
W45 C Caravoulas 9:09.50

3000m
M40 Ted Poulos 14:13.70
W40 Yue Guan 17:08.80
W45 C Caravoulas 18:21.90

Short Hurdles
M45 Anthony Markley 20.90

High Jump
M40 John Casale 1.47
M45 Anthony Markley 1.32
M50 Keith Mathis 1.52
W30 Jennifer Stephens 1.32

Long Jump
M50 Keith Mathis 4.55

Triple Jump
M45 Anthony Markley 9.02
M50 Keith Mathis 8.95

Shot Put
M30 Brian Butt 10.85
M35 James Barr 12.81
M60 Victor Litwinski 10.27
W30 Jennifer Stephens 10.41

Discus
M30 Brian Butt 32.54
M35 James Barr 38.28
M60 Victor Litwinski 21.19

Javelin
M30 Brian Butt 27.50
M35 James Barr 45.25
M55 Terry Kuruppin 30.10
M60 Drew Koehler 28.55
M65 Bill Smith 39.08

Mile RW
M60 Victor Litwinski 10:12.00
W45 C Caravoulas 12:56.50

3000m RW
M55 John Gersh 19:36.20
M60 Michael Schwed 19:31.20
M65 Roger Webb 21:11.30
M75 Dick Cherry 21:55.60

Potomac Valley TC Meet
Alexandria, VA; May 16

100m
M35 Andrew Higgin 11.20
M40 Darnell Smith 12.00
M60 Alby Williams 12.90
M75 John Martin 18.40
W35 Charmaine Roberts 14.60

200m
M35 Andrew Higgin 23.63
M40 Darnell Smith 24.92
M45 Bruce McBarnet 26.84
M60 Alby Williams 27.14
W40 Yue Guan 37.34
W45 Lynnie Hower 43.84

400m
M35 Troy Nelson 1:00.24

M40 Joseph Aukward 1:00.23
M50 Larry Washington 1:03.54
W35 Charmaine Roberts 1:01.64
W45 Lynnie Hower 1:45.64

800m
M35 Greg Pennell 2:24.50
M50 Rick Hower 2:25.30
W35 Charmaine Roberts 2:38.00
W40 Yue Guan 3:26.50

1 mile
M30 Todd Rosenbert 4:31.80
M35 Greg Pennell 5:19.20
M40 Gary Grilliot 4:57.60
M45 Bruce Hamilton 4:59.10
M50 Spider Rossiter 5:30.50
M60 James Verdier 6:48.00
W45 C Caravoulas 9:01.00

3000m
M40 Gary Grilliot 9:52.10
W40 Joan Hessler 15:49.00
W45 C Caravoulas 18:42.30

Shot Put
M30 Brian Butt 10.49
M35 James Barr 12.87
M45 Joe Johns 12.74
M60 Troy Mashburn 9.18
W70 Sharon Good 4.34

Discus
M30 Brian Butt 29.59
M35 James Barr 34.94
W70 Sharon Good 10.10

Javelin
M30 Kevin Brown 36.90
W70 Sharon Good 7.30

Mile RW
W45 C Caravoulas 12:31.00
W55 Lea Gallardo 11:58.80
W60 Lois Dicker 10:12.30

3000m RW
M45 Jim Gilmour 20:04.40
M55 John Gersh 19:48.10
M60 Michael Schwed 19:26.60
M70 Bill Kelley 21:01.90
W50 Deb van Dover 19:27.90
W55 Kathy Collins 21:05.00

USATF North Carolina
Masters Championships
NC State U., Raleigh
May 7-9

Additional results
Pentathlon
M35 Rob Lawson 2489
M45 Jim Russ 3291
Gregory Hanson 2267
Richard Watson 2523
Garland Roebuck 1458
M55 Joel Liles 2966
Charles Bernard 1862
M60 David Ayers 2906
George Cllette 1311
M65 Bob Medley 1832
Theodore Mordecai 1678
M70 James Duncan 2748
W35 Regina Richardson 2299

Weight Pentathlon
M30 Konle Lawson 3101
M45 Scott Medlin 2270
M50 Gary Sutton 2810
M55 William Gainey 3271
M60 Thomas Russell 2777
David Wheeler 2402
M65 William Gramley 3348
Ray Feick 3849
William Garrahan 3754
Pay Carstensen 3635
M75 Bill Snaden 2005
M80 Jacob Stein 2550
W60 Carol Young 3701
W70 Glona Bortell 3360
Sharon Good 1766
W75 Lillian Snaden 2847

Jacksonville TC Masters
Meet/USATF Florida Assoc.
Masters Championships
Jacksonville, FL; May 8

100m
M30 Aaron Prather 10.8
M35 Daren Welborn 10.9

200m
M30 Aaron Prather 22.1
M35 Larry Gardner 23.1
Daren Welborn 23.4
M40 Orlando Matthews 22.3
Harold Pierce 23.6
Sanford Stephens 24.9
M45 Lawrence Jeffords 35.1
M55 Eric Hill 30.0
W45 Anita Howard 24.8
W50 Susan Hill 37.8

400m
M45 Douglas Gabbert 58.9
Lawrence Jeffords 1:22.4
W50 Susan Hill 1:24.4

800m
M35 Brian Hickey 2:14.4
M40 Kerry Jackson 2:32.5
M60 Danvers Long 2:54.2
W50 Susan Hill 3:27.9

1500m
M35 Brian Hickey 4:34.5
M40 Len Ferman 4:22.7
Sean McCormack 4:38.3
M45 A J Hart 5:55.8

5000m
M35 Brian Hickey 17:36.2
M40 Sean McCormack 16:43.6
W30 Karin Glenn 18:09.2
W40 P Stewart-Garbrecht 18:15.0

Short Hurdles
M50 Pat Crandall 16.1
M55 Eric Hill 18.6
Robert Norton 21.2

High Jump
M30 Aaron Prather 1.67
M45 Lawrence Jeffords .96
M50 Dan Pierce 1.65
Pat Crandall 1.56
M55 Ken Scoggins 1.40
Lloyd Long 1.32
Robert Norton 1.31
W30 Kimiko Nakatake 1.52

Pole Vault
M45 Doug Gabbert 3.96
M50 Pat Crandall 3.05
M55 Lloyd Long 2.75
M60 Carl Polhamus 3.35

Long Jump
M30 Dave Brown 4.90
M45 Lawrence Jeffords 3.76
M50 Cleve Smith 6.06
Bobby Terrell 4.67
Joseph DeMartini 4.45
Ken Scoggins 4.46
Robert Norton 4.18
W40 Kimiko Nakatake 4.91

Triple Jump
M50 Pat Crandall 10.95
Joseph DeMartini 9.77
Bobby Terrell 9.61
M55 Ken Scoggins 9.95
W30 Kimiko Nakatake 9.91

M40 Orlando Matthews 11.0
Harold Pierce 11.6
Sanford Stephens 11.7
M45 Lawrence Jeffords 14.5
M50 Cleve Smith 11.7
Bobby Terrell 12.6
M55 Kent Dickinson 13.2
Eric Hill 13.9
Lloyd Long 14.5
W35 Anita Howard 11.9

200m
M30 Aaron Prather 22.1
M35 Larry Gardner 23.1
Daren Welborn 23.4
M40 Orlando Matthews 22.3
Harold Pierce 23.6
Sanford Stephens 24.9
M45 Lawrence Jeffords 35.1
M55 Eric Hill 30.0
W45 Anita Howard 24.8
W50 Susan Hill 37.8

400m
M45 Douglas Gabbert 58.9
Lawrence Jeffords 1:22.4
W50 Susan Hill 1:24.4

800m
M35 Brian Hickey 2:14.4
M40 Kerry Jackson 2:32.5
M60 Danvers Long 2:54.2
W50 Susan Hill 3:27.9

1500m
M35 Brian Hickey 4:34.5
M40 Len Ferman 4:22.7
Sean McCormack 4:38.3
M45 A J Hart 5:55.8

5000m
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Short Hurdles
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High Jump
M30 Aaron Prather 1.67
M45 Lawrence Jeffords .96
M50 Dan Pierce 1.65
Pat Crandall 1.56
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Lloyd Long 1.32
Robert Norton 1.31
W30 Kimiko Nakatake 1.52

Pole Vault
M45 Doug Gabbert 3.96
M50 Pat Crandall 3.05
M55 Lloyd Long 2.75
M60 Carl Polhamus 3.35

Long Jump
M30 Dave Brown 4.90
M45 Lawrence Jeffords 3.76
M50 Cleve Smith 6.06
Bobby Terrell 4.67
Joseph DeMartini 4.45
Ken Scoggins 4.46
Robert Norton 4.18
W40 Kimiko Nakatake 4.91

Triple Jump
M50 Pat Crandall 10.95
Joseph DeMartini 9.77
Bobby Terrell 9.61
M55 Ken Scoggins 9.95
W30 Kimiko Nakatake 9.91

Shot Put
M35 Mike Bennett 13.31
M45 Lawrence Jeffords 8.39
M50 Dave Grossman 11.06
Dan Pierce 10.37
M55 Ken Scoggins 9.58
Lloyd Long 9.49
Eric Hill 9.38

Discus
M35 Mike Bennett 45.79
M45 Lawrence Jeffords 15.50
M50 Dave Grossman 31.13
Dan Pierce 24.50
M55 Bob Hume 42.12
Lloyd Long 33.56
Ken Scoggins 25.32
W50 Susan Hill 16.71

Javelin
M45 Lawrence Jeffords 24.49

1500m RW
M55 Gene Opheim 8:01.3
Herb Taskett 8:38.5
M70 Robert Fine 9:13.8
M80 Jerome Kauffman 11:11.1
W50 Martita Beach 9:39.6

3000m RW
M55 Gene Opheim 16:11.2
Herb Taskett 19:21.1
M70 Robert Fine 19:35.2
M80 Jerome Kauffman 23:10.4

Rocky Mount Meet #2
Battleboro, NC; May 22

SP/DT/HT/WT
Tim Nesbitt 48 10.89/-/34.29/
George Williamson 48 8.52/
31.13/-/10.43
Pete Armstrong 51 11.32/
33.93/-/10.43

John von Rohr 56 13.22/34.18/
43.21/14.41
Mike Valle 63 12.13/40.05/
42.53/16.37

Central Florida Classic
USAT National Training Ctr.
Clermont, FL; May 22

100m
M30 Jonathan Carter 10.35
M35 Dennis Welborn 11.58
M40 Ed Emlaw 12.48
M50 Eugene Truchelut 15.42
M55 Bill Lewis 12.68
M70 Norm Taylor 17.38
W30 P Arnett-Willie 11.36
W35 Anita Howard 12.02

200m
M30 Jonathan Carter 22.06
M35 Larry Gardner 23.66
M40 Orlan Matthews 22.87
M50 Eugene Truchelut 33.68
M55 Wayne Hansen 26.86
M60 John Shenk 29.67
M70 Benjamin Jimenez 40.52
W30 Tasha Downing 25.72
W35 Anita Howard 24.89
W50 Jocelyn Lowther 31.01

400m
M35 Sterling Sherwin 49.83
M40 Kerry Jackson 58.64
M50 Eugene Truchelut 1:18.53
M55 Owen Rogers 59.91
M60 John Shenk 1:05.35
W50 Jocelyn Lowther 1:09.24

800m
M30 Robert Ferguson 2:09.12
M45 Brian Gallagher 2:27.98
M60 Danbers Long 2:57.71
M70 John Hurley 3:29.80
W50 Jocelyn Lowther 3:01.34

1500m
M30 Robert Ferguson 4:16.02
M35 Paul Fountain 5:13.84
M45 Brian Gallagher 5:05.93
M70 Allan Smith AR 5:14.11
(James Lytjen/5:14.97/1991)
W4 Grace Wilson 5:27.52

5000m
M30 Robert Ferguson 19:25.12
M45 Gonzales Medina 19:25.12
M50 Herm Althortua 18:25.12
M60 Ray Forman 26:47.73
M75 Jim Blount 28:15.98

Short Hurdles
M40 David Zeiters 18.77
M55 Ozzie Binion 18.44

Long Hurdles
M55 Ozzie Binion 1:11.69

High Jump
M35 Christopher Lee 1.78
M45 Douglas Gabbert 1.62
M50 Dan Pierce 1.51
M55 Lloyd Long 1.31
M65 Chuck Tosch 1.21
M70 Richard Lowery 1.36

Pole Vault
M30 Robert Haack 4.40
M40 Leeuw Christian 5.00
M55 Lloyd Long 3.35
M60 Joe Johnston 3.35

Long Jump
M30 David Brown 4.95
M45 R Mossberg 5.42
M65 Chuck Tosch 3.65
M70 Norm Taylor 3.68

Triple Jump
M65 Chuck Tosch 5.88

Shot Put
M35 Michael Mennett 12.18
M50 Michael Wasp 12.75
M55 Paul Adams 12.53
M60 Bob Lupinacci 10.35
M70 Richard Lowery 9.98

Discus
M30 D Lawrence 23.69
M35 Michael Bennett 46.00
M45 Gary England 39.29
M50 Dave Grossman 28.99
M55 Miguel Ruiz 30.15
M60 Pierre Leroux 33.78
M65 Rudolph Houg 44.48
M70 D Gonzalez 37.05

Hammer
M35 Bill Dillon 28.19
M45 Jed Jackson 33.34
M60 Bob Lupinacci 24.65
W40 Cynthia Morrison 24.65

Javelin
M30 John Antoine 29.31
M50 Michael Brown 59.72
M55 Martin Menkin 41.58
M60 Tom Harasti 39.97
M65 James Turner 30.67
M70 Benjamin Jimenez 21.79
W40 Cynthia Morrison 17.93
W65 Loyda Jimenez 8.04

1500m RW
M70 Robert Fine 9:18.20
M100+R McBurney 101 18:01.13

3000m RW
M35 Ray Jenkins 19:16.37
M45 Rob Carver 19:29.38
M55 Tom Forman 18:07.57

Birmingham Masters
Classic, Birmingham, AL
May 29

50m
M50 Marcus Shute 6.30
M55 Wayne Game 7.70
M60 Golden Bertram 7.10
M75 Emmett Kennamore 8.00

100m
M30 Robby Ridley 11.39
M35 Paul Glynn 12.83
M40 Marcus Shute 11.66
Harold Pierce 12.24
M45 Jim Richards 15.41
M50 Calvin Saulsberry 12.53
Billy Hall 13.04
M55 Andy Gipson 13.30
David Shields 13.98
M60 Golden Bertram 14.09
M70 Bob Alexander 16.51
W40 Beverly Conner 14.40
W50 Eleanor Gipson 15.70
W55 Carol Stricklin 16.62

200m
M30 Troy McIntosh 21.91
M35 Paul Glynn 26.99
M40 Marcus Shute 23.53
Harold Pierce 24.81
M50 Calvin Saulsberry 26.34
Billy Hall 27.50
M55 Andy Gipson 28.04
M60 Golden Bertram 29.36
M80 Tom Kennell 41.47
W40 Beverly Conner 30.66
W50 Eleanor Gipson 33.53
W55 Carol Stricklin 37.56

400m
M30 Troy McIntosh 48.71
Ewan Matrin 52.37
M40 Phillip Carter 56.75
Patrick Kennell 1:00.09
M45 Jim Richards 1:24.28
M50 Calvin Saulsberry 57.64
Walden Curry 58.49
M60 Jim Huffman 1:14.05

800m
M35 Daniel Bond 2:54.50
M50 DeWayne Schmidt 2:24.00

1500m
M35 Daniel Bond 5:43.20
M50 DeWayne Schmidt 5:05.30
Ray Gildea 6:31.10
W65 Jeanne Daprano 6:27.50

Short Hurdles
M30 Torrance Zellner 15.05
M40 Dexter McCloud 15.68
M50 Bill Murray 16.02
M55 Ozzie Binion 17.88
M60 Joe Johnston 16.87

Long Hurdles
M40 Dexter McCloud 1:11.39
M55 Ozzie Binion 1:12.56

High Jump
M35 Paul Glynn 5-2
M40 Rich Grzeszkowiak 5-0
M50 Bill Murray 5-6
Michael Walker 4-10
M55 Johnston Ewing 4-6.25
M60 Joe Johnston 5-0
M70 Hugh Manning 3-6
M75 Bill Daprano 3-6
W50 Eleanor Gipson 4-4
W55 Carol Stricklin 3-9

Pole Vault
M45 James Fountain 10-6
M50 Farmer Lyndell 12-6
M55 Johnston Ewing 12-0
Wayne Garner 9-6
M70 Hugh Manning 5-8

Long Jump
M30 Kevin Young 17-7.50
M35 Rob Lawson 17-6.25
M40 Rich Grzeszkowiak 17-8
M50 Billy Hall 19-0
M55 David Shields 15-1.75
W55 Carol Stricklin 10-9
M60 Joe Johnston 16-6.50
M75 Bill Daprano 11-3.50
M80 Tom Kennell 11-2

Triple Jump
M55 David Shields 27-8
M55 Tom Kennell 23-11

Shot Put
M35 Rob Lawson 34-11
M45 Jed Jackson 39-8
Jim Richards 29-0
M50 Steven Thomason 40-11.50
Bill Murray 39-2.25
M65 James Turner 31-9.50
Lou Vodopya 21-2.50
W60 Alice Tym 20-9.25

Discus
M35 Rob Lawson 98-10
M45 Larry Schrader 95-1
Frank Broadus 91-5
M50 Steven Thomason 129-0
Bill Murray 114-09
M55 Wayne Garner 88-6
M60 Joe Johnston 99-6
M65 Lou Vodopya 102-11
James Turner 89-9
M80 Tom Kennell 67-10
W55 Carol Stricklin 54-10

Javelin
M40 James Timoch 88-6
M55 Jeff Gerson 70-0
M60 John Sloan 101-5
M70 Chuck Wiedman 66-11
M75 George Roudebush 51-10

3000m RW
W50 Joyce Prohaska 18:33.50

Hammer
M60 John Sloan 82-10
M70 Chuck Wiedman 79-8
W55 Mary Hartzler 116-6
W60 Erika Szanto 80-8

Javelin
M40 James Timoch 88-6
M55 Jeff Gerson 70-0
M60 John Sloan 101-5
M70 Chuck Wiedman 66-11
M75 George Roudebush 51-10

3000m RW
W50 Joyce Prohaska 18:33.50

Hammer
M60 John Sloan 82-10
M70 Chuck Wiedman 79-8
W55 Mary Hartzler 116-6
W60 Erika Szanto 80-8

Javelin
M40 James Timoch 88-6
M55 Jeff Gerson 70-0
M60 John Sloan 101-5
M70 Chuck Wiedman 66-11
M75 George Roudebush 51-10

3000m RW
W50 Joyce Prohaska 18:33.50

Hammer
M60 John Sloan 82-10
M70 Chuck Wiedman 79-8
W55 Mary Hartzler 116-6
W60 Erika Szanto 80-8

Javelin
M40 James Timoch 88-6
M55 Jeff Gerson 70-0
M60 John Sloan 101-5
M70 Chuck Wiedman 66-11
M75 George Roudebush 51-10

3000m RW
W50 Joyce Prohaska 18:33.50

Hammer
M60 John Sloan 82-10
M70 Chuck Wiedman 79-8
W55 Mary Hartzler 116-6
W60 Erika Szanto 80-8

Javelin
M40 James Timoch 88-6
M55 Jeff Gerson 70-0
M60 John Sloan 101-5
M70 Chuck Wiedman 66-11
M75 George Roudebush 51-10

3000m RW
W50 Joyce Prohaska 18:33.50

Hammer
M60 John Sloan 82-10
M70 Chuck Wiedman 79-8
W55 Mary Hartzler

MID-AMERICA**Colorado Masters Throwers**
Meet, CSU, Ft. Collins
June 5**Hammer**

W55 Sharon Raham	20.90
W65 Joy Kaylor	25.68
M40 Rande Treece	49.58
M65 Tim Edwards	43.54
J BookinWeiner	39.84
Ian Percy	38.53
M65 Robin Herron	36.78
Vern Spencer	35.62
Roger Corliss	29.70
M80 Frank Bowles	25.68

Shot Put

W55 Sharon Raham	7.64
W65 Joy Kaylor	7.43
M40 Milt Girouard	14.53
Bob Jones	12.08
Rande Treece	11.03
M45 Kris Lettow	13.32
M65 Roger Corliss	10.63
Robin Herron	9.80
Vern Spencer	9.14
Bob Fulton	8.98
M70 Rich Larkin	8.42
M80 Frank Bowles	8.28

Discus

W55 Sharon Raham	23.27
W65 Joy Kaylor	21.14
M40 Bob Jones	40.03
Rande Treece	31.85
M45 Kris Lettow	37.15
M55 J BookinWeiner	38.29
M65 Vern Spencer	38.07
Robin Herron	28.94
M70 Rich Larkin	24.64
M80 Frank Bowles	23.12

WEST**USATF Arizona Regulation**
Meet, Tempe; May 1

100m	
M40 Rawle Crichtlow	11.06
W30 Deonne Douglass	13.73
W35 Maggie Fernandez	13.59
W40 Denise Willard	15.12
W50 Jacquelin Board	14.66
200m	
M35 James Smith	24.02
W30 Deonne Douglass	29.11
W35 Maggie Fernandez	32.14
W40 Denise Willard	28.87
W50 Jacquelin Board	27.97
400m	
M35 James Smith	55.28
M40 Robert Ruiz	1:04.35
W30 Deonne Douglass	1:07.62
W35 Maggie Fernandez	1:17.49
W40 Denise Willard	1:11.03
W50 Jacquelin Board	1:03.73
1500m	
M40 Bob Haltin	5:27.73
M45 Steve Terrill	4:26.70
5000m	
M45 Steve Greenspan	17:40.52
Short Hurdles	
W40 Denise Willard	13.27
High Jump	
M50 Tim Colby	1.55
Long Jump	
M35 Mark Dowhan	3.72
M50 Tim Colby	4.92
M55 Warren Gillette	4.53
W40 Denise Willard	4.53
Shot Put	
M30 Geoffrey Riggs	9.78
M35 Mark Dowhan	9.97
M50 Tim Colby	10.05
M65 Neil Sailing	10.69
M85 Roy Clark	6.00
Discus	
M30 Geoffrey Riggs	28.33
M35 Mark Dowhan	27.60
M50 Tim Colby	25.30
M65 Neil Sailing	39.72
W50 Lynn Dow	22.18
3000m RW	
M50 William Jefferson	23:00.32
M85 Roy Clark	30:29.20

USATF Pacific Association
Masters Championships
U. of Cal., Berkeley; May 30

100m	
M30 Matt Sykes	12.16
M35 Matt Devine	11.66

M40 Tom Baker	11.65
Alec Chenault	12.25
M45 Joseph Smith	11.55
Michael Cook	12.28
Ken Cook	12.56
M50 Donn Imrie	12.38
M55 Larry Lettieri	12.56
Ray Yeck	13.13
Chris Horsley	13.60
M60 Bob Callon	15.54
Fred Dillemoth	20.62
M65 Gary Sims	13.41
Martin Adamson	14.31
M70 Ben Rivera	15.30
M75 Lee Conway	16.36
M85 K K Slaughter	22.76
W40 Hillery Loeb	15.14
W55 Aveil Naylor	15.19
Mary Cramer	16.19
W75 Shirley Dietderich	22.85
200m	
M35 Matt Devine	23.54
M40 Gordon Hinds	23.16
Tom Baker	23.19
Alec Chenault	25.22
M45 Greg Turner	23.55
Joseph Smith	23.72
Michael Cook	24.94
M50 Herbert Evans	24.83
David Jambaz	26.25
David Kalb	26.59
M55 Larry Lettieri	26.30
Ray Yeck	27.20
Chris Horsley	29.09
M60 Larry Barnum	26.34
David Naylor	27.45
Dennis Duffy	27.47
M65 Gary Sims	28.00
M70 Ben Rivera	32.51
M75 Lee Conway	36.69
M85 K K Slaughter	56.46
W45 J Upshaw-Margerum	26.74
W55 Aveil Naylor	33.41
Martie Behrens	34.54
400m	
M35 Laurent Birade	55.36
M40 Gordon Hinds	50.96
Mark Pasos	58.20
M45 Joseph Smith	53.51
Alec Chenault	1:02.71
M50 Herbert Evans	58.64
David Kalb	59.13
Parker White	1:03.36
M55 Matt Pruitt	57.77
M60 Larry Barnum	57.34
Dennis Duffy	1:01.50
Mel Brooks	1:04.58
M65 Gary Sims	1:05.35
Keith Johnson	1:07.71
Martin Adamson	1:08.89
W55 Martie Behrens	1:17.21
M70 Barbara Robben	1:46.94
800m	
M45 Jeff Kirk	2:14.34
Greg Hudson	2:52.5h
M50 David Jambaz	2:13.25
Stan Rowland	2:16.99
Randy Sturgeon	2:21.78
M60 Leonard Davies	2:37.0h
Jim Evans	2:44.2h
M65 Jerome Lys	2:42.3h
W35 Cynthia Marks	2:56.14
W40 Teresa Brown	2:34.49
Mary Woo	2:45.35
Debbie Zakerski	2:51.69
W50 Cora Sturgess	3:06.62
Sherri Rowland	3:16.46
W70 Barbara Robben	4:02.2h
1500m	
M40 Michael Legault	4:38.24
M45 Jeff Kirk	4:42.39
Mike Houar	4:45.90
Jeff Kirk	4:42.39
M50 Randy Sturgeon	4:53.81
Bill Brusher	5:23.37
M60 Leonard Davies	5:13.3h
M65 Jerome Lys	5:50.0h
W35 Cynthia Marks	6:26.62
W40 Theresa Brown	5:26.36
Mary Woo	5:46.18
Debbie Zakerski	6:07.28
W50 Cora Sturgess	6:23.69
Sherri Rowland	6:49.57
Short Hurdles	
M40 Brian Conley	17.15
M45 Greg Hodson	36.35
M50 Carter Holmes	20.52
M60 Fred Dillemoth	23.66
Fred Baer	26.82
Long Hurdles	
M35 Laurent Birade	1:00.33
M50 Carter Holmes	1:11.78
Bill Phillips	1:16.72
M60 Fred Baer	1:25.01
W40 J Upshaw-Margerum	47.56
High Jump	
M40 Allen Eggman	5-4
Joe Groot	5-4
M50 Vincent Repetto	5-4
Ed Baskauskas	4-10
M55 Gary Wuest	4-6
M60 John Burns	5-0
Fred Dillemoth	4-2
Fred Baer	3-8
M65 Jack Parker	4-2

Pole Vault	
M55 Gary Wuest	9-0
M60 Bruce Hotaling	11-6
Tom Sharples	9-6
Long Jump	
M40 Allen Eggman	17-9
Tom Baker	16-10
M45 Peter Chen	18-50
M55 Dennis Cameron	7-4-50
M60 Richard Imperiale	14-50
Fred Dillemoth	14-0
Fred Baer	10-5-75
W40 J Upshaw-Margerum	17-4-25
Triple Jump	
M55 Dennis Cameron	21-11-50
M60 Richard Imperiale	28-8
Fred Dillemoth	26-7

Shot Put	
M35 Mike Curry	43-4-25
M40 Allen Eggman	31-10-50
M50 Gary Schmidt	41-8
Jim Lewis	34-50
Rick Thoman	30-2
M55 Gary Wuest	32-8-75
M60 John Burns	35-1-75
M65 Ken Tronstad	35-4-75
Jack Parker	28-7-75
M70 Dennis Rietz	33-6-50
Robert Jordan	33-5-25
M75 Charles Bispala	30-3-50
W65 Cherie Sherrard	32-4-25
Lucille Ligone	26-7-50
Almeta Parish	21-3
W70 Barbara Racine	20-11

Discus	
M35 Mike Curry	109-4
M40 Ray Biggs	115-5
Allen Eggman	94-1
M50 Gary Schmidt	132-5
Jim Lewis	125-10
Vince Repetto	102-11
M55 Gary John	102-11
Gary Wuest	90-9
M60 Ron Mickle	152-2
John Burns	124-9
M65 Ken Tronstad	113-3
M70 Stewart Thompson	132-9
Milton Meux	94-10
M75 Charles Bispala	73-1
M80 Alden Bryant	58-0
W30 Jackie Nasca	130-3
W65 Cherie Sherrard	66-5
Lucille Ligone	59-4
Almeta Parish	47-9
W70 Barbara Racine	49-9
W75 Shirley Dietderich	42-10

Hammer	
M35 Matt Cavender	155-0
Mike Curry	127-8
M40 Ray Bitts	122-9
M45 Michael Venning	57-6
M50 Gary Schmidt	97-8
M65 Ken Tronstad	91-3
M70 Stewart Thompson	151-5
Dennis Rietz	79-11
W30 Jackie nasca	129-3
Javelin	
M35 Mike Curry	122-10
M40 Jon Pearlstone	152-11
M45 John Hansen	160-11
M50 Gary Schmidt	109-7
Parker White	71-7
M55 Bob Powers	176-2
Dennis Cameron	113-1
Gary Wuest	109-1
M60 John Burns	140-2
Fred Dillemoth	96-9
M65 Ken Tronstad	94-5
M70 Dennis Rietz	65-5
M75 Charles Bispala	71-9
M80 Alden Bryant	50-11
W75 Shirley Dietderich	31-6

Weight Throw	
M35 Mike Curry	40-0
M40 Ray Biggs	35-1
M50 Dennis Cameron	38-1
Gary Schmidt	37-50
M70 Dennis Rietz	24-2
W30 Jackie Nasca	40-1-50
5K	
M30 Jeffrey Townsend	16:44.4
M55 Steve Sidney	19:48.8
W55 Suzanne Horsley	27:57.9
W70 Barbara Robben	28:43.3

Dan Aldrich Memorial	
Masters Meet, UC-Irvine, CA	
May 30	
100m	
M30 S Myles	11.68
M35 J Gilmore	11.17
M40 F Strong	11.35
M45 K Morning	11.18
M50 J Williams	12.34
M55 G Wong	13.87
M60 D Smith	12.82
M65 R Tsuda	14.16
M70 F Kishi	15.95
M75 A Escabosa	15.56
M80 R Davidson	31.46
W35 C Barney	13.28
W50 R Hanscom	14.61
W60 N O'Connor	14.45

200m	
M30 H Estrada	23.38
M35 F Turmage	23.37
M40 K Berty	22.06
M45 K Morning	22.52
M50 S Hardison	24.87
M55 H Castille	25.74
M60 D Smith	26.70
M65 R Tsuda	30.05
M70 K Kishi	35.19
M75 A Escabosa	33.06
W35 C Barney	26.61
W40 C Ware	31.54
W50 R Hanscom	30.22
W80 G Davidson	59.19

400m	
M30 B Givens	1:00.22
M45 J Lofton	51.98
M50 R Richardson	59.84
M55 H Castille	57.49
M60 R Salupo	1:01.95
M75 L Beadle	1:14.88
W45 B Jephcott	1:01.89
W50 D Janneck	1:12.41
W80 G Davidson	2:05.59

800m	
M30 G Givens	2:13.87
M40 T Reyes	2:01.30
M50 N Shaheed	2:06.73
M55 H Castille	2:29.51
M60 S Baldwin	2:35.25
M75 J Selby	3:01.99
W40 C St Geme	2:30.01
W45 P Contreras	2:41.30
W80 G Davidson	4:51.57

1 Mile	
M35 S Haug	4:31.44
M40 D Olshan	4:35.82
M45 A Decolibus	4:58.07
M50 B Morris	4:56.93
M60 R Salupo	5:18.79
M65 T Dilday	6:15.11
M75 G Linde	6:28.29
W45 P Contreras	5:52.70
5000m	
M40 J Marquez	17:44.81
M45 M Neve	19:47.45
W60 F Zehr	24:55.75

Short Hurdles	
M35 R Holmes	15.31
M45 J Davidson	20.13
W30 T Mills	13.99
Long Hurdles	
M30 D Hawkins	56.70
M45 A Hecker	52.47
W30 T Mills	56.71
W40 C Ware	55.99
W50 T Bowman	57.63

3000m Steeplechase	
M40 J Granada	11:21.73
4X100m Relay	
M40 Speedwest	43.06

High Jump	
M40 R Lee	5-10
M75 B Philipps	3-6
W30 L Riech	5-6
W35 C Look-Jaeger	5-4
W40 S Dimarco	5-2
W45 K Vaughn	4-4
W55 A Steekelenburg	4-6
W60 K Bergen	4-4
Pole Vault	
M40 D Berle	11-11
M45 B Halverson	14-11
M50 S Hardison	13-11
M65 G Miller	9-8
M70 D McFetter	8-0
M75 F Held	9-10
W50 R Hanscom	8-6
W60 N O'Connor	9-10

Long Jump	
M45 L Davenport	18-4
M60 R Muranaka	14-5
M75 B Philipps	9-0
W45 K Vaughn	10-2
W50 T Bowman	12-10
W55 A Steekelenburg	12-4
Triple Jump	
M40 L Davenport	43-11

Shot Put	
M40 M McCandless	34-9
M45 J Kerman	44.75
M55 M Deller	43-9
M65 J Koch	41-7
M70 F Lochner	34-1
M75 B Philipps	24-10
W45 K Vaughn	27-3
W50 T Bowman	28-1

Discus	
M40 M McCandless	96-7
M45 J Barry	113-2
M55 T Fahey	171-10
M60 L Higgins	164-2
M65 H Smith	128-5
M70 F Lochner	95-9
M80 D Roser	78-11
Hammer	
M50 V McGarry	104-1
M60 G Matthews	176-7
M80 D Roser	91-2
W30 S Donaldson	105-9
W40 N Hirschfield	72-2
W45 K Vaughn	77-6
W50 L Cohn	115-10
W60 K Bergen	78-7

Javelin	
M45 R Duncanson	133-8
M50 M Tipping	128-7
M55 R Rook	127-11
M65 P Fehlen	131-5
5000m RW	
M55 N Weiss	39:36.54

New Mexico Games**Albuquerque, NM; June 6**

100m	
M50 Stacey Price	12.50
M55 Richard Wild	13.40
Charles Fuller	20.20
M65 Ron Kirkpatrick	14.40
M75 Andy Anderson	15.90
Ryszard Nawrocki	19.90
Chet Warwick	20.80
W45 Darlene Hansen	17.05
W55 Jane Fuller	21.08
W70 Joan Blair	27.50

200M		
M55	Richard Wild	28.40
	Charles Fuller	30.86
M65	Ron Kirkpatrick	28.89
M75	Andy Anderson	33.24
W50	Karen Blackmore	37.00
W55	Jane Fuller	48.10
W70	Joan Blair	1.08.20

M70 Robert Hewitt	15-1
M75 Bill Platts	12-0 1/4
M80 Myron Dover	6-8
W55 Caroline Cooney	10-2 1/4
W75 Melicent Whinston	6-4 1/2
Triple Jump	
M40 Mike Toll	40-9
M50 Scott Jackson	31-4
M60 Victor Chaney	30-5 1/2
M70 Robert Hewitt	30-4
W55 Jean Moule	16-9
Shot Put	
M40 William Tyson	32-4
M50 Jan Grigsby	29-3
M55 Chuck Chapin	43-3 3/4
M60 Gene Gangle	34-5 1/4
M65 Bob Lawson	37-2
M70 Tom Allison	35-0
M75 Vince Sempronio	32-5
M80 Myron Dover	24-0
W45 Cheryl Nelson	25-4
W50 Kathy Arquette	24-5
W55 Jean Moule	22-1
W75 Melicent Whinston	16-0

INTERNATIONAL**aQuellé SA Masters Athletic Championships, Durban South Africa; May 7-8**

100m	
M30 Shaun Powell	11.45
M35 Frans Erasmus	11.52
M40 Gavin Maxwell	11.70
M45 Joseph Wagries	12.33
M50 Johan Swiegers	12.59
M55 Anthony Smith	13.40
M60 Jerry van Heerden	13.79
M65 Monty Hacker	13.98
M70 Ron Cross	14.45
M75 Johannes Schoeman	16.56
M85 Carle Pace	23.15
W30 Charmaine du Toit	12.89
W35 Winnie de Winnaar	12.99
W40 Ronel Beukes	13.44
W45 Linette Brits	13.23
W50 Pam Immelman	15.03
W55 Elsa Jordaan	15.34
W60 Rita van Vuuren	16.24
W65 Rita Blair	16.22
W70 Christie du Polly	18.21
W75 Isabel Hofmeyr	17.56
W80 Lena Grobler	24.27
200m	
M30 Shaun Powell	22.1h
M35 Frans Erasmus	22.6h
M40 Gavin Maxwell	23.3h
M45 Joseph Wagries	24.5h
M50 Johan Swiegers	27.7h
M60 Jerry van Heerden	26.7h
M70 Ron Cross	28.4h
M75 Johannes Schoeman	33.6h
M85 Lucas Nel	31.7h
M85 Carle Pace	48.9h
W30 Charmaine de Toit	25.2h
W35 Winnie de Winnaar	25.7h
W40 Ronel Beukes	26.6h
W45 Esca Taljaard	27.0h
W50 Pam Immelman	29.6h
W55 Marie van Wijk	31.4h
W60 Rita van Vuuren	34.1h
W65 Rita Blair	34.0h
W70 Christie du Ploy	39.1h
W75 Isabel Hofmeyr	35.9h
W80 Lena Grobler	52.9h
400m	
M30 Michael Peacock	50.61
M35 Michael Schroeder	51.06
M40 Roelof Swanepoel	53.39
M45 Peter Srensch	58.88
M50 Johan Swiegers	55.98
M55 Phillipus Calitz	1:00.70
M60 Jerry van Heerden	1:10.90
M70 Miloje Grujic	1:09.80
M80 Lucas Nel	1:15.40
M85 Carle Pace	2:01.60
W30 Charmaine du Toit	58.48
W35 Helena Corby	1:01.53
W40 Ronel Beukes	1:00.40
W45 Debbie Pedlar	1:04.1h
W50 Pam Immelman	1:08.8h
W55 Elsa Jordaan	1:15.7h
W60 Gill Tregenna	1:28.1h
W70 Christie du Ploy	1:36.0h
W75 Isabel Hofmeyr	1:32.4h
800m	
M30 Barry Williams	2:03.3h
M35 Chris Erasmus	2:05.1h
M40 Tobias Philander	2:02.0h
M45 Martin Kelly	2:18.5h
M50 Paul Connolly	2:07.7h
M55 Phillipus Calitz	2:11.8h
M60 Joao Raposo	2:46.0h
M70 Miloje Grujic	3:01.0h
M80 Lucas Nel	3:02.0h
M85 Carle Pace	5:21.0h
W30 Debbie Pienaar	2:31.0h
W35 Helena Corby	2:32.2h
W40 Rene Odendaal	2:26.0h
W45 Liz Alexander	2:33.0h
W50 Pam Immelman	2:45.0h
W75 Jean Foster	4:51.0h
1500m	
M30 Barry Williams	4:21.55

M35 Elvin van Zyl	4:20.13
M40 Tobias Philander	4:12.29
M45 Martin Kelly	4:43.80
M50 Sean Rice	4:28.8h
M55 Phillipus Calitz	4:43.1h
M60 Joao Raposo	5:44.7h
W30 Ronel Thomas	4:44.46
W35 Gloria Fisher	6:37.60
W40 Lida van der Gryp	5:21.71
W45 Marietjie Ceronio	5:20.3h
W50 Jenny Scott	5:43.1h
W60 Jenny Allebone	5:49.3h
W65 Magdalene Johnson	8:20.0h
W70 Lilly Krugel	11:28.2h
W75 Jean Foster	9:32.6h

5000m	
M30 Jaco van Zyl	17.48
M35 Nkewana Zolili	17.05
M40 Reform Ndlovu	16.15
M45 Chris Clucas	17.12
M50 Sean Rice	17.08
M55 Pieter Badenhorst	19.11

M60 Arthur Zimmerman	18.47
W30 Ronel Thomas	16.48
W40 Linda van der Gryp	19.44
W45 Marietjie Ceronio	19.27
W50 Jenny Scott	21.07
W60 Jenny Allebone	19.53

10,000m	
M40 Reform Ndlovu	34.10
M45 Chris Clucas	35.45
M50 Sean Rice	37.44
M55 Pieter Badenhorst	39.44
M60 James Allan	55.30
M65 Everard Skea	51.36
W45 Enka Swart	40.03
W55 Elizabeth Sweiden	45.52
W60 Jenny Allebone	41.34
W65 Ingrid Wieland	52.10

Short Hurdles	
M35 Hennie Keet	18.2h
M50 Johan Allers	18.5h
M55 Gerhard Joubert	19.2h
M60 Philip van Rensburg	21.5h
M65 Nic Meyer	26.7h
M70 Ron Cross	14.5h
W35 Chareen Shillaw	15.3h
W40 Madeline van Rooyen	12.2h
W45 Esca Taljaard	12.8h
W55 Marie van Wijk	15.4h

Long Hurdles	
M35 Hennie Keet	1:03.6h
M40 Mark Squire	1:03.8h
M60 Tiens VD Mescht	52.5h
M65 Nic Meyer	1:04.3h
W35 Chareen Shillaw	1:07.6h
W40 Hennie Keet	1:03.6h

2000m Steeplechase	
M60 Trevor Smith	9.55.34
W30 Ronel Thomas	7:10.0h
W40 ConnieVD Westhuizen	8:03.2h
W45 Marietjie Ceronio	8:30.89
W50 Veronica von Gordon	10:23.2h

3000m Steeplechase	
M35 Elvin van Zyl	10:48.5h
M40 Tobias Philander	10:04.84
M45 At Schoeman	12:26.79
M50 Sean Rice	10:55.24

High Jump	
M30 Johan Mans	1.85
M35 Albertus Lombard	1.65
M45 Johan Gouws	1.65
M50 Terry Browning	1.48
M55 Johan Du Preez	1.52
M60 David Heunis	1.28
M65 Nic Meyer	1.20
W35 Dinah Heymans	1.73

W45 Christa Mouton	1.15
W60 Kitty VD Merwe	1.17
W70 Gertie Theron	1.06
W75 Isabel Hofmeyr	1.03
Pole Vault	
M40 Richard John	3.18
M50 Johan Allers	2.80
M55 Pieter Kruger	2.40
W40 Gerda Jacobsohn	2.60
Long Jump	
M30 Hermie Rossouw	6.00
M35 Mark Cresswell	5.82
M40 Francois Oosthuizen	5.27
M45 Patrick Calasse	5.07
M50 Willie Esterhuizen	4.60
M55 Gerhard Joubert	4.03
M60 Tiens VD Mescht	4.37
M65 Richard Polley	3.98
W35 Chareen Shillaw	5.10
W45 Annette Steenkamp	3.29
W50 Stephanie Claassen	3.63
W70 Gertie Theron	2.86

Triple Jump	
M35 Mark Cresswell	12.55
M50 Henry Britz-Campher	9.65
M55 Cresswell van Oneselen	8.29
M60 Tiens VD Mescht	8.50
W45 Annette Steenkamp	8.29
Shot Put	
M30 Leon Jacobs	11.53
M35 Conradie Scheepers	15.22
M40 Francois de Wit	12.90
M45 Riaan von Benthaim	9.97
M50 Henwil Storm	13.54
M55 Jan Roodt	12.20
M60 Kobus VD Merwe	11.54
M65 Andrzej Rzepecki	12.19
M70 Heinie Naude	8.44

M75 John de Andrade	6.71
M80 Philipp Frech	7.61
W35 Engelina Pretorius	8.45
W45 Ansie Hennop	9.14
W50 Tertia Stoffberg	9.06
W55 Mercia Ferreira	10.46
W60 Anette Olivier	8.40
W65 Hanneljie Janeke	6.27
W80 Lena Grobler	6.30
Discus	
M35 Conradie Scheepers	45.61
M40 Marius Eybers	39.30
M45 Riaan von Benthaim	30.86
M50 Johan Allers	40.51
M55 Jan Roodt	40.91
M60 David Heunis	35.11
M65 Andrzej Rzepecki	39.32
M70 Heinie Naude	23.29
M80 Philipp Frech	24.80
W35 Engelina Pretorius	22.39
W40 Ansie Hennop	31.99
W50 Tertia Stoffberg	23.30
W55 Mercia Ferreira	21.99
W60 Yana Rzepecka	25.85
W65 Hanneljie Janeke	15.60
W70 Gertie Theron	15.92
W80 Lena Grobler	15.65

Hammer	
M35 Tone van Rensburg	40.80
M40 Marius Eybers	38.50
M45 Rudolph Harmse	39.03
M50 Basie Koen	51.84
M55 Jan Roodt	48.71
M60 David Heunis	35.09
M65 Andrzej Rzepecki	49.39
M70 Heinie Naude	24.40
M80 Philipp Frech	17.96
W35 Engelina Pretorius	21.80
W40 Ansie Hennop	31.97
W50 Tertia Stoffberg	31.32
W60 Anette Olivier	29.88
W65 Hanneljie Janeke	15.16
W80 Lena Grobler	17.04

Javelin	
M35 Johan van Wyk	64.05
M40 Gawie Louw	59.13
M45 Frederik Stander	50.78
M50 Johan Allers	40.04
M55 Johann V Greunen	37.50
M60 Kobus VD Merwe	31.58
M65 Steve Johnston	32.20
M80 Philip Frech	22.24

LONG DISTANCE RESULTS**NATIONAL****Ogden Newspapers 20K Classic, Wheeling, WV May 29**

Overall	
Julius Kibet 22	1:02:13
Naomi Wangui 25	1:16:00
M40 Ronnie Crozier	1:20:32
Chris Miller	1:22:56
Al King	1:24:46
M45 Glenn Baldwin	1:16:21
Joe Sarver	1:18:15
Don Smith	1:19:34
M50 Chris Gibson	1:25:17
Tom Rownd	1:26:53
George Sagan	1:27:45
M55 Terry McCluskey	1:18:05
Fred Waybright	1:27:25
Steve Habursky	1:28:22
M60 Walter Seamon	1:31:54
Lou Alakins	1:36:55
Dick Monheim	1:37:33
M65+Donald Siefers	1:41:18
John Gebhard	1:42:03
John Romanek	1:49:02
Lou Lodovico 80	1:49:37
W40 Marcie Knapp	1:34:16
Lori Piedmonte	1:37:10
Jane Davis	1:45:53
W45 Becky Droginske	1:28:44
Shelley Ralston	1:30:33
Sharon Marks	1:32:05
W50 Adrienne Walker	1:42:55
Paula McClure	1:43:33
Susan Mortakis	1:44:50
W55 Patty Degasperis	1:49:50
Catherine Canada	2:08:28
Michele Warner	2:13:04
W60 Marti Stephan	1:56:29
Dee McKean	2:05:42
Charlene Gammell	2:16:08
W65+Ellie J Custer 74	2:32:55
Carole Litman	2:40:31

USATF National Masters Championships 5K/ Freihofers Run for Women 5K, Albany, NY; June 5

Overall	
Maria Runyan 35	15:25
W35 Maria Runyan	15:25
Sylvia Mosqueda	15:59
Jenny Crain	16:22

W35 Engelina Pretorius	27.18
W40 Anie Hennop	25.06
W55 Mercia Ferreira	23.62
W70 Gertie Theron	18.48
Weight Pentathlon	
M30 Leon Jacobs	2216
M35 Conradie Scheepers	2668
M40 Gawie Louw	2514
M45 Riaan von Benthaim	2218
M50 Manius Bester	3458
M55 Jan Roodt	3816
M65 Andrzej Rzepecki	4623
M70 Heinie Naude	2218
M80 Philipp Frech	3166
W35 Engelina Pretorius	1892
W40 Anie Hennop	3104
W50 Tertia Stoffberg	2611
W60 Penny England	3250
W65 Hanneljie Janeke	2361
W80 Lena Grobler	3776

Decathlon	
M35 Albertus Lombard	3087
M40 Rory McWade	5880
M45 Riaan von Benthaim	2859
M65 Hans Miekautsch	6429
5000m RW	
W35 Caryn Loudon	31.47
W40 Trudi Carstens	28.34
W45 Lee Mallet-Veale	25.55
W50 Brenda Nooy	26.33
W60 Pamela Osborn	34.06
W65 Liz Stewart	36.23

10,000m RW	
W30 Lauren Poulton	1:11:39.3
W35 Caryn Loudon	1:07:00.8
W40 Trudi Carstens	1:00:32.7
W45 Lee Mallet-Veale	52:58.2
W50 Brenda Nooy	54:11.5
W55 Elsa Meyer	1:01:26.4
W60 Wilhelmina Maroney	1:06:41.4
W65 Liz Stewart	1:13:37.4
W70 Helena Rothman	1:12:52.0
W75 Anna Villet	1:11:27.7
20,000m RW	
M35 Kevin Perrow	2:04:51.4
M40 Eugene Johannes	1:50:27.4
M45 Johann Coetzee	1:58:04.4
M50 C V Blommenstein	1:46:59.4
M55 David Flood	1:43:21.5
M60 Jurgen Sencer	1:59:34.0
M65 Hennie van Zyl	2:16:58.8
M70 Herbert Barratt	2:20:44.5
M75 Zac Prinsloo	2:24:48.0

ICE RESULTS

W40 Colleen De Reuck	15:46
D Kilpatrick-Morris	17:02
Joan Nesbit Mabe	17:09
Susan Loken	17:26
Kimberly Griffin	17:40
Susan Faber	17:46
Mary Level Menton	17:54
K Boyle-Petrera	18:26
Sarah Kramer	18:29
Janice Reilly	18:31
W45 C Ayala-Troncoso	16:54
Monica Joyce	17:23
Lee DiPietro	17:30
Regina Joyce	17:33
Joan B-Samuelsen	17:45
Sharon Vos	19:31
Patti DePaulis	19:49
Nancy Malkiewicz	19:54
Judy Rubin	20:01
Nancy Taormina	20:04
W50 Kathryn Martin	18:08
Victoria Crisp	19:27
Coreen Steinbach	20:55
Zsotia Franck	21:39
Martha DeGrazia	21:42
Judy Phelps	22:18
Diane Sherrer	22:22
Joy Devries	22:54
Enka Oesterle	22:56
Cathy Catalano	23:11
W55 Gloria Jansen	20:53
Dianne Clement	25:00
Patricia Kane	25:25
Ginny Pezzula	25:43
Mary Wenck	25:57
Rosemary Hillengas	25:59
Phyllis Jefferson	26:01
Carol Smith	26:30
Candi Schermerhorn	26:35
Priscilla Fairbank	26:50
W60 Marie-L. Michelsohn	21:22
Mary Shaver	23:24
Jayne Zinke	23:55
Carolyn K	

M50 Francisco Rodriguez	15:42
M55 David Pitches	16:31
M60 John Samsel	15:33
M65 David Kenney	18:50
M70 James Marr, Jr	24:10
M75 William Fortune	19:25
W40 Danielle d'Angelo	16:39
W45 Michele Falkow	18:24
W50 Lynn Lopez	20:34
W55 Patricia Brindle	23:45
W60 Patty Parmalee	20:58
W65 Naomi Vogel	24:27
W70 Rosa Nales	27:05
W75 Bertha McGruder	27:56
W80 Amy Dietrich	19:56

Nissan Buffalo Marathon & Half-Marathon Buffalo, NY; May 30

Overall	
Kassahun Kabiso	2:25:50
Leslie J. Carson	2:57:32
M35 Jim Park	2:42:15
Michea Georgeneau	2:57:50
M40 Charles Smullen	3:01:42
Joseph Molinaro	3:02:39
Ron D. Olsen	3:03:44
M45 Mark Fueshko	3:14:35
John K. Crane	3:16:26
Jeff A. Stall	3:16:50
M50 Richard Black	3:26:38
Wing-Kwong Keung	3:30:15
Bruce W. Pratt	3:31:16
M55 Dave Weiss	4:06:19
John G. Grec	4:11:54
Jerry L. Stauffer	4:15:32
M60 Stephen Adorian	5:27:00
Marcial Lopez	5:33:02
Bernard Freedman	5:58:04
W35 Tammy Slusser	3:01:40
W40 Leslie J. Carson	2:57:32
Shelagh Sweeney	3:02:52
Shirley M. Pratt	3:35:43
W45 Ena MacPherson	3:12:48
Joanna Tunnicliffe	3:31:02
Robin J. Smith	3:41:50
W50 Peggy Wise	3:36:32
Un Ha Lee	3:59:42
Isabelle Schweitzer	4:01:55
W55 Tillie M. Clark	4:21:58
Kathleen Kreis	4:50:18
Anne F. Hofmann	5:07:49

--Half-Marathon--

Overall	
Steve A. Bohan	1:10:00
Judy S. Arlington	1:24:46
M35 Kevin Patterson	1:23:18
M40 Patrick O'Connor	1:16:44
Herb L. Cratty	1:21:05
Timothy Johnson	1:21:13
M45 Bob R. Carroll	1:18:41
Johnny Mawer	1:28:21
David A. Pape	1:31:36
M50 Ted W. Paget	1:24:31
Andy J. Hayes	1:26:35
Fred G. Lew	1:26:48
M55 John Smallwood	1:27:03
James Tebo	1:28:33
Fran S. Emmerling	1:31:12
M60 Paul L. Collard	1:24:32
M. T. Williams	1:39:20
M65 George Markoff	1:34:43
Salvatore LaMastra	1:42:25
M70 Joseph Antkowiak	1:42:29
Carl Pegels	1:54:21
M75 Richard Sullivan	2:00:36
Leonard Silver	2:14:58
W35 Judy S. Arlington	1:24:46
W40 Jennifer Ditchfield	1:25:39
Jeanne Chiaramonte	1:33:10
Theresa Palmieri	1:39:10
W45 Sheri Fraser	1:28:01
Sue Panaro	1:39:26
Carolyn J. Corgel	1:40:25
W50 Therese Christo	1:40:52
Christine Naples	1:50:44
Pattie J. Paul	1:52:45
W55 Judy Mowery	1:52:10
Suzanne Fenger	2:10:56
Michaelina Clark	2:32:03
W60 Molly Thayer	1:49:43
Barbara Slivan	2:22:31
W65 Edye P. Radice	2:15:04
Lois Balafas	2:45:50
W70 Edna E. Hyer	2:36:47
Helen J. Bueme	2:38:47
W75 Regis Tumidajewicz	3:09:31

Fayetteville Classic 10K Fayetteville, NY; May 30

Overall	
Elarbi Khattabi	37
Atalech Ketema	21
M40 Mike Pfohl	36:05
Rick Cote	37:18

Ed Lindo	37:29
M45 David O'Keeffe	32:20
John Evans	38:03
Kevin Hanlon	39:19
M50 Richard Stankivitz	39:15
Dick Rybinski	43:29
David Cusano	44:04
M55 Chuck Fahey	46:48
Jeffrey Straussman	47:12
Daniel Kanaley	47:33
M60 George Luke	40:32
Paul Halbert	47:37
Louis Dimento	51:14
M65 Martin Harms	49:01
Samuel Clemence	53:18
Jon Leifer	1:01:15
M70 Joseph Penabad	56:23
Jerry Bisson	57:45
Martin Rothenberg	1:00:46
M75 Hart Anway	55:26
W35 Holly Morganti	42:24
W40 Susan Munson	37:58
Elena Camacho	47:05
Maggie Knapp	50:10
W45 Patti Depaulis	41:40
Lorrie Raffa	46:49
Carol Wittig	49:38
W50 Terry Richey	49:08
Kathy Frawley	52:23
Kathleen Koss	54:13
W55 Jean Hood	53:03
Mary Leatherman	59:50
Joan Osier	1:01:54
W60 Sylvia Noll	1:01:37
Gloria Colton	1:03:51

Keybank Vermont City Marathon, Burlington, VT May 30

Overall	
Peter Fleming	43
Caryn Heffernan	31
M35 Boris Dzikovski	2:50:29
Frank Mainville	2:51:06
M40 Peter Fleming	2:24:02
Ernest Brake	2:53:44
M45 Tony Bates	2:45:48
Richard Foote	2:53:08
M50 Mark Nelson	2:58:32
Paul Moyse	2:58:41
M55 Charles White	3:02:41
Richard Edwards	3:08:39
M60 Zeke Zucker	3:13:02
Lawson Noyes	3:27:39
M65 Albert Miclette	3:30:47
Fred Bostrom	3:57:14
M70 Robert Cordner	4:16:38
Lawrence Corley	5:01:46
M75 Gene Bandler	6:07:56
W35 Missy Foy	2:56:57
Nathalie Goyer	3:03:27
W40 Mary Lynn Currier	2:50:41
Maureen Burns	3:02:13
W45 Susan Hackney	3:15:15
Liz Champagne	3:25:38
W50 Kate Hunter	3:33:47
Moria Dumin	3:40:46
W55 Mary Loesch	4:05:25
Patricia Cardwell	4:29:09
W60 Rosemary Rusin	4:27:52
Barbara MacArthur	4:53:49
W65 Betty Lacharite	4:59:07
Jeannette Cyr	5:22:16

Blue Onion 10K Hartford, CT; May 31

OVERALL	
LEWIS JONES (25-29)	32:24
S LETENDRE (45-49)	38:51
M40 LEONARDO MOYA	32:57
E DOS SANTOS	34:40
KEN CLARK	34:45
M45 MICHAEL MUNROE	36:42
DENNIS BARONE	37:06
JOHN HARRISON	37:59
M50 JOHN DICARLO	37:38
DANIEL LAVOIE	37:50
EDD GORECKI	39:46
M55 DAVID CONDIT	42:03
KENNETH CARUSO	47:06
KEN BALLETT	47:58
M60 RUSS TEW	47:17
TOM CARROLL	48:20
RICHARD ERICSON	49:12
M65 GEROLD MULLER	51:21
JOHN BROWNE	52:19
M70 ALAN SCHWARTZ	50:50
W40 DEBBIE SETTANI	41:19
N FITZGIBBON	42:33
MARIA TOUGAS	43:32
W45 SIDNEY LETENDRE	38:51
DEBBIE FRANCIS	45:09
DEA COLLINS	45:10
W50 VIANNA ZIMBEL	42:39
PAT MARIANO	50:10

W55 BARBARA KREAM	51:51
JUDITH PALIMERI	53:49
W60 B FRASCA	61:56

NYRR Anniversary Run 4.6K, Central Park, NYC June 6

Overall	
Conor O'Driscoll	43
Stephanie Hodge	38
M40 Conor O'Driscoll	15:16
M45 Randall White	15:35
M50 Vincent Shaw	18:52
M55 Jose Vallejo	18:30
M60 John Samsel	18:03
M65 Michael Goldman	20:42
M70 Kenneth Jones	22:59
M75 David Jenkins	29:09
M80 Sab Koide	27:53
M90 Abraham Weintraub	52:37
W40 Corinna Cortes	17:49
W45 L. Branche	18:29
W50 Laurie Harris	24:57
W55 Ann Makoske	20:59
Betty Byrne	23:05
W60 Laurie Baker	23:05
W65 Margaret Caninci	26:57
W70 Ginette Bedard	23:22
W75 Joan Rowland	32:50
W80 Grace Salant	52:18

SOUTHEAST

Tour of the Gables 5K Coral Gables, FL; May 29

Top Overall	
JESUS RAMIREZ	28 15:37
CAROL POSTIGO	42 19:03
M40 WALTHON MAXWEL	42 17:57
JOHN ABBOTT	43 18:16
KEITH BALL	44 18:33
F40 VICKIE STEUBEN	44 21:30
MARTA JARA	42 21:43
ROBIN INGEGNO	40 21:56
M45 GENO MARRON	47 19:55
KEVIN MULLMAN	45 20:15
MARTIN MULL	46 20:30
F45 C. RAES-BARNARD	49 21:32
DIANE KROSE	45 22:11
MARY JO FRY	45 25:47
M50 JIMMY BOESCH	53 18:00
AMILCAR NOGUERA	51 20:05
ALBERTO ALMORA	50 20:11
F50 JANE HARLAN	51 23:25
COLLEEN NEWCOMER	50 23:35
MARILYN WHIPPLE	54 24:35
M55 AL SWENSON	57 17:34
CHARLIE GALLOWAY	55 19:06
JOHN CORCORAN	56 19:20
F55 CAROL KARCH	56 27:37
BRENDA ANDREA	55 28:48
GAIL WALKER	55 29:01
M60 BILL OBRIEN	60 20:36
AL SHAMOUN	60 20:45
BOB BROADWATER	60 21:56
F60 HYLIA SCHILLER	63 35:59
JUNE SIEGEL	62 41:37
DIANA PORRAS	62 43:21
M65 LOUIS BEST	67 23:40
FRAN HERNANDEZ	67 25:41
WIN SPEARS	68 29:42
M70+ HANS FENDL	74 23:42
MARTIN QUINN	73 26:19
GEORGE GEORGE	72 30:30

Mercedes-Benz Cotton Row 10K Huntsville, AL; May 31

Overall	
John Itati	30
Firaya S-Zhdanova	36
M40 Brian Pope	31
Andrew Masai	31
Chris Chatten	34
Larry Taylor	34
Tim Ensign	35
Pat Alexander	35
Bernard W. Dunne	35
Marty Clarke	37
Matthew C-Smith	38
Randy McFarland	38
M45 Eric Putnam	33
John Tuttle	34
Ken Youngers	36
Joe Francica	36
David McKinney	37
M50 Lloyd Boone	37
Clint Jones	40
Rich Rodenhauen	41
Richard Royce	41
David Branner	42
M55 Donald Brown	39
Wes Wessely	40
Gary Grace	41
Jim Worthey	43
Dave Micale	43
Dick Franklin	43
M60 Jim Upton	42
Tad Jurgens	42
Morgan Looney	43
Russ Brown	43
Jim Stroud	44
M65 Fay Bradley	41
John Conroy	46
Tim Hopper	48
M70 Tom Ray	47
Malcolm Gillis	48
Kelly Stinson	50

M75 B P Daniel	68:46
Michael Dooley	77:58
M80 James Howell	63:15
Jim Hamilton	64:23
W40 Firaya S-Zhdanova	36:19
Connie Robertson	39:34
Gail Whelan	44:18
Jennie Rountree	47:50
W Hollingsworth	47:59
Jane Estes	48:19
W45 Jenise Fontenot	44:20
Kathy Hill	48:29
Ovella Jessee	49:21
Mimi Hughes	51:41
Thea Ganoe	51:51
W50 Molly Gerke	48:06
Maureen Higgins	52:19
Sarah Grace	52:58
Neva Beasley	56:30
W55 Brenda Cooter	54:38
Linda Clanton	57:47
Vivian Drake	59:48
W60 Anne Park	53:20
Sue Burcham	59:21
Jackie Clark	61:25
Betty Byrne	66:46
W65 Susie Klutz	51:32
Barbara Meyer	62:17
Yo Setser	65:27
W75 Betty Dooley	79:55
W80 Margaret Hagerty	94:40

Memorial Day Classic 5K Weston, FL; May 31

Top Overall MALES	
JAKE WILKE	18 16:30
LUIZ SOUZA	41 17:23
ANIL RAMSARAN	17 17:29
Top Overall FEMALE	
INGRID LEWIS	29 18:36
JACY KRUEL	17 19:11
TRACEY BUNCE	31 19:30
Top 3 Master Male	
ALBIN SWENSON	57 17:31
JOEL CARDOSO	41 18:01
BOB MAYO	43 18:44
Top 3 Master Female	
CHAR DAVIDSON	50 21:10
DIANA BEESON	50 21:39
LORIE KRUEL	50 22:28
M40 HUMBERTO VIDAL	40 18:50
MIKE MAC CONNIE	43 18:55
JAY FERNANDEZ	44 19:01
F40 ANNE CERAMI	41 25:35
SALOME ZTRAKIS	44 26:25
SANDRA SHELTON	44 26:51
M45 PAUL CORBAN	45 18:56
KEN GETZ	45 19:35
MIKE CULP	46 20:02
F45 BARBARA SWENSON	47 24:13
ROBIN MC CAULLEY	49 24:37
SUSI CARRINGTON	46 24:43
JAN BELLWIS	54 22:16
M50 TOM MOSCARITOLO	52 22:34
ANT DANCE	52 23:06
F50 DEBBIE MOLINA	50 25:15
DEANNA SALSE	52 27:48
RITA MC MANUS	52 27:54
M55 JOHN CORCORAN	56 19:15
MICHAEL SIMPSON	55 24:03
JOHN FAILONI	57 24:18
GAIL BEILEY	56 26:18
SALLY GOLDBERG	57 27:32
MONA FANDEL	56 29:19
M60 MIKE BRANTGAN	60 22:22
TOMMY HYDE	60 23:23
DAVID WORLEY	63 24:06
F60 CHRIS WEISBERG	61 25:30
ARLENE MENDELL	61 30:45
ROSANNE ELAKMAN	63 38:33
M65 LOUIS BEST	67 23:16
HERB BERMAN	67 25:48
WINSFORD SPEARS	68 30:02
F65 LOIS ANDERSON	65 28:47
MARYLIN FRANK	67 46:31
M70 GEORGE GEORGE	72 28:56
ALAN HAIMES	71 32:40
M75 ROBERT PERRAUD	76 33:51
MURRAY CERAMI	78 41:15
F75 RUTH PERRAUD	75 42:18
F80 YIOLETE GAMACHE	83 65:57

MID-AMERICA

Dam to Dam 20K Des Moines, IA; June 5

Overall	
Shadrack Kimeli	27
Robyn Friedman	31
M35 Todd Christensen	1:12:29
M40 John Mirth	1:06:03
Phil Kauder	1:13:13
Mike Kuckta	1:15:25
M45 Keith Fevold	1:11:34
John Taylor	1:16:35
Tom McBride	1:19:43
M50 Curt Hoegh	1:17:26
Rick Ironside	1:20:23
James LaPlant	1:24:26
M55 Gary Julin	1:22:51
David Schulte	1:31:25
Gary Patton	1:31:42
M60 Ronald McKay	1:27:56
Mike Bender	1:34:04
Jim Wolf	1:35:14
M65 Jack Wolcott	1:45:44
Ron Scott	1:47:29
Pete Domingue	1:59:05

M70 James Schleisman	1:36:10
Glen Zirbel	2:18:46
W35 Bonniq Sons	1:18:54
Lisa Marshall	1:19:30
Kim Anderson	1:21:33
W40 Rhonda Brandt	1:28:22
Dana Kramer	1:29:02
Melanie Anderson	1:30:12
W45 Ann Ringlein	1:21:01
Tricia McClain	1:24:52
Beth Henriksen	1:33:54
W50 Nancy Hoegh	1:29:25
Elaine Van Dyck	1:29:25
Claudia Scott	1:39:45

M45 Gary Cohen	36:37
David Edgar	41:01
M50 Abel Ibarra	40:25
Felix Vallicella	41:10
M55 Benjamin Caro	36:50
Don Ocana	41:20
M60 Trini Espinoza	39:22
Byron Melendy	40:31
M65 Richard Castro	54:01
M75 Bry Thorne	80:10
W40 Ann Albert	45:56
Allison Games	47:17
W45 M Romero	41:32
Erin Atwater	47:23
W50 Komako Leland	54:51
Sylvia Edgar	58:00
W55 Bedky Parker	53:07
Lois Franke	60:55
W60 Mary Kate	56:35
Hannelore Nese	57:07

Saddleback Memorial Half-Marathon & 5K Laguna Hills, CA; May 31

Overall	
James Sheremeta 40	1:12:02
Mary Akor 27	1:23:19
M35 Juan Ramirez	1:13:10
M40 James Sheremeta	1:12:02
Gordy Haskett	1:21:27
David Schiller	1:22:47
Michael Williams	1:25:41
Joe Sotelo	1:27:05
M45 Jeff Wong	1:20:38
Alfredo Aldaco	1:21:55
Wayne Mandelbaum	1:27:06
Chuck Barstow	1:29:35
William Scarff	1:31:14
M50 Rick Delanty	1:31:44
Don Hassett	1:32:41
David Wilson	1:33:49
Raul Gutierrez	1:34:05
M55 Jim Heller	1:37:21
Glenn Alder	1:39:42
Michael Naylor	1:44:36
David Alva	1:45:02
M60 James Salvo	1:35:46
Mahn Suh	1:47:38
Chuck Nawrot	1:47:42
M65 Luis Varga	1:42:50
Don Smith	1:55:20
James Morris	2:02:04
M70 Stanley Polski	1:51:13
Bob Kohler	2:13:42
Henderson Cleaves	2:18:37
M75 Hu Goldstein	2:15:54
Jae Yang	2:47:38
W35 Erin Petrossi	1:27:38
W40 Cheryl Sheremeta	1:31:40
Sheri Ellerby	1:35:16
Sue Zihlmann	1:35:47
Noreene Matsuda	1:36:42
Katie Tapia	1:36:57
W45 Renne Gardner	1:42:16
Lori Shepard	1:42:51
Cathy Shargay	1:46:54
Sharon Feinberg	1:47:37
W50 Jennifer Smith	1:45:06
Candice Beck	1:45:09
Jean Schlesinger	1:49:48
W55 Odette Osantowski	1:41:04
Brando Furtado	1:42:04
Jeanie Leitner	1:50:45
W60 Hiroko Spradlin	2:07:55
Chris Heusser	2:24:55
Dorothy Strand	2:27:31
W65 Elsie Billy	2:20:02
Pat Herr	2:21:20
Yvonne Weber	2:43:22
W70 Amy Goldstein	2:39:54
Patti Kennedy	3:11:58

--5K--	
Overall	
Johann Appell 27	15:23
Christine Onufrak 35	18:13
M35 Dave Schumacher	15:46
M40 Fred Cowles	16:17
M45 Dave Parsel	16:40
M50 Bob Morris	18:17
M55 Bill Sumner	18:53
M60 Alan Wakeling	20:59
M65 Bob Norton	22:50
M70 Allen Warren	24:10
M75 Eugene Young	28:57
M80 Gerald Lawrence	41:26
W35 Christine Onufrak	18:13
W40 Ceci Stgeme	18:47
W45 Beverly Andrew	21:53
W50 Leslie James	20:03
W55 Carolyn Slade	26:56
W60 Sally Wozniak	29:07
W65 Patty Sperry	41:30
W70 Cheiko Allwein	29:14
W75 Elinor Six	53:44
W80 Mary Crum	58:23
W85 Hazel Trapp	56:18

Suzuki Rock N' Roll Marathon San Diego, CA; June 5

Overall	
Joseph Ngolepus 30	2:11:04
Tatiana Titova 28	2:29:36
M40 Michael Dorfstaetter	2:38:57
Patrick Merrigan	2:45:54
Carlos Alarcon	2:46:48
M45 John Phillips	2:53:46
Adan Holguin	2:56:30
Kim Mc Donald	2:57:27
M50 Greg Wilson	2:57:20
Juan Sandoval	2:58:19
Gary Grierson	3:06:10
M55 Terry Mc Cluskey	2:50:51
Michael Dove	2:57:35
Benjamin Caro	3:04:07
M60 Francesco Criniti	3:27:33
Maurice Waters	3:34:48
Maurice Jourdan	3:36:29
M65 Stan Neumann	3:48:46
Theodore Seely	3:59:34
James Grindley	4:04:35
M70 Manuel Cadena	3:36:34
James Woolf	4:09:06
Harold Vance	4:48:41
M75 John Cross	6:04:32
M80 Bob Post	4:51:46
Don Mc Nelly	5:37:46
W40 Irina Bogacheva	2:57:41
Lisa Lord	3:05:50
Holly Scott	3:22:32
Anita Wetter	3:23:40
W45 Christa Koot	3:21:42
Rachael St Claire	3:21:53
Nancy Hunsaker	3:26:54
W50 Mariat Fernandez	3:20:52
Bonnie Hooper	3:44:49
Joan Bielinski	3:51:06
W55 Marilyn Carpenter	3:51:28
Patricia Bates	3:55:47
Kathy Miller	4:05:05
W60 Betty Bulch	4:00:22
Sherry Taylor	4:31:26
Nellie Dickens	4:36:49
W65 Vasiliki Fischer	4:46:08
Una Marie Pierce	4:51:24
Miriam Ely	5:04:37
W70 Gwen Mc Farlan	4:00:57
Elaine Gunn	4:41:03
Annie Buchanan	4:51:28
W75 Mary Ehrlich	5:37:30
W80 Harriette Thompson	6:07:22
Margaret Davis	6:12:42

NORTHWEST

Capital City Marathon Half-Marathon & 5 Mile Olympia, WA; May 16

Overall	
John O'Hearn 42	2:48:21
Karen Steen 39	2:58:35
M35 James Robinson	2:57:40
Joseph Turk	2:58:49
Christopher Warren	3:01:02
M40 John O'Hearn	2:48:21
Jim Boyce	2:55:54
Kevin Prentiss	2:58:13
M45 Roger Volkman	2:57:32
Martin Meyer	2:57:54
Brian Roby	3:12:24
M50 Pekka Termonen	2:49:56
Daniel Reynoldson	3:13:06
Stephen Hamilton	3:20:57
M55 Bob McNaught	3:03:46
Chuck Cammack	3:14:37
Rod Nelson	3:15:18
M60 Ronald Olsen	3:37:39
Herb Allen	3:40:10
Robert Leland	3:53:31
M65 Lionel Wilridge	3:45:47
Philo Short	4:00:31
Dick Anderson	4:13:47
M70 Pierce Cornelius	3:55:21
Grant Yule	4:39:04
Mel Preedy	4:40:27
W35 Karen Steen	2:58:35
Susan Champlain	3:03:33
Kristy Aalberg	3:14:27
W40 Alicia Britt	3:12:41
Judy Revell	3:31:33
Elizabeth Jones	3:32:25
W45 Wendy Jones	3:43:11
Les Overfield	3:46:14
Connie Ridenour	4:00:04
W50 Chris Race	3:31:02
Janet Green	3:46:09
Mary Durham	3:56:19
W55 Gunhild Swanson	3:29:52
Rhonda Provost	3:57:38
Cass Newell	4:46:57
W60 Gloria Edmonds	5:07:15
W65 Elinor Jensen	5:17:54

Half-Marathon	
Paul Abdalla 43	1:14:29
Bree Ray 24	1:21:24
M35 Phil Jasperson	1:15:58
Jeff Brady	1:22:23
Carl Winter	1:22:26
M40 Paul Abdalla	1:14:29
Bob Brennand	1:18:30
Robert Miyahira	1:21:20
M45 Frederick Motteler	1:17:56
Tom Rozwod	1:23:21
Andy Piercy	1:23:31
M50 Timothy Oguni	1:27:41
Fred Wedam	1:30:52
Cris Matthews	1:32:28
M55 Al Truscott	1:33:33
Charles Conrow	1:34:16
Steve Collins	1:34:45
M60 Ron Taylor	1:33:03
Mike Donoghue	1:34:50
Garry Porter	1:44:33
M60 Lee Parker	1:44:16
Ron Marquart	2:02:57
Peter Despot	2:15:03
M70 Jack Rollo	1:52:56
Murray Andrews	1:53:00
Chuck Fletcher	2:00:45
W35 Susan Empey	1:23:42
Amber Cruzan	1:32:17
Terra Bowles	1:37:10
W40 Mary Hanna	1:30:56
Janie Davis	1:34:35
Teresa Hougland	1:37:32
W45 Joan Samuelson	1:24:28
Susan Long	1:43:52
Gloria Temple	1:44:05
W50 Valerie Allison	1:40:08
Betsy Brace	1:52:45
Judy H-Roberts	1:53:01
W55 Lucretia Folks	1:51:50
Lois Marquart	1:56:53
Linda Benefiel	2:03:25
W60 Judy Fisher	1:53:44
Monica Lindholm	1:57:10
W70 Wilma Parker	2:15:50
W75 Barbara Ryan	3:56:21

Overall	
Gerardo Avila 31	27:04
Angela French 45	33:13
M35 Brad Hooper	29:25
M40 Mike Claxton	30:54
M45 Hieu Nguyen	36:09
M50 Dave Richard	30:12
M55 Ken Orthano	36:35
M60 Mike Moore	36:55
M70+Richard Olafson	42:57
W35 Karen Beacham	43:31
W40 Laura Parma	40:27
W45 Angela French	33:13
Karen Kunz	36:05
W50 Jill Rosenkrantz	41:27
W55 Sue Faverbach	46:10
W60 Constance Dowell	45:25
W70 Barbara Olafson	1:00:56

Nordstrom Beat the Bridge 8K Seattle, WA; May 23

Overall	
Uli Steidl 32	23:59
Lyudmila Vasilyeva 39	27:22
M35 Mark Vaneycke	25:40
M40 Tony Young	24:51
Bryan Postma	26:28
Doug Welch	27:01
M45 Frederick Motteler	27:41
David Baumgarten	28:27
Robinson Howell	28:28
M50 James Leith	31:39
Doug Corbin	32:19
Raymond Fitzgibbon	32:22
M55 John Walter	31:20
Jerry Crofoot	32:22
Jim McGill	32:26
M60 Leif Olson	26:03
Chris Steer	32:39
Rich Friedlander	34:24
M65 Bill Iffrig	33:02
Ronald Brinton	33:57
David Pitkethly	37:12
M70+Bob Eaton	46:04
John Gray	50:48
Neil Voth	51:03
Robert Coan 80	53:36
W40 Cindy O'krane	28:21
Ashley Hanseler	30:04
Annette Rahn	31:42
W45 Regina Joyce	28:48
Gwen Robertson	35:26
Ute Cray	37:25
W50 Joan Gayman	33:06
Janie Hefferwan	36:16
Theda Houck	37:23
W55 Karra Nichols	37:17
Phyllis Nelson	37:37

Ginny Meisenbach	39:24
W60 Judy Fisher	40:42
Clanta Bhat	41:42
Liz Tonkin	42:57
W65 Dorothy Van Ausdal	50:17
Helen Molina	55:06
Jeanette Corkery	1:01:48
W70+Nancy Olsen	55:14

CANADA

National Capital Marathon Ottawa, ONT; May 30

Overall	
Elly Rono M30	2:11:47
Liou Kortchaguina W30	2:30:53
M35 Bruce Deacon	2:20:14
M40 Michel Lavoie	2:30:45
Franciszek Stronski	2:48:06
Mark Sullivan	2:52:15
M45 Guy Cardinal	2:47:31
Jean-Olivier Ferron	2:47:33
Cly Vancaeyzeele	2:49:26
M50 Jean Gauthier	2:49:02
Bruce Glasspoole	2:55:46
Richard Borsos	3:02:14
M55 Cliff Hardick	2:58:27
Jean-Y Levesque	3:01:26
Laurent Bouchard	3:03:04
M60 Chris Jernyn	3:07:13
Gerard Gravel	3:12:43
Euclide Lanteigne	3:21:56
M65 Keijo Taivassalo	3:15:11
Eugene Scanlan	3:59:51
M70+ Marcel Bourgeault	4:47:09
Jim Robb	5:10:19
W35 Carol Howe	2:37:33
W40 Kader Tina	2:57:50
Leslie Black	2:58:45
Nicole Rioux	3:13:16
W45 Lynn Kobayashi	3:10:02
Helen Scissons	3:28:08
Eileen Vaughan	3:30:25
W50 Janet Labuc	3:24:51
Marlyn Huot	3:30:12
W55 Alice Heinrich	3:47:32
W60 Dee E. Simpson	4:33:11
W65 Wilma Lang	4:13:11
Valerie Kilpatrick	4:18:24

RACEWALKING

50+ Fitness Jamboree 1K/5K Walks, Griffith Park Los Angeles, CA; April 24

1K	
Overall	
Ronald Brown 61	5:39
Violeta Castro 57	6:21
M55 Wally Sterling	6:04
M60 Thomas Chinen	7:03
M65 Isamu Okada	8:14
M70 Austin Scolis	7:04
M75 Earle Penn	8:40
M80 Ralph Nishme	7:56
M85 Nathan Shapiro	9:09
W55 Violeta Castro	6:21
W60 Vangie Campos	7:05
W65 Nancy Malhortra	8:21
W70 Virginia Rojas	8:23

5K	
Overall	
Alan Ede 64	29:18
Janet Robinson 62	29:52
M50 Gerald Harris	32:58
M55 Gilberto Agreda	32:23
M60 Alan Ede	29:18
M65 Tony Castelli	33:07
M70 Carl Acosta	30:43
M75 Solomon Jamerson	37:15
M80 Masashi Nontaki	38:06
W55 Gwen Hampton	33:07
W60 Janet Robinson	29:52
W65 Shirley Capps	34:19
W70 Patti Kennedy	37:27
W75 Ruth Sachz	40:16

USATF North Region and Indiana Assoc. 8K Road Race Walk Championships Indianapolis, IN; May 1

Overall	
Max Walker	43:44
Cathy Mayfield	54:29
M40 Ed Fitch	44:50
Edwin Blackwood	56:30
W50 Cathy Mayfield	54:39
M50 Craig Woodall	51:49
Greg Gember	54:44
M55 Max Walker	43:44
M60 David Moebis	58:53
W50 Cathy Mayfield	54:29

Al Saner Racewalks Point Pleasant, NJ; May 23

--20K--	
1 Christophe Stuart	13:20:06
2 Tom Quattrochi	53 2:07:22
3 Ben Ottmer	70 2:25:05
4 Dave Romansky	64 2:41:04
1 Marie Woodland	34 2:21:05
2 Sherry Brosnahan	52 2:21:09

--10K--	
1 Jack Starr	75 AR66:38
2 Bob Mimm	79 79:33
1 Fran Emanuel	59 73:35
2 Panse Geer	57 74:42

--5K--	
1 James Phelan	34:20
2 Ed Gawinski	77 36:42
1 Janine Stuart	43 33:35
2 Maria Paul	39 33:44
3 Eileen Druckenmiller	42 38:35
4 Lana Kane	64 38:50
5 Isabel Keeley	52 43:15

--One-Hour--	
Tom Quattrochi	53 9494
Christopher Stuart	13 9493
Ben Ottmer	70 8681
Jack Starr	75 AR89:71
(Dyas/8695m/1996)	
Bob Mimm	79 7575
Dave Romansky	64 7645
Ed Gawinski	77 7851
Marie Woodland	34 8635
Sherry Brosnahan	52 8590
Maria Paul	39 8446
Janine Stuart	43 8446
Fran Emanuel	59 8167
Panse Geer	57 8163
Eileen Druckenmiller	42 7892

