311th Issue \$3.00 **July 2004**

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



Marie-Louise Michelsohn, first W60, Freihofer's



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 Wysock / 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-

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 Women's' Olympic Trials Marathon in St. Louis, Mo., April 3 (2:28:25). She is currently preparing



Twelve of the 16 runners who have completed their 25th Cotton Row 10K this year (I 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

Ву ЛМ ОАКЅ

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 Maryland, Eric Putman from Georgia, Larry Taylor from West Virginia and

Continued on page 8

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 Continued on page 3



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.

BENGAY to **Support Masters**

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

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

Continued on page 4

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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/athle tics/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@decatur cvb.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 smalltown charm that the Midwest is famous for. And Milikin 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."

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



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

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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-ofa-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.deca turcelebration.com; e-mail: havefun @decaturcelebration.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

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

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 nonmanufacturing 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 Seven TV channels newspaper. (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@decatur cvb.com; www.decaturcvb.com.

- Jerry Wojcik

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

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SCHEDUL	E OF EVENTS EVENTS RUN IN ORD	ER LISTED TIMES ARE APPROXIMATE	
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7:15	80/100/ 110 METER HURDLES	1:00 PM POLE VAULT	
7:45	200 METER DASH	2:00 LONG JUMP	19.3
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8:45	4 X 100 RELAY	4:00 TRIPLE JUMP F	OL-
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Address Letters to: National Masters News P.O. Box 50098, Eugene, OR 97405 or E-mail: natmanews@aol.com

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

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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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:

Mac Azuogo 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 worldleading 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.

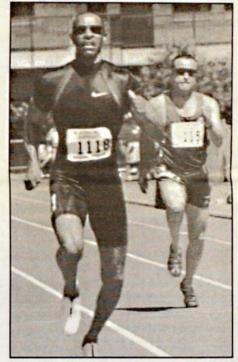
The women invited include Rose Monday, a former world masters champion at 800; and Catherine Stone-Borkowski, winner of the 800 and mile at this year's USA Masters Indoor Championships.

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. BEN-GAY 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-



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



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



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.

The 21st Annual 2004 Kansas Senior Olympics Topeka, Kansas

(open to athletes who will be 50 or better by December 31, 2004)

Saturday and Sunday, September 25-26
Track and Field Competition

Events offered: 100M, 200M, 400M, 800M, 1500M, Racewalking Discus, Javelin, Shot Put, High Jump, Long Jump, Pole Vault



Qualify to attend the 2005 Summer National Senior Games -The Senior Olympics in Pittsburgh, Pennsylvania

Early Bird Entry: Friday, August 13, 2004 Final Entry Deadline: Friday, August 27, 2004

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.



A Smartt Comeback

Terry 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-anda-half miles to work and then 12-anda-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 friend-ships 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 warmdown," 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 email 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



MIKE TYMN

Jack Foster

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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LDR Report

USATF RRIC

U.S. Marathon Demographic Snapshot

ANTA 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.

	Marat	thon De	mograp	hic Bre	akdown	1980-20	003
	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 Tin	ies						
	1980		1995	THE PERSON NAMED IN	2002		2003
Males	3:32:1	7	3:54:0	3:54:00		1	4:19:52
Females	4:03:3	9	4:15:0	4:15:00		6	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 (I 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 receved 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@ya hoo.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

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 shockabsorbing 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

(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-



ROBERT BURGESS
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 expens-

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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 sum-

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.

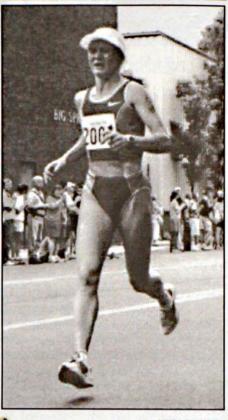
"I could see him the whole time," Pope told Huntsville Times reporter Bruce McLellan after the race. "He was better on the downhills, but I could see he was struggling on the uphills. But it wasn't until the sixth mile that I thought I had a chance to catch him."

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

ith 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 hard-

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

(Jerry Wojcik can be reached by email at jerrywoj@aol.com)



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



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

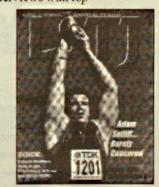
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name throwers such as Adam Nelson, Suzle Powell and Breaux Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning. Let Long & Strong help you reach



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Masters Racewalking

By ELAINE WARD

A Racewalking Perk - Part 2

arlene (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.



Bill Reed (I), second M50, and Norman Frable. third M55, 2003 National Masters Championships. The 2004 championships are set for Decatur, III., 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 begin-

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,



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 email at narwf@aol.com)

TWENTY-FIVE YEARS AGO

· Gas Crunch Affects Turnout in Grandfather Games, Los Angeles

July 1979

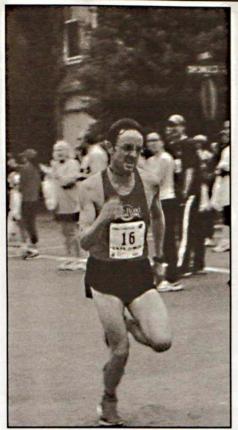
- •45 Meet Rords Set at Masters Sports Association Championships, NYC
- Nick Newton, 45, Top Master in 100m (11.73) and HJ (5-8), Mt. SAC Relays



USATF West Regional Masters Championships Presented by So Cal Track Club

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Meet information	
No entries accepted after July 19. Entry fees: First event, \$20, second event, \$12; \$6 for each additional event. Relays: \$12 per teameet, Make checks payable to: Mark Cleary, 18 Charca, RSM, CA 92688 Contact: runnermark(©cox.net)	eam, pay
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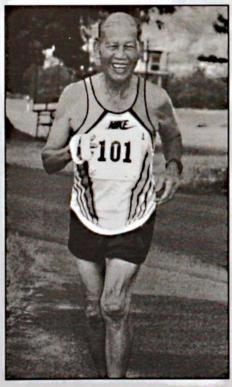


GEORGE BANKER Chris Chattin, 40, first master and fourth overall (54:01), 20th George Washington Parkway 10

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



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

PUBLICATIONS ORDER FORM Total (US\$) 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. Masters Track & Field Rankings Book (2002) 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. Masters Track & Field Rankings (2003) 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. Masters Track & Field Indoor Rankings Indoor rankings for 2004. 4 pages. \$2.00. **Masters Age-Graded Tables** Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00. Masters 5-Year Outdoor Age-Group Records Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$4.00. Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA), 4 pages. \$2.00. Competition Rules tor Athletics (2004 Edition) U.S. rules of competition for men and women for track & field, long distance running and racewalking-youth, open and masters. \$12.00. USATF Directory (2003-2004) Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00. WMA Handbook (2001-2003) Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00 **USATF Governance Handbook (2004)** U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. \$12.00. Running Encyclopedia, The Ultimate Source for Today's Runner Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95 How to be A Champion from 9 to 90. Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US \$19.25/CAN \$28.50, plus postage & handling. USATF Logo Patch 3 color embroidered 4" x 3". \$4.50. USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50. USATF Decal. 3-color. 3" x 2-1/2". \$2.00. 2003 Road Race Management Directory Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory - two books in one - listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00. Back Issues of National Masters News Issues: \$3.00 each. Postage and Handling Overseas Air Mail (add \$5.00 per book) National Masters News Order Dept. Send to: P.O. Box 50098, Eugene, OR 97405 Name Address ____ Zip City__ State



On The Run

By HAL HIGDON

A Delicate Matter

Long Beach, Indiana. A regular route. Five miles. Nice view of Lake Michigan. Little traffic. A few hills that take me out of my static pace, always a training advantage. I know the mile points, which allows me to monitor pace. A course run regularly. Takes me an hour.

And suddenly I felt the urge for - ummmm - more privacy.

I was caught in No-Man's-Land, or perhaps more accurately, No-Toilet-Land. Too far along to head back home; no open relief stations in sight. With all the new construction and remodeling occurring in my home town, shouldn't there be a portable toilet somewhere in the next mile?

It was early morning. Not that many prying eyes. I descended a set of stairs to the beach where I would be out of sight and grabbed some grass and leaves.

Several days passed before the itching began. How can I describe the ecstasy and the agony? You don't want me to describe it to you, right? Also, how do you ask your wife to apply some lotion to make the itching stop?

I tried an anti-itch lotion called Respite. I tried an ointment recommended by the pharmacist called Cortizone-10. Both helped somewhat, but "somewhat" doesn't cut it when you're jumping out of your chair.

AAAAIIIIIEEEEEE!!!

I tried ibuprofen, rationalizing that an anti-inflammatory might quell the flames. Some help. I alternated lotion and ointment, but even applying them caused irritation. Showers and soap in the right place helped, but can you take ten showers a day?

Then I thought of ice, the magic potion we are taught to use to quell our running pains. If ice cures plantar fasciitis, shouldn't it help with poison ivy planted somewhere else? I placed three ice cubes in a plastic bag normally used for sandwiches.

ААААААНННННН!!!

Relief was only an icy rub away.

NATIONAL MASTERS NEWS

The National Masters News now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site:

www.nationalmastersnews.com

This will enable foreign athletes to subscribe without having to convert foreign currency to U.S. currency. The itching stopped – at least for a while. But how do you explain to a doctor how you suffered frostbite? And do you put your ice bag back in the freezer when you're not using it?

I discovered that if ice is applied too soon after the lotions and ointments, they all come off on the plastic bag, and it looks pretty disgusting. You don't want to hear more, do you? So why are you still reading?

AAAARGHHH!!!

I discovered a side effect from the ice application. It seems to serve as an enema. Have I discovered something that other runners could use in their pre-race preparation, so they wouldn't need to waste time standing in portable toilet lines? Could this product be patented?

How about a name: Charmin' Ice? Would it have any appeal to female customers? How would you advertise such a product in the pages of Cosmo? You're not going to get a supermodel to pose for that ad! Maybe Robert Dole or Mike Ditka.

Eventually the itching spread to other body parts: behind, back, shoulders. At least I could get my wife to apply lotion to parts I couldn't reach. Chest. Arms. Legs. The malady was like a fire raging through a dry forest.

Eventually fires burn out. As it shifted body parts, the itching began to diminish. No more lotions and ointments. No more icky bags in the freezer. I could run free.

I ran three miles this morning, and all is peace in the world. Never will I allow myself to get caught in No-Toilet-Land again.

(Hal Higdon now offers his training programs in an interactive format: daily e-mail messages sent to your computer telling you what and how to run. Visit: www.halhigdon.com.)

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Freihofer's 5K

Continued from page 1

for the Olympic Marathon, to be held August 22, in Athens, Greece.

De Reuck's 15:48 erases the pending 15:55 world mark set by Firaya Sultanova-Zhdanova (RUS) in 2003, as well as replacing the current U.S. W40+ record held by the great Ruth Wysocki, 16:08, set at Freihofer's in 1997. De Reuck was runner-up in the Open division in 2002 and 2003, running 15:36 and 15:40, respectively.

Three-time Freihofer's masters winner Carmen Ayala-Troncoso, 45, Austin, Texas, worked her way through the familiar, rolling course to finish second master overall, 16:55, setting a W45 U.S. record (old record: Monica Joyce/17:08/2004). Troncoso had to gather herself to run hard, after being passed at 1K by longtime road race rivals Debbie Kilpatrick Morris, 40, Strongsville, Ohio, and Joan Nesbit-Mabe, 42, Chapel Hill, N.C. Morris, the recent USATF Women's 25K Open Champion, finished in 17:02, with Nesbit-Mabe a few breaths back, 17:09.

Irish-born Olympian sisters Monica and Regina Joyce contributed to probably the best W45 field ever, racing to fifth and eighth W40+ overall. Monica, 45, a running store manager from Pickney, Mich., just edged Regina, 47, a mother-of-two and legal secretary from Lynnwood, Wash., 17:23 to 17:33. While Regina has been a top masters runner for some time, Monica is a relative newcomer to the masters scene. Her first place at the Carlsbad 5K in April (where she set the W45 age-group record), however, announced that she would be someone to be reckoned with.

Olympic gold medalist Joan Benoit-Samuelson, 47, Freeport, Me., added her body to the cause. Kathryn Martin, 52, Northport, N.Y., was the fastest W50+ again, this year with a quick 18:08. Tennessean, Victoria Crisp, 51, Nashville, reprised her W50 runner-up position, 19:27.

Gloria Jansen, 56, Edina, Minn., 20:53, and Marie-Louise Michelsohn, 62, Stony Brook, N.Y., 21:22, held on to their age-group titles for another year, while a new winner was crowned in the W65, Helene Bedrock, 69, Cliffside Park, N.J., 24:45.

Myra Rhodes, 71, Sacramento, Calif., 24:51, was the fastest of the 14 women in the 70+ field. More impressive, Rhodes was the 36th fastest masters woman overall, in a field of 1190 masters women. Masters women represented 62% of the Freihofer's finishers.

Joy Johnson, 77, San Jose, Calif., earned her first Freihofer's W75 title with a 29:57, while the ultra-talented Helen Klein, 81, Rancho Cordova, Calif., making her debut run at Freihofer's, 31:26, had to settle for an uncontested W80 win.

Mary Haines, 90, Newington, Conn., 79:27, ran with her daughter and granddaughter to the W85+ age-



GEORGE BANKER Leslie Minnix-Wolfe, 43, second master and fourth woman (64:42), 20th George Washington Parkway 10 Mile.

group title, and honored the field as the oldest finisher. Like overall winner Marla Runyan, 35, Eugene, Ore., 15:25, she is legally blind.

Conditions at the 26th Freihofer's Run were unseasonably not-muggy, with sunny skies and temperatures in the sixties. A festive atmosphere created by skydivers and an "American Idol" mini-concert set the tone for the day around the grounds of the New York state capitol buildings.

Benoit-Samuelson acted as race spokesperson again, wearing the same ice-pack garland around her ankle that she wore last year. The chronically-injured Mainer joked, "Somebody said to me as soon as I crossed the hotel lobby, 'Why are you limping?' I said I didn't know I was."

Freihofer's, a baking concern, has sponsored the Race for Women for 26 straight years. For complete results, go to www.freihofersrun.com.

- from reports by Brett De Groff/Ann Arbor News, Maureen Kelly and Mark Singelais/Albany Times-Union, and Hank Brown/RunningUSA Wire. □

FIVE YEARS AGO July 1999

- •5804 Athletes from 66 Nations Enter 13th WAVA World Championships in England
- •John Tuttle (40, 31:54) and Patty Valadka (40, 37:48) Win Masters Titles in Wet Cotton Row 10K, Huntsville, AL
- Tom Gage (55, 4837) and Carol Finsrud (42, 3956) Top Scorers in National Masters Weight Pentathlon in Colorado

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 runnerup 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 agegroups 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 crosscountry 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 3mile 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.



Donn Kirk, third M70 in the 5000, 2003 National



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



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

BRIAN KEAVENEY

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

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WMA web site: http://www.world-masters-athletics.org

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 Sep-tember, 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,

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.

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, Centreville, 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 Klippinstein, 40, Bowie, MD, sixth in18:58, and Win Persina, 43, Washington, DC, fourth in 19:48, were first masters

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, Orra 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.

• 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

628 755 F

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-Samuelson, 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

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	0.00
W60 MarieLMichesohn, 1st	72:79
800m	
M40 Kevin Heffernan, 13th	2:09.84
1500m	2.00.01
W60 MarieLMichelsohn, 1st	5:39.32
Mile	0.00.02
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	0.1.011
M30 Kareem Lanier, 3rd	9:06.2h
Pole Vault	0.00.211
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

> (Send \$12 + \$2(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, III. 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@decatur cvb.com; http://www.millikin.edu/athlet ics/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@gill athletics.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.longand strong.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, ken nyskin@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; off ice@usatfne.org; www.usatfne.org/track July 25. Mid-Atlantic USATF Masters & Open Championships, Ft. Washington, PA. Kyle Mecklenborg, 215-393-1382; kr meck@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.

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/tnmastersjackson.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/tennmastersentry.htm

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

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

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

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; k9luvrs@intertex.net

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

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

July 31. Waterloo Throwers Meet, Austin, TX. lionswaterloo@earthlink.net; water lootrackandfield.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.san-ramon.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; cal games@sosinet.net; www.calstategames .org

July 24. New Mexico USATF Masters/ Open Pentathlon, AlbuquerqueSee 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.srichinmoy races.us

NORTHWEST

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

July1-15 (Thurs.), July 20 (Tues). Oregon TC All-Comers Meets, Hayward Field, Eugene. Thursday evenings for ages 13+. Jill Mestler, 541-302-9416; jmestler @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; cmccor mick@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

Wyoming Senior July 31-August 4. 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; 286-1318

INTERNATIONAL

July 22-August 1. Europe Championships, Arhus & 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: frr2728 @yahoo.com; www.angelfire.com/games



Top three M50s in the 200 (I 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, III., Aug. 5-8.

5/dorado2004

October 17-29. South Pacific Masters Championships, Cook Islands. M30+ & W35+. Gary Tuttle, 805-643-1104; 10K28 26@earthlink.net

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

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

November 6-13. South America Championships, Montevideo, Uruguay. www.wo rld-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. nvrun.com/MTB50.html

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

October 17. USATF National Masters 5K Cross-Country Championships/Saratoga National Bank Classic, Saratoga Springs, NY. Rob Picotte, 518-869-5898; rpicot te@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/SpecialEve nts/DupontMarathon.htm

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

November 7. USATF National Masters 8K Cross-Country Championships, Bos-ton, Mass. Steve Vaitones, office@usatf ne.org November 14. USATF National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; dark siderunningclub@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

EAST

Connecticut, 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; ywcage ttysburg.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.

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

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

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

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.hmrrc.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.yan keerace.com

Debbie Green Memorial August 7. 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.nyrcc.org

August 29. NYRR Manhattan Half-Marathon, Central Park, NYC. See Aug. 14. August 29. Annapolis 10 Miler, Annapolis, MD. www.annapolisstriders.

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

September 19. Jefferson Hospital Philadelphia Distance Run. 215-564-6499; www.philadistancerun.org

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

SOUTHEAST

Alabama, 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.rnrhalf.com

September 25. Fred Brown Lake Winnipesaukee Relay, Weirs Beach, NH. Ken Robichaud, 978-534-4891; kenrob 44@aol.com

MIDWEST

Illinois, 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.

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.chicagodistance classic.com August 7. Women's Distance Festival 5K.

Toledo, OH. 419-833-6365; toledoroad runners.org

August 14. Paavo Nurmi Marathon, Hurley, WI. 715-561-4334; www.Hurley Wi.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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Track & Field News, 2570 El Camino Real, Suite 606 Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax 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.

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.new mexicomarathon.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.eventmgnt.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



Dale Gaide, first M55 in the 1500 (4:49.75), 2003 National Masters Championships. Millikin Univ., Decatur, III., will host the 2004 champi-

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

onships Aug. 5-8.

CANADA

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

INTERNATIONAL

July 4. Gold Coast Airport Marathon, Queensland, Australia. www.goldcoast marathon.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.marathontours.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; hoodto coast.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; fran cicash@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, Hauppage, 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



Jeanette Groesz, W50 second n the 5000, 2003 National Masters Championships.

November 28. Gran Prix Racewalk #2.

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

How to be a Champion from 9 to 90 Body, Mind & Spirit Training By Earl Fee

World-class masters runner, Earl Fee, shares his training secrets based on an extensive knowledge of physiology and all aspects of fitness and running. His techniques can make you faster, stronger, more flexible and a healthier athlete overall.

 Name

 Address

 City

 State

(Send \$12 + \$2(s/h) to National Masters News Order Dept., P.O.Box 50098, Eugene, OR 97405) Barney Borromeo55m 6.76 Felton Turnage 100m 11.19 1-11-04 7-13-03 200m 22.84 8-7-03 M40-44 Nick Agoris 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

RECIPIENTS OF ALL-AMERICAN AWARDS

M50-54 Jed Jackson M60-64 Bob Hart 400 1:04.36 4-16, 17-04 3-14-04 3-14-04

5Krw 30:19 5-30-04 Ted Moore 2-21-04 **David Perry**

M70-74 4-24-04 Wayne Sabin SW W40-44 3-26, 28-04 3-26. 28-04 200m 29.62 W60-64 Sally Curtis D 60.0 3-28-04 3-28-04 100m 15.9 200m 33.5 3-28-04

							FOR	MEN						
Event		30-34	35-39		45-49		55-59	60-64	65-69	70-74	75-79	80-84	85-89	90
55		6.8	6.9		7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13
60		7.4	7.55		7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	1
100		11.0	11.3		11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200		22.4	23.2		24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400		51.5	52.5		56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800		2:02	2:04		2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500		4:20	4:22		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	2
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	1	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	
-		6-23/4	6-3/4	5-91/4	5-6	5-3	4-11	4-9	4-61/4	4-11/4	3-91/4	3-31/4	2-71/2	
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	
		14-51/4		12-111/2	12-11/2	11-7%	10-0	8-101/4	7-101/2	7-61/2	6-63/4	5-10%	4-31/4	
LJ		6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
		21-4	20-1/4		18-41/2	17-81/2	16-3/4	14-9	13-91/	12-51/2	10-113/4	9-41/4	7-21/2	
TJ		13.20	12.60	11.50	10.80		9.50	8.90					5.51	
10		43-33/4	41-41/4		35-51/4	10.40	31-2	29-21/2	8.20 26-11	6.96	6.50	5.94		
Chat													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	
0:		47-7	46-0	44-0		42-11%	39-41/2	42-0	37-8%	36-11/4	29-61/2	26-3	19-81/4	
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	72-21/4	50-0	
lammer		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	65-71/2	56-0	
Javelin		62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
		203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.		15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
		49-21/2	45-111/4	42-8	39-41/2	32-9%	29-61/2			19-81/4	16-43/4	13-11/2	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
		49-21/2	45-111/4	43-51/4	41-01/4	46-9	43-51/4	45-111/4	43-51/4	44-31/2	38-63/4	32-93/4	28-81/2	19-
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	29-61/2	27-10%	26-3	19-81/4	18-1/2	16-43/4	14-9	11-5%	9-10	8-21/2	6-63/4	
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	
t. Pent.		2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	
lotes:	1)	100 s	tandard	s are for	automa	tic time; u	se stane	dard con	version i	or hand	time.			
	2)	Short	hurdles	: 30	49: 39)";	50-	59: 36'	; 60-	69: 33'	; 70	-79 30";	80+:	:
	3)		hurdles		49: 36			59: 33'		69: 30'		+: 27"		
	4)	Shot				26k (16#);		59: 6k;		69: 5k;	70	+: 27"		
	5)		s throw		49: 21			-59: 1.5			kg;			
	6)	Hamn				26k (16#);		59: 6k;		69: 5k;		+: 4k		-
	7)	Javel				00g;		59: 700		69: 600		-79: 500g		
	8)	Weigh	nt:	30	49: 35		50	-59: 25#	60-	69: 20	70	-79: 16#	80+:	12

U	J.S. MA	ASTER	SALL	AME	IICAN S		RDS OF I	EXCELL	ENCE F	OR RAC	CEWALE	ŒRS
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:2
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:0
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:2
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:4
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:4
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:3
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:2
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:1
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
						,	MEN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:0
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:5
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:4
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:2
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:2
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:2
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:0
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:5
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:5
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:1
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:5
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:3
Age-g	graded	time/.8	for mid	-point	of each 5	-year inte	rval (e.g.	, age 32,	37, 42, 47	, etc.).		

	U.S.	MA	ST	ERS	AI				AN	STA	NDA	RD:	5
		05.00		45.40	50.54	-	WOME	65-69	70-74	75-79	80-84	85-89	90-94
Event	30-34	35-39	40-44	45-49 8.80	9.10	55-59 9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
55	8.0	8.20	8.50				-		11.70	12.40	13.40	14.40	15.90
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	19.8	22.0	25.0	14.40	15.90
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6		48.0	52.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0				
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	3-21/4	3-01/	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		
	8-101/4	7-101/2	6-10%	5-10%	4-11	3-111/4	3-71	3-31/4	2-111/2	2-7/2	2-31/2		
W	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	11-13/4	10-6	10-2	8-61/4	7-61/2	6-10%	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	20-41/4	19-81/4	18-1/2	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-91/2	30-7	27-11	27-63/4	26-3	25-6	24-7/4	21-8	19-81/4	17-1/4	14-11/4		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
	114-10	109-11	91-10	82-0	75-51/2	72-8	65-71/2	55-91/4	52-6	49-21/2	39-41/2		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-21/4	68-10%	59-3/4	52-6	45-111/4	42-8	36-11/4		
lammer	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	75-51/2	72-21/4	68-10%	59-3/4	45-111/4	39-41/2	29-61/2		
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%	32-9%	29-61/2	26-3	29-61/2	26-3	31-2	28-81/2	25-514	21-4	18-01/2	15-7	11-5%
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	19-81/4	18-1/2	16-4%	17-2%	16-43/4	15-7	14-9	13-11/2	11-5%	9-10		
Vt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		
Notes:	1)	100 st	andar	ds are	for au	itomati	c time;	use s	tandard		ersion fo	or hand	d time
	2)	Short)-39:	33";	40-5		0"	60+:	27"		
		Long I)-59:	30";	60+:		7"				
	-	Shot p)-49:	4k;	50+:		k				
		Javelii)-49:	600g;	50-5		00g;	60+:	400g		
		Hamm)-49:	4k;	50+:		k c#.	60	10#		
		Weigh			1-49: 2	335	50-5		6#; 5-lb	60+:	12#		
	7)	Super Metric conve	heigh	ts and		35-lb; nces a	50+: re the s			and ir	ches lis	sted fo	r

APPLICATION FOR AN **ALL-AMERICAN CERTIFICATE/PATCH**

NAME	AGE-G	ROUP
ADDRESS		_SEX: MF
CITY		STATEZIP
MEET	DA	TE OF MEET
MEET SITE		The second state
EVENT	MARK	No. of the last of
HURDLE HEIGHT	WEIGHT OF	IMPLEMENT
1 CERTIFICATE	1 PATCH	1 PATCH TAG

- 1. If you have equaled or bettered the standard of excellence, please fill out this appli-
- cation, completely.

 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
- 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15. 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
- 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098 Eugene, OR 97405. To keep information current, we generally do not publish results more than 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 AlbTC 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
M60 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	
400m	01.00
M40 Joseph Aukward	1:03.80
M45 Gregory Ruhlian	1:03.10
M50 Larry Hart	1:15:10
M55 D J Bertagnoli	1:15.10 1:11.30
W40 Yue Guan	1:30.10
	1.50.10
800m	2:30.80
M50 Rick Hower	3:14.10
M55 D J Bertagnoli	3:57.80
W40 Yue Guan	3:28.70
W45 Lanetta Gibson	3:20.70
Mile	
M35 Ben Xavier M40 Ted Poulos	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 Caravoulias	9:09.50
3000m	
M40 Ted Poulos	14:13.70
WAD YUE GUAD	17:08.80
W40 Yue Guan W45 C Caravoulias	18:21.90
Short Hurdles	
M45 Anthony Markley	20.90
High Jump	20.00
M40 John Casale	1.47
MAS Anthony Markley	1.32
M45 Anthony Markley M50 Keith Mathis	1.52
	1.52 1.32
W30 Jennifer Stephens	1.52
Long Jump	4.55
M50 Keith Mathis	4,55
Triple Jump	0.00
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
	38.28
M35 James Barr M60 Victor Litwinski	21.19
Javelin	
M30 Brian Butt	27.50
M25 James Dom	45 25

Potomac Valley TC Meet Alexandria, VA; May 16

39.08

10:12:00 12:56:50

19:36.20 19:31.20 21:11.30 21:55.60

M35 James Barr M55 Terry Kuruppu M60 Drew Koehler M65 Bill Smith Mile RW

M60 Victor Litwinski W45 C Caravoulias 3000m RW

M55 John Gersh M60 Michael Schwed M65 Roger Webb M75 Dick Cherry

11.20
12.00
12.90
18.40
14.60
23.63
24.92
26.84
27.14
37.34
43.84
1:00.24

THE RESERVE AND ADDRESS OF THE PARTY OF THE	
M40 Joseph Aukward M50 Larry Washington W35 Charmaine Roberts W45 Lynnie Hower 800m	1:00.23 1:03.54 1:01.64 1:45.64
M35 Greg Pennell M50 Rick Hower W35 Charmaine Roberts W40 Yue Guan Mile	2:24.50 2:25.30 2:38.00 3:26.50
M30 Todd Rosenbert M35 Greg Pennell M40 Gary Grilliot M45 Bruce Hamilton M50 Spider Rossiter M60 James Verdier W45 C Caravoulias	4:31.80 5:19.20 4:57.60 4:59.10 5:30.50 6:48.00 9:01.00
3000m M40 Gary Grilliot W40 Joan Hessler W45 C Caravoulias Shot Put	9:52.10 15:49.00 18:42.30
M30 Brian Butt M35 James Barr M45 Joe Johns M60 Troy Mashburn W70 Sharon Good Discus	10.49 12.87 12.74 9.18 4.34
M30 Brian Butt M35 James Barr W70 Sharon Good Javelin	29.59 34.94 10.10
M30 Kevin Brown W70 Sharon Good Mile RW W45 C Caravoulias	36.90 7.30 12:31.00
W55 Lea Gallardo W60 Lois Dicker 3000m RW	11:58.80 10:12.30

SOUTHEAST

3000m RW M45 Jim Gilmour M55 John Gersh M60 Michael Schwed M70 Bill Kelley W50 Deb van Dover W55 Kathy Collins

USAT-NTC Spring Fling #2 Clermont, FL; April 10

CORRECTION:

Javelin M50 Michael Brown WR/AR 69.58 (Larry Stuart/65.76/1988)

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
M50 Richard Watson	2523
Garland Roebuck	1458
M55 Joel Liles	2966
Charles Bernard	1862
M60 David Ayers	2906
George Cliette	1311
M65 Bob Medley	1832 1678
Theodore Mordecai	2748
M70 James Duncan W35 Regina Richardson	2299
Weight Pentathlon	2255
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
M70 Ray Feick	3849
William Garrahan	3754
Pay Carstensen	3635
M75 Bill Snaden	2005
M80 Jacob Stein	2550
W60 Carol Young	3701
W70 Gloria Bortell	3360 1766
Sharon Good	2847
W75 Lillian Snaden	2041

Jacksonville TC Masters Meet/USATF Florida Assoc. Masters Championships

Jacksonville, FL;	May 8
M30 Aaron Prather	10.8
M35 Daren Welborn	10.9

	Natio	onal N
M40	Orland Matthews Harold Pierce Sanford Stephens	11.0 11.6 11.7
M45 M50	Lawrence Jeffords	14.5 11.7
M55	Kent Dickinson Eric Hill	12.6 13.2 13.9
W35 200n	n	14.5
M35	Daren Welborn	22.1 23.1 23.4
M40	Orlando Matthrews Harold Pierce Sanford Stephens	22.3 23.6 24.9
		35.1 30.0 24.8 37.8
400m M45		58.9 1:22.4
800m M35	Susan Hill Brian Hickey	1:24.4
M40 M60 W50	Kerry Jackson Danvers Long	2:14.4 2:32.5 2:54.2 3:27.9
M35 M40	m Brian Hickey Len Ferman	4:34.5 4:22.7
50001		4:38.3 5:55.8
M40 W30	Brian Hickey Sean McCormack Karin Glenn	17:36.2 16:43.6 18:09.2
Short	P Stewart-Garbrecht t Hurdles Pat Crandall Eric Hill	16.1 18.6
High	Robert Norton Jump	21.2
M45 M50	Aaron Prather Lawrence Jeffords Dan Pierce Pat Crandall	1.67 .96 1.65
M55	Ken Scoggins Lloyd Long Robert Norton	1.56 1.40 1.32 1.31
		1.52
M50 M55 M60	Pat Crandall Lloyd Long Carl Polhamus	3.05 2.75 3.35
Long M30	Jump Dave Brown Lawrence Jeffords	4.90 3.76
M50	Cleve Smith Bobby Terrell Joseph DeMartini	6.06 4.67 4.45
M55		4.46 4.18 4.91
M50	Pat Crandall Joseph DeMartini Bobby Terrell	10.95 9.77 9.61
M55 W30 Shot	Ken Scoggins Kimiko Nakatake	9.95 9.91
M35 M45 M50	Mike Bennett Lawrence Jeffords Dave Grossman	13.31 8.39 11.06
M55	Dan Pierce Ken Scoggis Lloyd Long	10.37 9.58 9.49
Discu	Eric Hill	9.38
M35 M45 M50	Mike Bennett Lawrence Jeffords Dave Grossman	45.79 15.50 31.13
M55	Dan Pierce Bob Hume	24.50

Rocky Mount Meet #2 Battleboro, NC; May 22

M55 Bob Hume Lloyd Long Ken Scogghins W50 Susan Hill

W50 Susan Hill
Javelin
M45 Lawrence Jeffords
1500m RW
M55 Gene Opheim
Herb Taskett
M70 Robert Fine
M80 Jerome Kauffman
W50 Martitia Beach

3000m RW
M55 Gene Opheim
Herb Taskett
M70 Robert Fine
M80 Jerome Kauffman

42.12 33.56 25.32 16.71

24 49

8:01.3 8:38.5 9:13.8 11:11.1 9:39.6

16:11.2 19:21.1 19:35.2 23:10.4

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/--/--

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 Cla USAT National Traini Clermont, FL; May	ng Ctr.
100m M30 Jonathan Carter M35 Dennis Welborn M40 Ed Emlaw	10.35 11.58
M40 Ed Emlaw M50 Eugene Truchelut	12.48 15.42
M55 Bill Lewis	12 68
M70 Norm Taylor W30 P Amett-Willie	17.38 11.36
W35 Anita Howard	12.02
M30 Jonathan Carter	22.06
M35 Larry Gardner M40 Orlan Matthews	23.66 22.87
M50 Eugene Truchelut	33.68
M55 Wayne Hansen M60 John Shenk M70 Benjamin Jimenez	26.86 29.67
M70 Benjamin Jimenez W30 Tasha Downing	40.52 25.72
W35 Anita Howard	24.89
W50 Jocelyn Lowther 400m	31.01
M35 Sterling Sherwin	49.83
M40 Kerry Jackson M50 Eugene Truchelut	58.64 1:18.53
M55 Owen Rogers	59.91 1:05.35
M60 John Shenk W50 Jocelyn Lowther	1:09.24
800m	
M30 Robert Ferguson	2:09.12
M45 Brian Gallagher M60 Danbers Long	2:27.98 2:57.71
M70 John Hurley W50 Jocelyn Lowther	3:29.80 3:01.34
1500m	
M30 Robert Ferguson M35 Paul Fountain	4:16.02 5:13.84
M35 Paul Fountain M45 Brian Gallagher M70 Allan Smith AR	5:05.93
(James Lytjen/5:14.97/199	1)
W4 Grace Wilson 5000m	5:27.52
M45 Gonzales Medina M50 Herm Atchortua	19:25:12
M60 Ray Forman	18:25:12 26:47:73
M75 Jim Blount Short Hurdles	28:15:98
M40 David Zeiters	18.77
M55 Ozzie Binion Long Hurdles	18.44
M55 Ozzie Binion High Jump	1:11.69
M35 Christopher Lee	1.78
M45 Douglas Gabbert M50 Dan Pierce	1.62 1.51
M55 Lloyd Long M65 Chuck Tosch	1.51 1.31 1.21
M70 Richard Lowery	1.36
Pole Vault M30 Robert Haeck	4.40
M40 Leeuw Christian M55 Lloyd Long	5.00
M60 Joe Johnston	3.35 3.35
Long Jump M30 David Brown	4.95 5.42
M45 R Mossberg M65 Chuck Tosch	5.42 3.65
M70 Norm Taylor	3.68
Triple Jump M65 Chuck Tosch	
Shot Put	5.88
M35 Michael Mennett	12.18
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams	12.18 12.75 12.53 10.35
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery	
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus	12.18 12.75 12.53 10.35 9.98
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett	12.18 12.75 12.53 10.35 9.98 23.69 46.00
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England	12.18 12.75 12.53 10.35 9.98 23.69 46.00
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78 44.48 37.05 28.19
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78 44.48 37.05 28.19 33.34
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci W40 Cynthia Morrison Javelin	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78 44.48 37.05 28.19 33.34 24.65
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci W40 Cynthia Morrison Javelin M30 John Antoine M30 Michael Brown	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78 44.48 37.05 28.19 33.34 24.65
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci W40 Cynthia Morrison Javelin M30 John Antoine M50 Michael Brown M55 Martin Menkin	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78 44.48 37.05 28.19 33.34 24.65 29.31 59.72 41.58
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci W40 Cynthia Morrison Javelin M30 John Antoine M50 Michael Brown M55 Martin Menkin M60 Tom Harasti	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78 44.48 37.05 28.19 33.34 24.65 29.31 59.72 41.58 39.97
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci W40 Cynthia Morrison Javelin M30 John Antoine M50 Michael Brown M55 Martin Menkin M60 Tom Harasti M65 James Turner M70 Benjamin Jimenez W40 Cynthia Morrison	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78 44.48 37.05 28.19 33.34 24.65 29.31 59.72 41.58 39.97 30.67 21.79 21.79
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci W40 Cynthia Morrison Javelin M30 John Antoine M50 Michael Brown M55 Martin Menkin M50 James Turner M70 Benjamin Jimenez W40 Cynthia Morrison W65 James Turner M70 Benjamin Jimenez W40 Cynthia Morrison	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78 44.48 37.05 28.19 33.34 24.65 29.31 59.72 41.58 39.97
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci W40 Cynthia Morrison Javelin M30 John Antoine M50 Michael Brown M55 Martin Menkin M60 Tom Harasti M65 James Turner M70 Benjamin Jimenez W40 Cynthia Morrison W65 Loyda Jimenez 1500m RW M70 Robert Fine	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78 44.48 37.05 28.19 33.34 24.65 29.31 59.72 41.58 39.97 30.67 21.79 17.93 8.04
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci W40 Cynthia Morrison Javelin M30 John Antoine M50 Michael Brown M55 Martin Menkin M60 Tom Harasti M65 James Turner M70 Benjamin Jimenez W40 Cynthia Morrison W65 Loyda Jimenez T500m RW M70 Robert Fine M100+R McBurney 101	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.75 34.48 37.05 28.19 33.34 24.65 29.31 59.72 41.58 39.97 30.17,93 8.04 9:18.20 18:01.13
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci W40 Cynthia Morrison Javelin M30 John Antoine M50 Michael Brown M55 Martin Menkin M60 Tom Harasti M65 James Turner M70 Benjamin Jimenez W40 Cynthia Morrison W65 Loyda Jimenez T500m RW M70 Robert Fine M100+R McBurney 101	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.75 34.48 37.05 28.19 33.34 24.65 29.31 59.72 41.58 39.97 30.17,93 8.04 9:18.20 18:01.13
M35 Michael Mennett M50 Michael Wasp M55 Paul Adams M60 Bob Lupinacci M70 Richard Lowery W65 Loyda Jimemez Discus M30 D Lawrence M35 Michael Bennett M45 Gary England M50 Dave Grossman M55 Miguel Ruiz M60 Pierre Leroux M65 Rudolph Houg M70 D Gonzalez Hammer M35 Bill Dillon M60 Bob Lupinacci W40 Cynthia Morrison Javelin M30 John Antoine M50 Michael Brown M55 Martin Menkin M60 Tom Harasti M65 James Turner M70 Benjamin Jimenez W40 Cynthia Morrison W65 Loyda Jimenez T500m RW M70 Robert Fine M100+R McBurney 101	12.18 12.75 12.53 10.35 9.98 23.69 46.00 39.29 28.99 30.15 33.78 44.48 37.05 28.19 33.34 24.65 29.31 59.72 41.58 39.97 30.67 21.79 17.93 8.04

19:16.37 James Turner 19:29.38 M80 Tom Kennell 18:07.57 W55 Carol Stricklin

	Birmingham Maste Classic, Birmingham		W60 Alice Tym Hammer M45 Larry Schra
	May 29		Frank Broa
i	50m M50 Marcus Shute M55 Wayne Garne M60 Golden Bertram	0.00	M70 Pay Carste W60 Alice Tym
١	M50 Marcus Shute	7.70	Javelin
١	M60 Golden Bertram	7.10	M35 Rob Lawso
١	M/3 Emmett Kennamore	0.00	Paul Glynn M50 Bill Murray
١	100m	11 20	M55 Wayne Gar
١	M35 Paul Glynn	12.83	M55 Wayne Gar M65 James Turn M75 Bill Dapran
١	M40 Marcus Shute	11.66	W30 Sharon Bro
١	M45 Jim Richards	15.41	W55 Carol Strick
١	M50 Calvin Saulsberry	12.53	W60 Alice Tym 5000m RW
	Billy Hall	13.04	M50 Nichols But
1	David Shields	13.98	Nicholas B
١	100m M30 Robby Ridley M35 Paul Glynn M40 Marcus Shute Harold Pierce M45 Jim Richards M50 Calvin Saulsberry Billy Hall M55 Andy Gipson David Shields M60 Golden Bertram M70 Bob Alexander W40 Beverly Conner W50 Eleanor Gipson W55 Carol Stricklin 200m M30 Troy McIntosh	14.09	W70 Helen Ama KC 100m Age-G
١	W40 Beverly Conner	14.40	M40 Harold Pier
١	W50 Eleanor Gipson	15.70	M40 Marcus Shi M50 Calvin Sau
١	W55 Carol Stricklin	16.62	M50 Billy Hall
	M30 Troy McIntosh	21.91	M55 Andy Gipso M60 Golden Bei
	M30 Troy McIntosh M35 Paul Glynn M40 Marcus Shute Harold Pierce	26.99	
1	Harold Pierce	24.81	MID
١	M50 Calvin Saulsberry	26.34	North Coas
	M55 Andy Glinson	28.04	Cleveland
	M60 Golden Bertram	29.36	60m Ma
	M80 Tom Kennell	41.47	M30 Larry Manic
	W50 Eleanor Gipson	33.53	M35 Steve Bunn M40 Bob Walters
	Harold Pierce M50 Calvin Saulsberry Billy Hall M55 Andy Gtipson M60 Golden Bertram M80 Tom Kennell W40 Beverly Conner W50 Eleanor Gipson W55 Carol Stricklin 400m M30 Troy Mointesh	37.56	M45 Darwin Bros
	M30 Troy Mointosh	48.71	M60 Tim Butts
	400m M30 Troy McIntosh Ewan Matrin M40 Phillip Carter Patrick Kennell M45 Jim Richards M50 Calvin Saulsberry Walden Curry M60 Jim Huffman	52.37	M75 Dean Shaw M80 John Means
	M40 Phillip Carter	56.75	100m
	M45 Jim Richards	1:24.28	M35 Rod Meeke M40 Chip Johns
	M50 Calvin Saulsberry	57.64	M45 Darwin Bros
	M60 Jim Huffman	1:14.05	M60 Tim Butts M75 Dean Shaw
	800m	0.54.50	M80 John Means
	M35 Daniel Bond M50 DeWayne Schmidt	2:54.50	200m
			M35 Rod Meeke M40 Chip Johns
	M35 Daniel Bond M50 DeWayne Schmidt	5:43.20	M45 Walter Haw
	M35 Daniel Bond M50 DeWayne Schmidt Ray Gildea W65 Jeanne Daprano	6:31.10	M60 Tim Butts M75 Dean Shaw
	W65 Jeanne Daprano Short Hurdles	6:27.50	M80 John Means
	M30 Torrance Zellner	15.05	W35 Linda Carty 400m
	M30 Torrance Zellner M40 Dexter McLoud	15.68	M35 Sam Erby
	M55 Ozzie Binion	17.88	M40 Chip Johns M45 Ben James
	M50 Bill Murray M55 Ozzie Binion M60 Joe Johnston	16.87	M50 Bemie Glisi
	Long Hurdles	1:11 20	M55 Ken Javor
	M40 Dexter McLoud M55 Ozzie Binion	1:12.56	M30 Jerry Tapp
			M30 Jerry Tapp M40 Phillip Pillin
	M35 Paul Glynn M40 Rich Grzeszkowiak M50 Bill Murray	5-2	M45 Bob Thoma M50 Roman Lisc
	M50 Bill Murray Michael Walker M55 Johnston Ewing M60 Joe Johnston M70 Hugh Manning M75 Bill Daprano W50 Eleanor Gipson W55 Carol Stricklin Pole Vault	5-6	M55 Jefferson
	Michael Walker M55 Johnston Ewing	4-10	M30 Jerry Tann
	M60 Joe Johnston	5-0	M30 Jerry Tapp M45 Bob Thoma
1	M70 Hugh Manning	3-6	M55 Harry Nehu
	W50 Eleanor Gipson	4-4	M30 Jerry Tapp
	W55 Carol Stricklin	3-9	M40 Anthony Bo
	Pole Vault M45 James Fountain	10-6	M45 Charles Wo M65 John Bixler
	1150 5 1 1 1		
4	M50 Farmer Lyndell	12-6	High lump
	M50 Farmer Lyndell Bill Murray M55 Johnston Fwing	12-6 12-0 10-0	High lump
	M50 Farmer Lyndell Bill Murray M55 Johnston Ewing Wayne Garner	12-6 12-0 10-0 9-6	High lump
	M50 Farmer Lyndell Bill Murray M55 Johnston Ewing Wayne Garner M70 Hugh Manning Long Jump	12-6 12-0 10-0 9-6 5-8	High lump
	M45 James Fountain M50 Farmer Lyndell Bill Murray M55 Johnston Ewing Wayne Garner M70 Hugh Manning Long Jump M30 Kevin Young	12-6 12-0 10-0 9-6 5-8	High Jump M40 James Time M70 Chuck Wied M75 George Roi W30 Willetta Tay Pole Vault
	M50 Farmer Lyndell Bill Murray M55 Johnston Ewing Wayne Garner M70 Hugh Manning Long Jump M30 Kevin Young M35 Rob Lawson M40 Rich Greeshouigh	12-6 12-0 10-0 9-6 5-8 17-7-50 17-6-25	High Jump M40 James Timi M70 Chuck Wiek M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiek
	M50 Farmer Lyndell Bill Murray M55 Johnston Ewing Wayne Garner M70 Hugh Manning Long Jump M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall	12-6 12-0 10-0 9-6 5-8 17-7.50 17-6.25 17-8 19-0	High Jump M40 James Tim M70 Chuck Wiet M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiet M75 Everett Poe Long Jump
	M50 Farmer Lyndell Bill Murray M55 Johnston Ewing Wayne Garner M70 Hugh Manning Long Jump M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields	12-6 12-0 10-0 9-6 5-8 17-7.50 17-6.25 17-8 19-0 15-1.75	High Jump M40 James Tim M70 Chuck Wied M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wied M75 Everett Poe Long Jump M40 Chip Johns
	M50 Farmer Lyndell Bill Murray M55 Johnston Ewing Wayne Garner M70 Hugh Manning Long Jump M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston	12-6 12-0 10-0 9-6 5-8 17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put
	M50 Farmer Lyndell Bill Murray M55 Johnston Ewing Wayne Garner M70 Hugh Manning Long Jump M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano	12-6 12-0 10-0 9-6 5-8 17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50	High Jump M40 James Tim M70 Chuck Wiee M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiee M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11	High Jump M40 James Tim M70 Chuck Wiek M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiek M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiek M75 George Roi W55 Mary Hartz'
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11	High Jump M40 James Tim M70 Chuck Wiek M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiek M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiek M75 George Roi W55 Mary Hartzi W60 Erika Szant Discus
The second secon	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiec M75 George Roi W55 Mary Hartz! W60 Erika Szant Discus M40 Anthony Bo
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiec M75 George Roi W55 Mary Hartz W60 Erika Szant Discus M40 Anthony Bc M60 John Sloan M65 Robert Reit
The second secon	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiec M75 George Roi W55 Mary Hartz W60 Erika Szant Discus M40 Anthony Bc M60 John Sloan M65 Robert Reit
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiec M75 George Roi W55 Mary Hartz! W60 Erika Szant Discus M40 Anthony Bo
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell Shot Put M35 Rob Lawson M45 Jed Jackson Jim Richards M50 Steven Thomason Bill Murray M65 James Turner Lou Vodopya	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11 34-11 39-8 29-0 40-11.50 39-2.25 31-9.50 21-2.50 20-9.25	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiec M75 George Roi W55 Mary Hartzi W60 Erika Szani Discus M40 Anthony Bo M60 John Sloan M55 Robert Reit M75 George Roi W55 Mary Martz W60 Erika Szani M55 Robert Reit M75 George Roi W55 Mary Martz W60 Erika Szani Hammer
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell Shot Put M35 Rob Lawson M45 Jed Jackson Jim Richards M50 Steven Thomason Bill Murray M65 James Turner Lou Vodopya	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11 34-11 39-8 29-0 40-11.50 39-2.25 31-9.50 21-2.50 20-9.25	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiec M75 George Roi W55 Mary Hartz W60 Erika Szant Discus M40 Anthony Bc M60 John Sloan M65 Robert Reit M75 George Roi W55 Mary Martz W60 Erika Szant Hammer M60 John Sloan
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell Shot Put M35 Rob Lawson M45 Jed Jackson Jim Richards M50 Steven Thomason Bill Murray M65 James Turner Lou Vodopya	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11 34-11 39-8 29-0 40-11.50 39-2.25 31-9.50 21-2.50 20-9.25	High Jump M40 James Timi M70 Chuck Wiek M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiek M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiek M75 George Roi W55 Mary Hartz W60 Erika Szant Discus M40 Anthony Bot M60 John Sloan M65 Robert Reit M75 George Roi W55 Mary Hartz W60 Erika Szant Discus M40 Anthony Bot M60 John Sloan M65 Robert Reit M75 George Roi W55 Mary Martz W60 Erika Szant Hammer M60 John Sloan M70 Chuck Wiek W55 Mary Hartz
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell Shot Put M35 Rob Lawson M45 Jed Jackson Jim Richards M50 Steven Thomason Bill Murray M65 James Turner Lou Vodopya	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11 34-11 39-8 29-0 40-11.50 39-2.25 31-9.50 21-2.50 20-9.25	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiec M75 George Roi W55 Mary Hartz W60 Erika Szani Hammer M60 John Sloan M65 Robert Reit M75 George Roi W55 Mary Martz W60 Erika Szani Hammer M60 John Sloan M70 Chuck Wiec W55 Mary Hartz W60 Erika Szani Hammer M60 John Sloan M70 Chuck Wiec W55 Mary Hartz W60 Erika Szani
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell Shot Put M35 Rob Lawson M45 Jed Jackson Jim Richards M50 Steven Thomason Bill Murray M65 James Turner Lou Vodopya	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11 34-11 39-8 29-0 40-11.50 39-2.25 31-9.50 21-2.50 20-9.25	High Jump M40 James Tim M70 Chuck Wiek M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiek M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiek M75 George Roi W55 Mary Hartz W60 Erika Szant Discus M40 Anthony Box M65 Robert Reit M75 George Roi W55 Mary Hartz W60 Erika Szant Hammer M60 John Sloan M70 Chuck Wiek W55 Mary Martz W60 Erika Szant Hammer M60 John Sloan M70 Chuck Wiek W55 Mary Hartz W60 Erika Szant Hammer M60 John Sloan M70 Chuck Wiek W55 Mary Hartz W60 Erika Szant Javelin M40 James Tim
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell Shot Put M35 Rob Lawson M45 Jed Jackson Jim Richards M50 Steven Thomason Bill Murray M65 James Turner Lou Vodopya	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11 34-11 39-8 29-0 40-11.50 39-2.25 31-9.50 21-2.50 20-9.25	High Jump M40 James Tim M70 Chuck Wiek M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiek M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiek M75 George Roi W55 Mary Hartz W60 Erika Szant Discus M40 Anthony Box M65 Robert Reit M75 George Roi W55 Mary Hartz W60 Erika Szant Hammer M60 John Sloan M70 Chuck Wiek W55 Mary Martz W60 Erika Szant Hammer M60 John Sloan M70 Chuck Wiek W55 Mary Hartz W60 Erika Szant Hammer M60 John Sloan M70 Chuck Wiek W55 Mary Hartz W60 Erika Szant Javelin M40 James Tim
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell Shot Put M35 Rob Lawson M45 Jed Jackson Jim Richards M50 Steven Thomason Bill Murray M65 James Turner Lou Vodopya	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11 34-11 39-8 29-0 40-11.50 39-2.25 31-9.50 21-2.50 20-9.25	High Jump M40 James Tim M70 Chuck Wiec M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiec M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiec M75 George Roi W55 Mary Hartz W60 Erika Szani Discus M40 Anthony Bo M60 John Sloan M75 George Roi W55 Mary Martz W60 Erika Szani Hammer M60 John Sloan M70 Chuck Wiec W55 Mary Hartz W60 Erika Szani Hammer M60 John Sloan M70 Chuck Wiec W55 Mary Hartz W60 Erika Szani Hammer M60 John Sloan M70 Chuck Wiec W55 Mary Hartz W60 Erika Szani Javelin M40 James Tim M55 Jeff Gerson M55 Jeff Gerson M60 John Sloan
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell Shot Put M35 Rob Lawson M45 Jed Jackson Jim Richards M50 Steven Thomason Bill Murray M65 James Turner Lou Vodopya	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11 34-11 39-8 29-0 40-11.50 39-2.25 31-9.50 21-2.50 20-9.25	High Jump M40 James Tim M70 Chuck Wiek M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiek M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiek M75 George Roi W55 Mary Hartz W60 Erika Szant Discus M40 Anthony Bo M65 Robert Reit M75 George Roi W55 Mary Martz W60 Erika Szant Hammer M60 John Sloan M65 Robert Reit M75 George Roi W55 Mary Martz W60 Erika Szant Hammer M60 John Sloan M70 Chuck Wiek W55 Mary Hartz W60 Erika Szant Javelin M40 James Tim M40 James Tim M40 James Tim M40 James Tim M40 John Sloan M70 Chuck Wiek M75 George Roi M75 George Roi M75 George Roi M75 George Roi
	M30 Kevin Young M35 Rob Lawson M40 Rich Grzeszkowiak M50 Billy Hall M55 David Shields W55 Carol Stricksin M60 Joe Johnston M75 Bill Daprano M80 Tom Kennell Triple Jump M55 David Shields M55 Tom Kennell	17-7.50 17-6.25 17-8 19-0 15-1.75 10-9 16-6.50 11-3.50 11-2 27-8 23-11 34-11 39-8 29-0 40-11.50 39-2.25 31-9.50 21-2.50 20-9.25	High Jump M40 James Tim M70 Chuck Wiek M75 George Roi W30 Willetta Tay Pole Vault M60 John Sloan M70 Chuck Wiek M75 Everett Poe Long Jump M40 Chip Johns W30 Willetta Tay Shot Put M40 James Tim M60 John Sloan M70 Chuck Wiek M75 George Roi W55 Mary Hartz W60 Erika Szant Discus M40 Anthony Bo M60 John Sloan M65 Robert Reit M75 George Roi W55 Mary Martz W60 Erika Szant Hammer M60 John Sloan M65 Robert Reit M75 George Roi W55 Mary Martz W60 Erika Szant Hammer M60 John Sloan M70 Chuck Wiek W55 Mary Hartz W60 Erika Szant Hammer M60 John Sloan M70 Chuck Wiek W55 Mary Hartz W60 Erika Szant Javelin M40 James Tim M55 Jeff Gerson M60 John Sloan M70 Chuck Wiek M55 Jeff Gerson M60 John Sloan M70 Chuck Wiek M75 Jeff Gerson M60 John Sloan M70 Chuck Wiek M75 Jeff Gerson M60 John Sloan M70 Chuck Wiek M75 Jeff Gerson M60 John Sloan M70 Chuck Wiek

	1100 Miles I Jill			
	Hammer			
	M45 Larry Schrader		46.44	i
	Frank Broadus		39.27	ŀ
	M70 Pay Carstensen		37.64	
	W60 Alice Tym		18.24	
)	Javelin			
	M35 Rob Lawson	1	35-7	
)	Paul Glynn		19-1	
)			24-10	
	M50 Bill Murray		06-6	
9	M55 Wayne Garner			
3	M65 James Turner		03-10	
6	M75 Bill Daprano		87-1	
1	W30 Sharon Browning		98-2	
	W55 Carol Stricklin		69-11	
,	W60 Alice Tym		62-6	
2	5000m RW			
9336644113344008911000	M50 Nichols Burrows	34	51.60)
0	Nicholas Burrows	34	51.60)
5	W70 Helen Amazeen	34	52.20	١
9	KC 100m Age-Graded	No. of		
1	M40 Harold Pierce	94.7	10.98	í
0	M40 Marcus Shite	92.3		
0	M50 Calvin Saulsberry			
2	M50 Billy Hall	98.6	11.27	ŀ
		97.5		
1	M55 Andy Gipson	100.3		
1	M60 Golden Bertram	100.3	11./3	
•				

	14.40 15.70	M40 Marcus Shite M50 Calvin Saulsberry 9	2.3 11.11
	16.62	M50 Rilly Hall	8 6 11 27
	21.91	M55 Andy Gipson 9 M60 Golden Bertram 10	00.3 11.73
	26.99 23.53	MIDWES	T
	24.81 26.34	North Coast Invita	
	27.50 28.04	Cleveland Height	
	28.04 29.36	May 16	
	41.47	M30 Larry Maniccia	8.58
	30.66 33.53	M35 Steve Bunn M40 Bob Walters	7.65 7.53
	37.56	M45 Darwin Brosius	8.13
	48.71	M60 Tim Butts M75 Dean Shaw	8.35 9.74
	52.37 56.75	M80 John Means	10.57
	1:00.09	100m M35 Rod Meeker	12.57
	1:24.28 57.64	M40 Chip Johnson M45 Darwin Brosium	13.33 13.06
	58.49	M60 Tim Butts	13.41
	1:14.05	M75 Dean Shaw M80 John Means	15.42 17.04
	2:54.50 2:24.00	200m	
		M35 Rod Meeker M40 Chip Johnson	27.66 25.88
	5:43.20 5:05.30	M45 Walter Hawkins M60 Tim Butts	28.07 28.48
	6:31.10 6:27.50	M75 Dean Shaw	33.47
	0:27.50	M80 John Means	37.45 28.14
	15.05	W35 Linda Carty 400m	
	15.68 16.02	M35 Sam Erby M40 Chip Johnson	1:05.60
	17.88	M45 Ben James	53.78
	16.87	M50 Bernie Glisic M55 Ken Javor	1:12.89
	1:11.39	800m	
		M30 Jerry Tapp M40 Phillip Pillin	2:38.58 2:48.87
	5-2 5-0	M45 Bob Thomas M50 Roman Liscynesky	2:16.89 2:42.48
	5-6	M55 Jefferson	3:29.25
	4-10 4-6.25	M30 Jerry Tapp	5:34.19
	5-0 3-6	M45 Bob Thomas	4:49.39 4:54.68
	3-6	M55 Harry Nehus 3000m	
	4-4 3-9	M30 Jerry Tapp M40 Anthony Roerio	12:23.2h 13:50.3h
	10-6	M40 Anthony Boerio M45 Charles Woods	14:17.5h 13:04.2h
	12-6	M65 John Bixler High Jump	
	12-0 10-0	M40 James Timoch M70 Chuck Wiedman	4-4 3-6
	9-6	M75 George Roudebush	3-6
	5-8	Pole Vault	4-4
	17-7.50 17-6.25	M60 John Sloan M70 Chuck Wiedman	6-0 7-0
	17-8	M75 Everett Poe	5-2
	19-0 15-1.75	Long Jump M40 Chip Johnson	17-6.50
	10-9 16-6.50	W30 Willetta Taylor Shot Put	11-10
	11-3.50	M40 James Timoch	27-10.50
	11-2	M60 John Sloan M70 Chuck Wiedman	30-5
	27-8	M70 Chuck Wiedman M75 George Roudebush	18-7
	23-11	W55 Mary Hartzler W60 Erika Szanto	34-7 28-0
	34-11 39-8	Discus M40 Anthony Boerio	65-2
1	29-0	M60 John Sloan	101-8
	40-11.50 39-2.25	M75 George Roudebush	99-6 63-3
	39-2.25 31-9.50	W55 Mary Martzler W60 Erika Szanto	92-6
-	21-2.50 20-9.25	Hammer	13-8
	98-10	M60 John Sloan M70 Chuck Wiedman	82-10 79-8
	95-1		116-6
	91-5 129-0	W60 Erika Szanto Javelin	80-8
	114.09	M40 James Timoch	88-6
	88-6 99-6	M55 Jeff Gerson M60 John Sloan	70-0 101-5
	102-11 89-9	M70 Chuck Wiedman M75 George Roudebush	66-11
	67-10	JUUUM KW	51-10
	54-10		18:33.50

page 20			Natio	onal M	asters News				Jul	y 2004
MID-AMERICA	M40 Tom Baker 1	1.65 Pole V	ault	A) and a	200m		Javelin	422.0	M65 Ross Aragon	32.19
the street and the street of t	Alec Chenault 1	2.25 M55 C	Sary Wuest	9-0	M30 H Estrada	23.38	M45 R Duncanson M50 M Tipping	133-8 128-7	M70 Floyd Riddle	30.84
Colorado Masters Throwers			om Sharples	11-6 9-6	M35 F Turmage	23.37 22.06	M55 R Rook	127-11	M75 Chet Warwick	16.71
Meet, CSU, Ft. Collins June 5	Ken Cook 1	2.56 Long .	Jump		M40 K Berty M45 K Morning	22.52	M65 P Fehlen	131-5	NORTHWI	EST
Hammer			Illen Eggman om Baker	17-9 16-10	M50 S Hardison	24.87	5000m RW M55 N Weiss	39:36.54		-
W55 Sharon Raham 20.90	Ray Yeck 1	3.13 M45 F	eter Chen	18.50	M55 H Castille M60 D Smith	25.74 26.70			Oregon Senior Oly	
W65 Joy Kaylor 25.68			Dennis Cameron	7-4.50 14.50	M65 R Tsuda	30.05	New Mexico Ga		Silverton; May	29
M40 Rande Treece 49.58 Bob Jones 38.96	M60 Bob Callori 1 Fred Dillemuth 2		Richard Imperiale red Dillemuth	14.50	M70 K Kishi	35.19 33.06	Albuquerque, NM;	June 6	M45 Doug Mathias	12.99
M55 Tim Edwards 43.54	M65 Gary Sims 1	3.41 F	red Baer	10-5.75	M75 A Escabosa W35 C Barney	26.61	100M	10.50	M50 Steve Worley	12.88
J BookinWeiner 39.84		4.31 W40 J 5.30 Triple	Upshaw-Margerum	117-4.25	W40 C Ware	31.54	M50 Stacey Price M55 Richard Wild	12.50 13.40	M60 Paul Edens	12.50
lan Percy 38.53			Dennis Cameron	21-11.50	W50 R Hanscom	30.22 59.19	Charles Fuller	20.20	M65 Paul Stepan	16.01
M65 Robin Herron 36.78	M85 K K Slaughter 2	2.76 M60 F	Richard Imperiale	28-8	W80 G Davidson	39.19	M65 Ron Kirkpatrick	14.40	M70 Robert Hewitt M75 Bill Platts	14.55 15.12
Vern Spencer 35.62		5.14 Shot P		26-7	M30 B Givens	1:00.22	M75 Andy Anderson	15.90	M80 Harry Gillis	22.36
Roger Corliss 29.70	Mary Cramer 1	5.19 M35 N	Mike Curry	43-4.25	M45 J Lofton M50 R Richardson	51.98 59.84	Ryszard Nawrock		M85 Bill Landerback	25.70
M80 Frank Bowles 25.68 Shot Put			Ilen Eggman	31-10.50	M55 H Castille	57.49	Chet Warwick	20.80	W55 Caroline Cooney	17.61
W55 Sharon Raham 7.64	M35 Matt Devine 2		Sary Schmidt im Lewis	41-8 34.50	M60 R Salupo	1:01.95	W45 Darlene Hansen	17.05	W60 Laura Stepan W75 Melicent Whinston	21.69 25.69
W65 Joy Kaylor 7.43	M40 Gordon Hinds 2	3.16 F		30-2	M75 L Beadle W45 B Jephcott	1:14.88	W55 Jane Fuller W70 Joan Blair	21.08 27.50	200m	25.05
M40 Milt Girouard 14.53		M55 C	Sary Wuest	32-8.75	W50 D Janneck	1:12.41	200M	27.50	M45 Galen Martin	27.51
Bob Jones 12.08		FE 14100 0	ohn Burns (en Tronstad	35-1.75 35-4.75	W80 G Davidson 800m	2:05.59	M55 Richard Wild	28.40	M50 Steve Worley	27.48
Rande Treece 11.03	Joseph Smith 23	3.72	ack Parker	28-7.75	M30 G Givens	2:13.87	Charles Fuller	30.86	M55 Eddie Ortiz-Hernand M60 Paul Edens	25.76
M45 Kris Lettow 13.32 M65 Roger Corliss 10.63			Dennis Rietz	33-6.50	M40 T Reyes	2:01.30	M65 Ron Kirkpatrick	28.89	M65 Paul Stepan	34.28
Robin Herron 9.80	David Jambaez 26		Robert Jordan Charles Bispala	33-5.25 30-3.50	M50 N Shaheed M55 H Castille	2:06.73 2:29.51	M75 Andy Anderson	33.24	M70 Darwin Grimm	31.21
Vern Spencer 9.14		5.59 W65 C	herrie Sherrard	32-4.25	M60 S Baldwin	2:35.25	W50 Karen Blackmore	37.00	M75 Bill Platts M80 Harry Gillis	30.53 44.64
Bob Fulton 8.98			ucille Ligone Imeta Parish	26-7.50 21-3	M75 J Selby	3:01.99	W55 Jane Fuller W70 Joan Blair	48.10 1.08.20	M85 Bill Lauderback	52.62
M70 Rich Larkin 8.42	Chris Horsley 29	.09 W70 B	larbara Racine	20-11	W40 C St Geme W45 P Contreras	2:30.01 2:41.30	400M	1.00.20	W45 Linda O'Hara	31.84
M80 Frank Bowles 8.28		34 Discus		100.4	W80 G Davidson	4:51:57	M40 David Hampton	1.01.50	W55 Candy Puterbaugh	32.87
W55 Sharon Raham 23.27			Mike Curry Ray Biggs	109-4 115-5	Mile M35 S Haug	4:31.44	M45 Steve Nunley	1.11.80	W60 Laura Stepan 400m	47.20
W65 Joy Kaylor 21.14	M65 Gary Sims 28	.00 A	llen Eggman	94-1	M40 D Olshan	4:31.44	M50 Jim Fallen	1.02.50	M45 Galen Martin	1:00.73
M40 Bob Jones 40.03	M70 Ben Rivera 32	.51 M50 G	Sary Schmidt im Lewis	132-5 125-10	M45 A Decoilbus	4:58.07	W50 Karen Blackmore	1.24.40	M50 Jim Hiebert	1:00.73
Rande Treece 31.85			ince Repetto	102-11	M50 B Morris M60 R Salupo	4:56.93 5:18.79	W70 Joan Blair 800M	2.44.40	M55 Rich Tucker	1:00.20
M45 Kris Lettow 37.15	W45 J Upshaw-Margerum 26	.74 M55 G	Sary John	102-11	M65 T Dildlay	6:15.11	M45 David Lopez	2.13.00	M60 Stephen Pierce M70 Robert Hewitt	1:12.31
M55 J BookinWeiner 38.29			Sary Wuest Ion Mickle	90-9 152-2	M75 G Linde	6:28.29	M50 David Salazar	2.09.30	M75 Dick Cottingham	1:20.26
M65 Vern Spencer 38.07	400m		ohn Burns	124-9	W45 P Contreras 5000m	5:52.70	Jim Fallen	2.28.80	M85 Bill Lauderback	2:18.00
Robin Herron 28.94 M70 Rich Larkin 24.64				113-3	M40 J Marquez	17:44.81	M65 Bob Baker	3.27.40	W45 Linda O'Hara W70 Suzi MacLeod	1:11.77
M80 Frank Bowles 23.12			tewart Thompson filton Meux	132-9 94-10	M45 M Neve W60 F Zehr	19:47.45	1500M		800m	1.50.55
Superweight	M45 Joseph Smith 53	.51 M75 C	harles Bispala	73-1	Short Hurdles	24:55.75	M40 Jerome Romero	6.29.76 4.36.41	M45 Galen Martin	2:27.20
W55 Sharon Raham 5.65	Alec Chenault 1:02		Iden Bryant	58-0 130-3	M35 R Holmes	15.31	M45 David Lopez Steve Nunley	6.28.50	M50 Jim Hiebert M55 Marc Wiitala	2:21.17
W65 Joy Kaylor 5.25			ackie Nasca herrie Sherrard	66-5	M45 J Davidson W30 T Mills	20.13 13.99	M60 Tom Windes	7.18.97	M60 Stephen Pierce	2:48.23
M40 Rande Treece 9.32	Parker White 1:03	.36 L	ucille Ligone	59-4	Long Hurdles	10.55	M65 Bob Baker	7.07.04	M65 Dan McCormack	2:36.50
M55 Tim Edwards 7.84 M65 Vern Spencer 5.65			Imeda Parish Jarbara Racine	47-9 49-9	M30 D Hawkins	56.70	3000M		M70 Jack Keener	3:14.42
	M60 Larry Barnum 57 Dennis Duffy 1:01		hirley Dietderich	42-10	M45 A Hecker W30 T Mills	52.47 56.71		12.29.30	M85 Bill Lauderback W40 Susan Brainard	4:42.36 2:46.10
WEST	Mel Brooks 1:04 M65 Gary Simms 1:05	.58 Hamm	er Matt Cavender	155-0	W40 C Ware	55.99	M45 Galen Martinez	21.04.03	W55 Candy Puterbaugh	
USATF Arizona Regulation	M65 Gary Simms 1:05 Keith Johnson 1:07		Mike Curry	127-8	W50 T Bowman 3000m Steeplechase	57.63		20.55.81	1500m M45 James Stasiak	5:46.89
Meet, Tempe; May 1	Martin Adamson 1:08		lay Bitts	122-9	M40 J Granada	11:21.73	1500M RACEWALK		M50 Jim Satterfield	5:15.12
M40 Rawle Crichlow 11.06	W55 Martie Behrens 1:17 M70 Barbara Robben 1:46		Michael Venning Bary Schmidt	57-6 97-8	4X100m Relay	42.00	M75 Ryszard Nawrocki		M55 Ron Ackerman	5:05.98
W30 Deonne Douglass 13.73	800m	M65 K	en Tronstad	91-3	M40 Speedwest High Jump	43.06	W40 Teresa Aragon	7.49.09	M60 Stephen Pierce M65 Dan McCormack	6:10.20 5:32.91
W35 Maggie Fernandez 13.59	M45 Jeff Kirk 2:14 Greg Hudson 2:52		tewart Thompson Jennis Rietz	151-5 79-11	M40 R Lee	5-10		10.20.33 13.37.68	M70 Jack Keener	6:50.31
W40 Denise Willard 15.12 W50 Jacquelin Board 14.66	Greg Hudson 2:52 M50 David Jambaz 2:13		ackie nasca	129-3	M75 B Phillipps	3-6 5-6	100M HURDLES	10.07.00	M75 Craig McMicken	8:22.00
200m	Stan Rowland 2:16			100.10	W30 L Riech W35 C Look-Jaeger	5-4	M50 Mike Pannell	16.00	M84 Bill Lauderback	9:31.94 7:03.97
W30 Deonne Douglass 29.11	Randy Sturgeon 2:21 M60 Leonard Davies 2:37		Mike Curry on Pearlstone	122-10 152-11	W40 S Dimarco	5-2	300M HURDLES		W70 Suzi MacLeod 3000m	1,03.91
W35 Maggie Fernandez 32.14	Jim Evans 2:44	.2h M45 J	ohn Hansen	160-11	W45 K Vaughn W55 A Steekelenburg	4-4	M65 Ron Kirkpatrick	51.24	M40 Chuck Coats	9:31.26
W40 Denise Willard 28.87	M65 Jerome Lys 2:42 W35 Cynthia Marks 2:56		Sary Schmidt Parker White	109-7 71-7	W60 K Bergen	4-4	M50 Mike Pannell	1.02.34	M45 Alan Knoop	9:35.63
W50 Jacquelin Board 27,97 400m			lob Powers	176-2	Pole Vault M40 D Berle	11-11	HIGH JUMP	1.02.04	M50 Scott Jackson M55 Ron Ackerman	13:28.69 11:20.86
M35 James Smith 55.28	Mary Woo 2:45		ennis Cameron	113-1	M45 B Halverson	14-11	M65 Bob Baker	1.30	M60 Stephen Pierce	14:32.24
M40 Robert Ruiz 1:04.35 W30 Deonne Douglass 1:07.62	Debbie Zakerski 2:51 W50 Cora Sturgess 3:06	62	Sary Wuest	109-1	M50 S Hardison	13-11	W40 Patricia Porter	1.76	M65 Jim Davis	12:50.99
W35 Maggie Fernandez 1:17.49	Sherri Rowland 3:16	.46 WOU 5	ohn Burns red Dillemuth	140-2 96-9	M65 G Miller M70 D McFetter	9-8 8-0	Dolores Black	1.50	M70 Jack Keener M75 John Keston	14:54.36 13:54.23
W40 Denise Willard 1:11.03	W70 Barbara Robben 4:02 1500m	M65 K	en Tronstad	94-5	M75 F Held	9-10	W45 Mary Lou Gooris	.90	W70 Susan Means	17:33.04
W50 Jacquelin Board 1:03.73 1500m	M40 Michael Legault 4:38	1.44 NATE C	ennis Rietz harles Bispala	65-5 71-9	W50 R Hanscom W60 N O'Connor	8-6 9-10	W50 Karen Blackmore POLE VAULT	1.10	5000m	10.10.0
M40 Bob Haltin 5:27.73	M45 Jeff Kirk 4:42	MAN A	Iden Bryant	50-11	Long Jump		M40 George Barber	3.81	M40 Chuck Coats M45 Brian Fournier	16:13.91 18:38.51
M45 Steve Terrill 4:26.70 5000m	Mike Houar 4:45 Jeff Kirk 4:45	30 W75 S	hirley Dietderich	31-6	M45 L Davenport M60 R Muranaka	18-4 14-5	M45 Dan Ashcraft	3.66	M50 Marc Vickery	23:46.39
M45 Steve Greenspan 17:40.52	M50 Randy Sturgeon 4:53	1 Q1 Weight	Throw like Curry	40-0	M75 B Phillips	9-0	M50 Paul Heglar	3.35	M55 Ken Travis	19:53.95
Short Hurdles W40 Denise Willard 13.27	Bill Brusher 5:23	37 M40 R	ay Biggs	35-1	W45 K Vaughn	10-2	Brad Winter	3.05	M60 George Opsahl M65 Bob Kiever	28:01.06 25:23.04
W40 Denise Willard 13.2/ High Jump	M60 Leonard Davies 5:13	3h M50 D		38-1 37.50	W50 T Bowman W55 A Steekelenburg	12-10 12-4	M65 Ross Aragon	3.40	M70 A. Markantanatos	23:37.38
M50 Tim Colby 1.55	M65 Jerome Lys 5:50 W35 Cynthia Marks 6:26	62 M70 D	ennis Reitz	24-2	Triple Jump		M75 Chet Warwick	2.32	M75 Craig McMicken	28:22.91
Long Jump	W40 Theresa Brown 5:26	36 W30 Ja	ackie Nasca	40-1.50	M40 L Davenport	43-11	SHOT PUT		High Jump	
M35 Mark Dowhan M50 Tim Colby 3.72	Mary Woo 5:46 Debbie Zakerski 6:07		effrey Townsend	16:44.4	Shot Put M40 M McCandless	34-9	M45 Rick Gonzales	10.70	M40 Mike Toll M45 Bob Blackburn	5-6 5-2
M55 Warren Gillette 4.92	W50 Cora Sturgess 6:23	.69 M55 S	teve Sidney	19:48.8	M45 J Kerman	44.75	Rick Montoya	9.24	M55 Chuck Chapin	4-2
W40 Denuise Willard 4.53	Sherri Rowland 6:49			27:57.9 28:43.3	M55 M Deller M65 J Koch	43-9 41-7	M50 Patrick Jaramillo M65 James Koch	8.95 12.81	M60 Jack Kondrasuk	4-0
Shot Put M30 Geoffrey Riggs 9.78	Short Hurdles M40 Brian Conley 17	.15	- July 1 (Jobeth		M70 F Lochner	34-1	M80 Chet Warwick	6.82	M65 John Steinman M70 Jack Keener	4-4 3-8
M35 Mark Dowhan 9.97	M45 Greg Hodson 36	.35	n Aldrich Memo	orial	M75 B Phillips W45 K Vaughn	24-10 27-3	W45 Lisa Hampton	6.94	M75 Vince Sempronio	3-10
M50 Tim Colby 10.05 M65 Neil Sailing 10.69		JE	rs Meet, UC-Irv		W50 T Bowman	28-1	DISCUS		M80 Gilbert Young	3-8
M85 Roy Clark 6.00		.82	May 30		Discus		M40 David Hampton	25.16	W45 Cheryl Nelson	3-6
Discus	Long Hurdles		Name of the last o		M40 M McCandless M45 J Barry	96-7 113-2	M45 Rick Gonzales	35.90	W55 Caroline Cooney W45 Linn Bauer	3-8 43-10
M35 Mark Dowhan 27.60	M35 Laurent Birade 1:00 M50 Carter Holmes 1:11		Myles	11.68	M55 T Fahey	171-10	Rick Montoya M50 Dennis Umshler	22.71 46.01	W50 Kathy Arquette	54-8
M50 Tim Colby 25.30	Bill Phillips 1:16	72 M35 J	Gilmore	11.17	M60 L Higgins M65 H Smith	164-2 128-5	Patrick Jaramillo	26.70	W55 Jean Moule	50-5
M65 Neil Sailing 39.72 W50 Lynn Dow 22.18	M60 Fred Baer 1:25	.01 M40 F	Strong Morning	11.35	M70 F Lochner	95-9	M65 Ross Aragon	30.35	W60 Laura Stepan	43-9
3000m RW	W40 J Upshaw-Margerum 47 High Jump	M50 J	Williams	12.34	M80 D Roser	78-11	M70 Floyd Riddle	36.89	W75 Patricia Osman W80 Melanie Reske	36-11 27-8
M50 William Jefferson 23:00.32	M40 Allen Eggman 5-4	M55 G	Wong	13.87	Hammer M50 V McGamy	104-1	M80 Edwin Johnson	19.90	Pole Vault	
M85 Roy Clark 30:29.20	Joe Groot 5-4 M50 Vincent Repetto 5-4		Smith Tsuda	12.82	M50 V McGarry M60 G Matthews	176-7	W45 Lisa Hampton	23.71	M55 Dennis Phillips	12-0
USATF Pacific Association	Ed Baskauskas 4-10	M70 F	Kishi	15.95	M80 D Roser	91-2	JAVELIN M40 David Hampton	31.83	M65 John Steinman M75 John Cleveland	8-0 7-6
Masters Championships	M55 Gary Wuest 4-6 M60 John Burns 5-0		Escabosa Davidson	15.56 31.46	W30 S Donaldson W40 N Hirschfield	105-9 72-2	M45 Rick Gonzales	33.75	Long Jump	
U. of Cal., Berkeley; May 30	Fred Dillemuth 4-2		Barney	13.28	W45 K Vaughn	77-6	Rick Montoya	31.81	M40 Mike Toll	20-11/2
100m M30 Matt Sykes 12.16	Fred Baer 3-8	W50 R	Hanscom	14.61	W50 L Cohn	115-10	M50 Patrick Jaramillo	30.89 *	M50 Steve Worley M55 Robert Rice	16-6 14-5
M30 Matt Cynes	M65 Jack Parker 4-2	I WOU N	O'Connor	14.45	W60 K Bergen	78-7	Pat Ford	25.28	M60 Mike Myles	
M35 Matt Devine 11.66	I MOS SACKT AIRCI								WINDO MIKE MYIES	14-101/2

M70 Robert Hewitt 15-1	M35 Elvin van Zyl 4:20.	M75 John de Andrade 6.71	W35 Engelina Pretorius 27.18	Carol Decker 34:41	M50 Jack McShane 1:24:42
M75 Bill Platts 12-01/4	M40 Tobias Philander 4:12.		W40 Anie Hennop 25.06		
		The trimpp recent		Joan Corrigan 35:46	
M80 Myron Dover 6-8	M45 Martin Kelly 4:43.		W55 Mercia Ferreira 23.62	Eiko Bogue 36:17	M60 Hector Rivera 1:36:17
W55 Caroline Cooney 10-21/4	M50 Sean Rice 4:28.		W70 Gertie Theron 18.48	Carol Reynolds 38:14	M65 Witold Bialokur 1:39:16
W75 Melicent Whinston 6-41/2	M55 Phillipus Calitz 4:43.	h W50 Tertia Stoffberg 9.06	Weight Pentathlon		M70 William Gutman 1:56:57
Triple Jump	M60 Joao Raposo 5:44.	h W55 Mercia Ferreira 10.46	M30 Leon Jacobs 2216		M75 Joseph Burns 2:04:27
	W30 Ronel Thomas 4:44.		M35 Conradie Scheepers 2668	W70 Myra Rhodes 24:51	M80 Sab Koide 2:22:16
	W35 Gloria Fisher 6:37.	Trock of the Control	M40 Gawie Louw 2514	Lois Gilmore 26:36	
M50 Scott Jackson 31-4		Troo Harmeyle barrene 0.27		Toshiko D'Elia 27:03	W40 Danielle D-Angelo 1:35:40
M60 Victor Chaney 30-51/2		Tree Lend Grobier	M45 Riaan von Bentheim 2218		W45 Nora Sema 1:38:42
M70 Robert Hewitt 30-4	W45 Marietjie Ceronio 5:20.		M50 Marius Bester 3458		W50 Barbara Byrne 1:43:06
	W50 Jenny Scott 5:43.		M55 Jan Roodt 3816	Doris Schlamowitz 32:35	W55 Kathleen Horton 1:52:08
W55 Jean Moule 16-9	W60 Jenny Allebone 5:49.	h M40 Marius Eybers 39.30	M65 Andrzej Rzepecki 4623	Patricia VanGalen 33:52	W60 Carol Johnston 1:48:46
Shot Put	W65 Magdaline Johnson 8:20.	h M45 Riaan von Bentheim 30.86	M70 Heinie Naude 2218	Maureen Dooley 35:11	W65 Naomi Vogel 2:22:29
M40 William Tyson 32-4	W70 Lilly Krugel 11:28.	The trade to both temi	M80 Philipp Frech 3166		
M50 Jan Grigsby 29-3		10.01	W35 Engelina Pretorius 1892	Janet Pomeranz 36:12	W70 Elaine Breiger 2:25:20
		M55 Jan Roodt 40.91		Gisela Choi 42:03	
M55 Chuck Chapin 43-3%	5000m	M60 David Heunis 35.11	W40 Ansie Hennop 3104	W75 Joy Johnson 29:57	NYRR Skaggs-Walsh 5K
M60 Gene Gangle 34-5%	M30 Jaco van Zyl 17:	8 M65 Andrzei Rzenecki 39 32	W50 Tertia Stoffberg 2611		
M65 Bob Lawson 37-2	M35 Nkewana Zolili 17:		W60 Penny England 3250		College Point
M70 Tom Allison 35-0	M40 Reform Ndlovu 16:	5 M70 Heine Naude 23.29	W65 Hannetjie Janeke 2361	Margaret Fuller 58:26	Queens, NY; May 15
	M45 Chris Clucas 17:	2 M80 Philipp Frech 24.80	W80 Lena Grobler 3776	W80 Helen Klein 31:26	TO A STATE OF THE PARTY OF THE
M75 Vince Sempronio 32-5		M/35 Engeline Protorius 22.30		W85Mary Haines 79:27	Overall
M80 Myron Dover 24-0	M50 Sean Rice 17:	WAN April Hannan 31.00	Decathlon	VVOSIVIAIY Hairies 19.21	Alecsander Belavin 31 15.17
W45 Cheryl Nelson 25-4	M55 Pieter Badenhorst 19:		M35 Albertus Lombard 3087		Alexandra Horowitz 34 18:28
	MCO Arthur Timmorman 19:		M40 Rory McWade 5880	LICATE Open and Masters	M40 Conor O'Driscoll 16:30
W50 Kathy Arquette 24-5	M60 Arthur Zimmerman 18:4		M45 Riaan von Bentheim 2859	USATF Open and Masters	
W55 Jean Moule 22-1	W30 Ronel Thomas 16:4	Troo rana neepoona 20.00	M65 Hans Miekautsch 6429	10K (6.4 Mile) Trail	M45 Stuart Calderwood 16:52
W75 Melicent Whinston 16-0	W40 Linda van der Gryp 19:4			Championships, Vail, CO	M50 Bob Hermesch 19:23
	W45 Marietjie Ceronio 19:2	7 W70 Gertie Theron 15.92	5000m RW		M55 Bronislaw Czech 20:37
INTERNATIONAL	W50 Jenny Scott 21:0		W35 Caryn Loudon 31:47	June 5	M60 Ramon Ruiz 21:52
THE BOTA AFE DE LUIS TO IL			W40 Trudi Carstens 28:34	Overall	M65 Michael Goldman 22:14
		Hammer	W45 Lee Mallet-Veale 25:55	Overall	M70 Albert Puma 47:10
aQuellé SA Masters Athletic		M25 T D 40.00	W50 Brenda Nooy 26:33	Simon Gutierrez 38 42:57	M80 John McManus 29:52
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South Africa: May 7-8	M45 Chris Clucas 35:4			M40 Andy Ames 45:43	W40 Stacy Creamer 19:20
	M50 Sean Rice 37:4	M45 Rudolph Harmse 39.03	W65 Liz Stewart 36:23		W45 L Branche 19:43
100m	M55 Pieter Badenhorst 39:4	M50 Basie Koen 51.84	10,000m RW	Mike Tobin 45:55	M50 Digna Deboer 23:06
M30 Shaun Powell 11.45	M60 James Allan 55:	M55 Jan Roodt 48.71	W30 Lauren Poulton 1:11:39.3	Bernie Boettcher 46:10	M55 Ann Makosk 21:58
M35 Frans Erasmu 11.52		MCO Devid Herrain	W35 Caryn Loudon 1:07:00.8	M50 Buzz Burrell 51:52	M60 Edith Jones 27:52
M40 Gavin Maxwell 11.70		MCE Andrei Dronnelii 40.00	W40 Trudi Carstens 1:00:32.7	Ed Green 1:11:36	M65 Margaret Carinci 28:12
	W45 Erika Swart 40:0	MATO Hairi Mauda	W45 Lee Mallet-Veale 52:58.2		
M45 Joseph Wagrries 12.33	W55 Elizabeth Sweiden 45:	MOD Philipp Ernah 17.00		M55 Larry Rose 1:06:40	M70 Dolly Finkelstein 37:01
M50 Johan Swiegers 12.59	W60 Jenny Allebone 41:	M80 Philipp Frech 17.96		W40 Heidi Vosbeck 58:57	
M55 Anthony Smith 13.40	W65 Ingrid Wieland 52:	W35 Engelina Pretorius 21.80	W55 Elsa Meyer 1:01:26.4	W45 Kari Distefano 52:21	Sallie Mae 10K
M60 Jerry van Heerden 13.79	Short Hurdles	W40 Ansie Hennop 31.97	W60 Wilhelmina Maroney 1:06:41.4		
M65 Monty Hacker 13.98		WIED Testis Claffbare 24.20	W65 Liz Stewart 1:13:37.4	Jeanne Blatter 1:09:41	Washington, DC; May 16
M70 Ron Cross 14.45	M35 Hennie Keet 18.3	MICO Anotto Olivios 20.00	W70 Helena Rothman 1:12:52.0	T. CT	
	M50 Johan Allers 18.5	INCE Hannetile Janete 45 40	W75 Anna Villet 1:11:27.7	EAST	Overall 29:56
M75 Johannes Schoeman 16.56	M55 Gerhard Joubert 19.1				Henry Kipchirchir 29:56
M85 Carle Pace 23.15	M60 Philip van Rensburg 21.5	W80 Lena Grobler 17.04	20,000m RW	Committee	Victoria Klimina 33:34
W30 Charmaine du Toit 12.89	M65 Nic Meyer 26.	Javelin	M35 Kevin Perrow 2:04:51.4	George Washington	M40 Gennady Temnikov 31:20
W35 Winnie de Winnaar 12.99	M70 Ron Cross 14.5		M40 Eugene Johannes 1:50:27.4	Parkway 10 Miler & 5K	
		MAO Causia Laure 50:12	M45 Johann Coetzee 1:58:04.4	Alexandria VA. A. 1105	
	W35 Chareen Shillaw 15.3	MAS Fradarik Clander 50.70	M50 C V Blommenstein 1:46:59.4	Alexandria, VA; April 25	Ted Poulos 34:42
W45 Linette Brits 13.23	W40 Madeline van Rooyen 12.2			Overall	Dave Berardi 34:52
W50 Pam Immelman 15.03	W45 Esca Taljaard 12.8	M50 Johan Allers 40.04	M55 David Flood 1:43:21.5		Date Date
W55 Elsa Jordaan 15.34			M60 Jurgen Sencer 1:59:34.0	Kevin Taylor 28 51:27	Steve Menzies 35:12
W60 Rita van Vuuren 16.24		M60 Kobus VD Merwe 31.58	M65 Hennie van Zyl 2:16:58.8	Heather Hanscom 26 60:43	M45 Jim Hage 34:12
	Long Hurdles	MGE Ctone Johnston 22.20	M70 Herbert Barratt 2:20:44.5	M35 Joel Frushone 54:50	Mark Malander 34:22
	M35 Hennie Keet 1:03.6	MOD Dhilin French 22.24	M75 Zac Prinsloo 2:24:48.0	M40 Chris Chattin 54:01	0.150
W70 Christie du Polly 18.21	M40 Mark Squire 1:03.8			David Berardi 55:57	
W75 Isabel Hofmeyr 17.56	M60 Tiens VD Mescht 52.5	I ONC DICTAL	ICE DECLII TO		George Buckheit 35:41
W80 Lena Grobler 24.27	M65 Nic Meyer 1:04.3	III LUNG DISTAI	NCE RESULTS		Jim Bates 35:49
200m			THE RESERVE OF THE PARTY OF THE	M45 Thomas Dever 54:29	M50 Chuck Moeser 33:37
M30 Shaun Powell 22.1h			W40 Colleen De Reuck 15:46	Norton Compton 60:36	THE CHICAGO
M35 Frans Erasmus 22.6h	W40 Hennie Keet 1:03.6	NATIONAL	D Kilpatrick-Morris 17:02	Daniel Pusty 64:47	Rick Platt 35:52
	2000m Steeplechase			M50 John Nelson 60:25	Richard Adams, Jr. 37:40
M40 Gavin Maxwell 23.3h	M60 Trevor Smith 9:55.3	Ogden Newspapers 20K	Joan Nesbit Mabe 17:09	Tim Doescher 60:59	Tim Doescher 37:43
M45 Joseph Warries 24.5h	W30 Ronel Thomas 7:10.0		Susan Loken 17:26	Malcolm Senior 66:51	Timothy R. Morgan 38:43
M50 Fanie Kruger 27.7h	W40 ConnieVD Westhuizen8:03	Classic, Wheeling, WV	Kimberly Griffin 17:40		
M50 Fanie Kruger 27.7h	W40 ConnieVD Westhuizen8:03.2		Kimberly Griffin 17:40	M55 Stephen Banks 72:42	M55 Michael Wesbeher 41:56
M50 Fanie Kruger 27.7h M60 Jerry van Heerden 26.7h	W45 Marietjie Ceronio 8:30.8	May 29	Susan Faber 17:46	M55 Stephen Banks 72:42 Alan Ryder 72:46	
M50 Fanie Kruger 27.7h M60 Jerry van Heerden 26.7h M70 Ron Cross 28.4h	W45 Marietjie Ceronio 8:30.8 W50 Veronica von Gordon 10:23.	May 29		M55 Stephen Banks 72:42 Alan Ryder 72:46 M60 Greg Smith 74:16	M55 Michael Wesbeher 41:56 Patrick Clark 43:11
M50 Fanie Kruger 27.7h M60 Jerry van Heerden 26.7h M70 Ron Cross 28.4h M75 Johannes Schoeman 33.6h	W45 Marietjie Ceronio 8:30.8 W50 Veronica von Gordon 10:23.3 3000m Steeplechase	May 29	Susan Faber 17:46 Mary Level Menton 17:54	M55 Stephen Banks 72:42 Alan Ryder 72:46 M60 Greg Smith 74:16	M55 Michael Wesbeher 41:56 Patrick Clark 43:11 James R. Mort 43:21
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M50 Fanie Kruger 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	W45 Marietjie Ceronio 8:30.8 W50 Veronica von Gordon 10:23.3 3000m Steeplechase M35 Elvin van Zyl 10:48. M40 Tobias Philander 10:04.	May 29 h Overall Julius Kibet 22 1:02:13 Naomi Wangui 25 1:16:00 M40 Ronnie Crozier 1:20:32	Susan Faber 17:46 Mary Level Menton 17:54 K Boyle-Petrera 18:26 Sarah Kramer 18:29 Janice Reilly 18:31	M55 Stephen Banks 72.42 Alan Ryder 72.46 M60 Greg Smith 74.16 Leon Sample 81.00 M65 Richard Williams 79.16 Joseph Conti 86.42	M55 Michael Wesbeher 41:56 Patrick Clark 43:11 James R. Mort 43:21 Joseph O'Gorman 43:30 Buzz Shiely 45:56
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M50 Fanie Kruger 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	W45 Marietjie Ceronio 8:30.8 W50 Veronica von Gordon 10:23.3 3000m Steeplechase 10:48. M40 Tobias Philander 10:04. M45 At Schoeman 12:26. M50 Sean Rice 10:55.	May 29 Description May 29 Description May 29 Description Description May 29 Description Description May 29 Description Description May 29 Description Description Description May 29 Description D	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	M55 Stephen Banks	M55 Michael Wesbeher 41:56 Patrick Clark 43:11 James R. Mort 43:21 Joseph O'Gorman 43:30 Buzz Shiely 45:56
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M50 Fanie Kruger 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	W45 Marietjie Ceronio 8:30.8 W50 Veronica von Gordon 10:23.3 3000m Steeplechase M35 Elvin van Zyl 10:48. M40 Tobias Philander 10:04. M45 At Schoeman 12:26. M50 Sean Rice 10:55. High Jump M30 Johan Mans 1.8	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	Susan Faber 17:46 Mary Level Menton 17:54 K Boyle-Petrera 18:26 Sarah Kramer 18:29 Janice Reilly 18:31 W45	M55 Stephen Banks Alan Ryder 72:42 72:46 M60 Greg Smith Leon Sample 74:16 81:00 M65 Richard Williams Joseph Conti M75 Don Trilling 79:16 86:42 M75 Don Trilling W35 Edie Ashton 2:30:00 W40 Laura Freix 64:25	M55 Michael Wesbeher Patrick Clark 43:11 James R. Mort 43:21 Joseph O'Gorman 43:30 Buzz Shiely 45:56 M60 Jim C. Lombardi 40:46 Michael Golash 43:13 Warren J. Prunella 44:30
M50 Fanie Kruger 27.7h M60 Jerry van Heerden 26.7h M70 Ron Cross 28.4h M75 Johannes Schoeman 31.7h M85 Carle Pace 48.9h W30 Charmaine de Toit 25.2h W35 Winnie de Winnaar 25.7h W40 Ronel Beukes 66.6h W45 Esca Taljaard 27.0h W50 Pam Immelman 29.6h	W45 Marietjie Ceronio 8:30.8 W50 Veronica von Gordon 10:23.3 3000m Steeplechase M35 Elvin van Zyl 10:48. M40 Tobias Philander 10:04. M45 At Schoeman 12:26. M50 Sean Rice 10:55. High Jump M30 Johan Mans 1.8	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	Susan Faber 17:46 Mary Level Menton 17:54 K Boyle-Petrera 18:26 Sarah Kramer 18:29 Janice Reilly 18:31 W45	M55 Stephen Banks 72:42 72:46 M60 Greg Smith 74:16 Leon Sample 81:00 M65 Richard Williams Joseph Conti 86:42 M75 Don Trilling 2:30:00 W35 Edie Ashton 70:45 W40 Laura Freix 64:25 Leslie MinnixWolfe 64:42	M55 Michael Wesbeher Patrick Clark 43:11 James R. Mort 43:21 Joseph O'Gorman 43:30 Buzz Shiely 45:56 M60 Jim C. Lombardi 40:46 Michael Golash 43:13 Warren J. Prunella 44:30 Chet Coates 47:48
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M50 Fanie Kruger 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 W60 Rita van Vuuren 34.1h W70 Christie du Ploy 39.1h W75 Isabel Hufmeyr 35.9h W80 Lena Grobler 52.9h 400m 53.39 M35 Michael Peacock 50.61 M35 Michael Schroeder 53.39 M45 Peter Srensch 58.8s M50 Johan Swiegers 55.9s M55 Phillipus Calitz 1:00.70 M60 Jerry van Heerden 1:10.90 M70 Miloje Grujic 1:09.80 M85 Carle Pace 2:01.60 W35 H	W45 Marietjie Ceronio 8:30.8 W50 Veronica von Gordon 10:23.3 3000m Steeplechase 10:48. M35 Elvin van Zyl 10:48. M40 Tobias Philander 10:04. M45 At Schoeman 12:26. M50 Sean Rice 10:55. High Jump M30 Johan Mans 1.8 M35 Albertus Lombard 1.6 M45 Johan Gouws 1.6 M50 Terry Browning 1.4 M55 Johan Du Preez 1.5 M60 David Heunis 1.2 M65 Nic Meyer 1.2 W35 Dinah Heymans 1.7 W45 Christa Mouton 1.6 W60 Kitty VD Merwe 1.7 W70 Gertie Theron 1.0 W75 Isabel Hofmeyr 1.0 Pole Vault 3.3 M40 Richard John 3.3 M50 Johan Allers 2.8 M55 Pieter Kruger 2.6 W40 Gerda Jacobsohn 2.6 Long Jump 4.0 M30 Hermie Rossouw 6.0 M45 Patrick Calasse	May 29 Overall	Susan Faber 17:46	M55 Stephen Banks Alan Ryder 72.46	M55 Michael Wesbeher Patrick Clark 43.11 James R. Mort 43.21 Joseph O'Gorman 43.30 Buzz Shiely 45.56 M60 Jim C. Lombardi 40.46 Michael Golash 43:13 Warren J. Prunella 44:30 Chet Coates 47:48 M65 Benito Vazquez 46:56 Ken Quincy 47:40 Carl Cox 48:03 John Gluck 50:43 M70 Jerry Lewis 46:43 Robert W. Smith 53:58 M75 Harry Bratt 59:17 Bill Morrison 1:08:34 W40 Maria Spinnler 38:05 Janice Reilly 38:37 Laura Freix 39:14 Donna Moore 39:22 W45 Lee DiPietro 36:38 Patti Shull 38:26 Kathleen Hibbert 45:24 Carole Roeder 46:06 W50 Betty Blank 42:38 Anne Del Castillo 48:28 Marjorie Marque 50:51 Linda MacDermid 50:228 W55 Alice Franks 45:34 C. Van Brocklin 48:16 Mary Lynne Hays 50:38 Jane R. Poole 51:12 W60 Sharon Dolan 45:37 Priscila Prunella 48:26 Paula B. Compton 1:05:20 W65 Tami Graf 57:58 W70 Ann Coquelin 1:09:55 Jacqueline O'Neil 1:10:04 NYRR Downtown Dash 4K Financial District, NYC May 18 Overall Alexander Belavin 31 Alexander Belavin 34
M50 Fanie Kruger 27.7h M60 Jerry van Heerden 26.7h M70 Ron Cross 33.6h M75 Johannes Schoeman 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 W70 Christie du Ploy 39.1h W70 Koristie du Ploy 39.1h W70 Sabel Hufmeyr 35.9h W80 Lena Grobler 50.61 M30 Michael Peacock 50.61 M35 Michael Schroeder 50.61 M40 Roelof Swanepoel 53.39 M45 Peter Srensch 58.88 M55 Phillipus Calitz 1:00.70 M60 Jerry van Heerden 1:09.80 M70 Miloje Grujic 1:09.80 M85 Carle Pace 2:01.60 <tr< td=""><td>W45 Marietjie Ceronio 8:30.8 W50 Veronica von Gordon 10:23.3 3000m Steeplechase 10:48. M40 Tobias Philander 10:04. M45 At Schoeman 12:26. M50 Sean Rice 10:55. High Jump M30 Johan Mans 1.6 M35 Albertus Lombard 1.6 M45 Johan Gouws 1.6 M50 Terry Browning 1.4 M55 Johan Du Preez 1.5 M60 David Heunis 1.2 M65 Nic Meyer 1.2 W35 Dinah Heymans 1.7 W45 Christa Mouton 1.7 W60 Kitty VD Merwe 1.7 W75 Isabel Hofmeyr 1.0 Pole Vault 3.0 M40 Richard John 3.1 M55 Pieter Kruger 2.6 W40 Gerda Jacobsohn 2.6 Long Jump 3.0 M35 Mark Cresswell 5.6 M40 Francois Oosthuizen 4.6 M55 Gerhard Joubert 4.6 M60 Tiens VD Mescht 4.0 M65 Richard Polley</td><td> May 29 Overall </td><td> Susan Faber 17:46 </td><td> M55</td><td>M55 Michael Wesbeher Patrick Clark 43.11 James R. Mort 43:21 Joseph O'Gorman 43:30 Buzz Shiely 45:56 M60 Jim C. Lombardi 40:46 Michael Golash 43:13 Warren J. Prunella 44:30 Chet Coates 47:48 M65 Benito Vazquez 46:56 Ken Quincy 47:40 Carl Cox 48:03 John Gluck 50:43 M70 Jerry Lewis 46:43 Robert W. Smith 53:58 M75 Harry Bratt 59:17 Bill Morrison 1:08:34 W40 Maria Spinnler 38:05 Janice Reilly 38:37 Laura Freix 39:14 Donna Moore 39:22 W45 Lee DiPietro 36:38 Patti Shull 38:26 Kathleen Hibbert 45:24 Carole Roeder 46:06 W50 Betty Blank 42:38 Anne Del Castillo 48:28 Marjone Marque 50:51 Linda MacDermid 52:28 W55 Alice Franks 45:34 C. Van Brocklin 48:16 Mary Lynne Hays 50:38 Jane R. Poole 51:12 W60 Sharon Dolan 45:37 Priscila Prunella 48:26 Paula B. Compton 1:05:20 W65 Tami Graf 57:58 W70 Ann Coquelin 1:09:55 Jacqueline O'Neil 1:10:04 W75 Sister Maria 2:05:16 W80 Hedy Marque 1:19:04 NYRR Downtown Dash 4K Financial District, NYC May 18 Overall Alexander Belavin 31 Alexandra Horowitz 34 M40 Kevin Brewer 13:59</td></tr<>	W45 Marietjie Ceronio 8:30.8 W50 Veronica von Gordon 10:23.3 3000m Steeplechase 10:48. M40 Tobias Philander 10:04. M45 At Schoeman 12:26. M50 Sean Rice 10:55. High Jump M30 Johan Mans 1.6 M35 Albertus Lombard 1.6 M45 Johan Gouws 1.6 M50 Terry Browning 1.4 M55 Johan Du Preez 1.5 M60 David Heunis 1.2 M65 Nic Meyer 1.2 W35 Dinah Heymans 1.7 W45 Christa Mouton 1.7 W60 Kitty VD Merwe 1.7 W75 Isabel Hofmeyr 1.0 Pole Vault 3.0 M40 Richard John 3.1 M55 Pieter Kruger 2.6 W40 Gerda Jacobsohn 2.6 Long Jump 3.0 M35 Mark Cresswell 5.6 M40 Francois Oosthuizen 4.6 M55 Gerhard Joubert 4.6 M60 Tiens VD Mescht 4.0 M65 Richard Polley	May 29 Overall	Susan Faber 17:46	M55	M55 Michael Wesbeher Patrick Clark 43.11 James R. Mort 43:21 Joseph O'Gorman 43:30 Buzz Shiely 45:56 M60 Jim C. Lombardi 40:46 Michael Golash 43:13 Warren J. Prunella 44:30 Chet Coates 47:48 M65 Benito Vazquez 46:56 Ken Quincy 47:40 Carl Cox 48:03 John Gluck 50:43 M70 Jerry Lewis 46:43 Robert W. Smith 53:58 M75 Harry Bratt 59:17 Bill Morrison 1:08:34 W40 Maria Spinnler 38:05 Janice Reilly 38:37 Laura Freix 39:14 Donna Moore 39:22 W45 Lee DiPietro 36:38 Patti Shull 38:26 Kathleen Hibbert 45:24 Carole Roeder 46:06 W50 Betty Blank 42:38 Anne Del Castillo 48:28 Marjone Marque 50:51 Linda MacDermid 52:28 W55 Alice Franks 45:34 C. Van Brocklin 48:16 Mary Lynne Hays 50:38 Jane R. Poole 51:12 W60 Sharon Dolan 45:37 Priscila Prunella 48:26 Paula B. Compton 1:05:20 W65 Tami Graf 57:58 W70 Ann Coquelin 1:09:55 Jacqueline O'Neil 1:10:04 W75 Sister Maria 2:05:16 W80 Hedy Marque 1:19:04 NYRR Downtown Dash 4K Financial District, NYC May 18 Overall Alexander Belavin 31 Alexandra Horowitz 34 M40 Kevin Brewer 13:59
M50 Fanie Kruger 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 W60 Rita van Vuuren 34.1h W70 Christie du Ploy 39.1h W75 Isabel Hufmeyr 35.9h W80 Lena Grobler 52.9h 400m 53.39 M35 Michael Peacock 50.61 M35 Michael Schroeder 53.39 M45 Peter Srensch 58.8s M50 Johan Swiegers 55.9s M55 Phillipus Calitz 1:00.70 M60 Jerry van Heerden 1:10.90 M70 Miloje Grujic 1:09.80 M85 Carle Pace 2:01.60 W35 H	W45 Marietjie Ceronio 8:30.8 W50 Veronica von Gordon 10:23.3 3000m Steeplechase 10:48. M35 Elvin van Zyl 10:48. M40 Tobias Philander 10:04. M45 At Schoeman 12:26. M50 Sean Rice 10:55. High Jump M30 Johan Mans 1.8 M35 Albertus Lombard 1.6 M45 Johan Gouws 1.6 M50 Terry Browning 1.4 M55 Johan Du Preez 1.5 M60 David Heunis 1.2 M65 Nic Meyer 1.2 W35 Dinah Heymans 1.7 W45 Christa Mouton 1.6 W60 Kitty VD Merwe 1.7 W70 Gertie Theron 1.0 W75 Isabel Hofmeyr 1.0 Pole Vault 3.3 M40 Richard John 3.3 M50 Johan Allers 2.8 M55 Pieter Kruger 2.6 W40 Gerda Jacobsohn 2.6 Long Jump 4.0 M30 Hermie Rossouw 6.0 M45 Patrick Calasse	May 29 Overall	Susan Faber 17:46	M55 Stephen Banks Alan Ryder 72.46	M55 Michael Wesbeher Patrick Clark 43:11 James R. Mort 43:21 Joseph O'Gorman 43:30 Buzz Shiely 45:56 M60 Jim C. Lombardi 40:46 Michael Golash 43:13 Warren J. Prunella 44:30 Chet Coates 47:48 M65 Benito Vazquez 46:56 Ken Quincy 47:40 Carl Cox 48:03 John Gluck 50:43 M70 Jerry Lewis 46:43 Robert W. Smith 53:58 M75 Harry Bratt 59:17 Bill Morrison 1:08:34 W40 Maria Spinnler 38:05 Janice Reilly 38:37 Laura Freix 39:14 Donna Moore 39:22 W45 Lee DiPietro 36:38 Patti Shull 38:26 Kathleen Hibbert 45:24 Carole Roeder 46:06 W50 Betty Blank 42:38 Anne Del Castillo 48:28 Marjorie Marque 50:51 Linda MacDermid 50:228 W55 Alice Franks 45:34 C. Van Brocklin 48:16 Mary Lynne Hays Jane R. Poole 51:12 W60 Sharon Dolan 45:37 Priscila Prunella 48:26 Paula B. Compton 1:05:20 W65 Tami Graf 57:58 W70 Ann Coquelin 1:09:55 Jacqueline O'Neil 1:10:04 NYRR Downtown Dash 4K Financial District, NYC May 18 Overall Alexander Belavin 31

page 22		
M50 Francisco Rodriguez	15:42	Ed Lindo
M55 David Pitches	16:31 M45	David O'Keeffe
	15:33 18:50	John Evans
M70 James Marr, Jr	24:10	Kevin Hanlon Richard Stanki
M/5 William Fortune	19:25	Dick Rybinski
W45 Michele Falkow	18:24	David Cusano
W50 Lynn Lopez W55 Patricia Brintle	20.04	Chuck Fahey Jeffrey Strauss
W60 Patty Parmalee		Daniel Kanaley
W65 Naomi Vogel	24:27 M60	George Luke
		Paul Halbert Louis Dimento
		Martin Harms
		Samuel Clemer
Nissan Buffalo Maratho		Jon Leifer Joseph Penaba
Half-Marathon Buffalo, NY; May 30		Jerry Bisson
		Martin Rothenb
Overall Kassahun Kabiso 2:2		Hart Anway Holly Morganti
		Susan Munson
M35 Jim Park 2:4		Elena Camacho
MicheaGeorgeneau2:5 M40 Charles Smullen 3:0	7:50 1:42 W451	Maggie Knapp Patti Depaulis
		orrie Raffa
Ron D. Olsen 3:0	3:44	Carol Wittig
		Terry Richey Kathy Frawley
		Kathleen Koss
M50 Richard Black 3:2	6:38 W55	lean Hood
Wing-KwongKeung3:3 Bruce W. Pratt 3:3		Mary Leatherma
		loan Osier Sylvia Noll
John G. Grec 4:1	1:54	Gloria Colton
	5:32 7:00 Key	ybank Vermo
		thon, Burling
	8:04	May 30
	1:40 7:32 Overa	
Shelagh Sweeney 3:0	2:52 Peter	Fleming 43 Heffernan 31
		oris Dzikovski
	1:02	rank Mainville
Robin J. Smith 3:4	1.50 MAU P	eter Fleming mest Brake
	6:32 M45 T	ony Bates
IsabelleSchweitzer 4:0	1:55 M50 N	Richard Foote Mark Nelson
W55 Tillie M. Clark 4:2 Kathleen Kreis 4:5	1:58 F	aul Moyse
	7 40	Charles White Richard Edward
Half-Marathon	M60 Z	eke Zucker
Overall Steve A. Bohan 1:1		awson Noyes Albert Miclette
Judy S. Arlington 1:2	4:46 F	red Bostrom
		Robert Cordner awrence Corle
Herb L. Cratty 1:2	1:05 M75 C	Sene Bandler
	21:13 W35N	Missy Foy
		Nathalie Goyer Mary Lynn Curr
David A. Pape 1:3	31:30	Maureen Burns
		Susan Hackney
Fred G. Lew 1:2	26:48 W50	iz Champagne (ate Hunter
11100 001111 011111111111	27:03	Moria Dumin
	11.12 VV331	Mary Loesch Patricia Cardwe
	24:32 WED!	Rosemary Rusi
		Barbara MacAr Betty Lacharite
Salvatore LaMastra1:4	12:25	Jeannette Cyr
	42:29 54:21	
M75 Richard Sullivan 2:0	00:36	Blue Onion 1
	14.00	artford, CT; M
	24:46 OVE 25:39 LEW	IS JONES (25
Jeanne Chiarmonte 1:	33:10 S LI	ETENDRE (45
	39:10 M40 28:01	E DOS SANTO
Sue Panaro 1:	39:26	KEN CLARK
	40:25 M45 40:52	MICHAEL MUNI
	50:44	JOHN HARRIS
Pattie J. Paul 1:	52:45 M50	JOHN DICARLO
	52:10 10:56	EDD GORECKI
Michaelina Clark 2:	32:03 M55	DAVID CONDI
	49:43 22:31	KENNETH CAR
W65 Edye P. Radice 2:	15:04 M60	RUSS TEW
	45:50 36:47	TOM CARROLL RICHARD ERIC
Helen J. Bueme 2:	38:47 M65	GEROLD MULL
W75 ReginTumidajewicz 3:	09:31 M70	JOHN BROWNE
Fayetteville Classic 1	OK W40	DEBBIE SETT
Fayetteville, NY; May	30	MARIA TOUGA
Overall	W45	SIDNEY LETER

Fayetteville Class Fayetteville, NY; M	
Overall	
larbi Khattabi 37	29:11
Atalech Ketema 21	34:52
440 Mike Pfohl	36:05
Pick 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 Straussma	
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

50:10

41:40 46:49

49:38

49:08 52:23 54:13

53:03

59:50

1.01.37

W60 Sylvia Noll Gloria Colton 1:03:51 Keybank Vermont City Marathon, Burlington, VT May 30

Mary Leatherman Joan Osier

May 30	
Overall	
Peter Fleming 43	2:24:02
Caryn Heffernan 31	2:46:52
M35 Boris Dzikovski	2:50:29
Frank Mainville	2:51:06
M40 Peter Fleming	2:24:02
Emest 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 MacArthu	1.50.07
W65Betty Lacharite	4:59:07
Jeannette Cyr	5:22:16

Blue Onion 10K Hartford, CT; May 31

	ittora, or, may	
	RALL	
LEW	IS JONES (25-29)	32:24
S LI	ETENDRE (45-49)	38:51
M40	LEONARDU MOYA	32:57
	E DOS SANTOS	34:40
	KEN CLARK	34:45
M45	MICHAEL MUNROE	
	DENNIS BARONE	37:06
	JOHN HARRISON	37:59
M50	JOHN DICARLO	
	DANIEL LAVOIE	
	EDD GORECKI	39:46
M55	DAVID CONDIT	42:03
	KENNETH CARUSO	47:06
	KEN BALLETTE	47:58
M60	RUSS TEW	47:17
	TOM CARROLL	48:20
	RICHARD ERICSON	149:12
M65	GEROLD MULLER	51:21
	JOHN BROWNE	52:19
M70	ALAN SCHWARTZ	50:50
W40	DEBBIE SETTANI	41:19
	N FITZGIBBON	
	MARIA TOUGAS	43:32
W45	SIDNEY LETENDRE	
	DEBBIE FRANCIS	45:09
	DEA COLLINS	

W50 VIANNA ZIMBEL

42:39

W55	BARBARA KREAM	51:51
	JUDITH PALIMER	153:49
W60	B FRASCA	61:56
NY	RR Anniversary	Run

4.6K, Central Park, NYC

June 6	
Overall	
Conor O'Driscoll 43	15:16
Stephanie Hodge 38	17:11
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
470 Kenneth Jones	22:59
M75 David Jenkins	29:09
M80 Sab Koide	27:53
490 Abraham Weintraub	52:37
V40 Corinna Cortes	17:49
V45 L Branche	18:29
V50 Laurie Harris	24:57
V55 Ann Makoske	20:59
V60 Laurie Baker	23:05
V65 Margaret Carinci	26:57
V70 Ginette Bedard	23.22
V75 Joan Rowland	32:50
V80 Grace Salant	52:18
COUTTLE	CT

SOUTHEAST

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

Coral Gables, FL, I	,	20
Top Overall		
JESUS RAMIREZ	28	15:37
JESUS RAMIREZ CAROL POSTIGO	42	19:03
M40 WALTHON MAXWEL	42	17:57
JOHN ABBOTT	43	18:16
JOHN ABBOTT KEITH BALL	44	18:33
FAR VICKTE STEHREN	44	21 . 30
MARTA JARA	42	21:43
MARTA JARA ROBIN INGEGNO M45 GENO MARRON	40	21:56
M45 GENO MARRON KEVIN MUILMAN MARTIN MULL	47	19:55
KEVIN MUILMAN	45	20:15
MARTIN MULL	46	20:30
F45 C. RAES-BARNARD	49	21:32
DIANE KROSE MARY JO FRY	45	22:11
MARY JO FRY	45	25:47
MSØ JIMMY BOESCH	53	18:00
AMILCAR NOGUERA	51	20:05
ALBERTO ALMORA	50	20:11
F50 JANE HARLAN		
COLLEEN NEWCOME		
MARILYN WHIPPLE MSS AL SWENSON	54	24:35
MSS AL SWENSON	57	17:34
CHARLIE GALLOWA	Y55	19:06
JOHN CORCORAN	56	19:20
FSS CAROL KARCH	56	27:37
JOHN CORCORAN F55 CAROL KARCH BRENDA ANDREA GAIL WALKER M60 BILL OBRIEN	55	28:48
GAIL WALKER	55	29:01
AL SHAMOUN	60	20:30
		20:45
BOB BROADWATER	63	25.50
F60 HYLA SCHILLER JUNE SIEGEL	63	41.37
DIANA DODDAS	62	42.31
DIANA PORRAS M65 LOUIS BEST	67	23.40
EDAN HEDNANDET	67	25.40
WIN CDEADS	68	20.42
M701 HANS FENDI	74	23.42
FRAN HERNANDEZ WIN SPEARS M70+ HANS FENDL MARTIN QUINN	73	26.19
GEORGE GEORGE	72	30.30
GEONGE GEONGE	16	30.30

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

Over	all	
John	Itati 30	29:4
	a S-Zhdanova	36:19
	Brian Pope	31:4
	Andrew Masai	31:4
	Chris Chattin	34:0
	Larry Taylor	34:4
	Tim Ensign	35:0
	Pat Alexander	35:0
	Bernard W. Dunne	35:2
	Marty Clarke	37:29
	Matthew C-Smith	38:3
	Randy McFarland	38:45
M45	Eric Putnam	33:45
	John Tuttle	34:20
	Ken Youngers	36:3
	Joe Francica	36:5
	David McKinney	37:49
M50	Lloyd Boone	37:4
	Clint Jones	40:1
	Rich Rodenhausen	41:0
	Richard Royce	41:48
	David Branner	42:0
M55	Donald Brown	39:2
	Wes Wessely	40:10
	Gary Grace	41:0
	Jim Worthey	43:0
	Dave Micale	43:10
	Dick Franklin	43:17
M60	Jim Upton	43.1
	Tad Jurgens	42:22
	Morgan Looney	43:3
	Russ Brown	43:56
	Jim Strowd	44:22
M65	Fay Bradley	41:4
	John Conroy	46:3
	Tim Hopper	48:44
M70	Tom Ray	47:23
	Malcolm Gillis	48:3
	Kelly Stinson	50:05

M75 B P Daniel Michael Dooley M80 James Howell Jim Hamilton W40 Firaya S-Zhdanova Connie Robertson Gail Whelan Jennie Rountree W Hollingsworth Jane Estes W45 Jenise Fontenot Kathy Hill Övella Jessee Mimi Hughes Thea Ganoe W50 Molly Gerke Maureen Higgins Sarah Grace Neva Beasley 68 46 77 58 63 15 64 23 36 19 39 34 44 18 47 50 47 59 48.19 44.20 48.29 49.21 51.51 51.51 48.06 52.19 52.58 56.30 54.38 57.47 53.20 59.21 61.25 Neva Beasley W55 Brenda Cooter Linda Clanton Vivian Drake W60 Anne Park Sue Burcham Jackie Clark 61 25 66 46 51 32 62 17 65 27 79 55 94 40 Betty Byrne W65 Susie Kluttz Barbara Meyer Yo Setser W75 Betty Dooley W80 Margaret Hagerty

Memorial Day Classic 5K Weston, FL; May 31

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 KRUZEL 1/ 19:11
TRACEY BUNCE 31 19:30
Top 3 Master Male
ALRIN SWENSON 57 17:31
JOEL CARDOSO 41 18:01
BOB MAYO 43 18:44
Top 3 Master Female
CHAR DAVIDSON 50 21:10
LAURIE KRUZEL 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 ZIRAKIS 44 26:25
SALOME ZIRAKIS 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 CAULLEY49 24:37
KUBIN MC CAULLETTS 24.31
TOM MOSCARITOLO 52 22:34
ART DANCE 52 23:06
FSO DEBBIE MOLINA 50 25:15 DEANNA SALSE 52 27:48
DEANNA SALSE 52 27:48
RITA MC MANUS 52 27:54 M55 JOHN CORCORAN 56 19:15
MSS JOHN CORCORAN 56 19:15
MICHAEL SIMPSON 55 24:03
JOHN FAILONI 57 24:18
FSS GAIL BEILEY 56 26:18
SALLY GOLDBERG 57 27:32
MONA FANDEL 56 29:19
MEO MIKE BRANIGAN 60 22:22
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
M75 ROBERT PERRAUD 76 33:51
MURRAY CERAMI 78 41:15
F75 RUTH PERRAUD 75 42:18 F80YIOLETE GAMACHE 83 65:57
FROYIOLETE GAMACHE 83 65:57

MID-AMERICA

Dam to Dam 20K

34:20	Des Moines, IA; Jui	ne 5
36:31 36:58	Overall	
37:49	Shadrack Kimeli 27	1:05:14
37:45	Robyn Friedman 31	1:15:58
40:11	M35 Todd Christensen	1:12:29
41:00	M40 John Mirth	1:06:03
41:48	Phil Kauder	1:13:13
42:00	Mike Kuckta	1:15:25
39:25	M45 Keith Fevold	1:11:34
40:10	John Taylor	1:16:35
43:02	Tom McBride	1:19:43
43:10	M50 Curt Hoegh	1:17:26
43:17	Rick Ironside	1:20:23
42:01	James LaPlant	1:24:26
42:22	M55 Gary Julin	1:22:51
43:34	David Schulte	1:31:25
43:56	Gary Patton	1:31:42
44:22	M60 Ronald McKay	1:27:56
41:46	Mike Bender	1:34:04
46:32	Jim Floyd	1:35:14
47:23	M65 Jack Wolcott	1:45:44
48:32	Ron Scott	1:47:29
50:09	Pete Domingue	1:59:05

M70 James Schleisman Glen Zirbel	1:36:10	Half-Marathon
		Overall
W35Bonnig Sons	1:18:54	RAFAEL RAMOS 3
Lisa Marshall	1:19:30	LAURA KNIGHT 34
Kim Anderson	1:21:33	M40 MAURICIO FRU
W40 Rhonda Brandt	1:28:22	M45 RICH GUST
Dana Kramer	1:29:02	M50 PAT SARACEN
Melanie Anderson	1:30:12	M55 FRANCISC RC
W45 Ann Ringlein	1:21:01	M60 CHUCK NAWR
Tricia McClain	1:24:52	M65 RENIER LANDE
Beth Henriksen	1:33:54	M70 WAYNE FONG
W50 Nancy Hoegh	1:29:25	M75 JOHN FEYK
Elaine Van Dyck	1:29:25	W35 KIMB HARRING
Claudia Scott	1:39:45	W40 DIANE SILVA
W55 Wanda Hartwigsen	1:48:17	W45 SHARON ALLE
Carol Eggert	2:01:29	W50 CARLE KIKUG
Janice Busby	2:02:28	W55 TRICIA MAXWE
W60 Judy Teeple	1:38:09	W60 WENDY WATS
Sandy Rupnow	1:55:00	W65 MARILYN CLA
Karen Book	2:28:59	W70MARIA ALARC
W65 Carol Hartman	2:15:54	W75 MARIE HOROW
W70Carol Rhodes	2:40:36	
COLUTIULE	0.70	Strawborn, St

SOUTHWEST

Beach to Bay Marathon Relay (six legs) Corpus Christie, TX

	May 15		
	Overall		
	M40+		
1	IAAP MASTERS	2:39:1	1
1	FLEET FEET RACING MAS	2:46:03	3
١	TEAM: FUKINA	2:48:41	1
1	M50+		
	TERRA FIRMA /HOUSTON TO	R2:45:51	1
١	RUNTEX SENIORS		
١	LUKES LOCKER GRAS	S2:50:50	8
1	M60+		
	SOLER SUPER SENIOR		
1	THE REALS ROSITAS S	3:57:3	1
1	OLD NO 7	4:19:51	1
1	W40+		
1	RUNNING CAJUNS TEX		
1	X-TREME HEAT		
1	0000110 011000	3:19:22	2
1	W50+		
1	WESTCOTT WOMEN HOUS		
١	NIFTY FIFTYS		
ı	LOST IN TRANSITION	3:57:41	
	W60+		

IAAP CORAZONES 3:06:48 WIND AT OUR BACK 04 3:15:02 WEST

HOUSTON HOT FLASH 4:47:30 IN MY MIND IM 29 5:00:45 Mixed40+ MID LIFE CRISIS 2:56:05

Palos Verdes Marathon & Half-Marathon Palos Verdes, CA; May 15

JAMES MAYNARD 36 2:45:51

Overall

MARIE WICKHAM 49	3:18:29
M35 JORGE PERALES	
JUSTIN LUTICK	3:13:45
P MCDONAGH	3:27:31
M40 D WESTERGAARD	
BRAD RAMBERG	
JOHN CHURNS	3:33:01
M45 VERNON LOEB	3:21:52
RAFAEL ARCEO	3:24:09
FIDEL MARTINEZ	
M50 BILL KISSELL	3:15:27
KEN KOESTNER	3:33:22
OSCAR FRICKE	3:36:02
M55 VAZG VARTANIAN	
	3:33:21
BILL BRAUN	3:38:17
M60 JESSE RASCON	3:44:40
MYUNG PARK EUGENE JACOBS	4:00:30
EUGENE JACOBS	4:39:10
M65 JAN STENSTROM	
PHILIP STRONG	
CLAUDE BRUNI	5:27:38
M70 THOMAS BASSLE	
M75+LEW HANKINS	4:59:30
FLAV BISIGNANO	
W35 DIVA BURNS MARLI CLINE	3:50:06
JOANNA MOORE	3:53:29
W40 TRACY THOMAS	3:55:19
LUCRE JACOBSON	
NOBUK PETERSON	
W45BLYTH MATSUOK	
CORILEONE	
BELLIND WALKER	
W50 SAUN WHITEHEAD	
CLAUDIA NEWSOI	
SUZANNE MILLER	
W55 MYUNG KIM	4:45:31
SHEILA GALINSKY	
W60 JULIA DUNPHY	
GABRIE HOUSTON	
JANICE KNAFELC	
W65 SHIRLEY BLUSH	
GLORIA BASSLER	
OLO! W. D. IOOLE!	0.00.20

ı	Overall	
ı	RAFAEL RAMOS 37	1:13:59
١	LAURA KNIGHT 34	1:26:57
ı	M40 MAURICIO FRUTOS	51:27:38
١	M45 RICH GUST	1:27:46
ı	M50 PAT SARACENO	1:37:56
ı	M55 FRANCISC ROBLE	S1:44:00
ı	M60 CHUCK NAWROT	1:51:31
ı	M65 RENIER LANDER	2:00:46
١		2:10:09
١	M75 JOHN FEYK	2:11:42
١	W35 KIMB HARRINGTO	N1:46:13
ı	W40 DIANE SILVA	1:37:06
ı	W45 SHARON ALLEN	1:57:48 .
١	W50 CARLE KIKUGAWA	A1:52:53
١	W55 TRICIA MAXWELL	1:59:57
ı	W60 WENDY WATSON	1:56:09
ı	W65 MARILYN CLARK	2:10:26
ı	W70 MARIA ALARCON	3:30:47
١	W75 MARIE HOROWITZ	4:48:30
ı		

Strawberry Stampede 10K & 5K Arroyo Grande, CA; May 29

		-,
	Overall	
	Mora Jameson	33:32
	Amy Conant	45:28
	M35 Thomas Weiss	34:48
	M40 Jeff Zahn	42:49
	M45 Jim Adelman	41:10
	M50 Michael O'Bannon	44:33
	M55 Dane Jones	48:57
١	M60 Comelius Pigott	49:32
	M65 Bill Garrett	51:45
	M70+Larry LaMay	56:47
i	W35 Deborah McCreary	44:30
	W40 Kelly Bey	50:15
	W45 Sheryl Collmer	47:56
ì	W50 Myrna Brown	56:03
	W55 Stephanie Welch	64:18
	W60 Karen Barron	63:20
	W65 Lisa Norcutt	75:29
1	5K	
1	Overall	
ı	Chris Hula	16:12
١	Jordan Hasay	17:33
	M35 Ralph Kaiser	18:30
1	M40 Paul Lee	18:21
١	M45 Juan Lucero	18:09
	M50 Eric Nelson	20:03
ı	M55 Stephen Wyer	20:40
ı	M60 Garry Pueraro	24:18
ı	M65 George Medina	26:03
١	M70+Don Dunn W35 Christine Allen	46:33
	W40 Michelle Anenberg	22:43
i	W45 Pam Ricci	22:01
١	W50 Sarah LinAamodt	23:30
1	W55 ClaudiaPiepenburg	28:18
ı	W60 Juliet Franzen	29:09
ı	W65 Mary Stallard	32:19
۱	W70+Elizabeth Baker	76:45
1	THE PERIL CONTROL	

Fiesta Days Run for the Y 5K & 10K

Overall Marco Arriaba 24 15.34 Kim Lorimer 22 17.45 M40 Andi Diconti 16.00 Rodrigo Casas 18.54 Trini Robles 19.08 M45 Bruce Vermaat 17.36 George Aguilera 19.39 John Frankman 20.16 M50 Tim Lynch 20.16 Mark Evans 23.21 Rod Essen 24.29 M55 Rog Weingaertner 19.33 Javier Rodriguez 19:20 Rick Joly 20:25 M60 Lee Baca 19:20 Raul Esquivel 24:03 M65 Ray Prizgintas Francisco Gallegos Francisco Gallegos 27:43 M70 Jerry McGill 28:01 M75 Milo Sather 28:27 M80+Bill Dietrich 84 46:05 W40 Rosa Arevalo 22:14 Caren Ware 22:11 Raissa Choi 22:14 W45 Kathy Diorio 22:38 Wendy Bracamonte 22:41 PhyllisBlazejewski 23:23	Los Angeles, CA; May 31		
Kim Lorimer 22 17.45 M40 Andi Diconti 16.00 Rodrigo Casas 18.54 Trini Robles 19.08 M45 Bruce Vermaat 17.36 George Aguilera 19:39 John Frankman 20.08 M50 Tim Lynch 20:16 Mark Evans 23:21 Rod Essen 24:29 M55 Rog Weingaertner 19:33 Javier Rodriguez 20:12 Rick Joly 20:25 M60 Lee Baca 19:20 Raul Esquivel 24:03 M65 Ray Prizgintas 26:03 Francisco Gallegos 27:43 M70 Jerry McGill 28:01 M75 Milo Sather 28:27 M80+Bill Dietrich 84 46:05 W40 Rosa Arevalo 21:45 Caren Ware 22:11 Raissa Choi 22:14 W45 Kathy Diono 22:38 W50 Donna Pittman 21:46 Rachelle Katz 24:44 W55 Yoko Eichel 20:02 Cindy Miller			
M40 Andi Diconti Rodrigo Casas Trini Robles 18:54 19:08 M45 Bruce Vermaat George Aguilera John Frankman 19:39 20:08 M50 Tim Lynch Mark Evans Rod Essen 23:21 23:21 Rod Essen 24:29 M55 Rog Weingaertner Javier Rodriguez Rick Joly 20:12 20:12 20:12 Rick Joly 20:25 20:12 20:12 20:12 20:12 Rick Joly 20:25 20:12 20:12 20:12 20:12 20:12 20:12 20:13 2			
Rodrigo Casas 18.54			
M45 Bruce Vermaat George Aguilera John Frankman M50 Tim Lynch Mark Evans Ago Essen M55 Rog Weingaertner Javier Rodriguez Rick Joly M60 Lee Baca Raul Esquivel M65 Ray Prizgintas Francisco Gallegos M70 Jerry McGill M75 Milo Sather M80+Bill Dietrich 84 W45 Kathy Diono Wendy Bracamonte PhyllisBlazejewski W50 Donna Pittman Rachelle Katz W55 Yoko Eichel Cindy Miller W60 Carmen Connolly Kathy Vigil W65 Carol Davis Carol Ferris W70 Carren Connolly Kathy Vigil W65 Carol Davis Carol Ferris Sis 33 18 Carol Ferris Sis 33 37 20 Carol Ferris W70 Elaine Herfert W80+Dorothy Ramirez80 W60 Robert Bush M60 Robert Bush M613	M40 Andi Diconti		
M45 Bruce Vermaat George Aguilera John Frankman M50 Tim Lynch Mark Evans Rod Essen Javier Rodriguez Rick Joly M60 Lee Baca Raul Esquivel M65 Ray Prizgintas Francisco Gallegos M70 Jerry McGill M75 Milo Sather M80+Bill Dietrich 84 W40 Rosa Arevalo Caren Ware Phylis Blazejewski W45 Kathy Diorio Wendy Bracamonte Phyllis Blazejewski W55 Yoko Eichel Cindy Miller W60 Carmen Connolly Kathy Vigil M65 Carol Davis Carol Ferris W70 Elaine Herfert W80+Dorothy Ramirez80 37:20 M70 Elaine Herfert W80+Dorothy Ramirez80 37:20 M70 Charet Sathy Rodright M80+Dorothy Ramirez80 37:20 M80+Dorothy Ramirez80 37:20 M40 Robert Bush Sathy M40 Robert Bush Sathy M40 Robert Bush Sathy M40 Robert Bush Sathy Sathy M40 Robert Bush Sathy Sathy Sathy M40 Robert Bush Sathy Sathy Sathy M50 Robert Bush Sathy Sathy Sathy Sathy M50 Robert Bush Sathy M50 Robert Bush Sathy	Hodrigo Casas	18:54	
George Aguilera John Frankman M50 Tim Lynch Mark Evans Rod Essen M55 Rog Weingaertner Javier Rodriguez Rick Joly M60 Lee Baca Raul Esquivel M65 Ray Prizgintas Francisco Gallegos M70 Jerry McGill M75 Milo Sather M80+Bill Dietrich 84 W40 Rosa Arevalo Caren Ware PhyllisBlazejewski W55 Yoko Eichel Cindy Miller W60 Carmen Connolly Kathy Vigil W65 Carol Davis Carol Ferris W60+Dorothy Ramirez80 W70 Elaine Herfert W80+Dorothy Ramirez80 W61 Ramirez80 W61 Ramirez80 W70 Elaine Herfert W80+Dorothy Ramirez80 W70 Elaine Herfert W80+Dorothy Ramirez80 W61 Ramirez80 W61 Ramirez80 W70 Elaine Herfert W80+Dorothy Ramirez80 W70 Elaine Herfert			
John Frankman 20:08 M50 Tim Lynch 20:16 Mark Evans 23:21 Rod Essen 24:29 M55 Rog Weingaertner Javier Rodriguez 20:12 Rick Joly 20:25 M60 Lee Baca 19:20 Raul Esquivel 24:03 M55 Ray Prizgintas 26:03 Francisco Gallegos 27:43 M70 Jerry McGill 28:01 M75 Milo Sather 28:27 M80+Bill Dietrich 84 46:05 W40 Rosa Arevalo 21:45 Caren Ware 22:11 Raissa Choi 22:14 W45 Kathy Diono 22:38 Wendy Bracamonte 24:41 W45 Kathy Diono 22:38 Wendy Bracamonte 24:44 W55 Yoko Eichel 22:02 Cindy Miller 29:47 W60 Carmen Connolly 26:11 Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:20 —10K Overall Rafael Ramos 37 32:02 Marie Romero 45 M40 Robert Bush 35:45 Chad Pratt			
M50 Tim Lynch 20:16 Mark Evans 23:21 Rod Essen 24:29 M55 Rog Weingaertner 19:33 Javier Rodriguez 20:12 Rick Joly 20:25 M60 Lee Baca 19:20 Raul Esquivel 24:03 M65 Ray Prizgintas 26:03 Francisco Gallegos 27:43 M70 Jerry McGill 28:27 M80+Bill Dietrich 84 46:05 W40 Rosa Arevalo 21:45 Caren Ware 22:11 Raissa Choi 22:14 W45 Kathy Diono 22:38 Wendy Bracamonte 22:41 PhyllisBlazejewski 23:23 W50 Donna Pittman 21:46 Rachelle Katz 24:44 W55 Yoko Eichel 20:02 Cindy Miller 29:47 W60 Carmen Connolly 26:11 Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17	John Frankman		
Mark Evans Rod Essen 24 29 M55 Rog Weingaertner Javier Rodriguez Rick Joly 20:25 M60 Lee Baca 19:20 Raul Esquivel 24:03 M65 Ray Prizgintas Francisco Gallegos 27:43 M70 Jerry McGill 28:01 M75 Milo Sather 84:05 W40 Rosa Arevalo 21:45 Caren Ware 22:11 Raissa Choi 22:14 W45 Kathy Diorio 22:38 Wendy Bracamonte 24:41 PhyllisBlazejewski 23:23 W50 Donna Pittman 21:46 Rachelle Katz 24:44 W55 Yoko Eichel 22:02 Cindy Miller 29:47 W60 Carmen Connolly Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:20 —10K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	M50 Tim Lynch		
Mosa	Mark Evans	23:21	
Rick Joly M60 Lee Baca Raul Esquivel Raul Esquivel Raul Esquivel Raul Esquivel Raul Esquivel Rosa Francisco Gallegos Francisco Gallegos R743 M70 Jerry McGill R75 Milo Sather R80+Bill Dietrich 84 R80	Hod Essen		
Rick Joly M60 Lee Baca Raul Esquivel Raul Esquivel Raul Esquivel Raul Esquivel Raul Esquivel Rosa Francisco Gallegos Francisco Gallegos R743 M70 Jerry McGill R75 Milo Sather R80+Bill Dietrich 84 R80	M55 Rog Weingaertner		
M60 Lee Baca Raul Esquivel 19:20 August 19:20 Paul Esquivel 24:03 Paul Esquivel 24:03 Paul Paul Paul Paul Paul Paul Paul Paul	Javier Rodriguez		
Raul Esquivel	HICK JOIY		
M65 Ray Prizgintas Francisco Gallegos 27.43 M70 Jerry McGill 28.01 M75 Milo Sather 28.27 M80+Bill Dietrich 84 46.05 W40 Rosa Arevalo 21.45 22.11 Raissa Choi 22.14 22.14 W45 Kathy Diono 22.38 23.23 W50 Donna Pittman 21.46 Rachelle Katz 24.44 W55 Yoko Eichel 22.02 Cindy Miller 29.47 W60 Carmen Connolly Kathy Vigil 31.29 W65 Carol Davis 33.18 Carol Ferris 35.33 W70 Elaine Herfert 36.17 W80+Dorothy Ramirez80 37:20 -10K Overall Rafael Ramos 37 32.02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13			
Francisco Gallegos 27:43 M70 Jerry McGill 28:01 M75 Milo Sather 28:27 M80+Bill Dietrich 84 46:05 W40 Rosa Arevalo 21:45 Caren Ware 22:11 Raissa Choi 22:14 W45 Kathy Diorio 22:38 Wendy Bracamonte 22:41 PhyllisBlazejewski 23:23 W50 Donna Pittman 21:46 Rachelle Katz 24:44 W55 Yoko Eichel 22:02 Cindy Miller 29:47 W60 Carmen Connolly 26:11 Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13			
M70 Jerry McGill M75 Milo Sather M80+Bill Dietrich 84 W40 Rosa Arevalo Caren Ware Raissa Choi W45 Kathy Diorio Wendy Bracamonte PhyllisBlazejewski W50 Donna Pittman Rachelle Katz W55 Yoko Eichel Cindy Miller W60 Carmen Connolly Kathy Vigil W65 Carol Davis Carol Ferris W70 Elaine Herfert W80+Dorothy Ramirez80 W80+Dorothy Ramirez80 W65 Carol Davis Carol Ferris W70 Elaine Herfert W80+Dorothy Ramirez80 W65 Carol Davis Carol Ferris W70 Elaine Herfert W80+Dorothy Ramirez80	Francisco Gallegos		
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M80+Bill Dietrich 84 W40 Rosa Arevalo 21.45 Caren Ware 22:11 Raissa Choi 22:14 W45 Kathy Diono 22:38 Wendy Bracamonte PhyllisBlazejewski 23:23 W50 Donna Pittman 21:46 Rachelle Katz 24:44 W55 Yoko Eichel 22:02 Cindy Miller 29:47 W60 Carmen Connolly 26:11 Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	M75 Milo Sather		
Caren Ware Raissa Choi 22:14 W45 Kathy Diorio Wendy Bracamonte 22:41 PhyllisBlazejewski 23:23 W50 Donna Pittman Rachelle Katz W55 Yoko Eichel Cindy Miller W60 Carmen Connolly Kathy Vigil W65 Carol Davis Carol Ferris W70 Elaine Herfert W80+Dorothy Ramirez80	M80+Bill Dietrich 84	46:05	
Raissa Choi 22:14 W45 Kathy Diono 22:38 Wendy Bracamonte 22:41 PhyllisBlazejewski 23:23 W50 Donna Pittman 21:46 Rachelle Katz 24:44 W55 Yoko Eichel 22:02 Cindy Miller 29:47 W60 Carmen Connolly 26:11 Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:2010K10K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	W40 Rosa Arevalo	21:45	
W45 Kathy Diorio 22:38 Wendy Bracamonte 22:41 PhyllisBlazejewski 23:23 W50 Donna Pittman 21:46 Rachelle Katz 24:44 W55 Yoko Eichel 22:02 Cindy Miller 29:47 W60 Carmen Connolly 26:11 Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13			
Wendy Bracamonte 22:41 PhyllisBlazejewski 23:23 W50 Donna Pittman 21:46 Rachelle K'atz 24:44 W55 Yoko Eichel 22:02 Cindy Miller 29:47 W60 Carmen Connolly 26:11 Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	Haissa Choi	22:14	
PhyllisBlazejewski 23:23 W50 Donna Pittman 21:46 Rachelle Katz 24:44 W55 Yoko Eichel 22:02 Cindy Miller 29:47 W60 Carmen Connolly Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	W45 Kathy Diono	22:38	
W50 Donna Pittman 21:46 Rachelle Katz 24:44 W55 Yoko Eichel 22:02 Cindy Miller 29:47 W60 Carmen Connolly 26:11 Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	Phyllic Plazaiou pki		
Rachelle Katz	W50 Donna Pittman		
W55 Yoko Eichel 22:02 Cindy Miller 29:47 W60 Carmen Connolly 26:11 Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 Marie Romero 45 M40 Robert Bush 35:45 Chad Pratt 36:13			
Cindy Miller 29:47 W60 Carmen Connolly 26:11 Kathy Vigil 31:29 W65 Carol Davis 33:18 Carol Ferris 35:33 W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	W55 Yoko Eichel		
Kathy Vigil 31 29 W65 Carol Davis 33.18 Carol Ferris 35.33 W70 Elaine Herfert 36.17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32.02 Marie Romero 45 41:32 M40 Robert Bush 35.45 Chad Pratt 36.13	Cindy Miller	29:47	
Carol Ferris 35.33 W70 Elaine Herfert 36.17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32.02 Marie Romero 45 41:32 M40 Robert Bush 35.45 Chad Pratt 36.13	W60 Carmen Connolly	26:11	
Carol Ferris 35.33 W70 Elaine Herfert 36.17 W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32.02 Marie Romero 45 41:32 M40 Robert Bush 35.45 Chad Pratt 36.13	Kathy Vigil		
W70 Elaine Herfert 36:17 W80+Dorothy Ramirez80 37:20 10K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	W65 Carol Davis		
W80+Dorothy Ramirez80 37:2010K Overall Rafael Ramos 37 32:02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	Carol Ferris		
10K Overall Rafael Ramos 37 32 02 Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	W/90 Derethy Demiser	36:17	
Overall 37 32.02 Rafael Ramos 37 41:32 Marie Romero 45 41:32 M40 Robert Bush Chad Pratt 35:45 Chad Pratt 36:13	10K	37.20	
Rafael Ramos 37 32.02 Marie Romero 45 41:32 M40 Robert Bush Chad Pratt 35:45 36:13			
Marie Romero 45 41:32 M40 Robert Bush 35:45 Chad Pratt 36:13	Rafael Ramos 37	32:02	
M40 Robert Bush 35:45 Chad Pratt 36:13	Marie Romero 45		
Chad Pratt 36:13	M40 Robert Bush		
Felina Olmada 27.50		36:13	
relipe Offiedo 37.58	Felipe Olmedo	37:58	

July 2004	
M45 Gary Cohen	36:37
David Edgar	41:01
M50 Abel Ibarra Felix Vallicella	40:25
M55 Benjamin Caro Don Ocana	36:50
M60 Trini Espinoza Byron Melendy	39:22
Byron Melendy M65 Richard Castro	40:31 54:01
M75 Bry Thorne	80:10
W40 Ann Albert Allison Games	45:56 47:17
W45 M Romero	41 32 47 23
Erin Atwater W50 Komako Leland	47:23 54:51
Sylvia Edgar	58:00
W55 Bedky Parker Lois Franke	53:07
W60 Mary Kate	56:35
Hannelore Nese	57:07
Saddleback Memoria	al Half-
Marathon & 5K	(
Laguna Hills, CA; M	lay 31
Overall	
James Sheremeta 40	1:12:02
Mary Akor 27 M35 Juan Ramirez	1:23:19
M40 James Sheremeta	1:12:02
Gordy Haskett	1:21:27
David Schiller Michael Williams	1:22:47
Joe Sotelo	1:27:05
M45 Jeff Wong	1:20:38
Eddie Aldaco Wayne Mandelbaum	1:21:55
Chuck Barstow	1:29:35
William Scarff	1:31:14
M50 Rick Delanty Don Hassett	1:31:44
David Wilson	1:33:49
Raul Gutierrez	1:34:05
M55 Jim Heller Glenn Allder	1:37:21 1:39:42
Michael Naylor	1:44:36
David Alva	1:45:02
M60 James Salvo Mahn Suh	1:35:46
Chuck Nawrot	1:47:42
M65Luis Varga Don Smith	1:42:50
James Morris	1:55:20 2:02:04
M70 Stanley Polski	1:51:13
Bob Kohler Henderson Cleaves	2:13:42 2:18:37
M75 Hu Goldstein	2:15:54
Jae Yang	2:47:38
W35 Erin Petrossi W40 Cheryl Sheremeta	1:27:38
Sherri Ellerby	1:35:16
Sue Zihlmann	1:35:47
Noreene Matsuda Katie Tapia	1:36:42
W45 Renne Gardner	1:42:16
Lori Shepard	1:42:51
Cathy Shargay Sharon Feinberg	1:46:54
W50 Jennifer Smith	1:45:06
Candice Beck	1:45:09
Jean Schlesinger W55 Odette Osantowski	1:49:48
Brando Furtado	1:42:04
Jeanie Leitner	1:50:45
W60 Hiroko Spradlin Chris Heusser	2:07:55
Dorothy Strand	2:24:55

W75Mary Ehrlich 5:37:30 W80 Harnette Thompson6:07:22 Margaret Davis 6:12:42

NORTHWEST

Suzuki Rock N' Roll

Marathon

San Diego, CA; June 5

Tatiana Titova 28 2:29:36 M40 Michael Dorfstaetter2:38:57

Patrick Merrigan Carlos Alarcon

2:11:04

2:45:54 2:46:48

2:53:46 2:56:30

2:57:20 3:06:10

2:50:51

2:57:35

3:27:33

3:36:29

3:48:46

3:59:34

4:04:35

3:36:34 4:09:06

4:48:41 6:04:32

4:51:46 5:37:46

2:57:41 3:05:50

3:22:32

3:23:40

3:21:42

3:21:53 3:26:54

3:20:52

3:44:49 3:51:06

3-51-28

3:55:47

4:05:05

4:00:22 4:31:26 4:36:49

4:46:08 4:51:24

5:04:37 4:00:57

4:41:03 4:51:28

Joseph Ngolepus 30

M45 John Phillips Adan Holquin Kim Mc Donald M50 Greg Wilson Juan Sandoval Gary Grierson

M55 Terry Mc Cluskey

Michael Dove

Benjamin Caro M60 Francesco Criniti

Maurice Waters Maurice Jourdane

Theodore Seely

James Grindley M70 Manuel Cadena

James Woolf

Harold Vance M75 John Cross

M80 Bob Post Don Mc Nelly W40 Irina Bogacheva

Lisa Lord Holly Scott

W45 Christa Koot

Anita Wetter

Nancy Hunsaker W50 Mariat Fernandez

Bonnie Hooper Joan Bielinski

W55 Marilyn Carpenter

Kathy Miller

W65 Vasiliki Fischer Una Marie Pierce

Minam Ely W70 Gwen Mc Farlan

Elaine Gunn Annie Buchanan

W60 Betty Bulich

Patricia Bates

Sherryl Taylor Nellie Dickens

Rachael St Claire

M65 Stan Neumann

Overall

Capital City Marathon Half-Marathon & 5 Mile

1.00.11	Hair-Marathon & 5 N	niie
1:36:42	Olympia, WA; May	16
1:36:57	Overall	
1:42:16	John O'Hearn 42	2:48:21
1:46:54	Karen Steen 39	2:58:35
1:47:37	M35 James Robinson	2:57:40
1:45:06	Joseph Turk	2:58:49
1:45:09	Christopher Warren	
1:49:48	M40 John O'Heam	2:48:21
1:41:04	Jim Boyce	2:55:54
1:42:04	Kevin Prentiss	2:58:13
1:50:45	M45 Roger Volkmann	2:57:32
2:07:55	Martin Meyer	2:57:54
2:24:55	Brian Roby	3:12:24
2:27:31	M50 Pekka Termonen	2:49:56
2:20:02	Daniel Reynoldson	3:13:06
2:21:20	Stephen Hamilton	3:20:57
2:43:22	M55 Bob McNaught	3:03:46
2:39:54	Chuck Cammack	3:14:37
3:11:58	Rod Nelson	3:15:18
3.11.30	M60 Ronald Olsen	3:37:39
	Herb Allen	3:40:10
	Robert Leland	3:53:31
15:23	M65 Lionel Wilridge	3:45:47
18:13	Philo Short	4:00:31
15:46	Dick Anderson	4:13:47
16:17	M70 Pierce Cornelius	3:55:21
16:40	Grant Yule	4:39:04
18:17	Mel Preedy	4:40:27
18:53	W35 Karen Steen	2:58:35
20:59	Susan Champlain	3:03:33
22:50	Kristy Aalberg	3:14:27
24:10	W40 Alicia Britt	3:12:41
28:57	Judy Revell	3:31:33
41:26	Elizabeth Jones	3:32:25
18:13	W45Wendy Jones	3:43:11
18:47	Lesa Overfield	3:46:14
21:53	Connie Ridenour	4:00:04
20:03	W50 Chris Race	3:31:02
26:56	Janet Green	3:46:09
29:07	Mary Durham	3:56:19
41:30	W55 Gunhild Swanson	3:29:52
29:14	Rhonda Provost	3:57:38
53:44	Cass Newell	4:46:57
58:23	W60 Gloria Edmonds	5:07:15
56:18	W65 Elinor Jensen	5:17:54

2:27:31 2:20:02

2:21:20 2:43:22

2:39:54 3:11:58

Dorothy Strand W65 Elsie Billy

Patti Kennedy

Johann Appell 27 Christine Onufrak 35

M35 Dave Schumacher M40 Fred Cowles M45 Dave Parsel M50 Bob Morris

M55Bill Sumner

M65Bob Norton

M70 Allen Warren

W40 Ceci Stgeme W45 Beverly Andrew W50 Leslie James

W55 Carolyn Slade W60 Sally Wozniak W65 Patty Sperry W70 Cheiko Allwein

W75 Elinor Six W80 Mary Crum

W85 Hazel Trapp

M75 Eugene Young

M80 Gerald Lawrence W35 Christine Onufrak

M60 Alan Wakeling

Pat Herr Yvonne Weber W70 Amy Goldstein

-5K-Overall

	National M		
	Half-Marathon	157.157	
	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	
Н	M45 Frederick Motteler	1:17:56	
	Tom Rozwod	1:23:21	
	Andy Piercy	1:23:31	
	M50 Timothy Oguri	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	
Н	Janie Davis	1:34:35	
	Teresa Hougland	1:37:32	
П	W45 Joan Samuelson	1:24:28	
	Susan Long	1:43:52	
	Gloria Temple	1:44:05	
-1	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	2:45:50	
		2:15:50	
	W75Barbara Ryan	3:56:21	
	5M		
	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	
1	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

1	Bridge 8K	
1	Seattle, WA; May 23	
1	Overall	
1	Uli Steidl 32	23:59
	Lyudmila Vasilyeva 39	27:22
١	M35 Mark Vaneycke	25:40
١	M40 Tony Young	24:51
1	Bryan Postma	26:28
1	Doug Welch	27:01
١	M45 Frederick Motteler	27:41
	David Baumgarten	28:27
	Robinson Howell	28:28
	M50 James Leith	31:39
1	Doug Corbin	32:19
	Raymond Fitzgibbon	
١	M55 John Walter	31:20
ı	Jerry Crofoot	32:22
ı	Jim Mogill	32:26
١	M60 Leif Olson	26:03
1	Chris Steer	32:39
ı	Rich Friedlander	34:24
١	M65 Bill Iffrig	33:02
1	Ronald Brinton	33:57
ı	David Pitkethly	37:12
ı	M70+Bob Eaton	46:04
ı	John Gray	50:48
ı	Neil Voth	51:03
ı	Robert Coan 80	53:36 28:21
ı	W40 Cindy O'krane Ashley Hanseler	30:04
ı	Annette Rahn	31:42
ı	W45 Regina Joyce	28:48
ı	Gwen Robertson	35:26
۱	Ute Cray	37:25
ı	W50 Joan Gayman	33:06
	Janie Hefferwan	36:16
ı	There Herrels	27.22

W55 Karra Nichols

Phyllis Nelson

37:17

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

CANADA

	National Capital Marathon Ottawa, ONT; May 30		
1	Over	- Bertal	
		Rono M30	2:11:47
	Liou	Kortchaguina W30	2:30:53
		Bruce Deacon	
	M40	Michel Lavoie	2:30:45
		FranciszekStronsk	
		Mark Sullivan	2:52:15
	M45		2:47:31
		Jean-Olivier Ferror	
		Cly Vancaeyzeele	
	M50	Jean Gauthier	2:49:02
		Bruce Glasspoole	
		Richard Borsos	3:02:14
	M55	Cliff Hardick	2:58:27
		Jean-Y Levesque	
		Laurent Bouchard	
	M60		3:07:13
		Gerard Gravel	3:12:43
		Euclide Lanteinge	
	M65	Keijo Taivassalo	3:15:11
		Eugene Scanlan	3:59:51
	M70-	Marcel Bourgeault	
		Jim Robb	5:10:19
		Carol Howe	2:37:33
í	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
١		Marilyn Huot	3:30:12
	W55	Alice Heinrich	3:47:32
		Dee E. Simpson	4:33:11
	W65	Willma Lang	4:13:11
F	THE	Valerie Kilpatrick	4:18:24
	- 22		
	R	ACEWALK	NG

5:39 6:21 6:04

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

Overall Ronald Brown 61 Violeta Castro 57

M55 Wally Sterling

M60 Thomas Chinen M65 Isamu Okada M70 Austin Scolis M75 Earle Penn M80 Ralph Nishme M85 Nathan Shapiro W55 Violeta Castro W60 Vangle Campos W65 Nancy Malhortra W70 Virginia Rojas	7:03 8:14 7:04 8:40 7:56 9:09 6:21 7:05 8:21 8:23
5K Overall Alan Ede 64 Janet Robinson 62 M50 Gerald Harris M55 Gilberto Agreda M60 Alan Ede M65 Tony Castelli M70 Carl Acosta M75 Solomon Jamerson M80 Masashi Noritaki W55 Gwen Hampton W60 Janet Robinson W65 Shirley Capps W70 Patti Kennedy W75 Ruth Sachz	29:18 29:58 32:58 32:23 29:18 33:07 30:43 37:15 38:06 33:07 29:52 34:19 37:27 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 Moebs	58:53
W50 Cathy Mayfield	54:29

Al Saner Racewalks Point Pleasant, NJ; May 23

	2 07 22 2 25 05 2 41 04 2 21 05
-10K IJack Starr 75 A 2 Bob Mimm 79 1 Fran Emanuel 59 2 Panse Geer 57	R66:38 79:33 73:35 74:42
-5K 1 James Phelan 2 Ed Gawnski 77 1 Janine Stuart 43 2 Maria Paul 39 3 EileenDruckenmille4 4 Lana Kane 64 5 Isabel Keeley 52	34 20 36 42 33 35 33 44 2 38 35 38 50 43 15
om Quattrochi 53 Christopher Stuart 13 Ben Ottmer 70 lack Starr 75	9494 9493 8681 R8971
Dyas/8695m/1996) sob Mimm 79 Dave Romansky 64 Ed Gawinski 77 Marie Woodland 34 Sherry Brosnahan 52 Maria Paul 39 Janine Stuart 43 Fran Emanuel 59 Panse Geer 57 Eileen Druckenmiller 4	7575 7645 7851 8635 8590 8446 8446 8167 8163
Incom Drackeriminer 4	21002

MAC/USATF 20K Racewalk Championships/Empire State Games 10K Qualifier Central Park, NYC: May 23

Central Park, NTC, N	nay 23
20K	
Overall	
Paul Schwartzbrg 38	1:37:34
Loretta Schuellein 26	2:00:10
M45 Alexis Davidson	1:58:17
M50 Vlado Haluska	1:56:19
M55 Vyacheslav Troshkin	1:59:54
M60 Edorado Sorrenti	2:12:53
M70 Bob Barrett	2:07:03
W50 Barbara Shimasaki	2:45:09
10K	
Overall	
Nicholas Bdera 55	54:28
Roslyn Adams 17	57:39
M45 David Lee	1:05:02
M50 Andres Fernandes	1:14:48
M55 Nicholas Bdera	54:28
W60 Peggy Kane	1:40:18
1100 1 099) 110110	

Alongi 5K Classic Racewalk College of Marin, CA May 30

Overall	
Daniel Paris	21:43
Lisa Barbieri	22:13
M45 Kevin Killingsworth	27:11
M60 Bob Weeks	29:41
M65 James Beckett	30:32
M70 Jack Bray	28:31
M75 Bob Mimm	34:32
M80 John Levinsohn	40:08
W45 Jami Boshoven	33:08
W50 Diane McKay	38:24
W60 Jolene Steigerwalt	31:50
W70 Patricia McCaron	43:25

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - JULY 2004

ATHLETE(RESIDENCE) HERMAN HIRSCH(GER)	BIRTH A	
	DATE GF	20110
	DATE GE	
WEDNAM HIDSCHICED		ROUP
HEHMAN HIRSCH(GER)	7-8-9 95	5+
JOHN MCKNIGHT(CA)	7-27-9 95	
LARRY MILLER(GRANVILLE,OH)		-94
EDVARD TAMM(URS)		-94
DAVID SHRADER(ENTERPRISE,KS))-94
TED WILSON(US)		0-94
KURT SCHUMAKER(GER)		0-84
THOMAS CLAYTON(CARSON,CA)		0-84 0-84
DICK WAGNER-SMITH(SANTA SUSANA,CA)		0-84
RICHARD WARREN(CA) YOSHIMITSU MIYAUCHI(JPN)		0-84
GLENN BRADD(BLOOMINGTON,IL)	70001 00	0-84
LARRY GREGORY (PHILADELPHIA, PA)		0-84
BOB MCGOWAN(RANCHO MIRAGE,CA)		0-84
GAYLON JORGENSEN(HENDERSON,NV)	7- 2-29 75	5-79
MALCOLM PIRIE(AUS)	7- 2-29 75	5-79
THOMAS BROOKS(NYC,NY)		5-79
BIRGIR ASPLUND(SWEDEN)		5-79
WILLAIM GARRAHAN(RI)		5-79
WILLIAM COOK(TN)	7-2-34 70	
MAURICE HOUVION(FRANCE)		0-74
LEON TROUT(UNION,NJ)		0-74
MANFRED GARBISCH(GER)		0-74
ALEXANDER FINGER(US)		0-74 0-74
ROBERT SADLER(CHICAGO,IL)		
RICHARD HICKMAN(LIVERMORE,CA)		0-74 0-74
ARNOST BOLDAN(CZE)		5-69
LLOYD WALKER(NZ)		5-69
JAMES NELSON DA SILVA(BRA) DONALD RAMOS(APTOS,CA)		5-69
GLENN A. JOHNSON(BRISTOT,TN)		5-69
JEAN VALLES(FRA)		5-69
GABRIEL BERNAL(BRIGHTON,MA)		5-69
JOHN PERRY(LAGUNA HILLS,CA)		0-64
PAUL DUNGAN(PORTLAND,OR)		0-64
RICK LAPP(CORAM,NY)	7-18-49 5	5-59
NOLAN SHAHEED(PASADENA,CA)	7-18-49 5	5-59
JORGE GRAVE(POR)		5-59
KLAUS NEUENDORF(GER)		0-54
JUD LOGAN(US)		5-49
VELERIO SCHUTZ(GER)		5-49
VLADIMIR ZINCHENKO(UKR)		5-49
VIRGINIA TERRY(LONG BEACH,CA)		0-84
ANNE TRIGG(ST. PETERSBURG,FL)		0-84
HELEN PARKER(SYLMAR,CA)		5-79
RUTH ANDERSON(OAKLAND,CA)		5-79
ALEXANDER FINGER(PEARL RIVER,NY)		0-74
JEANNETTE CYR(US)		0-74
AGATHA SUE-LEE(US)		5-69 0-64
DORIE QUAM(BELLEVUE,WA)		0-64
PENNY DANIELSON(MILAN,IL) BRENDA MATTHEWS(ANAHEIM,CA)		5-59
ERIKA CAMPBELL(RIDGEWOOD,NJ)		5-59
EDIE STEVENSON(BOULDER,CO)		5-59
PAMELA WILLIAMS (MANDEVILLE, LA)		0-54
MICHELE FREEMAN(SEAL BEACH,CA)		0-54
CHRISTINE GREGOREK(SEEKONK,MA)		5-49
DONNA RICKS(BURNSVILLE,MN)		5-49
MARIE LYNNERUP(DEN)		0-94
KAY KENNETH-LOW(NZL)	7-29-14 9	0-94
EDITH JACOBSEN(DEN)		0-84
OLIVE WEBB(AUS)		5-79
BRENDA ATKINSON(GBR)		0-74
VERNY FALKEBORG(DEN)		0-74
DORIS KRUETZ((GER)	7- 6-39 6	5-69
HELEN SEARLE(AUS)		5-69
TAMARA DANILOVA(RUS)		5-69
CAROL GOULD(GBR)		0-64
MARJA-LEENA PARVIAINEN(AUS)		0-64
HELENA FIBINGEROVA(CZE)		5-59
MARGARETH TOMANECK(BEL)		5-59
DANIELLE DESMIER(FRA)		5-59
		5-59
SANDRA MEWETT(BER)	7.00 54 6	
GISELA OTIS(GER)		0-54
GISELA OTIS(GER) DANEA HERRON(GBR)	7-11-59 4	5-49
GISELA OTIS(GER)	7-11-59 4 7-17-59 4	

