

323rd Issue **July 2005** \$3.00



Third Wind

By MIKE TYMN

Approaching the Final Furlong

ugust 1980 doesn't seem all that long ago to me. However, if I were 28 instead of 68, it might very well seem a distant time. It was then that this column was aunched, meaning that this one marks 25 years of columns, 300 total.

When I stop to think that my early columns were composed on a typewriter using carbon paper and whiteout, I begin to realize that August 1980 was quite a long time ago. It was before computers, e-mail, faxes, and cell phones. How did we ever survive with such limited technology?

When I began this column, I had no idea as to how long of a run it would have. I knew I had enough ideas to keeping it going for a few years at least, but I don't think I really gave it

much thought beyond that. I knew from my experience of writing a weekly column on running and fitness for The Honolulu Advertiser, something I started two years earlier, that a regular column can overwhelm a person and limit other activities. It wasn't so much the writing time as it was the thinking time. I could usually compose and write a column in an hour

Difficult Task

It was coming up with subject matter that became increasingly difficult in Continued on page 6

21,058 Athletes to Compete in Canada

A total of 21,058 athletes - including 3043 track & field participants from 82 countries will compete in the 27-sport Sixth World Masters Games in Edmonton, Alberta, Canada, July

"We are extremely pleased with the number of athletes registered," said Games Executive Director Barry Anderson. "We believe our numbers reflect a growing awareness and appreciation for masters sport in North America ... one of the goals we set to achieve.

Twenty-three percent of the athletes are from Edmonton; 24% from the rest of Alberta; 20% from the rest of Canada; and 23% international mostly from Australia, the USA, and Russia; 58% are male; 42% female.

Another 2000 people have registered as companions, coaches or managers, bringing total participants to over 23,000.

Continued on page 7

25 Years of Excellence

This is the 300th consecutive monthly column written by Mike Tymn in the National Masters News. It's the longest writing streak in the running community. Since Tymn has reached the silver anniversary mark, we felt it was appropriate to celebrate by putting his column on page one this month.

Twenty-five years of consecutive quality monthly columns is an extraordinary achievement. In that span, Tymn has taken us from his days as a world-class master to his current status as a fitness jogger. Along the way he has given us training tips, educated us on some of the history of running, and helped us all come to terms with our own mortality.

We don't know how he does it, but we hope he continues into the foreseeable future.



Masters winners at the 2005 Mercedes-Benz Cotton Row Run (I to r): Lance Winders (4th), Jeff Terry (3rd), Brian Pope (1st), and John Tuttle (2nd).

Pope, Sultanova-Zhdanova Repeat Wins in Cotton Row 10K

HUNTSVILLE, Ala. - With his 32:07 win of the men's masters title at the 2005 Mercedes-Benz Cotton Row 10K, Brian Pope, 42, Oxford, Miss., joined Atlaw Belilgne (1985-87) and Andrew Masai (2000-02) as a three-time winner of the masters division of this Memorial Day

Although Firaya Sultanova-Zhdanova has a way to go before equaling Nancy Grayson's seven consecutive wins (1990-96) or Tatyana Pozdnyakova's four titles (1997, 18, '00 and '02), the 44-year-old Russian did something with her 34:33 win that neither of the other two accomplished. For the second straight year, Zhdanova was also the overall women's winner, taking \$1000 for the overall win and \$500 as top master.

In 2004, Andrew Masai had forced Pope to run 31:42 to win, but this year his closest competitor for top masters honors was John Tuttle, 46, Villa Rica, Ga., who ran 33:14 to take second (\$400). Tuttle

Continued on page 3

Hawaii to Host 38th USA Championships



Connie Comiso, first W40 (21:35), Mango Days 5K, Honolulu, Hawaii, June 5. Masters 8K Championships will be held in

Honolulu on Aug. 7.

After a 1000-mile trip from Eugene, Ore., in 2003, to Decatur, Ill., in 2004, the USA National Masters Track & Field Championships will do a U-turn and head back west, really west. The 38th edition of the championships will be held on the rainbow-colored track at the University of Hawaii's Cooke Field in Honolulu, Aug.

After a broad publicity and advertising campaign, meet organizers are hoping to attract a record number of participants for an outdoor championships. As soon as the Hawaii bid was approved, members of the Local Organizing Committee began promoting the meet by speaking at the athletes' meetings at outdoor and indoor championships, and at the USATF annual

The Hawaii LOC has also advertised extensively in the National Masters News, and national track and field publications. It hopes to lure athletes from other Pacific Rim countries as well.

Capitalizing on Hawaii's reputation as premier vacation destination, meet organizers have packaged the event as an

Continued on page 5

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Third Wind

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Cotton R Continued from page

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Tuttle seems from surgery las ular heart beat. Olympic marathe younger masters

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Masters Atl

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at 78

Cotton Row 10K

Continued from page 1

was followed by Jeff Terry, 42, Birmingham, Ala., in 33:45 (\$300) and the only close contest was for fourth, where Lance Winders, 42, Mansfield, Tenn., edged David Matherne, 40, Cartersville, Ga., 34:13 (\$200) to 34:16 (\$100).

Tuttle seems to have recovered nicely from surgery last fall to correct an irregular heart beat. At age 46, the former Olympic marathoner can still beat most younger masters in the South.

As expected, Sultanova-Zhdanova was well ahead of the other female masters runners. Connie Robertson, 42, Hapeville, Ga., repeated as runner-up with her 39:20. She was followed by Lori Goldweber, 41, Homewood, Ala.; Gail Whelan, 42, Huntsville; and Susan Hales, 40, Birmingham.

Sultanova-Zhdanova had to work hard for the overall win, overtaking another former winner, Breeda Dennehy-Willis in the fourth mile and pushing to a 16-second victory. Dennehy-Willis, 35, a 2000 Olympian in the 5000 and 10,000 for her native Ireland, took the lead early with a 5:13 mile and tried to build on it before the steep hill at three miles.

"I remembered the hill from last year," Sultanova-Zhdanova said. "I thought if I saved some for the downhill I could catch her." She did.

Pope's third win of the masters title at Cotton Row confirmed his status as top master in the Southeast at distances under 15K. However he has a "Rodney Dangerfield" attitude.

"I can't even get a waived entry fee in my hometown of Jackson, Mississippi," he said.

The best story in masters competition this year came between two school teachers, Winders and Matherne. Winders has been in the masters ranks for three years and knows the competition. Matherne is just learning.

"Going up the hill this tall guy (Winders) passed me, but he looked younger than a master," Matherne said. "Then around four miles I caught him and passed him, but still didn't think too much about it." Winders, on the other hand, knew Matherne was his competition.

"When he came by me at four miles I couldn't stay with him," Winders said. "But by the time we got to the last quarter mile, I was pretty close, and he seemed to be slowing a little."

"At a distance I thought the start banner was the finish line and planned my finish accordingly," Matherne said. "I didn't realize the finish was about another tenth of a mile down the street."

It was around the start line that Winders passed Matherne and built the three-second lead that gave him fourth place among the masters.

The field of grand masters was enhanced this year by a former Boston Marathon winner. Amby Burfoot, 58, Emmaus, Pa., was a guest of Cotton Row this year and had been the speaker at a Huntsville Track Club meeting on Saturday and the clinic speaker at the race

Expo on Sunday night.

During his speech at the club meeting, Burfoot recounted the details of his win at Boston in 1968 as a senior at Wesleyan University and told some humorous stories about running with celebrity runners Will Ferrell at Boston and Oprah at the Marine Corps Marathon. His clinic speech was a tongue-in-cheek presentation titled "Top 10 Ways to Blow Your Race Tomorrow."

The executive editor of Runner's World magazine was probably the only runner wishing for hot weather for the race. "I have an unusual tolerance for heat," Burfoot said.

The rest of the 1655 10K entrants were happy that the weather was unseasonably cool on Memorial Day. An additional 889 registered for the 5K that follows the 10K, and 340 kids entered the mile fun run. That made the total participation 2884, the largest number for this race since 1992.

In a note of thanks following the trip, Burfoot wrote, "I had the BEST time in Huntsville. I'm not exactly sure why, but it all worked out so seamlessly. The only thing I didn't like was all those fast ole runners you have in the 55+ and 60+ divisions. Tough dudes. Well, at least I can probably say that I train less than most of them"

Two outstanding age-group performances were turned in by David Jeffrey, 63, Semmes, Ala., who ran 39:33, and Susie Kluttz, 68, Winston Salem, N.C., who ran 51:07. The two oldest finishers were 83-year-old James Howell (1:07:51) of Huntsville, and 82-year-old Margaret

Hagerty (1:35:33) of Concord, N.C.

Although Don Laney, 56, Morgan City, Ala., did not win his age group, his actions deserve more recognition than Pope or Sultanova-Zhdanova.

Around the four-mile mark Laney noticed a fellow runner stagger and fall head first onto the pavement. Laney, a retired teacher/coach immediately stopped to check and realized Roberto Ramos, 52, was not breathing.

"It had been five or six years since I had taken a CPR course," Laney said, "but I knew I had to do something. I pounded on his chest a couple of times, and he gasped a little, but did not start breathing. About that time I heard a lady say 'I'm an emergency room nurse, you do the breathing and I'll do the chest compressions."

Laney and Lori Foy kept Ramos alive until an ambulance and an EMR team arrived, then finished the race together in 1:13:30.

Ramos had triple-bypass surgery two days later and returned home six days after the race.

"He would run by himself out on country roads," said Ramos' wife Kathy. "If this had happened to him out there, he would have been gone. God put some people in the right place at the right time."

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such oddities.

WRITE 💸

GENDER / DIVERSITY

years has been a mainstay of masters

competition and we hope it continues

as such. However, succumbing to cul-

tural fads and fancies corrosive of our

heritage will not help. I'll address two

LDR Report on "marathon demo-graphics," which may or may not inter-

est readers hurriedly scanning for meet

and "female," however the two sexes

are sloughed off as "gender" with no

mention of "sex," thus surrendering to feminists a cultural pillar many of us old-timers still cherish. Actually, terms

like "Gender and Age Breakdown,"

etc., lack the old charm and magnetism

Here's what Prof. Harold O.J.

"This is not only absurd, it is actual-

ly evil, and leads, to use the language

of seventeenth-century political

philosopher Johannes Althusius, 'to the

most certain disorder and confusion.

We are even taught to replace the word

sex, itself, as though it were unclean,

by gender. Gender is a grammatical

term and can be assigned by conven-

tion, but sex is a biological term and is

assigned by God. The 'gender police,'

at least some of them, think that gender

(sex) can be assigned by convention

While this may seem trivial, I

believe it goes to the root of our under-

standing of men and women, and, as

long as you are publicizing the subject,

2. In the same issue, George

just as it is in language."

deserves far more thought.

of real demographics.

Brown writes on the subject:

While mention is made of "male"

dates, event results and records, etc.

1. In your June issue appears an

Your helpful publication over the

Address Letters to: National Masters News P.O. Box 50098, Eugene, OR 97405 or

E-mail: natmanews@aol.com

Mathews asks, "Do we really want to

move ahead wthout diversity as part of our mission statement?" The

answer is, "Yes, George! You'd better believe it!" In the melting pot of

America, once educated in great uni-

versities and led by leaders urging unity of the races, normality was a

central feature, unplagued with corrosive post-60s obsession with the abnormal and alienated.

now the gobbledy-gook of the educa-

tion industry and has no place in the

organizational "strategic plan" of

masters competition. As Fresno coach

Red Estes said a while back, "The

only gauge I need is a stopwatch, not

nonsense like external, internal

"endeavoring to get an education on the subject," but he has a long, long

way to go before understanding that

the stuff on "diversity" he's repeating

from someone called Radious Yvonne

Guess or an outfit called "EDU Consultants" is sheer drivel. I could

If "we all have different ideas of what diversity is," what relevance is it to even a trumped "plan" for athletics?

By the way, just how does Mathews

intend to "start practicing diversity in

W. Edward Chynoweth

(The article, Marathon Growth in

the U.S. and Worldwide, published in

the June issue, was a release by the

Road Running Information Center to

countless recipients. The National

Masters News saw no need to alter its

Sanger, California

assign him far better homework.

everything" he does?"

contents. -Ed.)

Mathews is to be commended for

dimensions," etc.

Disunifying focus on "diversity" is

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Special thanks this month go to:

Henry Sypniewski James Young

AGE-GROUP CHALLENGE

Just to let everybody know that I enter the M85 age group on Dec. 25, 2005. And to let Al Guidet know that I'm coming after him to challenge his 60m and 100m times, after so many years when either he or I have been out of things due to injury.

We first met on the track at Goteberg in 1977, then Hanover, then Christchurch, New Zealand, etc.

Sylvester Stein London, England

KEEP THE MILE

I have been following with a great deal of interest the many letters concerning the metric system in the NMN.

The metric system is alive and wellin the United States, at least as to the running events. Our high school, college, and masters running events are all run in the metric system. Our road races are 5K, 10K, etc.

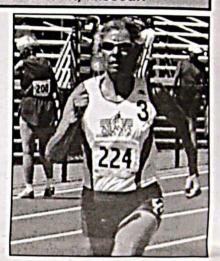
I don't hear any groundswell to change back to yards. It is very rare to see the results of a meet today that lists events in yards.

I have just one request. You can take away the quarter-mile and the half-mile, but leave the mile.

I fell in love with the mile in 1934 at age 14, when Glenn Cunningham of

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 edit-
- Not all submissions are pub-



Jeanne Daprano won the W65 400, 800 and

1500, 2004 USA National Masters Championships. The 2005 Championships will be held in Honolulu, Aug. 4-7.

the U.S. set a mile world record of 4:06.8. It has been my favorite event ever since. I ran the mile at Ohio University in 1941, 1946, and 1947, and I am still running it at age 85.

One would think that the mile, being a non-metric event, would have been dominated through the years by U.S. runners. But a search of the records shows that the mile has been dominated by runners from the rest of the world.

In the 71 years since Glenn Cunningham set the world record there have been 27 record holders (some more than once), and only one came from the U.S. That was Jim Ryun in 1966 with a 3:51.3 and again in 1967 with a 3:51.1.

I then wondered if the masters records would produce a different figure. There are 13 age groups listed for the masters mile record, from M35-39 to M95-99. Eight are from outside the

So the mile has always had universal appeal, and still does. This is the race that has been the heart and soul of track dating back to the days of the quest for the Holy Grail: the four-minute mile.

I would hope that, just like there will always be an England, there will always be a mile.

> Bill Benson Valley Stream, New York

July 2005

hope every National M sport. I wo regular mail. writings is mo Masters Track

In most cas has never been isn't much I comings of Na

In many cas are sanctioned Associations. letes to request and State Game sanctions for the they must Competition R lowing the rule the athlete brin officials and the doesn't work, p ciation that gav appropriate info

The USATI book is availab copy and ele http://www.usa

Help Meet We can hel problems by organizers. We this is all volur when there are we have to pitch compete.

I sure hope t conducted as D May issue. W help run these n lots of practice, it for the hard tioned meet. Yo sanction for aln meet sanction. I say to M

PETER TA

By BOB V USATF Me Peter Tayle mier announc



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NATIONAL MASTERS NEWS Subscription Form

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and racewalking. It contains

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Track & Field Report

By GEORGE MATHEWS Chairman, USATF Masters Track & Field

Write On! Responses

hope everyone understands that I read your input to the Write On! section of National Masters News every month with great interest. We need your input on our sport. I would recommend direct communication from readers either by e-mail or regular mail. We need to understand that the information contained in these monthly writings is more for public interest than for really getting something done by USATF Masters Track & Field.

In most cases, such communication has never been sent to me. Also, there isn't much I can do about the shortcomings of National Senior Games.

In many cases, Senior Games meets are sanctioned by our local USATF Associations. I would encourage athletes to request that local Senior Games and State Games organizers get USATF sanctions for their meets. That means they must follow the USATF Competition Rules. If they are not following the rules, I would suggest that the athlete bring the points to the meet officials and the meet organizer. If that doesn't work, please provide the association that gave the sanction with the appropriate information.

The USATF Competition Rules book is available from USATF in hard copy and electronically online at http://www.usatf.org.

Help Meet Organizers

We can help solve some of these problems by providing help to the organizers. We need to remember that this is all volunteer based. Sometimes when there aren't enough volunteers, we have to pitch in and help as well as compete.

I sure hope the Senior Games aren't conducted as Don Hudson wrote in the May issue. Why not have your club help run these meets? It's great to have lots of practice, but to get official credit for the hard work, you need a sanctioned meet. You can get a meet series sanction for almost the cost of a singlemeet sanction.

I say to Michael Vaught (NMN,

April 2005), "Don't give up." Look at USATF meets. We follow the rules. We should have 57 local association championships, seven regional championships and two national track and field championships every year. If you don't have one in your area, contact your local association and ask to have one. They probably need your help. You can also contact your regional coordinators for help if your association isn't putting on a masters track & field championships meet.

Membership Increasing Slowly

To Francis Schiro (NMN, May 2005), I must tell you that our membership numbers have shown a small but steady increase over the last eight years. I am not happy with small increases, but we can only do so much as a volunteer organization with a very small budget. Our strategic plan is going to give us the direction we need to make track and field a most desirable option for people over 30 years of age.

In Schiro's letter, I am not sure what "far from vital" means. I believe we are full of life and are providing the safe, competitive opportunities that our mission statement intends.

I don't think comparing USATF Masters Track & Field with The National Senior Games is a fair comparison.

I would ask that as members contribute to Write On!, besides relating a problem, they offer what they think may be a solution to the problem. We need volunteers to help volunteers.

Write On!

Preview of Nationals

Continued from page 1

"opportunity for competitors and their families to enjoy a great meet and have the vacation of a lifetime." Attractions include Honolulu's world-famous Waikiki Beach, Diamond Head, Pearl Harbor, the meet's special luau, and island-hopping.

For registration/entry form, more information, and hotel and air travel meet discounts, interested persons can go to http://www.usatf.org/events/2005/USA MastersOutdoorTFChampionships/ or the local organizing committee Web site: www.hawaiichamps.com, or call Mark Zeug at 808-732-8805.

Zeug urges the many expected out-ofstate guests to book as soon as possible because Hawaii flights and hotels fill up early for August. The entry deadline without penalty is July 5. Late entries will be accepted with penalty until July 16. (See entry form on p. 24.)

Another strong attraction, especially for road runners, to go to Hawaii is the USA National Masters Championships/ Harold Chapson Memorial 8K, to be held Aug. 7. It had a June 7 deadline, but entries will be taken through Aug. 6 with penalty. For more information, contact National Masters 8K, P.O. Box 25566, Honolulu, HI 96825; 808-589-2646; online entry at www.mprrc.com. (See entry form on p. 6.)

Prize money will be awarded to the top three male and female finishers in each five-year age division starting at age 40, and the top age-graded finisher.

Track & field competition is open to men and women 30 years of age and older, competing in five-year age groups, except for relay teams, which compete in 10-year divisions. The athlete's age on Aug. 4 determines 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 going to places four, five and six. Non-citizens cannot displace U.S. citizens, but will receive an equal award.

Events on Thursday, Aug. 4, include the 5000 finals and the pentathlon. The meet closes on Sunday, Aug. 7, with a full schedule, including the 1500 and relays. In between, athletes will vie for national titles in the steeplechase, two racewalks and other track and field events.

The championships will be covered in the September issue of NMN.

Need Back Issues?

Most back issues of the National Masters News are available for \$3.00 each, plus \$2.00 postage and handling for each order.

Send to:

National Masters News P.O. Box 50098. Eugene, OR 97405

TEXAS MASTERS CHAMPIONSHIPS

OPEN & MASTERS CHAMPIONSHIPS SATURDAY, JULY 23, 2005 · COPPELL HIGH SCHOOL · DALLAS, TEXAS SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS AND OPEN DIVISION ENTRY FEES: PRE-REGISTERED BY JULY 20, 2005 \$15 FIRST EVENT, \$5 EACH ADDITIONAL LATE FEES: \$20 FIRST EVENT, \$5 EACH ADDITIONAL

RELAYS \$20 ***ALL HURDLE EVENTS MUST BE PRE-REGISTERED*** WEIGHT PENTATHLON \$30

ENTRIES CLOSE AT 3 PM

SCHEDULE OF EVENTS EVENTS RUN IN ORDER LISTED

TIMES ARE APPROXIMATE

4 X 100 RELAY 80/100/110 METER HURDLES 800 METER RUN 100 METER DASH 400 METER DASH 1500 METER RUN 200 METER DASH WEIGHT PENATHLON. & ALL THROWS PENTATHLON THROWS WILL COUNT AS REGULAR COMPETITION THROWS POLE VAULT LONG JUMP HIGH JUMP TRIPLE JUMP FOLLOWS LONG JUMP 300/400 METER HURDLES 5000 METER RUN 3000 METER RACEWALK 4 X 400 RELAY

SUPER WEIGHT AND MEGA WEIGHT (98#) THROWS FOLLOW PENTATHLON ****WEIGHT, SUPER WEIGHT AND MEGA WEIGHT WILL BE AVAILABLE ALL EVENTS RUN AS FINALS • TIMED SECTIONS, IF NECESSARY • AGE-GROUPS AND SEXES MAY BE COMBINED • AUTOMATIC TIMING SYSTEM AND WIND GAUGE • CERTIFIED OFFICIALS SANCTIONED BY USATF MEDALS TO TOP THREE IN EACH AGE DIVISION

COPPELL HIGH SCHOOL IS LOCATED NORTH OF DFW AIRPORT

ADDRESS_ PHONE_

I, THE UNDERSIGNED, HEREBY AGREE TO RELEASE AND DISCHARGE THE DALLAS MASTERS TRACK AND FIELD CLUB, THE USATE SOUTHWEST ASSOCIATION, COPPELL ISD, ANY OF THEIR REPRESENTATIVES, AND ANYONE CONNECTED WITH THE MEET, FROM LIABILITY RESULTING FROM ANY ACCIDENT AND/OR INJURY THAT I MAY SUSTAIN WHILE COMPETING OR PARTICIPATING IN SAID TRACK AND FIELD MEET. I CERTIFY THAT I BELIEVE THAT I AM CONDITIONED AND PHYSICALLY ABLE TO COMPETE IN THIS TRACK MEET.

ATHLETE'S SIGNATURE

DATE

CIRCLE EVENTS ENTERED AND INDICATE YOUR BEST PERFORMANCE IN 2003-2004
DISCUS

1. TRIPLE JUMP

SHOT PUT

2. HIGH JUMP

9. E

JAVELIN

3. 3000 RACEWALK

10. 48 WEIGHT THROW 4._
HAMMER THROW 5._
LONG JUMP 6._
WT. PENTATHLON 7._ 80/100/110 HH POLE VAULT

OPTIONAL TEXAS MASTERS CHAMPIONSHIPS T-SHIRT WITH ORIGINAL DESIGN AND NO ADVERTISING \$10.00 AMOUNT PAID

> MAIL ENTRY AND CHECK PAYABLE TO DALLAS MASTERS TAF CLUB 1501 W. LAVENDER LANE, ARLINGTON, TEXAS 76013-5023 PHONE 817-274-0448 (8 AM TO 8 PM)

PETER TAYLOR SET TO ANNOUNCE HAWAII NATIONALS

By BOB WEINER

USATF Masters Media Chair Peter Taylor, USATF masters premier announcer, is set to announce the

> Hawaii Nationals in August.

Taylor, a walking encyclopedia of knowledge about masters competitors, records, and histories, is renowned for adding excite-

Peter Taylor

ment to masters races and events, but recently had been hobbled by a life-threatening ill-

Having just announced the Raleigh

Southeastern Masters Invitational, Taylor, happily for all of us, said he's fully back and looking forward to carrying out his assignment in Hawaii. That means the Hawaii races and events will be doubly exciting for competitors at all levels and their spectator friends and families.

Former president of the Philadelphia Masters, where he built the group into a powerhouse, and now living in Fairfax, Va., Taylor not only announces national championships but is a regular announcer at the Potomac Valley Championships.

Even at the local level, Taylor knows every competitor's history and builds enthusiasm as a race builds to the finish.

www.nationalmastersnews.com

Third Wind

Continued from page 1

doing the weekly columns for the Advertiser. I'd no sooner finish my column when I'd have to start thinking about a subject for the following week.

There was little time to relax and think about other things or to simply enjoy a book. However, writing a monthly column, as I have for this publication, isn't nearly as taxing as a weekly column.

I can certainly appreciate those columnists for daily newspapers who grind out columns day after day. That was my dream when I started college.

I majored in journalism with the objective of being a reporter for the Brooklyn Eagle and covering the Dodgers, or being a columnist for the Daily Racing News and writing about

horse racing.

My boyhood heroes were Jackie Robinson, Leon Hart, Citation, Kid Gavilan, and John Landy, and I wanted to be able to watch and write about such great athletes for a living

Being from a blue collar family, I didn't know much about anything outside of sports. I knew for certain that I didn't want to be a laborer like my father, who grew up on the streets of Brooklyn and never got past grammar school.

Competition from TV

By my senior year in college, I realized that making it in the newspaper world wouldn't be easy, especially since television was putting a lot of newspapers out of business. Whereas the greater Oakland-San Francisco Bay Area, where I lived, had a few dozen major dailies when I started college, they began folding one after another.

By the time I finished college and my obligatory three years military service, there were fewer than a dozen dailies surviving and some of them were struggling.

There weren't many opportunities

in journalism and so I pursued a career in insurance claims. I was only a so-so adjuster, but I made up for it with reports that dazzled my boss. As my trainer told me, it's not so much the amount of the settlement that counts as it is how you report it.

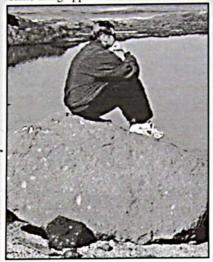
Although I wrote some general track and field stuff for my high school "Sports Whirl" column as well as my "Second Wind" column for the Third Marine Division newspaper in Okinawa, my first strictly "running" article was a freelance piece that appeared in the November 2, 1962, issue of the Alameda Times-Star. It was about my running buddy, Joe King. I marveled at the fact that Joe, then 36, was still running and competing at such an ancient age.

Few Older Runners

I had observed a few older runners than Joe in Bay Area road races, but they were, for the most part, just "finishers."

Joe was still very competitive, seemingly defying Father Time. The idea back then was that you were "over the hill" at 35 and completely "washed up" by 40.

It was as if there was a very steep decline between 35 and 40. That was an observation from professional sports, such as baseball and boxing. It was so rare for anyone that old to be competing in track and field or road racing at that time that we could only assume the same thing applied.



Mike Tymn now prefers pondering to running.

My first of several dozen articles for Runner's World magazine was in 1972, but the one I remember most was in the September 1977 issue, several months after I had turned 40.

Shortly before writing the article, I had run a 4:30.3 mile on the track off of some marathon training. That was a time I never approached in high school, when meets were often won with times around 4:50.

The article, titled "The Trauma of Turning 40," was really about the joy of turning 40 and realizing that aging doesn't affect us as much as we thought. While New Zealand's Jack Foster had already run a 2:11 marathon at age 41, he was looked upon as some kind of weird anomaly, perhaps an alien from another planet.

Growing Enthusiasm

Becoming among the first half-dozen or so masters to break 2:30 in the marathon added to my enthusiasm. I wanted to write about the sport as well as participate in it. I wanted to tell the world that aging is just a state of mind, that we can go on forever setting personal bests.

What I didn't fully grasp at that time was that the gains from adaptation more than offset the losses to aging during the early years. I had been running regularly since 1956, but I didn't really get into intelligent and intense training until 1975, when I was 38. It wasn't until shortly after turning 45 that I came to realize that my personal bests were all behind me.

As my times got slower, my interest in the sport waned. Injury after injury turned competitive running into a real struggle. I threw in the towel during my early 50s, attempted a short comeback at 56, and then finally yielded completely at 57, returning to the four-mile a day fitness regimen I had before the marathon mania took hold of me.

I still put in those four miles a day most of the time, but now there is more walking than running. Age does take its toll, although not nearly as much as we thought in those days when I wrote about Joe King.

Out of the Running

Although I no longer compete and am not sure I even qualify as a "jogger" these days, I still enjoy writing about the sport, especially interviewing masters athletes for National Masters News and Running Times.

The people in the sport seem to have their heads screwed on much tighter, not completely swallowed up in the jaws of mammon as with most of the population.

My first column for this publication was about how the mile run is like life. The first lap is like spring and youth, from birth to age 20. The runner is fresh, spirited, impulsive, and possibly

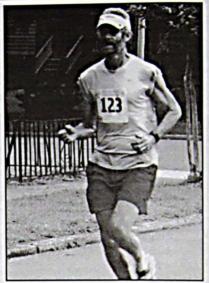
The second quarter is like summer and young adulthood, from 20 to 40. There is a striving for position as the heat of the battle begins to intensify.

The Third Lap

The third lap is like middle age, from 40 to 60. We are established in a rhythm and the effort is just barely perceptible. The final lap, the gun lap, is like old age, as the last of the life-giving oxygen begins to seep from the body and some form of arthritis attacks the joints.

The finish line looms ahead like death. Yet, upon crossing the finish line, we can experience great joy.

As Roger Bannister put it after the first sub-4 mile, the finish line "stood ahead like a haven of peace after the struggle.'



FRITZ GANT

Amby Burfoot near the five-mile mark of the 2005 Mercedes-Benz Cotton Row Run

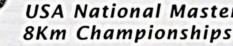
When I started this column 25 years and 30 pounds ago, I had just completed my second lap. I was then collecting shiny trophies, nearly all of which have rusted and been thrown out. I'm now approaching the final furlong, the last 220 yards.

The body is gradually failing, but the spirit is forever gaining, and so I push on, ever confident that the prizes of the spirit, unlike those of the flesh, cannot be stained, can never rust, can never be corrupted.

(Mike Tymn can be contacted at METGAT@aol.com)







Entry information:
Open to all runners, however, eligibility for National Masters Championship awards require current USATF membership.
You can join USATF online by going to www.usatf.org;
Timing will be by Timeline using the ChampionChip.
Prize money will be awarded to the top three male and female finishers in five year age divisions starting at age 40 and the top age graded finisher. Proof of age will be required, Only a birth certificate or passport will be acceptable as proof of age.

Memorial

Early entry before June 7th: \$17.00, June 8th until July 7th: \$25.00; Entries July 8th thru August 1st \$30.00; Late entries from August 2nd thru August 6th: \$35.00. No Race Day Entry.

Make check payable to: Timeline Hawaii

And Mail entries to: National Masters 8Km Championships P.O. Box 25566

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July 2005

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Speaker's Corner

By Al Sheahen

Change the Hurdles

A t long last, it's finally time to bring some common sense to the hurdles. We should scrap the confusing 80/100/110 hurdle settings and go to one 110-meter race for men and one 100-meter race for women – just like in open competition. We should leave all spacings at the open settings for both men and women and keep the current lower masters hurdle heights.

The current rules require three different spacings for women and four for men (see chart on this page). Seven different hurdle spacings is a meet director's nightmare.

At a recent local meet, the short-hurdle event was delayed by more than a half-hour while dedicated but confused officials struggled to figure the right spacings.

They didn't get it right. Some hurdlers, stiffening up in the long wait, walked away in frustration. At least one hurdler crashed into a mis-marked hurdle.

Indeed, some masters meet directors – and all Senior Games meets – refuse to even hold the short-hurdle event. It is confusing to athletes, spectators, and meet directors, even in some big meets.

It takes endless time to set up properly. One result is a lack of competitors in the event.

For 30 years, we have tried to finetune the event so hurdlers could take three steps between each hurdle. But why? Only the elite hurdlers can manage three steps, even as the spacings are now.

Most hurdlers do four or five steps between the barriers. And hurdlers have to re-learn the event every 10 years when the spacings change.

"For every hurdler who gains an advantage from the shortened spacing between hurdles, there is another hurdler – perhaps taller and long-legged – who has to adapt to the shorter spac-

ings and chop their stride pattern to make it fit," wrote meet director Jeff Brower in these pages two years ago.

"It doesn't take a rocket scientist to watch masters events and see that the majority of hurdlers over 50 (and many under 50) don't three-step this event."

We should throw out the 80-meter race. As Brower wrote: "We have marathoners in their 80s and older, so there is no argument to support the need for a shorter hurdles race."

Brower concluded: "It is inconceivable to me that an event was created that requires markings not found on a USATF track. Meet directors will be able to set up the hurdles very easily, since markings are already on the track."

To sum up, we should just leave the spacings alone. All men run the same distance – 110 meters. All women run the same distance – 100 meters. Period.

The open spacings are 9.14m for men and 8.50m for women. Hurdlers can adjust their stride patterns as they age in their own individual way. All the meet director has to do is adjust the hurdle heights as is done now.

The WMA Stadia Committee – led by Rex Harvey of the USA – will meet next month in San Sebastian, Spain, to consider rules changes. You can let Harvey know how you feel by writing him at rexjh@aol.com. Send a copy to NMN, and we'll publish your letters on the subject next month.

MILLIKIN FUNIVERSITY III III IIII IIIII IIIIII FUNIVERSITY FUNIVER

JERRY WOJCIK

Barbara Jordan (I), 68), Ann Carter (c), 62, and Flo Meiler, 70, in the pentathlon 80mH, 2004 USA Masters Track & Field Championships. Hawaii will host the 2005 Championships, Aug. 4-7.

WMA/USATF Hurdles and Implements Specifications

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Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8'/2"	8.5m 27'10'/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m	7.0m	19.00m	8
60+11	80m	.686m 27"	39'4"	22'111/2"	62'4"	The state of the
30-39 40-49	400m	.762m 30"	45.00m 147'7³/₄"	35.00m 114'9'/₂"	40.00m 131'2'/₂"	10
50-59	300m	.762m 30"	50.00m	35.00m	40.00m	7
60+	300m	.686m 27"	164'0'/2"	114'9'/2"	131'2'/2"	
hind splan		No respons	MEN	FR	The Park	
30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10'/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m	7.0m	19.0m	8
80+	80m	.686m 27"	39'4"	22'11'//"	62'4"	er altina
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	
50-59	400m	.840m 33"	147'7'/2"	114'9'/2"	131'2'/₀"	10
60-69	300m	.762m 30"	50.00m	35.00m	40.00m	

IMPLEMENTS

164'0'/2"

114'9'/2"

131'23/4"

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50-79	3.00k	1.00k	3.00k	500 gms.	16#	25#
80+	3.00k	1.00k	3.00k	400 gms.	12#	20#
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50-9	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.	12#	25#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m) WMA weights are used for USATF weight pentathlons.

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.

For all age-groups indoors, 5 hurdles are run.

World Masters Games

Continued from page 1

"We need 600 more volunteers to put us over our target of 5000 volunteers," Anderson said.

The top five most popular individual sports are track & field, swimming, cycling, orienteering, and golf. The top five most popular team sports are soccer, ice hockey, basketball, indoor volleyball, and fast-pitch softball.

The oldest competitior is a 96-yearold swimmer from Winnipeg.

Toronto hosted the first Games in 1985, followed by Aarhus, Denmark, in 1989; Brisbane, Australia, in 1994; Portland/Eugene, Oregon, in 1998; and Melbourne, Australia in 2002. Sydney, Australia, will host the Games in 2009.

The Melbourne Economic Impact Assessment, following the 2002 World Masters Games, showed that international competitors consider this event a "sport vacation" and stayed in Australia from 12 to 17.5 days. The average length of stay in Edmonton is just under nine days.

The projected economic impact of the 2005 Games is US\$24 million for Alberta and US\$12 million for Edmonton.

Opening ceremonies in Commonwealth Stadium on July 22 will involve over 800 performers. Tickets for non-athletes are US\$16.

Results, photos, and stories of the event will appear in the September issue of National Masters News.

FIVE YEARS AGO July 2000

*Carmen Troncoso, 41, Wins USA National W40+ Championships/Freihofer's 5K in 16:28

*Masters Show Strength at 21st WZYP Cotton Row 10K

•NMN Columnist Mike Tymn Celebrates 20-Year Mark as NMN Columnist with his 240th Consecutive Monthly Column

July 2005



PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

Studies Indicate Poor Exercise Levels

ere is a rather depressing statistic from the Centers for Disease Control & Prevention. A study was initiated in 2001, involving 74,960 adults over 50 with and without disabilities, to observe physical activity.

Of the non-disabled group, only 43% were active at a recommended level, while 17.9% were inactive. The authors were alarmed to discover that, upon entering the new millennium, almost 60% of older adults without disabilities were not getting a recommended amount of physical activity. And this is at a rather low level, since leisure and household activities were included.

Clearly, this age group is growing dramatically and, though there is no specific proof that exercise provides health and fitness benefits, this is rather an alarming

Most agree that exercise is needed in order to reduce the severity of secondary conditions and improve function, fitness

On this same topic, a study from the University of Tennessee involving previously inactive women, shows that women are not reaching the recommended level of activity, and the authors looked at ways to help these individuals become more active.

to provide instant feedback to wearers about their accumulated walking distance. It was felt that walking 10,000 steps per day was an easily attainable goal, rather than simply walking for 30

Use of a pedometer appears to spur even the more overweight and previously inactive women.

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

One idea was the use of a pedometer

minutes a day (approx. 9,500 steps).

Happy Fourth of July from the staff at NMN

San Sebastian - One Month To Go

Those headed for San Sebastian, Spain, for the 16th World Masters Athletics Championships, Aug. 22-Sept. 3, may want to do some research on the city, one of the most glamorous in Spain, and its surrounding Basque Country.

Donostia is Basque for San Sebastian. Euskara (Basque), a language whose origins are unknown, is spoken by 35% of donostiarras (San Sebastian's residents), and is one of the two official languages of Euskadi (Basque Country). The other is Castellano (Castilian Spanish). For this reason, nearly all signs in the Basque Country are in both languages.

It is said that San Sebastian is the culinary capital of Spain and has more bars and restaurants than anywhere else

Athetes who participated in the 2005

Masters Indoor Championships in Boise, Idaho, may have had an opportunity to become familiar with Basque culture. Boise has the highest ratio per capita of residents of Basque origin of any city in the U.S.

Several good books on the Basques are in print and can be ordered from www.amazon.com. The definitive book may be The Basque History of the World by Mark Kurlansky. In it, you'll read that the Basques were the first commercial whalers, created jai-alai, and produced one of the most influential figures in religious thought -Ignatius Loyola, the founder of the Jesuit order.

Among other books on the Basques are A Book of the Basques by Rodney and Marjorie Gallop, and Basque Culture and History by Stephen Jesse Taylor.

CHAMPIONS FOR LIFE

A thoughtful book on the life of "Coach" Payton Jordan who became a champion beyond all others in masters competition

> by John Scott and James Ward Send \$34.95 (Can. \$51.00) + \$2(s/h) to:

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Masters Scope

Muscle Fatigue and the Lactic Acid Myth

By AVITAL SCHURR

As a masters athlete who rediscovered track and field at age 48, I have enjoyed reading the National Masters News for the past 15 years. As an active research scientist, I am interested in brain energy metabolism in health and disease, and I have learned a great deal about the fuels and the pollutants of this process.

Scientific Research

Obviously, as an active athlete, I also pay attention to scientific research in exercise physiology and sport medicine, in general, and to muscle energy metabolism in particular.

The past two decades have produced some of the most exciting and, at times, the most bewildering scientific findings where energy metabolism is concerned. Some of these findings have forced scientists to reconsider old dogmas or formulate new ones.

Understandably, NMN is a publication that depends mostly on contributions from and reporting by its readership, tasks that require much dedication by both the editors of NMN and its contributors.

I have considered the possibility of becoming a contributor to NMN for some time now, hoping to write mainly about the scientific research side of sports and sport physiology. After discussing this possibility with NMN editor Jerry Wojcik, we decided to give it a try. If the present article is accepted favorably by NMN readership, other installments will

Danish Study

Hence, without further ado, I would like to describe a recent study by a group of Danish scientists that was published last year in the journal Science (Pedersen TH, Nielsen OB, Lamb GD, Stepheson DG, Intracellular Acidosis Enhances the Excitability of Working Muscle. Vol. 305, Issue 5687, pp. 1144-47, 20 August

The lay person probably would have some difficulty gleaning much from the title of this study and ask why a prestigious journal such as Science would devote its precious space to this "dull" topic.

New Findings

However, this study has challenged one of the oldest and most enduring dogmas, namely, that muscle fatigue is the result of the production and accumulation of lactic acid, which causes intracellular acidification. Especially the sprinters

TEN YEARS AGO July 1995

•5529 Athletes From 74 Nations Enter 11th World Veterans Championships in Buffalo

 Paul Stemmer (M40, 32:14) and Nancy Grayson (W45, 37:21) Take Masters Titles in

Cotton Row 10K

Nick Rose (41, 36:54) and
Diane Tracy (42, 45:02) Win in Bloomsday 12K

among us are able to attest to muscle fatigue that accompanies anaerobic exertion and admit that we were told to blame lactic acid for this misery.

Pedersen and his colleagues worked with an isolated muscle fiber from the extensor digitorum longus muscle of the rat. They removed the surface membrane of the muscle fiber, allowing them direct access to its intracellular environment.

This muscle fiber preparation permits control of the intracellular pH (acidity) and the ionic (potassium, sodium and chloride) composition. The experimenter can stimulate the muscle fiber, measure its contraction (work) and its depolarization (fatigue), i.e., its diminished response to stimulation.

Lactic Acid

These investigators found that intracellular acidification by accumulating lactic acid acts to preserve muscle excitability when muscles become fatigued. In other words, without the acidification caused by lactic acid accumulation, muscles would become fatigued much quicker than they normally do, and would stop responding to nerve impulses sent to acti-

Moreover, Pedersen and his friends found that this enhancing effect of lactic acid on working muscle is mediated by a decrease in the muscle fiber's permeability to chloride ions, an effect that enables action potentials (impulses) to propagate along it despite its fatigue.

Thus, it appears that lactic acid, which accumulates in working muscles, cannot be blamed any more for the fatigue that follows exhaustive workout. On the contrary, we should be thankful that this unsung product of anaerobic energy metabolism is the best "steroid" an athlete may use to overcome muscle fatigue.

In future articles, I will attempt to cover additional studies that could have a direct impact on masters athletes by making them more informed about the intricate working of their magnificent bodies.



VICTOR SAILER / PHOTO RUN Mimi Fallon, second W40 (35:54), National Capital Race Weekend Nordion 10K, Ontario, Canada.

WM

The follow By-Laws Assembly

1. Constitut Assembly Amendment

Present text: es of Delegates (including any shall be given Secretary not la before the open Assembly. The details of the I website not less before the open Assembly.

Replacement WMA General written accredita or Secretary of t presented at the tration if called i

2. Constitut Addition of Not more than Council or any come from the

3. Constitu of Officers Amendment

Present text officer may hold than two consec each.

Replacement hold the same of consecutive year be elected to the of at least two y of the previous period.

4. Constitut of Officers

Addition to I Nomination office may be Affiliate but mu tion by the nomi

5. Constituti Committees/By mittees

Amendment 3(4), respective Present nam Committee

Replacemen Medical Comm 6. Constitut ity

Addition of present parag 11(c): Athlete ty/citizenship m nationality/citiz another country the athlete's occurred. Such to the WMA S effected once c WMA Secretar

7. By-Laws Amendmen



International Scene

By TORSTEN CARLIUS

WMA Council Proposes Rule Changes

The following Council proposals for amendments to the WMA Constitution/ By-Laws/Rules of Competition will be presented to the WMA General Assembly in San Sebastian, ESP, Aug. 22-Sept. 3.

1. Constitution, Section 4, General

Amendment to paragraph 4(n):

Present text: The names and addresses of Delegates to the General Assembly (including any alternates/substitutes) shall be given in writing to the WMA Secretary not later than thirty (30) days before the opening date of the General Assembly. The Secretary shall post the details of the Delegates on the WMA website not less than twenty (20) days before the opening date of the General Assembly.

Replacement text: Delegates for the WMA General Assembly shall have a written accreditation from the President or Secretary of their WMA Affiliate to be presented at the General Assembly registration if called for.

2. Constitution, Section 5, Council

Addition of new paragraph 5(n): Not more than two members of the Council or any WMA Committee may come from the same Affiliate.

3. Constitution, Section 6, Election of Officers

Amendment to paragraph 6(c):

Present text in the last sentence: No officer may hold the same office for more than two consecutive terms of four years each.

Replacement text: No officer may hold the same office for more than eight consecutive years but shall be eligible to be elected to the same office after a lapse of at least two years following the expiry of the previous consecutive eight year period.

4. Constitution, Section 6, Election of Officers

Addition to paragraph 6(d):

Nomination of a candidate for an office may be made by any WMA Affiliate but must also include nomination by the nominee's Affiliate to be valid.

5. Constitution, Section 8, Standing Committees/By-Laws, Section 3, Com-

Amendment of paragraphs 8(d) and 3(4), respectively:

Present name: Doping and Medical Committee

Replacement: Anti-Doping and Medical Committee

6. Constitution, Section 11, Eligibil-

Addition of new paragraph 11(b) present paragraph 11(b) will become 11(c): Athletes holding dual nationality/citizenship may be permitted to change nationality/citizenship, i.e., compete for another country, only when a change in the athlete's permanent address has occurred. Such change must be reported to the WMA Secretary and shall only be effected once confirmed in writing by the WMA Secretary.

7. By-Laws, Section 3, Committees Amendment to paragraph 3(2)(b) and (c) provided the WMA World Championships Non-Stadia removed: The present number of the Committee members shall be reduced from six members plus the Chairman to three members plus the Chairman.

Present paragraphs 3(2)(b) and 3 (2)(c) shall be amended to read:

3(2)(b) There shall be three (3) members of the Committee plus the Chairman.

3(2)(c) The three (3) members of the Committee shall be appointed by the President, based upon nominations submitted to him by the Chairman.

8. Rules of Competition, Section 1, Championships

Amendment of paragraph 1(1): The WMA World Championships Non-Stadia shall be removed and its events allocated to the WMA World Championships Stadia and Indoors.

9. Rules of Competition, section 1, Championships Amendment of paragraph 1(4):

The present text shall be deleted and replaced by: The WMA World Championships Indoors shall include cross country, half marathon and 10K road walk. The WMA World Championships Stadia shall include marathon, 10K road race and 20K road

10. Rules of Competition, Section 1, Championships

Amendment of paragraph 1(2):

Present last three sentences: The Council revises, if necessary, the grading and forwards the two highest graded Bid Cities to the General Assembly for presentation and decision. The detailed technical and inspection reports are to be circularised by the Secretary amongst the Affiliates 45 days before the opening of the General Assembly. If there are only a few bids which are regarded by Council as being not sufficiently competitive, the Council shall have the right to call for

Replacement text: The WMA Council revises, if necessary, the grading and awards the Championships to the highest graded Bid City. The Council reports its decision to the General Assembly and the City presents itself at the General Assembly.

11. Rules of Competition, Section 1, Championships

Addition to paragraph 1(6): Mountain running shall be added as an official WMA World Championships organised by WMRA

Present text shall be amended to read: WMA shall sanction such other road, cross-country and mountain running races as may be approved by the General Assembly, including the holding of a World Championships 100K Road Race in odd-numbered years and a WMA Championships Mountain Running in even-numbered years.

Report from Britain

By BRIDGET CUSHEN

Just under 1000 runners and walkers from all over Europe came to Vila Real De Santo Antonio on the Algarve in Portugal, May 12-15, for the European Non-Stadia Championships and some warm sunshine.

As WMA is proposing to abolish its Non-Stadia Championships, their elect-ed members could have learned a salutary lesson from the happy atmosphere, camaraderie and rivalry that a weekend racing at an affordable venue, combined with good weather, can engender.

How wonderful to see Carol Galea from the little island of Malta defend her 10K title, won on home soil two years ago, and the delight of the many home supporters when Antonio Sousa led the 360-strong international field home in the half-marathon.

Yes, there is definitely a need for the Non-Stadia Championships to continue. Bring your championships to the competitors; they came in droves because they were offered excellent hotel accommodation at rock bottom prices and the lure of first class competition in all age groups. Well done to the local community in Portugal.

Portuguese and Spanish runners turned out by the hundreds, but they faced a stern test from top German, Italian, British, Russian, and Scandinavians defending their various titles. The current European M45 10,000 track gold medalist, Johann Hopener, GER, was an early pacesetter in the two-lap 10K, coming in just two seconds behind the winner, Jesus Borrego, 44, ESP, with 31.34. Mike Hager, IGBR, came storming through to 12th to defend his M50 title in 33:12, half a minute ahead of his rivals.

Omer Van Noton, BEL, suffered a rare defeat, acceding by six seconds to Tsouknov, RUS, in the M55 race, won in 35:05. There were wins for Spain in the M60 race by Emilo Camara, 35:27; Arsenio Gomex, M65, 37:58; and C. Castillo, M70, 40:21. Heinrich Heller, 84, SUI, came in full of running in

The women's race was a tamer affair as Pinho of Portugal chased Galea home in the W40 group and Susan Ridley, IGBR, took the W35 title.

Spain and Portugal took the lion's share of the medals in the halfmarathon, won in 1:07:04 by Sousa, with Pinho taking the women's race (1:20:38).

The road walks of 10K, 20K (women) and 30K (men) were terrific as top European walkers battled it out along the coastal road in a strong breeze. The large crowd lining the switchback route were treated to some stylish walking from Roberto Cervi, 54, ITA, coming in third overall in the 30K, won by Dick Gnauck, GER, in 2:37:55 from Juli Andres, ESP, in 2:41:07.

Ferenc, HUN, picked up the M40 bronze. Other medals went to V. Barabash, M45, RUS, in 2:44:35; C. Svensson, SWE, an early leader who faded to seventh and first M35; and Ludwig Berger, AUT, who took the M55 in 2:52:12. Another ex-international, Arthur Thomson, IGBR, won the M65 (3:03:47).

Alice Fernandes, 54, POR, won both the women's walks, the 10K in 55:00, a minute-and-a-half ahead of Hanne Liland, NOR, and the 20K in 2:00:19 from Karen Bohme, W40, and Barbara Primas, W35, GER. A European W70 record went to Maureen Spelman, IGBR, as she finished 17th overall in 2:20:23, as the temperature soared to 77 degrees.

Europe is now geared up for the WMA World Championships in San Sebastian, Spain, Aug. 22-Sept. 3. Over 5400 competitors had entered by the end of May.

Britain's team of 470 is the largest ever, despite many complaints about the high hotel prices.

Need Back Issues?

Most back issues of the National Masters News are available for \$3.00 each, plus \$2.00 postage and handling for each order.

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



Gwen Smeeton (I), W35, 26:08.7, and Barbara Nell, W50, 26:31.7, in the 5000 racewalk, Western Province Masters Championships, Cape Town, South Africa.

Visit the National Masters News on our Web site at: www.nationalmastersnews.com

When Friends Compete - Part III

This is the third in a series of comments by participants in the National Masters Indoor Championships, Nampa, Idaho, March 11-13. Following are observations by several other athletes on their racewalk experiences at this meet.—ew

Jack Bray, M70 (17:12.27): There were seventeen racewalkers on the track in my heat. My own 16:07 3K American record was very hard to break. In fact, I don't think any American racewalk records were broken at this meet.

I was racing with Paul Johnson and Ted Moore in the M65-69 age group. They finished in 17:05 and 17:10. My time was 17:12. We started out a bit slow, but it was hard to pass on the banked track and perhaps I was a bit too cautious.

This was my fourth National Indoor Championships and the most difficult, because of the small number of lanes (six), and because even the first lane was banked. It was very hard to pass, especially on the corners. There were no flat surfaces.

My coach, Frank Alongi, gave me a very detailed five-week training plan with three workouts per week. The first workout in week one was:

6000 meters @ 6-minute pace per 1K; 2 x 2K @ 5:30 pace per 1K; a short rest, then 2 x 2K @ 5:30 pace repeat. The training tapered down to 1K repeats the final week, but still doing a 4K warm-up.

The main thing I do differently from preparing for outdoor competition is to do some 200 meter repeats x5 on the far side of the track – the equivalent of 1K. This mimics the shortness of an indoor track and the amount of turns you have to make.

We had three 3K club races on the College of Marin outdoor track. I did the last one in 16:54:83. I'd gone faster than that in practice, so felt I was ready for the Indoor Nationals.

Boise is a great town. Jim Bean did a great job organizing the race. Every meal was well prepared with fresh ingredients – very special. The people were friendly and helpful. The state capitol was impressive, and the whole town seemed like a very relaxed and low-stress place to live. We would definitely return.

Banked Course

Bob Fine, M70 (19:58.10): I've been trying to get back into running after 21 years. It has been a very humbling experience.

I injured myself 10 days before the championships and wasn't able to train. So I was very happy to finish the race. Without an injury, I still would have finished third.

I adjusted to banked tracks 58 years ago, as I lived in New York and the indoor season was our most important one. I didn't do any specific training for this event, but I have found that training for running makes breathing easier for racewalking.

I don't get tired, but my legs, particularly my shins, get beaten up. My strategy was to walk steady and finish. I came for a masters t&f meeting.

I really enjoyed the City of Boise. I'd certainly go there again. I expected to find buffalo and/or wolves roaming the streets with everyone on horseback carrying six-shooters. It turned out that the city is very civilized with a lot of cultural events.

If the walks could be held earlier, it would give the runners, throwers and jumpers an opportunity to watch our sport and appreciate it more.

(Elaine Ward can be contacted by email at: narwf@sbcglobal.net)



JERRY WOJCIK

Racewalkers in the 5000 (I to r): Debbie Topham, second W50 (27:37.59), Maryanne Daniel, first W45 (26:37.68), and Lynn Tracy, first W50 (26:53.47), 2004 USA National Masters Championships, Honolulu will host the 2005 Championships, Aug. 4-7.

WMA Changes May Affect Masters Women

By MARILYN MITCHELL

Women's Outdoor Pentathlon: The WMA Women's Outdoor Pentathlon as currently defined in the WMA 2003-2005 Handbook consists of the following: SH, HJ, SP, LJ, 800m.

From information provided to me by the WMA Women's Representative, the event is contested as described above with the following exceptions:

Asia: No information.

Oceania (including Australia & New Zealand): 80- or 100-meter dash in place of hurdles.

North America/Central America & The Caribbean: NCCWMA and U.S. use hurdles. Canada uses dash instead of hurdles.

Most European Countries (at lower level state- or province-level meets): Dash in place of hurdles.

Objective of change: To make a greater accommodation for aging women to be able to continue to have a challenge but to provide an event which is "doable." I believe the thinking is that the hurdles prevent some women from attempting this event and the change to a dash in place of hurdles might increase the number of participants.

Issue: To continue the Women's Outdoor Pentathlon in its current form as described above in the WMA Handbook with hurdles, or to substitute an 80m or 100m dash for the hurdles.

Medal Awards for Weight Pentathlon: The Weight Pentathlon consists of the following: HT, SP, DT, JT, WT.

The proposal comes from USA's Ray Feick, noting that some of the weight throwers have paid for and awarded unofficial team awards for the Weight Pentathlon.

As the weight pentathlon team awards and ceremony were unofficial and "below the radar," a number of countries only recently found out about the awards and are quite angered that unofficial awards took place and, as I understand it, some of them will oppose the proposed awards on this basis.

The throwers feel that, among other things, a team award increases camaraderie and participation and that runners have an unfair advantage to gain awards because of the team awards offered in racewalk, cross-country and relays.

Another country claims to have looked at data and has determined that there was no significant increase in participation in the weight pentathlon with the implementation of unofficial awards.

Arne Saether, a Norwegian, has made a very good argument that the weight pentathlon as a team event does not exhibit any additional or technical requirements beyond those required for conducting the event on an individual basis and that, therefore, it should not qualify as a team event.

At this point, it seems that the sentiment of women around the world is running 20% in favor of weight pentathlon team awards and 80% against.

Objective of change: To provide more opportunities for throwers to gain medals and to create camaraderie. Issue: To have official WMA Weight Pentathlon team awards or not.

Racewalk: There are currently a 5K track walk and 10K road walk (women) or 20K road walk (men). Some of the walkers initially requested the option of a 10K road walk for some of the older men. I believe that proposal may now be in some form whereby men and women would have the option of doing an additional walk event, so that they would be able to do three events.

Various arguments for and against the proposal have been presented, the most obvious being that (1) some of the men feel that the 20K walk is too strenuous for the older age groups and that older men should either have the 10K walk instead of the 20K, or have the option of doing a 10K walk; (2) some men and women would like to compete in three walk events instead of two walk events; (3) other walkers argue against three walk events, saying that three events are too many and that athletes should be prevented by WMA from doing three events through WMA staging only two walk events for any given age-group.

Objective of change: Depending upon the form of final proposal, to provide more competitive opportunities for the racewalk athletes and/or to provide a more realistic distance for older men

Issue: Either to offer three walk events (5K track, 10K road and 20K road) or to offer two track events with older men doing the 10K road event instead of the 20K road event, or for older men to have the option of doing the 10K road event instead of the 20K road event.

Deletion of Non-Stadia Championships: Non-stadia (or road and cross-country) championships have been staged in the even-numbered years for road events and the stadia championships have been staged in the odd-numbered years.

However, the last non-stadia championships staged in 2004 were not very successful, leading some WMA members to propose that these championships be abolished altogether.

There is some speculation that the implementation of the first WMA indoor stadia championships in Germany March 10-24, 2004, interfered with the potential success of the non-stadia championship, held in New Zealand, April 18-24, 2004, and that had WMA not instituted indoor stadia championships in the same year as the non-stadia championships, that the non-stadia championships would have been successful.

There are various rumors that there are other options, i.e., including stadia and non-stadia championships in one meet, including stadia and non-stadia events under one committee, etc.

I have not seen the final proposal, so I do not know what will come to the floor, but we have an opportunity at this time to provide some input.

Objective of change: To delete a championship, viewed by some as unsuccessful.

Issue: To abolish the non-stadia championships. □

Reco Freiho

By SUSAN In spite of weather anyou race, records year's Freihol Albany, N.Y., record-holder Ridgewood, 1 record of 2 Margretta Lut Kathryn M

Kathryn M 18:18, and C Austin, Texas records at the Championshi mer-muggy A Troncoso

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-From re Union writers and Jeff Fo hofersrun.con

Total (IISE)

Records Fall at Freihofer's XXVII

By SUSANNAH BECK

In spite of what felt like the hottest weather anyone could remember for the race, records went tumbling at this year's Freihofer's Run for Women 5K, Albany, N.Y., on June 4. National W70 record-holder Toshiko d'Elia, 75, Ridgewood, N.J., set a W75 age-group record of 27:02 (old record: 27:15/Margretta Lutz/2004).

Kathryn Martin, 53, Northport, N.Y., 18:18, and Carmen Ayala-Troncoso, 46, Austin, Texas, 17:07, both set single-age records at the USA Women's Masters 5K Championships. Temperatures in summer-muggy Albany were in the high 70s.

Troncoso was making her 15th consecutive Freihofer's appearance (she was a professional open road runner for many years), and claimed her fourth masters victory since 1999. Last year's defending masters champion, Colleen De Reuck, who set the world W40 5K record (15:47) did not appear.

"I'd like to thank Colleen for not being here this year," Troncoso joked to Albany Times Union writer Buzz Gray, "because winning this race means so much to me."

Troncoso had to earn her victory, however. Debbie Kilpatrick-Morris, 41, Strongsville, Ohio, 17:10, was only three seconds back at the tape after a tensecond deficit at two miles. Kilpatrick-Morris was third W40 here last year.

The packed masters field saw twelve age-40+ women run under 19:00. Times, however, were generally a bit off what most women had been running so far this season, possibly due to the heat, though as d'Elia pointed out, "Freihofer's is great, but it's a slow course."

Monica Joyce, 45, Pinckney, Mich., 2005 Carlsbad 5K winner, was a typical case, running almost 40 seconds slower than she did at Carlsbad.

Catherine Wides, 55, Durham, N.C., edged Gloria Jansen, 57, Edina, Minn., for the W55 title, 20:54 to 21:30.

Rounding out that age group with some track credentials was third-placing Hillen Von Maltzahn, 56, Troy, N.Y., 22:10. It was the first 5K ever for the W55 world-record holder in the indoor pole vault.

Marie-Louise Michelsohn, 63, Stony Brook, N.Y., 21:01, tied Kathryn Martin for top age-graded performance. Both women's performances equate to a 15:25 5K, though Martin was given the nod, and \$500 to Michelsohn's \$300.

Margaret Betz, 68, Conklin, N.Y., scored the third best age-graded mark, 23:04 (AG 15:40), for \$150, ahead of record-setters Troncoso (AG 15:42, \$75) and d'Elia (AG 16:17, \$75).

Anny Stockman, 72, Rensselaer, N.Y., 27:57, won the W70 by a margin of more than eight minutes.

In the W75, d'Elia was closely followed by former W75 record-holder Lutz, 76, 28:43, Saxonburg, Penn., and Freihofer's favorite Joy Johnson, 78, San Jose, Calif., 30:53.

-From reports by Albany Times Union writers Buzz Gray, David Filkins, and Jeff Foley; and http://www.frei hofersrun.com.

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On The Run

By HAL HIGDON

Under Size Me - Those New 8oz. Pop Cans

oes it say something about fitness in America that the greatest nutritional gimmick is the addition by Pepsi Cola to its product line of 8-ounce cans? How long has this been going on? I just spotted these miniature cans in the grocery store last week. They were so small and cute, perched on a low shelf in the soft drink aisle, I almost rolled past them with my cart chuck full of chips and dips. I thought the trend in America, as documented in Morgan Spurlock's Oscar-nominated documentary film, Super Size Me, was for everything to get bigger and bigger and bigger – including our waistlines.

Small, as a size, hardly exists any more. Visit some coffee shops these days and the smallest cup of coffee you can order is large. Or in the trendier shops, grande with an accent.

Maybe the super sizing trend finally has reversed itself. If Spurlock is looking for a theme for his next film, it could be Under Size Me. Eight ounces is a third smaller than Pepsi's traditional 12-ounce size and way under the 20-ounce cans, which are about all you can find these days in convenience stores.

Antique Pop Bottles

But I come from an era when Coca-Cola came in 6-ounce bottles: green, ribbed, classically shaped, the kind you see now only on Antiques Road Show. Seven-Up originally got its name because it defiantly went one ounce up from Coke; Pepsi attacked its Atlanta-based rival by advertising "Bigger Drink. Better Taste." I still remember the lyrics from the advertising jingle, first broadcast in 1940:

Pepsi-Cola hits the spot, Twelve full ounces, that's a lot, Twice as much for a nickel too. Pepsi-Cola is the drink for you.

And we bought the jingle's message. The more ravenous among us chose Pepsi over Coke, because, mea culpa, it did offer twice as much for our not-yet-inflated five cents. A discriminating few selected Hires Root Beer, which, if my memory serves correctly, utilized 10-ounce bottles. Vegetarians mostly.

Some people just hate to swim in the main stream. Twenty-ounce bottles? Nobody could drink that much sweetened water.

But in today's fragmented soft drink market, there may be no mainstream, particularly with the popularity of Gatorade and other so-called replacement drinks, the health faddist's equivalent of Pinot Noir. Super sizing, thus, may be less a marketing advantage if you want to attract to your product us health hip consumers

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with our delightful demographics for whom diet drinks will never do it.

Left in the Fridge

Athletes all, we want our carbohydrates, simple or complex. Pepsi One? Does it really have only 1 calorie, or is that marketing hype? If you read the label, a 20-ounce bottle of Pepsi One actually must contain 2.5 calories. How about calling it Pepsi Two-Point-Five?

Unless I've just come in from a 20mile run, I can never finish those 20ounce bottles. I encounter them in the refrigerator days after they have been opened: dark, flat, tasteless, as appetizing as cough syrup. Eccehh! I remember a variation of that jingle we used to sing:

Pepsi-Cola hits the spot, Makes you vomit in the pot, Twice as much for a nickel too.

Libelous lyrics aside, I finally have a drink I can finish, a portion that, in fact, leaves me a little thirsty. Only a hundred calories too. A mile's worth of running. You have to run more than two miles to undo the nutritional damage done by a 250-calorie 20-ounce bottle.

As long as I'm on a calorie-cutting roll, I probably should push my cart over to the candy bar aisle and buy a box of miniature Snickers bars, the kind you offer kids on Halloween. I need to undersize everything about my eating habits if I want to maintain good health.

(Hal Higdon, a Contributing Editor for Runner's World, eats junk food so he can run junk miles. His Web site, halhigdon.com, features training programs for all distances.)

FIFTEEN YEARS AGO July 1990

*Earl Owens, 40, Runs 31:05 in Cotton Row 10K

*Jim Law, 64, Top Age-Graded Athlete in Birmingham Meet

*Rich Hughson (40, 31:52) and Laurie Binder (42, 37:01) Win USA 10K



Jonathan Lyau, 46, winning the 2005 Jamba Juice 10K (33:23). Lyau has been the top racer in Hawaii since his high school days.



VICTOR SAILER / PHOTO RUN Leah Pells, W40 winner (34:39), National Capital Race Weekend Nordion 10K, Ontario, Canada.

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• Rudy Afanador, 4 as Long Island's #1 u 20-minute win in 4:2 Greenbelt Trail 50K/LI 14. Andrei Aroneanu

• Drew Davis, 43, with a top M40+ age and Linda Barry, 4 60:41, hurried to maste NJ Masters Champio Far Hills, May 15. F Union, NJ, won the M6 Dyson, 68, Princeton, ed W40+ with an 81. Thornhill, 64, NYC, 574:17. Prize money w NJ members.

of the 60 finishers. Alice

first W40+ in 6:26:11.

• Paul Aufdembern ished seventh-overall ithe 22nd Sallie Mae Park, MD, April 17. Rica, GA, was second Park, 42, Ann Arbor, N 35:37 (\$500), with Ta 50, UKR, ninth in Washburn, 82, Vienna Hedy Marque, 87, A 79:31, were among the base elected \$50.000.

who collected \$50 eac
Olena Plastinia,
women's field at the N
2.9 Mile race, Centra
The men's race had
Mohamed Oumzil, 41
Roldan, 43, 17:15.

 Andrzej Ryszew Jonathan Wyner, 45, ters race at the NYRF Central Park, NYC, Ma 38:05, just a few step women's title.

• Top masters at th Marathon, College Poi 14, were Antonio Mar Deborah Gaebler, accompanying 5K, Christopher Potter, Branche, 47, 20:33. included Joan Balda: Joseph Pascarella, 7

SOUTI

Juanita Brookov in the DT with an 11.50 the Southeastern Ma. Duke U., Raleigh, NC, records of 9.44 and held by Margaret Eva ered his M85 mile re 9:18.42. Richard N80 WP record of Bradford to 3759.

 On June 4, in Distance Carnival at Young, 43, Seattle, we become 'the first mas four-minute mile on ar didn't quite hit it, but do ninth place in the elite Pope, 42, Oxford, Me with a 14:59.58 in the

MID

On May 22, Jim MI, won the masters Green Bay Marathx Owen, Smithville, N 2:53:25, while Sue Bay, also dipped und Colleen de Reu

and U.S. All-Corners Fifth Third Bank F Rapids, MI, May 14, eclipsed the previou year by Firaya Sulta

Masters Scene

EAST

• Rudy Afanador, 46, confirmed his status as Long Island's #1 ultramarathoner with a 20-minute win in 4:21:24 at the GLIRC's Greenbelt Trail 50K/LI Champion-ships, May 14. Andrei Aroneanu, 50, was fourth overall of the 60 finishers. Alicja Barahona, 50, was first W40+ in 6:26:11.

 Drew Davis, 43, East Stroudsburg, PA, with a top M40+ age-graded 85.4% 51:01, and Linda Barry, 40, Mendham, NJ, in 60:41, hurried to masters firsts in the USATF-NJ Masters Championships/Mid-land 15K,

50:41, numed to masters firsts in the USATF-NJ Masters Championships/Mid-land 15K, Far Hills, May 15. Feliciano Pereira, 60, Union, NJ, won the M60 race in 63:12. Imme Dyson, 68, Princeton, NJ, was top age-graded W40+ with an 81.8% 77:16, with Anna Thornhill, 64, NYC, second with an 80.9% 74:17. Prize money was awarded to USATF-

NJ members.

• Paul Aufdemberge, 40, Redford, MI, finished seventh-overall in 30:15, worth \$500, in the 22nd Sallie Mae 10K, West Potomac Park, MD, April 17. John Tuttle, 46, Villa Rica, GA, was second M40+ (32:22). Laurel Park, 42, Ann Arbor, MI, was eighth female in 35:37 (\$500), with Tatyana Pozdnyakova, 50, UKR, ninth in 36:30 (\$450). Walt Washburn, 82, Vienna, VA, with a 63:11, and Hedy Marque, 87, Alexandria, VA, with a 79:31, were among the age-division winners who collected \$50 each.

Olena Plastinia, 41, 18:05, led the entire women's field at the NYRR Anniversary Run 2.9 Mile race, Central Park, NYC, June 5. The men's race had a tight finish won by Mohamed Oumzil, 41, 17:14, over Evaristo

Roldan, 43, 17:15.

 Andrzej Ryszewski, 46, 37:31, outran Jonathan Wyner, 45, 37:58, to win the masters race at the NYRR Healthy Kidney 10K, Central Park, NYC, May 22. Kim Griffin, 43, 38:05, just a few steps behind, grabbed the women's title.

• Top masters at the NYRR Queens Half-Marathon, College Point, Queens, NYC, May 14, were Antonio Martinez, 40, 1:14:59, and Deborah Gaebler, 40, 1:27:28. In the accompanying 5K, top awards went to Christopher Potter, 40, 17:07, and L. Branche, 47, 20:33. Age-group standouts included Joan Baldassarri, 50, 21:49, and Joseph Pascarella, 72, 26:12.

SOUTHEAST

• Juanita Brookover re-wrote W90 ARs in the DT with an 11.56 and JT with a 9.91 in the Southeastern Masters Champ-ionships, Duke U., Raleigh, NC, May 6-8. The present records of 9.44 and 9.91, respectively, are held by Margaret Evans. Bill Benson lowered his M85 mile record of 9:56.93 with a 9:18.42. Richard Mulkern increased the M80 WP record of 3142 by Eugene Bradford to 3759.

On June 4, in Nashville's Music City Distance Carnival at Vanderbilt U., Tony Young, 43, Seattle, was featured as trying to become "the first masters runner to break the four-minute mile on an outdoor track." Young didn't quite hit it, but did manage a 4:07:27 for ininth place in the elite field. Meanwhile, Brian Pope, 42, Oxford, MS, dipped under 15:00 with a 14:59.58 in the men's 5000 for fourth.

MIDWEST

On May 22, Jim Harrington, Neguanee, MI, won the masters division at the cellcom Green Bay Marathon, 2:37:46. Beverly Owen, Smithville, MO, topped the W40, 2:53:25, while Sue Pierson, W40, Green Bay, also dipped under three hours, 2:56:05

• Colleen de Reuck set a pending world and U.S. All-Comers masters record at the Fifth Third Bank River Run 25K, Grand Rapids, MI, May 14, running a 1:25:15. She eclipsed the previous record, set there last year by Firaya Sultanova-Zhdanova (RUS), 1:27:01, by almost two minutes. The previous US record was held by Jane Welzel, 1:29:47 (Old Kent River Bank Run/1997). De Reuck also crowned herself the U.S. Open 25K champion in that race. New US citizen Mbarak Hussein, 40, NM, with a 1:17:12, also set a US M40 mark, overriding Steve Plasencia's 1:18:38 (City of Lakes/1997).

MID-AMERICA

• Matt Carpenter, 40, Manitou Springs, CO, totally hammered at the USA 10K Trail Running Championship, June 4, in Vail, CO, covering the monstrously hilly, snowy and muddy 10K in 46:41, almost a minute up on the open field. He earned himself a right to a spot on the Teva USA Mountain Running Team to compete in Wellington, NZ, in September. Massage therapist and snowshoe racer Lisa Goldsmith, 40, Nederland, CO, 58:57, was eighth-woman overall and first W40+.

WEST

 Shirley Matson, Larkspur, CA, surfed to an age-64 US record with an age-graded 88.3% 53:56 in the Bay to Breakers 12K, San Francisco, May 15. Susie Kluttz holds the present record at 57:38, March 2001.

• Mbarak Hussein, 40, NM, cruised to a 14:24 12th place 5K finish in the elite invitational race of the Gardena 5000, Gardena, CA, June 5. The previous day, Gardenan Lisa James, 40, hotfooted it to a 17:14 at the Fontana Days 5K, Fontana, CA. Greg Horner, 51, Santa Barbara, CA, was the top M40+, with a blazing 16:00. In the half-marathon at Fontana, John Araujo, 47, Placentia, CA, tore through a 1:10:57, while William Wall, 72, Chino, CA, impressed with his 1:39:12.

INTERNATIONAL

• Wolfgang Knabe, M45, triple-jumped 15.13/49-7 3/4 at Garbsen, near Hanover, GER, on May 22. The present WR is 14.55/47-9 by Willie Banks, USA.

• The 29th South Africa Masters Association Championships, Germiston, May 6-7, drew 344 entries, down from the usual 400, probably due to the spiraling cost of fuel and high accommodation costs, according to Leo Benning, who will be assistant manager to the 60 South Africans attending the World Champion-ships in San Sebastian, Spain.

 Carla Forcellini, W45, vaulted 3.50 in Rome, May 15, tying the WR held by Dawn

Hartigan (AUS), set in 2002.
• Barbara Gaehling, W40, ran the 400H in 58.83 at the Lohrheidestadion, Bochum-Wattenscheid, Germany, on June 5. The present record is 62.08 by Maria Sangous

CORRECTIONS

Espina (ESP) in 1995.

 Results of the USAT-NTC Meet, March 19, in the May issue showed Pay Carstensen, M70, and Luis Velez, M70, with marks of 36.43 and 29.26, respectively, in the discus. Those marks were for the hammer.

TWENTY YEARS AGO July 1985

•Irene Obera Sets Two W50 World Records

Brian Oldfield Turns 40, Puts Shot 69-7

Priscilla Welch, 40, First Overall in Freihofer's

 Atlaw Belilgne, Judy Pickert Win in Cotton Row 10K



MIKE POLANSKY Rudy Afanador, 46, first overall (4:21:24), Long Island Greenbelt 50K, May 14.



Lloyd Williams (r) in 66.60, nips Harry Brown (66.83) in the M70 400, 2004 USA National Masters Championships. Honolulu willl host the 2005 Championships, Aug. 4-7.

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Weight Pentathlon Championships Offering \$2000 in Cash Awards

Participants in the USA National Masters Weight Pentathlon Championships in Dallas, Texas, on Aug. 13, will be vying for more than titles and medals. Through the generosity of Mark Chapman and Cheryl Mellenthin, athletes will be contesting for a share of \$2000 in cash awards, plus a chance at \$300 for each world-record total score performance.

The top, second and third male and female highest scorers will be awarded \$300, \$200, and \$100.

The top oldest best scorers, male and female, will receive \$100 each. The most improved scorer, based on previous national meet score, will receive \$100. The best official will receive \$100.

Athletes whose scores may be less than they'd hoped for can also cash in.

The athlete who drove the greatest distance (gasoline engine required!) will receive \$100, as will the athlete who flew the greatest distance, and \$200 will be awarded (names drawn out of a hat) to those who attend the BBO.

Chapman and Mellenthin's munificence doesn't stop there. They've allocated \$500 to the publication of the Weight Pentathlon History – 1955 to 2004, to be made available at the championships.

The couple, perhaps better known for staging the Cat Spring Grunt meets on their property in Texas, will be on hand to make the presentations.

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Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are 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

July 2-3. USA National Masters Decathlon/ Heptathlon Championships, Mayfield HS (Cleveland area), OH. (s) Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124; 440-473-0636; Rex Harvey, 440-339-5688(cell).

Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiichamps.com; 808-732-8805; zeug @hawaii.rr.com

August 13. USA National Masters Weight Pentathlon Championships, Dallas, TX. (s) Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230; www.dallasmasters.com; lestermount@yahoo.com

September 10. USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:30 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

March 24-26, 2006. USA National Masters Indoor Championships, Reggie Lewis Center, Boston, MA. USATF-NE, 617-566-7600; office@usatfne.org; www.usatfne.org/masters August 3-6, 2006. 39th USA National Masters Championships, Charlotte, NC.

EAST

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

June 7, 14, 21, 28, & July 12. Philadelphia Masters Meets. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com: www.pmtf.net

June 27-July 3. Pennsylvania Senior Games, Shippensburg. 570-823-3164; keystonegames.com July 3. Masters Pentathlon & Select Masters All-Comers Events, Richard Stockton State College of NJ, Pomona, NJ. M&W. 973-334-8900, or www.usatfnj@usatfnj.org/tf/track July 7 (Thur.). Metro Harriers Challenge, Glen Burnie, MD. 100m thru 5000, plus field

Glen Burnie, MD. 100m thru 5000, plus field events. 6:30 pm. Ed Harte, 410-789-7560.

July 9 & 23. Potomac Valley TC Meets, Langley HS, McLean, VA. 9:30.am.

July 10. USATF New Jersey Masters Championships, Tinton Falls. Isabel Keeley, 732-409-7644. July 12. Philadelphia Masters Meets. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com, www.pmtf.net July 16. New Hampshire Amateur State Games, U. of New Hampshire, Durham. www.

nhgames.com/index/htm July 16. John Wall Memorial Mile Track Race, Annapolis, MD. 410-956-0828; www.annapo

lisstriders.com
July 17 USATF East Regional Masters
Championships, Cocalico Boosters Club/Long
& Strong, at Cocalico HS, Denver, PA. East
Regionals, 955 Daniel Dr., Stevens, PA. 17578;
717-484-2696; e-mail: skrall@clemensmkt.com
July 23. USATF New England Masters
Championships, Springfield College, MA.
M&W30+. No SC or 10,000. 617-566-7600;
office@usatfne.org; www.usatfne.org/track
July 24. USATF Mid-Atlantic USATF Open &

office@usattne.org; www.usatrne.org/track
July 24. USATF Mid-Atlantic USATF Open &
Masters Championships. Plymouth Meeting,
PA. Kyle Mecklenborg, 215-393-1382; krm
eck@erols.com; www.pmtf.net
August 5 (Fri.). Go for the Glory Meet, Beth-esda,

August 5 (Fri.). Go for the Glory Meet, Beth-esda, MD. 7:30 pm. 301-353-0200; www.mcr rc.org August 6 & 20. Potomac Valley TC Meets, Langley HS, McLean, VA. 9:30.am. August 30 (Tues.). GLIRC Mile Time Trials/Relay Carnival, Farmingdale, NY. 516-349-7646; www.glirc.org

SOUTHEAST

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

July 15-21. Tennessee Senior Games, Will-iamson County. 615-902-9261; tnsenior games.com September 26-October 2. North Carolina Senior Games Finals, Raleigh. 919-851-5456; www.ncseniorgames.org

MIDWEST

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

July 9. Dayton Masters Classic, Welcome Stadium, Dayton, OH. Bob Jones, 937-837-2754; bjrun1@juno.com

July 16. USATF Midwest Regional Masters Championships, Grand Valley St. U., MI. West Shore AC, PO Box 303, Grand Haven, MI 49417; www.westshoreac.org; jimoneil@west shoreac.org

July 23. OTHTC Northcoast Cleveland Classic, Mayfield HS, OH. 517-646-8742; www.othtc.org September 17. OTHTC Norm Bower Memorial

September 17. OTHTC Norm Bower Memorial Weight Pentathlon, Kent St. U., Kent, OH. OTHTC, 6744 Connecticut Colony Circle, Mentor, OH 44060. Jeff Gerson, 440-473-0636.

MID-AMERICA

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

July 31. Blair TC Meet, Blair HS, NE. 402-426-5955; e-mail: mikedmaryott@hotmail.com August 12-15. Nebraska Sr. Games, Kearney. 308-233-3229; nebraskaseniorgames.com

September 3-4. 25th Rocky Mountain Masters Games, CSU-Ft. Collins, CO. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602; 303-451-8727; e-mail: rockymtmastersgames@msn. com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 9. Cat Spring Grunt VII Throwers Meet, Cat Spring, TX. Mark Chapman, 979-732-5591; k9luvrs@intertex.net

July 9. USATF Southwest Regional Masters Championships, U. of Tulsa. Oklahoma USATF, PO Box 411, Tulsa, OK 74101; 918-277-3723.

July 23. Texas Masters Championships, Coppell HS. Wayne Bennett, 1501 W. Lavender Lane, Arlington, TX 76013; www.dallasmasters.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

June 28-August 4. All-Comers Meets, Los Angeles. Tues., San Pedro HS; Wed., Birmingham HS; Thu., Wilson HS. 7:30 pm. No entry fee. 818-904-2003.

July 9. Chuck McMahon Memorial Masters/
USATF San Diego Association Championship
T&F Meet, Patrick Henry HS, 6702
Wandermere Dr., San Diego, CA 92120. Brad
Pagano, 619-226-1324; Kettrell Berry, kettrell
berry@hotmail.com; www.sdseniorgames.org.
July 10. USATF New Mexico Open/Masters
Meet. Kathy Fones, 31 Sandhill Rd., Los Lunas,
NM 87031. 505-865-8612; fax: 565-8387;
foneskn@aol.com; www.usatf.org/assoc/nm
July 16. Team Thor Thunder Series Throws &

PV Meet, UC-San Diego, La Jolla, CA. (s) 858-566-6273; cybertgm@ juno.com July 16. USATF Pacific Association M&O

July 16. USATF Pacific Association M&O Championships, Los Gatos HS, CA. (s) Los Gatos AA, PO Box 1334, Los Gatos, CA 95031; coachjoy@sbcglobal.net
July 22-23. Aloha State Games, Honolulu.

July 22-23. Aloha State Games, Honolulu. www.alohastategames.com July 23-24. USATF West Regional Masters

July 23-24. USATF West Regional Masters Championships, Home Depot Center/Olympic Training Facility, Carson (Los Angeles), CA. Mark Cleary, runnermark@cox.net; www.sca usatf.org

August 3-7. New Mexico Senior Olympics, Albuquerque. 505-623-5777; nmseniorolym pics.org

NORTHWEST

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

June 30-July 28. Oregon TC All-Comers Meets, Hayward Field, Eugene. Thursdays, 5:00 pm.

July 6 (Wed.). Club NW All-Comers Meet, Shoreline, WA. 6:00 pm. 206-729-9972; pro motionevents.com

July 9-10. State Games of Oregon, Mt. Hood CC, Gresham. Bill Cook, 2860 SW Lilyben Place, Gresham, OR 97080; wv.cook@com cast.net

July 16. Seattle Masters Classic, W. Seattle Stadium. 9:30 am. July 15, HT at 5:50 pm. Ken Weinbel, 206-938-3895; for entry forms: weinbel@comcast.net

July 22-24. Washington St. Senior Games, Olympia. Open to out-of-state. 360-413-0148; pugetsoundgames com

pugetsoundgames.com
July 23. Inland Northwest Masters Classic,
Mooberry Track (WSU), Pullman, WA. Jeff
Schaller, 435 SW State St., Pullman, WA
99163. 509-332-3148; jeffschaller@turbonet
.com; www.eteamz.com/cometstcm/news

August 13-22. Alaska International Senior Games, Fairbanks. 907-374-0678; alaskaisg.org August 18-20. Wyoming Sr. Olympics, Gillette. Open to out-of-state. 307-682-7406; wyseniorolympics.com
October 3-15. Huntsman World Senior

October 3-15. Huntsman World Senior Games, St. George, Utah. M&W 50+. 800-562-1268; www.seniorgames.net

October 15-18. Idaho Sr. Games, Boise. Jennifer Thompson, 208-322-7033. x267.

CANADA

July 9-10. Canadian Masters Championships, York U. Toronto, Ontario. Foreign athletes welcome. Doug Smith, 58 Newmarket Ave., Toronto, ON. M4C 1V9. 416-699-5818, after 8 am; canadianmastersathletics.com; douglasj. smith@sympatico.ca

INTERNATIONAL

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

August 10-12. Masters Athletics GP Meet/ IAAF Championships, Lahti, Finland. Hurdles /1500/JT/100/SP/HJ/400/LJ/ WT/XC. Registration deadline: July 1, 2005. Lahden Ahkera Office, Urheilukeskus 15110 Lahit, Finland. www.lahdenahkera.fi

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

August 26-28. Japan Veterans Championships, Osaka. www.j-master.gr.jp/zennipponent ryl.htm

March 15-20, 2006. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006. com/eng

LONG DISTANCE RUNNING

NATIONAL

July 30. USA National Masters 50 Mile Championships, Crystal Mountain, WA. www.usatf.org

August 7. USA National Masters 8K Championships, Honolulu, HI. Held in conjunction with the Masters T&F Championships (see T&F above).

September 25. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org

ON TAP FOR JULY

TRACK AND FIELD

The World Masters Games will draw 21,000 athletes from 82 countries for multi-event competition to Edmonton, Alberta, Canada, from the 22nd to the 31st. The USA National Masters Decathlon/Heptathlon Championships will lure a smaller but just as enthusiastic group to Mayfield (Cleveland area), OH, on the 2nd-3rd. Masters regional championships are scheduled for the Southwest, Tulsa, OK, on the 9th; Midwest, Grand Haven. MI, on the 16th; East, Denver, PA, on the 17th; and the West, Los Angeles, on the 23rd-24th. Association championships are available in New Jersey, Massachusetts, Pennsylvania, California, New Mexico, and Washington.

LONG DISTANCE RUNNING The USA National Masters 50 Mile Championships are scheduled for Crystal Mountain, WA, on the 30th. After the explosion of July 4th weekend races from Altoona, PA, to Eugene, OR, the next weekend offers the Spirit of Gettysburg, PA, 5K, on the 9th, and the Boilermaker 15K, Utica, NY; Seattle Summer Marathon and Fleet Feet Mile, Davis, CA, on the 10th. The 16th lists the Subaru 4 Mile Chase, Buffalo, NY; Women's Distance Festival 5K, Huntsville, AL; and Crazy 8's, Kingsport, TN; followed by the Stowe, VT, 8 Mile, and Oregon Grand Prix Half-Marathon in Coburg, on the 17th. The Mohawk 5000 goes off on the 23rd in Tulsa, as does the Wharf to Wharf 6 Mile in Santa Cruz on the 24th. The month closes with the Quad City Times Bix 7, Davenport, IA, on the 30th, and the San Francisco Marathon on the 31st.

RACEWALKING

The USATF MAC 5K Championships take place in NYC's Central Park on the 17th. Racewalks of varying lengths can be had at the World Masters Games, regional and association championships, most other t&f meets, and some road races.

October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org October 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org November 19. USA Fall Nationals XC

Championships, saratoga Springs, NY. George Regan, george@usatfadir.org November 19. USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; www.gvh.net/feast-in-the-east

EAST

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

July 4. July 4th Road Race 15K, 5K & 2 Mile, Altoona, PA. 814-695-4467. July 5 (Tues.). Summer XC Series, New Canaan, CT. 7:00 pm. www.clubct.org July 6 (Wed.). New Paltz, NY, Summer XC Series 4.7 Mile. 7:00 pm. 845-626-7579; www.runthegunks.com July 8 (Fri.). Glor Hampton, CT. 7:10 p 267-8533.

July 2005

267-8533. July 8 (Fri.). Mids Rockville, MD. 7:00

www.mcrrc.org July 9. Vytra Health I Farmingdale, NY. glirc.org July 9. Healthy Heart Hartford, CT. 860-6:

July 9. Healthy Heart Hartford, CT. 860-6: marathon.com July 9. Spirit of Gett PA. 717-334-9171; yw July 10. Boilermaker

boilermaker.com July 10. NYRR Bronx NY. 212-860-4455; wy July 16. Bill Luti 5 M 863-2537; www.gsrs.co July 16. Subaru Buff 716-881-1652; buffalos July 16. Saucony XC S

Park, Pittsburgh, PA. 2222.
July 17. USATF New ionships, Stowe, VT.

4647. July 20 (Wed.). Harri PA. 6:00 pm. 71 mile.com

July 21 (Thur.). RR Festival 5K, Dryden, 1 gerlakesrunners.org July 24. Great Hyann 10K, Hyannis, MA. baevents.com August 6. Banknorth Cape Elizabeth, ME.

August 6. Banknorth Cape Elizabeth, ME. Beach2Beacon.org August 6. Saucony Frick Park, Pittsburgh,

464-2222. August 7. High Stre MA. 978-270-6854; h August 13. NYRR F 212-860-4455; www.n August 14. Falmouth 508-540-7000; www.st August 18 (Thur.). field, CT. 6:00 pm.

field, CT. 6:00 pm. park-recreation.org August 21. Virgil Mc August 21. Virgil Mc 607ners.org August 28. NYRR Ma

NYC. 212-860-4455; SOUTI

Alabama, Florida, G S. Carolina, Ten y 4. Pippins Firecr

July 4. Pippins Firect 239-434-9786; george21 July 4. Peachtree 10K, 9064; www.atlantatracki July 16. Crazy 8's, K 1046; www.crazy8s.org July 16. Beaufort 5K 252-222-6359; www.b July 16. Women's Huntsville, AL. Also

9977.
July 23. Hemingway: 296-7182; keywestspee August 6. Run for Li GA. 770-528-3580; w August 6. Bushwack 850-939-8073; www. August 12-13. Bi Jacksonville, FL. 4 Road Mile and 5% www.1stplacesports.cc August 13. Elvis P Memphis, TN. 901-7 phis.org

MIL Illinois, Indiana, Ke Wisconsin

July 3. American American Run, Chica July 4. Tortoise & 734-623-9640; tortoi July 4. 30th Volk www.runthegunks.com

July 8 (Fri.). Glorious Gallop 5K, East Hampton, CT. 7:10 pm. Sheila Oakes, 860-

July 8 (Fri.). Midsummer Night's MIle, Rockville, MD. 7:00 pm. 301-353-0200;

www.mcrrc.org
July 9. Vytra Health Plans L.I. Women's 5K, Farmingdale, NY. 516-349-7646; www.

glire.org July 9. Healthy Heart Women's 5 Miler, West Hartford, CT. 860-652-8866; www.hartford marathon.com

July 9. Spirit of Gettysburg 5K, Gettysburg, PA. 717-334-9171; ywcagettysburg.org July 10. Boilermaker 15K, Utica, NY. www.

July 10. NYRR Bronx Half-Marathon, Bronx, NY. 212-860-4455; www.nyrrc.org

July 16. Bill Luti 5 Mile, Concord, NH. 603-863-2537; www.gsrs.com July 16. Subaru Buffalo, NY, 4 Mile Chase. 716-881-1652; buffalosubaruchase.com

July 16. Saucony XC Series, 2K/4K/8K. Frick Park, Pittsburgh, PA. John Harwick, 724-464-

July 17. USATF New England 8 Mile Champ-ionships, Stowe, VT. Tom Foltz, 802-253-

July 20 (Wed.). Harrisburg Mile, Harrisburg, PA. 6:00 pm. 717-232-9622; harrisburg

July 21 (Thur.). RRCA Women's Distance Festival 5K, Dryden, NY. 315-497-3743; fin gerlakesrunners.org

July 24. Great Hyannis Johnny Kelley 5K & 10K, Hyannis, MA. 617-625-2140; www. baevents.com

August 6. Banknorth Beach to Beacon 10K, Cape Elizabeth, ME. 888-480-6940; www. Beach2Beacon.org

August 6. Saucony XC Series, 2K/4K/8K. Frick Park, Pittsburgh, PA. John Harwick, 724-

August 7. High Street Mile, Newburyport, MA. 978-270-6854; http://xenia.unh.edu/ August 13. NYRR Fifth Avenue Mile, NYC. 212-860-4455; www.nyrrc.org

August 14. Falmouth 7 Mile, Falmouth, MA 508-540-7000; www.sblifalmouthroadrace.com August 18 (Thur.). Northfield 10K, Northfield, CT. 6:00 pm. 860-567-7569; litchfield

park-recreation.org August 21. Virgil Mountain Madness 12K & 30K, Virgil, NY. 607-227-1982; fingerlakerun

August 28. NYRR Manhattan Half-Marathon, NYC. 212-860-4455; www.nyrrc.org

SOUTHEAST

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

July 4. Pippins Firecracker 5000, Naples, FL. 239-434-9786; george21205@comcast.net July 4. Peachtree 10K, Atlanta, GA. 404-231-9064; www.atlantatrackclub.org

July 16. Crazy 8's, Kingsport, TN. 423-963-1046; www.crazy8s.org
July 16. Beaufort 5K & 10K, Beaufort, NC.

252-222-6359; www.beaufortroadrace.com July 16. Women's Distance Festival 5K, Huntsville, AL. Also men's 5K. 256-533-

July 23. Hemingway 5K, Key West, FL. 305-296-7182; keywestspecialevents.com

August 6. Run for Life 5K & 10K, Marietta, GA. 770-528-3580; www.GeorgiaGames.org August 6. Bushwacker 5K, Pensacola, FL. 850-939-8073; www.runresults.net

August 12-13. Brooks Tour De Pain, Jacksonville, FL. 4 Mile Beach Run, 12th; Road Mile and 5K Twilight Run, 13th. www.1stplacesports.com

August 13. Elvis Presley International 5K, Memphis, TN. 901-761-4277; www.ucpmem

MIDWEST

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

American Family Insurance All-American Run, Chicago. www.caprievents.com July 4. Tortoise & Hare 5K, Ann Arbor, MI. 734-623-9640; tortoiseandhare.com July 4. 30th Volkslauf/People's Race 20K, 10K, 5K, & 2K, Frankenmuth, MI. 989-652-9941; www.volkslaufe.org

July 14. M&I Bank Storm the Bastille 5K, Milwaukee, WI. 414-271-1416; www.east

July 15 (Fri.). World Famous Pig Run 5K, Columbus, OH. 7:00 pm. 614-332-5205; www.ultrafit-usa.com

July 23. USATF Wisconsin Mile Champion-July 30. Grand Island Trail Marathon, Munising, MI. 715-823-9138; runskikayak @hotmail.com

August 7. Chicago Distance Classic. www.chi cagodistanceclassic.com

August 13. Club Kokomo Age-Graded 4 Mile, Kokomo, IN. 765-455-2283; www.ckrr.us August 13. Paavo Nurmi Marathon & Relays, Hurley, WI. 866-340-4334;www.hurleywi.com August 13. 26th Run Thru Hell 10 Mile, Pinckney, MI. 734-878-6640; gaultraceman agement.com

August 15 (Mon.). YRRC/Second Sole Preseason XC Classic 3K & 5K, Boardman, OH. 330-482-9230; members.aol.com/ytownrrc/

August 20. Parkersburg News & Sentinel Half-Marathon/RRCA National Championships, Parkersburg, WV. 304-485-www.newsandsentinel.com/halfmarathon 304-485-1891; August 27. Forest Park 5K, Cincinnati. 513-

474-1399; www.racedmc.org August 27. Crim Festival of Races,, Flint, MI. www.crim.org

MID-AMERICA

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

July 4. Firecracker 4 Mile & Mile, Derby, KS.

316-788-2027; www.trrack.org
July 8 (Fri.). Midnight Madness 10K & 5K, Ames, IA. 515-232-6131; www.fitnesssports.com July 14 (Thur.). Bastille Day 5K, Chicago. 7:30 pm. 773-868-3010; www.chicago

July 30. Quad City Times Bix 7, Davenport, IA. www.bix7.com

July 31. Mississippi Mile, Old Chain of Rocks Bridge, St. Louis. 314-781-3926; www.stlouis

trackclub.org
August 7. Hennepin-Lake Classic 5K & 10K, Minneapolis. 651-228-1986; www.tslevents.com August 13. Georgetown to Idaho Springs Half-Marathon, Georgetown, CO. www.bkb

August 18. Pearl Street Mile, Boulder, CO. 303-413-7316; www.americasdowntown mile.com

August 14. Guidant Heart of Summer 10K & 5K, Minneapolis. www.heartofsummer.org

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 4. Silicon Labs Marathon Relay, Austin, TX. 512-499-8025; marathonrelay.com

July 4. First Colony Freedom 5K, Sugar Land, 281-634-9555; www.signmeup.com/

July 4. Fireball Classic 5K & 10K, Ada, OK. 580-320-7889; www.adasunriserotary.org July 23. Mohawk 5000, Tulsa, OK. 918-625-3147; www.tulsarunningclub.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

July 4. Northland Hospice Run for Your Life 10K, Flagstaff, AZ. www.runforyourlifeflag staff.com

July 4. 4th of July 5K Blast, Las Vegas, NV. 702-450-4788; www.lasvegasrunningteam.com July 4. Coronado, CA, 15K & 5K. 619-298-7400; kathyloperevents.com

July 4. 51st Semana Nautica 15K, Santa Barbara, CA. 805-965-3671; www.sbrun July 9. Bastille Day 5K, Irvine, CA. 619-298-

7400; kathyloperevents.com July 10. Fleet Feet Davis Mile, Davis, CA. 916-441-1751; www.ffsac.com

July 10. Keep L.A. Running 5K & 10K, Los Angeles. 310-828-4123; www.2promo.com July 17. Wine Country Half-Marathon, Sonoma, CA. 707-933-1769; www.winecountryhalf.com

July 24. Wharf to Wharf 6 Mile, Santa Cruz, CA. 831-475-2196; wharftowharf.com July 31. San Francisco Marathon & Half-Marathon. 415-284-9653; www.runsfm.com August 14. America's Finest City Half-Marathon & 5K, San Diego. 760-692-2900; www.afchalf.com

August 21 Golden Gate Park 5K XC San Francisco. 415-978-0837; www.dserunners.com August 27. Jet to Jetty 10K, Playa Del Rey, CA. www.2promo.com

NORTHWEST

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

July 3. Firecracker 5000, Seattle. 11:55 pm. 729-9972; www.promotionevents.com

July 4. 32nd Sierra Mist Butte to Butte 10K, Eugene, OR. 541-687-1989; www.butteto

July 4. Oregon Grand Prix Series Foot Traffic Marathon/Half-Marathon, Portland, OR. Harry Simonis, 541-504-1077; www.usatf-ore gon.org July 10. Seattle Summer Marathon, Half-Marathon & 5K. www.seafairmarathon.com July 14 (Thur.). Waterfront Mile, Portland, www.americasdowntownmile.com

July 17. Oregon Grand Prix Series Coburg Run in the Country Half-Marathon, Coburg, OR. Harry Simonis, 541-504-1077; www.usa tf-oregon.org
July 26 (Mon). Deseret Morning News

Marathon, Salt Lake City. 801-333-7473; www.desnews.com/race

July 30. Uptime/Energice Masters Mile, Lakewood, WA. 35+. 253-376-5737; www.hu manultisportspwn.org

July 30. Pacificare Torchlight 8k & 5K,

Seattle. 6:30 pm. www.seafair.com August 6. Bozeman, MT, Classic 5K & 10K. Bob Wade, 406-522-7064

August 7. Footzone 5K, Redmond, WA. 206-

972-9972; www.footzone.com August 26 (Fri.). 24th Fred Meyer Hood to Coast Relay, Mt. Hood, OR. 197 Miles, 12 per team. 503-292-4626; www.hoodtocoast.com September 11. Oregon Grand Prix Series -Oregon TC Masters Eugene Celebration 8K, Eugene, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org

September 17. Prefontaine Memorial Run,

800-824-8486; www.prefontaine.com October 29. Oregon Grand Prix Series USATF/Willamette XC 8K, Salem, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org November 12. Oregon Grand Prix Series -USATF Grand Prix Finale, Sandy, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org

INTERNATIONAL

July 3. Gold Coast Marathon, Half-Marathon & 10K, Gold Coast, Australia. +61 7 5564 8733; www.goldcoastmarathon.com.au September 25. Berlin Marathon. 800-444-4097; www.marathontours.com

RACEWALKING

July 17.USATF MAC 5K RW Championships, Central Park, NYC. Stella Cashman, 212-628-



TESH TESHIMA

Frank Pugliese, first M50 (19:14), Mango Days 5K. Honolulu, Hawaii, June 5

1317; Francicash@aol. com

August 5 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.

August 28. USATF MAC 3K RW Championships, Central Park, NYC. Stella Cashman, 212-628-1317; Francicash@aol. com

September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usaff.org September 18. USATF Long Island 5K RW Championships, Long Beach, NY. Peter Lopes, 516-771-7761.

516-771-7701.
October 8. USA National Open & Masters 5K
RW Championships, Kingsport, TN. Bobby
Baker, 423-349-6406; www.usatf.org
November 13. USA National Masters 20K

RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; email: noonwalk_99@yahoo.com

December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

TWENTY-FIVE YEARS AGO **July 1980**

Bill Fitzgerald Breaks M55 800 WR with a 2:09.7

*Hal Higdon (M45, 2:32:42) and Alex Ratelle (M55, 2:34:59) Set U.S. Marathon Marks

Gordon Farrell Ups M60 TJ WR to 39-0 at Grandfather Games, Los Angeles

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W60

M30

M35 M40

M45 M50

M55 M60

M65

M70

8:38 9:08

M75 9:43 10:28 19:55 34:20 M80 10:26 11:14 21:22 36:50

M90 12:41 13:39 25:58 44:45

9:19 17:43 30:33 9:50 18:44 32:18

12:13 23:14 40:04

Barney Borromeo	60m	7.27	1/7/05
M40-44 Jim Singleton	TJ	11.73	7/12/04
M45-49 Mike Houar	3000 RW	10:12.7	5/14/05

3000 RW 14:40.23 3/13/05

RECIPIENTS OF ALL-AMERICAN AWARDS

M50-55			A STATE OF	
Charles Baer	DT	48.39	4/15/05	
Michael Fortunato	55m	7.2	3/13/05	
M55-59				
Bob Barber	Mile	5:24.67	6/4/05	
Karl Fields	Mile	5:20.89	5/7/05	

į	M65-69			
ı	Dick Pilgrim	SP	12.256	6/5/05
į	Al Shook	5K	19:56	6/4/05
	W35-39			
į	Rebecca Connolly	800	2:28.44	5/28/05

HJ SP	8.78	5/30/04 10/2/04
JT	23.47	9/23/04
200	32.0	9/25/04
10K	55:14	5/30/05
	JT 200	JT 23.47 200 32.0

	U	S.	MA	STE	RS	ALL	-AN	IER	ICA	NS	TAN	IDAF	RDS	
Event		30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55		6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60		7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	23.0	14.0
100		11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0 35.0	40.2	52.0	
200		22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0 75.0	88.0	98.0	120.0	
400		51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	3:06	3:35	3:55	4:30	
800		2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45 5:45	6:30	7:20	8:10	9:20	
1500		4:20	4:22	4:24	4:35	4:45	5:10	5:20 6:00	6:15	6:55	8:20	8:45	10:15	
Mile		4:40	4:40	4:50	5:00	5:10	5:30	11:50	12:45	13:40	15:50	19:10	23:00	26:00
3000		9:25	9:40	10:00	10:25	10:45	11:15	19:30	21:00	23:30	26:00	29:00	32:30	1
5000		15:45	16:00	16:15	16:45	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
10000		32:30	32:50	33:30	36:00	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
55H		8.6	9.3	9.0	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
60H		9.0		17.8	18.8	10.3	10.0	10.5			100	10.0		
110H 100H		15.4	16.5	17.0	10.0	18.0	19.0	20.0	21.0					
80H						10.0	13.0	-		18.0	21.0	25.0	30.0	
400H		58.0	60.0	62.0	64.0	68.0	71.0						A STREET	
300H		36.0	00.0	020	04.0	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	200	Mary and	S Chown	Albert 1		100	
2K-SC		10.10	10.30	11.40	12.40	10.00	14.00	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	
L.		6-21/4	6-1/4	5-91/4	5-6	5-3	4-11	4-9	4-61/4	4-1%	3-91/4	3-31/4	2-7%	
PV		4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
-		14-51/4	13-51/4		12-1%	11-7%	10-0	8-10%	7-10%	7-61/4	6-61/4	5-10%	4-31/4	
W		6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
		21-4	20-1/4	19-21/4	18-41/	17-8%	16-1/4	14-9	13-91/4	12-5%	10-11%	941/4	7-21/4	
TJ		13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
		43-31/4	41-41/4	37-81/4	35-51/4	34-1%	31-2	29-21/4	26-11	22-10	21-4	19-6	18-1	
Shot	B	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
Silot		47-7	46-0	44-0	41-5	42-11%	39-4%	42-0	37-81/4	36-11/4	29-61/1	26-3	19-8%	
Discus		44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
derlasser		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	non
Hammer		47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
		155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7'h	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#WL		15.00	14.00	13.00	12.00	10.00	9.00		mps.	6.00	5.00			
		49-21/4	45-11%	42-8	39-41/4	32-9%	29-61/4			19-81/4	16-41/4			
Weight		15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
7000		49-21/2	45-11%	43-5%	41-01/4	46-9	43-5%	45-111/4	43-51/4	44-31/4	38-61/4	32-9%	28-81/2	19-81/
Sup.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	
(56#)		31-2	29-61/4	27-10%	26-3	19-81/4	18-1/4	16-41/4	14-9	11-5%	9-10	8-21/4	6-61/4	
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	
Wt. Pent.		2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	
Notes:	1)	100 s	tandard	s are for	automa	tic time; u	se stane	dard con	version	for hand	time.			
	2)	Short	hurdles	: 30	149: 3	9";	50-	-59: 36	"; 60	-69: 33		0-79 30";	80+:	27"
	3)		hurdles			5°;		-59: 33		-69: 30		0+: 27"		
	4)	Shot				26k (16#);		-59: 6k		-69: 5k		0+: 27"		
	5)		s throw			kg;			kg; 60		Okg;	0+: 4k		
	6)	Hamr				.26k (16#);		-59: 6k				0+: 4k 0-79: 500g	80+:	400g
	7)	Javel Weigi				00g; 5 <i>0</i>		-59: 70 -59: 25		-69: 20		0-79: 500g	80+:	
	9)	-	rweight:			50		-79: 35						Die et
	10		Dec/WLP			AF pts.; 4								

49:56 1:02:45 52:46 1:06:21

Age-graded time/.8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

54:32 1:23:14 1:51:37 2:22:20 2:53:13 5:56:25 56:55 1:26:56 1:56:58 2:28:52 3:01:19 4:07:41 59:38 1:31:10 2:02:23 2:36:20 3:10:33 4:20:30 1:02:45 1:36:01 2:08:58 2:44:53 3:21:11 4:35:15 1:06:21 1:41:37 2:16:35 2:53:56 3:33:31 4:52:23

56:04 1:10:35 1:48:13 2:25:34 3:05:02 3:48:05 5:12:40 6:50:54 60:06 1:15:44 1:56:15 2:36:31 3:20:50 4:05:57 5:37:34 7:24:11

65:20 1:22:26 2:06:43 2:50:48 3:39:31 4:29:18 6:10:11 8:07:50 72:52 1:32:08 2:21:52 3:11:28 4:06:38 5:03:17 6:57:43 9:11:37

amm	er	47.24	44.20	40.00	39.00 3	9.00 36.	00 3	6.00	32.00	30.00	24.00 2	20.00	17.07	-	Discus	32.00	0 30.
		155-0	145-0	131-3	127-11 12	7-11 118	-1 1	18-1	105-0	98-5	78-9 6	5-7'h	56-0	123	THE RESERVE	105-4	0 96
lavel	n	62.00	56.00	48.76	47.00 4	3.00 41.	00 3	9.00	35.00	31.00	24.00	19.00	14.02	E-View	Hamme		
		203-5	183-9	160-0	154-2 1	41-1 134	-6 12	7-11 1	14-10	101-8	78-9	62-4	46-0	3000	namine	100	400
35/W	L	15.00	14.00	13.00	12.00 1	0.00 9.	00		1000	6.00	5.00			3533	THE RESIDENCE	114-10	
		49-2%	45-11%	42-8	39-4% 32	2-9% 29-6	5'h		100	19-8% 1	6-41/4				Weight	10.00	0 10.
Weigl	nt	15.00	14.00	13.25	12.50 1	4.25 13.	25 1	4.00	13.25	13.50	11.75	10.00	8.75	6.00	200	32-9%	4 32-
		49-21/2	45-11%	43-5%	41-0%	46-9 43-5	P/ 45-	11% 4	3-51/4	14-3'A 3	8-6% 3	2-93/4	28-81/1	19-81/4	Sup.Wt.	6.5	0 6.
up.W	L	9.50	9.00	8.50	8.00	6.00 5.	50	5.00	4.50	3.50	3.00	2.50	2.00	Brown !	THE MANUFACTURE	21-	4 194
(56		31-2	29-6% 2	27-10%	26-3 19	-81/4 18-	·/s 16	41/4	14-9	11-5%	9-10	8-21/2	6-61/4	NOTATE !	Wt.Pent		1000
Per	•	2800	2600	2600	2600	2600 26	00 2	600	2600	2600	2400	2200	2000	THE PARTY OF	31.30.311		
ecat		5500	5250	5250	5000	5200 50	00 4	500	5000	4800	4200	3000	2500		Notes		100
Per		2800	2700	2800		3000 30		000	3000	2600	2700	3000	3000			2)	Sho
otes						ime; use st			mion fo	hand tim					CF 1250	-	Long
otes.	2)		hurdles:		49: 39":		50-59:	36";	60-69		70-79	30":	80+	27"	107 890	3)	Sho
	3)		nurdles:		49: 36":		50-59:	33":	60-6	A 100 March 1979	70+:	27"	-			4)	Jave
	4)	Shot p			49: 7.26k		50-59:	6k:	60-6	4.0	70+:	27"		10.72		5)	Ham
	5)		throw:	30-			50-59:	1.5kg		1.0kg					255	6)	Weig
	6)	Hamm		30-			50-59:	6k:	60-6): 5k;	70+:	4k			3.6	7)	Sup
	7)	Javelli	n:	30-			50-59:	700g	60-6	e: 600g;	70-79:	500g	80+:	400g	100 10000	8)	Metr
	8)	Weigh	t:	30-	49: 35#		50-59:	25#	60-6	: 20#	70-79:	16#	80+	12#	120	The said	conv
	9)	Super	weight:	30-	69: 56#		70-79:	35#	80+:	25#							
	10)	Pen/D	ec/WLPe	n: 30-	39 IAAF	pts.; 40+ W	MA fac	toring.						1000	100		
U	S. M	ASTE	RS AL	L-AME	RICAN	STANDA	RDS	OF EX	CELI	ENCE	FOR RA	CEV	VALKI	ERS	\$ E		AL
	1.5K	Mile	3)	C 58	(BH		OMEN	5K	20K	25K	301	K	40K	50K	15 1999		
/30	7:13			7.1				:56 1	:52:06	2:24:43	2:59:1	5 4:0	8:45	5:37:30	N/	ME	
/35	7:22					No. of Contract of			:53:32	2:26:51	3:01:5	3 4:1	2:21	5:42:23	100 Inc.		Third in
40	7:37	8:21	15:5	3 27:20						2:32:33		6 4:2	22:13	5:55:48	ΔΓ	DRES	22
145	8:03	8:4					170		:03:00	2:38:56	3:17:0	0 4:3	3:31	6:11:25	7.0	DITLE	<u> </u>
/50	8:25	9:05				1:00:41		:08 2	:08:30	2:46:11	3:26:0	8 4:4	6:23	6:29:09	Cr	TY	
/55	8:55		5.00			1:03:33			:14:48	2:54:26	3:36:3	3 5:0	1:03	6:49:24	Ci	-	
/60	9:17	10:0				1:06:50				3:03:54				7:12:43	141		
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/80	12:03	12:5				1:26:38						9 7:0	1:26	9:47:35	3.7		
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440 445 450 455	7:50				-						3:01:1	100		The second secon	Cau	,, com	
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A35 A40 A45 A50 A55 A60 A65		3 8:5	1 16:5	0 29:0	2 47:2	8 59:38	1:31	:10 2	:02:23	2:36:20		3 4:2	20:30	The second secon	2		y of

wit.	0.5	· IATL	LOI	LIND	AL		WOME			71/1	NDA	ILD	417
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8		14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0		30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5		68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33		2:40	2:46	2:54	3:10		3:36	3:56	4:30	5:40		
1500	5:10		5:30	5:40	6:00	6:20		7:30	8:00	8:50	10:10		
Mile	5:40		6:10	6:30	6:50	7:00		8:10	8:50	9:40	10:45		
3000	11:30		12:00	12:30	14:00	14:30		16:00	18:30	20:00	23:00		
5000	19:45		21:00	22:00	23:30	24:50		28:00	30:00	34:00	36:00		
10000	41:30		44:00	48:00	50:00	52:00		60:00	66:00	76:00	85:00		
100H	17.2		44.00	40.00	30.00	32.00	30.00	00.00	00.00	70.00	83.00		
	1/.2	18.2	15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
80H		79.0		200	10.5	17.0	16.7	20.2	41	25.0	26.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0		87.0	96.0	110.0	120.0		
2K-SC	8:20	A	9:00	9:30	10:00	10:25		11:55	12:50				
н	1.40	A STATE OF THE PARTY OF	1.27	1.22	1.12	1.07		0.97	0.92	0.89	0.84		
	47	1000	4-2	40	3-8	3-6		3-21/4	3-01/4	2-11	2-9		
PV	2.70	2.40	210	1.80	1.50	1.20		1.00	0.90	0.80	0.70		
	8-101/	7-10%	6-10%	5-10%	4-11	3-111/4		3-31/4	2-11%	2-7h	2-31/4		
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	11-1%	10-6	10-2	8-61/4	7-6%	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	18-1/4	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-91/	30-7	27-11	27-614	26-3	25-6	24-7%	21-8	19-81/4	17-1/4	14-1%		
avelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
	114-10	109-11	91-10	82-0	75-5%	72-8	65-Th	55-91/4	52-6	49-2'h	39-4'h	wast	Files
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%	59-1/4	52-6	45-11%	42-8	36-11/4		
ammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10	106-7	98-5	82-0	75-5%	72-21/4	68-10%	59-1/4	45-11%	39-41/4	29-6%		
Veight	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%	29-61/4	26-3	29-61/4	26-3	31-2	28-81/4	25-51/4	21-4	18-0%	15-7	11-5%
up.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50			
	21-4	19-8%	18-16	16-4%	17-2%	16-4%	15-7	14-9	13-1%	11-5%			
t.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		
lotes:	1)	100 sta	ndard	s are 1	or aut	omatic	time;	use sta	andard	conve	rsion fo	r hand	time
	2)	Short I	nurdle	s: 30-	-39: 3	3";	40-5	9: 30)"	60+:	27"		
		Long h	urdles			10";	60+:	27					
		Shot p				lk;	50+:	31			1		
		Javelin				00g;	50-59		10g;	60+:	400g		
		Hamm				k;	50+:	31		PHI			
		Weight			49: 20		50-5		#;	60+:			
		Superv			49: 3		50-79			80+:			
		metric conver			uistan	ces ar	e the s	tangar	a; reet	and in	ches lis	ted to	

APPLICATION FOR AN L-AMERICAN CERTIFICATE/PATCH

AGE-GROUP		1000
SEX	C: M	_F_
STATE	ZI	IP
DATE O	F MEET_	MISA.
MARK		
WEIGHT OF IMPL	EMENT_	
1 PATCH	1 PAT	CH TAG
	SE) STATE STATE DATE O MARK WEIGHT OF IMPL	AGE-GROUPSEX: MSTATEZIDATE OF MEETMARKWEIGHT OF IMPLEMENT1 PATCH 1 PAT

- ve equaled or bettered the standard of excellence, please fill out this applitely.
- of your results or a note stating in which issue your results appeared MUST any 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.

	TR	ACK 8
Pleas	e send	results
50098	, Euge	ne, OR
		rmation
result	s more	than 3 n
		wide in m

Green Mountain Ser Games, So. Burlingto

	may a
100m	
M50	Ken Castro RI
	Gene Shlatz
M55	George Pfeil
M60	Townsend Gilbert
M65	
M70	Henry De Forest MA
MILO	Paul Dumais
M75	Roy Safron
M85	Bob Matteson
W50	Pam Gundlach
	Barbara Jordan
W65	
200m	
M50	Mike Parker
M55	
M60	
M65	Hugh Wilson PQ
	Harry Dagavarian PC
	Lew Lamoureux
M70	Dudley Bell PQ
W50	
W65	Barbara Jordan
400m	STATE OF STREET
M50	Russ Cooke

M50 Russ Cooke
M55 Bruce Nunziata
M60 Steve Foley
M65 Hugh Wilson
M70 Jean Bernaquez PO
Dudley Bell
M85 Bob Matteson
W50 Lisa Bernardin
W60 Sally Howe
800m
M50 Russ Cook
M55 Chris Chiarello
M60 Tony Cupaiuolo
M65 John Pelton
M70 Jean Bernaquez
M85 Bob Matteson

W60 Sally Howe
800m
M50 Russ Cook
M55 Chris Chiarello
M60 Tony Cupaiuolo
M65 John Pelton
M70 Jean Bernaquez
M85 Bob Matteson
W50 Lisa Bernardin
W60 Sally Howe
1500m
M50 Russ Cooke
M55 Chris Chiarello
M60 Tony Cupaiuolo
M60 Tony Cupaiuolo
M60 John Pelton
M70 Jean Bernaquez
W50 Lisa Bernardin
W60 Sally Howe
High Jump
M60 Townsend Gilbert
M65 Peter Perkins
M60 Townsend Gilbert
M65 Peter Perkins
W65 Barbara Jordan
W70 Filo Meiler
Pole Vault
M55 Mike Zahper

W70 Flo Meiler
Pole Vault
Mike Zahner
M50 Mike Zahner
M60 Townsend Gilbert
M55 Mise Zener
M60 Townsend Gilbert
M50 Dudley Bell
M70 Bob Perkins
M70 Flo Meiler
Long Jump
M50 Gene Shaltz
M60 Townsend Gilbert
M65 Peter Perkins
M70 Dudley Bell
M75 Bob Perkins
W50 Pam Gundlach
W65 Barbara Jordan
Shot Put

W65 Barbara Jordan Shot Put M50 Gene Shlatz M55 Dennis Chandler M60 Townsend Gilbert M65 Harry Daghavarian M70 Henry De Forest MA Dudley Bell M75 Sam Messiter W65 Barbara Jordan W70 Flo Meiler Fran Moravesik Fran Moravcsik

Discus Discus
M50 Brian Tyrol
M55 Dennis Chandler
M60 Townsend Gilbert
M65 Hugh Wilson
M70 Henry De Fprest
M75 Sam Messiter
W70 Fran Moravcsik
W75 Thelma Perkins
W80 Harmony Hammond
Javelin

W80 Harmony Hammon Javelin M50 Brian Tyrol M55 Buzz Gagne NH Dennis Chandler M60 Townsend Gilbert M70 Dudley Bell M75 Sam Messiter W70 Fran Moravcsik Flo Meiler W80 Harmony Hammon

W80 Harmony Hammond

Rhode Island Senior pics, Providence; M

100m M50 Neil Steinberg Robert Segal Bob Kortmann

TRACK & FIELD RESULTS
Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish esults more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

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Green Mountain Senior Games, So. Burlington, VT

Ga	mes, So. Burlingto May 21	n, VT
100m	V O DI	
M50	Ken Castro RI Gene Shlatz	14.13
M55 M60	George Pfeil Townsend Gilbert	14.06 19.75 17.11 15.84 17.03
M65	Harry Dagavarian PQ	17.11
M70	Henry De Forest MA Paul Dumais	15.84
M75	Roy Safron	20.00
M85	Bob Matteson	20.00 20.78 17.27 15.88
W50 W65	Pam Gundlach Barbara Jordan	15.88
200m		
M50 M55	Mike Parker Bruce Nunziata	28.31 30.57
M60	Steve Foley Hugh Wilson PQ	34.04
M65	Hugh Wilson PQ	35.94 36.91
	Harry Dagavarian PQ Lew Lamoureux	43.00
M70 W50	Pam Gundlach	38.06 39.03
W65	Barbara Jordan	35.53
400m M50	Russ Cooke	1:11.28
M55	Bruce Nunziata	1:19.37
M60		1:12.72
M65 M70	Jean Bernaquez PQ	1:17.45
	Dudley Bell	1:43.06
M85 W50	Bob Matteson Lisa Bernardin	2:00.68
W60	Sally Howe	1:31.88
800m M50		2:51.11
M55	Chris Chiarello	3:16.97
M60 M65	Tony Cupaiuolo John Pelton	3:00.26 2:51.52
M70	Jean Bernaquez	3:21.44
M85 W50	Bob Matteson Lisa Bernardin	5:26.16
W60	Sally Howe	5:26.16 3:47.77 3:48.95
1500r M50	Russ Cooke	5:42.60
M55	Chris Chiarello	6:40.91
M60 M65	Tony Cunainolo	6:04.26
M70	John Pelton Jean Bernaquez Lisa Bernardin	6:37.17
W50 W60	Lisa Bernardin Sally Howe	6:11.36 6:41.69
	Jump	
M60 M65	Townsend Gilbert	4-6
M70	Peter Perkins Dudley Bell	3-4
M75	Bob Perkins	3-6
W65 W70	Barbara Jordan Flo Meiler	3-6 3-8
Pole	Vault	
M55 M60	Mike Zahner Townsend Gilbert	9-0 7-6
M65	Peter Perkins	8-0
M70 M75	Dudley Bell Bob Perkins	5-0 5-0
W70	Flo Meiler	6-4
M50	Jump Gene Shaltz	13-11
M60	Townsend Gilbert	12-0
M65	Peter Perkins Dudley Bell	9-3
M75	Bob Perkins	9-6
W50 W65	Pam Gundlach	9-9
Shot	Barbara Jordan Put	12-11
M50	Gene Shlatz	31-10
M55 M60	Dennis Chandler Townsend Gilbert	35-10 31-7
M65	Harry Daghavarian	24-4
M70	Henry De Forest MA Dudley Bell	29-3 26-6
M75	Sam Messiter	28-6
W65 W70	Barbara Jordan Flo Meiler	20-5
	Fran Moravcsik	21-7
M50	Brian Tyrol	74-4
M55	Dennis Chandler	98-9
M60	Townsend Gilbert	102-0
M65 M70	Hugh Wilson Henry De Fprest	75-1 97-1
M75	Henry De Fprest Sam Messiter	76-0
W70 W75	Fran Moravcsik Thelma Perkins	55-6 24-9
W80	Harmony Hammond	19-0
M50	Brian Tyrol	
M55	Buzz Gagne NH	95-11 153-0
M60	Buzz Gagne NH Dennis Chandler	122-10
M70	Townsend Gilbert Dudley Bell	114-0 79-6
M75	Sam Messiter	77-11
W70	Fran Moravcsik Flo Meiler	43-10
W80	Harmony Hammond	15-0
_		

Rhode Island Senior Olym-

Pic	s, Providence; I	May 22
100m M50	Neil Steinberg Robert Segal Bob Kortmann	11.80 13.10 14.30

ST	STEPLET	
M55	Carroll Blake	12.70
	Ernest Ritchie	13.40
	John Oleski	13.50
M60	Roger Pierce	12.60
M65	Spencer Parrish	14.60
	Alfred Freniere	16.20
M70	Dennis Melanson	13.90
	Henry De Forest	15.90
	Jack Nyhan	17.80
M75	Edward Lewis	15.90
M80	Earl Sweeney	18.50
M85	Bert Anger	24.50
W70	Ann Morris	17.70
	Dolores Hufnagel	25.60
W75	Brigitte Langer	23.50
	Catherine Grovell	30.50
200m	And the State of t	
MACO	Mail Chainbarn	05.00

W70	Ann Morris	17.
	Dolores Hufnagel	25.6
W75	Brigitte Langer	23.
	Catherine Grovell	30.
200m		
M50	Neil Steinberg	25.0
	Robert Segal	28.3
M55		25.8
1000	Ernest Ritchie	29.9
	Larry Libow	29.6
M60	Roger Pierce	25.9
M65	Spencer Parrish	31.9
M70	Dennis Melanson	29.6
	Jack Nyhan	38.0
	John Waller	40.4
M75	Edward Lewis	33.
M/S	John Duffy	43.0
M80		
MOU		40.0
	Frank Brako	40.3

	Frank Brako	40.20
	Reffard Stafford	1:12.20
M85	Berg Anger	55.10
W75	Brigitte Langer	52.00
400n		
M50	Roy Currie	1:01.80
	Thomas Gillen	1:03.50
M55	Carroll Blake	57.40
M60	Roger Pierce	58.90
110	Johathan Tetherly	1:10.50
	Bob Chinchillo	1:14.50
M65	Tony Da Ponte	1:19.10
	Spencer Parrish	1:22.30
M75	Edward Lewis	1:31.50
	William Stack	2:17.40
	Horst Langer	3:34.90
U80	Reffard Stafford	3:00.80
N65	Sheila McKenna	1:41.70
N75	Brigitte Langer	2:17.60
300m		
M50	Roy Currie	2:21.50
M60	Sam Baumgarten	2:37.40
100	Jonathan Tetherly	2:42.30
	Bob Chinchillo	3:09.70

	M60	Sam Baumgarten	2:37.40
	1000	Jonathan Tetherly	2:42.30
	A LEGIS	Bob Chinchillo	3:09.70
	M65	Tony Da Ponte	3:07.90
	M70	John Mc Gowan	3:32.90
	M75	Edward Lewis	3:40.00
	W65	Sheila Mc Kenna	3:53.90
1	W70	Mary Harada	3:42.00
ì	1500		But harden
١	M60	Jack Thornhill	5:22.70
	M70	John Mc Gowan	7:05.90
	M75	Edward Lewis	8:05.20
1	High	Jump	Strain Committee
	M50	Bob Kortmann	4-10
	M55	Michael Farago	3-8
		Chet Stokloza	3-2
	M75	John Duffy	3-0
		Frank Brako	3-10
١		Brigitte Langer	2-9
		Jump	Mary State of

M50	Bob Kortmann	15-6
	Robert Segal	13-11
M55	John Oleski	15-3
	Michael Farago	13-2
M65	Alfred Freniere	
	Ed Bowers	7-
M70	Donald Hudson	1
M75	Edward Lewis	
	John Duffy	8-0
	Horst Langer	5-3
M80	Frank Brako	
M85	Bert Anger	7-7
W60	Judy Scott	
W70	Ann Morris	
W75	Brigitte Langer	
BERTO	Catherine Grovell	4-11

ert Anger	7-7.25
dy Scott	6-2
n Morris	9-3
igitte Langer	6-7
atherine Grovell	4-11.50
n Mc Gowan	6-10
ump	
b Kortman	32-0.25
hn Oleski	29-2
net Stokloza	18-2.50
red Freniere	22-8.50
onald Hudson	21-2
hn Duffy	13-10.25
ank Brako	21-1.50
igitte Langer	15-0.50
atherine Grovell	9-9.50
n Mc Gowan	13-6.50
Constitution of the	
b Kortmann	28-3.50
ill Russell	31-8.25
net Stokloza	28-6.50
eorge Cormey	30-6.50

	Catherine Grovell	4-1
W80	Ann Mc Gowan	(
Triple	Jump	
M50	Bob Kortman	32-
M55	John Oleski	2
M60	Chet Stokloza	18-
M65	Alfred Freniere	22-
M70	Donald Hudson	2
M75	John Duffy	13-1
M80	Frank Brako	21-
W75	Brigitte Langer	15-
	Catherine Grovell	9-
W80	Ann Mc Gowan	13-
Shot	Put	
M50	Bob Kortmann	28-
M55	Will Russell	31-
M60	Chet Stokloza	28-
M65	George Cormey	30-
	Ed Bowers	1000
M70	Pete Barker	34-1
	Henry De Forest	28-1
M75	William Clew	35-1
	William Garrahan	31-1
	John Sheridan	2
W45	Deb Ecklund	20-
W60	Ingrid Miller	PRO S
	Judy Scott	20-1
	Sandra White	18-1
W65	Theima Stokioza	17-
W70	Marcia Crooks	20-

	Harriet Patch	17-10.5
W75	Estelle O'Connor	13-8.7
	Catherine Grovell	12-5.5
W80	Ann Mc Gowan	14-
	Jeanne Berlepsch	11-5
W85	Helen Gorges	11-5
Disci		
	Will Russell	83-
M60		67-
M65		104-7
	George Cormey	88-6
M70		121-4
	Pete Barker	98-11
	Henry De Forest	96-
M75	William Garrahan	100-8
	William Clew	88-7
	John Sheridan	65-4
W45	Deb Ecklund	64-6
W60	Ingrid Miller	107-7
	Judy Scott	58-1
	Sandra White	48-7
W65	Mary Riley	40-2
	Thelma Stokioza	32-5
W70	Marcia Crooks	53-1
	Harriet Patch	36-8
W75	Estelle O'Connor	30-9
	Catherine Grovell	27-8
W80	Ann Mc Gowan	33-6
700	Jeanne Berlepsch	32-7

	Harriet Patch
W75	Estelle O'Connor
	Catherine Grovell
W80	Ann Mc Gowan
700	Jeanne Berlepsch
W85	Helen Gorges
Hami	mer
M55	Richard Narcessian
	Chet Stokloza
M65	George Cormey
W70	Nick Leras
	Donald Hudson
	Pete Barker
M75	William Garrahan

W70	Nick Leras	
	Donald Hudson	
	Pete Barker	
M75	William Garrahan	
	William Clew	
	John Sheridan	
M80	Frank Brako	
M90	Paul Narcessian	
W45	Deb Ecklund	
W60	Ingrid Miller	
9	Sandra White	
400	Manada Onnata	

150-4 81-1 76-10 104-11 99-10 84-5 95-3 88-1 61-0 43-8 33-11 68-2 99-8 50-10 32-10 40-2 33-3

W65 W80 Mile M30 M40 M45

M50

M55

	Sandra White	
N70	Marcia Caooks	
N80	Ann Mc Gowan	
	Jeanne Berlepsch	
lave		
M55	Will Russell	
	Ernest Ritchie	
	Michael Farago	
M60	Ike Gagne	
	Chet Stokloza	
465	Frank Illuzzi	

	Fairick Conley	
M70	Pete Barker	
	Donald Hudson	
M75	William Garrahan	
	John Sheridan	
N45	Deb Ecklund	
N60	Ingrid Miller	- 13
911	Sandra White	
N65	Mary Riley	
	Thelma Stokioza	- 5
N70	Marcia Crooks	
	Harriet Patch	
N75	Catherine Grovell	
-	Estelle O'Connor	
W80		
	Lancas Davids	

W80 W85 W45 W60

III	
Will Russell	139-5
Ernest Ritchie	109-1
Michael Farago	104-1
Ike Gagne	89-5
Chet Stokloza	89-10
Frank Illuzzi	124-8
Patrick Conley	96-6
Pete Barker	81-4
Donald Hudson	75-4
William Garrahan	96-10
John Sheridan	52-10
Deb Ecklund	51-5
Ingrid Miller	58-0
Sandra White	48-1
Mary Riley	32-10
Thelma Stokioza	21-2
Marcia Crooks	44-5
Harriet Patch	35-9
Catherine Grovell	32-8
Estelle O'Connor	26-10
Ann Mc Gowan	38-10
Jeanne Berlepsch	36-0
Helen Gorges	18-3
Deb Ecklund	68-2
Ingrid Miller	99-8
Sandra White	50-10
Marcia Crooks	52-10
Catherine Grovell	14-0
Ann Mc Gowan	40-2
Jeanne Berlepsch	33-1
m RW	

	Sandra White	50-10
W70	Marcia Crooks	52-10
W75	Catherine Grovell	14-0
W80	Ann Mc Gowan	40-2
	Jeanne Berlepsch	33-1
1500	m RW	
M65	Spencer Parrish	10:45.70
M70	George Curti	11:17.30
M75	John Duffy	13:12.20
	Katsuyo Tetherly	10:58.20
	Sheila Mc Kenna	8:09.20
W70	Mary Harada	7:11.10
100		100000

SOUTHEAST

Southeastern Masters Championships/20K Race-walk South Championships, Duke U., Raleigh, NC

15 to 2	May 6-8	
100m	and the second second	
M30	Tecumseh Peete	11.40
M35	Trenton Guy	11.05
Single	Whit Whitaker	11.81
0.00	Chris Sarsony	12.87
M40	Eric Merriweather	11.83
A STATE OF	Robert Hardin	11.96
	Harold Pierce	12.41
M45	K McDonnough	12.29
	Glenn Reid	12.44
A company	Kinley Hilli	12.79
M50	Oscar Peyton	11.51
	Thomas Jones	11.95
	Bobbby Terrell	12.87
M55	Marion McCoy	12.45
	Richard Parker	13.19
	Vic Boyhart	13.29
M60	Robert Koontz	12.85
	Samuel Hall	13.25
	Bruce Hertzberg	13.56
M65	Alby Williams	12.97
1	Ervin Mitchell	14.50
M70	Robert Reid	14.88
M75	James Stookey	15.06
	Lawrence Grego	18.57
M80	Peter Murtos	24.60
M85	Ralph Maxwell	20.33
W40	Barbra Turkdamar	13.86
W50	Mary Jilka	15.73
W55	Phil Raschker	15.18
MICO	Hillen von Maltzahn	18.68
W60	Ann Carter	28.13
MICE	Barbara Latta	17.37
W65	Essie Kea	19.65
	Mary Roman	19.00

M30	Leon Bullard	23.81
Section 1	Tecumseh Peete	23.83
	James Fenton	27.93
M35	Whit Whitaker	25.40
	Chris Sarsony	26.91
M40	Paul Brown	23.73
	Robert Harding	24.11
	Eric Merriweather	24.77
M45	K McDonnough	25.19
	Kinley Hilli	25.30
	Lawrence Finley	27.34
M50	Oscar Peyton	23.24
	Thomas Jones	24.00
	Collin Mitchell	26.84
M55	Marion McCoy	26.38
Billion A.C.	Richard Parker	27.38
	Vic Boyhart	28.26
M60	Robert Koontz	26.65
	Samuel Hall	27.35
M65	Alby Williams	26.97
M70	Robert Reid	32.34
	Bob Medley	41.42
M75	Lawrence Grego	41.40
M80	Peter Murtos	56.07
W40	Barbra Turkdamar	29.13

19.73

Lana Kane

	Samuel Hall	27.35
M65	Alby Williams	26.97
M70	Robert Reid	32.34
	Bob Medley	41.42
M75	Lawrence Grego	41.40
M80	Peter Murtos	56.07
N40	Barbra Turkdamar	29.13
W60	Angela Staab	51.26
and the	Barbara Latta	56.26
N65	Lana Kane	43.34
100m		of the same of
M30	Leon Bullard	51.00
M35	Whit Whitaker	56.00
000.7	Chris Sarsony	58.09
M40	Paul Brown	51.99
1000	Robert Harding	53.14
	Sanford Stephens	1:00.89
M45	Steve Nearman	55.02

W65	Lana Kane	43.3
400m		
M30	Leon Bullard	51.0
M35	Whit Whitaker	56.0
	Chris Sarsony	58.0
M40	Paul Brown	51.9
	Robert Harding	53.1
	Sanford Stephens	1:00.8
M45	Steve Nearman	55.0
	John Dyer	56.0
	Lawrence Finley	1:00.8
M50	Doc Savage	56.6
	Collin Mitchell	59.7
	Ernie Snodgrass	1:04.9
MEE	Carroll Blake	56.0

	Collin Mitchell	59.7
	Ernie Snodgrass	1:04.96
M55	Carroll Blake	56.9
	Joel Liles	1:06.8
M60	Samuel Hall	1:04.3
M65	Alby Williams	1:02.6
M70	Casey Jones	1:14.4
	Bob Medley	1:32.4
M80	Peter Murtos	2:18.2
W40	Barbra Turkdamar	1:03.5
	Lorraine Jasper	1:05.6
	Mary Szymkowski	1:19.3
W50	Mary Richards	1:12.8
W55	Hillen von Maltzahn	1:10.7
W60	Angela Staab	1:51.0
Stock !	Barbara Latta	1:51.0
14100	Adams and Manager	0.010

800m	THE RESERVE OF THE PERSON NAMED IN	
M40	David Griffin	2:14.67
	Robert Cousar	2:21.9
M45	Steve Nearman	2:12.19
Street I	John Dyer	2:12.9
	Alan Sigmon	2:31.4
M50	Dewayne Schmidt	2:26.42
M55	Carroll Blake	2:21.94
	Jay Smith	2:30.10
	Tim Payne	2:33.63
M60	Maxwell Hamlyn	2:40.00
M70	Edwin Harris	2:54.63
20.0	Bruce Marsh	2:48.2
	Don Lein	3:01.62
W40	Lorraine Jasper	2:27.78
200	Mary Szymkowski	3:02.5
W45	L Chaplin-Swann	2:32.3
W60	M-L Michelson	3:08.45
****	Barbara Latta	
MICE	Barbara Latta	4:28.35

Joyce Hodges-Hite	4:03.27
Margaret Hagerty	6:15.07
Arturo Pujol	5:43.40
David Griffin	5:34.09
Steve Nearman	4:45.69
Stanley Stewart	5:34.47
Alan Sigmon	5:37.45
Larry Miller	5:15.92
Dewayne Schmidt	5:27.20
Robert Peterson	6:05.99
Karl Fields	5:20.89
Tim Payne	5:26.16
Bert Banks	5:42.06
Maxwell Hamlyn	5:40.38

M60	Maxwell Hamlyn	5:40.3
M70	Edwin Harris	6:37.5
	Bruce Marsh	7:01.6
M85	Bill Benson	9:18.4
W40	Lorraine Jasper	5:17.8
W45	L Chaplin-Swann	5:15.4
W50	Mary Richards	6:04.7
	Bonnie Stewart	6:41.1
	T Mullis-Dubow	7:18.1
W55	Dale Holmes	7:38.0
	Sarah Whitmore	8:11.6
W60	M-L Michelson	6:07.8
	Barbara Latta	9:29.0
	Angela Staab	9:38.7
W80	Margaret Hagerty	12:39.1
3000		

V80	Margaret Hagerty	12:39.19
000	m	
145	George Howe	11:03.9h
	Hendrik Joubert	11:13.7h
150	Larry Miller	10:39.4h
	Robert Peterson	11:59.0h
155	James Rich	11:38.1h
160	Mexwell Hamlyn	11:19.5h
165	Jerry LeVasseur	14:10.3h
170	Don Lein	13:28.4h
	Peter Klopfer	14:29.8h
V50	Bonnie Stewart	13:32.1h
V60	Barbara Latta	16:52.9h
000	m recommended to	
A30	Arturo Pujol	19:32.8h
140	David Griffin	17:51.0h
	Kurt Cleveland	21:46.7h
145	Stanley Stewart	18:15.8h
1EA	Emin Makes	40.00 OL

M40	David Griffin	17:51.0h
	Kurt Cleveland	21:46.7h
M45	Stanley Stewart	18:15.8h
M50	Ernie McKee	19:26.2h
	Robert Peterson	20:09.6h
W55	Dale Holmes	25:08.20
W65	Joyce Hodges-Hite	31:43.3h
	Hurdles	
	Dexter McCloud	15.48
	Jim Russ	18.05

П	M50	James Broun	16.77
9	M60	Joe Johnston	16.75
Н	M65	Bob Paulen	20.39
И	M75	James Stookey	13.92
ı	W40	Regina Richardson	13.92
ď	W55	Phil Raschker	18.88
ı	W60	Ann Carter	19.75
B	Long	Hurdles	1
	M40	Dexter McCloud	1:05.79
И	M45	John Dyer	1:00.93
		Bob Paulen	54.1h
i.	M75	James Stookey	56.1h
ī		m Steeplechase	The second
		Blaine Lawson	9:39.57
	M65	Jerry LeVasseur	10:21.26
1		Jim Hite	11:48.57
ļ,	W55	H von Maltzahn	9:05.79
1		Sarah Whitmore	11:41.89
P	3000	m Steeplechase	AND DOOR
٠		Nikos Moudos	12-12 20

MIOS	Jelly Levasseul	10.21.2
M70	Jim Hite	11:48.5
W55	H von Maltzahn	9:05.7
	Sarah Whitmore	11:41.8
3000	m Steeplechase	
	Nikos Mourtos	13:13.2
	Robert Weiner	14:03.1
	Jump	
	Andrew Gatt	1.8
	David Murphy	1.7
	Bruce McBarnette	1.8
The same and	Mark Williamson	1.8
	Glenn Reid	1.3
M50	Bob Rockwell	1.4

	IVIGIR TYIIIIGIIIIGUII	1.02
	Glenn Reid	1.37
M50	Bob Rockwell	1.47
	Keith Mathis	1.47
M55	Terry Martin	1.37
	John Baylies	1.32
M60	Richard Klenm	1.42
	James Kenney	1.32
	Parviz Youssefi	1.27
M65	Bob Paulen	1.27
	Bob Southerlan	1.27
	David Servis	1.16
M70	Glenn Yoder	1.32
THE REAL PROPERTY.	Bob Medley	1.16
M75	David Rider	1.11
M85		1.06
W55		1.22
W65		1.12
_		

	Bob Southerlan	1.27
	David Servis	1.16
M70	Glenn Yoder	1.32
	Bob Medley	1.16
M75	David Rider	1.11
M85	Ralph Maxwell	1.06
W55	Hillen von Maltzahn	1.22
W65	Essie Kea	1.12
Pole	Vault	
M30	Stewart Mc Naull	4.11
M35	Todd Erbst	3.51
M40	Ross Wolfe	3.35
	Bnill Halverson	4.37

M45	Bnill Halverson	4.3
	Brian Magerkurth	3.5
	Tim Rhyne	3.20
M50	Robert Berke	3.35
M55	Tomlinson Rauscher	3.20
M60		3.3
1000	Richard Klenm	2.90
M65	Taylor Goode	3.0
No. and	David Servis	2.2
500	Bob Southerlan	1.9
M75	David Rider	1.9
W55	Hillen von Maltzahn	2.7
	Phil Raschker	2.2
	Jump	
M40	Darnell Winchester	4.6
M45	Rick Choppa	5.2
	Glenn Reid	4.5
	Marcus Battle	4.2
M50	Bob Rockwell	4.8
	Bobby Terrell	4.8
1	Keith Mathis	4.3

ı	M55	John Baylies
ı		Terry Martin
ı	100	Vic Boyhart
ı	M60	James Kenney
ı	M65	Bob Paulen
ı	11.00	David Servis
ı	239	Theodore Mordecai
ı	M70	Bob Medley
ı	M75	James Stookey
ı	1017 3	David Ricer
ı	M85	Ralph Maxwell
ı	W40	Regina Richardson
ı		
ı		Jump
ı	M50	
ı		Bobby Terrell
۱		Keith Mathis

	Keith Mathis
M55	John Baylies
M65	Bob Paulen
M70	Glenn Yoder
M75	James Stookey
M85	Ralph Maxwell
W40	Regina Richardson
W55	Hillen von Maltzahn
Shot	Put
M30	Tony Surface
M35	Derrick Johnson
M40	Nick Agoris
EPH	Andre Minor
M45	Charles Rinaldo
	OL -I D

huck Baer
ichael Wasp
eorge Otte
raig Shumaker
an Linker
hn von Rohr
nomas Steed
odger Parker
chard Klenm
erald Vaughn
en Johnson
ary Winters
rry Horine
ay Feick
mes Duncan

M75	William Garrahan
	William Patrick
	Jack Munnell
M80	Richard Mulkern
	Jacob Stein
W40	Heather Scanlon
W60	Rebecca Vaughn
	Angela Staab
W65	Mary Roman
	Gladys Millam

W65	Mary Roman
	Gladys Millam
	Carol Hawkins
W70	Sharon Good
W75	Frances Matthews
	Lillian Snaden
W90	Juanita Brookover
Dies	CONTRACTOR STREET, STR

M30 Tony Surface

20.39 13.92 13.92	M45
18.88 19.75	M50
1:05.79	M55
54.1h 56.1h	M60
9:39.57 0:21.26	M65
1:48.57 9:05.79 11:41.89	M70
0.40.00	

		pag
18.13	M35	Eric Rouse
16.77		Derrick Johnson
16.75	M40	
20.39		Andre Minor
13.92	M45	Jim Russ
13.92	1000	Geoff Emerson
18.88	M50	Charles Rinaldo Chuck Baer
19.75	MOU	
05.79	M55	George Otte Craig Shumaker
00.93	MOS	Dan Linker
54.1h	M60	Thomas Steed
56.1h	MICO	Mike Valle
50.111	1000	Richard Klenm
39.57	M65	Glen Johnson
21.26	11100	Bill Gramley
48.57	3000	Ezzat Pashai
05.79	M70	Leonard Olson
41.89	1000	Larry Horine
18/2/98	1200000	Ray Feick
13.20	M75	William Garrahan
03.1h	Date:	William Patrick
		Jack Munnell
1.87	M80	Richard Mulkern
1.72	and the dig	Jacob Stein
1.87	W40	Heather Scanlon
1.82	W60	Lethia Hepler
1.37		Angela Staab
1.47	W65	
1.47	WZ	Gladys Millam

M35	Eric Rouse	40.86
	Derrick Johnson	32.42
M40	David Speaks	35.70
	Andre Minor	33.77
M45	Jim Russ	32.67
	Geoff Emerson	31.87
	Charles Rinaldo	21.51
M50	Chuck Baer	49.04
	George Otte	34.14
M55	Craig Shumaker	39.22
	Dan Linker	35.22
M60	Thomas Steed	42.23
	Mike Valle	40.53
	Richard Klenm	35.41
M65	Glen Johnson	48.26
District	Bill Gramley	38.19
	Ezzat Pashai	33.23
M70	Leonard Olson	32.24
	Larry Horine	29.79
	Ray Feick	29.68
M75	William Garrahan	30.11
Ded-	William Patrick	27.82
	Jack Munnell	22.58
M80	Richard Mulkern	29.28
	Jacob Stein	20.18
W40	Heather Scanlon	21.47
W60	Lethia Hepler	12.17
Dec.	Angela Staab	11.93
W65	Carl Hawkins	13.81
Stan L	Gladys Millam	13.12
W70	Sharon Good	9.45
W75	Frances Matthews	12.16
A COLUMN	Lillian Snaden	8.66
W80	Margaret Davis	11.25
W90	Juanita Brookover	11.56
Ham		
M35	Eric Rouse	27.80
M55	John von Rohr	39.01
M60	Mike Valle	39.30
M65	Bill Gramley	31.93
M70	Tim Twomey	39.56
	Pay Carstensen	33.49
	Ray Feick	32.85
M75	Ray Feick William Garrahan	27.65
	Trimain Garianan	27.00

m	mer	
5	Eric Rouse	27.80
5	John von Rohr	39.01
0	Mike Valle	39.30
5	Bill Gramley	31.93
0	Tim Twomey	39.56
	Pay Carstensen	33.49
	Ray Feick	32.85
5	William Garrahan	27.65
ħ	William Patrick	21.56
	Jack Munnell	20.91
0		26.19
•	Jacob Stein	18.27
0		18.52
	Mary Roman	22.35
	Sharon Good	13.01
	lin	
5	Eric House	32.24
	David Speaks	41.23
	Jim Russ	42.41
•	Rodney Wilson	38.05
	Franklin Deborte	25.70

M8

W4 W6 W7 Jan M3 M4 M4

4.27 4.83 4.80 4.30 4.22 4.19 3.96 3.01 2.69 2.79 4.16 3.16 3.07 5.11

10.76 10.50 9.05 9.15 8.65 6.91 8.57 6.01 11.25 7.47

23.59

JAVE		
M35	Eric House	32.24
M40	David Speaks	41.23
M45	Jim Russ	42.41
	Rodney Wilson	38.05
SE TO	Franklin Roberts	35.76
M50	Michael Brown	66.63
18 0.018	Ray Mushinski	49.67
	Robert Berke	32.16
M55	Dennis Chandler	41.50
	Terry martin	32.93
M60	James Kenney	38.92
6511-1	Richard Dlenm	35.18
rate ha	Glenn Dawson	34.16
M65	Ezzat Pashai	35.47
	James Turner	27.55
A N	David Servis	24.58
M70	James Duncan	34.00
30 B	Larry Horine	30.85
10-1	Ray Feick	29.82
M75	William Garrahan	28.36
320cm	William Patrick	16.54
M80	Richard Mulkern	19.69
W40	Heather Scanlon	20.87
W60	Ann Carter	13.26
	Lathia Hanler	0.54

INIOO	Thomas a marketin	13.0
W40	Heather Scanlon	20.8
W60	Ann Carter	13.2
	Lethia Hepler	8.5
W70	Sharon Good	6.9
W75	Frances Matthews	10.1
	Lillian Snaden	5.3
W80	Margaret Davis	9.2
	Juanita Brookover	9.9
Weig	ht Throw	al turn
M35	Eric Rouse	10.7
	Derrick Johnson	9.9
1400	Add Add	

	Dernick Johnson	9.9
M60	Mike Valle	14.93
M70	Ray Feick	15.72
	Tim Twomey	15.08
	Pay Carstensen	12.73
M75	William Garrahan	12.95
	William Patrick	7.58
	Bill Snaden	6.69
M80	Richard Mulkern	13.10
	Jacob Stein	7.75
W40	Heather Scanlon	6.97
	Mary Roman	9.87
	Sharon Good	5.47
	rweight	District Control
	Eric Rouse	7.41

	Jacob Stein	1.1
W40	Heather Scanlon	6.9
W65	Mary Roman	9.8
W70	Sharon Good	5.4
	rweight	Ti Chia
	Eric Rouse	7.4
	Scott Frasure	5.2
	Scott Medlin	6.0
	William Gainey	7.4
M60		5.5
11100	Robert Rinehart	4.0
M70	Tim Twomey	9.1
14170	Pay Carstensen	8.0
	Ray Feick	7.8
MZE	William Patrick	
M/2		4.2
of the last	Bill Snaden	3.8
	athion	
M40	Bob Lawson	292
M45	Jim Russ	304

CITY	atriion	
140	Bob Lawson	292
145	Jim Russ	304
	Scott Hall	243
150	Bull Murray	289
	Kevin Rumble	228
	Garland Roebuch	127
155	Stefan Waltermann	248
160	William Wuth	235
	George Antonelli	105
165	Theodore Mordecai	181
	David Servis	162
170	James Duncan	270
	Bib Medley	239
175	William Daprano	258
180	Jim Dykes	108
Vala	ht Dentsthlan	

Scott Frasure Scott Medlin Jeffrey Baty William Gainey

MSO Robert Binobert 2001	1 200m	M40 Robert Cousar 2:17.36	V-V	W45 Debbie Selby 35.98	Cliff Koon 15.89
M60 Robert Rinehart 2081 M65 William Kuegler 2815	M30 Marcel Carter 21.85	1500m W80 Margaret Hagerty 11:52.72	SOUTHWEST	W50 Jeanne Bowman 30.64 W55 Brenda Mathews nta	M60 Rufus Morris 13.74 Lance Pierce 14.18
John Sellers 2309 M70 Ray Feick 3644	M35 Alex Acosta 21.67 M40 Orlondo Matthews 23.06	W30 Kate Walker 5:06.00	Jackrabbit Relays Odessa, TX; April 9	M35 Baokim Coleman nta M40 Kettrell Berry 22.62	Dan Girling 14.63 M65 Doug Smith 13.22
Leonard Olson 3054 M70 Pay Carstensen 2640	M45 Bernard Scott 26.70 M50 Roosev elt Owen 29.44	M55 Karl Fields 4:59.36 M55 James Rich 5:13.27	100m	M45 James Chinn 23.32	Maynard Morris 14.95 M70 Sam Flory 15.08
M75 William Garrahan 3892 William Patrick 2847	M60 Ted Kalaidi 26.36 M65 Joe Shanahan 36.27	M55 Jay Smith 5:23.27	M40 Alan Sims 12.49 M45 Ron Bolfware 12.53	M55 Steve Morris 27.76	M75 Paul Bambrook 15.01
Bill Snaden 1703	M70 Robert Fine 40.44	W40 Kay Weems 22:20.03 W40 Jean Aswell 25:2604	M50 Sergio Angulo 13.61 M65 Wayne Bennett 13.74	M60 Paul Gilbert 31.59 M65 Karl Thorpe 31.19	Rodney Brown 15.73
M80 Richard Mulkern 3759 Jacob Stein 2026	W60 Willy Moolenaar 1:44.30	M50 Robert Jackson 20:15.52	M70 Paul Johnson 13.79	M70 Sam Flory 32.64 M75 Jim Selby 35.39	M80 Robert Davidson 30.04 W45 Debbie Selby 16.38
W40 Heather Scanlon 2043 W70 Sharon Good 1662	M35 Larry Gardner 51.82	High Jump M70 Glen Yoder 1.32	W45 Peggy Wilson 13.55	400m	W50 Deborah Robinson 15.51 Christine Stone 20.55
W75 Lillian Snaden 971 5000m RW	M50 Fred Hendrix 47.57 M55 Roosevelt Owens 56.47	M70 Jack Gilmore 1.17 M60 Richard Klehm 1.42	W50 Onela O'Briant 15.41 W75 Isabel Garcia 26.11	W50 Jeanne Bowman 81.86	W55 Brenda Matthews 14.38
M45 Tony Hackney 29:51.9h	M65 Joe Shannahan 1:30.52	M55 Henry Jordan 1.52 M55 Bob Rockwell 1.47	W50 Onela O'Briant 33.85	M35 Baokim Coleman 60.69 M40 Robert Herscu 55.96	W70 Magdalena Kuehne 19.19
M55 John Fredericks 28:52.2h Danny Spell 30:30.5h	M40 Steve Koski 2:18.98	M55 Johnnie Dye 1.37	M40 Rick Cawley 29.09 M45 William Brown 26.65	M45 Steve Cummings 57.60 M50 Dean Coffman 78.42	M45 James Chinn 23.34
M60 Larry Seymour 32:04.3h Joel Dubow 33:54.0h	M45 Brian Gallagher 2:24.77 M50 Eugene Truchelut 3:14.36	M45 Thurman Whitted 1.57	M50 Eugene Neboh Sr 55.25	M55 John Tomaschke 62.91 M75 Louis Beadle 79.73	David Di Massa 25.05 Michael Shea 26.84
M70 Cedric Hustace 32:39.2h Andrew Briggs 34:47.2h	W35 Bonnie Schroeder 2:07.37	M45 Glen Reid 1.47 M45 Scott Medlin 1.17	M55 Dennis Pabst 37.46 M70 Paul Johnson 28.97	800m	M50 Greg Pizza 24.98
Bill Kelley 37:58.4h M80 Robert Mimm 35:11.8h	W60 Willy Moolenar 3:30.00	Long Jump M65 Jerry Barton 3.99	400m M50 Dave Moore 1:07.21	W40 KeenaCarstensen 2:39.53 W45 Debbie Lee 2:45.05	M55 Ernie Stucki 26.86
W60 Fran Emanuel 33:37.6h	M40 Steve Koski 4:53.38 M45 Brian Gallagher 5:02.06	M65 Theodore Mordecai 3.38 M60 Charles MacDonald 2.77	M70 Lowell Boniffield 1:12.24 W50 Onela O'Briant 1:25.52	W50 Denise Janneck 2:52.11 M35 Baokim Coleman nta	John Tomaschke 27.67 Steve Morris 27.87
W65 Lois Dicker 33:15.1h 10,000m RW	M70 Herman Lofton 7:05.18	M45 Bill Halverson 5.19 M45 Thurman Whitted 4.45	800m M50 Dave Moore 2:13.18	M40 Vaughan Kastor 2:07.81 M45 Mark Cleary 2:20.92	M60 Joe Perry 30.19 Dan Girling 30.99
M45 Tony Hackney 1:02:32.6h M55 John Fredericks 1:01:26.7h	W35 Bonnie Schroeder 4:24.52 3000m	M45 Glen Reid 4.35	M60 Frank Hopkins 2:40.37	M50 Gary Shapiro 2:27.10 M60 Stan Baker 2:50.35	Paul Gilbert 31.67
Danny Spell 1:02:52.3h M65 Peter Bayer 1:10:59.6h	M35 George Kirk 11:07.62 M45 Gonzalo Medina 10:43.10	Triple Jump M55 Bob Rockwell 10.75	M65 Ralph Wolf 3:16.22 3000m	M65 Jim Lyons 2:52.56	M70 Sam Flory 32.44
Bob Robertson 1:14:34.2h M70 Cedric Hustace 1:09:02.1h	M50 Hernam Atehortua 10:53.24 Short Hurdles	Pole Vault M60 Richard Klehm 2.74	M40 David Jackson 12:46 M60 Troy Scoggins 14:04	M75 Jim Sleby 3:06.45 1500m	M75 Louis Beadle 31.65 Rodney Brown 32.15
Andrew Briggs 1:15:14.8h M80 Robert Mimm 1:14:37.3h	M50 James Broun 15.98 M60 Joe Johnston 16.75	M55 Johnnie Dye 3.50 M55 Henry Jordan 3.35	M35 Richard Sorenson 20:33.75	W40 Tiffany Wilson nta W45 Debbie Lee 5:24.07	Jim Selby 32.85 M80 Robert Davidson 1:16.31
W45 Grace Mutz 1:02:59.3h	High Jump M45 Raul Garcia 1.50	M50 Tim Rhyne 3.20 M40 Todd Haire 3.05	M45 Michael Neiman 19:52.40 M55 V H Martinez 23:33.80	W50 Denise Janneck 5:44.73 M35 Daniel Rosales 4:28.85	W45 Debbie Selby 34.40 Elizabeth Mondoy 34.90
W60 Fran Emanuel 1:13:30.0h W65 Lois Dicker 1:09:54.5h	M50 George McNeill 1.45	M35 Todd Erbst 3.35	W35 Imelda Gonzalez 20:25.36	M40 Brett Darrington 4:27.57 M45 Matthew Neve 4:51.07	W50 Jeanne Bowman 35.04
20,000m RW M55 John Fredericks 2:07:14.8h	M65 Paul Kniivila 1.25 M70 Richard Lowery 1.40	Hammer Throw	Short Hurdles M50 Sergio Angulo 17.40	M50 Dave Parsel 4:26.94	W70 Magdalena Kuehne 41.32
M65 Peter Bayer 2:24:39.7h Bob Robertson 2:29:43.9h	M80 Tom Kennel 0.90 Pole Vault	M75 Jack Munnell 20.84 M70 Tim Twomey 38.64	W45 Peggy Wilson 18.73 Long Hurdles	M55 Bob Arnold 6:20.95 M60 Stan Baker 6:08.00	W80 Gerry Davidson 53.39 400m
M70 Cedric Hustace 2:23:18.3h M80 Robert Mimm 2:30:34.2h	M40 Thad Brady 4.35 M55 Tomlinson Rauscher 3.35	M65 James Turner 23.02 M60 Tom Blythe 28.52	M50 Sergio Angulo 1:12.43 High Jump	M65 Jim Lyons 5:54.24 3000m	M30 Tommy Schierer 58.57 M40 Renato Brito 1:11.19
W60 Fran Emanuel 2:28:05.9h	M60 Joe Johnston 3.35	M60 Dave Wheeler 28.12 M55 Mike Thomason 43.76	M50 Eugene Neboh Sr 4-6 M65 Don Isett 4-4	W40KeenaCarstensen 11:52.93 M35 Daniel Rosales 10:05.91	M45 David De Massa 56.13
USAT-NTC Spring Fling Meet	M40 Gary Fulton 4.55	M45 Bryan Stewart 35.19	Pole Vault	M45 Matthew Neve nta	M55 Michael Fast 1:19.90
#4, Clermont, FL; May 14	M45 Ranar Mossbers 5.31 M50 George McNeill 4.54	M45 Scott Medlin 33.40 M40 David Speaks 23.65	M65 Don Isett 8-6.50 Long Jump	M50 Dave Parsel 9:41.70 M65 Jim Lyons nta	M75 Rodney Brown 1:14.38 Jim Selby 1:17.49
M30 Jonathan Carter 10.92	M60 Ted Kalaidi 5.26 M70 Benjamin Jimenez 3.67	M40 Scott Frasure 22.50 M35 Eric Rouse 26.05	M40 Alan Sims 19-7 M50 Sergio Angulo 15-3	60mH W45 Elizabeth Mondoy 13.85	Bob Holmes 1:31.04 W45 Debbie Selby 1:24.30
M40 Don Fields 11.71	M80 Tom Kennel 3.30 Triple Jump	M20 Eric Frasure 58.24 Shot Put	M65 Don Isett 14-1.25 W45 Peggy Wilson 15-0	M35 Jerome Cadoret 8.45 M45 Eugene Anton 8.97	W50 Jeanne Bowman 1:13.00 800m
M45 Bernard Scott 13.06 200m	M50 George McNeill 9.93	W65 Mary Munnell 4.99	Triple Jump	M50 Andrew Hecker 10.36	M35 Rafer Weaver 2:00.95
M30 Kedrick Wright 23.53 M35 Sherwin Sterling 22.45	M65 Paul Kniivila 8.46 M80 Tom Kennel 7.14	M75 Jack Munnell 7.52 M70 Larry Horine 11.80	M50 Sergio Angulo 30-1 W45 Peggy Wilson 25-10	W45 Elizabeth Mondoy 67.95	M40 David Hughes 2:13.88 M45 Mark Lewis 2:13.26
M40 Orlando Matthews 23.23	Shot Put M70 Benjamin Jimenez 6.74	M65 Theodore Mordecai 10.28 M65 James Turner 9.39	Shot Put M30 Arthur Portillo 8.89	M35 Jerome Cadoret 44.30 M45 Jeff Davison 49.31	M65 George Cohen 2:15.42 Ralph Reiche 3:20.30
M70 Alan Smith 42.14	W65 Loyda Jimenez 4.58 Discus	M60 Richard Klehm 11.21 M60 Rodger Parker 10.39	M50 Steve Patridge 16.01 M55 Horacio Venzor 10.19	M50 Andrew Hecker 48.18 High Jump	M75 Jim Selby 3:11.58 Bob Holmes 3:31.76
W50 Jocelyn Lowtleen NTA W65 Louise Tricard 45.00	M55 Rudy Vlaardingerbroek 37.55 M60 Larry Pratt 53.61	M60 Tom Blythe 9.56 M55 Mike Thomason 13.22	M60 Elugio Pando 10.70	W35 Leslie Martin 4-2	W45 Pat Contreras 2:40.63
M30 Dean William 54.38	M65 Paul Kniivila 25.76	M55 Dan linker 11.39	M70 Wendell Palmer 12.10 W35 Alma Gamez 8.25	W45 Karen Vaughn 4-4 W55 AnnelSteekelenburg 4-6	W80 Gerry Davidson 4:45.96
M35 Curtis Ward 53.64 M45 Bernard Scott 1:01.51	M70 Richard Lowery 35.05 M80 Dick Mulkern 31.40	M50 Chuck Baer 13.42 M45 Bryan Stewart 12.34	W50 Onela O'Briant 8.51 W55 Elva Lujan 7.05	W65 Kathy Bergen 4-4 M40 Ron Lee 6-2	M30 Michael Bremer 4:23.45 Tommy Schierer 4:42.68
M60 John Shenk 1:05.21 W50 Jocelyn Lowtleen 1:09.63	Hammer M75 Luis Velez 24.09	M45 Scott Medlin 10.52 M45 Glen Reid 8.19	Discus M30 Arthur Portillo 14.35	M45 Mac Niroumand 5-2 M50 Douglas Souessler 5-2	Jeffrey Chan 5:10.29 M35 Rater Weaver 4:21.39
800m	M80 Dick Mulkern 26.18 W45 Cynthia Morrison 24.60	M40 Scott Frasure 8.89 M35 Joseph cates 12.15	M50 Steve Patridge 49.98	M55 Charlie Rader 5-4	Darren Cox 4:35.92 M45 Rob Duncanson 4:48.17
M40 Danny Monistere 2:26.96 M60 John Shenk 2:51.10	Javelin	M35 Eric Rouse 10.65	M55 Vanzor Horacio 29.68 M60 Elugio Pando 34.59	M65 Dave Perry 5-0 Pole Vault	Greg Godfrey 5:05.73
M70 Herman Lofton 3:15.49 W55 Ann Makoske 3:05.29	M40 Gary Fulton 32.07 M45 Jesis Virella 46.42	M30 Robert Tulloch 12.65 M30 Tony Surface 9.41	M70 Wendell Palmer 40.87 W35 Alma Gamez 23.72	M40 Tim McIntyre 14-4 M55 Steve Morris 12-0	M50 Bob Morris 4:46.37 Hugo Velasquez 5:02.30
1500m M35 Cecilio Farinas 5:02.29	M55 Rudy Vlaardingerbroek 43.62 M60 Tom Harasti 38.68	M20 Eric Frasure 13.80 Discus	W55 Elva Lujan 16.80 W85 Alatha Cole 8.51	M80 Donald Roser 6-0 Long Jump	W40 Carrie Sherbour 5:09.97 Jeaney Garcia 5:47.37
M40 Steve Koski 4:38.70 M70 Herman Lofton 6;58.62	M65 Pietri Armando 30.92 M70 Benjamin Jimenez 23.36	W65 Mary Munnell 12.15 M75 Jack Munnell 19.69	Hammer M30 Arthur Portillo 24.93	W40 Tiffany Wilson 14-7 W45 Elizabeth Mondoy 11-0	W50 Denisé Janneck 5:34.87 W55 Yoko Eichel 6:05.90
W55 Ann Makoske 6:25.60 5000m	W65 Loyda Jimenez 8.05 3000m RW	M70 Larry Horine 32.82 M70 Jack Gilmore 27.14	M50 Roger Conboy 40.96	W55 Brenda Mathews 13-2	W80 Gerry Davidson 9:14.96
M30 Julio Tordaguila 22:06.84	M45 Robert Carver 19:39.55	M65 Fred Weber 38.70	M55 Horacio Venzor 41.49 M60 Elugio Pando 32.25	M45 Mac Niroumand 18-7 M55 John Tomaschke 16-2	3000m M30 Michael Bremer 9:34.41
M35 George Kirk 19:20.75 Short Hurdles	W45 Sandra De Noon 17:43.34	M65 James Turner 30.16 M65 Theodore Mordecai 29.16	M70 Wendell Palmer 36.43 W35 Alma Gamez 17.13	M60 Ron Muranaka 13-6 M65 Bert Bergen 13-6.5	M35 Darren Cox 9:50.96 M45 Rob Duncanson 10:49.86
M50 James Braun 16.57 M55 Lloyd Lowry 25.94	W60 Sandra Hults 20:45.25	M60 Richard Klehm 34.67 M60 James McKeon 33.40	W55 Elva Lujan 20.37 Javelin 20.37	M70 Dick Richards 16-7.5 M80 Paul Evans 9-3.5	M60 Michael Blakeman 16:19.17 Short Hurdles
4x100m Relay M40 The Stars "A" 46.34	Carolina Track Classic, U. of North Carolina at Charlotte	M60 Rodger Parker 32.93 M60 Tom Blythe 30.01	M30 Arthur Portillo 16.39 M50 Roger Conboy 38.21	M90 Clarence Trahan 8-10 Triple Jump	M40 Logan Culp 22.17 M45 Eugene Anton 16.23
High Jump M45 Peter Houba 1.60	June 4	M60 Charles MacDonald 20.25 M55 Dan Linker 34.59	M55 Horacio Venzor 26.68	W55 AnnelSteekelenburg 29-8 M40 Lavell Davenport 44-3.5	Jeff Davidson 19.98 M50 Andrew Hecker 18.87
M50 Larry Anderson 1.31	100m W70 Anne Yudell 19.99	M55 Mike Thomason 34.32	M70 Wendell Palmer 19.92	M45 Mac Niroumand 35-11.5	M55 Cliff Koon 21.48
M55 Lloyd Lowry 1.21 W50 Jocelyn Lowtleen 4.27	M75 Larry Greco 17.99 M65 Chet Terry 15.54	M45 Bryan Stewart 36.35	W35 Alma Gamez 19.97 W55 Elena Proa 21.05	M90 Clarence Trahan 18-3 Shot Put	M60 Terry Rowan 20.75 W40 Caren Ware 13.84
Pole Vault M35 Bobby Haeck 13-6	M65 Jerry Barton 14.33 M60 Thaddeus Morris 12.74	M45 Scott Medlin 26.72 M45 Glen Reid 19.86	Weight Throw M30 Arthur Portillo 6.35	W40 Pat Shaw 41-8.5 W45 Karen Vaughn 27-0	W45 Elizabeth Mondoy 18.09 Long Hurdles
M40 Thad Brady 13-6 M45 William Cook 11-6	M60 Sam Hall 12.81 M55 Greg Marshall 12.74	M40 David Speaks 35.33 M40 Scott Frasure 22.44	M50 Roger Conboy 15.17 M55 Horacio Venzor 12.65	W55 Mellie Clark 25-2.5 M45 James Kerman 44-9.5	M45 Eugene Anton 46.54 Jeff Davidson 48.73
M55 Lloyd Lowry 8-6 Long Jump	· mad sieu maistrali 12/4				
	M55 Stefan Waltermann 13.86	M35 Eric Rouse 41.65	M60 Elugio Pando 12.18	M50 Mike Deller 43-8.75	M50 Andrew Hecker 49.50 W45 Flizabeth Mondoy 1:33.93
M30 Roderick Drayton 6.70	M55 Stefan Waltermann 13.86 M45 Kaestner McDonnough 11.53 M45 Glen Reid 11.60	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56	M60 Elugio Pando 12.18 M70 Wendell Palmer 14.64 W35 Alma Gamez 8.02	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M60 Dan Girling 31-5.75	W45 Elizabeth Mondoy 1:33.93 High Jump
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10	M55 Stefan Waltermann 13.86 M45 Kaestner McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Paul Brown 11.55	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelin 45.84	M60 Elugio Pando 12.18 M70 Wendell Palmer 14.64 W35 Alma Gamez 8.02 W50 Elba Molinar 6.74 W55 Teresa Rodriquez 5.71	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M60 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Arnie Gaynor 39-10.5	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put 1.43	M55 Stefan Waltermann 13.86 M45 Kaestner McDonnough 11.53 M45 Gien Reid 11.60 M40 Michael Kountze 11.42 M40 Paul Brown 11.55 M40 Marcus Shute 11.58	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelln M70 Larry Horine 34.54 M70 Jack Gilmore 19.62	M60 Elugio Pando 12.18 M70 Wendell Palmer 14.64 W35 Alma Gamez 8.02 W50 Elba Molinar 6.74 W55 Teresa Rodriquez 5.71 1500m RW W50 Delia Fuentes 10:04	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M60 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Arnie Gaynor 39-10.5 Discus W55 Mellie Clark 73-10	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 M50 Keith Nelson 1.80 M55 James Goodreaus 1.50
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put 10.34 M50 Robert Holtz 10.34	M55 Stefan Waltermann 13.86 M45 Kaesther McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Paul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelin 34.54 M70 Larry Horine 19.62 M65 James Turner 28.80 M65 Theodore Mordecai 25.06	M60 Elugio Pando 12.18 M70 Wendell Palmer 14.64 W35 Alma Gamez 8.02 W50 Elba Molinar 6.74 W55 Teresa Rodriquez 5.71 1500m RW W50 Delia Fuentes 10:04 W60 Gloria Ledezma 12:22	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M60 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Arnie Gaynor 39-10.5 Discus 73-10 M55 Mellie Clark 73-10 M60 Juan Bustamante 91-8 M35 Jerome Cadoret 97-3	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 M50 Keith Nelson 1.80 M55 James Goodreaus 1.50 Michael Walker 1.40
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put M45 Jose Ortiz 10.34 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76	M55 Stefan Waltermann 13.86 M45 Kaestner McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Paul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javellin M70 Larry Horine 34.54 M70 Jack Gilmore 19.62 M65 James Turner 28.80 M65 Theodore Mordecai 25.06 M60 Richard Klehm 34.03	M60 Elugio Pando 12.18 M70 Wendell Palmer 14.64 W35 Alma Gamez 8.02 W50 Elba Molinar 6.74 W55 Teresa Rodriquez 5.71 1500m RW 10:04 W50 Delia Fuentes 10:04 W60 Gloria Ledezma 12:22 W75 Isabel Garcia 14:25 3000m RW	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M60 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Amie Gaynor 39-10.5 Discus 73-10 W55 Mellie Clark 91-8 M60 Juan Bustamante 97-3 M45 Mike Dillow 80-1	W45 Elizabeth Mondoy 1:33.93
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put 10.34 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76 Discus 31.68 M45 Jose Ortiz 31.68	M55 Stefan Waltermann 13.86 M45 Kaesther McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Paul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelin M70 Lark Gilmore 19.62 M60 James Turner 28.80 M65 Theodore Mordecai 25.06 M60 Richard Klehm 34.03 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 51.98	M60 Elugio Pando 12.18 M70 Wendell Palmer 14.64 W35 Alma Gamez 8.02 W50 Elba Molinar 6.74 W55 Teresa Rodriquez 5.71 1500m RW W50 Delia Fuentes 10:04 W60 Gloria Ledezma 12:22 W75 Isabel Garcia 14:25	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M60 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Amie Gaynor 39-10.5 Discus 73-10 M50 Juan Bustamante 91-8 M35 Jerome Cadoret 97-3 M45 Mike Dillow 80-1 M50 Mike Deller 142-7 M75 Amie Gaynor 119-0	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 M50 Keith Nelson 1.80 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Bert Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encamacio Aponte 1.43 Shot Put 10.34 M50 Robert Holtz 11.95 M70 Encamacio Aponte 5.76 Discus 31.68 M45 Jose Ortiz 31.68 M55 Lloyd Lowry 32.76 M70 Fichard Lowery 33.86	M55 Stefan Waltermann 13.86 M45 Kaestner McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Paul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99 M60 Sam Hall 26.40 M55 Greg Marshall 26.68	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelin 34.54 M70 Larry Horine 19.62 M65 James Turner 28.80 M65 Theodore Mordecai 34.03 M60 Richard Klehm 34.03 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 51.98 M45 Franklin Roberts 30.75 M45 Scott Medlin 30.58	M60 Elugio Pando 12.18 M70 Wendell Palmer 14.64 W35 Alma Gamez 8.02 W50 Elba Molinar 6.74 W55 Teresa Rodriquez 5.71 1500m RW W50 Delia Fuentes 10:04 W60 Gioria Ledezma 12:22 W75 Isabel Garcia 14:25 3000m RW W50 Delia Fuentes 20:50	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M60 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Arnie Gaynor 39-10.5 Discus W55 Mellie Clark 73-10 M60 Juan Bustamante 91-8 M35 Jerome Cadoret 80-1 M50 Mike Dellow 80-1 M50 Mike Deller 142-7 M75 Arnie Gaynor 119-0 M80 Don Roser 74-9 Javellin 74-9	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 M50 Keith Nelson 1.80 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Bert Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20 W30 Kimiko Nakatake 1.50 W45 Karen Vaughn 1.25
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put 10.34 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76 Discus 31.68 M55 Lloyd Lowry 32.76 M70 Richard Lowery 33.86 M50 Robert Holtz 35.17 Hammer 35.17	M55 Stefan Waltermann 13.86 M45 Kaestner McDonnough 11.53 M45 Gien Reid 11.60 M40 Michael Kountze 11.42 M40 Paul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99 M60 Sam Hall 26.40 M55 Greg Marshall 26.68 M50 Kenneth Bender 28.08 M45 Kaestner McDonnough 24.92	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelin M70 Larry Horine 34.54 M70 Jack Gilmore 19.62 M65 Theodore Mordecai 25.06 M60 Richard Klehm 34.03 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 51.98 M45 Franklin Roberts 30.58 M45 Scott Medlin 30.58 M40 David Speaks 237	M60 Elugio Pando M70 Wendell Palmer W35 Alma Gamez W50 Elba Molinar W55 Teresa Rodriquez 1500m RW W50 Delia Fuentes W60 Gloria Ledezma W50 Delia Fuentes W60 Bloria Ledezma W50 Delia Fuentes W60 Gloria Ledezma W50 Delia Fuentes W60 Gloria Ledezma W50 Delia Fuentes W60 Gloria Ledezma WEST	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M50 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Arnie Gaynor 39-10.5 Discus 73-10 W55 Mellie Clark 73-10 M60 Juan Bustamante 97-3 M45 Mike Dillow 80-1 M50 Mike Deller 142-7 M75 Arnie Gaynor 119-0 M80 Don Roser 74-9 Javelin 68-9 M45 Rob Duncanson 68-9	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 M50 Keith Nelson 1.80 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Bert Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20 W30 Kimiko Nakatake 1.50 W45 Karen Vaughn 1.25 W55 A Steekelenburg 1.35 W55 K Steekelenburg 1.35 W55 Kathy Bergen 1.30
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put 1.93 11.95 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76 Discus 31.68 M55 Lloyd Lowry 32.76 M50 Robert Holtz 35.17 Hammer M50 Robert Holtz 44.40 Javelin 44.40	M55 Stefan Waltermann 13.86 M45 Kaesther McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Maul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99 M60 Sam Hall 26.40 M55 Greg Marshall 26.68 M50 Kenneth Bender 28.08 M45 Kaestner McDonnough 24.92 M45 Gien Reid 25.17	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelin M70 Larry Horine 34.54 M70 Jack Gilmore 19.62 M65 James Turner 28.80 M60 Theodore Mordecai 25.06 M60 Richard Klehm 34.03 M55 Bob Kouvolo 36.23 M50 Ray Mushinski 51.98 M45 Franklin Roberts 30.58 M45 Scott Medlin 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 42.37 Hans Schmidt 56.78 M30 Eric Lander 64.70	M60 Elugio Pando M70 Wendell Palmer M35 Alma Gamez W50 Elba Molinar W55 Teresa Rodriquez 1500m RW W50 Delia Fuentes W60 Gloria Ledezma W55 Isabel Garcia 3000m RW W50 Delia Fuentes W60 Gloria Ledezma W55 Isabel Garcia S000m RW W50 Delia Fuentes W60 Gloria Ledezma W55 Delia Fuentes W60 Gloria Ledezma Santa Ana, CA; April 10	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M50 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Arnie Gaynor 39-10.5 Discus 73-10 W55 Mellie Clark 91-8 M60 Juan Bustamante 97-3 M45 Mike Dillow 80-1 M50 Mike Deller 142-7 M75 Arnie Gaynor 119-0 M80 Don Roser 74-9 Javelin 74-9 34-8-7 W65 Kathy Bergen 68-9 M45 Rob Duncanson 128-6 M55 Ron Rook 119-1	W45 Elizabeth Mondoy High Jump M40 Ron Lee Michael Lynn M50 Keith Nelson M55 James Goodreaus Michael Walker M65 Dave Perry Berl Bergen Ralph Reiche M35 Faul Bambrook M50 Faul Bambrook M50 Faul Bambrook M50 Faul Bambrook M50 Karen Vaughn M50 Kathy Bergen M50 Kathy Bergen M50 Vault M60 Jim Mc Intyre M40 Jim Mc Intyre M40 Jim Mc Intyre
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put 1.43 M45 Jose Ortiz 10.34 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76 Discus 31.68 M45 Jose Ortiz 32.76 M70 Richard Lowery 33.86 M50 Robert Holtz 35.17 Hammer M50 Robert Holtz 44.40	M55 Stefan Waltermann 13.86 M45 Kaesther McDonnough 11.53 M45 Gien Reid 11.60 M40 Michael Kountze 11.42 M40 Maul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99 M60 Sam Hall 26.49 M55 Greg Marshall 26.68 M50 Kenneth Bender 28.08 M45 Gien Reid 25.17 M45 Glen Reid 25.17 M45 Al Bethune 26.11 M40 Paul Brown 23.17	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelln M70 Larry Horine 19.62 M70 Jack Gilmore 19.62 M65 James Turner 28.80 M60 Theodore Mordecai 56.23 M60 Richard Klehm 34.03 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 51.98 Franklin Roberts 36.75 M45 Scott Medlin 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 56.78 M30 Eric Lander 64.70 M20 Barry Flicker 61.95	M60 Elugio Pando M70 Wendell Palmer M70 Wendell Palmer M75 Meresa Rodriquez M75 Teresa Rodriquez M750 Delia Fuentes M750 Delia	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M50 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Arnie Gaynor 39-10.5 Discus 73-10 W55 Mellie Clark 73-10 M60 Juan Bustamante 97-3 M45 Jierome Cadoret 97-3 M45 Mike Dillow 80-1 M50 Mike Deller 142-7 M75 Arnie Gaynor 119-0 M80 Don Roser 74-9 Javelin 68-9 M55 Kathy Bergen 68-9 M50 Barry Warmerdam 143-8 M55 Steve Wordell 112-2	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 M50 Keith Nelson 1.80 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Bert Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20 W30 Kimiko Nakatake 1.50 W45 Karen Vaughn 1.25 W55 A Steekelenburg 1.35 W55 A Steekelenburg 1.35 W65 Kathy Bergen 1.30 Pole Vault 1.30 Greg Charles 3.66
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encamacio Aponte 1.43 Shot Put M5 Robert Holtz 10.34 M50 Robert Holtz 11.95 5.76 M70 Encamacio Aponte 5.76 31.68 M45 Jose Ortiz 31.68 32.76 M70 Richard Lowery 33.86 35.17 M50 Robert Holtz 35.17 Hammer M50 Robert Holtz 44.40 Javelin M40 Gary Fulton 30.21 M45 Jose Ortiz 46.61 M50 Ed Calabello 40.58	M55 Stefan Waltermann 13.86 M45 Kaestner McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Paul Brown 11.55 M40 Marcus Shute 11.90 M30 Derrick Archie 10.55 200m 200m 10.55 W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99 M60 Sam Hall 26.40 M55 Greg Marshall 28.08 M50 Kenneth Bender 24.92 M45 Glen Reid 25.17 M45 Glen Reid 23.17 M40 Paul Brown 23.17 M40 Marcus Shute 23.99 M30 Derrick Archie 21.86	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelin M70 Larry Horine 19.62 M70 Jack Gilmore 19.62 M60 James Turner 28.80 M65 Theodore Mordecai 25.06 M60 Richard Klehm 34.03 M5 Bob Kouvolo 56.23 M50 Ray Mushinski 51.98 M45 Franklin Roberts 30.58 M45 Scott Medlin 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 56.78 M30 Eric Lander 64.70 M30 Eric Lander 64.70 M20 Barry Flicker 61.95 Weight Throw M70 Tim Twomey 14.38	M60 Elugio Pando M70 Wendell Palmer M70 Wendell Palmer M75 Teresa Rodriquez 1500m RW M75 Delia Fuentes M75 Isabel Garcia M75 John Ward Games Santa Ana, CA; April 10 M75 Kateena Bugg M75 Italy M7	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M50 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Arnie Gaynor 39-10.5 Discus 73-10 W55 Mellie Clark 91-8 M60 Juan Bustamante 97-3 M45 Mike Dillow 80-1 M50 Mike Deller 142-7 M75 Arnie Gaynor 119-0 M80 Don Roser 74-9 Javelin 68-9 M55 Kathy Bergen 143-8 M55 Ron Rook 119-1 M65 Steve Wordell 112-2 M75 Allan Trefry 100-1 M80 Don Roser 87-1	W45 Elizabeth Mondoy High Jump M40 Ron Lee M50 Keith Nelson M55 James Goodreaus M65 Dave Perry Berl Bergen Ralph Reiche M30 Karen Vaughn M55 A Steekelenburg M55 A Steekelenburg M56 Asteekelenburg M57 Asteekelenburg M68 Asteekelenburg M58 Asteekelenburg M59 Karen Vaughn M69 Vault M60 M00 Kim M60 Karen M60 Vault M60 M00 Kim M60 Karen M60
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put M45 Jose Ortiz 10.34 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76 Discus 31.68 M55 Lloyd Lowry 33.86 M50 Robert Holtz 35.17 Hammer M50 Robert Holtz 44.40 Javelin M44 Gary Fulton 30.21 M45 Jose Ortiz 46.61 M50 Ed Calabello 40.58 M55 Martin Menkin 39.62 M50 Tom Harasti 38.00	M55 Stefan Waltermann 13.86 M45 Kaestner McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Maul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99 M60 Sam Hall 26.40 M55 Greg Marshall 26.89 M50 Kenneth Bender 28.08 M45 Kaestner McDonnough 24.92 M45 Glen Reid 25.17 M40 Paul Brown 23.17 M40 Marcus Shute 23.99 M30 Derrick Archie 21.86 400m W80 Margaret Hagerty 2.44.40	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelin M70 Larry Horine 34.54 M70 Jack Gilmore 19.62 M65 Theodore Mordecai 28.80 M60 Richard Klehm 34.03 M50 Bob Kouvolo 36.23 M50 Ray Mushinski 51.98 M45 Franklin Roberts 30.58 M45 Scott Medlin 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 44.70 Hans Schmidt 56.78 M30 Eric Lander 64.70 M20 Barry Flicker 61.95 Weight Throw M70 Tim Twomey 14.38 M60 Tom Blythe 10.68 M60 Dave Wheeler 8.69	M60 Elugio Pando 12.18 M70 Wendell Palmer 14.64 W35 Alma Gamez 8.02 W55 Elba Molinar 6.74 W55 Teresa Rodriquez 5.71 1500m RW 10:04 W60 Gloria Ledezma 12:22 W75 Isabel Garcia 14:25 3000m RW W50 Delia Fuentes 20:50 W60 Gloria Ledezma 25:33 WEST John Ward Games Santa Ana, CA; April 10 100m W35 Kateena Bugg 13.55 W40Tiffany Wilson 14.86 W45 Debbie Selby 16.47 W50 Jeanne Bowman 15.16	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M50 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Arnie Gaynor 39-10.5 Discus 73-10 W55 Mellie Clark 97-3 M50 Juan Bustamante 97-3 M45 Mike Dillow 80-1 M50 Mike Deller 142-7 M75 Arnie Gaynor 119-0 M80 Don Roser 74-9 Javelin 74-9 128-6 M55 Rob Duncanson 128-6 M50 Barry Warmerdam 143-8 M55 Ron Rook 119-1 M65 Steve Wordell 112-2 M75 Allan Trefry 100-1 M80 Don Roser 87-1 M90 Clarence Trahan 45-3	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 M40 Ron Lee 1.55 M50 Keith Nelson 1.80 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Berl Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20 W30 Kimiko Nakatake 1.50 W45 Karen Vaughn 1.25 W55 A Steekelenburg 1.35 W65 Kathy Bergen 1.30 Pole Vault 3.66 M50 Murray Mead 4.11 M55 Steve Morris 3.35 M60 Ralph Reiche 1.98 Long Jump 1.98
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put M45 Jose Orliz 10.34 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76 Discus 31.68 M45 Jose Ortiz 31.68 M55 Lloyd Lowry 32.76 M50 Robert Holtz 33.86 M50 Robert Holtz 44.40 Javelin 30.21 M45 Jose Ortiz 46.61 M55 Ed Calabello 40.58 M55 Martin Menkin 39.62 M60 Tom Harasti 38.00 M70 Raymond Wright 23.96	M55 Stefan Waltermann 13.86 M45 Kaesther McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Maul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m 200m 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99 M60 Sam Hall 26.40 M55 Greg Marshall 26.88 M50 Kenneth Bender 28.08 M45 Kaestner McDonnough 24.92 M45 Al Bethune 26.11 M40 Paul Brown 23.17 M40 Marcus Shute 23.99 M30 Derrick Archie 21.86 400m W80 Margaret Hagerty 2:44.40 M55 Stefan Walterm	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelln M70 Larry Horine 19.62 M70 Jack Gilmore 19.62 M65 James Turner 28.80 M65 Theodore Mordecai 56.23 M60 Richard Klehm 34.03 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 51.98 M45 Franklin Roberts 36.75 M45 Scott Medlin 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 42.37 M35 Hans Schmidt 56.78 M30 Eric Lander 61.95 Weight Throw 61.95 Weight Throw 10.68 M60 Dave Wheeler M5 Mike Thomason M45 Bryan Stewart 10.00	M60 Elugio Pando	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M50 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Arnie Gaynor 39-10.5 Discus 73-10 W55 Mellie Clark 91-8 M60 Juan Bustamante 97-3 M45 Mike Dillow 80-1 M50 Mike Deller 142-7 M75 Arnie Gaynor 119-0 M80 Don Roser 74-9 Javelin 68-9 M55 Rob Duncanson 128-6 M55 Ron Rook 119-1 M65 Steve Wordell 112-2 M75 Allan Trefry 100-1 M80 Don Roser 87-1 M90 Clarence Trahan 45-3	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 M40 Ron Lee 1.55 M50 Michael Lynn 1.55 M50 Michael Walker 1.40 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Berl Bergen 1.40 Ralph Reiche 1.25 M75 Paul Bambrook 1.20 W30 Kimiko Nakatake 1.50 W45 Karen Vaughn 1.25 W55 A Steekelenburg 1.35 W55 A Steekelenburg 1.30 Pole Vault 1.30 M40 Jim Mc Intyre 4.42 Greg Charles 3.66 M50 Ralph Reiche 1.98 Long Jump M40 Jim Mc Intyre 5.49 M60 Ralph Reiche 1.98 Logan Culp 4.69
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encamacio Aponte 1.43 Shot Put M45 Jose Ortiz 10.34 M50 Robert Holtz 11.95 5.76 M70 Encamacio Aponte 5.76 5.76 Discus M45 Jose Ortiz 31.68 M55 Lloyd Lowry 32.76 30.86 M50 Robert Holtz 35.17 Hammer M50 Robert Holtz 44.40 Javelin M40 Gary Fulton 30.21 M50 Ed Calabello 40.58 M50 Ed Calabello 40.58 M60 Tom Harasti 38.00 M70 Raymond Wright 23.96 Florida Athletic Club Classic	M55 Stefan Waltermann 13.86 M45 Kaesther McDonnough 11.53 M45 Gien Reid 11.60 M40 Michael Kountze 11.42 M40 Michael Kountze 11.52 M40 Marcus Shute 11.58 M40 Mivester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99 M60 Sam Hall 26.49 M55 Keenseth Bender 28.08 M45 Kaestner McDonnough 24.92 M45 Glen Reid 25.17 M45 All Bethune 23.17 M40 Marcus Shute 23.99 M30 Derrick Archie 21.86 400m W80 Margaret Hagerty 2.44.40 M55 Isram Waltermann 1.05.04 M55 James Rich 1:11.77	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelln M70 Larry Horine 34.54 M70 Jack Gilmore 19.62 M65 James Turner 28.80 M65 Theodore Mordecai 56.23 M60 Richard Klehm 34.03 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 31.98 M45 Franklin Roberts 36.75 M45 Scott Medlin 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 56.78 M30 Eric Lander 64.70 M20 Barry Flicker 61.95 Weight Throw 41.38 M60 Tom Blythe 68.69 M60 Dave Wheeler 8.69 M55 Mike Thomason 14.82 M5 Scott Medlin 8.57	M60 Elugio Pando	M50 Mike Deller	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 M50 Keith Nelson M55 James Goodreaus Michael Walker 1.40 M65 Dave Perry 1.50 Bert Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20 M30 Kimiko Nakatake 1.50 M45 Karen Vaughn 1.25 M55 Kathy Bergen 1.30 M50 Kathy Bergen 1.30 M50 M5
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put M45 Jose Orliz 10.34 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76 Discus 31.68 M45 Jose Ortiz 32.76 M70 Richard Lowery 33.86 M50 Robert Holtz 44.40 Javelin 44.40 Javelin M40 Gary Fulton 30.21 M45 Jose Ortiz 46.61 M50 Ed Calabello 40.58 M55 Martin Menkin 39.62 M60 Tom Harasti 38.00 M70 Raymond Wright 23.96 Florida Athletic Club Classic Clermont, FL; May 21	M55 Stefan Waltermann 13.86 M45 Kaestner McDonnough 11.53 M40 Michael Kountze 11.60 M40 Michael Kountze 11.42 M40 Maul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99 M60 Sam Hall 26.40 M55 Greg Marshall 26.89 M50 Kenneth Bender 24.92 M45 Kaestner McDonnough 24.92 M45 Ala Bethune 26.11 M40 Paul Brown 23.17 M40 Marcus Shute 23.99 M30 Derrick Archie 21.86 400m W80 Margaret Hagerty 2.44.40 M55 Ian Dickson 1.05.04 <	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelln M70 Jack Gilmore 96.2 M65 James Turner 28.80 M65 Theodore Mordecai 56.23 M60 Richard Klehm 34.03 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 39.75 M45 Franklin Roberts 36.75 M40 David Speaks 42.37 M40 David Speaks 42.37 M40 Murphy Turkdamar 78.66 M30 Eric Lander 64.70 M20 Barry Flicker 61.95 Weight Throw 10.68 60 M60 Dave Wheeler 8.69 M55 Mike Thomason 48.2 M45 Scott Medlin 8.57 M40 Eric Rouse 11.34 M30 Eric Frasure <td> M60 Elugio Pando 12.18 </td> <td> Misc Deller</td> <td>W45 Elizabeth Mondoy 1:33.93 HIgh Jump M40 Ron Lee 1.65 M40 Ron Lee 1.55 M50 Michael Lynn 1.50 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Berl Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20 W30 Kimiko Nakatake 1.50 W45 Karen Vaughn 1.25 W55 A Steekelenburg 1.35 W65 Kathy Bergen 1.30 Pole Vault 1.30 M40 Jim Mc Intyre 4.42 Greg Charles 3.66 M50 Ralph Reiche 1.98 Long Jump M40 Jim Mc Intyre 5.49 Logan Culp 4.69 M45 John Tomaschke 5.06 Cliff Koon 4.04</td>	M60 Elugio Pando 12.18	Misc Deller	W45 Elizabeth Mondoy 1:33.93 HIgh Jump M40 Ron Lee 1.65 M40 Ron Lee 1.55 M50 Michael Lynn 1.50 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Berl Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20 W30 Kimiko Nakatake 1.50 W45 Karen Vaughn 1.25 W55 A Steekelenburg 1.35 W65 Kathy Bergen 1.30 Pole Vault 1.30 M40 Jim Mc Intyre 4.42 Greg Charles 3.66 M50 Ralph Reiche 1.98 Long Jump M40 Jim Mc Intyre 5.49 Logan Culp 4.69 M45 John Tomaschke 5.06 Cliff Koon 4.04
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put M45 Jose Ortiz 10.34 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76 Discus 31.68 M45 Jose Ortiz 31.68 M55 Lloyd Lowry 32.76 M70 Richard Lowery 33.86 M50 Robert Holtz 35.17 Hammer M50 Robert Holtz 44.40 M50 Robert Holtz 46.61 M40 Gary Fulton 30.21 M45 Jose Ortiz 46.61 M55 Martin Menkin 39.62 M55 Martin Menkin 38.00 M70 Raymond Wright 23.96 Florida Athletic Club Classic Clermont, FL; May 21 100m M35 Alex Acosta 10.53	M55 Stefan Waltermann 13.86 M45 Kaesther McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Maul Brown 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M65 Chet Terry 33.99 M60 Sam Hall 26.40 M55 Greg Marshall 26.80 M55 Greg Marshall 26.80 M5 Kaenneth Bender 24.92 M45 Kaestner McDonnough 24.92 M45 Al Bethune 26.11 M40 Paul Brown 21.86 400m W80 Margaret Hagerty 24.44.40 M5 Ian Dickson 1.05.04 M55 James Rich 1:11.77 M50 </td <td>M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javellin M70 Larry Horine 34.54 M70 Jack Gilmore 19.62 M65 James Turner 28.80 M65 Theodore Mordecai 25.06 M60 Richard Klehm 34.93 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 51.98 M45 Franklin Roberts 36.75 M45 Scott Medlin 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 42.37 M35 Hans Schmidt 56.78 M30 Eric Lander 64.70 M20 Barry Flicker 61.95 Weight Throw M70 Tim Twomey M60 Tom Blythe 10.68 M60 Dave Wheeler 8.69 M5 Syan Ste</td> <td> M60 Elugio Pando</td> <td> Misc Deller</td> <td>W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 1.55 M50 Keith Nelson 1.50 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Bert Bergen 1.40 M30 Kimiko Nakatake 1.20 W30 Kimiko Nakatake 1.50 W45 Karen Vaughn 1.25 W55 A Steekelenburg 1.35 W65 Kathy Bergen 1.30 Pole Vault 1.30 M40 Jim Mc Inityre 4.42 Greg Charles 3.66 M50 Murray Mead 4.11 M55 Steve Morris 3.35 M60 Ralph Reiche 1.98 Long Jump 4.69 M45 Mac Niroumand 5.55 M55 John Tomaschke 5.06 Cliff Koon 4.04</td>	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javellin M70 Larry Horine 34.54 M70 Jack Gilmore 19.62 M65 James Turner 28.80 M65 Theodore Mordecai 25.06 M60 Richard Klehm 34.93 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 51.98 M45 Franklin Roberts 36.75 M45 Scott Medlin 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 42.37 M35 Hans Schmidt 56.78 M30 Eric Lander 64.70 M20 Barry Flicker 61.95 Weight Throw M70 Tim Twomey M60 Tom Blythe 10.68 M60 Dave Wheeler 8.69 M5 Syan Ste	M60 Elugio Pando	Misc Deller	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 1.55 M50 Keith Nelson 1.50 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Bert Bergen 1.40 M30 Kimiko Nakatake 1.20 W30 Kimiko Nakatake 1.50 W45 Karen Vaughn 1.25 W55 A Steekelenburg 1.35 W65 Kathy Bergen 1.30 Pole Vault 1.30 M40 Jim Mc Inityre 4.42 Greg Charles 3.66 M50 Murray Mead 4.11 M55 Steve Morris 3.35 M60 Ralph Reiche 1.98 Long Jump 4.69 M45 Mac Niroumand 5.55 M55 John Tomaschke 5.06 Cliff Koon 4.04
M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put M45 Jose Ortiz 10.34 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76 Discus 31.68 M55 M45 Jose Ortiz 31.68 M50 Robert Holtz 32.76 M70 Richard Lowery 33.86 M50 Robert Holtz 35.17 Hammer M50 Robert Holtz 44.40 Javelin M40 Gary Fulton 30.21 M50 Ed Calabello 40.58 M55 Martin Menkin 39.62 M60 Tom Harastin 38.00 M70 Raymond Wright 23.96 Florida Athletic Club Classic Clermont, FL; May 21 100m M35 Alex Acosta 10.53 M40 Orlondo	M55 Stefan Waltermann 13.86 M45 Kaesther McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.42 M40 Michael Kountze 11.42 M40 Michael Kountze 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M75 Larry Greco 42.15 M5 Chet Terry 33.99 M60 Sam Hall 26.40 M55 Greg Marshall 26.88 M50 Kenneth Bender 24.92 M45 Alaesther McDonnough 24.92 M45 Alaesther McDonnough 25.17 M45 Al Bethune 23.17 M40 Paul Brown 21.86 M30 Derrick Archie 21.86 400m W80 Margaret Hagerty 2.44.40	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelln M70 Larry Horine 34.54 M70 Jack Gilmore 19.62 M65 James Turner 28.80 M65 Theodore Mordecai 50.6 M60 Richard Klehm 34.03 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 51.98 M45 Franklin Roberts 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 42.37 M30 Eric Lander 64.70 M30 Eric Lander 64.70 M20 Barry Flicker 61.95 Weight Throw M70 11.34 M60 Dave Wheeler 8.69 M55 Mike Thomason 14.82 M50 Bryan Stewart 10.00 M45 Bric Rouse<	M60 Elugio Pando	MSO Mike Deller	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 M50 Keith Nelson 1.80 M55 James Goodreaus 1.50 Michael Walker 1.40 M65 Dave Perry 1.50 Bert Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20 W30 Kimiko Nakatake 1.50 W45 Karen Vaughn 1.25 W55 A Steekelenburg 1.35 W65 Kathy Bergen 1.30 Pole Vault M40 Jim Mc Intyre 4.42 Greg Charles 3.66 M50 Murray Mead 4.11 M55 Steve Morris 3.35 M60 Ralph Reiche 1.98 Long Jump M40 Michael Lynn Logan Culp 4.69 M40 Michael Lynn 5.49 Long Jump M40 Michael Lynn 5.55 M55 John Tomaschke Cliff Koon 4.04 M60 Rufus Morris 4.94 Terry Rowan 4.25 Row Muranaka 4.08 M65 Bert Bergen 4.05 M65 M65 Bert Bergen 4.05 M65 M65 M65 M66
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M30 Roderick Drayton 6.70 M40 Gary Fulton 4.55 M45 Peter Houba 6.10 M70 Encarnacio Aponte 1.43 Shot Put M45 Jose Ortiz 10.34 M50 Robert Holtz 11.95 M70 Encarnacio Aponte 5.76 Discus 31.68 M45 Jose Ortiz 31.68 M55 Lloyd Lowry 32.76 M70 Richard Lowery 33.86 M50 Robert Holtz 44.40 Javelin 44.40 Javelin M40 Gary Fulton 30.21 M55 Martin Menkin 39.62 M50 Ed Calabello 40.58 M55 Martin Menkin 39.62 M60 Tom Harasti 38.00 M70 Raymond Wright 23.96 Florida Athletic Club Classic Clermont, FL; May 21 100m M35 Alex Acosta 10.53 M40 Oriondo Matthews </td <td>M55 Stefan Waltermann 13.86 M45 Kaesther McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.62 M40 Michael Kountze 11.42 M40 Michael Kountze 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M55 Chet Terry 33.99 M65 Chet Terry 33.99 M65 Kenneth Bender 28.08 M50 Kenneth Bender 28.08 M5 Kesther McDonnough 24.92 M45 Glen Reid 25.17 M40 Mau Brown 23.17 M40 Maru Brown 23.17 M40 Maru Brown 23.17 M40 Maru Brown 103.14 M55 Stefan Waltermann 1.05.04 M55 Jame</td> <td>M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelin M70 Lark Gilmore 96.2 M65 James Turner 28.80 M65 Theodore Mordecai 55.06 M60 Richard Klehm 34.03 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 36.75 M45 Franklin Roberts 36.75 M45 Franklin Roberts 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 56.78 M30 Eric Lander 64.70 M20 Barry Flicker 61.95 Weight Throw 10.68 60 M60 Tom Blythe 10.68 M60 Dave Wheeler 8.69 M45 Scott Medlin 8.57 M45 Scott Medlin 8.57 M45 Scott Medlin<</td> <td> M60 Elugio Pando 12.18 M70 Wendell Palmer 14.64 W35 Alma Gamez 8.02 W50 Elba Molinar 6.74 W55 Teresa Rodriquez 1500m RW W50 Delia Fuentes 10:04 W60 Gloria Ledezma 12:22 W75 Isabel Garcia 14:25 3000m RW W50 Delia Fuentes 20:50 W60 Gloria Ledezma 25:33 WEST John Ward Games Santa Ana, CA; April 10 100m W35 Kateena Bugg 13.55 W40Tiffany Wilson 14.86 W45 Debbie Selby 16.47 W50 Jeanne Bowman 15.16 W55 Brenda Mathews 14.09 W65 Kathy Bergen 14.82 W65 Kathy Bergen 14.82 W65 M50 Gregory Pizza 12.15 M60 Dan Girling M65 Karl Thorpe 14.50 M70 Dick Richards 13.85 M75 Al Escobar M80 Paul Evans 15:32 M60 M60</td> <td>M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M50 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Amie Gaynor 39-10.5 Discus 73-10 M50 Juan Bustamante 91-8 M35 Jerome Cadoret 97-3 M45 Mike Dillow 80-1 M50 Mike Deller 142-7 M75 Amie Gaynor 119-0 M80 Don Roser 74-9 Javelin 68-9 M45 Rob Duncanson 128-6 M50 Barry Warmerdam 143-8 M55 Ron Rook 119-1 M65 Steve Wordell 112-2 M75 Allan Trefry 100-1 M80 Don Roser 87-1 M90 Clarence Trahan 45-3 Southern California Striders Meet of Champions CSU-Long Beach; May 8 100m M40 Mark Dob</td> <td> W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 M50 Keith Nelson M55 James Goodreaus Michael Walker 1.40 M65 Dave Perry 1.50 Bert Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20 M30 Kimiko Nakatake 1.50 M45 Karen Vaughn 1.25 M45 Karen Vaughn 1.25 M55 A Steekelenburg 1.35 M55 A Steekelenburg 1.35 M65 Karen Vaughn M65 M40 Jim Mc Intyre 4.42 Greg Charles 4.69 M40 Jim Mc Intyre 4.69 M65 Mac Niroumand 4.69 M65 John Tomaschke 5.06 M66 M60 Rufus Morris 4.94 Terry Rowan 4.25 M65 Bert Bergen 4.05 M65 Bert Bergen 4.05 M65 M65 Bert Bergen 4.05 M75 Paul Bambrook 3.94 M65 M65 Bert Bergen 4.05 M75 Paul Bambrook 3.94 M65 M65 M65 Bert Bergen 4.05 M75 Paul Bambrook 3.94 M65 M65 M65 M65 M65 M65 M66 M66</td>	M55 Stefan Waltermann 13.86 M45 Kaesther McDonnough 11.53 M45 Glen Reid 11.60 M40 Michael Kountze 11.62 M40 Michael Kountze 11.42 M40 Michael Kountze 11.55 M40 Marcus Shute 11.58 M40 Silvester Wiley 11.90 M30 Derrick Archie 10.55 200m W70 Anne Yudell 42.92 M55 Chet Terry 33.99 M65 Chet Terry 33.99 M65 Kenneth Bender 28.08 M50 Kenneth Bender 28.08 M5 Kesther McDonnough 24.92 M45 Glen Reid 25.17 M40 Mau Brown 23.17 M40 Maru Brown 23.17 M40 Maru Brown 23.17 M40 Maru Brown 103.14 M55 Stefan Waltermann 1.05.04 M55 Jame	M35 Eric Rouse 41.65 M35 Joseph Cates 33.22 M30 Robert Tulloch 35.56 M20 Eric Frasure 45.84 Javelin M70 Lark Gilmore 96.2 M65 James Turner 28.80 M65 Theodore Mordecai 55.06 M60 Richard Klehm 34.03 M55 Bob Kouvolo 56.23 M50 Ray Mushinski 36.75 M45 Franklin Roberts 36.75 M45 Franklin Roberts 30.58 M40 David Speaks 42.37 M40 Murphy Turkdamar 56.78 M30 Eric Lander 64.70 M20 Barry Flicker 61.95 Weight Throw 10.68 60 M60 Tom Blythe 10.68 M60 Dave Wheeler 8.69 M45 Scott Medlin 8.57 M45 Scott Medlin 8.57 M45 Scott Medlin<	M60 Elugio Pando 12.18 M70 Wendell Palmer 14.64 W35 Alma Gamez 8.02 W50 Elba Molinar 6.74 W55 Teresa Rodriquez 1500m RW W50 Delia Fuentes 10:04 W60 Gloria Ledezma 12:22 W75 Isabel Garcia 14:25 3000m RW W50 Delia Fuentes 20:50 W60 Gloria Ledezma 25:33 WEST John Ward Games Santa Ana, CA; April 10 100m W35 Kateena Bugg 13.55 W40Tiffany Wilson 14.86 W45 Debbie Selby 16.47 W50 Jeanne Bowman 15.16 W55 Brenda Mathews 14.09 W65 Kathy Bergen 14.82 W65 Kathy Bergen 14.82 W65 M50 Gregory Pizza 12.15 M60 Dan Girling M65 Karl Thorpe 14.50 M70 Dick Richards 13.85 M75 Al Escobar M80 Paul Evans 15:32 M60	M50 Mike Deller 43-8.75 M55 Kirk Wassel 41-6.5 M50 Dan Girling 31-5.75 M70 Henry Ross 40-2.5 M75 Amie Gaynor 39-10.5 Discus 73-10 M50 Juan Bustamante 91-8 M35 Jerome Cadoret 97-3 M45 Mike Dillow 80-1 M50 Mike Deller 142-7 M75 Amie Gaynor 119-0 M80 Don Roser 74-9 Javelin 68-9 M45 Rob Duncanson 128-6 M50 Barry Warmerdam 143-8 M55 Ron Rook 119-1 M65 Steve Wordell 112-2 M75 Allan Trefry 100-1 M80 Don Roser 87-1 M90 Clarence Trahan 45-3 Southern California Striders Meet of Champions CSU-Long Beach; May 8 100m M40 Mark Dob	W45 Elizabeth Mondoy 1:33.93 High Jump M40 Ron Lee 1.65 Michael Lynn 1.55 M50 Keith Nelson M55 James Goodreaus Michael Walker 1.40 M65 Dave Perry 1.50 Bert Bergen 1.40 Ralph Reiche 1.35 M75 Paul Bambrook 1.20 M30 Kimiko Nakatake 1.50 M45 Karen Vaughn 1.25 M45 Karen Vaughn 1.25 M55 A Steekelenburg 1.35 M55 A Steekelenburg 1.35 M65 Karen Vaughn M65 M40 Jim Mc Intyre 4.42 Greg Charles 4.69 M40 Jim Mc Intyre 4.69 M65 Mac Niroumand 4.69 M65 John Tomaschke 5.06 M66 M60 Rufus Morris 4.94 Terry Rowan 4.25 M65 Bert Bergen 4.05 M65 Bert Bergen 4.05 M65 M65 Bert Bergen 4.05 M75 Paul Bambrook 3.94 M65 M65 Bert Bergen 4.05 M75 Paul Bambrook 3.94 M65 M65 M65 Bert Bergen 4.05 M75 Paul Bambrook 3.94 M65 M65 M65 M65 M65 M65 M66 M66

W55 Branda Matthews
W70 Magdalena Kuehne
W75 Johnnye Valien
Triple Jump
M40 Lavell Davenport
Michael Lynn
Logan Culp
M45 Mac Niroumand
M50 Robert Richardson
M55 Paul Bambrook
M85 Charles Mercurio
W30 Kimiko Nakatake
W55 A Steekelenburg
W70 Magdalena Kuehne
W75 Johnnye Valien
Shot Put
M45 James Kerman
Rodney Johnson
M50 Gary Schmidt
M55 Mike Nash
Mike Deller
Angelo Rinaldi
M70 Bob Ward
Doug Tomlinson
M75 Amie Gaynor
W40 Pat Shaw
Claudette Fabian
Caren Ware
W45 Karen Vaughn
W55 La Tanya Glass
W60 Hattle Perry
Discus
M40 Logan Culp
M50 Gary Schmidt
Robert Rice
M55 Mike Deller
M60 Juan Bustamante
M65 Hal Smith
M70 Bob Ward
Doug Tomlinson
Robert Eldridge
M75 Arnie Gaynor
M80 Don Roser
M85 Hugh Hackett
W55 A Steekelenburg
W65 Kathy Bergen

July 2005

W55 A Steekelenburg
W65 Kathy Bergen
Hammer
M50 Gary Schmidt
M70 Bob Ward
Doug Tomlinson
M85 Hugh Hackett
Javelin
M40 Logan Culp
M45 Mac Niromand
Mike Dillow
M50 David Hamel
Mike Tipping
Gary Schmidt
M55 Ron Rook
M70 Bob Ward
M80 Don Roser
M85 Hugh Hackett
W40 Claudette Fabian
Tina Bowman
W55 La Tanya Glass
W70 Magdalena Kuehne
W75 Johnnye Valien

Visalia Classic Masters Visalia, CA; May 14

Visalia, CA; May

50m

M50

Hubert Evans
Paul Shires

M60

Dan Girling
Juan Bustamante

M75

Don Cheek

M85

K K Slaughter

W45

Cathy Warmerdam

W70

marjorie Moore

100m

M40

Tommy Baker

M45

Kevin Morning
J Smith
Mark Pasos

M50

Hubert Evans

Robert Richardson
Paul Shires

M55

George Moore
Frank Strouse
Dan Girling
J Bustamante

M75

Don Cheek

M85

K K Slaughter

W45

Cathy Warmerdam

W70

Marjorie Moore

200m

M35

Curtis Moore

2akee Madjun

M45

Kevin Morning
J Smith
Mark Pasos

M50

Hubert Evans
Robert Richardson
Barry Warmerdam

M60

Dennis Duffy
Frank Strouse
Dan Girling

M70

Don Cheek
Rodney Brown

M70 Don Cheek
Rodney Brown
400m
M35 Curtis Moore
Laurent Birale
Zakee Madjun
M40 Tommy Baker
Gerry Valverde
M45 Mark Pasos
M50 Steve Hardison
M55 Searcy Barnett
Gary Hall
M60 Dennis Duffy
Frank Strouse
M70 Benson Ford
M75 Don Cheek
Rodney Brown
W45 Therisa Brown
M50 Wayne Morris
Luis Pannarale
Gary Hall

W55 Branda Matthews 4.19	Searcy Barnett 2:45.2	W90 Lois Bergstrom 43.78	W70 Christel Donley 77-7	M45 Mark Cleary 4:46.14	M70 Monty Hacker 13.51
W70 Magdalena Kuehne 2.87 W75 Johnnye Valien 2.57	1500m M45 Mike Haver 4:52.6	M50 Charles Williams 25.33	1500m RW M55 Rick Campbell 8:38.10	Rob Duncanson 4:48.00 M75 Jim Selby 6:47.29	M75 Johannes Schoeman 16.61 M80 Lucas Nel 15.23
Triple Jump M40 Lavell Davenport 13.24	Steve Killars 4:58.9 M55 Searcy Barnett 5:34.4	M55 Raymond Yeck 26.26 M60 Larry Barnum 26.65	M70 Carl Acosta 9:56.84 M75 Gene Connor 11:31.63	Milo Sather 8:12.09 5000m	M85 Carl Pace 24.05 W30 Alison Lloyd 14.16
Michael Lynn 11.30 Logan Culp 10.24	W40 Pam Boyles 6:01.2	M65 Jesse Carrington 29.44	W55 Carol Bertino 9:14.2h	M35 Aaron Goodall 17:34.93	W35 Winnie de Winnaar 10.99
M45 Mac Niroumand 11.26	W45 Therisa Brown 5:25.2 3000m	M70 Bill Kennedy 37.73 M75 Rodney Brown 32.63	W65 Shirley Capps 10:47.34 5000m RW	M40 James Marquez 17:51.96 M45 Adam Weiner 18:08.17	W40 Gene Erasmus 13.09 W45 Ronel Beukes 13.31
M50 Robert Richardson 10.75 M75 Paul Bambrook 7.68	M45 Mike Haver 10:12.2 Steve Killars 10:25.8	M80 Roy Murano 58.39 M85 Frederic Tompkins 48.40	M55 Rick Campbell 30:03.37 M65 Bob Nyman 33:15.46	Dave Cook 18:23.96 M70 Duke Wellner 28:47.20	W50 Eunice Brits 14.70 W55 Pam Immelman 14.61
M85 Charles Mercurio 4.86 W30 Kimiko Nakatake 9.93	Bruce Deeter 12:28.0 M55 Gary Hall 11:08.3	M90 George Feinstrin 1:39.53 W50 Rita Hanscom 27.6h	M70 Carl Acosta 33:44.38 W55 Yoko Eichel 29:53.51	Short Hurdles M40 Henry Andrade 14.58	W60 Elsa Jordaan 15.57 W65 Rita Blair 15.88
W55 A Steekelenburg 8.55 W70 Magdalena Kuehne 6.06	Searcy Barnett 11:50.0 Tony Hernandez 13:11.6	W55 Mellie Clark 37.7g W60 M J McMaster 1:01.6h	W60 Mary Jo Sullivan 41:42.65	M45 B J Duhan 15.23	W70 Veronica Welgemoed 17.61
W75 Johnnye Valien 5.29	M70 Bill Kuykendall 20:25.7	W65 Patricia Willis 1:08.6h	5000m Road Walk	Jeff Davison 15.83 20.24	W75 Isabel Hofmeyr 17.29 200m
Shot Put M45 James Kerman 13.61	W40 Pam Boyles 10:42.0 Short Hurdles	W75 Louise Martin 1:16.0h	M60 Larry Walker 27:47 M70 Carl Acosta 33:38	M50 Andrew Hecker 18.43 M60 Larry Sallinger 17.58	M30 Shaun Powell 21.93 M35 Moses Aphane 23.26
Rodney Johnson 8.30 M50 Gary Schmidt 12.18	M35 Laurent Birale 42.2 M50 Parker White 58.7	M50 Charles Williams 56.94 M55 James Lea 1:11.98	W55 Donna Cunningham 31:08 W60 Mary Jo Sullivan 42:52	W35 Clare Look-Jaeger 15.50	M40 Gavin Maxwell 23.56 M45 Brandan Moran 24.67
M55 Mike Nash 13.69 Mike Deller 12.90	High Jump M30 Kevin Crosby 4-0	M60 Larry Barnum 58.78 M65 Jesse Carrington 1:07.06	W65 Shirley Capps 38:05	Anne Lunsman 20.30	M50 Ferdie Potgieter 26.18
Angelo Rinaldi 12.24	M40 Allen Eggman 5-4	M70 Bill Kennedy 1:25.12	M60 Larry Walker 59.46	W45 Elizabeth Walsh 17.43	M60 Bobby de Kock 34.07
M70 Bob Ward 12.13 Doug Tomlinson 11.17	M50 Keith Nelsen 6-0 Steve Stafford 5-2	M75 Rodney Brown 1:13.13 M80 Ray Murano 2:05.24	M70 Carl Acosta 1:08.54 W65 Anelise Smith 1:24.23	M45 Rob Duncanson 1:09.11	M65 Tobie de Vos 31.01 M70 Monty Hacker 28.67
M75 Arnie Gaynor 12.18 W40 Pat Shaw 13.19	M60 John Burns 4-8 M65 Ralph Reiche 4-4	M85 Tommy Tompkins 1:54.17 M90 George Feinstein 3:26.93	W70 Grace Moreman 1:32.57 5000m Road Run	M50 Andrew Hecker 1:09.36 M70 Marion Sanchez 54.85	M75 Johannes Schoeman 36.00 M80 Jucas Nel 32.43
Claudette Fabian 8.99 Caren Ware 7.53	W45 Karen Vaughn 4-2 Pole Vault	W50 Jeanne Bowman 1:12:35 W55 Reemi Wentzel 1:14:82	M55 Keith Noren 20:47 M60 Pete Antoine 30:43	W35 Abbe Marie Lunsman 52.27 W40 Caren Ware 1:17.34	M85 Carl Pace 54.87 W30 Colleen Cozette 27.05
W45 Karen Vaughn 8.42 W55 La Tanya Glass 9.19	M50 Steve Hardison 13-0 M60 Bob Bly 6-0	W60 Reiko Duba 1:23.23	M65 James Miller 35:38	W45 Elizabeth Walsh 1:30.41	W35 Winnie de Winnaar 26.47
W60 Hattie Perry 6.45	M65 Ralph Reiche 6-0	800m	M70 Kenneth Reynett 36:16 W50 Kathleen Yeck 25:37	High Jump M40 Tom Vanzandt 1.98	W40 Gene Erasmus 26.88 W45 Ronel Beukes 27.29
M40 Logan Culp 27.37	Long Jump M40 Allen Eggman 17-10	M50 Danny Goldman 2:16.52 M55 Rob Russell 2:30.40	W60 M J McMaster 39:22 M65 Ellen Demsky 29:06	M50 Jason Meisler 1.62 Carl Cody 1.52	W50 Eunice Brits 31.20 W55 Pam Immelman 30.63
M50 Gary Schmidt 40.15 Robert Rice 32.09	M50 Paul Shires 16-6 Steve Stafford 16-1	M60 Jerry Hackett 2:37.06 M65 Jaime Mario 3:42.41	M80 Roberta Morgan 58:22 10,000m Road Run	M65 Dave Perry 1.47 Bert Bergen 1.37	W60 Magda Tomlinson 32.43 W65 Rita Blair 35.10
M55 Mike Deller 44.90 M60 Juan Bustamante 26.33	M55 Roger Trujillo 17-11 James Manor 16-1	M70 Bill Kennedy 3:45.58 M75 Jim Selby 3:14.80	M55 Keith Noren 46:01	M70 Ray Fitzhugh 1.17	W70 Veronica Weigemoed 38.90
M65 Hal Smith 38.50	W70 Marjorie Moore 7-5.50	M80 Roy Murano 4:45.93	M70 Kenneth Reynett 1:15:16	Donald Leis 1.12 W35 Lisa Reich 1.62	400m
M70 Bob Ward 38.64 Doug Tomlinson 35.58	Triple Jump M50 Steve Stafford 32-4.50	W60 Reiko Duba 3;:6.63	W60 Ellen Demsky 1:01.24	W40 Caren Ware 1.27 W45 Karen Vaughn 1.22	M30 Michael Peacock 56.96 M35 Moses Aphane 50.93
Robert Eldridge 23.82 M75 Arnie Gaynor 37.70	Paul Shires 31-8 M55 Roger Trujillo 37-1.50	M50 Hugo Velazquez 5:05.27 M55 Bob Russell 5:16.77	San Clemente Masters Meet San Clemente, CA; May 28	W55 A Steekelenburg 1.42 W65 Kathy Bergen 1.27	M40 Christoff Alberts 54.83 M45 Timothy Graham 56.45
M80 Don Roser 24.81 M85 Hugh Hackett 16.34	Scott Wolfe 32-13 James Major 31-11	M60 Pete Antooine 7:12.00 M65 Jim Lyons 6:07.52	100m	W75 Frances Styles 0.91	M50 Martin Kelly 1:01.60 M55 Vincent Lentsoenyane 59.06
W55 A Steekelenburg 20.06	Shot Put	M70 Bill Kennedy 7:07.01	M30 John Gilmer 11.48 M40 Frank Strong 11.50	M40 Lovell Davenport 5.56	M75 Neville Sharpley 1:47.09
W65 Kathy Bergen 17.62 Hammer	M30 Kevin Crosby 27-9 M40 Allen Eggman 32-9	M75 Jim Selby 6:46.31 M80 Roy Murano 8:48.57	Henry Andrade 11.72 Wan Bakx 11.98	Logan Culp 4.91 M50 Carl Cody 5.17	W35 Carl Pace 2:18.05 W35 Charmaine du Toit 59.72
M50 Gary Schmidt 32.86 M70 Bob Ward 50.15	M45 James Kerman 46-3 M60 John Burns 36-0	W55 Yoko Eichel 6:19.52 W60 Reiko Duba 6:46.74	M45 B J Duhan 11.78 Steve Mancini 13.15	M55 John Tomaschke 5.12 Ernie Stucki 4.67	W40 Elaine Pretorius 1:00.79 W45 Ronel Beukes 1:01.50
Doug Tomlinson 33.33 M85 Hugh Hackett 18.87	Juan Bustamante 26-10 M65 Ralph Reiche 30-1	W80 Mary Coropoff 15:09.35 5000m	Rodney Johnson 13.46	M60 Ron Muranaka 4.54 Larry Sharp 3.15	W55 Pam Immelman 1:09.41 W60 Elsa Jordaam 1:19.91
Javelin M40 Logan Culp 36.53	M70 Tom Blackstone 37-1 Robert Jordan 33-0	M50 John Doyle 21:09:33 M60 Carlos Cruz 31:05:78	Lyndon Herzberg 13.18	W40 V Amarasekara 4.86 Caren Ware 4.39	W70 Veronica Welgemoed 1:31.41 W75 Isabel Hofmeyr 1:36.44
M45 Mac Niromand 36.51	M75 Tom Allison 34-4	M65 James Miller 23:48.79	Ken Stone 13.33 M55 Ralh Peterson 12.12	W45 Elizabeth Walsh 3.49	W80 Mavis Hutchinson 1:42.45
Mike Dillow 33.81 M50 David Hamel 52.30	M80 Ed Chynoweth 30-3 M85 Burton Stokes 19-8	M75 Bry Thorne 40:14.53 M80 Clif Cole 34:43.30	Ernie Stucki 12.84 Patrick Lyons 13.43	W70 Magdalena Kuehne 2.69 W75 Frances Styles 2.51	M35 Barry Williams 2:04.16
Mike Tipping 44.54 Gary Schmidt 32.51	W45 Karen Vaughn 27-7 Cathy Warmerdam 25-0	High Jump M50 Patrick Pittman 4-2	M60 Frank Strouse 14.04 Dan Girling 14.63	Triple Jump M40 Lovell Davenport 13.40	M40 Tobias Philander 2:03.26 M45 Timothy Graham 2:12.97
M55 Ron Rook 35.94 M70 Bob Ward 32.48	Discus M40 Allen Eggman 102-2	M55 Charlie Rader 5-2 M60 Herman Pettigrove 4-6	Ron Muranaka 14.67	Logan Culp 10.68 M45 Jeff Davison 8.82	M50 Sean Rice 2:12.68 M55 Vincent Lentsoenyane2:13.84
M80 Don Roser 25.26 M85 Hugh Hackett 16.26	M50 Jeff Eckel 103-7 M55 Scott Wolfe 108-11	M65 Davie Perry 4-10	M70 Ben Rivera 15.34 M75 Jim Selby 16.33	M50 Robert Richardson 10.35	M60 Joao Rapolo 2:52.70
W40 Claudette Fabian 36.86	M60 John Burns 126-10	M75 Jerry Donley 3-10	W30 Kateena Bugg 13.32 W35 Colleen Barney 13.57	M60 Larry Sharp 6.47 M70 Ray Fitzhugh 6.97	W35 Salome Vermeulen 2:13.18
Tina Bowman 31.56 W55 La Tanya Glass 23.19	Juan Bustamante 87-6 M70 Robert Jordan 96-1	W50 Tina Bowman 4-0 W55 A Steekelenburg 4-6	W45 Debbie Selby 15.90 Elizabeth Walsh 16.40	Donald Leis 6.11 W55 A Steekelenburg 8.88	W40 Elaine Pretorius 2:26.34 W45 Liz Alexander 2:30.00
W70 Magdalena Kuehne 12.92 W75 Johnnye Valien 14.92	Tom Blackstone 64-1 M75 Tom Allison 103-4	W65 Kathy Bergen 4-2 Pole Vault	Karen Vaughn 16.41 W50 Rita Hanscom 13.33	W70 Magdalena Kuehne 5.36 W75 Frances Styles 4.40	1500m M35 Barry Williams 4:20.66
Visalia Classic Masters Meet	Jack Morrill 50-11 W45 Renee Taylor 53-0	M55 Steve Morris 11-6 M60 Thomas Sharples 9-7	Jeanne Bowman 14.71 Christine Stone 19.94	Shot Put M40 Wan Bakx 9.12	M40 Tobias Philander 4:19.50 M45 Alfred Spiers 4:46.64
Visalia, CA; May 14	Javelin M50 Barry Warmerdam 142-0	M65 Tom Woodring 9-0 M70 Ray Fitzhugh 7-0	W60 Nadine O'Connor 14.25 W65 Kathy Bergen 14.58	M45 James Kerman 13.07 Rodney Johnson 8.42	M50 Sean Rice 4:52.08 M55 Vincent Lentsoenyane4:45.44
M50 Hubert Evans 6.7 Paul Shires 7.0	M55 Bob Powers 168-8 Scott Wolfe 127-8	Long Jump M50 John Knechle 17-7	W70 Magdalena Kuehne 18.70	M55 Mike Nash 12.91 Mike Deller 12.61	M60 Bobby de Kock 7:23.19 M80 Lucas Nel 7:07.41
M60 Dan Girling 7.8	M60 John Burns 140-5 M75 Tom Allison 99-4	M55 Roger Trujillo 17-5 M60 Ron Muranaka 14-5.50	200m	Angelo Rinaldi 12.32 M60 Ken Baker 9.54	W35 Salome Vermeulen 5:09.03
Juan Bustamante 8.3 M75 Don Cheek 7.8	Jack Morrill 50-1	M65 Bert Bergen 13-7.75	M35 Rafer Weaver 24.33 M40 Kettrell Berry 22.47	Juan Bustamante 7.89	W45 Olga Howard 5:21.58
M85 K K Slaughter 11.8 W45 Cathy Warmerdam 9.0	M80 Ed Chynoweth 87-2 W45 Karen Vaughn 71-2	M70 Donald Leis 9-6.75 M80 Tom Patsalis 9-2.50	Frank Strong 24.15 Vaughan Kastor 25.32	M65 Hal Smith 11.53 Bob Humphreys 10.78	W65 Maggie Johnson 8:57.72 5000m
W70 marjorie Moore 10.6	Hawaii Masters Pentathlon	M85 Bill Morales 6-11.75 W50 Linda Cohn 13-3.25	M45 Rodney Johnson 27.18 M50 Greg Pizza 25.41	M70 Ernie Smith 10.44 M75 Hal Wallace 10.49	M35 John September 16:06.12 M40 Quintin Foster 16:39.80
M40 Tommy Baker 12.4 M45 Kevin Morning 11.1	Honolulu; May 15 LJ/200/JT/DT/1500	W55 Brenda Matthews 13-7.25 W70 Ellen Brannigan 7-9.75	Ken Stone 28.43 Dean Coffman 32.44	W40 V Amarasekara 10.43 W45 Karen Vaughn 8.21	M45 Andy Daly 17:37.12 M50 Sean Rice 18:21.71
J Smith 11.9	M50 Vince Costello 3180	W75 Louise Martin 5-2.25 Triple Jump	M55 Ernie Stucki 26.91	Catherine Warmerdam 7.31 W60 Hattie Perry 5.92	M55 Hans Sliep 20:14.39 W35 Madelaine deVilliers 21:41.4h
Mark Pasos 12.1 M50 Hubert Evans 11.9	4.88/26.90/41.32/35.07/5:42 M50 Jack Karbens 2302	M50 Andrew Hecker 32-2.75 M55 Roger Trujillo 36-3.75	Tom Waddell 29.37 Rick Muth 30.29	W60 Magdalena Kuehne 6.06 Discus	W40 Judy Bird 18:56.2h
Robert Richardson 12.5 Paul Shires 12.9	3.41/30.82/30.31/35.20/7:43 M70 Robert Husic 1722	M65 Roberto Sanchez 24-10.75	M60 Frank Strouse 28.52 Ron Stock 31.31	M40 Loghan Culp 36.21	10,000m
M55 George Moore 13.9 M60 Frank Strouse 13.8	2/85//23.63/36.88/ M60 Clement Chun 1605	M70 Donald Leis 21-3.50 M85 Tom Patsalis 22-6.25	Paul Gilbert 32.08 M70 Ben Rivera 32.21	Jeffrey Gonzales 33.45 M50 Mike Tipping 33.11	M35 John September 32:47.8h M40 Quintin Foster 34:09.2h
Dan Girling 13.9 J Bustamante 16.1	3.72/33.80/22.53/22.55/ M45 Kevin Kruszona 1059	W50 Linda Cohn 27-9 W65 Kathy Bergen 23-9.75	M75 Jim Selby 33.37 M80 Robert Davidson 1:10.64	M55 Mike Deller 47.59 M60 Ken Baker 28.70	M50 Sean Rice 38:09.7h M70 Ken Nurden 44:41.3h
M75 Don Cheek 14.1	//39.65/29.81/	Shot Put M50 Rob Duncanson 30-11.75	W40 Caren Ware 29.44	Juan Bustamante 27.97 M65 Bob Humhreys 43.33	M75 Martin Coetzee 52:11.1h M80 Alan Ferguson 1:07:18.1h
W30 Dena Birade 12.4	M65 Jerry Fasteen 699 //-33.32/	M55 Eddie Damron 35-2.25 M60 Jorge Juarez 36-1	W45 Debbie Selby 35.74 W50 Rita Hanscom 27.64	Hal Smith 27.94 M75 Hal Wallace 34.00	W30 Rachel Jesson 38:50.4h W40 Mariette Esterhuyse 42:18.9h
W45 Cathy Warmerdam 16.8 W70 Marjorie Moore 21.5	M50 Derek Goudge 282//22.66//	M65 Riley O'Neil 36-4	W70 Magdalena Kuehne 43.19	Franklin Held 28.40	W45 Erika Swart 40:57.7h
M35 Curtis Moore 23.5	Pasadena Senior Olympics	M70 Joe Durrenberger 36-6.75 M80 Edward Chynoweth 29.3	W80 Gerry Davidson 55.86	M80 Robert Davidson 12.41 W55 A Steekelenburg 22.51	W60 Marianne Nelson 56:52.3h Short Hurdles
Zakee Madjun 24.0 M45 Kevin Morning 22.5	Pasadena, CA; May 21	M85 Sy Lampert 21-10 W50 Linda Cohn 29-2	M35 Cullen Plusha 57.17 M40 Kettrell Berry 51.30	Javelin M40 Jeffrey Gonzales 46.06	M40 Ian Wanliss 19.95 M50 Johan Allers 19.02
J Smith 23.7 Mark Pasos 24.7	M50 Charles Williams 6.73	W55 Brenda Matthews 27-8.50 W60 Hattie Perry 20-3.50	M45 James Chinn 52.70 Rob Duncanson 58.71	Wan Bakx 36.86 M50 Barry Warmerdam 45.38	M55 Gerhard Joubert 20.33 M60 Phillip van Rensburg 23.60
M50 Hubert Evans 24.8	M55 Raymond Yeck 6.80 M60 Henry Randolph 7.63	W65 Ann Abreu 20-6 W70 Christel Donley 25-7	Rodney Johnson 1:02.03	Mike Tiping 42.18 Carl Cody 32.50	M65 Nic Meyer 23.54 M70 Ron Cross 14.65
Robert Richardson 25.3 Barry Warmerdam 26.8	M65 Karl Thore 7.84 M70 Edward Newhall 7.70	Discus	M50 B Fitzpatrick 1:02.43 M55 Ralph Peterson 59.49	M55 Ron Rook 40.42	W35 Chareen Shillaw 15.98
M60 Dennis Duffy 27.5 Frank Strouse 27.9	M75 Jim Sleby 8.37 M80 Tom Patsalis 9.60	M50 Richard Comber 148-2 M55 Rober Stoltman 118-0	John Tomaschke 1:03.25 Rick Muth 1:06.58	M60 Ken Baker 29.80 M65 Bob Humphreys 27.03	W40 M van Rooyen 12.10 W60 Magda Tomlinson 15.86
Dan Girling 28.6 M70 Don Cheek 29.9	M85 Paul Hall 13.40	M60 Kenneth Baker 93-1 M65 Riley O'Neil 114-9	M60 Frank Strouse 1:06.29 M65 Cliff Bedell 1:12.14	M75 Allan Trefry 31.41 W40 Caren Ware 22.70	Long Hurdles M35 Frederick Carelson 1:01.39
Rodney Brown 32.0	M90 George Feinstein 20.28 W55 Marcia Long 11.85	M70 Robert Eldridge 78-6 M80 Donald Roser 79-4	M70 Donald Leis 1:28.10 M75 Jim Selby 1:16.95	W65 Kathy Bergen 21.26 5K RW	M40 De Wet Kotze 1:11.03 M50 Henry Britz-Campher 1:24.37
M35 Curtis Moore 53.1	W60 Mary Jane McMaster 12.75 W65 Kathy Bergen 7.78	W50 Linda Cohn 73-4 W55 Mellie Clark 74-6	W30 Anna Haavikko 1:04.28	M45 Pedro Santoni 25:37.65 M65 Bob Nyman 31:22.30	M60 Tiens van der Mescht 51.47 W40 M van Rooyen 1:06.54
Laurent Birale 54.1 Zakee Madjun 54.5	W70 Gloría Doro 9.29 W75 Louise Martin 23.38	W60 Ann Abreu 54-6	W35 Anne Lunsman 1:06.24 W40 Jai Black 1:06.47	M70 Arvid Rolle 36:11.30	W45 Esca Taljaard 1:17.66
M40 Tommy Baker 1:02.0 Gerry Valverde 1:02.5	W90 Lois Bergstrom 23.37	W50 Linda Cohn 73-4	W45 Debbie Selby 1:30.49 W50 Jeanne Bowman 1:10.93	INTERNATIONAL	2000m Steeplechase
M45 Mark Pasos 57.3 M50 Steve Hardison 55.2	M50 Charles Williams 12.40	W55 Mellie Clark 74-6 W60 Ann Abreu 54-6	W80 Gerry Davidson 2:03.74	South African Masters	M60 Alwin Wurster 9:59.77 M65 John Nel 13:49.22
M55 Searcy Barnett 1:03.1	M55 Raymond Yeck 12.78 M60 Larry Barnum 12.90	Javelin M50 Rob Duncanson 143-3	M40 Rod Brown 1:59.42	Championships	M70 Thomas Roos 12:46.50 W40 Mariette Esterhuyse 8:49.04
M60 Dennis Duffy 1:01.4	M65 Glenn Brooks 13.85 M70 Edward Newhall 14.58	M55 James McEvoy 133-2 M60 Kenneth Baker 100-4	Jim Walsh 2:13.48	Germiston; May 6-7	W45 Marietije Ceronio 8:44.81
M70 Benson Ford 1:27.3	M75 Rodney Brown 15.76 M80 Tom Patsalis 19.72	M65 Steve Wordell 120-5	M50 Danny Goldman 2:14.43 Gary Shapiro 2:21.71	M30 Shaun Powell 10.92 M35 Frans Erasmus 11.44	3000m Steeplechase
M75 Don Cheek 1:09.1 Rodney Brown 1:13.3	M85 Frederic Tompkins 20.71	M70 Ray Fitzhugh 95-10 M75 Allan Trefry 104-7	Hugo Velazquez 2:26.04 M60 Ron Salupo 2:22.78	M40 Gavin Maxwell 11.25	M30 Jaco van der Berg 11:05.10 M40 Alan Tihome 10:30.80
W45 Therisa Brown 1:10.0	W50 Rita Hanscom 13.44	M80 Edward Chynowith 95-9 M85 Bill Morales 75-11	M75 Jim Selby 3:08.93 Bob Holmes 3:40.01	M45 Grendan Moran 11.92 M50 Ferdie Potgieter 12.48	M45 Alfred Spiers 11:04.20 M50 Sean Rice 11:08.57
M50 Wayne Morris 2:36.1	W60 Mary Jane McMaster 26.10 W65 Kathy Bergen 14.69	W50 Claudette Fabian 124-6 W55 Brenda Matthews 50-11	Milo Sather 3:57.93	M55 Anthony Smith 13.02 M60 Jerry van Heerden 13.54	High Jump M30 Johan Mans 1.95
M55 Luis Pannarale 2:32.2 Gary Hall 2:33.2	W70 Gloría Doro 18.50 W75 Louise Martin 29.47	W65 Kathy Bergen 72-1	M40 Jim Walsh 4:26.10	M65 Tobie de Vos 14.48	M35 David Rampa 1.75

M60 M65 M70 W35 W40 W45 M60 M35 M40 M45 M80 M35 M40 M45 M40 M45 M60 M35 M60 M65 M60 M70 M75 M65 M65 M65 M65 M65 M65 M70 M75

M80 M90 W35 W40 W45 W50 W55 W60

M50 M55 M60 M65 M70 M75 M80 M85 M90 W35 W40 W45 W55 W70 W80

age 20			National M	lasters News	where you have property	Ju
0 Rory Mc Wade	1.66	M45 Gawie Louw 10.70	Karen Provencher 21:10	NYRR Queens Half-Marathon	W65 Imme Dyson 77:16	W50 Sidney Letendre Eileen Troy
5 Johan Gouws 60 Charles Carl	1.70	M50 Basie Koen 17.88 M55 Reg Marchant 11.93	Carolyn Smith-Hanna 21:18 Judy Phelps 21:25	Queens, NYC; May 14 Overall	Dorothy Little 89:13 Doris Hafemann 1:42:07	Terri Martland Moira Durnin
55 Pieter Kruger 50 Dawie Heunis	1.35	M60 Ingo Hildebrand 10.67 M65 Andrezej Rzepecki 17.76	Joy Devries 22:19	Jorge Real 34 1:09:29 Michelle Bleakley 37 1:19:38	W70 Shirley Pettijohn 2:09:48 Diane Stone 2:09:48	W60 Catherine Farrell
55 Nic Meyer 70 Leo Benning	1.23	M70 Dries Liebenberg 12.73 M75 Borge Stannius 12.94	W55 Catherine Wides 20:54	M40 Antonio Martinez 1:14:59 M45 John Nelson 1:20:07	W75 Toshiko d'Elia 1:29:07 Susan Wilson 1:52:54	Laura Beckwith Monique Robitaill
35 Hinah Heymans 40 Gerda Jacobson	1.70	M80 Johannes Visser 11.85 M85 Jouis Botha 11.20	Gloria Jansen 21:30 Hillen Von Maltzahn 22:10	M50 Jack McShane 1:20:36 M55 Inkul Yoo 1:23:43		Debbie lan Kathy Engle
55 Magda van Zijl 55 Vera Tarlton	1.45	W35 Sonia Frylinck 6.92 W40 Ansie Hennop 8.96	Mary Rosado 24:48 Laney Lutzker 25:03	M60 John Samsel 1:18:22 M65 Jose Mendez 1:43:18	Shelter Island Run 10K Shelter Island, NY; May 21	NYRR Healthy Kid
60 Kitty van der Merwe 70 Gertie Theron	1.14	W50 Tertia Stoffberg 8.47 W55 Mercia Ferreira 7.05	Dianna Bopp 25:12 Candi Schermerhorn 26:16	M70 Alfred Finger 1:44:06 M75 George Marr 2:19:22	Overall ERIC CHIRCHIR 22 29:45	Central Park, NYC
75 Isabel Hofmeyr	1.07	W65 Helena White 9.36	Emily Ettlinger 26:26 Ginny Pezzula 26:35	W40 Deborah Gaebler 1:27:28 W45 Jane Lundy 1:33:06	ATALELECH KATEMA 22 33:44 M35 PAUL MWANGI 31:00	Overall Craig Mottram 24
O John Richard O Johan Allers	3.40 2.80	Weight Pentathlon M35 Conradie Scheepers 2649	Mary Collins Finn 26:55 W60 Marie-Louise Michelsohn 21:01	W50 Marie Wickham 1:30:50 W55 Sandra Palmer 1:50:43	M40 PETER HAWKINS 33:11 GREG BOLEN 37:41	Alemtsehay Misganaw M40 Antonio Martinez
55 Pieter Kruger 30 Theresa Muller	2.50	M40 Braam Botes 3276 M45 Gawie Louw 3198	Betty Horstmann 22:34 Jayne Zinke 24:21	W60 Carol Johnston 1:46:59 W65 Nike Mizelle 2:20:21	THMAS MCGIADE 38:44 M45 STUART CALDERWOOD35:15	M45 Andrzej Ryszews M50 Domingo Heredia
10 Gerda Jacobson	2.40	M50 Jacobus van Zyl 3689 M55 Jan Roodt 3783	Carol Rider 26:20 Yvonne Tasker-Rothenbe 27:17	W70 Rosa Nales 2:20:24 W75 Bertha McGruder 2:40:43	RANDALL WHITE 36:19 JOHN MCKIM 38:35	M55 Inkul Yoo M60 Rolando Vizhnay
0 Theunis Mostert 5 Mark Cresswell	6.36 5.95	M60 Ingo Hildeberand 2895 M65 Andrzej Rzepecki 4512	Marcia Brown 27:43 Elaine Matthews 28:06	NYRR College Point 5K	M50 CHRIS WEBBER 35:59 EDWARD NOLAN JR 41:30	M65 Michael Goldman M70 Witold Bialokur
0 Brian Corrigan	6.41	M70 Dries Liebenberg 3037 M75 Borge Stannius 4304	Sakiko Claus 28:35 Margaret Nells 28:57	Queens, NYC; May 14	M55 JULIO AGUIRRE 39:52	M75 Leo Schonhaut W40 Kim Griffin
5 Kurt Camhee 0 Charles Carl	5.26	M80 Johannes Visser 3492 M85 Louis Botha 4126	Sibyl Jacobson 29:19 W65 Margaret Betz 23:04	Overall Alexander Delavin 32 15:47	TOM POWER 42:23 DOUGLAS BRODER 43:09	W45 L Branche W50 Joan Baldassarri
5 Gerhard Joubert 0 Tiens van der Mescht	4.55	W35 Sonia Frylinck 2226 W40 Ansie Hennop 2895	Sandra Folzer 24:27 Dorothy Little 24:48	Amy Russell 33 19:26 M40 Christopher Potter 17:09	M60 DANIEL INGEGNO 44:35 TONY VENESINA 48:38	W55 Roslyn Schloss W60 Sharon Garfunke
5 Nic Meyer 0 Leo Benning	3.51 5.64	W50 Tertia Stoffberg 2439 W55 Vera Tarlton 2634	Lennie Tucker 24:51 Betty Langevin 30:43	M45 Ivan Mills 19:37 M50 Dan Denigris 20:51	DUSTIN CHASE 54:46 M65 DONALD DAVIS 48:50	W65 Edith Jones W70 Jeanne Shiff
5 Charmaine Barnard 0 Alta van As	4.57 4.23	W60 Anette Olivier 3350 W65 Helena White 3074	Asieh Shayegani 32:04 Ann Johnson 37:08	M55 Robert Mead 21:58 M60 Arnold Gore 23:55	RON HELIN 52:33 MITCHEL AGOOS 1:08:13	W75 Dolly Finkelstein
5 Annette Steenkamp 0 Magda Tomlinson	3.55	W80 Lena Grobler 3422 Decathlon	Carol Decker 38:36 Eiko Bogue 38:47	M65 Michael Goldman 22:54 M70 Joseph Pascarella 26:12	M70 BLAIRE STAUFFER 53:07 JOHN BYINGTON 1:09:18	Nissan Buffalo M
0 Gertie Theron 5 Isabel Hofmeyr	2.52	M30 Michael Peacock 4180	Rose Hendrickson 43:22 W70 Anny Stockman 27:57	M75 Albert Puma 36:11 M80 John McManus 32:32	HOWARD J LEBWITH 1:13:58	Buffalo, NY; M
	13.09	M40 Rory Mc Wade 5907	Maureen Dooley 36:11	W40 Carol Varnas 27:31 W45 L Branche 20:33	W35 UNA BRODERICK 39:50	Moses Cheserek M25 Lete Berhe W25
Brian Corrigan	12.15	M60 Cresswell van Onselen 3738 M65 Hans Miekautsch 5252	Joan Corrigan 36:13 Terry Hickey 43:12 BJ Sotile 44:17	W50 Joan Baldassarri 21:49 W55 Elaine Lee 32:59	W40 OLENA PLASTININA 39:38 DIANE KENNA 40:56	M35 Jim Park M40 John Van Kerkho
	7.88	5000m RW M35 Michael Struwig 30:07.0h	W75 Toshiko D'Elia 27:01	W60 Marsha Henkin 26:19 W75 Dolly Finkelstein 37:15	W45 BARBARA GUBBINS 39:20	Scott R. Fiske Patrick T. Occhin
5 Annette Steenkamp of Put	7.87	M40 Izak Nel 23:39.0h M45 Joseph Esterhuizen 24:32.0h	Margretta Lutz 28:43 Joy Johnson 30:53 Dolores Quinn 31:33	Kennett Square Run	STACY CREAMER 40:33 LINDA MCCARTHY 44:53	M45 Takashi Ogawa Charlie J. Weave
Conradie Scheepers	14.16	M50 Connie Klopper 26:42.2h M55 David Flood 27:12.5h	Janet Pomeranz 38:27	Kennett Square, PA; May 14 Overall	W50 SHARON ZUHOSKI 49:10 PENNY OAKLEY 51:45	Tim R. Dwyer M50 Craig H. Zuckern
Hannes Nel	12.98 12.50	M60 Jurgen Spencer 28:25.1h M65 Hennie van Zyl 32:23.9h	Shirley Simmers 43:38 Verna Engstrom-Heg 52:32	Elarbi Khattabi 38 31:14 Julie Lavelle 31 38:45	W55 CHRISTINE BRAKEL 54:02	Paul D. Gangi Duane Alamond
Jan Roodt	16.25 13.28	M70 Norman Alderton 31:52.5h M75 Danie Hildebrand 32:57.8h	PACT	M35 Elarbi Khattabi 31:14 M40 John Carroll 33:30	DONNA HAHL 1:05:00 LYNN SCARPATI 1:09:16	M55 Tom D. Davis Simon J. Jackson
Everard Skea	11.71	M80 George Hazle 33:50.1h M85 Charles Brand 44:09.9h	EAST	Frank Perna 37:26	W60 KIRSTEN LEWIS 1:13:57 ELEANORE SCHLOSS1:19:59	Jim Eagan M60 Don Wright
	11.07	W35 Susan Blignaut 29:01.3h W40 Trudi Carstens 28:59.0h	Sallie Mae 10K, West	M45 Nace Mullen 39:50	JUDITH ROSS 1:23:30 W65 BARBARA CARLSEN1:15:11	Stanley A. Mertzr Francesco Criniti
Johannes Visser Louis Botha	8.28 7.50	W45 Monica Risk 29:38.3h	Potomac Park, MD; April 17 Overall	Carl Spangler 41:36 Jay Miller 43:36	W70 CAROL GALLIGAN 1:29:28	M65 Jim Press
Claude Sterley Sonia Frylinck	4.55 9.26	W50 Barbara Nell 26.29.1h W55 Elsa Meyer 29:42.7h	Charles Kibiwot 30 29:36 Asmac Leghzaoui 28 31:27	M50 Rick Engel 38:40 Russ Patton 40:20	Great Cape May 10K Cape May, NJ; May 21	Jim Syracuse David L. Carpente
Ansie Hennop Emily van der Merwe	9.45 6.64	W60 Hildegard Vey 32:29.2h W65 Elizabeth Stewart 35:42.2h	M40 Paul Aufdemberge 30:15 Tim Schuler 32:47	Richard Ladow 40:55 M55 Lou Fillippo 44:54	Overall	M70 Carl E. Pegels Gordon L. Walker
Tertia Stoffberg	10.16	W70 Lily Krugel 45:16.9h W75 Anna Vilet 39:26.0h	Mark Stickley 33:28 Dave Berardi 33:41	Bill Edwards 48:29 Pete McDowell 49:55	John Garton 25 34:23 Amy Grab 26 40:04	Jesse Kregal W35 Shelby A. Lamb
O Anette Olivier 5 Helena White	8.60 7.88	W80 Mavis Hutchinson 42:35.8h 10K RW	M45 John Tuttle 32:22 Greg Cauller 33:01	M60 Henry Whitesel 53:09 William Oakley 1:02:23	M40 Budd Coates 35:30 Michael Scythes 35:47	W40 Tammy Slusser Shelagh M. Swee
0 Lena Grobler	5.79	W35 Susan Blignaut 59:37 W40 Trudi Carstens 1:00:03	Jim Hage 33:16 Mark Malander 33:52	Dennis Faust 1:03:10 M70+ John Schultz 57:11	Michael Mooney 37:23 David Currie 38:13	Robin M. Lorenzo W45 Joanna Tunnicliffe
0 Martin Plews 5 Conradie Scheepers	38.90 44.20	W45 Monica Risk 1:02:11 W50 Barbara Nell 54:37	M50 Bill Raabe 36:36 David Webster 37:06	Patrick Nutt 58:42 W35 Pam Gess 39:10	Tod Bober 40:15 M50 Joe Link 40:00	Susan VonArx Nina Jannetti
Marius Eybers	40.02 34.94	W55 Elsa Meyer . 1:00:38 W60 Hildegard Vey 1:04:24	Shah Mehrabi 39:46 David Brewer 41:30	W40 Ann Tierney 41:09 Theresa Kauffman 44:28	Chuck Hall 41:18 Kim Smith 42:02	W50 Marianne Withing Lloyal A. Hain
Jacobus van Zyl	50.02 36.76	W65 Elizabeth Stewart 1:13:52 W70 Leonora du Toit 1:29:21	M55 Bob Chase 41:39 Peter Lunt 42:10	Joanne Abbruzzesi 45:17 W45 Ingrid Fischer 51:09	ChuckHighfield 47:24 Jim Doran 48:34	W55 Joan D. Thomas
Theuns Naude Andrzej Rzepecki	38.18 39.98	W75 Anna Vilet 1:12:49 W80 Mavis Hutchinson 1:28:14	Wm Knowlton 44:22 Robert Trost 44:53	Nancy Stoltzfus 51:39 Mary Holliday 53:32	M60 Herb Townsend 44:22 Tom Cannon 49:03	Anne F. Hofmann
Dries Liebenberg	28.72 30.32	20K RW M35 Michael Struwig 2:06.17	M60 John Haubert 42:53 Richard Kutzner 45:29	W50 Margaret Starnes 44:18 Beth Howlett 46:15	Len Casey 49:52 Bob Ruggiero 52:47	W75 Regina Tumidaje
Phillip Frech	28.00 11.60	M40 Izak Nel 1:44:14 M45 Vincent Ghisleni 1:51:14	Donald Hensel 45:33 M65 Bill Sollers 48:57	Loren Salfrank 49:30 W60 Ellen Nitz 52:35	Steve Wanta 53:41 M70 Erinie Hurst 52:53	Vermont City Ma Burlington, VT;
	29.32 32.34	M50 C van Blommenstein 1:47:44 M55 David Flood 1:55:50	Ralph Bayer 53:36 Kenton Pattie 53:47	USATF-NJ Masters Champ-	Philip Steel 52:55 Jack Schmid 53:19	Overall Chris Juarez 34
5 Emily van der Merwe	15.74 22.70	M60 Jurgen Spencer 2:03:26	M70 Jack McMahon 51:29 Robert Gurtler 59:12	ionships/Midland Run 15K	Leroy Matter 1:03:09 W40 Joanne Notard Boothey 41:07	Susan Loken 41 M40 Tim Schuler
5 Mercia Ferreira 0 Yana Rzepecka	24.12 22.70	M70 Norman Alderton 2:12:55	M75 Donald Butler 66:29 Oliver Bragg 69:44	Far Hills; May 15	Kim Lavan 47:25 Patricia Garone 47:45	Joe McNamara Tom Luongo
5 Helena White	18.64	M75 Danie Hildebrand 2:20:28 M80 George Hazle 2:50:03	M80 Walt Washburn 63:11 W40 Laurel Park 35:37	Stephen Ondeiki 30 49:40 Caryn Heffernan 31 56:55	Lisa Schlosman 49:58 Bee Jay Kinkade 50:38	M45 Norm Larson Jack Pilla
0 Gertie Theron 0 Lena Grobler	15.68 14.44	LONG	Maria Spinnler 37:22 Janice Reilly 37:54	M4Ó Drew Davis 51:01 Ken Rolek 53:00	W50 Dianna Golden 42:05 Beth Schmid 55:45	Jay Rotella M50 Pascal Cheng
Marnue Ueckerman	47.24		W45 Liza Recto 47:16 Michelle Gerhard 50:26	Joseph McVeigh 53:14 Jeremy Stratton 55:09	Darry Doughery 56:00 Claire Reeves 56:25	George Shurter Ken Schatz
Tone van Rensburg Rudolph Harmse	46.78 40.53	DISTANCE	Pat Hess 52:32 W50 Tatyana Pozdnyakov 36:30	Daniel Feder 55:35 M45 Mike Kohlbrenner 53:43	Patrice Mandaw 1:05:44	M55 Robert Briglio
0 Basie Kown 5 Jan Roodt	49.04 45.58	RUNNING	Naomi Stanford 43:15 Betty Blank 43:19	Peter Allen 54:26 Rick Pingitore 54:55	Bedford Rotary 12K Bedford, NH; May 21	Charles White Ralph Swenson M60 George Linton
0 Dawie Heunis 5 Andrzej Rzepecki	27.28 46.36		W55 Cathy VanBrocklin 49:03 Lynne Hays 50:34	Dan Murphy 55:12 Jim Sonneborn 57:20	Overall Mark Miller 24 37:10	Gary Derbenwick
O Dries Liebenberg Borge Stannius	30.80	NATIONAL	Jane Poole 50:49 W60 Linda Kaplan 64:53	M50 Bill Bosmann 60:09 Charlie Slaughter 60:31	Mary Proulx 24 43:03	John Brodhead M65 Paul Huyffer
0 Johannes Visser 0 Claude Sterley	23.46 13.30	National Masters 5K	Blair Jones 73:16 W65 Tami Graf 58:05	Henry John-Alder 61:56 Larry Scheid 62:24	M40 Craig Fram 38:52	Albert Miclette Fred Bostrom
5 Sonia Frylinck 0 Ansie Hennop	23.86 30.28	Championships/Women Freihofer's Run for Women	W70 Margery Elliott 54:55	M55 Jorge Rivera 63:48 Chris Lehman 64:11	Jason Cakouros 39:20 Dan Verrington 39:35	M70 Robert Cordner Joseph Riccio
5 Emily van der Merwe 0 Tertia Stoffberg	18.34 27.88	5K, Albany, NY; June 4	W85 Hedy Marque 79:31	Roger Price 64:28 Chas Schneekloth 66:29	Paul Hammond 39:56 Norman Bouthillier 40:27	Wesley Love W40 Susan Loken
O Anette Olivier S Naomie van Lill	30.26	Overall Asmae Leghzaoui 28 15:17	Long Island Greenbelt Trail	M60 Feliciano Pereira 63:12 Bill Hagman 65:17	M50 John Barbour 42:16 John Lee 43:54	Conni Grace Missy Foy
O Lena Grobler	16.36	W35 Breeda Willis 16:44 W40 Debbi Kilpatrick-Morris 17:09	50K, Nassau Greenbelt May 14	John Nowatkowski 67:10 M65 James Leitz 69:05	Laurence Olsen 44:09 Dwight Cornwell 44:16	W45 Sue McNamara Anne MacKay
5 Johan van Wyk	57.98	Marisa Hanson 17:26 Doreen McCoubrie 17:46	Overall Rudy Afanador 46 4:21:24	John Leonard 73:36 Dick Hill 74:01	M60 Sumner Brown 44:47	W50 Moira Durnin
0 Adri Badenhorst 5 Gawie Louw	52.82 62.62	Joan Nesbit Mabe 18:07 Madelyn Noe-Schlentz 18:18	Elizabeth Thompson 37 5:53:28 M35 Philip McCarthy 4:41:33	M70 George Studzinski 79:30	Arthur Roberts 50:25 Zeke Zucker 50:37	Debbie Tirrito Mary Pulaski
O Dave Ludeke S Johan van Greunen	47.32 36.69	Kelly Dworak 18:40 Sarah Kramer 18:50	M40 Timothy Deleo 5:25:18 Jay Lustgarten 6:22:43	Harry Jones 82:01 Carlo Di Giorgio 82:39 M75 Robert Ledwick 86:23	George Cunha 50:44 Jim Logan 51:42	W55 Virginia Foster Patty Foltz
0 Theo Moller 5 Everard Skea	35.52 31.52	Catherine Stone 19:01 Karen Mohr 19:24	M45 R Afanador 4:21:24 Jay Masten 5:17:01	William Draper 1:47:50 W40 Linda Barry 60:41	M65 Bill Spencer 52:18 Jim Daley 53:27	W60 Rosemary Rusin
O Leo Benning S Borge Stannius	26.84 34.00	Anne Benson 19:39 W45 Carmen Ayala-Troncoso 17:06	M50 Andrei Aroneanu 5:11:33 Frank Pellegrino 6:05:22	Olena Plastinina 61:30 Heather GraciePetty 62:04	Fred Zuleger III 1:01:00 Stuart Thurston 1:02:07	Linda Eldridge Lynne Hans
O Johannes Viller Louis Botha	27.96 16.12	Monica Joyce 17:47 Janet Robertz 17:51	M55 Grant McKeown 5:40:04 Chris Scott 6:55:22	C StoneBorkowski 62:30 W45 Beth Moras 66:50	Paul Schell 1:04:31 M70 Jack Kick 58:39	W65 Terttu Barsch Nataline Reveit
O Claude Sterley S Sonia Frylinck	7.30 26.74	Lee DiPietro 18:00 Ann Hird 19:23	M60 Greg Taha 7:14:56 Al Toth 7:31:32	Kari Proffitt 69:46 Eva Fisher 73:07	Bill Engle 1:01:49 Paul Mcdermott 1:11:52	Elaine Doll-Dunn
10 Engelina Pretorius 15 Lynette Richards	27.72 21.18	Nancy Taormina 20:37 Judy Rubin 20:58	M70 Ojars Stikis 8:17:34 Sam Soccoli 8:22:28	Pamela Fales 73:30 W50 Jane Parks 67:03	Dick Kuhl 1:17:08 Donald Lamere 1:30:16	The Fred d'Elia Ri Run 10K, Ridgew
55 Mercia Ferreira 55 Naomie van Lill	25.54 20.14	Catherine Hartung 20:59 Marina Veatch 21:07	W40 JaniceClarkeJewel 6:57:55 Lorelei McGlynn 7:14:55	Jan FarnungKrause 73:04 Linda Mirabella 73:22	M75+ Gordon Barnard 1:17:59 W35 Jill Boaz 43:20	May 30
O Gertie Theron Lena Grobler	16.58 11.60	Mary Janiszewski 21:22 W50 Kathryn Martin 18:17	W45 Lucimar Araujo 7:23:48 Mary Fraker 7:35:39	W55 Susan Juronics 71:25 Betty Shonts 75:40	W40 Simonetta Piergentili 44:42 Nina Caron 44:53	Overall Eric Too 25
light Throw S Conradie Scheepers	10.68	Victoria Crisp 19:20 Sharon Vos 19:44	W50 Alicja Barahona 6:26:11 W55 Eliz Meiklejohn 8:47:43	Barbara Hoess 79:42 W60 Anna Thornhill 74:17	Cathy Pearce 46:09 Sue Lachance 47:42	Hermela Romero 34 M35 Joe Lemay
0 Tone van Rensburg	13.87	Coreen Steinbach 21:09	W60 Helma Clavin 8:24:11	Eileen Holzman 82:53	Miae Jacobs 48:00	M40 William Kelly Mike Llerandi
						The state of the s

28:28 35:11 34:34 37:31 36:59 38:52 44:28 44.28 46.55 44.09 1:00.52 38.05 42:02 45:26 47:26 52:09 56:54 1:11:54 1:17:45 4:50:10 inn 5:05:42 ajewicz 5:32:47 2:25:27 2:25:27 2:51:09 2:34:15 2:45:46 2:50:17 2:48:38 2:57:05 2:57:46 3:03:03 3:06:40 3:06:50 3:06:53 3.06.53 3.15.22 3.19.41 3.35.44 3.42.58 3.55.04 3.31.15 3.38.08 4.03.54 4.51.22 4.55.24

July 2005 49.52 51:15 51:36 53:34 53:35 57:18 1.03:28 1.06:07 1.06:23 1:12:47

Cidney 10K YC; May 22

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Marathon May 29

25 223:12 247:47 236:30 245:13 258:26 245:13 300:41 a 300

Marathon T; May 29

4:55:24 5:25:17 2:51:09 3:05:52 3:08:54 3:03:36 3:05:37 3:23:11 3:39:43 3:45:56 3:51:46 3:32:53 3:32:53 3:50:23 4:00:02 4:41:54 4:54:01 5:55:23 5:07:55 5:16:24 5:16:47

Ridgewood

32:14 37:49 33:08 35:57 Mike Llerandi

Mark Heller Tom Bordon Juan Venegas M45 Kevin Higgins David Williams M45 Kevin Higgins
David Williams
Andrew Zucaro
Peter Engelhardt
Christophe Kunkel
M50 Gary Greene
Franz Mitterer
Andy Bregman
Joe Lanzalotto
Frank Krajick
Julio Aguirre
James Cimmino
Jose Arthu Vallejo
Baxter Brooks
John Egan
M60 Douglas Brown
Tom Faruolo
Vincent Madison
Ron Ayre
Tom Pena
M65 Matt Lalumia
Eric Nutter
Jeff Malester
Roy Lamendola
Stylianos Sifniades
M70 Joseph Labruno
Charles Clark
Ben Schwartz
M75 Joe Burns
William Weber
Bill Horowitz
Bill Welsh
M804 Tim Dyas 85
W35 Doris Fego

July 2005

Bill Norwitz
Bill Welsh
M80+ Tim Dyas 85
W35 Doris Fego
W40 Deborah Gaebler
Donna Adamoli
Alyson Llerandi
Wanda-wang Shulmi
Virginia Shea
W45 Valerie Kilcoin
Deborah Cipriano
Eva Fisher
Debbie Grosser
Joanne Minichetti
W50 Vera Stek
Laurie Harris
Roberta Roberlozzi
Betty Langenkamp

Roberta Robertozzi
Betty Langenkamp
Sylvana Bevacqua
W55 Flora Flores
Florisa Giglio
Julie Kavaldo
Kristan Louis
Lois Brown Klein
W60 Antje Hennings
Diane Kohout
Laura Leinberger
W65 Cindy Clark
Glenys Nutter
Nike Mizelle
Sachiko Kawamura
Cindy Peterson

Pittsylvania Mile Rur

Pittsylvania Mile Rur
Pittsburgh, PA; Jui
Mile Run
M40 Larry Van Dyke
Phil Pillin
Ed May
M45 Scott Ferrari
Bob Harwick
Mike Fallon
M50 Lee Zelkowicz
Carl Hildebrandt
George Dieffenbach
M55 Wayne Jacobs
Ken Krynski
Bob Gracie
M60 Jack Neff

Bob Gracie
Jack Neff
Dick Monheim
Bill Plues
M70 R. Brockenbrough
M80 Fran Albaugh
W45 Karen Mizikar
Betsy Magovern
W50 Debi Page
Mile Racewalk
M55 Lou Florina
W40 Betsy Cwenar
W45 Carolyn Menard

NYRR Anniversary R Miles, Central Park,

Miles, Central Pari
June 5

Overall
Oleg Belokhovets 29
Olena Plastinina 41
M40 Mohamed Oumzil
M45 William Abrans
M50 Paul Mascali
M55 Edgar Sandoval
M60 Rolando Vizhnay
M65 Michael Goldman
M70 Roger Revel
M75 William Fortune
M80 Sab Koide
W40 Kim Griffin
W45 L Branche
W40 Kim Griffin
W45 L Branche
W50 Joan Baldassarri
W55 Judith Tripp
W60 Laurie Baker
W65 Edith Jones
W70 Ginette Bedard
W75 Joan Rowland

USATF-New Engla Championship / Rh-Lincoln, RI; Jun

Lincoln, RI; Jui Overall Joseph Mcalister 24 Orla O'Mahoney 27 M35 Sean Livingston M40 Eric Morse Daniel Verington Jason Cakouros Michael Payson

Mark Heller 36:26 Tom Bordon 36:36	Scott Anderson 16:18 M45 Wieslaw Perszke 15:47*	David McKinney 37:20 Joe Francica 37:27	KENNETH ISHERWOOD 2:32:31 HAROLD R PLAISIER 2:36:05	Joe Sbrocca 49:54 Bernie Krzys 50:39	The Great Race 10K, 5K & Half-Marathon, Elkhart, IN
Juan Venegas 36:53 M45 Kevin Higgins 36:57	Paul Hammond 15:59* Mark Reeder 16:35*	Bill Olrich, Jr 38:13 M50 Barry Ege 39:10	M75 JERRY JOHNCOCK 2:09:44	M70+ Dennis Burgess 58:20 David Orr 1:01:42	May 30 Overall
David Williams 39:35 Andrew Zucaro 40:21	Jon Waldron 16:56 Andy Macdonald 17:02	Richard Neil Royce 40:25 Dave Forrest 40:46	M80 JAMES LOVAT 3:04:30 W35 JENNY CRAIN 1:28:29	Andrew Gross 1:04:25 Bill Browning 1:05:40	ERIC CHIRCHIR 21 30:47 AMY YODER-BEGLEY 27 34:00
Peter Engelhardt 40:38 Christophe Kunkel 41:05 M50 Gary Greene 38:24	M50 John Barbour 16:49* Geary Daniels 17:14* John Lee 17:15*	Alan Lewis Hoff 41:19 Robert Sweeney 42:11 M55 Steve Rice 39:04	W40 COLLEEN DEREUCK 1:25:15 FIRAYA S-ZHDAN 1:29:50 JENNY SPANGLER 1:31:05	Bill Henschel 1:07:27 W35 Tatiana Belovol 34:15 W40 Debbi Kilpatrick 34:53	M35 JOHN THOMPSON 43:38 M40 PAUL AUFDEMBERGE 31:07
Franz Mitterer 39:31 Andy Bregman 39:52	Phil Riley 18:03 Larry Litscher 18:11	Donald Brown 40:19 Wayne Heckler 41:12	DEBBI KILPATRICK 1:33:40 KATHY ANDERSEN 1:48:40	W40 Debbi Kilpatrick 34:53 Julie Cole-Everett 40:23 Tracy Seifert 42:16	MIKE SCANNEL 32:56 GARRY HARRINGTON 36:58
Joe Lanzalotto 40:05 Frank Krajick 42:18	M55 Laurence Olsen 17:25* Jerry Learned 17:58*	Gary Grace 41:41 Dick Franklin 42:01	AMY GUNNESON 1:53:05 RENEE JACKSON 1:54:08	Denine Ryan 43:33 Kelly O'connor 45:45	JESUS PEREZ 42:26 JOSE REYES 43:00
M55 Julio Aguirre 39:46 James Cimmino 43:00	Mark Wigler 18:49 Frank Rucki 18:54	M60 David Jeffrey 39:33 Jim Upton 41:22	TAMMY ROYSTON 1:55:35 W45 TAMARA BERGSTROM 1:58:23	W45 Michelle Rupe 41:01 Rachel Kalayjian 43:06	M45 CHARLIE FOX 34:02 DAVE BUSSARD 35:26 TOM SHERWOOD 36:37
Jose Arthu Vallejo 43:06 Baxter Brooks 43:14	John Hackney 19:47 M60 Colin Mcardle 18:29*	Joe R. Carter 42:33 Jim Stroud 45:18	MARIA WORDELMAN 1:59:48 KATHLEEN PERRON 2:01:19	Janet Schoen 44:50 Merry Poe 45:45	TOM SHERWOOD 36:37 LOUIS STANICH 38:53 DAVID CHAPMAN 45:02
John Egan 44:37 M60 Douglas Brown 40:51	Jack Thornhill 19:26* Sumner Brown 19:33*	Morgan Looney 45:51 M65 Joe Quillen 42:11	JACKIE BLAIR 2:00:44 VALERIE WESTRICK 2:02:36	Wendy Eldridge 47:17 W50 Marcia Faller 49:23	M50 TIM OVERMYE 44:25 BRUCE BULTEMEIER 46:48
Tom Faruolo 44:20 Vincent Madison 44:34	George Cunha 20:19 Jim Logan 20:46	John Conroy 48:06 Ray Fanning 50:09	SHARON SWAIN 2:03:05 KIM ALLEN 2:03:46	Shirley Calvey 49:29 Peggy Tampson 52:30	BOB WARREN 46:56 DAVID MARKS 48:07
Ron Ayre 45:10 Tom Pena 45:51 M65 Matt Lalumia 47:05	M65 Eddie Fromm 20:24* Harry Carter 20:50* William Spencer 20:55*	Richard Pace 50:29 Joe Beams 52:16 M70 Kelly Stinson 52:29	W50 NANCY FAZIO 1:57:58 TAMARA R STEIL 1:58:59	Sue Funk 52:30 Maureen Cook 54:31 W55 Jeannie Rice 46:21	GREGORY LINTJER 48:32 M55 TIM BAKER 45:34
M65 Matt Lalumia 47:05 Eric Nutter 49:08 Jeff Malester 54:07	William Spencer 20:55* Jim Daley 21:18* Don Bell 23:26	M70 Kelly Stinson 52:29 Dewayne Morris 52:36 Bill Chubb 53:33	KAREN BENARDINO 2:03:59 TERESE GRONDIN 2:03:44	W55 Jeannie Rice 46:21 Dolores Manhoff 55:38 Sarah Rose 56:34	RUPETO HERNANDEZ 50:26 BRYAN SHINDELDECKER 50:30
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Cindy Peterson	SOUTHEAST Gum Tree 10K Tupelo, MS; May 8 Overall Silverus Kimeli 24 29:09 Lori Strand 27 36:30 30:50 M45 David McKinney 36:43 M50 Walt Rider 37:39 M55 Marvin Hemphill 42:06 M60 Kenneth Williams 47:01 M60 Kenneth Williams 47:01 M70+ Corbett Brandon 45:04 M70+ Corbett Brandon 46:27 W40 Connie Robertson 39:46 W45 Sandy Henson 53:15 W50 Victoria Crisp 42:02	W80 Margaret Hagerty 1:35:33 MIDWEST Fifth Third River Bank Run 25K, Grand Rapids, MI May 14 Overall SIMON WANGAI 1:13:27 COLLEEN DEREUCK 1:25:15 M35 DAVID DHANOA 1:32:38 M40 MBARAK HUSSEIN 1:17:12 PAUL AUFDEMBERGE 1:18:52 JOHN MIRTH 1:21:43 PAUL ZIMMERMAN 1:22:05 MIKE SCANNELL 1:23:54 DARREN DEREUCK 1:28:10 CHRIS LAWRENCE 1:29:43 HENRY HOFMAN 1:32:15 M45 BRYAN ALFONSO 1:33:49	Duane Ricketts 2:57:32	Walter Seamon 1:34-42 Rick Brown 1:35-38 M65 Bill Zehner 1:39:10 Richard Finney 1:43:55 John Gebhard 1:45:14 Richard Albaugh 1:50:20 M70+ Lou Lodovico 81 1:50:27 Peter Vivoli 2:05:22 Denis Dirscheri 2:11:23 Maurice Miller 2:13:42 W35 Tationa Belovol 1:12:41 W40 Gina McGee 1:23:19 Wendy Babcock 1:30:21 Wendy Babcock 1:30:25 W45 Shelley Ralston 1:29:50 Sharon Marks 1:29:50 Mary Kitzig 1:37:25 W50 Adrianne Walker 1:37:10 Patricia Neubert 1:41:42 Susam Mortakis 1:43:19 W55 Pam Gibson 1:48:59 Exel Wedul 1:55:54	RAMON CASIANO 22:40 PAUL HASSE 23:05 M65 HARRY TELLMAN 20:42 DANIEL BREWER 30:37 RICHARD HINTON 43:05 M70 HAL HIGDON 37:28 W35 DEB JONES 25:27 W40 ALISON SLABACH 22:27 LISA CHUPP 24:23 BEVERLY PADGETT 25:40 W45 BRENDA HESS 27:45 LAURIE NAFZIGER 27:51 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 35:58 KARLA COPENHAVER 42:37 W55 GLORIA HOLUB 29:21 CAROLYNN RIDDLE 30:15 KIM EVANS 32:07 W60 DHINA HOFFMAN 39:13 W65 CAROL BENDER 37:15 Half-Marrathon Overall Value Val
Cindy Peterson 1:04:44	SOUTHEAST	## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33	Duane Ricketts 2:57:32	Walter Seamon 1:34-42 Rick Brown 1:35:38 M65 Bill Zehner 1:39:10 Richard Finney 1:43:55 John Gebhard 1:45:14 Richard Albaugh 1:50:20 M70+ Lou Lodovico 81 1:50:27 Peter Vivoli 2:05:22 Denis Dirscheri 2:11:23 Maurice Miller 2:13:42 W35 Tationa Belovol 1:12:41 W40 Gina McGee 1:30:21 Wendy Babcock 1:30:21 Wendy Babcock 1:30:21 W45 Shelley Ralston 1:29:46 Sharon Marka 1:29:46 Sharon Marka 1:29:50 May Kitzig 1:37:25 W50 Adrianne Walker 1:37:10 Particia Neubert 1:41:42 Susan Mortakis 1:43:19 W55 Pam Gibson 1:48:59 Exel Wedul 1:55:54 Michele Warner 2:07:33 W60 Marti Stephan 1:51:42	RAMON CASIANO 22:40 PAUL HASSE 23:05 M65 HARRY TELLMAN 20:42 DANIEL BREWER 30:37 RICHARD HINTON 43:05 M70 HAL HIGDON 37:28 W35 DEB JONES 25:27 W40 ALISON SLABACH 22:27 LISA CHUPP 24:23 BEVERLY PADGETT 25:40 W45 BRENDA HESS 27:45 LAURIE NAFZIGER 27:51 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 32:07 W55 GLORIA HOLUB 29:21 CAROLYNIN RIDDLE 30:15 KIM EVANS 32:07 W60 DHINA HOFFMAN 39:13 W65 CAROL BENDER 37:15 Half-Marathon Oyerall NATHAN USHER 22 1:09:43 TAMMY CASALETTO 35 1:22:03
Cindy Peterson	SOUTHEAST	## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33 ## 136:33	Duane Ricketts 2:57:32	Walter Seamon 1:34-42 Rick Brown 1:35-38 M65 Bill Zehner 1:39-10 Richard Finney 1:43-55 John Gebhard 1:45-14 Richard Albaugh 1:50-20 M70+ Lou Lodovico 81 1:50-27 Peter Vivoli 2:05-22 Denis Dirscheri 2:11:23 Maurice Miller 2:13-42 W35 Tationa Belovol 1:12-41 W40 Gina McGee 3:13-25 W40 Sharon Marks 1:29-46 Sharon Marks 1:29-50 Mary Kitzig 3:7-25 W50 Adrianne Walker 1:37-25 W55 Pam Gibson 1:48-59 Exel Wedul 1:55-54 Michele Warner 2:07-33 W60 Marti Stephan 1:51-42 Cheryle Stallings 1:56-53 Dee McKean 1:57-47	RAMON CASIANO 22:40
Dittsylvania Mile Run/Walk Pittsylvania Mile Run/Walk Pittsburgh, PA; June 4	SOUTHEAST	## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 135:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32 ## 136:32	Duane Ricketts 2:57:32	Walter Seamon 1:34:42 Rick Brown 1:35:38 M65 Bill Zehner 1:39:10 Richard Finney 1:43:55 John Gebhard 1:45:14 Richard Albaugh 1:50:20 M70+ Lou Lodovico 81 1:50:27 Peter Vivoli 2:05:22 Denis Dirscheri 2:11:23 Maurice Miller 2:13:42 W35 Tationa Belovol 1:12:41 W40 Gina McGee 1:23:19 Susanne Ebersbach 1:30:21 Wendy Babcock 1:32:51 W45 Shelley Ralston 1:29:46 Sharon Marks 1:37:25 W50 Adrianne Walker 1:37:10 Patricia Neubert 1:41:42 Susan Mortakis 1:4	RAMON CASIANO 22:40
Cindy Peterson 1:04:44	SOUTHEAST	## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33 ## 135:33	Duane Ricketts 2:57:32	Walter Seamon 1:34:42 Rick Brown 1:35:38 M65 Bill Zehner 1:39:10 Richard Finney 1:43:55 John Gebhard 1:45:14 Richard Albaugh 1:50:20 M70+ Lou Lodovico 81 1:50:27 Peter Vivoli 2:05:22 Denis Dirscheri 2:11:23 Maurice Miller 2:13:42 W35 Tationa Belovol 1:12:41 W40 Gina McGee 1:23:19 Susanne Ebersbach 1:30:21 Wendy Babcock 1:32:51 W45 Shelley Ralston 1:29:46 Sharon Marks 1:29:50 Mary Kitzig 1:37:25 W50 Adrianne Walker 1:37:10 Pam Gibson 1:41:42 Susan Mortakis 1:43:19 W55 Pam Gibson 1:45:54 Michele Warner 2:07:33 W60 Marti Stephan 1:51:42 Cheryle Stallings 1:56:53 Dee McKean 1:57:47	RAMON CASIANO 22:40 PAUL HASSE 23:05 M65 HARRY TELLMAN 20:42 DANIEL BREWER 30:37 RICHARD HINTON 43:05 M70 HAL HIGDON 37:28 W35 DEB JONES 25:27 W40 ALISON SLABACH 22:27 LISA CHUPP 24:23 BEVERLY PADGETT 25:40 W45 BRENDA HESS 27:45 LAURIE NAFZIGER 27:51 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 32:07 W57 GLORIA HOLUB 29:21 CAROLYNIN RIDDLE 30:15 KIM EVANS 32:07 W60 DHINA HOFFMAN 39:13 W65 CAROL BENDER 37:15 Half-Marathon 29:21 CAROLYNIN RIDDLE 10:23:21 M40 MIKE EGLE 12:36 TRENT SINNETT 1:23:08 M45 MIKE GOSSMAN 1:2:08 GARY BABCOKE 1:28:16 JERRY FIREBAUGH 1:24:32:41 JERRY FIREBAUGH 1:24:34
Cindy Peterson	SOUTHEAST	## W80 Margaret Hagerty 1.35:33 ## WIDWEST Fifth Third River Bank Run 25K, Grand Rapids, MI May 14	Duane Ricketts 2:57:32	Walter Seamon 1:34-42 Rick Brown 1:35:38 M65 Bill Zehner 1:39:10 Richard Finney 1:43:55 John Gebhard 1:50:20 M70+ Lou Lodovico 81 1:50:27 Peter Vivoli 2:05:22 Denis Dirscheri 2:11:23 Maurice Miller 2:13:42 W35 Tationa Belovol 1:12:41 W40 Gina McGee 1:23:19 Susanne Ebersbach 1:30:21 Wendy Babcock 1:32:51 W45 Shelley Ralston 1:29:46 Sharon Marks 1:29:50 Mary Kitzig 1:37:25 W50 Adrianne Walker 1:37:10 Patricia Neubert 1:41:42 Susan Mortakis 1:37:10 Patricia Neubert 1:41:42 Susan Mortakis 1:35:54 Michele Warner 1:55:54 Michele Warner 1:57:47 W65 Bonnie Wetzel 2:34:13 W70+Margretta Lutz 2:10:23 Ella Cusere 2:40:08 Lakeshore Marathon Chicago, IL; May 30 Overall	RAMON CASIANO 22:40 PAUL HASSE 23:05 M65 HARRY TELLMAN 20:42 DANIEL BREWER 30:37 RICHARD HINTON 43:05 RICHARD HINTON 43:05 RICHARD HINTON 37:28 W35 DEB JONES 25:27 W40 ALISON SLABACH 22:27 LISA CHUPP 24:23 BEVERLY PADGETT 25:40 W45 BRENDA HESS 27:45 LAURIE NAFZIGER 27:45 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 32:07 W50 CAROLYNIN RIDDLE 30:15 KIM EVANS 32:07 W60 DHINA HOFFMAN 39:13 W65 CAROL BENDER 37:15 Half-Marathon Oyerall NATHAN USHER 22 1:09:43 TAMMY CASALETTO 35 1:22:03 M35 PATRICK O'MALLER 1:23:21 M40 MIKE EGLE 1:5:41 LOU FEIL 1:21:36 TRENT SINNETT 1:23:08 M45 MIKE GOSSMAN 1:22:08 GARY BABCOKE 1:28:16 JERRY FIREBAUGH 1:24:34 M50 FRED COLBERT 1:36:16 DAVID SIMPSON 1:39:59
Dittsylvania Mile Run/Walk Pittsylvania Mile Run/Walk Pittsburgh, PA; June 4	SOUTHEAST Gum Tree 10K Tupelo, MS; May 8 Overall Silverus Kimeli 24 29:09 Lori Strand 27 36:30 M35 Scott Strand 29:36 M40 Brian Pope 30:50 M45 David McKinney 36:43 M50 Walt Rider 37:39 M55 Marvin Hemphill 42:06 M65 Jerry McGath 45:04 M70+ Corbett Brandon 1:00:25 W35 DA Tidwell 46:27 W40 Connie Robertson 39:46 W45 Sandy Henson 53:15 W50 Victoria Crisp 42:02 W55 Bonnie partridge 56:36 W60 Betty Long 1:06:04 W65 Ann Mellott 1:14:11 Biltmore Estate 5K Asheville, NC; May 15 Overall 18:02 SARA MITCHELL 26 20:59 M40 DANNY PHILLIPS KENNETH HARRELL 20:38	## W80 Margaret Hagerty 1:35:33 ## WIDWEST Fifth Third River Bank Run 25K, Grand Rapids, MI May 14	Duane Ricketts 2:57:32	Walter Seamon 1:34-42	RAMON CASIANO 22:40
Cindy Peterson	SOUTHEAST	## W80 Margaret Hagerty 1.35:33 ## WIDWEST Fifth Third River Bank Run 25K, Grand Rapids, MI May 14 Oyerall SIMON WANGAI 1:13:27	Duane Ricketts 2:57:32	Walter Seamon 1:34-42	RAMON CASIANO 22:40 PAUL HASSE 23:05 M65 HARRY TELLMAN 20:42 DANIEL BREWER 30:37 RICHARD HINTON 30:55 A3:05 M70 HAL HIGDON 37:28 M35 DEB JONES 25:27 W40 ALISON SLABACH 22:27 LISA CHUPP 24:23 BEVERLY PADGETT 25:40 W45 BRENDA HESS 27:45 LAURIE NAFZIGER 27:51 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 35:58 KARLA COPENHAVER 42:37 W55 GLORIA HOLUB 29:21 CAROLYNN RIDDLE 50:15 KIM EVANS 32:07 W60 DHINA HOFFMAN 39:13 W55 CAROL BENDER 37:15 Half-Marathon 37:43 M35 PATRICK O'MALLEY 1:23:21 M40 MIKE EGLE 1:5:41 LOU FEIL 1:21:36 TRENT SINNETT 1:23:08 M45 MIKE GOSSMAN 1:22:08 GARY BABCOKE 1:8:16 JERRY FIREBAUGH 1:32:43 M50 FRED COLBERT 1:6:16 DAVID SIMPSON 1:39:59 STEVAN RANSON 1:41:13 M55 STEVE LACLUYSE 1:38:32 ROBERT STEPHENS! 1:44:47 WILLIAM WILSON 20:83 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30 30:30
Dittsylvania Mile Run/Walk Pittsylvania Mile Run/Walk Pittsburgh, PA; June 4	SOUTHEAST	## W80 Margaret Hagerty 1:35:33 ## WIDWEST Fifth Third River Bank Run 25K, Grand Rapids, MI May 14	Duane Ricketts 2:57:32	Walter Seamon 1:34-42	RAMON CASIANO 22:40
Pittsylvania Mile Run/Walk Pittsylvania Mile Run/Walk Pittsburgh, PA; June 4	SOUTHEAST	## W80 Margaret Hagerty 1.35:33 ## WIDWEST Fifth Third River Bank Run 25K, Grand Rapids, MI May 14 Overall SIMON WANGAI 1.13:27 COLLEEN DEREUCK 1.25:15 M35 DAVID DHANOA 1.32:38 M40 MBARAK HUSSEIN 1.17:12 PAUL AUFDEMBERGE 1.18:52 JOHN MIRTH 1.21:43 PAUL ZIMMERMAN 1.22:05 MIKE SCANNELL 1.23:54 DARREN DEREUCK 1.28:10 CHRIS LAWRENCE 1.29:43 HENRY HOFMAN 1.32:15 M45 BRYAN ALFONSO 1.33:49 KEVIN DEYO 1.37:52 KEN STEBBINS 1.38:16 MARK LOHMAN 1.38:55 MIKI TOSIC 140:01 RICHARD PUNCHES 1.40:15 BRIAN HARRISON 1.40:20 M50 SCOTT LIVERSEDGE 1.34:48 JOHN TARKOWSKI 1.40:25 LARRY BAKER 1.34:48 JOHN TARKOWSKI 1.40:25 LARRY BAKER 1.44:45 KIP CARLE 1.44:45 M55 DENNIS GRANTZ 1.39:06 DAVE MINIER 1.40:47 BRUCE WATSON 1.43:42 GREGG MILLER 1.47:14	Duane Ricketts 2:57:32	Walter Seamon 1:34-42	RAMON CASIANO 22:40
Pittsylvania Mile Run/Walk Pittsylvania Mile Run/Walk Pittsburgh, PA; June 4 Mile Run M40 Larry Van Dyke 4:57.0 Phil Pillin 5:46.9 Ed May 5:51.8 M45 Scott Ferrari 6:01.3 Mike Fallon 6:23.7 M50 Lee Zelkowicz 5:11.6 George Dieffenbach 5:24.8 M55 Wayne Jacobs 5:37.3 Ken Krynski 5:47.6 Bob Gracie 6:09.7 M60 Jack Neff 6:06.3 Dick Monheim 6:10.3 Dick Monheim 6:10.3 Dick Monheim 6:10.3 Dick Monheim 6:31.9 M80 Fran Albaugh 6:35.0 Betsy Magovern 7:30.0 M50 Debi Page 6:59.0 Mile Racewalk M55 Lou Florina 11:24.5 W40 Betsy Cwenar 11:0.1 W45 Carolyn Menard 11:03.1 NYRR Anniversary Run 2.9 Miles, Central Park, NYC June 5 Overall M40 Mohamed Ournzil M41 M62 Rolando Vizhnay M51 Rolando Vizhnay M55 Colgar Sandoval 18:17 M60 Rolando Vizhnay M55 Michael Goldman 21:40 M77 Roger Revel 4:26 M78 M60er Revel 4:26 M78 Roger Revel 4:26 M78 Roger Revel 4:26 M78 Roger Revel 4:26 M78 Roger Revel 4:26 M12 M12 M55 Michael Goldman M78 Roger Revel 4:26 M12 M1	SOUTHEAST	## W80 Margaret Hagerty 1.35:33 ## WIDWEST Fifth Third River Bank Run 25K, Grand Rapids, MI May 14 Overall SIMON WANGAI 1:13:27 COLLEEN DEREUCK 1:25:15 M35 DAVID DHANOA 1:32:38 M40 MBARAK HUSSEIN 1:17:12 PAUL AUFDEMBERGE 1:18:52 JOHN MIRTH 1:21:43 PAUL ZIMMERMAN 1:22:05 MIKE SCANNELL 1:23:54 DARREN DEREUCK 1:28:10 CHRIS LAWRENCE 1:29:43 HENRY HOFMAN 1:32:15 M45 BRYAN ALFONSO 1:37:52 KEVIN DEYO 1:37:52 KEVIN DEYO 1:37:52 KEVIN CUSACK 1:38:16 MARK LOHMAN 1:38:55 MIKI TOSIC 1:38:16 MARK LOHMAN 1:38:12 KEVIN CUSACK 1:38:16 MARK LOHMAN 1:38:12 KEVIN OUSACK 1:38:16 MARK LOHMAN 1:38:18 MIKI MIKI MIKI MIKI MIKI MIKI MIKI MIK	Duane Ricketts 2:57:32	Walter Seamon 1:34-42	RAMON CASIANO 22:40 PAUL HASSE 23:05 PAUL HASSE 23:05 M65 HARRY TELLMAN 20:42 DANIEL BREWER 30:37 RICHARD HINTON 43:05 M70 HAL HIGDON 37:28 W35 DEB JONES 25:27 W40 ALISON SLABACH 22:27 LISA CHUPP 24:23 BEVERLY PADGETT 25:40 W45 BRENDA HESS 27:45 LAURIE NAFZIGER 27:51 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 35:58 KARLA COPENHAVER 42:37 W55 GLORIA HOLUB 29:21 CAROLYNN RIDDLE 30:15 KIM EVANS 32:07 W60 DHINA HOFFMAN 39:13 W65 CAROL BENDER 37:15 Half-Marathon 27:41 M10 MIKE EGLE 1:09:43 TAMMY CASALETTO 35 1:22:03 M35 PATRICK O'MALLEY 1:23:21 M40 MIKE EGLE 1:15:41 LOU FEIL 1:21:36 TRENT SINNETT 1:23:08 GARY BABCOKE 1:28:16 JERRY FIREBAUGH 1:32:43 M50 FRED COLBERT 1:36:16 DAVID SIMPSON 1:39:59 STEVAN RANSON 1:41:13 M55 STEVE LACLUYSE 1:38:32 ROBERT STEPHENS 1:4:47 WILLIAM WILSON 20:8:33 M60 BRAD YODER 1:4:551 FREDDY STANDART 1:5:22 JOSEPH DERVIN 20:2:28 W35 MICHELE MILLER 1:5:3:46 W40 MELISSA GOSSMAN 1:4:53 JUDY ROCKSTROH 2:10:13 MANY WARNER 2:14:107 MARY WARNER 2:14:07
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Pittsylvania Mile Run/Walk Pittsburgh, PA; June 4	SOUTHEAST	## W80 Margaret Hagerty 1.35:33 ## WIDWEST Fifth Third River Bank Run 25K, Grand Rapids, MI May 14	Duane Ricketts 2:57:32	Walter Seamon 1:34-42	RAMON CASIANO 22:40 PAUL HASSE 23:05 PAUL HASSE 23:05 M65 HARRY TELLMAN 20:42 DANIEL BREWERT 30:37 RICHARD HINTON 37:28 W35 DEB JONES 25:27 W40 ALISON SLABACH 22:27 LISA CHUPP 24:23 BEVERLY PADGETT 25:40 W45 BRENDA HESS 27:45 LAURIE NAFZIGER 27:51 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 32:07 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 32:07 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 32:07 KATHLEEN MILLER 29:21 CAROLYNIN RIDDLE 37:15 KATHLA COPENHAVER 42:37 W55 CAROLYNIN RIDDLE 37:15 KATHLA COPENHAVER 42:37 W60 DHINA HOFFMAN 39:13 W65 CAROL BENDER 37:15 Half-Marathon 37:15 Half-
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Pittsylvania Mile Run/Walk Pittsylvania Mile Run/Walk Pittsburgh, PA; June 4	SOUTHEAST	## Wild Margaret Hagerty 1-35-33	Duane Ricketts 2:57:32	Walter Seamon 1:34:42 Rick Brown 1:35:38 M65 Bill Zehner 1:39:10 Rick Brown 1:45:14 Richard Finney 1:45:14 Richard Albaugh 1:50:20 M70 Lou Lodovice 81 1:50:27 Peter Vivoli 2:05:22 Denis Dirscher 2:11:23 Maurice Miller 2:13:42 W35 Tationa Belovol 1:12:41 W40 Gina McGee 2:31:9 Susanne Ebersbach 1:30:21 Wedy Babcock 1:32:51 W45 Shelley Ralston 1:29:46 Sharon Marks 1:29:50 Mary Kitzig 1:37:25 W50 Adrianne Walker 1:37:10 W52 Pam Gibson 1:48:59 Exel Wedul 1:55:54 M60 <td> RAMON CASIANO 22:40 PAUL HASSE 23:05 M65 HARRY TELLMAN 20:42 DANIEL BREWER 30:37 RICHARD HINTON 37:28 W35 DEB JONES 25:27 W40 ALISON SLABACH 22:27 LISA CHUPP 24:23 BEVERLY PADGETT 25:40 W45 BRENDA HESS 27:45 LAURIE NAFZIGER 27:51 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 32:07 W45 ALECHIA EVANS 32:07 W55 CAROLYNIN RIDDLE 30:15 KIM EVANS 32:07 W60 DHINA HOFFMAN 39:13 W65 CAROL BENDER 37:15 Half-Marathon 0 W16 W1</td>	RAMON CASIANO 22:40 PAUL HASSE 23:05 M65 HARRY TELLMAN 20:42 DANIEL BREWER 30:37 RICHARD HINTON 37:28 W35 DEB JONES 25:27 W40 ALISON SLABACH 22:27 LISA CHUPP 24:23 BEVERLY PADGETT 25:40 W45 BRENDA HESS 27:45 LAURIE NAFZIGER 27:51 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 32:07 W45 ALECHIA EVANS 32:07 W55 CAROLYNIN RIDDLE 30:15 KIM EVANS 32:07 W60 DHINA HOFFMAN 39:13 W65 CAROL BENDER 37:15 Half-Marathon 0 W16 W1
Pittsylvania Mile Run/Walk Pittsburgh, PA; June 4	SOUTHEAST	## Wildlick Wildlick	Duane Ricketts 2:57:32	Walter Seamon 1:34-42	RAMON CASIANO 22:40 PAUL HASSE 23:05 PAUL HASSE 23:05 M65 HARRY TELLMAN 20:42 DANIEL BREWER 30:37 RICHARD HINTON 43:05 M70 HAL HIGDON 37:28 W35 DEB JONES 25:27 W40 ALISON SLABACH 22:27 LISA CHUPP 24:23 BEVERLY PADGETT 25:40 W45 BRENDA HESS 27:45 LAURIE NAFZIGER 27:51 KATHLEEN MILLER 28:42 W50 ALECHIA EVANS 35:58 KARLA COPENHAVER 42:37 W55 GLORIA HOLUB 29:21 CAROLYNN RIDDLE 50:15 KIM EVANS 32:07 W60 DHINA HOFFMAN 39:13 W65 CAROL BENDER 37:15 Half-Marathon 27:43 M35 PATRICK O'MALLEY 1:23:21 M40 MIKE GOLS MAN 1:20:08 M35 PATRICK O'MALLEY 1:23:21 M40 MIKE GOLS MAN 1:20:08 GARY BABCOKE 1:28:16 JERRY FIREBAUGH 1:32:43 M50 FRED COLBERT 1:36:16 DAVID SIMPSON 1:39:59 STEVAN RANSON 1:41:13 M55 STEVE LACLUYSE 1:38:32 ROBERT STEPHENS 1:44:7 WILLIAM WILSON 20:8:33 M60 BRAD YODER 1:45:11 FEDDY STANDAERT 1:52:22 JOSEPH DERVIN 20:22:8 W35 MICHELLE MILLER 1:53:46 W40 MELISSA GOSSMAN 1:42:53 JUDY ROCKSTROH 2:10:13 MARY WARNER 1:40:7 W45 LAURA MCGANN 2:10:15 CHRISTY BURKE 2:3:30 W50 ANN WILSON 2:19:03 JEANNE CARTER 2:3:30

June 2005

Joung Choi W65 Dolores Cortez Cindy Raymond W70 Jai Kim

5K
Overall
Geoff Pfau 30
Mary Akor 28
M35 Matt Capelouto
M40 Warren Stone
Thomas Watts
Enriquez Lopez Sr
Jimmy Wisner
M45 Salomon Torres
Gary Cohen
David Fier
Michael Nelson
M50 Gregg Horner
Nabor Gomez
Rusty Millar
Pariss Saedinia
M55 Rick Joly
Joe Murillo
Allen Randall
John Hawkins
M60 Jim Sydner
Bobby Roberts
Bullet Bales
Rudy Edwards
M65 Al Shook
George Stetson
Ty Yamazaki
Roy Dosch
M70 Bill Kennedy
M75 Harold Lindsey

Roy Dosch
M70 Bill Kennedy
M75 Harold Lindsey
M80 Joe Fleischmanr
Gilbert Cisneros
W35 Michelle Morton
W40 Lisa James
Vivian Cocca
Isobel Crump
Sharon Mann
W45 Yayoi Liu

Sharon Mann
W45 Yayoi Liu
Jong Kim
Susan Mendoza
Karen Broberg
W50 Sandy Sydner
Pamela Fisher
Zelphanie Riley
Nancy Tenue
W55 Kathy Joly
Maria Camacho
Jane Roberts
Rita Ortega
W60 Suzanne Griffen
Alice Enriquez
Isabel Apodaca
Gedaldi Smith
W65 Mana Ochoa
Jan Long

Jan Long W70 Beverly Coffin Patricia Fox W80 Gladys Mathes

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NAME OF TAXABLE PARTY.	Elizabeth French 25:29 Lou Nelson 29:13 Judy Lutter 30:30 Carol Sankey 27:46 Barbara Burhans 30:47	DON ROTH 1:54:24 DALE HARDING 2:01:35 M70 WALT WOZNIAK 1:52:13 LOUIS JOLINE 2:01:25 W35 ANDREA MGGEHEE 1:34:22 W40 DEBORAH TORNEDEN 1:25:04 JULIE HARDING 1:27:22	W60+Martha Kinsinger 2:21:08 Raili Cole 2:31:54 Joyce Lemire 2:53:48 10K Overall Mark Iverson 23 36:38	SHARON YAMATO 1.58.33 W60 AILEEN HARDESTY 2.08.03 IRENE THOMSON 2:11.47 MARY ELWELL 2:18.56 W65 MARILYN CLARK 2:11.13 MICKIE SHAPIRO 2:26.52 MARTHA MORI 4.09.18	Marian Richard 43:26 W50 Christine Kennedy 39:55 Melinda Morse 43:14 Mika Van Spanje 46:01 Mary Wells 47:29 Dee Gibson 47:32	Bob Patterson 2:40:29 Hervey Chapman 2:56:38 M70 William Wall 1:39:12 Don Moore 1:44:52 Michael Pang 1:48:19 Pete Robles 1:52:13
NAME OF TAXABLE PARTY.	Elizabeth French 25:29 Lou Nelson 29:13 Judy Lutter 30:30 Carol Sankey 27:46 Barbara Burhans 30:47 Marcy Cahow 33:32 Mary Lou Carlson 52:49	DON ROTH 1:54:24 DALE HARDING 2:01:35 M70 WALT WOZNIAK 1:52:13 LOUIS JOLINE 2:01:25 W35 ANDREA MCGEHEE 1:34:22 W40 DEBORAH TORNEEDN 1:25:04 JULIE HARDING 1:27:22 CINDY CAMERON 1:31:07 STEPHANIE RUF 1:41:29	W60+Martha Kinsinger 2:21:08 Raili Cole 2:31:54 Joyce Lemire 2:53:48 10K Overall Mark Iverson 23 36:38 Julie Brown 36 40:50 M35 Walter Magill 43:08	SHARON YAMATO	Marian Richard 43:26	Bob Patterson 2:40:29 Hervey Chapman 2:56:38 M70 William Wall 1:39:12 Don Moore 1:44:52 Michael Pang 1:48:19 Pete Robles 1:52:13 M75 Bob Koch 1:57:15
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W75 R Overs Pete (Ann M40 M50 M60+	Elizabeth French 25:29 Lou Nelson 29:13 Judy Lutter 30:30 Carol Sankey 27:46 Barbara Burhans 30:47 Marcy Cahow 33:32 Mary Lou Carlson 82:249 Med City Marathon Rochester, MN; May 29 3II Gilman 30 2:25:54 Marie Thiessen 34 3:04:46 Dale Heinen 2:56:53 Paul Thomford 2:59:53 Thomas Barna 3:09:09 Javid Nagorney 3:18:42 Steve Deboer 3:19:55 + Charlie Viers 3:42:07 + Charlie Viers 3:42:07 Herb Byun 3:59:16 Deb Thomford 3:24:49	DON ROTH 1:54:24 DALE HARDING 2:01:35 M70 WALT WOZNIAK 1:52:13 LOUIS JOLINE 2:01:25 W35 ANDREA MCGEHEE 1:34:22 W40 DEBORAH TORNEDEN 1:25:04 UILLE HARDING 1:27:22 CINDY CAMERON 1:31:07 STEPHANIE RUF 1:41:29 KAREN HYDE 1:43:44 W45 KATHLEEN JOHNSON 1:38:03 MARLA RHODEN 1:38:03 MARLA RHODEN 1:38:03 MARLA RHODEN 1:40:14 W50 SUSIE WILLARD 1:40:45 PAM PERICA 1:53:54 ROSEMARY WALSH 1:57:15 MARY A GALLIGAN 1:59:13 JOANNE HUGHES 2:00:35 W55 DEE BOECK 1:52:30 ANITA OLSHANSKI 1:54:03 SHARON LAFOE 1:59:04 DASI SCHLUP 2:03:36 MARI BASHOR 2:06:06	W60+Martha Kinsinger Raili Cole 2:31:54 Joyce Lemire 2:53:48 10K Overall Mark Iverson 23 36:38 Julie Brown 36 40:50 M35 Walter Magill 43:08 M40 Greg Long 41:27 M45 Steve Farlow 50:07 M50 Kent Oglesby 43:40 M60+ Tony Weiss 53:52 W35 Julie Bryan 40:50 W40 Mary Cote 42:52 W45 Joy Rasmussen 49:49 W50 Kathryn Stuart 54:39 W60+Judy Connally 62:41 WEST CSU-Northridge 5K Northridge, CA; April 30	SHARON YAMATO 1.58.33 W60 AILEEN HARDESTY 2.08.03 IRENE THOMSON 2.111.47 MARY ELWELL 2.18.56 W65 MARILYN CLARK 2.111.13 MICKIE SHAPIRO 2.26.52 MARTHA MORI 4.09.18 W75 VIRGINIA ZAROW 5.22.42 CARMELITA DEHAVEN 4.18.15 SK Oyerall JAKE COURTINE 42 17.36 ELLA YUEN 13 19.43 M35 LARRY GESSLER 18.17 M40 JAKE COURTINE 42 17.36 M45 MARK AHAYAKAWA 21.36 M45 MARK AHAYAKAWA 21.36 M55 FRED BARTLET 19.58 M60 SKIP KORSGAARD 25.33 M60 MIKE ISHIKAWA 22.19 M65 DAVID HARPER 25.44 M70 MILO SATHER 25.31 M70 MILO SATHER 29.36 W35 MARIA MARTINEZ 23.16 W35 MARIA MARTINEZ 23.16	Marian Richard 43:26 W50 Christine Kennedy 39:55 Melinda Morse 43:14 Mika Van Spanje 46:01 Mary Wells 47:29 Dee Gibson 47:32 W55 Irene Herman 47:39 Maggie Fillmore 47:46 Jessie Stratton 48:15 Eilen Clark 54:17 Debrah Miller 55:06 W60 Shirley Matson 43:40 Bridie Dillon 49:42 Laury Fisher 50:43 Ann Hardham 53:59 Suzanne Franco 55:14 W65 Barbara Miller 44:58 Trudi Hofmann 53:48 Nova Poff 57:02 Johanne Christmas 24:01 W70 Barbara Robben 02:59	Bob Patterson
W75 R Overs Pete (Ann M40 M50 M60+	Elizabeth French 25:29 Lou Nelson 29:13 Judy Lutter 30:30 Carol Sankey 27:46 Barbara Burhans 30:47 Marcy Cahow 33:32 Mary Lou Carlson 52:49 Med City Marathon Rochester, MN; May 29 31 Gilman 30 2:25:54 Marie Thiessen 34 3:04:46 Dale Heinen 2:56:53 Paul Thomford 2:59:53 Thomas Barna 3:09:09 David Nagorney 3:18:42 5 Charlie Viers 3:42:07 Herb Byun 3:47:22 Dave Jones 3:59:16 Deb Thomford 3:24:49 Tess Novotny 3:42:05	DON ROTH 1.54.24 DALE HARDING 20.135 M70 WALT WOZNIAK 1.52.13 LOUIS JOLINE 2.01.25 W35 ANDREA MCGEHEE 1.34.22 W40 DEBORAH TORNEDEN 1.25.04 JULIE HARDING 1.27.22 CINDY CAMERON 1.31.07 STEPHANIE RUF 1.41.29 KAREN HYDE 1.43.44 W45 KATHLEEN JOHNSON 1.36.07 JULIA SCHERER 1.38.03 CATHIE BURROUGHS 1.42.11 ANN CUDD 1.45.52 W50 SUSIE WILLARD 1.40.45 PAM PERICA 1.53.54 ROSEMARY WALSH 1.57.15 MARY A GALLIGAN 1.59.13 JOANNE HUGHES 2.00.35 W55 DEE BOECK 1.52.30 ANITA OLSHANSKI 1.54.03 SHARON LAFOE 1.59.04 DASI SCHUP 2.03.36 W60 SUSAN ROBINETTE 1.59.19 CAROL WHITEHEAD 2.09.53	W60+Martha Kinsinger Raili Cole 2:31:54 Joyce Lemire 2:53:48 10K Overall Mark Iverson 23 Julie Brown 36 M35 Walter Magill M40 Greg Long 41:27 M45 Steve Farlow 50:07 M50 Kent Oglesby 43:40 M60+ Tony Weiss 53:52 W35 Julie Bryan 40:50 W40 Mary Cote 42:52 W45 Joy Rasmussen 49:49 W50 Kathryn Stuart 54:39 W60+Judy Connally 62:41	SHARON YAMATO 1.58.33 W60 AILEEN HARDESTY 2.08.03 IRENE THOMSON 2.111.47 MARY ELWELL 2.18.56 W65 MARILYN CLARK 2.111.13 MICKIE SHAPIRO 2.26.52 MARTHA MORI 4.09.18 W70 AMY GOLDSTEIN 2.37.23 W75 VIRGINIA ZAROW 4.18.15 SK Overall 3.36.224 CARMELITA DEHAVEN 4.18.15 SK Overall 19.43 M35 LARRY GESSLER 18.17 M40 JAKE COURTNE 42 17.36 ELLA YUEN 13 19.43 M35 LARRY GESSLER 18.17 M40 JAKE COURTNE 42 17.36 M45 MARK AHAYAKAWA 21.36 M50 SIM OBRIEN 19.58 M60 SKIP KORSGAARD 20.24 M55 FRED BARTLET 19.58 M60 MIKE ISHIKAWA 22.19 M60 MIKE ISHIKAWA 22.19 M65 DAVID HARPER 29.36 M70 MILO SATHER 29.36	Marian Richard	Bob Patterson 2.40.29
W75 R Overs Pete (Ann h M40 M50 M60+	Elizabeth French Lou Nelson 29:13 Judy Lutter 30:30 Carol Sankey 27:46 Barbara Burhans Marcy Cahow Mary Lou Carlson 33:32 Med City Marathon Rochester, MN; May 29 all Gilman 30 Agric Thiessen 34 Dale Heinen 2:56:53 Paul Thomford 2:57:09 Jeffery Miller 2:59:53 Thomas Barna David Nagorney 3:18:42 Steve Deboer 4: Charlie Viers 4:207 Herb Byun 3:47:22 Dave Jones 3:59:16 Deb Thomford 3:24:49 Tess Novotry 3:42:05 Donna Melody 3:53:08	DON ROTH DALE HARDING DALE HARDING DALE HARDING DALE HARDING DALE HARDING LOUIS JOLINE US JOLINE	W60+Martha Kinsinger Raili Cole 2:31:54 Joyce Lemire 2:53:48 10K Overall Mark Iverson 23 Julie Brown 36 M40 Greg Long 41:27 M45 Steve Farlow 50:07 M50 Kent Oglesby 43:40 M60+Tony Weiss 53:52 W35 Julie Bryan 40:50 W40 Mary Cote 42:52 W45 Joy Rasmussen W50 Kathryn Stuart 54:39 W60+Judy Connally 62:41 WEST CSU-Northridge 5K Northridge, CA; April 30 Overall Sal Baulista 21 Sal Baulista 21 Sit 54:35 Sit 5	SHARON YAMATO 1.58.33 W60 AILEEN HARDESTY 2.08.03 IRENE THOMSON 2.11.47 MARY ELWELL 2.18.56 W65 MARILYN CLARK 2.11.13 MICKIE SHAPIRO 2.26.52 MARTHA MORI 4.09.18 W70 AMY GOLDSTEIN 2.37.23 W75 VIRIGINIA ZAROW 4.18.15 SK OYETAII JAKE COURTINE 42 17.36 ELLA YUEN 13 19.43 M35 LARRY GESSLER 18.17 M40 JAKE COURTINE 42 17.36 M51 JIM OBRIEN 2.13 M55 FRED BARTLET 19.58 M60 SKIP KORSGAARD 2.13 M60 MIKE ISHIKAWA 22.19 M65 DAVID HARPER 25.34 M70 MILO SATHER 29.36 W35 MARIA MARTINEZ 2.316 W45 UIVENNE NIXON-LASH 2.23.16 W45 UIVENNE NIXON-LASH 2.23.16 W45 UIVENNE NIXON-LASH 2.23.16 W45 UIVENNE NIXON-LASH 2.23.16 W45 BARBARA VARON 23.43 W55 EVELYVE MURPHY 28.58	Marian Richard	Bob Patterson 2:40:29
W75 R Overs Pete (Ann h M40 M50 M60+	Elizabeth French 25:29 Lou Nelson 29:13 Judy Lutter 30:30 Carol Sankey 27:46 Barbara Burhans 30:47 Marcy Cahow 33:32 Mary Lou Carlson 52:49 Med City Marathon Rochester, MN; May 29 31 Gilman 30 2:25:54 Marie Thiessen 34 3:04:46 Dale Heinen 2:56:53 Paul Thomford 2:59:53 Thomas Barna 3:09:09 David Nagorney 3:18:42 5 Charlie Viers 3:42:07 Herb Byun 3:47:22 Dave Jones 3:59:16 Deb Thomford 3:24:49 Tess Novotny 3:42:05	DON ROTH DALE HARDING DALE HARDING DALE HARDING DALE HARDING LOUIS JOLINE LOUIS JOLINE 20125 W35 ANDREA MCGEHEE W40 DEBORAH TORNEDEN JULIE HARDING JULIE HARDING CINDY CAMERON STEPHANIE RUF KAREN HYDE W45 KATHLEEN JOHNSON JULIA SCHERER MARLA RHODEN ARIA RHODEN ARIA RHODEN CATHLE BURROUGHS ANN CUDD W55 SUSIE WILLARD MARLA RHODEN DASIS EWILLARD MARY AGALLIGAN JOANNE HUGHES DASIS CHEICH MARY A GALLIGAN JOANNE HUGHES DASIS CHEICH DASIS SCHLUP DASI SCHLUP DASI SCHLUP DASI SCHLUP COMBON TORNED W60 SUSIAN ROBINETTE LOUIS SUSIEN TORNED W60 SUSIAN ROBINETTE SUSIEN TORNED W60 SUSIAN ROBINETTE LOUIS SCHLUP JEANNE HENDRICKSON 21:324 MARY HALEY JEANNE HENDRICKSON 21:324	W60+Martha Kinsinger Raili Cole 2:31:54 Joyce Lemire 2:53:48 10K Overall Mark Iverson 23 Julie Brown 36 M35 Walter Magill 43:08 M40 Greg Long 41:27 M45 Steve Farlow 50:07 M50 Kent Oglesby 43:40 M60+ Tony Weiss 53:52 W35 Julie Bryan 40:50 W40 Mary Cote 42:52 W45 Joy Rasmussen 49:49 W50 Kathryn Stuart 54:39 W60+Judy Connally 62:41 WEST CSU-Northridge, CA; April 30 Overall Sal Bautista 21 Elizabeth Camy 21 M35 Doug Turner 16:59	SHARON YAMATO 1.58.33 W60 AILEEN HARDESTY 2.08.03 IRENE THOMSON 2:11:47 MARY ELWELL 2:18.56 W65 MARILYN CLARK 2:11:13 MICKIE SHAPIRO 2:26.52 MARTHA MORI 4:99:18 W70 AMY GOLDSTEIN 2:37:33 W75 VIRGINIA ZAROW 3:52.24 CARMELITA DEHAVEN 4:18:15 SK Oyerall JAKE COURTINE 42 17:36 ELLA YUEN 13 19:43 M35 LARRY GESSLER 18:17 M40 JAKE COURTINE 42 17:36 M45 MARK AHAYAKAWA 21:36 M50 MIKE ISHIKAWA 22:19 M60 MIKE ISHIKAWA 22:19 M60 MIKE ISHIKAWA 22:19 M60 MIKE ISHIKAWA 22:19 M61 MIKE ISHIKAWA 22:19 M62 M65 DAVID HARPER 25:44 M70 MILO SATHER 29:36 W35 MARIA MARTINEZ 23:16 W40 CINDY J DEMARCO 20:44 W45 VIVIENNE NIXON-LASH 22:36 W35 EVELYNE MURPHY 28:58 W56 MARBARA VARON 23:43 W56 MARBARA VARON 23:43	Marian Richard	Bob Patterson
W75 R Overs Pete (Ann h M40 M50 M60+ W40 W50	Elizabeth French Lou Nelson 29:13 Judy Lutter 30:30 Carol Sankey 27:46 Barbara Burhans Marcy Cahow Mary Lou Carlson 33:32 Med City Marathon Rochester, MN; May 29 all Gilman 30 2:25:54 Marie Thiessen 34 3:04:46 Dale Heinen 2:56:53 Paul Thomford 2:57:09 Jeffery Miller 2:59:53 Paul Thombord 3:09:09 David Nagorney 3:18:42 Steve Deboer 4:Charlie Viers 4:Charlie Viers 4:20:7 Herb Byun 3:47:22 Dave Jones 3:59:16 Deb Thomford 3:24:49 Tess Novotry 3:42:05 Donna Melody Lin Gentling 4:00:54 Susan Powers 1:15:41	DON ROTH 1:54:24 DALE HARDING 20:135 M70 WALT WOZNIAK 1:52:13 LOUIS JOLINE 20:125 W35 ANDREA MCGEHEE 1:34:22 W40 DEBORAH TORNEDEN 1:25:04 JULIE HARDING 1:7:22 CINDY CAMERON 1:31:07 STEPHANIE RUF 1:41:29 KAREN HYDE 1:43:44 W45 KATHLEEN JOHNSON 1:36:07 JULIA SCHERER 138:03 MARIA RHODEN 1:40:15 ANN CUDD 1:45:52 W50 SUSIE WILLARD 1:40:45 PAM PERICA 1:53:54 ROSEMARY WALSH 1:57:15 MARY A GALLIGAN 1:59:13 JOANNE HUGHES 20:035 W55 DEE BOECK 1:52:30 ANTITO OLSHANSKI 1:54:03 SHARON LAFOE 1:59:04 DASI SCHLUP 20:336 MARI BASHOR 20:036 W60 SUSAN ROBINETTE 1:59:19 CAROL WHITEHEAD 2:09:53 MARY HALEY 2:11:00 JEANNE HENDRICKSON 2:13:24 W65 ANN NELSON 2:21:57	W60+Martha Kinsinger	SHARON YAMATO 1.58.33 W60 AILEEN HARDESTY 2.08.03 IRENE THOMSON 2.111.47 MARY ELWELL 2.18.56 W65 MARILYN CLARK 2.111.33 MICKIE SHAPIRO 2.26.53 MARTHA MORI 2.99.18 W70 AMY GOLDSTEIN 2.37.23 W75 VIRGINIA ZAROW 3.52.24 CARMELITA DEHAVEN 4.18.15 SK Overall 3 M35 LARRY GESSLER 18.17 M40 JAKE COURTINE 42 17.36 ELLA YUEN 13 M35 LARRY GESSLER 18.17 M40 JAKE COURTINE 42 17.36 M45 MARK AHAYAKAWA 21.36 M50 JIM OBRIEN 19.58 M60 SKIP KORSGAARD 20.24 M55 FRED BARTLET 19.58 M60 MIKE ISHIKAWA 22.19 M65 DAVID HARPER 29.36 M60 MIKE ISHIKAWA 22.19 M65 DAVID HARPER 29.36 M50 JAMAIRA MARTINEZ 23.16 W35 MARIA MARTINEZ 23.16 W35 MARIA MARTINEZ 23.16 W35 MARIA MARTINEZ 23.16 W35 BARBARA VARON 22.34 W55 EVELYNE MURPHY 28.58 W50 BARBARA VARON 23.43 W55 RITA MURPHY 34.05 W70 MARY SHEA	Marian Richard	Bob Patterson
W75 R Overs Pete (Ann h M40 M50 M60+ W40 W50	Elizabeth French 25:29 Lou Nelson 29:13 Judy Lutter 30:30 Carol Sankey 27:46 Barbara Burhans 30:32 Mary Cahow 33:32 Mary Lou Carlson 52:49 Med City Marathon Rochester, MN; May 29 31 Gilman 30 2:25:54 Marie Thiessen 34 3:04:46 Dale Heinen 2:56:53 Paul Thomford 2:59:53 Thomas Barna 3:09:09 David Nagorney 3:18:42 Steve Deboer 3:42:07 Herb Byun 3:47:22 Dave Jones 3:59:16 Deb Thomford 3:24:49 Tess Novotny 3:53:08 Lin Gentling 4:00:54 Susan Powers 4:11:54	DON ROTH 1.54.24 DALE HARDING 201.35 M70 WALT WOZNIAK 1.52.13 LOUIS JOLINE 2.01.25 W35 ANDREA MCGEHEE 1.34.22 W40 DEBORAH TORNEDEN 1.25.04 UILLE HARDING 1.27.22 CINDY CAMERON 1.31.07 STEPHANIE RUF 1.41.29 KAREN HYDE 1.43.44 W45 KATHLEEN JOHNSON 1.38.03 CATHLE BURROUGHS 1.38.03 MARILA RHODEN 1.38.03 CATHIE BURROUGHS 1.42.11 ANN CUDD 1.45.52 W50 SUSIE WILLARD 1.40.45 PAM PERICA 1.53.54 ROSEMARY WALSH 1.57.15 MARY A GALLIGAN 1.59.13 JOANNE HUGHES 2.00.35 W55 DEE BOECK 1.52.30 ANITA OLSHANSKI 1.54.03 SHARON LAFOE 1.59.04 DASI SCHLUP 2.03.36 MARI BASHOR 2.06.66 W60 SUSAN ROBINETTE 1.59.19 CAROL WHITEHEAD 2.09.53 MARY HALEY 2.11.100 JEANNE HENDRICKSON 2.13.24 SUZIE TURNER 2.13.45	W60+Martha Kinsinger Raili Cole 2:31:54 Joyce Lemire 2:53:48 10K Overall Mark Iverson 23 Julie Brown 36 M35 Walter Magill 43:08 M40 Greg Long 41:27 M45 Steve Farlow 50:07 M50 Kent Oglesby 43:40 M60+ Tony Weiss 53:52 W35 Julie Bryan 40:50 W40 Mary Cote 42:52 W45 Joy Rasmussen 49:49 W50 Kathryn Stuart 54:39 W60+Judy Connally 62:41 WEST CSU-Northridge, CA; April 30 Overall Sal Bautista 21 Elizabeth Camy 21 M35 Doug Turner 16:59	SHARON YAMATO 1.58.33 W60 AILEEN HARDESTY 2.08.03 IRENE THOMSON 2.11.47 MARY ELWELL 2.18.56 W65 MARILYN CLARK 2.111.13 W70 AMY GOLDSTEIN 2.37.23 W75 VIRGINIA ZAROW 3.52.24 CARMELITA DEHAVEN 4.18.15 SK Overall 19.43 JAKE COURTINE 42 17.36 ELLA YUEN 13 19.43 M35 LARRY GESSLER 18.17 M40 JAKE COURTINE 42 17.36 M45 MARK AHAYAKAWA 21.36 M50 JIM OBRIEN 20.24 M55 FRED BARTLET 19.58 M60 MIKE ISHIKAWA 22.19 M65 DAVID HARPER 25.34 M70 MILO SATHER 29.36 W35 MARIA MARTINEZ 2.316 W40 CINDY J DEMARCO 20.34 W45 VIRUNEN ENIXON-LASH 22.36 W45 BARBARA VARON 23.43 W55 EVELYNE MURDHY 22.36 W50 BARBARA VARON 23.43 W55 EVELYNE MURDHY 28.58 W60 MARGARET GRAHAM 32.43 W65 RITA MURPHY 28.58	Marian Richard	Bob Patterson

Gardena 500 Gardena, CA; Ju Overall HECTOR LOPEZ 37 ANNIE EBINER 26

ANNIE EBINER 26
M35 HECTOR LOPEZ
M40 KEVIN BROADY
JOSE ORTIZ
GUS MOJAARO
SAMUEL RIVERA
SERGIO SANDOVAL
M45 DIEGO TORRES
MAXIE JONES
CRAIG JOHNSON
NICOLAS AGUIRRE
JEFF CAMPBELL
M50 ARTURO MARTINEZ
ESTEBAN GALVEZ
TONY GUAJARD TONY GUAJARDO RAYMOND EASON RAYMOND EASON BILL ENTZ ADOLFO PADILLA DELMAS DAVIS MARIO DIAZ LUIS NAVAS SHERWIN BOUCHER RICHARD SCHOTT SAL TORRES BENJAMIN MILLS JULIO QUIAGGA M55 M60 BENJAMIN MILLS
JULIO QJINAGA
BRIAN SCOGGINS
LOUIE MARTINEZ
BEN BUTLER
CARMEN MARTINEZ
MARILYN BROADY
CINDY CUMBESS
TERESA PALACIOS
LETICA LLAMAS
ROSA PARRA
ESTHER CASTRO
ODETTE HAIRAPETI
LICY PAPU

W45

ODETTE HAIRAPET LUCY PAPU JEANNETTE DOW LINDA REGALADO WENDY BRACAMO! SHARON BAHAROL VERONICA MAYES-BARBARA WHITSIT JUANITA MERAZ JANIE DAWSOM W55

W60 JANE DAWSON MARY ELLER

> Rock N' Roll Ma San Diego, CA;

Overall
Christopher Cheboibich
Gete Wami 30
M40 Salvador Rodriqu
Jose Lopez
Carlos Alarcon
M45 Jan Hansen
Scott Mc Lellan

BANK.	Joung Choi	2:17:36	Keith Witthauer 2:59:46
W65	Dolores Cortez	2:01:00	M50 Les Myers 2:44:06
	Cindy Raymond	2:11:38	Martin Ellison 2:47:16
W70	Jai Kim	2:38:10	Juan Sandoval 2:51:23
			M55 Moo Lim 3:17:44
5K		3.00	Lenord Burns 3:25:31
Over	all	1000000	Ed Whittler 3:25:43
Geof	Pfau 30	14:46	M60 Benjamin Caro 2:57:09
Mary	Akor 28	15:52	Wayne Mitchell 3:03:52
M35	Matt Capelouto	14:48	Toby Skinner 3:14:30
M40		16:24	M65 Gamma Chavez 3:41:38
	Thomas Watts	16:36	Frank Delgado 3:48:46
	Enriquez Lopez Sr.	18:21	
	Jimmy Wisner	18:55	
M45	Salomon Torres	16:15	
	Gary Cohen	16:57	
	David Fier	17:54	Bob Swan 4:52:24
	Michael Nelson	18:03	M75 James Ray 5:15:15
M50		16:00	Edward Maher 5:33:22
	Nabor Gomez	17:40	Ollie Olivares 5:29:04
	Rusty Millar	18:04	M80+ John Cross 6:10:53
	Pariss Saedinia	20:15	Peter Lang 6:41:02
M55	Rick Joly	19:20	Sid Jones 6:50:18
	Joe Murillo	22:20	W40 Carrie Blakemore 3:19:39
	Allen Randall	23:58	Kevin Washington 3:19:46
	John Hawkins	25:26	Jeanne Harshbarger 3:29:17
M60	Jim Sydner	19:43	W45 Helayne Lehman 3:21:41
	Bobby Roberts	19:48	Rachael St Claire 3:21:26
	Bullet Bales	21:24	Nancy Ottmann 3:30:41
	Rudy Edwards	22:29	W50 Mariat Fernandez 3:26:17
M65	Al Shook	19:56	Joan Bielinski 3:38:52
	George Stetson	24:30	Lessa Hasan 3:41:47
	Ty Yamazaki	28:30	W55 Romy Niblack 3:39:18
	Roy Dosch	32:20	Myung Kim 3:54:58
M70	Bill Kennedy	25:15	G. Van Emburgh 3:57:37
M75	Harold Lindsey	45:08	W60 Marilyn Carpenter 3:52:59
M80	Joe Fleischmann	32:02	Betty Bulich 4:15:58
	Gilbert Cisneros	32:47	Nancy Linck 4:20:47
W35	Michelle Morton	21:40	W65 Susan Norman 5:32:07
W40	Lisa James	17:19	
	Vivian Cocca	22:23	
	Isobel Crump	24:20	Jane Jensen 6:12:01
	Sharon Mann	25:21	W70 Kathleen Callaway 6:10:48
W45	Yayoi Liu	19:19	Sarah Daly 6:20:08
	Jong Kim	24:26	Beth Petersen 6:12:39
	Susan Mendoza	26:20	W80+Harriette Thompson 6:28:54
	Karen Broberg	27:28	
W50		19:57	NORTHWEST
	Pamela Fisher	26:07	MOMITTIEST
	Zelphanie Riley	35:49	The said the said of the said
	Nancy Tenue	36:29	Capital City Marathon,
W55	Kathy Joly	26:25	
	Maria Camacho	32:08	Half-Marathon & 5.2M
	Jane Roberts	33:45	Olympia, WA; May 15
	Rita Ortega	33:59	
W60		27:23	Overall
	Alice Enriquez	29:58	Matthew Ellis 34 2:36:32
	Isabel Apodaca	39:02	Karen Steen 40 2:58:48
	Gedaldi Smith	50:09	M35 Peter Cleary 3:01:44
W65		34:39	M40 Cliff Richards 2:49:21
	Jan Long	51:37	Tony Phillippi 2:55:45
W70	Beverly Coffin	31:51	Kevin Prentiss 3:02:16
	Patricia Fox	44:49	M45 Pete Hansen 2:52:37
W80	Gladys Mathes	52:35	Frederick Motteler 2:53:06
			Madia Maura 0.54.57

Gardena 5000

	Gladys Mathes	52:35		Frederick Motteler	2:53:06
	Ciacys Matries	32.33		Martin Meyer	2:54:57
	Gardena 5000		M50	Ruben Contreras	3:14:01
			MOU		
	Gardena, CA; June		100	Doug Beyerlein	3:25:12
	all			Bruce Davies	3:26:53
Over	OR LOPEZ 37		M55	Daniel Reynoldson	3:26:53
	EBINER 26	15:44	. 100	Rhys Harrison	3:34:50
M35	HECTOR LOPEZ	17:48 15:44		Michael Wakabayash	
M40	KEVIN BROADY	15:51	M60	Jim Boyd	3:53:01
W40	JOSE ORTIZ	16:21	2000	Ronald Olsen	4:11:18
	GUS MOJAARO	17:39	7.00	Willie Blue	4:31:44
	SAMUEL RIVERA	19:27	M65	Ted Collins	4:32:20
	SERGIO SANDOVAL	20:55	1000000	Jon Nevitt	4:41:47
M45	DIEGO TORRES	19:52	M70+	Jack Swanson	4:38:29
M43	MAXIE JONES	23:01	7.555	Mel Preedy	4:40:10
	CRAIG JOHNSON	24:39		Bob Dolphin	5:34:00
	NICOLAS AGUIRRE	28:00	W35	Michelle Snyder	3:23:54
	JEFF CAMPBELL	28:55	W40	Karen Steen	2:58:48
M50	ARTURO MARTINEZ	17:40	0.005	Kristy Aalberg	3:18:27
W.30	ESTEBAN GALVEZ	18:28	-	Alicia Britt	3:18:19
	TONY GUAJARDO	23:13	W45	Shona Morin	3:43:56
	RAYMOND EASON	25:01	2000	Wendy Jones	3:46:36
	BILL ENTZ	26:54		Karen Nolting	3:53:09
M55	ADOLFO PADILLA	23:41	W50	Barb Bumann	3:51:46
	DELMAS DAVIS	26:23		Sandra Thomson	4:08:5
	MARIO DIAZ	27:02	40,000	Inga Bourke	4:12:25
	LUIS NAVAS	27:50	W55	Camille Rimmer	4:20:12
	SHERWIN BOUCHER	29:16	***55	Susan Marshall	4:48:54
M60	RICHARD SCHOTT	25:17		Sue Fauerbach	4:59:42
	SAL TORRES	28:15	MICO	Gunhild Swanson	3:35:24
	BENJAMIN MILLS	37:59	4400		
	JULIO OJINAGA	41:37	26000	Judy Fisher	3:51:49
	BRIAN SCOGGINS	50:17	1,010	Corine Knudsen	4:32:09
M65	LOUIE MARTINEZ	27:38			
M70	BEN BUTLER	29:48		Marathon	
W35	CARMEN MARTINEZ	17:56	Over		
W40	MARILYN BROADY	19:41		Riak 21	1:12:10
	CINDY CUMBESS	26:03		Lundy 42	1:26:5
	TERESA PALACIOS	29:43	M35	Will Halstead	1:21:4
	LETICIA LLAMAS	33:19	M40	Tony Williams	1:16:49
	ROSA PARRA	33:27		John O'Hearn	1:17:15
W45	ESTHER CASTRO	29:35	1000	Bob Brennand	1:21:55
	ODETTE HAIRAPETIAN	31:28	M45	Mark Higginson	1:18:4
	LUCY PAPU	32:15	\$3000	Douglas George	1:19:42
	JEANNETTE DOW	32:53		Andy Piercy	1:30:25
	LINDA REGALADO	34:00	M50	Fred Wedam	1:27:3
W50	WENDY BRACAMONTE	23:21	2000	Cris Matthews	1:30:12
	SHARON BAHAROUZ	37:12		Ken Luce	1:36:53
	VERONICA MAYES-J	43:36	M55	Francis Kessler	1:24:47
	BARBARA WEILER	51:46		Timothy Oguri	1:35:53
W55	BARBARA WHITSITT	30:55	100	Terry Wong	1:36:2
	JUANITA MERAZ	52:09	M60	Mike Donoghue	1:34:17
W60	JANE DAWSON	30:05	1000	Brian Fitzpatrick	1:35:2
	MARY ELLER	37:12	4 14	Bill Henry	1:47:2
_		01.12	M65	GNEd Brown	1:49:0
	Rock N' Roll Maratt	100	MOS	Lee Parker	1:49:3
	San Diego, CA; Jun			Tom McCart	2:01:4
	Jan Diego, CA, Jun	9.5	W35	Wendy Hagle	1:26:5
Over	all .	1000			1:26:5
		2:09:17	W40	Kathy Lundy	1:28:1
Gete	Wami 30		1	Mary Hanna	
		2:30:55	14/4-	Teresa Hougland	1:31:3
	Salvador Rodriquez	2:42:01	W45	Laurie Carroll	1:43:0
	Jose Lopez	2:42:15		Susan Looi	1:43:4
	Carlos Alarcon Jan Hansen	2:48:52	100	Susan-Lynn Walters	1:43:3
	Jan Hansen	2:47:36	W50	Valerie Allison	1:37:50
M45	Scott Mc Lellan	2:53:05		Deborah Cool	1:52:0

	Main	Juai IV
STATE OF	Lynn Vesey	1:55:11
W55	Sue Desilva	1:50:06
	Lucretia Folks	1:54:31
	Cindy Rach	1:56:49
W60		2:01:16
	Deanna Barrett	2:10:55
	Carolyn Pope	2:30:33
W65	Elinor Jensen	2:41:58
W70	Wilma Parker	2:21:32
5.2M		
Over		
Shaw	n Dodge 26	29:52
	Dear 14	34:21
M35	Tim Smith	33:03
M40	Robert Barrett	32:13
M43	Dan Hull	33:16
	Jay Lindbergh	35:45
	Al Truscott	35:13
M60		37:05
M65	Jt Whitworth	44:10
M70	Richard Olafson	42:38
W35	Karla Kyes	37:55
W40	Suzanne Wagner	40:28
W45	Vanessa Pearson	38:58
W50	Karen Schoessel	39:36
W55	Sally Lindbergh	45:00
W60	Louise Mihay	47:10
W75	Matsue Watanabe	1:06:48
	Rhody Run 10K & Florence, OR; Ma	

2:36:32 2:58:48 3:01:44 2:49:21 2:55:45 3:02:16 2:52:37 2:53:06 -2:54:57

Over		
KCT	Taylor 48	37:20
Kirste	en Daniel 26	41:06
M35	Brian Stockdale	37:37
M40	Bob Harms	39:59
M45	K C Taylor	37:20
M50	Michael McLain	41:48
M55	Joseph Canale	41:36
M60	Ray McCann	51:32
M704	Art Dietz 71	57:26
W35	Elizabeth Fine	53:11
W40	Dustina Coleman	45:51
W45	Nancy Halter	48:20
W50	Marilyn Nippold	47:10
W55	none	
W60	Barbara Reese	56:42
W65	Marjan Wazeka	59:27
5K		
Over	all	
Aaron	Long 26	17:13
Leah	Twombly	20:28
	Robert Paulson	22:32

WOS Waljali Wazeka	39.21
5K	
Overall	
Aaron Long 26	17:13
Leah Twombly	20:28
M35 Robert Paulson	22:32
M40 Kalsang Phuntshog	22:06
M45 Keith Brown	20:38
M50 Wayne Belmont	23:36
M55 Mike Johnson	24:51
M60 Larry Bacon	32:53
M65 Barry Solof	23:52
M70+Craig McMicken 79	29:35
W35 Willow Casella	25:13
W40 Jessica Quinlan	22:45
W45 Terry-Lynn Lovison	25:26
W50 Pim Solof	23:57
W55 Marci Travess	34:56
W60 Pat Riley	41:38
W65 Jan Pizarro	43:29
W70+Sharon Parsons 74	43:07

Eugene Street Mile

	Eugene, OR; June	9 3
Over		
	n Mackay 32	4:12.4
	ny Beechy 28	4:58.2
M35	Chris Yorges	4:37.6
M40	Rick Fuller	4:17.4
	Dale Londos	4:36.8
	Joseph Dudman	4:39.0
M45	Scott Buttinghausen	4:54.5
	Daniel Wojcik	4:55.7
	Jamin Aasum	5:02.4
M50	Ray Hughes	5:49.6
	Pr Doran	5:56.7
	Q Cassidy	5:59.1
M55	Tom Heinonen	5:52.3
	Les Castle	6:23.9
	William Bails	7:12.8
	John Stringer	9:20.1
M60	Mike Manley	5:40.7
	Jom Jaqua	6:46.7
M65	Neil Cawood	7:39.7
M75	Bill McChesney	7:44.8
	Don Anhorn	11:23.1
W35	Robin Wick	6:31.9
W40	Wendy Simmons	6:13.9
	Lisa Rodrigues	7:40.7
	Marlene Hoard	7:42.4
W45	Carla Hervert	5:30.4
	Nancy Halter	7:11.5
	Valerie McCutchen	7:12.0
W50	Jane McCleeny	6:57.0
	Pim Solof	7:21.0
	Linda Danielson	7:47.3
W55	Jeanette Groesz	5:55.1
	Sarah Kerr-Daly	7:39.3
	Laurie Cracraft	8:58.1
W60		9:43.9
	Kay Porter	11:29.2
W65	Jane Dods	8:19.0
	CANADA	

National Capital Race Weekend Nordion 10K, Ottawa, ONT; May 28

The state of the s	
Overall	
George Kirwa Misol 20	28:55
Grace Momanyi 24	31:24
M35 KHATTABI EL ARBI	29:48
M40 TEWFIK RECIOUI	32:55

	And the second second	
	S.T. MCNABB	32:59
	J.A. PAQUET	33:42
	DENNY CLOUTIER	33:49
M45	MICHEL ARCHAMBAULT	36:10
11175	PIERRE PILLOUD	37:03
	STEPHAN SANDER	38:45
	GEORGE HUBBARD	38:49
M50	GÉRALD GENDRON	36:50
MOU		
	AGUSTIN DIAZ ROMERO	
	FRANK LESK	37:18
	CLAUDE A GRENIER	37:59
M55	PAUL FLEURY	39:50
	MURRAY HALE	41:41
	DAVID MCGILLIVRAY	42:34
	DAVE MCGILL	43:07
M60	BILL THOMPSON	39:08
	CARLOS GARCIA	44:32
	DAVID MATHESON	47:30
	ANDREW STORRS	48:32
M65	HUGH WILSON	46:14
	RON SHIGEISHI	47:59
	VOLKERT BOBELDIJK	50:56
	JOSEPH ARBOUR	56:47
M70+	RICHARD GRAVES	53:13
	ROBERT GIGUERE	55:53
	ROBERT BEENEY	59:12
	JIM PURVIS 1	:00:52
W35	LISA HARVEY	33:53
W40	LEAH PELLS	34:39
	MIMI FALLON	35:54
	BARBARA SAVILLE	40:49
	RÉGINE AMBROISE	41:35
	FIONA GREEN	42:19
	ELIZABETH NURSE	44:05
W45	LOUISE HAMELIN	41:29
1145	CLAUDINE SCHUCK	42:41
	MARY ANN MCKENNA	44:16
	KAREN JARDINE	48:13
W50		38:51
WOU	DIANE LEGARE	
	PAULA HICKMAN	41:10
	GAIL ONESCHUK	49:42
	LISE THERIAULT	50:38
W55	LOUISE FOURNIER	50:04
	JUDITH ADAMS	53:37
	JANET WHITE	55:03
	SHIRLEY BRACKENBURY	
W60	MARILYN B. HARBOTTLE	
		:00:17
		:02:53
	HANNELORE MARCELIN1	
W65	DOROTHY SHIGEISHI1	:00:03
		:06:43
	ANN COULSON 1	:08:40
		:19:47
W70+		:22:12
Transfer!		:39:41
		:47:29
100	DACEWAL VIN	

RACEWALKING

Mt. SAC Relays Racewalks Walnut, CA; April 3

5K	teler .	
M40	Joe Nieroski 43	26:01.00
M50	Rick Campbell 59	29:20.10
M60	Ray Stuart 62	35:36.17
M70	Leon Glazman 71	34:56.36
W40	Deborah Raymer	48 31:50:06
W50	D Cunningham 58	
W60	Janet Robinson 6	
W80	Jane Dana 83	41:06.18
10K		
M40	Murray Day 40	54:15.24
M50	Jack Cassidy 55	1:06:30.28
M60	Paul Johnson 67	59:56.37
W50	Susan Cottey 52	1:10:59.01
W60	J Steigerwalt 61	1:06:04.16
W70	G Moremen 73	1:23:35.65

Bill Matthews Memorial 10K RW Championships/USATF Florida Association 10K RW Championships Orlando; April 10

Over		
	Renard 44 FAC	58:11
S de	Noon 49 CFW/FAC	1:01:22
M30	Juan Moscoso CFW	1:04.47
M35	Ray Jenkins CFW	1:06:54
M40	Steve Renard	58:11
	Helge Heinrich	1:02:54
M50	Phil Brown	1:14:16
M55	John Fredericks SAC	59:18
	Tom Forman CFW	1:01:51
M65	Peter Bayer FAC	1:09:06
M70	Bob Fine FAC	1:13.45
W45	S de Noon CFW/FAC	1:01:22
	Cathy Cox CFW	1:17:02
W50	Edna Ramsey CFW	1:04:20
	Susanne Bukey CFW	1:21:09
W55	Linda Stein MW	1:08:13
W65	Carol Shneider	1:16:31

Al Saner Racewalks Point Pleasant, NJ May 22

5K		
M40	Randy Miller	35:32
M50	Panse Geer	30:34
W50	D McLean-Roberts	35:32
W55	Lorraine Krawczyk	36:30
10K		
M55	Tom Hartman	1:16:10
M70	William May	1:03:03
M55	Marcus Kantz	31:22
20K		
M35	John Soucheck	1:45:59
Server of	Eric Litt	2:03:03
M45	Dave Talcott	1:50:36
M50	Tom Quattrocchi	2:17:36
M55	Ron Salvio	2:20:44
	Art Glass	2:22:07
M70	Ben Ottmer	2:27:21



Throwers Sue Hallen (I), 47, Patricia Beam (c), 67, and Ruth Welding, 48, at the 2004 USA National Masters Championships. Honolulu will host the 2005 Championships, Aug. 4-7.

ATHLETES WHO ENTER A NEW DIVISION

THIS MONTH - JULY		ISION	
ATHLETE NAME (RESIDENCE)	BIRTH	AGE	
LYNN JENNINGS(NEW MARKET,NH)	7- 1-60	45-49	
LIZ CRAIG(GBR) IGOR GAVENCIAK(SVK)	7- 7-60 7-15-60	45-49 45-49	
SUZANNE O'MALLÈY(MONTOUR FALLS,Y) ELENA FIDATOV(ROM)	7-15-60 7-24-60	45-49 45-49	
DOUG SCHNEEBECK(ALBUQUERQUE,NM)	7-26-60	45-49 45-49	
STEVEN JAMES(SEATTLE,WA) KEVIN PAULK(OR)	7-28-60 7-28-60	45-49	
ZOYA VADIMOVNA(ROM) HERBERT KREINER(AUT)	7- 2-55 7-22-55	50-54 50-54	
SHIELA PURVES(HKG-BÓSTON,MA) JOHN VAN DER WANSEM(NED)	7-24-55 7- 5-50	50-54 55-59	
STEVE HARDISON(CA)	7-15-50	55-59	
LINDA HARTMAN(MALIN,OR) DAGMAR BLUME(GER)	7-27-50 7-27-50	55-59 55-59	
KAREN HUBBARD(ANN ARBOR,MI) MARICICA PUICA(ROM)	7-28-50 7-29-50	55-59 55-59	
TIARA LUND(NZL) MATT PRUITT(PINOLE,CA)	7- 3-45 7- 4-45	60-64 60-64	
IAN PERCY(GBR) MONIKA LARSSON(SWE)	7- 7-45	60-64	
FAINA MYELNIK(URS)	7- 7-45 7- 9-45	60-64 60-64	
COR TERLOWN(NED) MAXINE WATERS(ALTADENA,CA)	7-11-45	60-64 60-64	
ROD GUY(AUS) WARREN GRAFF(BOSTON,MA)	7-23-45 7-24-45	60-64 60-64	
MARIA D SANTOS(BRA)	7-27-45	60-64	
JOAN ULLYOT(SAN FRANCISCO,CA)	7-28-45	60-64 65-69	
HERB PHILLIPS(CAN) BJORG SOLHEIM(NOR)	7- 9-40 7- 9-40	65-69 65-69	
SISSEL FALCK(NOR)	7-10-40	65-69	
ANNELIESE JENSEN(DEN) JANE HOROWITZ(SAN DIEGO,CA)	7-11-40	65-69 65-69	
ANN DIAZ(GLENCOE,IL) ANTONIO VILLANUEVA(MEX)	7-14-40 7-20-40	65-69 65-69	
JERRY HACKETT (CANYON COUNTRY CA) JAMES T SIMPSON (LYNDONVILLE, VT)	7-21-40 7-22-40	65-69 65-69	
BRYAN MURPHY(PLYMOUTH MI)	7-25-40	65-69	
HIROKO KAWASAKI(JPN) BEVERLY SHINGLES(NZL)	7-25-40 7-25-40	65-69 65-69	
JIM ANESHANSLEY(NY) PHIL FEHLEN(CARLSBAD,CA)	7- 2-35 7- 3-35	70-74 70-74	
ANNELIESE GERHARDS(GER) LIESELOTTE KALWEIT-MARLOTH(GER)	7- 4-35 7- 7-35	70-74 70-74	
NORMAN SAUCEDO(LOS GATOS,CA)	7- 9-35	70-74	
RITA CZAMANSKE(PALO ALTO,CA) RITA KERR(PALO ALTO,CA)	7-11-35 7-11-35	70-74 70-74	
AVIS COOK(US) GINNY BAKER(BATTLE GROUND, WA)	7-12-35 7-14-35	70-74 70-74	
CORRIE ROOVERS(NED)	7-14-35	70-74	
HAL THOMAS(AUS) TOM LANGENFELD(EDINA,MN)	7-19-35 7-21-35	70-74 70-74	
WHITNEY HICKS(COLUMBIA,MO) VICKY BIGELOW(SAN LORENZO,CA)	7-22-35 7-22-35	70-74 70-74	
HELLA WERNER(GER) NAOMIE VAN LILL(NIG)	7-27-35 7-31-35	70-74 70-74	
BETTY NORRISH(GBR)	7- 4-30	75-79	
DAVE BIEDERMAN(GRANADA HILLS,CA) AL LAWRENCE(AUS-HOUSTON,TX)	7- 9-30 7- 9-30	75-79 75-79	
FRANK MCBRIDE(DETROIT,MI) JOHN BLAKESLEY(FULLERTON,CA)	7-15-30 7-17-30	75-79 75-79	
LUCY LOPEZ(CHL)	7-18-30 7-19-30	75-79 75-79	
JOHN DOWNEY(NZL) MAX WOERLE(CAN)	7-20-30	75-79	
MADONNA BUDER(SPOKANE,WA) KENNETH HIOB(APTOS,CA)	7-24-30 7-29-30	75-79 75-79	
TINA SMIT(AUS) ROBERT FESS(RIVERSIDE,CA)	7- 5-25 7- 7-25	80-84 80-84	
ESTELLE JENKINS(CAN)	7- 9-25 7-17-25	80-84 80-84	
HERMANN HOMBRECHER(GER) SHIRLEY DELAHUNTY(AUS)	7-18-25	80-84	
JOYCE BANNISTER(AUS) ROBERT BOUTARD(FRA)	7-19-25 7-23-25	80-84 80-84	
JOHNNYE VALIEN(LOS ANGELES,CA) MARIANNE BARTH(GER)	7-24-25 7-26-25	80-84 80-84	
KATHE WEBER(GER)	7-26-25	80-84	
GUDMUNDUR HERMANNSSON(ICEL) VERSAL SPALDING(BIRMINGHAM,ALA)	7-28-25 7-28-25	80-84 80-84	
ANNE MCKENZIE(RSA) DICK BENSON(FITZGERALD,GA)	7-28-25 7-30-25	80-84 80-84	
HILDEGARD KECKEIS(AUT) HERB CANTOR(OCEANSIDE,NY)	7-30-25 7-31-25	80-84 80-84	
CAMILLE BAGBY(US)	7- 4-20	85-89	
PHILIP FRECH(GÈR) PREMYSYL DOLENSKY(CZE)	7-6-20 7-14-20	85-89 85-89	
FRANK REMS(GLENDALE,CÁ) POLLY HERZER(SUN CITY,AZ)	7-15-20	85-89 85-89	
RUDOLF AHRENKIEL(DEN) AIRA SEPPA(FIN)	7-16-20 7-16-20	85-89 85-89	
ELLEN MCCOY(ST. PAUL,MN)	7-27-20	85-89	
RUDY NIMMONS(SENECA.SC) MARCUS NEUHOF(LARCHMONT,NY)	7-31-20	85-89 90-94	
ANNCHEN REILE(GER) BETTY JARVIS(SOUTHERN PINES,NC)	7-21-15 7-25-15	90-94	
C. E. KLINE(COBBS CREEK, VA)	7- 1-10 7-17-10	95+	
POLLY CLARKE(ESTES PARK,CO) OTAVAR PETILETY(CZE)	7-7-5	95+	
TOSHIO KOJIMA(JPN) WILSON DAVIDAR(INDIA)	7-10-5 7-19-5	95+ 95+	
Control of the Contro	9-41-		į

Compiled by Pete Mundle



USA Masters Outdoor Championships in Hawaii

USA V

Questions: call 808-732-8805

August 4 - 7, 2005

Cooke Field, University of Hawaii, Honolulu

Entry Deadline: July 5, 2005. Late entries accepted with penalty until July 16.

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Event B 1				ion due by June 1	15, 2005.
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	est Performa	ance (2004-2005)		Fee	Costs
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3. 4. 5.				\$15	Name of Street
4. 5.				\$10	Distant.
5. The second of	Large State	學學學學		\$10	
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6	THE PARTY OF			\$10	The state of
Pentathlon				\$35	
Surcharge for entries received after July 5				\$50	The state of
USATF Masters Committee Fee (mand					uired \$
Γ-Shirt Order: shirts @ \$10 ea. (include	NAME AND POSTORS OF PERSONS			AND RESIDENCE TO SELECTION OF THE PARTY OF T	
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Hawaiian Luau (August 6): Number of Adult 7	THE RESERVE AND ADDRESS OF THE PARTY OF THE	Million Co. and St. Commission Co.			N. Commission
Your Total: (You may pay by check or credit	With the Party of	ALL CANADA STREET, SANSAN SANS	THE RESERVE OF THE PARTY OF THE		
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 Payment for entry fees, T-shirts and lual Registration confirmation only sent if e- All participants must be 2005 members All participants must show proof of age 	mail addres	s is provided a	and form is re by \$10 USATE	eceived by Jur Masters Com	mittee fe
To pay by check or money order (payable to Ha				State Laboration	

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