

# NATIONAL MASTERS NEWS

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

323rd Issue

July 2005

\$3.00



## Third Wind

By MIKE TYMN

### Approaching the Final Furlong

August 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 launched, 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 white-out, 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 keep 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 or two.

#### 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 22-31.

"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.

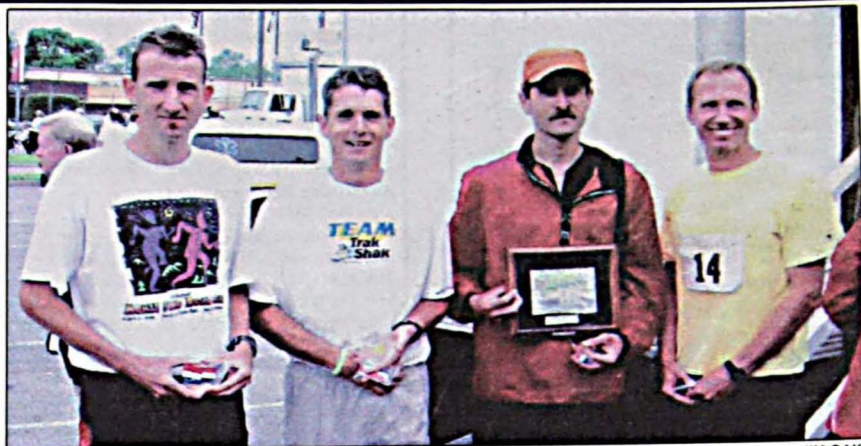
Continued on page 7

### 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. □ -Ed.



JIM OAKS

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

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

By JIM OAKS

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 event.

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, '98, '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



TESH TESHIMA

Connie Comiso, first W40 (21:35), Mango Days 5K, Honolulu, Hawaii, June 5. The USA 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. 4-7.

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 meetings.

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 a premier vacation destination, meet organizers have packaged the event as an

Continued on page 5

### INSIDE:

- Speaker's Corner – p. 7
- International Scene – p. 9
- Freihofer's 5K – p. 11

PERIODICALS  
POSTAGE  
PAID AT  
EUGENE, OR

\*\*\*\*\*ALL FOR ADC 914 B002  
NSA 91404COLMS2204 0507 JUL/05

SCOTT COLEMAN

PO BOX 2204

VAN NUYS CA 91404-2204



was followed by Birmingham, AL, the only close where Lance W. Tenn., edged Cartersville, Ga. (\$100).

Tuttle seems from surgery last ular heart beat. Olympic maratho younger masters

As expected, was well ahead of ters runners. C. Hapeville, Ga., with her 39:20. Lori Goldweber, Gail Whelan, 42, Hales, 40, Birming

Sultanova-Zhd hard for the ov another former Dennehy-Willis is pushing to a Dennehy-Willis, 3 the 5000 and 10 Ireland, took the 1 mile and tried to steep hill at three m

"I remembered year," Sultanova thought if I saved I could catch her."

Pope's third wi Cotton Row confi

The

Masters At

Dr. Anatoly

2:

Coach D

Camp F

Da

at 78

Camp Reg

at 78

at 78

at 78

at 78

at 78

at 78

at 78

at 78

at 78

at 78

at 78

at 78

at 78

at 78

at 78

## CONTENTS

## DEPARTMENTS

|                              |    |
|------------------------------|----|
| Third Wind .....             | 1  |
| USATF Officers .....         | 2  |
| Letters to the Editor .....  | 4  |
| NMN Sustainers .....         | 4  |
| Track & Field Report .....   | 5  |
| Speaker's Corner .....       | 7  |
| Five Years Ago .....         | 7  |
| WMA/USATF Specs .....        | 7  |
| The Foot Beat .....          | 8  |
| Masters Scope .....          | 8  |
| Ten Years Ago .....          | 8  |
| International Scene .....    | 9  |
| Report from Britain .....    | 9  |
| Racewalking .....            | 10 |
| On the Run .....             | 12 |
| Fifteen Years Ago .....      | 12 |
| Twenty Years Ago .....       | 13 |
| Masters Scene .....          | 13 |
| Schedule .....               | 14 |
| Twenty-Five Years Ago .....  | 15 |
| All-American Athletes .....  | 16 |
| Results .....                | 17 |
| New Age-Group Athletes ..... | 23 |

## FEATURES

|                              |    |
|------------------------------|----|
| Cotton Row 10K .....         | 1  |
| World Games Preview .....    | 1  |
| Preview of Nationals .....   | 1  |
| Taylor to be Announcer ..... | 5  |
| San Sebastian Preview .....  | 8  |
| WMA Women's Rules .....      | 10 |
| Freihofer's 5K .....         | 11 |
| Wt. Pentathlon Preview ..... | 13 |

## ENTRY FORMS/RACE &amp; PRODUCT INFO

|                                  |    |
|----------------------------------|----|
| Canadian Throwers Camp .....     | 3  |
| NMN Subscription Form .....      | 4  |
| Texas Meet .....                 | 5  |
| National 8K .....                | 6  |
| Champions for Life .....         | 8  |
| Publications Order Form .....    | 11 |
| Long & Strong Journal .....      | 12 |
| Larry Stuart Javelin Video ..... | 13 |
| Track & Field News .....         | 15 |
| National Championships .....     | 24 |

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50, or \$100 a year.

If you are able, we urge you to join them.

All contributors will be listed in the paper as a *National Masters News* sustainer.

## Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call 818-286-3129; fax: 818-760-4490, or write to NMN, P.O. Box 16597, North Hollywood, CA 91615.

# NATIONAL MASTERS NEWS

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

**Publisher:** Suzy Hess  
**Editor:** Jerry Wojcik  
**Senior Editor:** Angela Egremont  
**Assistant Editors:** Susannah Beck, Jane Dods  
**Consultant:** Al Sheahan  
**SUBSCRIPTION PROBLEMS:** 818-286-3129  
**National Masters News Office (Editorial):**  
 P.O. Box 50098 Eugene, OR 97405  
 541-343-7716; Fax: 541-345-2436  
 e-mail: natmanews@aol.com  
**Masters Web Sites:**  
 www.nationalmastersnews.com  
 www.usatf.org  
 www.masterstrack.com  
 www.runningusa.org  
 www.world-masters-athletics.org  
**Schedule:** Jerry Wojcik, jerrywoj@aol.com  
**Advertising Representative:**  
 Suzy Hess, 541-343-7716  
**Production:** Angela Egremont  
**Printing:** Springfield News, Springfield, Oregon  
**Track & Field Records:** Sandy Pashkin, Pete Mundle, Brian Oxley  
**Long Distance Records:** Road Running Information Center (see below)  
**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Dave Clingan, Larry Patz  
**Contributors:** Phil Campbell, Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward  
**Correspondents:** Ruth Anderson (OR), George Banker (MD), Bob Fine (FL), Paul Heitzman (KS), Bob Koch (CA), Carol Langenbach (WA), Ron Marinucci (MI), Marilyn Mitchell (NY), Paul Murray (NY), Jim Oaks (AL), Mike

Polansky (NY), Phil Raschker (GA), Ken Stone (CA), Pete Taylor (VA), Mike Tymn (OR).  
**International Correspondents:** Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlus (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Douglas Smith (CAN), Jim Tobin (NZL).  
**Photographers:** George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Douglas Smith (CAN), Tesh Teshima (HI), Thom Weddle (MN), Jerry Wojcik (OR).  
**Creative Art:** Eugene Paasinen, Herb Parsons  
 The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 2791 Oak Alley, Suite 5, Eugene, OR 97405. Periodicals postage paid at Eugene, OR 97401.  
 The *National Masters News* is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA. Executive Officers of USATF: Bill Roe, President; Craig Masback, Executive Director.  
 To inquire about a USATF card, call USATF in your area, or 317-261-0500.  
 NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed and double-spaced. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired. E-mail to natmanews@aol.com is preferred.  
**Disclaimer:** All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by

individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

**Advertising information and rates:** Please call 541-343-7716 and request current rate card. Send all printed material and ad copy to: Suzy Hess, NMN, P.O. Box 50098, Eugene, OR 97405, or e-mail to natmanews@aol.com. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

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

**Postmaster:** Send address changes to: National Masters News, 2791 Oak Alley, #5, Eugene, OR 97405-9998.

**Subscriptions:** A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/286-3129.

**Address change:** At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue to the Subscription Dept.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.

National Masters News Copyright © 2005.

All rights reserved.

## NATIONAL MASTERS OFFICERS OF USA TRACK &amp; FIELD

|   |  |   |   |  |
|---|--|---|---|--|
| <b>Chair:</b><br>George Mathews<br>9787 N. Country Club Dr.<br>Hayden Lake, ID 83835<br>208-772-8686 (H)<br>208-772-8662 (F)<br>george.mathews@adelphia.net | <b>Mid-America:</b><br>Christel and Jerry Donley<br>2354 Wood Ave.<br>Colorado Springs, CO 80907<br>719-635-1264<br>christelshv@hotmail.com    | <b>mtfsec@aol.com</b><br><b>Awards:</b><br>Phil Byrne<br>239 Barton Avenue<br>Palm Beach, FL 33480<br>561-659-1189<br>617-513-2928 (cell)<br>pmb02129@aol.com | Washington, DC 20038-8271<br>202-329-1700<br>301-283-6056 (F)<br>weinerpublic@comcast.net   | <b>bevlaveck@methow.com</b><br><b>Rules Coordinator:</b><br>Graeme Shirley<br>11212 Via Carroza<br>San Diego, CA 92124<br>858-292-6132   |
| <b>Vice-Chair:</b><br>Suzy Hess<br>P.O. Box 5272<br>Eugene, OR 97405<br>541-343-7716 (W)<br>541-345-2436 (F)<br>mtfvicechair@aol.com                        | <b>Midwest:</b><br>Jim O'Neill<br>1149 Sheldon Road<br>Grand Haven, MI 49417<br>616-844-1768<br>616-743-5920 (F)<br>jimol1149@mac.com          | <b>Championships Games:</b><br>Sandy Pashkin<br>2525 Willakenzie, Apt. 4<br>Eugene, OR 97401<br>spashkin@aol.com  | <b>Racewalking:</b><br>Bob Fine (See Southeast)   | <b>Team Manager:</b><br>Phil Greenwald<br>101 W. 81st St., #718<br>New York, NY 10024-7237<br>212-595-2486 (H, F)<br>GreenwaldP@att.net  |
| <b>Secretary:</b><br>Lester Mount<br>6750 Hillcrest Plaza Dr., #221 West<br>Dallas, TX 75230<br>214-766-2854<br>lestermount@yahoo.com                       | <b>Southwest:</b><br>Lester Mount (See Secretary)  | <b>Championships Sites:</b><br>Ken Weinbel<br>4103 Hillcrest Ave., S.W.<br>Seattle, WA 98116<br>206-938-3895 (H)<br>ktweinbel@msn.com                         | <b>Rankings (Indoor):</b><br>Larry Patz<br>534 Gould Hill Rd.<br>Contoocook, NH 03229<br>indoorrankings@aol.com   | <b>Chair Appointee:</b><br>Rex Harvey<br>6744 Connecticut Colony Cir.<br>Mentor, OH 44060<br>440-255-0751<br>440-954-8122 (W)<br>440-954-8111 (F)<br>440-339-5688 (C)<br>rexjh@aol.com   |
| <b>Treasurer:</b><br>Joy MacDonald<br>1928 No. Sleepy Creek Rd.<br>Cross Junction, VA 22625<br>540-888-3110 (H)<br>540-888-9961 (F)<br>filredskin@aol.com   | <b>Northwest:</b><br>Todd Taylor<br>1320 Boardwalk Avenue<br>Molalla, OR 97038<br>503-829-5395<br>nbk7u78@hotmail.com                          | <b>Combined-Events:</b><br>Jeff Watry<br>3224 CR 2700E<br>Penfield, IL 61862<br>217-367-8438 (W)<br>jwatry@gillathletics.com                                  | <b>Rankings (Outdoor):</b><br>Dave Clingan<br>1849 SE 20th<br>Portland, OR 97214<br>503-231-6345<br>xroads@xro.com<br>www.mastersrankings.com                                   | <b>Weight Events:</b><br>Dick Hotchkiss<br>14005 Meadow Dr.<br>Grass Valley, CA 95945<br>530-273-3660<br>ashglaze42@hotmail.com  |
| <b>Regional Coordinators:</b><br><b>East:</b><br>Ray Feick<br>2987 Lutheran Rd.<br>Gilbertsville, PA 19525<br>610-754-6007<br>RFeick@earthlink.net          | <b>Active Athletes Representative:</b><br>Becky Sisley<br>310 E. 48th Ave.<br>Eugene, OR 97405<br>541-342-3113<br>bsisley@darkwing.uoregon.edu | <b>Law Chair:</b><br>Tom Light<br>P.O. Box 1550<br>Chugiak, AK 99567<br>907-694-4623 (H)<br>907-786-7431 (W)<br>907-786-7401 (Fax)<br>usatfak@aol.com         | <b>Records (5-Year):</b><br>Sandy Pashkin<br>(address above)<br><b>Records (Single-Age):</b><br>Pete Mundle<br>3955 Bentley Avenue<br>Culver City, CA 90232<br>pmundle@juno.com | <b>WMA Delegates:</b><br>George Mathews<br>Sandy Pashkin<br>Frank Lulich<br><b>Alternates:</b><br>Mark Cleary<br>Bob Cahners<br>Marilyn Mitchell<br>Joanne Petkus<br><b>WMA Women:</b><br>Christel Donley<br>Becky Sisley<br>* Non-USATF officer |
| <b>Southeast:</b><br>Bob Fine<br>3250 Lakeview Blvd.<br>Delray Beach, FL 33445<br>561-499-3370  | <b>All American Standards:</b><br>Bob Cahners<br>4535 Lighthouse Lane<br>Naples, FL 34112<br>239-793-4574 (H)<br>239-793-5744 (W)              | <b>Masters Invitational Program:</b><br>Mark Cleary (see West above)<br><b>Media Subcommittee:</b><br>Robert Weiner, Chair<br>P.O. Box 28271                  | <b>Records (World):</b><br>Brian Oxley<br>RR#1, 259 McDougall Rd.<br>Parry Sound, Ont. P2A 2W7<br>Canada<br>705-746-4942<br>705-746-9748 (F)<br>brianoxley@sympatico.ca         | <b>Jack Wing</b><br>4038 East 48th St.<br>Tulsa, OK 74135<br>918-742-5418 (H, W, F)<br>918-292-2860 (F)  |

## NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

|   |  |  |   |
|---|--|--|---|
| <b>Chair:</b><br>Norm Green<br>407 Freedom Blvd.<br>West Brandywine, PA 19320-1559<br>610-466-9197<br>610-466-9198 (F)<br>runnorm@comcast.net | <b>13 Crosswinds Estates</b><br>Pittsboro, NC 27312<br>919-542-4790; 542-5157 (F)<br>dmlein@earthlink.net  | <b>WMA Delegate:</b><br>Charles DesJardins<br>P.O. Box 2281<br>Carson City, NV 89702-2281<br>775-884-9448<br>CRDJ@interqwest.com | <b>Bill Quinlisk</b><br>412 Humboldt St.<br>Rochester, NY 14610-1113<br>billq@frontiernet.net<br>585-482-6371   |
| <b>Secretary:</b><br>Lloyd Stephenson<br>P.O. Box 170266<br>San Francisco, CA 94117<br>415-759-6194<br>fstmrstr@mac.com                       | <b>Road Records &amp; Rankings:</b><br>Linda Honikman<br>Ryan Lamppa, Road Running<br>Information Center<br>385 Oak View Ln.<br>Santa Barbara, CA 93111<br>805-696-6232<br>efax 419-818-3931<br>www.runningusa.org | <b>Rules Coordinator:</b><br>David Katz<br>P.O. Box 822<br>Port Washington, NY 11050<br>516-883-5599<br>katz@firtt.com           | <b>Mountain, Ultra, Trail Representatives:</b><br>Lorraine Gersitz (ultra rep)<br>714-526-5340<br>bruceandlo@earthlink.net<br>William Emerson (trail rep)<br>wemerson@hotmail.com<br>Dave Dunham (mountain rep)<br>david.a.dunham@irs.gov<br>Roy Pirrung (vice chair)<br>ultraone@charter.net |
| <b>Vice-Chair:</b><br>John Boyle<br>P.O. Box 1700<br>DeLand, FL 32721<br>386-736-0002<br>386-740-1047 (F)<br>jboyle@altavistasports.com       | <b>Law and Legislation:</b><br>Mary Rosado<br>102 West 80th St., Apt. 23<br>New York, N.Y., 10024-6303<br>212-874-0822 (H)<br>212-758-2104 (W)<br>212-308-8582 (F)<br>mrosadoesq@prodigy.net                       | <b>Championships:</b><br>John Boyle (See above)  | <b>Team Manager</b><br>Charles DesJardins (see above)   |
| <b>Awards:</b><br>Don Lein  |  | <b>Championship Stats:</b><br>Norm Green<br>(see above)  |   |
|   |  | <b>Marketing Representatives:</b><br>Don Lein (address above)  |   |



## 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." □

Visit the  
National Masters News  
Web Site at:  
[www.nationalmastersnews.com](http://www.nationalmastersnews.com)

## Masters Track & Field Athletes: Prepare for the World Masters Games with the Best!

The 2005 Masters Track & Field Preparation Camp: Hosted by the Canadian Athletics Coaching Centre  
July 18th to 22nd, Foote Field, Edmonton, Alberta

*Masters Athletes, this is truly a rare opportunity to train with two of the greatest coaches in the history of the sport.*

**Dr. Anatoly Bondarchuk:** Past Head Coach of the Soviet Union. Olympic Gold Medalist, men's hammer. Coach of 23 Olympic Medalists, including reigning world record holder in the men's hammer: Yuri Sedych. Dr. Bondarchuk is an expert at preparing athletes for major competitions.

**Coach Dan Pfaff:** University of Florida: Coach of 7 Olympic Medalists, including former Olympic Games 100m Gold Medalist and World Record Holder: Donovan Bailey. Come and learn from the man who has coached some of the all time greats in track and field.

Camp Fee Includes: Daily coaching sessions in a small group environment (maximum 6 athletes per group); Daily therapy including Active Release Treatment<sup>®</sup> and massage therapy; A functional biomechanics assessment; Camp dri fit T-shirt; Group dinner and social; Daily return shuttle service from the camp hotel to the training site; Airport pickup upon arrival to Edmonton.

**Camp Registration Fee is \$1,550 USD or \$1,895 CDN inclusive. Participation numbers are extremely limited so don't delay.**  
Payment by: VISA, MasterCard, Cheque and Money Order

To register or make inquiries call the Canadian Athletics Coaching Centre  
at 780 492 6868 and ask for Scott Luck, Centre Administrative Assistant. Email: [jluck@ualberta.ca](mailto:jluck@ualberta.ca)




**WRITE  
ON!**

 Address Letters to: National Masters News  
 P.O. Box 50098, Eugene, OR 97405 or  
 E-mail: natmanews@aol.com

### GENDER / DIVERSITY

Your helpful publication over the years has been a mainstay of masters competition and we hope it continues as such. However, succumbing to cultural fads and fancies corrosive of our heritage will not help. I'll address two such oddities.

1. In your June issue appears an LDR Report on "marathon demographics," which may or may not interest readers hurriedly scanning for meet dates, event results and records, etc.

While mention is made of "male" 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 of real demographics.

Here's what Prof. Harold O.J. Brown writes on the subject:

"This is not only absurd, it is actually 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 unclear, by gender. Gender is a grammatical term and can be assigned by convention, 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 just as it is in language."

While this may seem trivial, I believe it goes to the root of our understanding of men and women, and, as long as you are publicizing the subject, deserves far more thought.

2. In the same issue, George

Mathews asks, "Do we really want to move ahead without 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 universities 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.

Disunifying focus on "diversity" is now the gobbledy-gook of the education 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 dimensions," etc.

Mathews is to be commended for "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 assign him far better homework.

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 everything" he does?

W. Edward Chynoweth  
Sanger, California

(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 contents. -Ed.)

## Sustainers for July 2005

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

Special thanks this month go to:

Fan Benno  
Haig Bohigian  
Lowell Bonifield  
Roger Busch  
Ann Carter  
Frank Faykes  
Fred Fukunaga  
Tom Hartshorne  
Margaret Kaufman  
Robert Osterhoudt  
Betty Pierce  
Henry Sypniewski  
James Young

Addison, Texas  
Sleepy Hollow, New York  
Lubbock, Texas  
Greenwich, Connecticut  
Aiken, South Carolina  
Wright-Patter, Ohio  
Honolulu, Hawaii  
Ithaca, New York  
Madison, Wisconsin  
Sun City, Arizona  
Vero Beach, Florida  
Cheektowaga, New York  
Lees Summit, Missouri

### 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

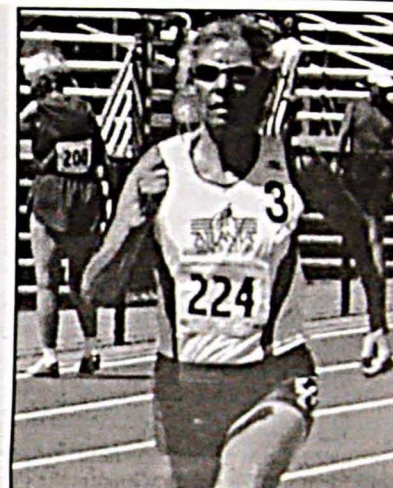
I have been following with a great deal of interest the many letters concerning the metric system in the NMN.

The metric system is alive and well in 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



JERRY WOJCIK  
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 U.S.

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

## 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 information you can't get anywhere else. Subscribe Now.

2nd Class rates:

(USA, Canada,  
Mexico)

☐ 6 months \$16  
☐ 1 Year \$28  
☐ 2 Years \$52  
☐ 3 Years \$75

1st Class rates:

(USA, Canada,  
Mexico)

☐ 1 Year \$45  
☐ 2 Years \$86  
☐ 3 Years \$124

Foreign rates:  
(Air mail)

☐ 1 Year \$48  
☐ 2 Years \$91  
☐ 3 Years \$134

☐ Payment

enclosed

☐ Bill me later

☐ \$\_\_\_\_\_ as a  
contribution  
to your work

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send to: National Masters News

Subscription Dept.

P.O. Box 16597

North Hollywood, CA 91615-6597

Or Call:

818-286-3129

CZM

### We Welcome Letters

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



I hope every National Masters athlete has a regular mail. Your writings is most appreciated. Masters Track

In most cases, I have never been in much of a hurry to come to the States. In many cases, I am sanctioned by the Associations.

Let's request the State Games and State Games sanctions for the they must Competition Rules.

Following the rule, the athlete brings officials and the doesn't work, p

ciation that gave appropriate info

The USATF book is available copy and ele

http://www.usatf

Help Meet C

We can help

problems by

organizers. We

this is all volun

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. Y

sanction for alr

meet sanction.

I say to M

PETER TA

By BOB V

USATF M

Peter Tayl

mier announc

AARON AU

Peter Taylor

races and e

been hobbles

ness.

Having ju

WWW





## Track & Field Report

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

### Write On! Responses

I 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 single-meet 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! □

### 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.



AARON AUYEUNG  
Peter Taylor

Taylor, a walking encyclopedia of knowledge about masters competitors, records, and histories, is renowned for adding excitement to masters races and events, but recently had been hobbled by a life-threatening illness.

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. □

### 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/](http://www.usatf.org/events/2005/USA_MastersOutdoorTFChampionships/) or the local organizing committee Web site: [www.hawaiiachamps.com](http://www.hawaiiachamps.com), or call Mark Zeug at 808-732-8805.

Zeug urges the many expected out-of-state 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.mprc.com](http://www.mprc.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 |
|-------------------------------|--|-----------------------|
| 6:00 PM 4 X 100 RELAY         | 9:00 AM WEIGHT PENTATHLON & ALL THROWS                     |                       |
| 6:15 80/100/110 METER HURDLES | PENTATHLON THROWS WILL COUNT AS REGULAR COMPETITION THROWS |                       |
| 6:45 800 METER RUN            | 1:00 PM POLE VAULT   |                       |
| 7:10 100 METER DASH           | 2:00 LONG JUMP   |                       |
| 7:30 400 METER DASH           | 3:00 HIGH JUMP   |                       |
| 7:55 1500 METER RUN           | 4:00 TRIPLE JUMP FOLLOWS LONG JUMP                         |                       |
| 8:20 200 METER DASH           |  |                       |
| 8:50 300/400 METER HURDLES    |  |                       |
| 9:10 5000 METER RUN           |  |                       |
| 9:10 3000 METER RACEWALK      |  |                       |
| 9:25 4 X 400 RELAY            |  |                       |

**ALL EVENTS RUN AS FINALS • TIMED SECTIONS, IF NECESSARY • AGE-GROUPS AND SEXES MAY BE COMBINED • AUTOMATIC TIMING SYSTEM AND WIND GAUGE • CERTIFIED OFFICIALS SANCTIONED BY USATF**  
**MEDALS TO TOP THREE IN EACH AGE DIVISION**  
COPPELL HIGH SCHOOL IS LOCATED NORTH OF DFW AIRPORT

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE ON 7/24/04 \_\_\_\_\_ SEX \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ DALLAS MASTERS MEMBER \_\_\_\_\_ YES \_\_\_\_\_ NO \_\_\_\_\_ E-MAIL \_\_\_\_\_

I, THE UNDERSIGNED, HEREBY AGREE TO RELEASE AND DISCHARGE THE DALLAS MASTERS TRACK AND FIELD CLUB, THE USATF 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 8. _____    | 1500M 15. _____     |
| SHOT PUT 2. _____       | HIGH JUMP 9. _____      | 800M 16. _____      |
| JAVELIN 3. _____        | 3000 RACEWALK 10. _____ | 400M 17. _____      |
| WEIGHT THROW 4. _____   | 80/100/110 HH 11. _____ | 200M 18. _____      |
| HAMMER THROW 5. _____   | 400M IH 12. _____       | 100 M 19. _____     |
| LONG JUMP 6. _____      | 5000M 13. _____         | SUPER WT. 20. _____ |
| WT. PENTATHLON 7. _____ | POLE VAULT 14. _____    |                     |

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

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

[www.nationalmastersnews.com](http://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.

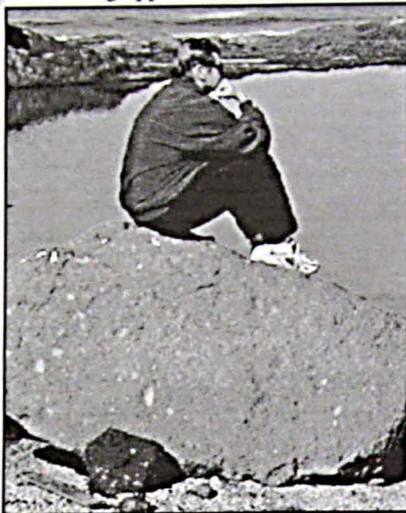
Although I wrote some general track and field stuff for my high school "Sports Whirl" column as well as my "Second Wind" column for the Third Marine Division newspaper in Okinawa, my first strictly "running" article was a freelance piece that appeared in the November 2, 1962, issue of the Alameda Times-Star. 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 even reckless.

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)



## Harold Chapson Memorial USA National Masters 8Km Championships



Hosted by: Mid-Pacific Road Runners Club

Date: August 7, 2005

\*Start time: 6 AM

Site: Kapiolani Park, Honolulu, HI.

### 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](http://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.

2005 USATF membership number: \_\_\_\_\_

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  
Honolulu, HI 96825

Information: (808) 589-2646 or go to the race calendar at [www.mprcc.com](http://www.mprcc.com) for online entry.

### Harold Chapson Memorial USA National Masters 2005

Open Please use ink and print legibly. Fill out form completely

Sex: ☐ M ☐ F

Date of Birth: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Fee Enclosed

☐ \$17 - Before June 7

☐ \$25 - Before July 7

☐ \$30 - Before August 1

☐ \$35 - Before August 6

No Race Day Entries

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (day): \_\_\_\_\_ Phone (eve.): \_\_\_\_\_

T-SHIRT (Adult Sizes) S M L XL

WAIVER: I know that walking/running in a road race is a potentially hazardous activity. I will enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to complete the race safely. I assume all risks associated with running this event including but not limited to, falls, contact with other participants, the effects of weather, including high

heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release any and all rights and claims for injuries and damages I may have against and agree to hold harmless the Mid-Pacific Road Runners Club, Road

Runners Club of America, the City and County of Honolulu, USATF, RRCA, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising from my participation in this event, including pre- and post-race activities. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature / Signature of parent or guardian if entrant is under 18

Date

A t long last should meter race competition. Women and kids

The current ferent spacings men (see chart) different hurdle director's night

At a recent hurdle event was a half-hour while officials struggle spacings.

They didn't dlers, stiffening walked away one hurdler crash hurdle.

Indeed, some - and all Senior to even hold the is confusing to meet directors.

It takes enderly. One restors in the event

For 30 years tune the event three steps be why? Only three age three steps are now.

Most hurdle between the have to re-learn years when the

"For every advantage from between hurdle dler - perhaps who has to ac

## World M

Continued from page

"We need put us over on tears," Anders

The top five ual sports are cycling, orient five most popular, ice hockey, leyball, and fa

The oldest old swimmer Toronto ho 1985, followed 1989; Brisbane Portland/Eug Melbourne, Australia, wi

The Melbourne Assessment, Masters Gar tional competition "sport vacation from 12 to length of s under nine d

The project the 2005 Gi



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.





PAGLIANO'S PODIATRIC POINTERS  
**The Foot Beat**  
 By JOHN W. PAGLIANO, D.P.M.

### Studies Indicate Poor Exercise Levels

**H**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 statistic.

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

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.

One idea was the use of a pedometer 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 minutes a day (approx. 9,500 steps).

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](mailto:thefootbeat@aol.com))

### 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 on earth.

Athletes 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](http://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:

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Postal Code \_\_\_\_\_

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

## 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 follow.

#### 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, Stephenson DG, *Intracellular Acidosis Enhances the Excitability of Working Muscle*. Vol. 305, Issue 5687, pp. 1144-47, 20 August 2004).

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

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 activate them.

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.

### 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



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 D  
 website not less  
 before the open  
 Assembly.

Replacement  
 WMA General

written accredita  
 or Secretary of t  
 presented at the  
 tration if called f

2. Constitut  
 Addition of

Not more than  
 Council or any  
 come from the s

3. Constitut  
 of Officers

Amendment  
 Present text:

officer may hold  
 than two consec  
 each.

Replacement  
 hold the same o

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

4. Constitut  
 of Officers

Addition to

Nomination

office may be

Affiliate but mu  
 tion by the nomi

5. Constitut  
 Committees/By

mittees

Amendment

3(4), respectivel

Present nam

Committee

Replacement

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 Assembly

##### 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, Committees

##### 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, Eligibility

**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 are 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 walk.

#### 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 fresh bids.

**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 World 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 elected 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 Emilio Camara, 35:27; Arsenio Gomez, M65, 37:58; and C. Castillo, M70, 40:21. Heinrich Heller, 84, SUI, came in full of running in 56:56.

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 half-marathon, 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



LEO BENNING

Gwen Smeeton (l), 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](http://www.nationalmastersnews.com)





## Masters Racewalking

By ELAINE WARD

### When Friends Compete – Part III

**T**his 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 e-mail at: [narwf@sbcglobal.net](mailto:narwf@sbcglobal.net))

## 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. □



JERRY WOJCIK

Racewalkers in the 5000 (l 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.

## Reco Freiho

By SUSAN

In spite of weather anyone race, records year's Frehofer Albany, N.Y. record-holder Ridgewood, N.Y. record of 27 Margaretta Lutz Kathryn M 18:18, and C Austin, Texas records at the Championships mer-muggy A Troncoso

secutive Fre was a profess many years) masters victo defending m De Reuck, w record (15:4

"I'd like being here th Albany Time "because wi much to me.

Troncoso however. D Strongsville three second second defini Morris was The pack age-40+ w Times, how what most v far this seaso though as "Frehofer's course."

Monica J 2005 Carlsba case, running than she did

Catherine edged Gloria for the W55

Rounding some track cr Hillen Von 22:10. It wa W55 world-r pole vault.

Marie-Lou Brook, N.Y., for top age-g women's pe 15:25 5K, the nod, and \$500

Margaret scored the th 23:04 (AG 1 record-setters and d'Elia (A

Anny Sto N.Y., 27:57, v of more than

In the W7 lowed by fo Lutz, 76, 28: Frehofer's fi San Jose, Cali

—From re Union writers and Jeff Fo hofersrun.com



## 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 ten-second 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.freihoferstrun.com>.

## PUBLICATIONS ORDER FORM

### Masters Age Records (2003 Edition)

Men's and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.

| Quantity | Total (US\$) |
|----------|--------------|
| _____    | \$ _____     |

### Masters Track & Field Rankings (2004)

Men's and women's 2004 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

### Masters Track & Field Indoor Rankings (2005)

Indoor rankings for 2005. 4 pages. \$2.00.

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

### Masters Age-Graded Tables

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

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

### Masters 5-Year Outdoor Age-Group Records

Men's and women's official 2004 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin. \$4.00.

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Jan. 8, 2005 (world) and Dec. 31, 2004 (USA), 4 pages. \$2.00.

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

### Competition Rules for Athletics (2005 Edition)

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

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

### WMA Handbook (2003-2005)

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

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

### Running Encyclopedia, The Ultimate Source for Today's Runner

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

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

**Champions for Life**, by John B. Scott and James S. Ward. The remarkable life of Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track & field. \$34.95.

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

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

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

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

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

**USATF Lapel Pin**. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

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

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

### 2005 Road Race Management Directory

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

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

### Back Issues of National Masters News

Issues: \$3.00 each.

|       |          |
|-------|----------|
| _____ | \$ _____ |
|-------|----------|

### Postage and Handling

Overseas Air Mail (add \$5.00 per book)

\$ 3.00

### TOTAL

|          |
|----------|
| \$ _____ |
|----------|

Send to:

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_





## On The Run

By HAL HIGDON

### Under Size Me – Those New 8oz. Pop Cans

Does 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 fadist'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

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 20-mile run, I can never finish those 20-ounce bottles. I encounter them in the refrigerator days after they have been opened: dark, flat, tasteless, as appetizing as cough syrup. Eccchhh! 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

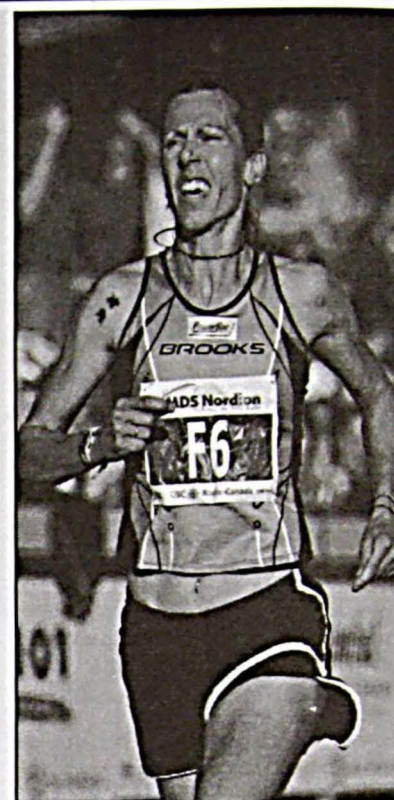
\*Rich Hughson (40, 31:52) and Laurie Binder (42, 37:01) Win USA 10K

Subscribe to the  
National Masters News  
on-line at:

[www.nationalmastersnews.com](http://www.nationalmastersnews.com)



TESH TESHIMA  
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.

### Subscriber Questions? Call 818-286-3129



## TRAIN YOUR BRAIN!

The *Long & Strong Throwers Journal (LSTJ)* is a quarterly publication dedicated to the throwing events. It is the only throwing periodical of its kind in the world. *LSTJ* is about more than technique and training. Elite athletes and coaches give insight into their keys for success. *LSTJ* provides throws coverage and photos from major competitions that you won't find anywhere else. *LSTJ* touches on the issues that affect the throws community. *LSTJ*'s interviews with top throwers such as Adam Nelson, John Godina, Erin Gilreath, Aretha Hill and Breau Greer are just what you are looking for! Let *LSTJ* help you reach your potential!

Four issues (1 year): \$20 (U.S.) or \$35 for two years (1 issue free); \$24 (foreign, U.S. funds) or \$48 (two years). All available back

issues (17) plus future issues through July 2005 for \$100 (2 issues free), \$125 for foreign subscribers (2 issues free); c/o Glenn Thompson, 3604 Green Street, Harrisburg, PA 17110; Thrower60@aol.com

[WWW.LONGANDSTRONG.COM](http://WWW.LONGANDSTRONG.COM)



# M

## EAT

• Rudy Afanador, 40, won the 2005 Long Island's #1 20-minute win in 4:20. Greenbelt Trail 50K/LI 14. Andrei Aroneanu, 40, of the 60 finishers. Ali first W40+ in 6:26:11.

• Drew Davis, 43, with a top M40+ age and Linda Barry, 40, 60:41, hurried to master NJ Masters Champion Far Hills, May 15. F Union, NJ, won the M6 Dyson, 68, Princeton, ed W40+ with an 81. Thornhill, 64, NYC, s 74:17. Prize money w NJ members.

• Paul Aufdemberg, 40, finished seventh-overall in the 22nd Sallie Mae Park, MD, April 17. Rica, GA, was second. Park, 42, Ann Arbor, M 35:37 (\$500), with T 50, UKR, ninth in Washburn, 82, Vienna Hedy Marque, 87, A 79:31, were among th who collected \$50 each.

• Olena Plastina, 40, women's field at the 2.9 Mile race, Central Park, NYC, May 17. The men's race had Mohamed Oumzil, 41, Roldan, 43, 17:15.

• Andrzej Ryszewski, 45, won the 2005 Central Park, NYC, May 17. 38:05, just a few steps women's title.

• Top masters at the Marathon, College Point, NY, May 14, were Antonio Mar 14, Deborah Gaebler, 40, accompanying 5K, Christopher Potter, 47, 20:33. Included Joan Balda, Joseph Pascarella, 70.

## SOUTH

• Juanita Brookover, 40, won the DT with an 11:51. the Southeastern Ma Duke U., Raleigh, NC, records of 9:44 and held by Margaret Evershed his M85 mile re 9:18.42. Richard M M80 WP record o Bradford to 37:59.

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

## MID

• On May 22, Jim MI, won the masters Green Bay Marath Owen, Smithville, I 2:53:25, while Sue Bay, also dipped und • Colleen de Reu, 40, and U.S. All-Comers Fifth Third Bank F Rapids, MI, May 14, eclipsed the previous 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/100 Mile Championships, 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, 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 Championships, 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 31:42 by **Eugene Bradford** to 37:59.

• 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 ninth 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**, Negawee, MI, won the masters division at the cellocorn 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-Corners 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 Klutz** 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 Championships 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 Lohrheidstadion, Bochum-Wattenscheid, Germany, on June 5. The present record is 62.08 by **Maria Sangous Espina** (ESP) in 1995.

## CORRECTIONS

• 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
- **Attlaw Beligine**, Judy Pickert Win in Cotton Row 10K



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 will host the 2005 Championships, Aug. 4-7.

## Subscription Problems? Moving?

To determine the status of your subscription, or to let us know your new address, call 818-286-3129, fax 800-869-0040, or write to NMN, P.O. Box 16597, North Hollywood, CA 91615.

## 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 BBQ.

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. □

## THE ONE VIDEO THAT EVERY THROWER & COACH SHOULD HAVE



Two-Time AAU National Champion, Continuous World Masters Champion from ages 45 to 60.

## LARRY STUART ON JAVELIN THROWING

ADD 30' TO YOUR THROWS!

50 minutes. Broadcast quality. \$39.95 plus \$3.00 S&H

Mail your check to Sportsmen on Film  
P.O. Box 1818, Kerrville, Texas 78029

For MasterCard or Visa orders, call Sportsmen on Film at:

**800-910-4868**  
or FAX 830-792-4224



# 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).

August 4-7. 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiiichamps.com; 808-732-8805; zeug@hawaii.ir.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 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.annapolistriders.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: skral@clermensmkt.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 & Masters Championships. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com; www.pmtf.net

August 5 (Fri.). Go for the Glory Meet, Bethesda, 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, Williamson 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@westshoreac.org

July 23. OTHTC Northcoast Cleveland Classic, Mayfield HS, OH. 517-646-8742; www.othtc.org

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: rockytmastersgames@msn.com

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 9. Cat Spring Grunt VII Throwers Meet, Cat Spring, TX. Mark Chapman, 979-732-5591; k9luvs@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, kettrellberry@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 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. www.alohastategames.com

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; nmseniorylm 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; promotionevents.com

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

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/cometscm/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; wyseniorylympics.com

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.2005worldmasters.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 Lahti, 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/zennipponentry1.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@usafadir.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 8 (Fri.). Mid  
Rockville, MD. 7:00  
www.mcr rc.org

July 9. Vytra Health  
Farmingdale, NY.  
glirc.org

July 9. Healthy Heart  
Hartford, CT. 860-  
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; w  
July 16. Bill Luti 5 M  
863-2537; www.gsr s.org

July 16. Subaru Buff  
716-881-1652; buffalo  
July 16. Saucony XC S  
Park, Pittsburgh, PA. 2  
2222.

July 17. USATF New  
ionships, Stowe, VT.  
4647.

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

July 21 (Thur.). RR  
Festival 5K, Dryden,  
gerlakesrunners.org

July 24. Great Hyann  
10K, Hyannis, MA.  
baevents.com

August 6. Banknorth  
Cape Elizabeth, ME.  
Beach2Beacon.org

August 6. Saucony  
Frick Park, Pittsburgh,  
464-2222.

August 7. High Stee  
MA. 978-270-6854; h  
August 13. NYRR Fi  
212-860-4455; www.ny  
August 14. Falmouth  
508-540-7000; www.sb  
August 18 (Thur.).  
field, CT. 6:00 pm. 8  
park-recreation.org

August 21. Virgil Mo  
30K, Virgil, NY. 607-  
ners.org

August 28. NYRR Ma  
NYC. 212-860-4455;

### SOUTH

Alabama, Florida, G  
S. Carolina, Ten

July 4. Pippins Firecr  
239-434-9786; george21

July 4. Peachtree 10K,  
9064; www.atlantatrack

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; keywestspe

August 6. Run for Li  
GA. 770-528-3580; w  
August 6. Bushwae  
850-939-8073; www.r

August 12-13. Bi  
Jacksonville, FL. 4  
Road Mile and 5K  
www.1stplacesports.c

August 13. Elvis P  
Memphis, TN. 901-  
phis.org

### MID

Illinois, Indiana, Ke  
Wisconsin

July 3. American  
American Run, Chic  
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, 860-267-8533.

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

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

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

July 9. Spirit of Gettysburg 5K, Gettysburg, PA. 717-334-9171; ywcagettsburg.org

July 10. Boilermaker 15K, Utica, NY. www.boilermaker.com

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.gsr.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, 724-464-2222.

July 17. USATF New England 8 Mile Championships, Stowe, VT. Tom Foltz, 802-253-4647.

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

July 21 (Thur.). RRCA Women's Distance Festival 5K, Dryden, NY. 315-497-3743; finerlakesrunners.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, 724-464-2222.

August 7. High Street Mile, Newburyport, MA. 978-270-6854; http://xenia.unh.edu/were

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; litchfieldpark-recreation.org

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

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. 256-533-9977.

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.ucpmemphis.org

### MIDWEST

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

July 3. 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.easttown.com

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 Championships, Madison. Paul Turpin, 608-358-1770.

July 30. Grand Island Trail Marathon, Munising, MI. 715-823-9138; runskikayak@hotmail.com

August 7. Chicago Distance Classic. www.chicagodistanceclassic.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; gaultracemanagement.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. 304-485-1891; www.newsandsentinel.com/halfmarathon

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

July 4. Firecracker 4 Mile & Mile, Derby, KS. 316-788-2027; www.track.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.chicagoevents.com

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.stlouistrackclub.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.bkbld.com

August 18. Pearl Street Mile, Boulder, CO. 303-413-7316; www.americasdowntownmile.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, TX. 281-634-9555; www.signmeup.com/50516

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.runforyourlifeflagstaff.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.sbrunning.org

July 9. Bastille Day 5K, Irvine, CA. 619-298-7400; kathyloperevents.com

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

July 4. Oregon Grand Prix Series Foot Traffic Marathon/Half-Marathon, Portland, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org

July 10. Seattle Summer Marathon, Half-Marathon & 5K. www.seafairmarathon.com

July 14 (Thur.). Waterfront Mile, Portland, OR. www.americasdowntownmile.com

July 17. Oregon Grand Prix Series Coburg Run in the Country Half-Marathon, Coburg, OR. Harry Simonis, 541-504-1077; www.usatf-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.humanmultisportspwn.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.hoodtohoood.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.marathonstours.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.usatf.org  
 September 18. USATF Long Island 5K RW Championships, Long Beach, NY. Peter Lopes, 516-771-7761.  
 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.usatf-ntc.com; e-mail: 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

For the latest in top-level track & field

# TRACK & FIELD

The bible of the sport, published monthly since 1952. \$43.95 yr.

TRACK PERIODICALS • TRACK BOOKS • VIDEOS  
 TOURS TO THE OLYMPICS, TRIALS, WORLDS  
 www.trackandfieldnews.com

Track & Field News, 2570 El Camino Real, Suite 606  
 Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax



M35-39  
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  
Chris Rael 3000 RW 14:40.23 3/13/05

## RECIPIENTS OF ALL-AMERICAN AWARDS

M50-55  
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

M65-69  
Dick Pilgrim SP 12.256 6/5/05  
Al Shook 5K 19:56 6/4/05

W35-39  
Rebecca Connolly 800 2:28.44 5/28/05

W45-49  
Karen Vaughn HJ 4-4 5/30/04  
SP 8.78 10/2/04

W50-55  
Eleanor Gipson JT 23.47 9/23/04  
200 32.0 9/25/04

W60-64  
Suzanne Franco 10K 55:14 5/30/05

**TRACK**  
Please send results to  
50098, Eugene, OR  
To keep information  
results more than 3 n  
uring 2-1/4" wide in m  
Deadline is the 10th

Green Mountain Ser  
Games, So. Burlington  
May 21

100m  
M50 Ken Castro RI  
Gene Shlatz  
M55 George Pfeil  
M60 Townsend Gilbert  
M65 Harry Dagavarian PQ  
M70 Henry De Forest MA  
Paul Dumais  
M75 Roy Salton  
M85 Bob Matteson  
W50 Pam Gundlach  
W65 Barbara Jordan  
200m  
M50 Mike Parker  
M55 Bruce Nunziata  
M60 Steve Foley  
M65 Hugh Wilson PQ  
Harry Dagavarian PQ  
Lew Lamoureux  
M70 Dudley Bell PQ  
W50 Pam Gundlach  
W65 Barbara Jordan  
400m  
M50 Russ Cooke  
M55 Bruce Nunziata  
M60 Steve Foley  
M65 Hugh Wilson  
M70 Jean Bernaquez PQ  
Dudley Bell  
M85 Bob Matteson  
W50 Lisa Bernardin  
W60 Sally Howe  
800m  
M50 Russ Cooke  
M55 Chris Chiarello  
M60 Tony Cupaiuolo  
M65 John Pelton  
M70 Jean Bernaquez  
W50 Lisa Bernardin  
W60 Sally Howe  
1500m  
M50 Russ Cooke  
M55 Chris Chiarello  
M60 Tony Cupaiuolo  
M65 John Pelton  
M70 Jean Bernaquez  
W50 Lisa Bernardin  
W60 Sally Howe  
High Jump  
M60 Townsend Gilbert  
M65 Peter Perkins  
M70 Dudley Bell  
M75 Bob Perkins  
W65 Barbara Jordan  
W70 Flo Meiler  
Pole Vault  
M55 Mike Zahner  
M60 Townsend Gilbert  
M65 Peter Perkins  
M70 Dudley Bell  
M75 Bob Perkins  
W70 Flo Meiler  
Long Jump  
M50 Gene Shlatz  
M55 Dennis Chandler  
M60 Townsend Gilbert  
M65 Hugh Wilson  
M70 Henry De Forest MA  
Dudley Bell  
M75 Sam Messiter  
W65 Barbara Jordan  
W70 Fran Moravcsik  
Discus  
M50 Brian Tyrol  
M55 Dennis Chandler  
M60 Townsend Gilbert  
M65 Hugh Wilson  
M70 Henry De Forest MA  
Dudley Bell  
M75 Sam Messiter  
W65 Barbara Jordan  
W70 Fran Moravcsik  
Javelin  
M50 Brian Tyrol  
M55 Buzz Gagne NH  
Dennis Chandler  
M60 Townsend Gilbert  
M65 Hugh Wilson  
M70 Dudley Bell  
M75 Sam Messiter  
W65 Barbara Jordan  
W70 Fran Moravcsik  
W80 Harmony Hammond  
Shot Put  
M50 Gene Shlatz  
M55 Dennis Chandler  
M60 Townsend Gilbert  
M65 Harry Dagavarian  
M70 Henry De Forest MA  
Dudley Bell  
M75 Sam Messiter  
W65 Barbara Jordan  
W70 Fran Moravcsik  
W80 Harmony Hammond  
100m  
M50 Neil Steinberg  
Robert Segal  
Bob Kortmann

## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

| Event     | 30-34 | 35-39  | 40-44  | 45-49  | 50-54  | 55-59 | 60-64  | 65-69  | 70-74 | 75-79  | 80-84 | 85-89 | 90-94 |
|-----------|-------|--------|--------|--------|--------|-------|--------|--------|-------|--------|-------|-------|-------|
| 55        | 6.8   | 6.9    | 7.1    | 7.2    | 7.4    | 7.9   | 8.1    | 8.4    | 8.9   | 9.4    | 10.4  | 11.8  | 13.5  |
| 60        | 7.4   | 7.55   | 7.7    | 7.85   | 8.05   | 8.5   | 9.0    | 9.25   | 9.5   | 10.0   | 11.2  | 12.8  | 14.8  |
| 100       | 11.0  | 11.3   | 11.5   | 11.9   | 12.2   | 12.6  | 13.2   | 13.8   | 14.6  | 16.0   | 18.0  | 23.0  |       |
| 200       | 22.4  | 23.2   | 23.8   | 24.6   | 25.5   | 27.0  | 27.9   | 29.5   | 32.0  | 35.0   | 40.2  | 52.0  |       |
| 400       | 51.5  | 52.5   | 53.8   | 56.0   | 57.5   | 62.0  | 65.0   | 69.0   | 75.0  | 88.0   | 98.0  | 120.0 |       |
| 800       | 2:02  | 2:04   | 2:06   | 2:11   | 2:16   | 2:25  | 2:35   | 2:45   | 3:06  | 3:35   | 3:55  | 4:30  |       |
| 1500      | 4:20  | 4:22   | 4:24   | 4:35   | 4:45   | 5:10  | 5:20   | 5:45   | 6:30  | 7:20   | 8:10  | 9:20  |       |
| Mile      | 4:40  | 4:40   | 4:50   | 5:00   | 5:10   | 5:30  | 6:00   | 6:15   | 6:55  | 8:20   | 8:45  | 10:15 |       |
| 3000      | 9:25  | 9:40   | 10:00  | 10:25  | 10:45  | 11:15 | 11:50  | 12:45  | 13:40 | 15:50  | 19:10 | 23:00 | 26:00 |
| 5000      | 15:45 | 16:00  | 16:15  | 16:45  | 17:30  | 18:25 | 19:30  | 21:00  | 23:30 | 26:00  | 29:00 | 32:30 |       |
| 10000     | 32:30 | 32:50  | 33:30  | 36:00  | 38:00  | 39:00 | 40:30  | 44:00  | 48:30 | 54:30  | 61:15 | 68:30 |       |
| 55H       | 8.6   | 8.7    | 9.0    | 9.5    | 10.0   | 10.3  | 10.6   | 10.9   | 11.2  | 11.6   | 12.5  |       |       |
| 60H       | 9.0   | 9.3    | 9.4    | 9.8    | 10.3   | 10.6  | 10.9   | 11.1   | 11.4  | 12.0   | 13.6  |       |       |
| 110H      | 15.4  | 16.5   | 17.8   | 18.8   |        |       |        |        |       |        |       |       |       |
| 100H      |       |        |        |        | 18.0   | 19.0  | 20.0   | 21.0   |       |        |       |       |       |
| 80H       |       |        |        |        |        |       |        |        | 18.0  | 21.0   | 25.0  | 30.0  |       |
| 400H      | 58.0  | 60.0   | 62.0   | 64.0   | 68.0   | 71.0  |        |        |       |        |       |       |       |
| 300H      |       |        |        |        | 48.0   | 51.0  | 55.0   | 60.0   | 67.0  | 75.0   | 85.0  | 95.0  |       |
| 3K-SC     | 10:10 | 10:30  | 11:45  | 12:40  | 13:30  | 14:00 |        |        |       |        |       |       |       |
| 2K-SC     |       |        |        |        |        |       | 9:30   | 10:30  | 12:00 | 14:00  | 16:30 | 19:30 |       |
| HJ        | 1.90  | 1.85   | 1.76   | 1.68   | 1.60   | 1.50  | 1.45   | 1.38   | 1.25  | 1.15   | 1.00  | 0.80  |       |
|           | 6-2%  | 6-4%   | 5-9%   | 5-6    | 5-3    | 4-11  | 4-9    | 4-6%   | 4-1%  | 3-9%   | 3-3%  | 2-7%  |       |
| PV        | 4.40  | 4.10   | 3.95   | 3.70   | 3.55   | 3.05  | 2.70   | 2.40   | 2.30  | 2.00   | 1.80  | 1.30  |       |
|           | 14-5% | 13-5%  | 12-11% | 12-1%  | 11-7%  | 10-0  | 8-10%  | 7-10%  | 7-6%  | 6-6%   | 5-10% | 4-3%  |       |
| LJ        | 6.50  | 6.10   | 5.85   | 5.60   | 5.40   | 4.90  | 4.50   | 4.20   | 3.80  | 3.35   | 2.85  | 2.20  |       |
|           | 21-4  | 20-4%  | 19-2%  | 18-4%  | 17-8%  | 16-4% | 14-9   | 13-9%  | 12-5% | 10-11% | 9-4%  | 7-2%  |       |
| TJ        | 13.20 | 12.60  | 11.50  | 10.80  | 10.40  | 9.50  | 8.90   | 8.20   | 6.96  | 6.50   | 5.94  | 5.51  |       |
|           | 43-3% | 41-4%  | 37-8%  | 35-5%  | 34-1%  | 31-2  | 29-2%  | 26-11  | 22-10 | 21-4   | 19-6  | 18-1  |       |
| Shot      | 14.50 | 14.02  | 13.41  | 12.62  | 13.10  | 12.00 | 12.80  | 11.50  | 11.00 | 9.00   | 8.00  | 6.00  |       |
|           | 47-7  | 46-0   | 44-0   | 41-5   | 42-11% | 39-4% | 42-0   | 37-8%  | 36-1% | 29-6%  | 26-3  | 19-8% |       |
| Discus    | 44.80 | 42.80  | 39.50  | 37.50  | 42.00  | 41.00 | 42.00  | 39.00  | 34.00 | 26.00  | 22.00 | 15.24 |       |
|           | 147-0 | 140-5  | 129-7  | 123-0  | 137-9  | 134-6 | 137-9  | 127-11 | 111-6 | 85-4   | 72-2% | 50-0  |       |
| Hammer    | 47.24 | 44.20  | 40.00  | 39.00  | 39.00  | 36.00 | 36.00  | 32.00  | 30.00 | 24.00  | 20.00 | 17.07 |       |
|           | 155-0 | 145-0  | 131-3  | 127-11 | 127-11 | 118-1 | 118-1  | 105-0  | 98-5  | 78-9   | 65-7% | 56-0  |       |
| Javelin   | 62.00 | 56.00  | 48.76  | 47.00  | 43.00  | 41.00 | 39.00  | 35.00  | 31.00 | 24.00  | 19.00 | 14.02 |       |
|           | 203-5 | 183-9  | 160-0  | 154-2  | 141-1  | 134-6 | 127-11 | 114-10 | 101-8 | 78-9   | 62-4  | 46-0  |       |
| 35FWL     | 15.00 | 14.00  | 13.00  | 12.00  | 10.00  | 9.00  |        |        | 6.00  | 5.00   |       |       |       |
|           | 49-2% | 45-11% | 42-8   | 39-4%  | 32-9%  | 29-6% |        |        | 19-8% | 16-4%  |       |       |       |
| 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  |
|           | 49-2% | 45-11% | 43-5%  | 41-0%  | 46-9   | 43-5% | 45-11% | 43-5%  | 44-3% | 38-6%  | 32-9% | 28-8% | 19-8% |
| 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  | 29-6%  | 27-10% | 26-3   | 19-8%  | 18-4% | 16-4%  | 14-9   | 11-5% | 9-10   | 8-2%  | 6-6%  |       |
| Pent.     | 2800  | 2600   | 2500   | 2600   | 2600   | 2600  | 2600   | 2600   | 2600  | 2400   | 2200  | 2000  |       |
| Decath.   | 5500  | 5250   | 5250   | 5000   | 5200   | 5000  | 4500   | 5000   | 4800  | 4200   | 3000  | 2500  |       |
| Wt. Pent. | 2800  | 2700   | 2800   | 3000   | 3000   | 3000  | 3000   | 3000   | 2600  | 2700   | 3000  | 3000  |       |

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"  
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"  
4) Shot put: 30-49: 7.26k (16#); 50-59: 8k; 60-69: 5k; 70+: 27"  
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;  
6) Hammer: 30-49: 7.26k (16#); 50-59: 8k; 60-69: 5k; 70+: 4k  
7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g  
8) Weight: 30-49: 35#; 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#  
9) Superweight: 30-49: 56# 70-79: 35# 80+: 25#  
10) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WMA factoring.  
11) Metric heights and distances are the standard; feet and inches listed for convenience.

## U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

WOMEN

| Event | 1.5K  | Mile  | 3K    | 5K    | 8K      | 10K     | 15K     | 20K     | 25K     | 30K     | 40K     | 50K      |
|-------|-------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|----------|
| W30   | 7:13  | 7:47  | 14:50 | 25:38 | 42:04   | 52:43   | 1:21:56 | 1:52:06 | 2:24:43 | 2:59:15 | 4:08:45 | 5:37:30  |
| W35   | 7:22  | 8:03  | 15:18 | 26:27 | 43:11   | 53:56   | 1:23:29 | 1:53:32 | 2:26:51 | 3:01:53 | 4:12:21 | 5:42:23  |
| W40   | 7:37  | 8:21  | 15:53 | 27:26 | 44:47   | 55:56   | 1:26:37 | 1:58:06 | 2:32:33 | 3:08:56 | 4:22:13 | 5:55:48  |
| W45   | 8:03  | 8:41  | 16:32 | 28:33 | 46:35   | 58:10   | 1:30:08 | 2:03:00 | 2:38:56 | 3:17:00 | 4:33:31 | 6:11:25  |
| W50   | 8:25  | 9:05  | 17:15 | 29:49 | 48:36   | 1:00:41 | 1:34:08 | 2:08:30 | 2:46:11 | 3:26:08 | 4:46:23 | 6:29:09  |
| W55   | 8:55  | 9:31  | 18:05 | 31:14 | 50:54   | 1:03:33 | 1:38:40 | 2:14:48 | 2:54:26 | 3:36:33 | 5:01:03 | 6:49:24  |
| W60   | 9:17  | 10:01 | 19:01 | 32:51 | 53:32   | 1:06:50 | 1:43:51 | 2:21:54 | 3:03:54 | 3:48:29 | 5:17:54 | 7:12:43  |
| W65   | 9:48  | 10:35 | 20:06 | 34:43 | 56:33   | 1:10:37 | 1:49:50 | 2:30:12 | 3:14:51 | 4:02:20 | 5:37:25 | 7:39:46  |
| W70   | 10:26 | 11:15 | 21:22 | 36:54 | 1:00:02 | 1:15:01 | 1:56:49 | 2:39:54 | 3:27:38 | 4:18:30 | 6:00:18 | 8:11:30  |
| W75   | 11:10 | 12:01 | 22:51 | 39:28 | 1:04:10 | 1:20:14 | 2:05:05 | 2:51:18 | 3:42:50 | 4:37:46 | 6:27:35 | 8:49:28  |
| W80   | 12:03 | 12:58 | 24:41 | 42:37 | 1:09:13 | 1:26:38 | 2:15:15 | 3:05:24 | 4:01:36 | 5:01:39 | 7:01:26 | 9:47:35  |
| W85   | 13:13 | 14:15 | 27:05 | 46:45 | 1:15:50 | 1:35:01 | 2:28:37 | 3:24:00 | 4:26:20 | 5:33:10 | 7:46:16 | 10:39:15 |
| W90   | 14:56 | 16:06 | 30:36 | 42:14 | 1:25:30 | 1:47:18 | 2:48:13 | 3:51:12 |         |         |         |          |

MEN

| Event | 1.5K  | Mile  | 3K    | 5K    | 8K    | 10K     | 15K     | 20K     | 25K     | 30K     | 40K     | 50K     |
|-------|-------|-------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|
| M30   | 6:31  | 7:01  | 13:21 | 23:05 | 37:57 | 47:49   | 1:13:10 | 1:38:18 | 2:05:12 | 2:32:17 | 3:27:30 | 4:31:00 |
| M35   | 6:43  | 7:14  | 13:47 | 23:46 | 38:55 | 48:53   | 1:14:28 | 1:39:43 | 2:06:56 | 2:34:14 | 3:30:17 | 4:34:53 |
| M40   | 6:58  | 7:29  | 14:16 | 24:24 | 40:15 | 50:32   | 1:17:03 | 1:43:13 | 2:11:29 | 2:39:47 | 3:37:53 | 4:44:49 |
| M45   | 7:13  | 7:46  | 14:47 | 25:31 | 41:44 | 52:25   | 1:19:58 | 1:47:10 | 2:16:35 | 2:46:05 | 3:46:36 | 4:56:24 |
| M50   | 7:33  | 8:05  | 15:23 | 26:33 | 43:25 | 54:32   | 1:23:14 | 1:51:37 | 2:22:20 | 2:53:13 | 3:56:29 | 5:09:29 |
| M55   | 7:50  | 8:26  | 16:04 | 27:43 | 45:19 | 56:55   | 1:26:56 | 1:56:38 | 2:28:52 | 3:01:19 | 4:07:41 | 5:24:22 |
| M60   | 8:13  | 8:51  | 16:50 | 29:02 | 47:28 | 59:38   | 1:31:10 | 2:02:23 | 2:36:20 | 3:10:33 | 4:20:30 | 5:41:23 |
| M65   | 8:38  | 9:19  | 17:43 | 30:33 | 49:56 | 1:02:45 | 1:36:01 | 2:08:58 | 2:44:53 | 3:21:11 | 4:35:15 | 6:01:01 |
| M70   | 9:08  | 9:50  | 18:44 | 32:18 | 52:46 | 1:06:21 | 1:41:37 | 2:16:35 | 2:53:56 | 3:33:31 | 4:52:23 | 6:23:51 |
| M75   | 9:43  | 10:28 | 19:55 | 34:20 | 56:04 | 1:10:35 | 1:48:13 | 2:25:34 | 3:05:02 | 3:48:05 | 5:12:40 | 6:50:54 |
| M80   | 10:26 | 11:14 | 21:22 | 36:50 | 60:06 | 1:15:44 | 1:56:15 | 2:36:31 | 3:20:50 | 4:05:57 | 5:37:34 | 7:24:11 |
| M85   | 11:21 | 12:13 | 23:14 | 40:04 | 65:20 | 1:22:26 | 2:06:43 | 2:50:48 | 3:39:31 | 4:29:18 | 6:10:11 | 8:07:50 |
| M90   | 12:41 | 13:39 | 25:58 | 44:45 | 72:52 | 1:32:08 | 2:21:52 | 3:11:28 | 4:06:38 | 5:03:17 | 6:57:43 | 9:11:37 |

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

## U.S. MASTERS ALL-AMERICAN STANDARDS</



## TRACK &amp; 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 results 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.

## EAST

## Green Mountain Senior Games, So. Burlington, VT May 21

|            |                     |         |
|------------|---------------------|---------|
| 100m       | Ken Castro RI       | 14.13   |
| M50        | Gene Shlatz         | 14.47   |
| M55        | George Pfeil        | 14.06   |
| M60        | Townsend Gilbert    | 19.75   |
| M65        | Harry Dagavarian PQ | 17.11   |
| M70        | Henry De Forest MA  | 15.84   |
|            | Paul Dumais         | 17.03   |
| M75        | Roy Salfon          | 20.00   |
| M85        | Bob Matteson        | 20.78   |
| M90        | Pam Gundlach        | 17.27   |
| M95        | Barbara Jordan      | 15.88   |
| 200m       | Mike Parker         | 28.31   |
| M50        | Bruce Nunziata      | 30.57   |
| M55        | Steve Foley         | 34.04   |
| M60        | Hugh Wilson PQ      | 35.94   |
| M65        | Harry Dagavarian PQ | 36.91   |
| M70        | Lew Lamoureux       | 43.00   |
| M75        | Dudley Bell PQ      | 38.06   |
| M80        | Pam Gundlach        | 39.03   |
| M85        | Barbara Jordan      | 35.53   |
| 400m       | Russ Cooke          | 1:11.28 |
| M50        | Bruce Nunziata      | 1:19.37 |
| M55        | Steve Foley         | 1:12.72 |
| M60        | Hugh Wilson         | 1:17.45 |
| M65        | Jean Bernaquez PQ   | 1:29.68 |
| M70        | Dudley Bell         | 1:43.06 |
| M75        | Bob Matteson        | 2:00.68 |
| M80        | Lisa Bernardin      | 1:29.60 |
| M85        | Sally Howe          | 1:31.88 |
| 800m       | Russ Cooke          | 2:51.11 |
| M50        | Chris Chiarello     | 3:16.97 |
| M55        | Tony Cupaiuolo      | 3:00.26 |
| M60        | John Pelton         | 2:51.52 |
| M65        | Jean Bernaquez      | 3:21.44 |
| M70        | Bob Matteson        | 5:26.16 |
| M75        | Lisa Bernardin      | 3:47.77 |
| M80        | Sally Howe          | 3:48.95 |
| 1500m      | Russ Cooke          | 5:42.60 |
| M50        | Chris Chiarello     | 6:40.91 |
| M55        | Tony Cupaiuolo      | 6:04.26 |
| M60        | John Pelton         | 5:43.48 |
| M65        | Jean Bernaquez      | 6:37.17 |
| M70        | Lisa Bernardin      | 6:11.36 |
| M75        | Sally Howe          | 6:41.69 |
| High Jump  | Townsend Gilbert    | 4-6     |
| M50        | Peter Perkins       | 3-4     |
| M55        | Dudley Bell         | 3-2     |
| M60        | Bob Perkins         | 3-6     |
| M65        | Barbara Jordan      | 3-6     |
| M70        | Flo Meiler          | 3-8     |
| Pole Vault | Mike Zahner         | 9-0     |
| M50        | Townsend Gilbert    | 7-6     |
| M55        | Peter Perkins       | 8-0     |
| M60        | Dudley Bell         | 5-0     |
| M65        | Bob Perkins         | 5-0     |
| M70        | Flo Meiler          | 6-4     |
| Long Jump  | Gene Shlatz         | 13-11   |
| M50        | Townsend Gilbert    | 12-0    |
| M55        | Peter Perkins       | 11-1    |
| M60        | Dudley Bell         | 9-3     |
| M65        | Bob Perkins         | 9-6     |
| M70        | Pam Gundlach        | 9-9     |
| M75        | Barbara Jordan      | 12-11   |
| Shot Put   | Gene Shlatz         | 31-10   |
| M50        | Dennis Chandler     | 35-10   |
| M55        | Townsend Gilbert    | 31-7    |
| M60        | Harry Dagavarian    | 24-4    |
| M65        | Henry De Forest MA  | 29-3    |
| M70        | Dudley Bell         | 26-6    |
| M75        | Sam Messiter        | 28-6    |
| M80        | Barbara Jordan      | 20-5    |
| M85        | Flo Meiler          | 22-1    |
| M90        | Fran Moravcsik      | 21-7    |
| Discus     | Brian Tyrol         | 74-4    |
| M50        | Dennis Chandler     | 98-9    |
| M55        | Townsend Gilbert    | 102-0   |
| M60        | Hugh Wilson         | 75-1    |
| M65        | Henry De Forest MA  | 97-1    |
| M70        | Sam Messiter        | 76-0    |
| M75        | Fran Moravcsik      | 55-6    |
| M80        | Thelma Perkins      | 24-9    |
| M85        | Harmony Hammond     | 19-0    |
| Javelin    | Brian Tyrol         | 95-11   |
| M50        | Buzz Gagne NH       | 153-0   |
| M55        | Dennis Chandler     | 122-10  |
| M60        | Townsend Gilbert    | 114-0   |
| M65        | Dudley Bell         | 79-6    |
| M70        | Sam Messiter        | 77-11   |
| M75        | Fran Moravcsik      | 43-10   |
| M80        | Flo Meiler          | 41-8    |
| M85        | Harmony Hammond     | 15-0    |
| 100m       | Neil Steinberg      | 11.80   |
| M50        | Robert Segal        | 13.10   |
|            | Bob Kortmann        | 14.30   |

## Rhode Island Senior Olympics, Providence, May 22

|          |                    |          |
|----------|--------------------|----------|
| W75      | Harriet Patch      | 17-10.50 |
|          | Estelle O'Connor   | 13-8.75  |
|          | Catherine Grovelli | 12-5.50  |
| W80      | Ann Mc Gowan       | 14-2     |
|          | Jeanne Berlepsch   | 11-5     |
|          | Helen Gorges       | 11-5     |
| Discus   | Will Russell       | 83-4     |
| M60      | Chet Stokloza      | 67-1     |
| M65      | Russell van Put    | 104-7    |
|          | George Cormey      | 88-6     |
| M70      | Nick Leras         | 121-4    |
|          | Pete Barker        | 98-11    |
|          | Henry De Forest    | 96-1     |
| 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     |
| M65      | Mary Riley         | 40-2     |
|          | Thelma Stokloza    | 32-5     |
| W70      | Marcia Crooks      | 53-1     |
|          | Harriet Patch      | 36-8     |
| W75      | Estelle O'Connor   | 30-9     |
|          | Catherine Grovelli | 27-8     |
| W80      | Ann Mc Gowan       | 33-6     |
|          | Jeanne Berlepsch   | 32-7     |
|          | Helen Gorges       | 21-3     |
| Hammer   | Richard Narcessian | 150-4    |
| M55      | Chet Stokloza      | 81-1     |
| M60      | George Cormey      | 76-10    |
| M65      | Nick Leras         | 104-11   |
| W70      | Donald Hudson      | 99-10    |
|          | Pete Barker        | 84-5     |
| M75      | William Garrahan   | 95-3     |
|          | William Clew       | 88-1     |
|          | John Sheridan      | 61-0     |
| M80      | Frank Brako        | 43-8     |
| M90      | Paul Narcessian    | 33-11    |
| W45      | Deb Ecklund        | 68-2     |
| W60      | Ingrid Miller      | 99-8     |
|          | Sandra White       | 50-10    |
| W70      | Marcia Crooks      | 32-10    |
| W80      | Ann Mc Gowan       | 40-2     |
|          | Jeanne Berlepsch   | 33-3     |
| Javelin  | Will Russell       | 139-5    |
| M55      | Ernest Ritchie     | 109-1    |
|          | Michael Farago     | 104-1    |
| M60      | Ike Gagne          | 89-5     |
|          | Chet Stokloza      | 89-10    |
| M65      | Frank Illuzzi      | 124-8    |
|          | Patrick Conley     | 96-6     |
| M70      | Pete Barker        | 81-4     |
|          | Donald Hudson      | 75-4     |
| M75      | William Garrahan   | 96-10    |
|          | John Sheridan      | 52-10    |
| W45      | Deb Ecklund        | 51-5     |
| W60      | Ingrid Miller      | 58-0     |
|          | Sandra White       | 48-1     |
| W65      | Mary Riley         | 32-10    |
|          | Thelma Stokloza    | 21-2     |
| W70      | Marcia Crooks      | 44-5     |
|          | Harriet Patch      | 35-9     |
| W75      | Catherine Grovelli | 32-8     |
|          | Estelle O'Connor   | 26-10    |
| W80      | Ann Mc Gowan       | 38-10    |
|          | Jeanne Berlepsch   | 36-0     |
| W85      | Helen Gorges       | 18-3     |
| W45      | Deb Ecklund        | 68-2     |
| W60      | Ingrid Miller      | 99-8     |
|          | Sandra White       | 50-10    |
| W70      | Marcia Crooks      | 52-10    |
| W75      | Catherine Grovelli | 14-0     |
| W80      | Ann Mc Gowan       | 40-2     |
|          | Jeanne Berlepsch   | 33-1     |
| 1500m RW | Spencer Parrish    | 10:45.70 |
| M65      | George Curti       | 11:17.30 |
| M70      | John Duffy         | 13:12.20 |
| M75      | Katsuyo Tetherly   | 10:58.20 |
| M80      | Sheila Mc Kenna    | 8:09.20  |
| W70      | Mary Harada        | 7:11.10  |

## SOUTHEAST

## Southeastern Masters Championships/20K Race-walk South Championships, Duke U., Raleigh, NC May 6-8

|      |                     |       |
|------|---------------------|-------|
| 100m | Tecumseh Peete      | 11.40 |
| M30  | Trenton Guy         | 11.05 |
| M35  | Whit Whitaker       | 11.81 |
|      | Chris Sarsony       | 12.87 |
| M40  | Eric Merriweather   | 11.83 |
|      | Robert Hardin       | 11.96 |
|      | Harold Pierce       | 12.41 |
| M45  | K McDonough         | 12.29 |
|      | Glenn Reid          | 12.44 |
|      | Kinley Hill         | 12.79 |
| M50  | Oscar Peyton        | 11.51 |
|      | Thomas Jones        | 11.95 |
|      | Bobby Terrell       | 12.87 |
| M55  | Marion McCoy        | 12.45 |
|      | Richard Parker      | 13.19 |
|      | Vic Boyhart         | 13.29 |
| M60  | Robert Kooztz       | 12.85 |
|      | Samuel Hall         | 13.25 |
|      | Bruce Hertzberg     | 13.56 |
| M65  | Alby Williams       | 12.97 |
|      | 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       | 14.60 |
|      | Hillen von Maltzahn | 15.18 |
| W60  | Ann Carter          | 18.68 |
|      | Barbra Latta        | 28.13 |
| W65  | Essie Kea           | 17.37 |
|      | Mary Roman          | 19.65 |

|               |                     |          |
|---------------|---------------------|----------|
| 200m          | Lana Kane           | 19.73    |
| M30           | Leon Bullard        | 23.81    |
|               | 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 McDonough         | 25.19    |
|               | Kinley Hill         | 25.30    |
|               | Lawrence Finley     | 27.34    |
| M50           | Oscar Peyton        | 23.24    |
|               | Thomas Jones        | 24.00    |
|               | Collin Mitchell     | 26.84    |
| M55           | Marion McCoy        | 26.38    |
|               | Richard Parker      | 27.38    |
|               | Vic Boyhart         | 28.26    |
| M60           | Robert Kooztz       | 26.65    |
|               | Samuel Hall         | 27.35    |
| M65           | Alby Williams       | 26.97    |
| M70           | Robert Reid         | 32.34    |
|               | Bob Medley          | 41.42    |
|               | Lawrence Grego      | 41.40    |
| M80           | Peter Murtos        | 56.07    |
| W40           | Barbra Turkdamar    | 29.13    |
| W60           | Angela Staab        | 51.26    |
|               | Barbra Latta        | 56.26    |
| W65           | Lana Kane           | 43.34    |
| 400m          | Leon Bullard        | 51.00    |
| M35           | Whit Whitaker       | 56.00    |
|               | Chris Sarsony       | 58.09    |
| M40           | Paul Brown          | 51.99    |
|               | Robert Harding      | 53.14    |
|               | Sanford Stephens    | 1:00.89  |
| M45           | Steve Nearman       | 55.02    |
|               | John Dyer           | 56.00    |
|               | Lawrence Finley     | 1:00.86  |
| M50           | Doc Savage          | 56.61    |
|               | Collin Mitchell     | 59.78    |
|               | Ernie Snodgrass     | 1:04.96  |
| M55           | Carroll Blake       | 56.96    |
|               | John Liles          | 1:06.81  |
| M60           | Samuel Hall         | 1:04.32  |
| M65           | Alby Williams       | 1:02.68  |
| M70           | Casey Jones         | 1:14.45  |
|               | Bob Medley          | 1:32.45  |
| M80           | Peter Murtos        | 2:18.28  |
| W40           | Barbra Turkdamar    | 1:03.59  |
|               | Lorraine Jasper     | 1:05.65  |
|               | Mary Szymkowski     | 1:19.33  |
| W50           | William Richards    | 1:12.80  |
| W55           | Hillen von Maltzahn | 1:10.74  |
| W60           | Angela Staab        | 1:51.00  |
|               | Barbra Latta        | 1:51.03  |
| W80           | Margaret Hagerty    | 2:34.28  |
| 800m          | David Griffin       | 2:14.67  |
| M40           | Robert Cousar       | 2:21.98  |
| M45           | Steve Nearman       | 2:12.19  |
|               | John Dyer           | 2:12.94  |
|               | Alan Simon          | 2:31.42  |
| 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  |
|               | Bruce Marsh         | 2:48.27  |
|               | Don Lein            | 3:01.62  |
| W40           | Lorraine Jasper     | 2:27.78  |
|               | Mary Szymkowski     | 3:02.51  |
| W45           | L Chaplin-Swann     | 2:32.31  |
| W60           | M-L Michelson       | 3:08.45  |
|               | Barbra Latta        | 4:28.35  |
| W65           | Joyce Hodges-Hite   | 4:03.27  |
| W80           | Margaret Hagerty    | 6:15.07  |
| 1 mile        | Arturo Pujol        | 5:43.40  |
| M40           | David Griffin       | 5:34.09  |
| M45           | Steve Nearman       | 4:45.69  |
|               | Stanley Stewart     | 5:34.47  |
|               | Alan Simon          | 5:37.45  |
| M50           | Larry Miller        | 5:15.92  |
|               | Dewayne Schmidt     | 5:27.20  |
| M55           | Robert Peterson     | 6:05.99  |
|               | Karl Fields         | 5:20.89  |
|               | Tim Payne           | 5:26.16  |
|               | Bert Banks          | 5:42.06  |
| M60           | Maxwell Hamlyn      | 5:40.38  |
| M70           | Edwin Harris        | 6:37.53  |
|               | Bruce Marsh         | 7:01.67  |
| M85           | Bill Benson         | 9:18.42  |
| W40           | Lorraine Jasper     | 5:17.86  |
| W45           | L Chaplin-Swann     | 5:15.43  |
| W50           | Mary Richards       | 6:04.76  |
|               | Bonnie Stewart      | 6:41.19  |
|               | T Mullis-Dubow      | 7:18.11  |
| W55           | Dale Holmes         | 7:38.07  |
|               | Sarah Whitmore      | 8:11.63  |
| W60           | M-L Michelson       | 6:07.85  |
|               | Barbra Latta        | 9:29.05  |
|               | Angela Staab        | 9:38.70  |
| W80           | Margaret Hagerty    | 12:39.19 |
| 3000m         | George Howe         | 11:03.9h |
| M45           | Hendrik Joubert     | 11:13.7h |
| M50           | Larry Miller        | 10:39.4h |
|               | Robert Peterson     | 11:59.0h |
|               | James Rich          | 11:38.1h |
| M60           | Maxwell Hamlyn      | 11:19.5h |
| M65           | Jerry LeVasseur     | 14:10.3h |
| M70           | Don Lein            | 13:28.4h |
|               | Peter Klopfer       | 14:29.8h |
| W50           | Bonnie Stewart      | 13:32.1h |
| W60           | Barbra Latta        | 16:52.9h |
| 5000m         | Arturo Pujol        | 19:32.8h |
| 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         | 25:08.2h |
| W65           | Joyce Hodges-Hite   | 31:43.3h |
| Short Hurdles | Dexter McCloud      | 15.48    |
| M40           | Jim Russ            | 18.05    |

|                    |                     |          |
|--------------------|---------------------|----------|
| M50                | Mark Williamson     | 18.13    |
| M60                | James Broun         | 16.77    |
| M65                | Joe Johnston        | 16.75    |
| M70                | Bob Paulen          | 20.39    |
| M75                | James Stookey       | 13.92    |
| W40                | Regina Richardson   | 13.92    |
| W55                | Phil Raschker       | 18.88    |
| W60                | Ann Carter          | 19.75    |
| Long Hurdles       | Dexter McCloud      | 1:05.79  |
| M40                | John Dyer           | 1:00.93  |
| M45                | Bob Paulen          | 54.1h    |
| M50                | James Stookey       | 56.1h    |
| 2000m Steeplechase | Blaine Lawson       | 9:39.57  |
| M60                | Jerry LeVasseur     | 10:21.26 |
| M65                | John Hite           | 11:48.57 |
| W55                | H von Maltzahn      | 9:05.79  |
|                    | Sarah Whitmore      | 11:41.89 |
| 3000m Steeplechase | Nikos Mourtos       | 13:13.20 |
| M55                | Robert Weiner       | 14:03.1h |
| High Jump          | Andrew Gatt         | 1.87     |
| M40                | David Murphy        | 1.72     |
| M45                | Bruce McBurnette    | 1.87     |
|                    | Mark Williamson     | 1.82     |
|                    | 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     |
|                    | 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         | Stewart Mc Naul     | 4.11     |
| M30                | Todd Erbst          | 3.51     |
| M40                | Ross Wolfe          | 3.35     |
| M45                | Brill Halverson     | 4.37     |
|                    | Brian Magerkurth    | 3.51     |



|     |                  |      |
|-----|------------------|------|
| M60 | Robert Rinehart  | 2081 |
| M65 | William Kuegler  | 2815 |
| M70 | John Sellers     | 2309 |
| M70 | Ray Feick        | 3644 |
| M70 | Leonard Olson    | 3054 |
| M70 | Pay Carstensen   | 2640 |
| M75 | William Garrahan | 3892 |
| M75 | William Patrick  | 2847 |
| M75 | Bill Snaden      | 1703 |
| M80 | Richard Mulkern  | 3759 |
| M80 | Jacob Stein      | 2026 |
| W40 | Heather Scanlon  | 2043 |
| W70 | Sharon Good      | 1662 |
| W75 | Lillian Snaden   | 971  |

|               |                 |          |
|---------------|-----------------|----------|
| 5000m RW      |                 |          |
| M45           | Tony Hackney    | 29:51.9h |
| M55           | John Fredericks | 28:52.2h |
| M60           | Danny Spell     | 30:30.5h |
| M60           | Larry Seymour   | 32:04.3h |
| Joel Dubow    |                 | 33:54.0h |
| M70           | Cedric Hustace  | 32:39.2h |
| Andrew Briggs |                 | 34:47.2h |
| Bill Kelley   |                 | 37:58.4h |
| M80           | Robert Mimm     | 35:11.8h |
| W60           | Fran Emanuel    | 33:37.6h |
| W65           | Lois Dicker     | 33:15.1h |

|               |                 |            |
|---------------|-----------------|------------|
| 10,000m RW    |                 |            |
| M45           | Tony Hackney    | 1:02:32.6h |
| M55           | John Fredericks | 1:01:26.7h |
| M60           | Danny Spell     | 1:02:52.3h |
| M65           | Peter Bayer     | 1:10:59.6h |
| Bob Robertson |                 | 1:14:34.2h |
| M70           | Cedric Hustace  | 1:09:02.1h |
| Andrew Briggs |                 | 1:15:14.8h |
| M80           | Robert Mimm     | 1:14:37.3h |
| W45           | Grace Mutz      | 1:02:59.3h |
| W60           | Fran Emanuel    | 1:13:30.0h |
| W65           | Lois Dicker     | 1:09:54.5h |
| 20,000m RW    |                 |            |
| M55           | John Fredericks | 2:07:14.8h |
| M65           | Peter Bayer     | 2:24:39.7h |
| Bob Robertson |                 | 2:29:43.9h |
| M70           | Cedric Hustace  | 2:23:18.3h |
| M80           | Robert Mimm     | 2:30:34.2h |
| W60           | Fran Emanuel    | 2:28:05.9h |

#### USAT-NTC Spring Fling Meet #4, Clermont, FL; May 14

|      |                   |       |
|------|-------------------|-------|
| 100m |                   |       |
| M30  | Jonathan Carter   | 10.92 |
| M35  | Christophe Jordan | 12.78 |
| M40  | Don Fields        | 11.71 |
| M45  | Bernard Scott     | 13.06 |

|      |                  |       |
|------|------------------|-------|
| 200m |                  |       |
| M30  | Kedrick Wright   | 23.53 |
| M35  | Sherwin Sterling | 22.45 |
| M40  | Orlando Matthews | 23.23 |
| M60  | John Shenk       | 30.54 |
| M70  | Alan Smith       | 42.14 |
| W50  | Jocelyn Lowtlen  | NTA   |
| W65  | Louise Tricard   | 45.00 |

|      |                 |         |
|------|-----------------|---------|
| 400m |                 |         |
| M30  | Dean William    | 54.38   |
| M35  | Curtis Ward     | 53.64   |
| M45  | Bernard Scott   | 1:01.51 |
| M60  | John Shenk      | 1:05.21 |
| W50  | Jocelyn Lowtlen | 1:09.63 |

|      |                 |         |
|------|-----------------|---------|
| 800m |                 |         |
| M40  | Danny Monistere | 2:26.96 |
| M60  | John Shenk      | 2:51.10 |
| M70  | Herman Lofton   | 3:15.49 |
| W55  | Ann Makoske     | 3:05.29 |

|       |                 |         |
|-------|-----------------|---------|
| 1500m |                 |         |
| M35   | Cecilio Farinas | 5:02.29 |
| M40   | Steve Koski     | 4:38.70 |
| M70   | Herman Lofton   | 6:58.62 |
| W55   | Ann Makoske     | 6:25.60 |

|       |                  |          |
|-------|------------------|----------|
| 5000m |                  |          |
| M30   | Julio Tordaguila | 22:06.84 |
| M35   | George Kirk      | 19:20.75 |

#### Short Hurdles

|     |             |       |
|-----|-------------|-------|
| M50 | James Braun | 16.57 |
| M55 | Lloyd Lowry | 25.94 |

#### 4x100m Relay

|     |               |       |
|-----|---------------|-------|
| M40 | The Stars "A" | 46.34 |
|-----|---------------|-------|

#### High Jump

|     |                 |      |
|-----|-----------------|------|
| M45 | Peter Houba     | 1.60 |
| M50 | Larry Anderson  | 1.31 |
| M55 | Lloyd Lowry     | 1.21 |
| W50 | Jocelyn Lowtlen | 4.27 |

#### Pole Vault

|     |              |      |
|-----|--------------|------|
| M35 | Bobby Haack  | 13-6 |
| M40 | Thad Brady   | 13-6 |
| M45 | William Cook | 11-6 |
| M55 | Lloyd Lowry  | 8-6  |

#### Long Jump

|     |                   |      |
|-----|-------------------|------|
| 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

|     |                |       |
|-----|----------------|-------|
| 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 |
|-----|--------------|-------|

#### Javelin

|     |                |       |
|-----|----------------|-------|
| M40 | Gary Fulton    | 30.21 |
| M45 | Jose Ortiz     | 46.61 |
| M50 | Ed Calabell    | 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  | Orlando Matthews | 11.32 |
| M45  | Bernard Scott    | 12.66 |
| M50  | Fred Hendrix     | 13.45 |
| M60  | Ted Kalaidi      | 12.63 |
| M70  | Benjamin Jimenez | 17.77 |
| M80  | Tom Kennel       | 18.00 |

|      |                  |         |
|------|------------------|---------|
| 200m |                  |         |
| M30  | Marcel Carter    | 21.85   |
| M35  | Alex Acosta      | 21.67   |
| M40  | Orlando Matthews | 23.06   |
| M45  | Bernard Scott    | 26.70   |
| M50  | Roosevelt Owen   | 29.44   |
| M60  | Ted Kalaidi      | 26.36   |
| M65  | Joe Shanahan     | 36.27   |
| M70  | Robert Fine      | 40.44   |
| M80  | Tom Kennel       | 39.50   |
| W60  | Willy Moolenaar  | 1:44.30 |

|      |                 |         |
|------|-----------------|---------|
| 400m |                 |         |
| M35  | Larry Gardner   | 51.82   |
| M50  | Fred Hendrix    | 47.57   |
| M55  | Roosevelt Owens | 56.47   |
| M65  | Joe Shanahan    | 1:30.52 |

|      |                  |         |
|------|------------------|---------|
| 800m |                  |         |
| M40  | Steve Koski      | 2:18.98 |
| M45  | Brian Gallagher  | 2:24.77 |
| M50  | Eugene Truchelut | 3:14.36 |
| M70  | Herman Lofton    | 3:24.41 |
| W35  | Bonnie Schroeder | 2:07.37 |
| W60  | Willy Moolenaar  | 3:30.00 |

|       |                  |         |
|-------|------------------|---------|
| 1500m |                  |         |
| M40   | Steve Koski      | 4:53.38 |
| M45   | Brian Gallagher  | 5:02.06 |
| M70   | Herman Lofton    | 7:05.18 |
| W35   | Bonnie Schroeder | 4:24.52 |

|       |                  |          |
|-------|------------------|----------|
| 3000m |                  |          |
| M35   | George Kirk      | 11:07.62 |
| M45   | Gonzalo Medina   | 10:43.10 |
| M50   | Hernan Atehortua | 10:53.24 |

#### Short Hurdles

|     |              |       |
|-----|--------------|-------|
| M50 | James Broun  | 15.98 |
| M60 | Joe Johnston | 16.75 |

#### High Jump

|     |                |      |
|-----|----------------|------|
| M45 | Raul Garcia    | 1.50 |
| M50 | George McNeill | 1.45 |
| M65 | Paul Kniivila  | 1.25 |
| M70 | Richard Lowery | 1.40 |
| M80 | Tom Kennel     | 0.90 |

#### Pole Vault

|     |                    |      |
|-----|--------------------|------|
| M40 | Thad Brady         | 4.35 |
| M55 | Tomlinson Rauscher | 3.35 |
| M60 | Joe Johnston       | 3.35 |

#### Long Jump

|     |                  |      |
|-----|------------------|------|
| M40 | Gary Fulton      | 4.55 |
| M45 | Ranar Mossbiers  | 5.31 |
| M50 | George McNeill   | 4.54 |
| M60 | Ted Kalaidi      | 5.26 |
| M70 | Benjamin Jimenez | 3.67 |
| M80 | Tom Kennel       | 3.30 |

#### Triple Jump

|     |                |      |
|-----|----------------|------|
| M50 | George McNeill | 9.93 |
| M65 | Paul Kniivila  | 8.46 |
| M80 | Tom Kennel     | 7.14 |

#### Shot Put

|     |                  |      |
|-----|------------------|------|
| M70 | Benjamin Jimenez | 6.74 |
| W65 | Louise Tricard   | 4.58 |

#### Discus

|     |                  |       |
|-----|------------------|-------|
| M55 | Vlaardingerbroek | 37.55 |
| M60 | Larry Pratt      | 53.61 |
| M65 | Paul Kniivila    | 25.76 |
| M70 | Richard Lowery   | 35.05 |
| M80 | Dick Mulkern     | 31.40 |

#### Hammer

|     |                  |       |
|-----|------------------|-------|
| M75 | Luis Velez       | 24.09 |
| M80 | Dick Mulkern     | 28.18 |
| W45 | Cynthia Morrison | 24.60 |

#### Javelin

|     |                       |       |
|-----|-----------------------|-------|
| M40 | Gary Fulton           | 32.07 |
| M45 | Jess Virella          | 46.42 |
| M55 | Rudy Vlaardingerbroek | 43.62 |
| M60 | Tom Harasti           | 38.68 |
| M65 | Pietri Armando        | 30.92 |
| M70 | Benjamin Jimenez      | 23.36 |
| W65 | Louise Tricard        | 8.05  |

#### 3000m RW

|     |                |          |
|-----|----------------|----------|
| M45 | Robert Carver  | 19:39.55 |
| M70 | Robert Fine    | 19:58.40 |
| W45 | Sandra De Noon | 17:43.34 |
| W60 | Sandra Hults   | 20:45.25 |

#### Carolina Track Classic, U. of North Carolina at Charlotte June 4

|      |                     |       |
|------|---------------------|-------|
| 100m |                     |       |
| W70  | Anne Yudell         | 19.99 |
| M75  | Larry Greco         | 17.99 |
| M65  | Chet Terry          | 15.54 |
| M65  | Jerry Barton        | 14.33 |
| M60  | Thaddeus Morris     | 12.74 |
| M60  | Sam Hall            | 12.81 |
| M55  | Greg Marshall       | 12.74 |
| 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 |
| M55  | Kenneth Bender      | 28.08 |
| M45  | Kaestner McDonnough | 24.92 |
| M45  | Glen Reid           | 25.17 |
| 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 Waltermann | 1:03.14 |
| M55 | Ian Dickson       | 1:05.04 |
| M55 | James Rich        | 1:11.77 |
| M50 | Kenneth Bender    | 1:04.14 |
| M45 | Alan Sigmon       | 1:04.33 |
| M40 | Paul Brown        | 51.81   |
| M30 | Derrick Archie    | 51.78   |

#### 800m

|     |                  |         |
|-----|------------------|---------|
| W80 | Margaret Hagerty | 6:02.46 |
| M55 | Jay Smith        | 2:28.27 |
| M55 | Ian Dickson      | 2:29.96 |
| M55 | James Rich       | 2:35.61 |
| M45 | Alan Sigmon      | 2:26.33 |

#### Super Weight

|     |               |       |
|-----|---------------|-------|
| M70 | Tim Twomey    | 8.70  |
| M45 | Bryan Stewart | 6.90  |
| M45 | Scott Medlin  | 6.53  |
| M40 | Scott Frasure | 5.35  |
| M35 | Eric Rouse    | 7.57  |
| M20 | Eric Frasure  | 13.25 |

|       |                  |          |
|-------|------------------|----------|
| M40   | Robert Cousar    | 2:17.36  |
| 1500m |                  |          |
| W80   | Margaret Hagerty | 11:52.72 |
| W30   | Kate Walker      | 5:06.00  |
| M55   | Karl Fields      | 4:59.36  |
| M55   | James Rich       | 5:13.27  |
| M55   | Jay Smith        | 5:23.27  |
| 5000m |                  |          |
| W40   | Kay Weems        | 22:20.03 |
| W40   | Jean Aswell      | 25:26.04 |
| M50   | Robert Jackson   | 20:15.52 |

#### High Jump

|     |                 |      |
|-----|-----------------|------|
| M70 | Glen Yoder      | 1.32 |
| M70 | Jack Gilmore    | 1.17 |
| M60 | Richard Klehm   | 1.42 |
| M55 | Henry Jordan    | 1.52 |
| M55 | Bob Rockwell    | 1.47 |
| M55 | Johnnie Dye     | 1.37 |
| M45 | Mark Williamson | 1.75 |
| M45 | Thurman Whitted | 1.57 |
| M45 | Glen Reid       | 1.47 |
| M45 | Scott Medlin    | 1.17 |

#### Long Jump

|     |                   |      |
|-----|-------------------|------|
| M65 | Jerry Barton      | 3.99 |
| M65 | Theodore Mordecai | 3.38 |
| M60 | Charles MacDonald | 2.77 |
| M45 | Bill Halverson    | 5.19 |
| M45 | Thurman Whitted   | 4.45 |
| M45 | Glen Reid         | 4.35 |

#### Triple Jump

|     |              |       |
|-----|--------------|-------|
| M55 | Bob Rockwell | 10.75 |
|-----|--------------|-------|

#### Pole Vault

|     |                 |      |
|-----|-----------------|------|
| M60 | Richard Klehm   | 2.74 |
| M55 | Johnnie Dye     | 3.50 |
| M55 | Henry Jordan    | 3.35 |
| M50 | Tim Rhyne       | 3.20 |
| M40 | Todd Haire      | 3.05 |
| M35 | Todd Erbst      | 3.35 |
| M20 | Zachary Whitlow | 4.27 |

#### Hammer Throw

|     |               |       |
|-----|---------------|-------|
| M75 | Jack Munnell  | 20.84 |
| M70 | Tim Twomey    | 38.64 |
| M65 | James Turner  | 23.02 |
| M60 | Tom Blythe    | 28.52 |
| M60 | Dave Wheeler  | 28.12 |
| M55 | Mike Thomason | 43.76 |
| M45 | Bryan Stewart | 35.19 |
| M45 | Scott Medlin  | 33.40 |
| M40 | David Speaks  | 23.65 |
| M40 | Scott Frasure | 22.50 |
| M35 | Eric Rouse    | 26.05 |
| M20 | Eric Frasure  | 58.24 |

#### Shot Put

|     |                   |       |
|-----|-------------------|-------|
| W65 | Mary Munnell      | 4.99  |
| M75 | Jack Munnell      | 7.52  |
| M70 | Larry Horine      | 11.80 |
| M65 | Theodore Mordecai | 10.28 |
| M65 | James Turner      | 9.39  |
| M60 | Richard Klehm     | 11.21 |
| M60 | Rodger Parker     | 10.39 |
| M60 | Tom Blythe        | 9.56  |
| M55 | Mike Thomason     | 11.39 |
| M55 | Dan Linker        | 11.39 |
| M50 | Chuck Baer        | 13.42 |
| M45 | Bryan Stewart     | 12.34 |
| M45 | Scott Medlin      | 10.52 |
| M40 | Glen Reid         | 8.19  |
| M40 | Scott Frasure     | 8.89  |
| M35 | Joseph Cates      | 12.15 |
| M35 | Eric Rouse        | 10.65 |
| M30 | Robert Tulloch    | 12.65 |
| M30 | Tony Surface      | 9.41  |
| M20 | Eric Frasure      | 13.80 |

#### Discus



|                    |                   |       |
|--------------------|-------------------|-------|
| W55                | Branda Matthews   | 4:19  |
| W70                | Magdalena Kuehne  | 2:87  |
| W75                | Johnnie Valien    | 2:57  |
| <b>Triple Jump</b> |                   |       |
| M40                | Lavell Davenport  | 13.24 |
|                    | Michael Lynn      | 11.30 |
|                    | Logan Culp        | 10.24 |
| M45                | Mac Niromand      | 11.26 |
| M50                | Robert Richardson | 10.75 |
| M75                | Paul Bambrook     | 7.68  |
| M85                | Charles Mercurio  | 4.86  |
| W30                | Kimiko Nakatake   | 9.93  |
| W55                | A Steekelenburg   | 8.55  |
| W70                | Magdalena Kuehne  | 6.06  |
| W75                | Johnnie Valien    | 5.29  |
| <b>Shot Put</b>    |                   |       |
| M45                | James Kerman      | 13.61 |
|                    | Rodney Johnson    | 8.30  |
| M50                | Gary Schmidt      | 12.18 |
| M55                | Mike Nash         | 13.69 |
|                    | Mike Deller       | 12.90 |
|                    | Angelo Rinaldi    | 12.24 |
| M70                | Bob Ward          | 12.13 |
|                    | Doug Tomlinson    | 11.17 |
| M75                | Arnie Gaynor      | 12.18 |
| W40                | Pat Shaw          | 13.19 |
|                    | Claudette Fabian  | 8.99  |
|                    | Caren Ware        | 7.53  |
| W45                | Karen Vaughn      | 8.42  |
| W55                | La Tanya Glass    | 9.19  |
| W60                | Hattie Perry      | 6.45  |
| <b>Discus</b>      |                   |       |
| M40                | Logan Culp        | 27.37 |
| M50                | Gary Schmidt      | 40.15 |
|                    | Robert Rice       | 32.09 |
| M55                | Mike Deller       | 44.90 |
| M60                | Juan Bustamante   | 26.33 |
| M65                | Hal Smith         | 38.50 |
| M70                | Bob Ward          | 38.64 |
|                    | Doug Tomlinson    | 35.58 |
|                    | Robert Eldridge   | 23.82 |
| M75                | Arnie Gaynor      | 37.70 |
| M80                | Don Roser         | 24.81 |
| M85                | Hugh Hackett      | 16.34 |
| W55                | A Steekelenburg   | 20.06 |
| W65                | Kathy Bergen      | 17.62 |
| <b>Hammer</b>      |                   |       |
| M50                | Gary Schmidt      | 32.86 |
| M70                | Bob Ward          | 50.15 |
|                    | Doug Tomlinson    | 33.33 |
| M85                | Hugh Hackett      | 18.87 |
| <b>Javelin</b>     |                   |       |
| M40                | Logan Culp        | 36.53 |
| M45                | Mac Niromand      | 36.51 |
|                    | Mike Dillow       | 33.81 |
| M50                | David Hamel       | 52.30 |
|                    | Mike Tipping      | 44.54 |
|                    | Gary Schmidt      | 32.51 |
| M55                | Ron Rook          | 35.94 |
| M70                | Bob Ward          | 32.48 |
| M80                | Don Roser         | 25.26 |
| M85                | Hugh Hackett      | 16.26 |
| W40                | Claudette Fabian  | 36.86 |
|                    | Tina Bowman       | 31.56 |
| W55                | La Tanya Glass    | 23.19 |
| W70                | Magdalena Kuehne  | 12.92 |
| W75                | Johnnie Valien    | 14.92 |

## Visalia Classic Masters Meet

Visalia, CA; May 14

|             |                   |        |
|-------------|-------------------|--------|
| <b>50m</b>  |                   |        |
| M50         | Hubert Evans      | 6.7    |
|             | Paul Shires       | 7.0    |
| M60         | Dan Girling       | 7.8    |
|             | Juan Bustamante   | 8.3    |
| M75         | Don Cheek         | 7.8    |
| M85         | K K Slaughter     | 11.8   |
| W45         | Cathy Warmerdam   | 9.0    |
| W70         | Marjorie Moore    | 10.6   |
| <b>100m</b> |                   |        |
| M40         | Tommy Baker       | 12.4   |
| M45         | Kevin Morning     | 11.1   |
|             | J Smith           | 11.9   |
|             | Mark Pasos        | 12.1   |
| M50         | Hubert Evans      | 11.9   |
|             | Robert Richardson | 12.5   |
|             | Paul Shires       | 12.9   |
| M55         | George Moore      | 12.9   |
| M60         | Frank Strouse     | 13.8   |
|             | Dan Girling       | 13.9   |
|             | J Bustamante      | 16.1   |
| M75         | Don Cheek         | 14.1   |
| M85         | K K Slaughter     | 23.6   |
| W30         | Dena Birade       | 12.4   |
| W45         | Cathy Warmerdam   | 16.8   |
| W70         | Marjorie Moore    | 21.5   |
| <b>200m</b> |                   |        |
| M35         | Curtis Moore      | 23.5   |
|             | Zakee Madjun      | 24.0   |
| M45         | Kevin Morning     | 22.5   |
|             | J Smith           | 23.7   |
|             | Mark Pasos        | 24.7   |
| M50         | Hubert Evans      | 24.8   |
|             | Robert Richardson | 25.3   |
|             | Barry Warmerdam   | 26.8   |
| M60         | Dennis Duffy      | 27.5   |
|             | Frank Strouse     | 27.9   |
|             | Dan Girling       | 28.6   |
| M70         | Don Cheek         | 29.9   |
|             | Rodney Brown      | 32.0   |
| <b>400m</b> |                   |        |
| M35         | Curtis Moore      | 53.1   |
|             | Laurent Birale    | 54.1   |
|             | Zakee Madjun      | 54.5   |
| M40         | Tommy Baker       | 1:02.0 |
|             | Gerry Valverde    | 1:02.5 |
| M45         | Mark Pasos        | 57.3   |
| M50         | Steve Hardison    | 55.2   |
| M55         | Searcy Barnett    | 1:03.1 |
|             | Gary Hall         | 1:04.9 |
| M60         | Dennis Duffy      | 1:01.4 |
|             | Frank Strouse     | 1:05.5 |
| M70         | Benson Ford       | 1:27.3 |
| M75         | Don Cheek         | 1:09.1 |
|             | Rodney Brown      | 1:13.3 |
|             | Therisa Brown     | 1:10.0 |
| <b>800m</b> |                   |        |
| M50         | Wayne Morris      | 2:36.1 |
| M55         | Luis Pannarale    | 2:32.2 |
|             | Gary Hall         | 2:33.2 |

|                      |                 |         |
|----------------------|-----------------|---------|
| W50                  | Lois Bergstrom  | 2:45.2  |
| <b>1500m</b>         |                 |         |
| M45                  | Mike Haver      | 4:52.6  |
|                      | Steve Killars   | 4:58.9  |
| M55                  | Searcy Barnett  | 5:34.4  |
| W40                  | Pam Boyles      | 6:01.2  |
| W45                  | Therisa Brown   | 5:25.2  |
| <b>3000m</b>         |                 |         |
| M45                  | Mike Haver      | 10:12.2 |
|                      | Steve Killars   | 10:25.8 |
|                      | Bruce Deeter    | 12:28.0 |
| M55                  | Gary Hall       | 11:08.3 |
|                      | Searcy Barnett  | 11:50.0 |
|                      | Tony Hernandez  | 13:11.6 |
| M70                  | Bill Kuykendall | 20:25.7 |
| W40                  | Pam Boyles      | 10:42.0 |
| <b>Short Hurdles</b> |                 |         |
| M35                  | Laurent Birale  | 42.2    |
| M50                  | Parker White    | 58.7    |
| <b>High Jump</b>     |                 |         |
| M30                  | Kevin Crosby    | 4-0     |
| M40                  | Allen Eggman    | 5-4     |
| M50                  | Keith Nelsen    | 6-0     |
|                      | Steve Stafford  | 5-2     |
| M60                  | John Burns      | 4-8     |
| M65                  | Ralph Reiche    | 4-4     |
| W45                  | Karen Vaughn    | 4-2     |
| <b>Pole Vault</b>    |                 |         |
| M50                  | Steve Hardison  | 13-0    |
| M60                  | Bob Bly         | 6-0     |
| M65                  | Ralph Reiche    | 6-0     |
| <b>Long Jump</b>     |                 |         |
| M40                  | Allen Eggman    | 17-10   |
| M50                  | Paul Shires     | 16-6    |
|                      | Steve Stafford  | 16-1    |
| M55                  | Roger Trujillo  | 17-11   |
|                      | James Manor     | 16-1    |
| W70                  | Marjorie Moore  | 7-5.50  |
| <b>Triple Jump</b>   |                 |         |
| M50                  | Steve Stafford  | 32-4.50 |
|                      | Paul Shires     | 31-8    |
| M55                  | Roger Trujillo  | 37-1.50 |
|                      | Scott Wolfe     | 32-13   |
|                      | James Major     | 31-11   |
| <b>Shot Put</b>      |                 |         |
| M30                  | Kevin Crosby    | 27-9    |
| M40                  | Allen Eggman    | 32-9    |
| M45                  | James Kerman    | 46-3    |
| M60                  | John Burns      | 36-0    |
|                      | Juan Bustamante | 26-10   |
| M65                  | Ralph Reiche    | 30-1    |
| M70                  | Tom Blackstone  | 37-1    |
|                      | Robert Jordan   | 33-0    |
| M75                  | Tom Allison     | 34-4    |
| M80                  | Ed Chynoweth    | 30-3    |
| M85                  | Burton Stokes   | 19-8    |
| W45                  | Karen Vaughn    | 27-7    |
|                      | Cathy Warmerdam | 25-0    |
| <b>Discus</b>        |                 |         |
| M40                  | Allen Eggman    | 102-2   |
| M50                  | Jeff Eckel      | 103-7   |
| M55                  | Scott Wolfe     | 108-11  |
| M60                  | John Burns      | 126-10  |
|                      | Juan Bustamante | 87-6    |
| M70                  | Robert Jordan   | 96-1    |
|                      | Tom Blackstone  | 64-1    |
| M75                  | Tom Allison     | 103-4   |
|                      | Jack Morrill    | 50-11   |
| W45                  | Renee Taylor    | 53-0    |
| <b>Javelin</b>       |                 |         |
| M50                  | Barry Warmerdam | 142-0   |
| M55                  | Bob Powers      | 168-8   |
|                      | Scott Wolfe     | 127-8   |
| M60                  | John Burns      | 140-5   |
| M75                  | Tom Allison     | 99-4    |
|                      | Jack Morrill    | 50-1    |
| M80                  | Ed Chynoweth    | 87-2    |
| W45                  | Karen Vaughn    | 71-2    |

## Hawaii Masters Pentathlon

Honolulu; May 15

|                             |                |      |
|-----------------------------|----------------|------|
| M50                         | Vince Costello | 3180 |
| 4.88/26.90/41.32/35.07/5.42 |                |      |
| M50                         | Jack Karbens   | 2302 |
| 3.41/30.82/30.31/35.20/7.43 |                |      |
| M70                         | Robert Husic   | 1722 |
| 2/85/-/23.63/36.88/-        |                |      |
| M60                         | Clement Chun   | 1605 |
| 3.72/33.80/22.53/22.55/-    |                |      |
| M45                         | Kevin Kruszona | 1059 |
| -/-/39.65/29.81/-           |                |      |
| M65                         | Jerry Fasteen  | 699  |
| -/-/33.32/-                 |                |      |
| M50                         | Derek Goudge   | 282  |
| -/-/22.66/-/-               |                |      |

## Pasadena Senior Olympics

Pasadena, CA; May 21

|             |                    |       |
|-------------|--------------------|-------|
| <b>50m</b>  |                    |       |
| M50         | Charles Williams   | 6.73  |
| M55         | Raymond Yeck       | 6.80  |
| M60         | Henry Randolph     | 7.63  |
| M65         | Karl Thore         | 7.84  |
| M70         | Edward Newhall     | 7.70  |
| M75         | Jim Sieby          | 8.37  |
| M80         | Tom Patsalis       | 9.60  |
| M85         | Paul Hall          | 13.40 |
| M90         | George Feinstein   | 20.28 |
| W55         | Marcia Long        | 11.85 |
| W60         | Mary Jane McMaster | 12.75 |
| W65         | Kathy Bergen       | 7.78  |
| W70         | Gloria Doro        | 9.29  |
| W75         | Louise Martin      | 23.38 |
| W90         | Lois Bergstrom     | 23.37 |
| <b>100m</b> |                    |       |
| M50         | Charles Williams   | 12.40 |
| M55         | Raymond Yeck       | 12.78 |
| M60         | Larry Barnum       | 12.90 |
| M65         | Glenn Brooks       | 13.85 |
| M70         | Edward Newhall     | 14.58 |
| M75         | Rodney Brown       | 15.76 |
| M80         | Tom Patsalis       | 19.72 |
| M85         | Frederic Tompkins  | 20.71 |
| M90         | George Feinstein   | 42.88 |
| W50         | Rita Hanscom       | 13.44 |
| W60         | Mary Jane McMaster | 26.10 |
| W65         | Kathy Bergen       | 14.69 |
| W70         | Gloria Doro        | 18.50 |
| W75         | Louise Martin      | 29.47 |

|                    |                   |          |
|--------------------|-------------------|----------|
| W70                | Lois Bergstrom    | 43.78    |
| <b>200m</b>        |                   |          |
| M50                | Charles Williams  | 25.33    |
| M55                | Raymond Yeck      | 26.26    |
| M60                | Larry Barnum      | 26.65    |
| M65                | Jesse Carrington  | 29.44    |
| M70                | Bill Kennedy      | 37.73    |
| M75                | Rodney Brown      | 32.63    |
| M80                | Roy Murano        | 58.39    |
| M85                | Frederic Tompkins | 48.40    |
| M90                | George Feinstein  | 1:39.53  |
| W50                | Rita Hanscom      | 27.6h    |
| W55                | Mellie Clark      | 37.7g    |
| W60                | M J McMaster      | 1:01.6h  |
| W65                | Patricia Willis   | 1:08.6h  |
| W75                | Louise Martin     | 1:16.0h  |
| <b>400m</b>        |                   |          |
| M50                | Charles Williams  | 56.94    |
| M55                | James Lea         | 1:11.98  |
| M60                | Larry Barnum      | 58.78    |
| M65                | Jesse Carrington  | 1:07.06  |
| M70                | Bill Kennedy      | 1:25.12  |
| M75                | Rodney Brown      | 1:13.13  |
| M80                | Ray Murano        | 2:05.24  |
| M85                | Tommy Tompkins    | 1:54.17  |
| M90                | George Feinstein  | 3:26.93  |
| W50                | Jeanne Bowman     | 1:12.35  |
| W55                | Reemi Wentzel     | 1:14.82  |
| W60                | Reiko Duba        | 1:23.23  |
| W65                | Patricia Willis   | 2:45.71  |
| <b>800m</b>        |                   |          |
| M50                | Danny Goldman     | 2:16.52  |
| M55                | Rob Russell       | 2:30.40  |
| M60                | Jerry Hackett     | 2:37.06  |
| M65                | Jaime Mario       | 3:42.41  |
| M70                | Bill Kennedy      | 3:45.58  |
| M75                | Jim Selby         | 3:14.80  |
| M80                | Roy Murano        | 4:45.93  |
| W60                | Reiko Duba        | 3:56.63  |
| <b>1500m</b>       |                   |          |
| M50                | Hugo Velazquez    | 5:05.27  |
| M55                | Bob Russell       | 5:16.77  |
| M60                | Pete Antoine      | 7:12.00  |
| M65                | Jim Lyons         | 6:07.52  |
| M70                | Bill Kennedy      | 7:07.01  |
| M75                | Jim Selby         | 6:46.31  |
| M80                | Roy Murano        | 8:48.57  |
| W55                | Yoko Eichel       | 6:19.52  |
| W60                | Reiko Duba        | 6:46.74  |
| W80                | Mary Coropoff     | 15:09.35 |
| <b>5000m</b>       |                   |          |
| M50                | John Doyle        | 21:09.33 |
| M60                | Carlos Cruz       | 31:05.78 |
| M65                | James Miller      | 23:48.79 |
| M70                | Bry Thorne        | 40:14.53 |
| M80                | Cliff Cole        | 34:43.30 |
| <b>High Jump</b>   |                   |          |
| M50                | Patrick Pittman   | 4-2      |
| M55                | Charlie Rader     | 5-2      |
| M60                | Herman Pettigrove | 4-6      |
| M65                | Dave Perry        | 4-10     |
| M70                | Ray Fitzhugh      | 4-2      |
| M75                | Jerry Donley      | 3-10     |
| W50                | Tina Bowman       | 4-0      |
| W55                | A Steekelenburg   | 4-6      |
| W65                | Kathy Bergen      | 4-2      |
| <b>Pole Vault</b>  |                   |          |
| M55                | Steve Morris      | 11-6     |
| M60                | Thomas Sharples   | 9-7      |
| M65                | Tom Woodring      | 9-0      |
| M70                | Ray Fitzhugh      | 7-0      |
| <b>Long Jump</b>   |                   |          |
| M50                | John Knechle      | 17-7     |
| M55                | Roger Trujillo    | 17-5     |
| M60                | Ron Muranaka      | 14-5.50  |
| M65                | Bert Berry        | 13-7.75  |
| M70                | Donald Leis       | 9-6.75   |
| M80                | Tom Patsalis      | 9-2.50   |
| M85                | Bill Morales      | 6-11.75  |
| W50                | Linda Cohn        | 13-3.25  |
| W55                | Brenda Matthews   | 13-7.25  |
| W70                | Ellen Brannigan   | 7-9.75   |
| W75                | Louise Martin     | 5-2.25   |
| <b>Triple Jump</b> |                   |          |
| M50                | Andrew Hecker     | 32-2.75  |
| M55                | Roger Trujillo    | 36-3.75  |
| M60                | Roberto Sanchez   | 24-10.75 |
| M70                | Donald Leis       | 21-3.50  |
| M85                | Tom Patsalis      | 22-6.25  |
| W50                | Linda Cohn        | 27-9     |
| W65                | Kathy Bergen      | 23-9.75  |
| <b>Shot Put</b>    |                   |          |
| M50                | Rob Duncanson     | 30-11.75 |
| M55                | Eddie Damron      | 35-2.25  |
| M60                | Jorge Juarez      | 36-1     |
| M65                | Riley O'Neil      | 36-4     |
| M70                | Joe Durrenberger  | 36-6.75  |
| M80                | Edward Chynoweth  | 29-3     |
| M85                | Sy Lampert        | 21-10    |
| W50                | Linda Cohn        | 29-2     |
| W55                | Brenda Matthews   | 27-8.50  |
| W60                | Hattie Perry      | 20-3.50  |
| W65                | Ann Abreu         | 20-6     |
| W70                | Christel Donley   | 25-7     |
| <b>Discus</b>      |                   |          |
| M50                | Richard Comber    | 148-2    |
| M55                | Robert Stoltman   | 118-0    |
| M60                | Kenneth Baker     | 93-1     |
| M65                | Riley O'Neil      | 114-9    |
| M70                | Robert Eldridge   | 78-6     |
| M80                | Donald Roser      | 79-4     |
| W50                | Linda Cohn        | 73-4     |
| W55                | Mellie Clark      | 74-6     |
| W60                | Ann Abreu         | 54-6     |
| W70                | Ellen Brannigan   | 52-6     |
| W50                | Linda Cohn        | 73-4     |
| W55                | Mellie Clark      | 74-6     |
| W60                | Ann Abreu         | 54-6     |
| <b>Javelin</b>     |                   |          |
| M50                | Rob Duncanson     | 143-3    |
| M55                | James McEvoy      | 133-2    |
| M60                | Kenneth Baker     | 100-4    |
| M65                | Steve Wordell     | 120-5    |
| M70                | Ray Fitzhugh      | 95-10    |
| M75                | Allan Trefry      | 104-7    |
| M80                | Edward Chynoweth  | 95-9     |
| M85                | Bill Morales      | 75-11    |
| W50                | Claudette Fabian  | 124-6    |
| W55                | Brenda Matthews   | 50-11    |
| W65                | Kathy Bergen      | 72-1     |



|     |                     |      |
|-----|---------------------|------|
| M40 | Rory Mc Wade        | 1.66 |
| M45 | Johan Gouws         | 1.70 |
| M50 | Charles Carl        | 1.50 |
| M55 | Pieter Kruger       | 1.35 |
| M60 | Dawie Heunis        | 1.30 |
| M65 | Nic Meyer           | 1.23 |
| M70 | Leo Benning         | 1.40 |
| W35 | Hinah Heymans       | 1.70 |
| W40 | Gerda Jacobson      | 1.29 |
| W45 | Magda van Zyl       | 1.45 |
| W55 | Vera Tarlton        | 1.08 |
| W60 | Kitty van der Merwe | 1.14 |
| W70 | Gertie Theron       | 1.01 |
| W75 | Isabel Hofmeyr      | 1.07 |

|                   |                |      |
|-------------------|----------------|------|
| <b>Pole Vault</b> |                |      |
| M40               | John Richard   | 3.40 |
| M50               | Johan Allers   | 2.80 |
| M55               | Pieter Kruger  | 2.50 |
| W30               | Theresa Muller | 2.80 |
| W40               | Gerda Jacobson | 2.40 |

|                  |                      |      |
|------------------|----------------------|------|
| <b>Long Jump</b> |                      |      |
| M30              | Theunis Mostert      | 6.36 |
| M35              | Mark Cresswell       | 5.95 |
| M40              | Brian Corrigan       | 6.41 |
| M45              | Kurt Camhee          | 4.50 |
| M50              | Charles Carl         | 5.26 |
| M55              | Gerhard Joubert      | 4.41 |
| M60              | Tiens van der Mescht | 4.55 |
| M65              | Nic Meyer            | 3.64 |
| M70              | Leo Benning          | 3.51 |

|     |                   |      |
|-----|-------------------|------|
| W35 | Charmaine Barnard | 5.64 |
| W40 | Alta van As       | 4.57 |
| W45 | Annette Steenkamp | 4.23 |
| W60 | Magda Tomlinson   | 3.55 |
| W70 | Gertie Theron     | 2.49 |
| W75 | Isabel Hofmeyr    | 2.52 |

|                    |                   |       |
|--------------------|-------------------|-------|
| <b>Triple Jump</b> |                   |       |
| M30                | Theunis Mostert   | 13.09 |
| M35                | Mark Cresswell    | 12.15 |
| M40                | Brian Corrigan    | 13.66 |
| M45                | Leo Benning       | 7.88  |
| M50                | Charmaine Barnard | 11.98 |
| W45                | Annette Steenkamp | 7.87  |

|                 |                    |       |
|-----------------|--------------------|-------|
| <b>Shot Put</b> |                    |       |
| M30             | Martin Plews       | 14.16 |
| M35             | Conradie Scheepers | 15.15 |
| M40             | Francois de Wit    | 12.98 |
| M45             | Hannes Nel         | 12.50 |
| M50             | Jacobus van Zyl    | 16.25 |
| M55             | Jan Roodt          | 13.28 |

|     |                  |       |
|-----|------------------|-------|
| M60 | Thuns Naude      | 11.71 |
| M65 | Everard Skea     | 11.46 |
| M70 | Dries Liebenberg | 11.07 |
| M75 | Borge Stannius   | 11.49 |
| M80 | Johannes Visser  | 8.28  |
| M85 | Louis Botha      | 7.50  |
| M90 | Claude Sterley   | 4.55  |

|     |                     |       |
|-----|---------------------|-------|
| W35 | Sonia Frylinck      | 9.26  |
| W40 | Ansie Hennop        | 9.45  |
| W45 | Emily van der Merwe | 6.64  |
| W50 | Tertia Stoffberg    | 10.16 |
| W55 | Mercia Ferreira     | 10.08 |
| W60 | Anette Olivier      | 8.60  |
| W65 | Helena White        | 7.88  |
| W80 | Lena Grobler        | 5.79  |

|               |                    |       |
|---------------|--------------------|-------|
| <b>Discus</b> |                    |       |
| M30           | Martin Plews       | 38.90 |
| M35           | Conradie Scheepers | 44.20 |
| M40           | Marius Eybers      | 40.02 |
| M45           | Gawie Louw         | 34.94 |
| M50           | Jacobus van Zyl    | 50.02 |
| M55           | Jan Roodt          | 36.76 |
| M60           | Thuns Naude        | 38.18 |

|     |                  |       |
|-----|------------------|-------|
| M65 | Andrzej Rzepecki | 39.98 |
| M70 | Dries Liebenberg | 28.72 |
| M75 | Borge Stannius   | 30.32 |
| M80 | Phillip Frech    | 28.00 |
| M90 | Claude Sterley   | 11.60 |
| W35 | Sonia Frylinck   | 29.32 |
| W40 | Ansie Hennop     | 32.34 |

|     |                     |       |
|-----|---------------------|-------|
| W45 | Emily van der Merwe | 15.74 |
| W50 | Yana Rzepecka       | 22.70 |
| W55 | Mercia Ferreira     | 24.12 |
| W60 | Yana Rzepecka       | 22.70 |
| W65 | Helena White        | 18.64 |
| W70 | Gertie Theron       | 15.68 |
| W80 | Lena Grobler        | 14.44 |

|               |                   |       |
|---------------|-------------------|-------|
| <b>Hammer</b> |                   |       |
| M30           | Marnue Ueckerman  | 47.24 |
| M40           | Tone van Rensburg | 46.78 |
| M45           | Rudolph Harmse    | 40.53 |
| M50           | Basie Koen        | 49.04 |
| M55           | Jan Roodt         | 45.58 |
| M60           | Dawie Heunis      | 27.28 |
| M65           | Andrzej Rzepecki  | 46.36 |

|     |                     |       |
|-----|---------------------|-------|
| M70 | Dries Liebenberg    | 30.80 |
| M75 | Borge Stannius      | 30.48 |
| M80 | Johannes Visser     | 23.46 |
| M90 | Claude Sterley      | 13.30 |
| W35 | Sonia Frylinck      | 23.86 |
| W40 | Ansie Hennop        | 30.28 |
| W45 | Emily van der Merwe | 18.34 |

|     |                  |       |
|-----|------------------|-------|
| W50 | Tertia Stoffberg | 27.88 |
| W60 | Anette Olivier   | 30.26 |
| W65 | Naomie van Lill  | 23.16 |
| W80 | Lena Grobler     | 16.36 |

|                |                   |       |
|----------------|-------------------|-------|
| <b>Javelin</b> |                   |       |
| M35            | Johan van Wyk     | 57.98 |
| M40            | Adri Badenhorst   | 52.82 |
| M45            | Gawie Louw        | 62.62 |
| M50            | Dave Ludeke       | 47.32 |
| M55            | Johan van Greunen | 36.69 |
| M60            | Theo Molier       | 35.52 |

|     |                  |       |
|-----|------------------|-------|
| M65 | Everard Skea     | 31.52 |
| M70 | Leo Benning      | 26.84 |
| M75 | Borge Stannius   | 34.00 |
| M80 | Johannes Villier | 27.96 |
| M85 | Louis Botha      | 16.12 |
| M90 | Claude Sterley   | 7.30  |
| W35 | Sonia Frylinck   | 26.74 |

|     |                    |       |
|-----|--------------------|-------|
| W40 | Engelina Pretorius | 27.72 |
| W45 | Lynette Richards   | 21.18 |
| W55 | Mercia Ferreira    | 25.54 |
| W65 | Naomie van Lill    | 20.14 |
| W70 | Gertie Theron      | 16.58 |
| W80 | Lena Grobler       | 11.60 |

|                     |                    |       |
|---------------------|--------------------|-------|
| <b>Weight Throw</b> |                    |       |
| M35                 | Conradie Scheepers | 10.68 |
| M40                 | Tone van Rensburg  | 13.87 |

## LONG DISTANCE RUNNING

### NATIONAL

**National Masters 5K Championships/Women**  
Freihofer's Run for Women  
5K, Albany, NY; June 4

|                |                         |       |
|----------------|-------------------------|-------|
| <b>Overall</b> |                         |       |
| W35            | Asmae Leghzaoui 28      | 15:17 |
| W40            | Breda Willis            | 16:44 |
| W45            | Debbi Kilpatrick-Morris | 17:09 |

|     |                      |       |
|-----|----------------------|-------|
| M35 | Marisa Hanson        | 17:26 |
| M40 | Doreen McCoubrie     | 17:46 |
| M45 | Joan Nesbit Mabe     | 18:07 |
| M50 | Madelyn Noe-Schientz | 18:18 |
| M55 | Kelly Dworak         | 18:40 |
| M60 | Sarah Kramer         | 18:50 |

|     |                       |       |
|-----|-----------------------|-------|
| M65 | Catherine Stone       | 19:01 |
| M70 | Karen Mohr            | 19:24 |
| M75 | Anne Benson           | 19:39 |
| M80 | Carmen Ayala-Troncoso | 17:06 |
| M85 | Monica Joyce          | 17:47 |
| M90 | Janet Robertz         | 17:51 |

|     |                   |       |
|-----|-------------------|-------|
| W45 | Lee DiPietro      | 18:00 |
| W50 | Ann Hird          | 19:23 |
| W55 | Nancy Taormina    | 20:37 |
| W60 | Judy Rubin        | 20:58 |
| W65 | Catherine Hartung | 20:59 |
| W70 | Marina Veatch     | 21:07 |

|     |                  |       |
|-----|------------------|-------|
| W75 | Mary Janiszewski | 21:22 |
| W80 | Kathryn Martin   | 18:17 |
| W85 | Victoria Crisp   | 19:20 |
| W90 | Sharon Vos       | 19:44 |
| W95 | Coreen Steinbach | 21:09 |

|     |                  |       |
|-----|------------------|-------|
| M45 | Gawie Louw       | 10.70 |
| M50 | Basie Koen       | 17.88 |
| M55 | Reg Marchant     | 11.93 |
| M60 | Ingo Hildebrand  | 10.67 |
| M65 | Andrzej Rzepecki | 17.76 |
| M70 | Dries Liebenberg | 12.73 |
| M75 | Borge Stannius   | 12.94 |
| M80 | Johannes Visser  | 11.85 |
| M85 | Jouis Botha      | 11.20 |
| M90 | Sonia Frylinck   | 6.92  |

|     |                  |      |
|-----|------------------|------|
| W40 | Ansie Hennop     | 8.96 |
| W45 | Tertia Stoffberg | 8.47 |
| W50 | Mercia Ferreira  | 7.05 |
| W55 | Helena White     | 9.36 |

|                          |                    |      |
|--------------------------|--------------------|------|
| <b>Weight Pentathlon</b> |                    |      |
| M35                      | Conradie Scheepers | 2649 |
| M40                      | Braam Botes        | 3276 |
| M45                      | Gawie Louw         | 3198 |
| M50                      | Jacobus van Zyl    | 3689 |
| M55                      | Jan Roodt          | 3783 |

|     |                  |      |
|-----|------------------|------|
| M60 | Ingo Hildebrand  | 2895 |
| M65 | Andrzej Rzepecki | 4512 |
| M70 | Dries Liebenberg | 3037 |
| M75 | Borge Stannius   | 4304 |
| M80 | Johannes Visser  | 3492 |
| M85 | Louis Botha      | 4126 |

|     |                  |      |
|-----|------------------|------|
| M90 | Sonia Frylinck   | 2226 |
| W40 | Ansie Hennop     | 2895 |
| W45 | Tertia Stoffberg | 2439 |
| W50 | Vera Tarlton     | 2634 |
| W55 | Anette Olivier   | 3350 |
| W60 | Helena White     | 3074 |

|                  |                       |      |
|------------------|-----------------------|------|
| W65              | Helena White          | 3422 |
| <b>Decathlon</b> |                       |      |
| M30              | Michael Peacock       | 4180 |
| M35              | Albertus Lombard      | 3633 |
| M40              | Rory Mc Wade          | 5907 |
| M45              | Cresswell van Onselen | 3738 |
| M50              | Hans Miekautsch       | 5252 |

|                 |                    |          |
|-----------------|--------------------|----------|
| <b>5000m RW</b> |                    |          |
| M35             | Michael Struwig    | 30:07.0h |
| M40             | Izak Nel           | 23:39.0h |
| M45             | Joseph Esterhuizen | 24:32.0h |
| M50             | Connie Klopper     | 26:42.2h |
| M55             | David Flood        | 27:12.5h |

|     |                  |          |
|-----|------------------|----------|
| M60 | Jurgen Spencer   | 28:25.1h |
| M65 | Hennie van Zyl   | 32:23.9h |
| M70 | Norman Alderton  | 31:52.5h |
| M75 | Danie Hildebrand | 32:57.8h |
| M80 | George Hazle     | 33:50.1h |
| M85 | Charles Brand    | 44:09.9h |

|     |                |          |
|-----|----------------|----------|
| M90 | Susan Blignaut | 29:01.3h |
| W40 | Trudi Carstens | 28:59.0h |
| W45 | Monica Risk    | 29:38.3h |
| W50 | Barbara Nell   | 26:29.1h |
| W55 | Elsa Meyer     | 29:42.7h |
| W60 | Hildegard Vey  | 32:29.2h |

|     |                   |          |
|-----|-------------------|----------|
| W65 | Elizabeth Stewart | 35:42.2h |
| W70 | Lily Krugel       | 45:16.9h |
| W75 | Anna Vilet        | 39:26.0h |
| W80 | Mavis Hutchinson  | 42:35.8h |

|               |                |         |
|---------------|----------------|---------|
| <b>10K RW</b> |                |         |
| W35           | Susan Blignaut | 59:37   |
| W40           | Trudi Carstens | 1:00:03 |
| W45           | Monica Risk    | 1:02:11 |
| W50           | Barbara Nell   | 54:37   |
| W55           | Elsa Meyer     | 1:00:38 |

|     |                   |         |
|-----|-------------------|---------|
| W60 | Hildegard Vey     | 1:04:24 |
| W65 | Elizabeth Stewart | 1:13:52 |
| W70 | Leonora du Toit   | 1:29:21 |
| W75 | Anna Vilet        | 1:12:49 |
| W80 | Mavis Hutchinson  | 1:28:14 |

|               |                    |         |
|---------------|--------------------|---------|
| <b>20K RW</b> |                    |         |
| M35           | Michael Struwig    | 2:06:17 |
| M40           | Izak Nel           | 1:44:14 |
| M45           | Vincent Ghisleni   | 1:51:14 |
| M50           | C van Blommenstein | 1:47:44 |
| M55           | David Flood        | 1:55:50 |

|     |                  |         |
|-----|------------------|---------|
| M60 | Jurgen Spencer   | 2:03:26 |
| M65 | David Symonds    | 2:23:55 |
| M70 | Norman Alderton  | 2:12:55 |
| M75 | Danie Hildebrand | 2:20:28 |
| M80 | George Hazle     | 2:50:03 |

|   |                       |         |
|---|-----------------------|---------|
| <b>Long Island Greenbelt Trail 50K, Nassau Greenbelt May 14</b> |                       |         |
| <b>Overall</b>  |                       |         |
| M35   | Rudy Alanador 46      | 4:21:24 |
| M40   | Elizabeth Thompson 37 | 5:53:28 |
| M45   | Philip McCarthy       | 4:41:33 |

|     |                |         |
|-----|----------------|---------|
| M50 | Timothy DeLeo  | 5:25:18 |
| M55 | Jay Lustgarten | 6:22:43 |
| M60 | R Alanador     | 4:21:24 |
| M65 | Jay Masten     | 5:17:01 |
| M70 | Andre Aroneanu | 5:11:33 |

|     |                  |         |
|-----|------------------|---------|
| M75 | Frank Pellegrino | 6:05:22 |
| M80 | Grant McKeown    | 5:40:04 |
| M85 | Chris Scott      | 6:55:22 |
| M90 | Greg Taha        | 7:14:56 |
| M95 | Al Toth          | 7:31:32 |

|      |                     |         |
|------|---------------------|---------|
| M100 | Ojars Stikis        | 8:17:34 |
| M105 | Sam Soccio          | 8:22:28 |
| M110 | Janice Clarke-Jewel | 6:57:55 |
| M115 | Lorelei McGlynn     | 7:14:55 |
| M120 | Lucimar Araujo      | 7:23:48 |

|      |                 |         |
|------|-----------------|---------|
| M125 | Mary Fraker     | 7:35:39 |
| M130 | Alicia Barahona | 6:26:11 |
| M135 | Eliz Meiklejohn | 8:47:43 |
| M140 | Helma Clavin    | 8:24:11 |

|  |                      |         |
|--|----------------------|---------|
| <b>NYRR Queens Half-Marathon Queens, NYC; May 14</b> |                      |         |
| <b>Overall</b>                                       |                      |         |
| M35  | Jorge Real 34        | 1:09:29 |
| M40  | Michelle Bleakley 37 | 1:19:38 |
| M45  | Antonio Martinez     | 1:14:59 |

|     |              |         |
|-----|--------------|---------|
| M50 | John Nelson  | 1:20:07 |
| M55 | Jack McShane | 1:20:36 |
| M60 | Inkul Yoo    | 1:23:43 |
| M65 | John Samsel  | 1:18:22 |
| M70 | Jose Mendez  | 1:43:18 |

|      |                 |         |
|------|-----------------|---------|
| M75  | Alfred Finger   | 1:44:06 |
| M80  | George Marr     | 2:19:22 |
| M85  | Deborah Gaebler | 1:27:28 |
| M90  | Jane Lundy      | 1:33:06 |
| M95  | Maria Wickham   | 1:30:50 |
| M100 | Sandra Palmer   | 1:50:43 |
| M105 | Carol Johnston  | 1:46:59 |
| M110 | Nike Mizelle    | 2:20:21 |
| M115 | Rosa Nales      | 2:20:24 |
| M120 | Bertha McGruder | 2:40:43 |

|  |                      |       |
|--|----------------------|-------|
| <b>NYRR College Point 5K Queens, NYC; May 14</b> |                      |       |
| <b>Overall</b>                                   |                      |       |
| M35  | Alexander Delavin 32 | 15:47 |
| M40  | Russell 33           | 19:26 |
| M45  | Christopher Potter   | 17:09 |

|     |                   |       |
|-----|-------------------|-------|
| M50 | Ivan Mills        | 19:37 |
| M55 | Dan Denigris      | 20:51 |
| M60 | Robert Mead       | 21:58 |
| M65 | Arnold Gore       | 23:55 |
| M70 | Michael Goldman   | 22:54 |
| M75 | Joseph Pascarella | 26:12 |

|      |                   |       |
|------|-------------------|-------|
| M80  | Albert Puma       | 36:11 |
| M85  | John McManus      | 32:32 |
| M90  | Carol Varnas      | 27:31 |
| M95  | L Branch          | 20:33 |
| M100 | Joan Baldassari   | 21:49 |
| M105 | Elaine Lee        | 32:59 |
| M110 | Marsha Henkin     | 26:19 |
| M115 | Dolly Finkelstein | 37:15 |

|  |                    |       |
|--|--------------------|-------|
| <b>Kennett Square Run Kennett Square, PA; May 14</b> |                    |       |
| <b>Overall</b>                                       |                    |       |
| M35  | Elarbi Khattabi 38 | 31:14 |
| M40  | Julie Lavelle 31   | 38:45 |
| M45  | Elarbi Khattabi    | 31:14 |

|     |               |       |
|-----|---------------|-------|
| M50 | John Carroll  | 33:30 |
| M55 | Frank Perna   | 37:26 |
| M60 | Scott Young   | 39:34 |
| M65 | Nace Mullen   | 39:50 |
| M70 | Carl Spangler | 41:36 |
| M75 | Jay Miller    | 43:36 |

|     |            |       |
|-----|------------|-------|
| M80 | Rick Engel | 38:40 |
|-----|------------|-------|



|                      |         |
|----------------------|---------|
| Mark Heller          | 36:26   |
| Tom Bordon           | 36:36   |
| Juan Venegas         | 36:53   |
| M45 Kevin Higgins    | 36:57   |
| David Williams       | 39:35   |
| Andrew Zucaro        | 40:21   |
| Peter Engelhardt     | 40:38   |
| Christophe Kunkel    | 41:05   |
| M50 Gary Greene      | 38:24   |
| Franz Mitterer       | 39:31   |
| Andy Bregman         | 39:52   |
| Joe Lanzalotto       | 40:05   |
| Frank Krajick        | 42:18   |
| M55 Julio Aguirre    | 39:46   |
| James Cimmino        | 43:00   |
| Jose Arthu Vallejo   | 43:06   |
| Baxter Brooks        | 43:14   |
| John Egan            | 44:37   |
| M60 Douglas Brown    | 40:51   |
| Tom Faruolo          | 44:20   |
| Vincent Madison      | 44:34   |
| Ron Ayre             | 45:10   |
| Tom Pena             | 45:51   |
| M65 Matt Lalumia     | 47:05   |
| Eric Nutter          | 49:08   |
| Jeff Malester        | 54:07   |
| Roy Lamendola        | 59:30   |
| Stylianios Sfiniades | 1:02:38 |
| M70 Joseph Labruno   | 53:43   |
| Charles Clark        | 54:57   |
| Ben Schwartz         | 1:00:08 |
| M75 Joe Burns        | 57:55   |
| William Weber        | 1:04:11 |
| Bill Horowitz        | 1:07:18 |
| Bill Welsh           | 1:24:30 |
| M80+ Tim Dyas 85     | 1:26:02 |
| W35 Doris Fego       | 39:14   |
| W40 Deborah Gaebler  | 40:04   |
| Donna Adamoli        | 41:04   |
| Alyson Lierandi      | 41:41   |
| Wanda-wang Shulman   | 44:41   |
| Virginia Shea        | 46:50   |
| W45 Valerie Kilcoin  | 43:34   |
| Deborah Cipriano     | 48:11   |
| Eva Fisher           | 49:07   |
| Debbie Grosser       | 50:18   |
| Joanne Minichetti    | 51:06   |
| W50 Vera Stek        | 50:36   |
| Laurie Harris        | 51:01   |
| Roberta Robertozzi   | 53:51   |
| Betty Langenkamp     | 58:04   |
| Sylvana Bevacqua     | 59:02   |
| W55 Flora Flores     | 53:04   |
| Floris Giglio        | 53:47   |
| Julie Kavalo         | 58:06   |
| Kristan Louis        | 59:22   |
| Lois Brown Klein     | 1:01:07 |
| W60 Antje Hennings   | 57:34   |
| Diane Kohout         | 1:07:58 |
| Laura Leinberger     | 1:10:12 |
| W65 Cindy Clark      | 54:59   |
| Glenys Nutter        | 1:00:55 |
| Nike Mizelle         | 1:02:24 |
| Sachiko Kawamura     | 1:04:09 |
| Cindy Peterson       | 1:04:44 |

### Pittsylvania Mile Run/Walk

Pittsburgh, PA; June 4

|                     |         |
|---------------------|---------|
| M40 Larry Van Dyke  | 4:57.0  |
| Phil Pillin         | 5:46.9  |
| Ed May              | 5:51.8  |
| M45 Scott Ferrari   | 6:01.3  |
| Bob Harwick         | 6:20.3  |
| Mike Fallon         | 6:23.7  |
| M50 Lee Zelkowitz   | 5:11.2  |
| Carl Hildebrandt    | 5:11.6  |
| George Diefenbach   | 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  |
| Bill Plues          | 6:47.6  |
| M70 R. Brockebrough | 6:31.9  |
| M80 Fran Albaugh    | 8:52.7  |
| W45 Karen Mizkar    | 6:35.0  |
| Betsy Magovern      | 7:30.0  |
| W50 Debi Pike       | 6:59.0  |
| Mile Racewalk       |         |
| M55 Lou Florina     | 11:24.5 |
| W40 Betsy Cwenar    | 11:10.1 |
| W45 Carolyn Menard  | 11:03.1 |

### NYRR Anniversary Run 2.9

Miles, Central Park, NYC

June 5

|                      |       |
|----------------------|-------|
| Overall              |       |
| Oleg Belokhovets 29  | 14:06 |
| Olena Plastinina 41  | 18:05 |
| M40 Mohamed Oumzil   | 17:14 |
| M45 William Abrams   | 17:18 |
| M50 Paul Mascali     | 16:20 |
| M55 Edgar Sandoval   | 18:17 |
| M60 Rolando Vihnay   | 20:41 |
| M65 Michael Goldman  | 21:40 |
| M70 Roger Revel      | 24:26 |
| M75 William Fortune  | 25:41 |
| M80 Sab Koide        | 28:42 |
| W40 Kim Griffin      | 18:15 |
| W45 L Branche        | 19:20 |
| W50 Joan Baldassarri | 20:57 |
| W55 Judith Tripp     | 23:02 |
| W60 Laurie Baker     | 24:39 |
| W65 Edith Jones      | 25:47 |
| W70 Ginette Bedard   | 23:29 |
| W75 Joan Rowland     | 33:49 |

### USATF-New England 5K

Championship / Rhody 5K

Lincoln, RI; June 5

|                     |       |
|---------------------|-------|
| Overall             |       |
| Joseph Mcalister 24 | 14:50 |
| Oria O'Mahoney 27   | 17:17 |
| M35 Sean Livingston | 15:36 |
| M40 Eric Morse      | 15:46 |
| Daniel Verrington   | 15:59 |
| Jason Cakouros      | 16:15 |
| Michael Payson      | 16:16 |

|                      |        |
|----------------------|--------|
| Scott Anderson       | 16:18  |
| M45 Wieslaw Perszke  | 15:47* |
| Paul Hammond         | 15:59* |
| Mark Reeder          | 16:35* |
| Jon Waldron          | 16:56  |
| M50 Andy Macdonald   | 17:02  |
| John Barbour         | 16:49* |
| Geary Daniels        | 17:14* |
| John Lee             | 17:15* |
| Phil Riley           | 18:03  |
| Larry Litscher       | 18:11  |
| M55 Laurence Olsen   | 17:25* |
| Jerry Learned        | 17:58* |
| Mark Wigler          | 18:49  |
| Frank Rucki          | 18:54  |
| M60 John Hackney     | 19:47  |
| Colin Mcardle        | 18:29* |
| Jack Thornhill       | 19:26* |
| Sumner Brown         | 19:33* |
| George Cunha         | 20:19  |
| Jim Logan            | 20:46  |
| M65 Eddie Fromm      | 20:24* |
| Harry Carter         | 20:50* |
| William Spencer      | 20:55* |
| Jim Daley            | 21:18* |
| Don Bell             | 23:26  |
| M70 Donald Dayton    | 23:06* |
| Dennis Branham       | 24:39  |
| Bob Hillman          | 26:13  |
| John McGowan         | 26:19  |
| Paul McDermott       | 26:42  |
| M75 John Dicomandrea | 32:20  |
| Edward Lewis         | 33:19  |
| M80+ Joseph Pascale  | 33:46* |
| W35 Debra Barry      | 19:06  |
| Mimi Fallon          | 17:53* |
| Zofia Wierciokowski  | 17:59* |
| Maria Sevin          | 18:08* |
| Martha Merz          | 18:35  |
| Simonetta Piergent   | 18:49  |
| Cathy Pearce         | 18:57  |
| W45 Miae Jacobs      | 19:10* |
| Lisa Doucett         | 21:52  |
| Patricia Sylvia      | 22:54  |
| Linda Demanie        | 24:26  |
| Debbie Johnson       | 24:31  |
| W50 Eileen Troy      | 20:35* |
| Sidney Letendre      | 20:47* |
| Terri Martland       | 21:15* |
| Karen Deroma         | 21:35  |
| Linda Jennings       | 21:53  |
| W55 Jessica Wheeler  | 23:11* |
| Mary Ryzcek          | 23:51  |
| Penny Catalano       | 24:48  |
| Elizabeth Waldman    | 27:31  |
| Bonnie Hillman       | 28:06  |
| W60 Jan Holmquist    | 21:32* |
| Debbie Ian           | 27:01  |
| Carol Gels           | 34:57  |
| Kathleen Kelley      | 38:35  |
| Judy Gordon          | 42:29  |
| W65 Shirley Martin   | 45:55  |
| W70 Nancy Wilson     | 49:10  |
| W75 Florence Dagata  | 53:39  |
| W80+Louise Rossetti  | 49:32* |

### 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   |
| W40 Walt Rider       | 37:39   |
| M55 Marvin Hemphill  | 42:06   |
| M60 Kenneth Williams | 47:01   |
| 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                 |       |
| Tim Israel 18           | 18:02 |
| SARA MITCHELL 26        | 20:59 |
| M40 DANNY PHILLIPS      | 20:38 |
| KENNETH HARRELL         | 20:56 |
| DAVID MEHL              | 21:11 |
| M50 HANK BROWN          | 19:15 |
| DIETRICH FABRICIUS      | 22:02 |
| JOHN LORNTZ             | 22:56 |
| M60 MICHAEL MANUEL      | 25:44 |
| GEORGE FREELAND         | 27:40 |
| GENE MCDOWELL           | 28:25 |
| M70+ RICHARD KRANKER    | 28:21 |
| LARRY FINCHER           | 37:41 |
| W40 K C CLARK           | 23:37 |
| PEGGY GENOVA            | 24:47 |
| NICKY FABIANO           | 25:55 |
| W50 DONNA ALLSTAEDT     | 21:14 |
| SANDRA BYRNE            | 25:50 |
| HIDY MORGAN             | 30:19 |
| KATHLEEN MYRPHY         | 31:30 |
| W60 MARIANNE STEPHENSON | 29:08 |
| SHELIA MCKINLEY         | 30:44 |
| DONNA COGGINS           | 31:57 |

### Cotton Row 10K

Huntsville, AL; May 30

|                               |       |
|-------------------------------|-------|
| Overall                       |       |
| Charles Kamindo 22            | 30:50 |
| Charles Sultanova-Zhdanova 44 | 34:33 |
| M35 Chad Davis                | 36:03 |
| M40 Brian Pope                | 32:07 |
| Jeff Terry                    | 33:45 |
| David Winders                 | 34:13 |
| David Matherne                | 34:16 |
| Tim Ensign                    | 34:40 |
| M45 John Tuttle               | 33:14 |
| Terry Daniel                  | 36:59 |

|                           |         |
|---------------------------|---------|
| David McKinney            | 37:20   |
| Joe Francia               | 37:27   |
| Bill Olrich, Jr           | 38:13   |
| M50 Barry Ege             | 39:10   |
| Richard Neil Royce        | 40:25   |
| Dave Forrest              | 40:46   |
| Alan Lewis Hoff           | 41:19   |
| Robert Sweeney            | 42:11   |
| M55 Steve Rice            | 39:04   |
| Donald Brown              | 40:19   |
| Wayne Heckler             | 41:12   |
| Gary Grace                | 41:41   |
| Dick Franklin             | 42:01   |
| M60 David Jeffrey         | 39:33   |
| Jim Upton                 | 41:22   |
| Joe R. Carter             | 42:33   |
| Colin Stroud              | 45:18   |
| Morgan Looney             | 45:51   |
| M65 Joe Quillen           | 42:11   |
| John Conroy               | 48:06   |
| Ray Fanning               | 50:09   |
| Richard Pace              | 50:29   |
| Joe Beams                 | 52:16   |
| M70 Kelly Stinson         | 52:29   |
| Dewayne Morris            | 52:36   |
| Bill Chubb                | 53:33   |
| Billy T. Sexton           | 54:18   |
| Charles Terrell           | 54:25   |
| M75 Joe Conrad            | 1:03:16 |
| Lloyd Doering             | 1:07:34 |
| Bud Rivers                | 1:12:10 |
| B.P. Daniel               | 1:15:18 |
| Gresh Downs               | 1:17:22 |
| M80 Jim Howell            | 1:07:51 |
| W35 Breeda Willis         | 34:49   |
| W40 F. Sultanova-Zhdanova | 34:33   |
| Connie Robertson          | 39:20   |
| Lori Goldweber            | 42:08   |
| Gail Whelan               | 43:49   |
| Susan Hales               | 44:17   |
| W45 Jenise Fontenot       | 46:08   |
| Nancy O'Neill             | 48:24   |
| Lupe Mehl                 | 48:40   |
| Julie Zingarelli          | 48:54   |
| Kathy Hill                | 49:00   |
| W50 Maureen Higgins       | 50:53   |
| Sarah Grace               | 51:18   |
| Jody Coombs               | 54:14   |
| Lenora Pou                | 56:58   |
| Kathryn Shelton           | 58:17   |
| Brenda Cooter             | 53:16   |
| Judy Wilson               | 56:13   |
| Helen Fussell             | 56:54   |
| Joanie Bell               | 59:04   |
| Vivian Drake              | 1:02:34 |
| W60 Marie Threadgill      | 49:00   |
| Sue Burcham               | 57:41   |
| Maxine Doherty            | 1:06:45 |
| Delores Sharp             | 1:24:20 |
| W65 Susie Klutz           | 51:07   |
| Betty Byrne               | 59:39   |
| Yoshiko Setser            | 1:00:52 |
| Barbara Meyer             | 1:03:32 |
| Hattie Lesley             | 1:16:02 |
| W75 Betty Dooley          | 1:22:44 |
| 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 AUDEMBERGE        | 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           | 1:38:12 |
| KEVIN CUSACK           | 1:38:16 |
| MARK LOHMAN            | 1:38:55 |
| MIKI TOSIC             | 1:40:01 |
| RICHARD PUNCHES        | 1:40:15 |
| BRIAN HARRISON         | 1:40:20 |
| M50 SCOTT LIVERSEDE    | 1:34:48 |
| JOHN TARKOWSKI         | 1:40:25 |
| LARRY BAKER            | 1:43:23 |
| CHIP KING              | 1:43:49 |
| BRUCE BEHNKE           | 1:44:06 |
| LARRY A VERMERRIS      | 1:44:12 |
| KIP CARLE              | 1:44:25 |
| M55 DENNIS GRANTZ      | 1:39:06 |
| DAVE MINIER            | 1:40:47 |
| BRUCE WATSON           | 1:43:42 |
| GREGG MILLER           | 1:47:03 |
| BOB BOCHENEK           | 1:47:14 |
| VICTOR BARKOSKI        | 1:49:28 |
| TERRY HUTCHINS         | 1:50:51 |
| THOMAS TINHOLT         | 1:51:31 |
| M60 GERARD MALACZYNSKI | 1:42:15 |
| DOUG GOODHUE           | 1:42:19 |
| JOHN FARAH             | 1:51:56 |
| JOHANN ADDINK          | 1:52:03 |
| ALLAN TAVERNER         | 1:55:09 |
| LARRY GROW             | 2:04:50 |
| GEORGE PEN             | 2:04:11 |
| JOHN AMELL             | 2:07:41 |
| M65 MAXWELL MONROE     | 1:59:21 |
| GEORGE GAWTHROP        | 1:59:57 |
| STAN CURTIS            | 2:07:17 |
| FRANCIS LEIK           | 2:05:51 |
| BOB BENDER             | 2:07:18 |
| DON VANDERZWAAG        | 2:11:15 |
| RICHARD WALLEN         | 2:14:19 |
| ROD SMITH              | 2:16:16 |
| M70 BOB DALY           | 2:06:49 |
| LANCE WILSON           | 2:13:52 |
| DAVID GREER            | 2:17:13 |
| HAROLD KRIEGER         | 2:23:49 |
| DONALD TURNWALL        | 2:31:31 |

|                      |         |
|----------------------|---------|
| KENNETH ISHERWOOD    | 2:32:31 |
| HAROLD R PLAISIER    | 2:36:05 |
| GEORGE DEVREE        | 2:41:50 |
| M75 JERRY JOHNCOCK   | 2:09:44 |
| JAMES LOVAT          | 3:04:30 |
| W35 JENNY CRAIN      | 1:28:29 |
| W40 COLLEEN DEREUCK  | 1:25:15 |
| FIRAYA S-ZHDAN       | 1:29:50 |
| JENNY SPANGLER       | 1:31:05 |
| DEBBI KILPATRICK     | 1:33:40 |
| KATHY ANDERSEN       | 1:48:40 |
| AMY GUNNISON         | 1:53:05 |
| RENEE JACKSON        | 1:54:08 |
| TAMMY ROYSTON        | 1:55:35 |
| W45 TAMARA BERGSTROM | 1:58:23 |
| MARIA WORDELMAN      | 1:59:48 |
| KATHLEEN PERRON      | 2:01:19 |
| JACKIE BLAIR         | 2:00:44 |
| VALERIE WESTRICK     | 2:02:36 |
| SHARON SWAIN         | 2:03:05 |
| KIM ALLEN            | 2:03:46 |
| W50 CINDY TEWS       | 2:05:34 |
| NANCY FAZIO          | 1:57:58 |
| TAMARA R STEIL       | 1:58:59 |
| KAREN BENARDINO      | 2:03:59 |
| TERESE GRONDIN       | 2:03:44 |
| JULIE FRAYER         | 2:05:20 |
| ANNE MALNOR          | 2:06:51 |
| DEB SEMEYN           | 2:08:10 |
| JERRI WHITE-HASKINS  | 2:08:02 |
| W55 GRACE HARRISON   | 1:59:16 |
| PATRICIA DEYOUNG     | 2:11:09 |
| MARY BLAKESLEE       | 2:12:42 |
| JANICE DEVERMAN      | 2:15:28 |
| GLORIA ALSTROM       | 2:20:17 |
| ELLEN BRUINOOGUE     | 2:22:29 |
| DONNA BAKER          | 2:27:06 |
| W60 RENEE WOODARD    | 2:29:59 |
| SHARON DOLAN         | 2:04:08 |
| JANET WALLEN         | 2:32:59 |
| CORA HILL            | 2:36:59 |
| DOROTHY JOHNSON      | 2:47:29 |
| SHIRLEY LARSEN       | 2:50:43 |
| SUSAN HULST          | 2:55:53 |
| PATRICIA LUCE        | 2:57:26 |
| W65 BARB MILLER      | 3:08:08 |
| CAROL BENDER         | 2:15:52 |
| LIZ LANCASTER        | 2:21:26 |
| CATHY DETMAN         | 2:26:50 |
| FREDDI ANGUS         | 2:40:51 |
| MERION KNIGHT        | 2:41:36 |

### Rite Aid-Cleveland

Marathon & 10K

Cleveland, OH; May 22

Marathon

|                   |         |
|-------------------|---------|
| Overall           |         |
| Fred Kieser       | 2:22:00 |
| Donna Palisca     | 2:54:53 |
| M35 Kam Lee       | 2:31:56 |
| M40 John Paul     | 2:44:50 |
| Roger Wilder      | 2:45:34 |
| Vincent Mellado   | 2:48:27 |
| M45 Michael Boyer | 2:52:28 |
| Duane Ricketts    | 2:57:32 |
| Steve Holcko      | 2:58:23 |
| M50 Peter Kim     | 2:58:05 |
| Daniel Horvath    | 3:18:47 |
| Sung-Sik Pak      | 3:18:59 |
| M55 Asaye Mamo    | 3:20:56 |
| Michael Spina     | 3:25:48 |
| Wayne Verb        | 3:25:43 |
| M60 John Farah    | 3:30:58 |
| Francesco Criniti | 3:31:51 |
| Robert Walker     | 3:32:45 |
| M65 Brian Peacock | 3:46:02 |
| Francis Mcnellie  | 4:19:57 |
| James Mackert     | 4:34:2  |



|                       |         |
|-----------------------|---------|
| MIKE BLACK            | 39:51   |
| BRENT BELL            | 40:42   |
| RICK BOYER            | 41:30   |
| M50 MICHAEL BARR      | 38:14   |
| MIKE CLAPPER          | 39:50   |
| MICHAEL CARMEAN       | 40:31   |
| ED COZZA              | 43:26   |
| BOB BARR              | 44:53   |
| M55 DANIEL SEKERAK    | 39:13   |
| CHRIS THIEKE          | 43:08   |
| TOM BARRE             | 44:34   |
| MARK WALLENBROCK      | 44:49   |
| TIM MANGAN            | 44:55   |
| M60 WILLIAM STOBART   | 43:32   |
| BILL CURTIN           | 45:08   |
| JOHN HUGHES           | 51:18   |
| PAUL WISE             | 52:11   |
| LEONARD FISHER        | 53:57   |
| M65 BILL ZEHNER       | 48:50   |
| ANDY JONES            | 50:50   |
| TOM MULCAY            | 58:13   |
| RAYMOND MEISTER       | 58:32   |
| MARK HENDERSON        | 1:00:59 |
| M70+ DON HAMMOND      | 53:14   |
| KENNETH ALPETER       | 1:06:24 |
| W35 TRACI MEHALIC     | 43:37   |
| W40 SUSANNE EBERSBACH | 43:49   |
| KATHY HAYDEN          | 47:26   |
| ELIZABETH GLEASON     | 49:58   |
| DEBBIE BLACK          | 52:31   |
| W45 KATHLEEN HUGHES   | 46:27   |
| RHONDA REESE          | 49:35   |
| SALLY THACKER         | 56:38   |
| MARILYN HUNDLEY       | 57:38   |
| KIM SEIBERT           | 59:06   |
| W50 TERI POKOSH       | 49:52   |
| ELISA DULL            | 55:03   |
| EILEEN GRYSWALSKI     | 1:00:20 |
| KAREN SMOOT           | 1:02:11 |
| PHYLLIS NIEDERMAYER   | 1:04:51 |
| W55 MARIE BURLESON    | 52:24   |
| BARBARA SCHAAD        | 58:23   |
| MARSHA SCHAFFER       | 1:02:34 |
| CECELIA MULLIN        | 1:08:24 |
| KAREN KENNEDY         | 1:09:58 |
| W60 VELMA MATUSZEWSKI | 58:37   |
| BARBARA ALLEN         | 1:11:38 |
| JUDY JONES            | 1:19:17 |
| W65+RUTH WATSON       | 1:18:59 |

## MID-AMERICA

Melpomene 5K  
St. Paul, MN; May 21

|                       |       |
|-----------------------|-------|
| Patrick Billig 42     | 15:53 |
| Corrin Kaluza 22      | 19:29 |
| M35 Jay Nelson        | 16:54 |
| M40 Patrick Billig    | 15:53 |
| Tim Hargrave          | 23:47 |
| Rick Berge            | 25:21 |
| M45 Kevin Haas        | 16:03 |
| Steven Gimpi          | 17:10 |
| Bobby Paxton          | 17:29 |
| M50 Mark LeDuc        | 18:18 |
| Michael Bjornberg     | 18:43 |
| Galen Hackler         | 19:32 |
| M55 Arlen Brenlen-Lee | 20:50 |
| William Hidding       | 21:49 |
| Dan Hartnett          | 24:43 |
| M60 Jim Graupner      | 19:10 |
| David King            | 25:42 |
| Gerry Vande Garde     | 28:00 |
| M65 Sherwood Sagedahl | 22:53 |
| John Adams            | 27:39 |
| M70 Greg Prom         | 24:48 |
| M75 Rogers Anderson   | 27:34 |
| Ken Hodges            | 31:03 |
| M80 Lloyd Young       | 25:38 |
| Erling Grumstrup      | 39:20 |
| W35 Wendy Lutt        | 21:33 |
| Stacey McAnelly       | 21:40 |
| Jody Quesnell         | 22:22 |
| W40 Deborah Bednarz   | 23:17 |
| Brenda Pittelkow      | 23:37 |
| Lisa Burke            | 24:32 |
| W45 Judith Meyer      | 20:10 |
| Mary Learmont         | 21:59 |
| Virginia Krupy        | 23:54 |
| W50 Suzanne Ray       | 21:00 |
| Mary Jo Habermann     | 23:27 |
| Toni St Pierre        | 24:30 |
| W55 Gloria Jansen     | 21:47 |
| Francine LePage       | 23:28 |
| Kathryn Benhardus     | 25:51 |
| W60 Sandra Dalquist   | 26:07 |
| Suzanne Klovell       | 27:51 |
| Harriet Nelson        | 30:19 |
| W65 Elizabeth French  | 25:29 |
| Lou Nelson            | 29:13 |
| Judy Lutter           | 30:30 |
| W70 Carol Sankey      | 27:46 |
| Barbara Burhans       | 30:47 |
| W75 Marcy Cahow       | 33:32 |
| Mary Lou Carlson      | 52:49 |

Med City Marathon  
Rochester, MN; May 29

|                       |         |
|-----------------------|---------|
| Pete Gilman 30        | 2:25:54 |
| Ann Marie Thiessen 34 | 3:04:46 |
| M40 Dale Heinen       | 2:56:53 |
| Paul Thorndorf        | 2:57:09 |
| Jeffery Miller        | 2:59:53 |
| M50 Thomas Barna      | 3:09:09 |
| David Nagorney        | 3:18:42 |
| Steve Deboer          | 3:19:55 |
| M60+ Charlie Viers    | 3:42:07 |
| Herb Byun             | 3:47:22 |
| Dave Jones            | 3:59:16 |
| W40 Deb Thorndorf     | 3:24:49 |
| Tess Novotny          | 3:42:05 |
| Donna Melody          | 3:53:08 |
| W50 Lin Gentling      | 4:00:54 |
| Susan Powers          | 4:11:54 |
| Irene Grossbach       | 5:13:17 |
| W60+ Sharon Kerson    | 6:45:45 |

Dam to Dam 20K  
Des Moines, IA; June 4

|                       |         |
|-----------------------|---------|
| Moses Waweru 27       | 1:03:47 |
| Sara Wells 26         | 1:14:21 |
| M35 Todd Christensen  | 1:14:53 |
| M40 John Mirth        | 1:07:39 |
| Phil Kauder           | 1:11:55 |
| Pete Kessler          | 1:15:59 |
| Dave Cleveland        | 1:16:08 |
| Greg Skopec           | 1:16:26 |
| M45 Dave Johnson      | 1:12:17 |
| Keith Fevold          | 1:15:04 |
| John Taylor           | 1:20:05 |
| Dave Johnson          | 1:12:17 |
| Keith Fevold          | 1:15:04 |
| M50 Mark Leduc        | 1:19:33 |
| Paul Braunschweiler   | 1:20:38 |
| Rick Ironside         | 1:20:48 |
| Dave Fitz             | 1:22:20 |
| Curt Hoegh            | 1:23:00 |
| M55 William Hidding   | 1:25:52 |
| Rick Hagan            | 1:26:02 |
| David Schulte         | 1:26:13 |
| James Jacobsen        | 1:28:46 |
| Richard Guffy         | 1:33:13 |
| M60 Craig Clark       | 1:33:11 |
| All Kneip             | 1:36:47 |
| Jack Zordan           | 1:39:36 |
| David Block           | 1:44:48 |
| Ralph Abramowitz      | 1:45:02 |
| M65 Ken Simons        | 1:50:01 |
| Don Muff              | 1:54:22 |
| John Beamer           | 2:04:18 |
| Leon Hodges           | 2:06:41 |
| Richard Nehring       | 2:09:09 |
| M70+ Jim Smedema      | 1:43:35 |
| Allen Trenkle         | 2:04:08 |
| Ralph Wilson          | 2:04:28 |
| Erl Ogawa             | 2:22:20 |
| Glen Zibel            | 2:30:13 |
| W35 Bonnie Sons       | 1:16:49 |
| W40 Kimberly Anderson | 1:21:27 |
| Sharon Stubler        | 1:25:30 |
| Dana Kramer           | 1:30:20 |
| Rhonda Brandt         | 1:32:30 |
| Jean Seward           | 1:32:52 |
| W45 Ann Ringlein      | 1:28:13 |
| Tricia McClain        | 1:30:48 |
| Wendy Mirth           | 1:30:48 |
| Beth Henriksen        | 1:31:44 |
| Kimberly Gudenkauf    | 1:34:19 |
| Nancy Hoegh           | 1:33:32 |
| Nancy Hoegh           | 1:33:32 |
| Andriette Wickstrom   | 1:38:36 |
| Jane Wickman          | 1:39:05 |
| Mary Bergman          | 1:43:27 |
| W55 Wanda Hartwigsen  | 1:53:20 |
| Carol Eggert          | 2:00:30 |
| Elizabeth Sutter      | 2:02:40 |
| Kaytherine Smith      | 2:13:44 |
| Jennifer Stork        | 2:17:49 |
| Sandy Rupnow          | 1:52:21 |
| W60 Janet Ross        | 1:58:47 |
| Jane Niemeier         | 2:00:05 |
| Jeanne Abbott         | 2:06:03 |
| Janice Hastings       | 2:33:03 |
| W65 Carol Hartman     | 2:22:56 |

Hospital Hill Run 13.1M  
Kansas City, MO; June 4

|                      |         |
|----------------------|---------|
| JOHN HENWOOD 32      | 1:06:24 |
| MARIA PORTILLA 33    | 1:20:06 |
| M35 WARREN SPILLS    | 1:17:27 |
| M40 ROSS MCDANIEL    | 1:21:34 |
| MARC KEYS            | 1:22:42 |
| BRIAN FRANK          | 1:23:01 |
| MARK FUCHS           | 1:23:28 |
| MARK CRISMAN         | 1:26:30 |
| M45 CHRIS GLATT      | 1:23:22 |
| GEORGE TERRY         | 1:24:55 |
| DAVID BOCK           | 1:25:05 |
| PAUL MONTEIL         | 1:26:16 |
| STEVEN JENNINGS      | 1:27:42 |
| DON FITZGERALD       | 1:28:29 |
| BRAD RHODEN          | 1:29:26 |
| M50 KEN BEACH        | 1:30:29 |
| STEPHEN ALEMAN       | 1:31:31 |
| MARK PLUCINSKI       | 1:32:58 |
| M55 GUSTAVO PENALOZA | 1:27:55 |
| JEFF BEHRENS         | 1:32:17 |
| DON TURNER           | 1:35:52 |
| BOB COOK             | 1:36:47 |
| BRUCE GILBERT        | 1:39:12 |
| M60 EUGENE WREN      | 1:36:04 |
| ANTONIO LEAL         | 1:46:03 |
| GARTH SMITH          | 1:47:56 |
| BOB HOLLIS           | 1:48:34 |
| MICHAEL CHAFFEE      | 1:50:45 |
| M65 RICHARD WOOTTON  | 1:36:07 |
| WALLY BRAWNER        | 1:42:56 |
| JOE BESSENACHER      | 1:51:35 |
| DON ROTH             | 1:54:24 |
| M50 DALE HARDING     | 2:01:35 |
| WALT WOZNIAK         | 1:52:13 |
| M70 LOUIS JOLINE     | 2:01:25 |
| W35 ANDREA MCGEEHEE  | 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 |
| MARLA RHODEN         | 1:38:33 |
| CATHIE BURROUGHS     | 1:42:11 |
| ANN CUDD             | 1:45:52 |
| M50 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 |
| M55 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 |
| W40 SUSAN ROBINETTE  | 1:59:19 |
| CAROL WHITEHEAD      | 2:09:53 |
| MARY HALEY           | 2:11:00 |
| JEANNE HENDRICKSON   | 2:13:24 |
| SUZIE TURNER         | 2:13:45 |
| M65 ANN NELSON       | 2:21:57 |
| W70 FRITZI HAZELRIGG | 2:45:14 |

TEVA/Vail Trail 10K  
Championships, Vail, CO  
June 5

|                     |         |
|---------------------|---------|
| Matt Carpenter 40   | 46:41   |
| Anna Pichrtova 32   | 52:19   |
| M35 Simon Gutierrez | 49:24   |
| M40 Matt Carpenter  | 46:41   |
| Bernie Boettcher    | 51:07   |
| Charlie Wertheim    | 53:21   |
| Andy Ames           | 54:03   |
| Robert Woerner      | 57:41   |
| M45 Tom Borschel    | 54:25   |
| Jeff Young          | 1:03:35 |
| Ray Blum            | 1:05:42 |
| Arturo Nogueron     | 1:08:10 |
| Giles Cote          | 1:09:21 |
| M50 Chuck Smead     | 53:42   |
| Buzz Burrell        | 56:21   |
| Dawes Wilson        | 1:05:46 |
| Irv Ray             | 1:06:28 |
| Kent Kriehn         | 1:10:04 |
| M55 John Swartz     | 1:04:23 |
| David Strom         | 1:11:16 |
| Elliott Henry       | 1:14:01 |
| Myk Mykleby         | 1:24:22 |
| Gary Hucabay        | 1:24:22 |
| M60 James Douglas   | 1:24:25 |
| Orlyn Skrien        | 1:24:41 |
| Ed McAlister        | 1:20:47 |
| Charlie Randall     | 1:23:24 |
| M65 Melissa Moon    | 52:39   |
| W35 Lisa Goldsmith  | 58:57   |
| Anita Ortiz         | 1:00:23 |
| Heidi Wosbeck       | 1:02:50 |
| Lisa Ledet          | 1:07:57 |
| Vicki Hunter        | 1:14:40 |
| W45 Ellen Miller    | 1:11:57 |
| Jeanne Blatter      | 1:13:54 |
| Laura Helmerick     | 1:19:22 |
| Mary Pierik         | 1:19:58 |
| Virginia Bradley    | 1:24:54 |
| W50 Kelly Murphy    | 1:29:08 |

## Steamboat Marathon, Half-Marathon &amp; 10K, Steamboat Springs, CO; June 5

|                       |         |
|-----------------------|---------|
| Jason Saitta 27       | 2:41:02 |
| Amy Shelley 26        | 3:07:06 |
| M35 Mike Wasson       | 2:50:28 |
| M40 Steve Krebs       | 2:50:42 |
| Luis Guerrero         | 3:00:05 |
| Andrew Loizeaux       | 3:08:59 |
| M45 Arthur Anton      | 3:11:12 |
| Brian Dunley          | 3:14:07 |
| Bret Crook            | 3:25:15 |
| M50 Gary Julin        | 3:13:58 |
| Bob Basse             | 3:29:34 |
| Raymond Bell          | 3:31:41 |
| M60+ John M Wallace   | 3:57:58 |
| Gary Wall             | 4:20:41 |
| David Hurley          | 4:39:31 |
| W35 Shannon Kerth     | 3:28:39 |
| W40 Sandy Schuster    | 3:23:49 |
| Poka Graham           | 3:33:32 |
| Kristina L            | 3:36:05 |
| W45 Marilyn Koob      | 3:41:40 |
| Atsuko Ohtake         | 3:42:52 |
| Patricia Hyle         | 3:46:24 |
| W50 Loretta Ulbarri   | 3:42:19 |
| Sandee Rae Miller     | 4:06:42 |
| Dennie Louise Herrera | 4:41:56 |
| W60+ Carol Davis      | 5:19:58 |
| Martha Conant         | 6:41:26 |

## Half-Marathon

|                       |         |
|-----------------------|---------|
| Brad Pace 49          | 1:18:20 |
| Kelly Carlson 40      | 1:27:53 |
| M35 Scott Glenn       | 1:20:32 |
| M40 Randy Rodman      | 1:20:47 |
| Steven Sellers        | 1:24:33 |
| Greg Woskow           | 1:26:54 |
| M45 Brad Pace         | 1:18:20 |
| Nate Anderson         | 1:21:29 |
| Mark Bell             | 1:24:47 |
| M50 Bruce E Pulford   | 1:25:04 |
| David Pierce          | 1:29:33 |
| Rich Holston          | 1:30:04 |
| M60+ Tom Lemire       | 1:32:43 |
| Charles Drage         | 1:34:56 |
| Paul Hill             | 1:56:03 |
| W35 Stephanie Seybold | 1:36:24 |
| W40 Kelly Carlson     | 1:27:53 |
| Inge McClory          | 1:34:00 |
| Amy Hayes             | 1:35:48 |
| W45 Kim Jones         | 1:33:02 |
| Carla Augenstein      | 1:42:02 |
| Edith Wilson          | 1:50:58 |
| W50 Lynn Latoria      | 1:53:49 |
| Lori Temanson         | 1:55:25 |
| Barbara Jones         | 1:55:57 |
| W60+ Martha Kinsinger | 2:21:08 |
| Raili Cole            | 2:31:54 |
| Joyce Lemire          | 2:53:48 |

## 10K

|                    |       |
|--------------------|-------|
| 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 Connolly | 62:41 |

## WEST

CSU-Northridge 5K  
Northridge, CA; April 30

|                   |       |
|-------------------|-------|
| Sal Bautista 21   | 15:43 |
| Elizabeth Camy 21 | 17:22 |
| M35 Doug Turner   | 16:59 |
| M40 Jose Ortiz    | 16:45 |
| M45 Luis Cobian   | 17:57 |

|                      |       |
|----------------------|-------|
| M50 Howard Nevins    | 19:38 |
| M55 Rick Joly        | 21:02 |
| M60 George Patton    | 22:13 |
| M65 Mike Ishikawa    | 21:47 |
| M70 Robert Wilde     | 44:19 |
| M75 Milo Sather      | 28:42 |
| W35 Kathy Coyle      | 25:39 |
| W40 Jeaney Garcia    | 21:29 |
| W45 Jeannie Thompson | 23:26 |
| W50 Wendy Bracamonte | 22:35 |
| W55 Kathy Joly       | 29:31 |
| W60 V Valdez         | 33:34 |
| W65 Stephanie Hansen | 50:27 |
| W70 Eleanor Rembaum  | 46:15 |
| W75 Vida Slawson     | 36:04 |

Palos Verdes Marathon  
San Pedro, CA; May 14

|                     |         |
|---------------------|---------|
| JAMES MAYNARD 37    | 2:38:30 |
| JENNIFER DAVIS 35   | 3:24:41 |
| M35 JAMES MAYNARD   | 2:38:30 |
| M40 ROBERT LEONARDO | 2:54:33 |
| DAVID STROM         | 3:22:41 |
| DAVID L BRUNKEN     | 3:26:10 |
| M45 GARY CRAIG      | 3:18:54 |
| DOUG CLINE          | 3:29:57 |
| DANNY WESTERGAARD   | 3:31:08 |
| M50 ARTHUR COOKSON  | 3:16:29 |
| BARRY WALLMA        | 3:18:08 |
| BRUCE GUTER         | 3:21:50 |
| M55 BILL BRAUN      | 3:26:57 |
| JOE OGATA           | 3:39:42 |
| M40 JEFF PADILLA    | 3:53:59 |
| M60 WAYNE MITCHELL  | 3:20:41 |
| VIC BIRTALAN        | 3:36:19 |
| FREDDIE DIPERZP     | 3:41:42 |
| M65 JUAN R SOBENES  | 4:16:42 |
| CHARLES CUTTING     | 4:41:14 |
| CLAUDE BRUNI        | 5:22:35 |
| M70 GORDON WATSON   | 3:56:52 |
| DON VALENTINE       | 5:29:49 |
| BEN BUTLER          | 5:53:02 |
| M75 DICK WINDISHAR  | 5:08:05 |
| FLAVIO BISIGNANO    | 5:10:29 |
| W35 JENNIFER DAVIS  | 3:24:41 |
| W40 KATHY B HOSKINS | 3:53:24 |
| M GRACIELA          | 4:08:18 |
| GRACE HOWLETT       | 4:09:16 |
| W45 ANNA SLATTERY   | 3:38:48 |
| SENA HOODMAN        | 3:45:11 |
| JULIE MCKINNEY      | 3:48:00 |
| M50 BLYTH MATSMOKA  | 3:53:54 |
| LORRAINE GERSITZ    | 4:34:45 |
| CORI LEONE          | 4:45:27 |
| W55 SUZANNE MILLER  | 5:24:16 |
| SUZANNE HENRY       | 6:34:07 |
| W60 BARBARA WALLEN  | 4:31:10 |
| JULIA DUNPHY        | 4:40:05 |
| GLENA SPARKS        | 5:51:53 |
| W65 GLORIA BASSLER  | 6:16:28 |
| JANICE KNAFELC      | 6:27:17 |



|                    |         |
|--------------------|---------|
| Joung Choi         | 2:17:36 |
| W65 Dolores Cortez | 2:01:00 |
| Cindy Raymond      | 2:11:38 |
| W70 Jai Kim        | 2:38:10 |

## SK

## Overall

|               |       |
|---------------|-------|
| Geoff Plau 30 | 14:46 |
|---------------|-------|

|              |       |
|--------------|-------|
| Mary Akor 28 | 15:52 |
|--------------|-------|

|                    |       |
|--------------------|-------|
| M35 Matt Capelouto | 14:48 |
|--------------------|-------|

|                  |       |
|------------------|-------|
| M40 Warren Stone | 16:24 |
|------------------|-------|

|              |       |
|--------------|-------|
| Thomas Watts | 16:36 |
|--------------|-------|

|                    |       |
|--------------------|-------|
| Enriquez Lopez Sr. | 18:21 |
|--------------------|-------|

|              |       |
|--------------|-------|
| Jimmy Wisner | 18:55 |
|--------------|-------|

|                    |       |
|--------------------|-------|
| M45 Salomon Torres | 16:15 |
|--------------------|-------|

|            |       |
|------------|-------|
| Gary Cohen | 16:57 |
|------------|-------|

|            |       |
|------------|-------|
| David Fier | 17:54 |
|------------|-------|

|                |       |
|----------------|-------|
| Michael Nelson | 18:03 |
|----------------|-------|

|                  |       |
|------------------|-------|
| M50 Gregg Horner | 16:00 |
|------------------|-------|

|             |       |
|-------------|-------|
| Nabor Gomez | 17:40 |
|-------------|-------|

|               |       |
|---------------|-------|
| Rusty Mialler | 18:04 |
|---------------|-------|

|                 |       |
|-----------------|-------|
| Pariss Saedinia | 20:15 |
|-----------------|-------|

|               |       |
|---------------|-------|
| M55 Rick Joly | 19:20 |
|---------------|-------|

|             |       |
|-------------|-------|
| Joe Munillo | 22:20 |
|-------------|-------|

|               |       |
|---------------|-------|
| Allen Randall | 23:58 |
|---------------|-------|

|                  |       |
|------------------|-------|
| M60 John Hawkins | 25:26 |
|------------------|-------|

|            |       |
|------------|-------|
| Jim Snyder | 19:43 |
|------------|-------|

|               |       |
|---------------|-------|
| Bobby Roberts | 19:48 |
|---------------|-------|

|              |       |
|--------------|-------|
| Bullet Bales | 21:24 |
|--------------|-------|

|              |       |
|--------------|-------|
| Rudy Edwards | 22:29 |
|--------------|-------|

|              |       |
|--------------|-------|
| M65 Al Shook | 19:56 |
|--------------|-------|

|                |       |
|----------------|-------|
| George Stetson | 24:30 |
|----------------|-------|

|             |       |
|-------------|-------|
| Ty Yamazaki | 28:30 |
|-------------|-------|

|           |       |
|-----------|-------|
| Roy Dosch | 32:20 |
|-----------|-------|

|                  |       |
|------------------|-------|
| M70 Bill Kennedy | 25:15 |
|------------------|-------|

|                    |       |
|--------------------|-------|
| M75 Harold Lindsey | 45:08 |
|--------------------|-------|

|                     |       |
|---------------------|-------|
| M80 Joe Fleischmann | 32:02 |
|---------------------|-------|

|                  |       |
|------------------|-------|
| Gilbert Cisneros | 32:47 |
|------------------|-------|

|                     |       |
|---------------------|-------|
| W35 Michelle Morton | 21:40 |
|---------------------|-------|

|            |       |
|------------|-------|
| Lisa James | 17:19 |
|------------|-------|

|             |       |
|-------------|-------|
| Vivian Coca | 22:23 |
|-------------|-------|

|              |       |
|--------------|-------|
| Isobel Crump | 24:20 |
|--------------|-------|

|             |       |
|-------------|-------|
| Sharon Mann | 25:21 |
|-------------|-------|

|               |       |
|---------------|-------|
| W45 Yayoi Liu | 19:19 |
|---------------|-------|

|         |       |
|---------|-------|
| Jon Kim | 24:26 |
|---------|-------|

|               |       |
|---------------|-------|
| Susan Mendoza | 26:20 |
|---------------|-------|

|               |       |
|---------------|-------|
| Karen Broberg | 27:28 |
|---------------|-------|

|              |       |
|--------------|-------|
| Sandy Snyder | 19:57 |
|--------------|-------|

|               |       |
|---------------|-------|
| Pamela Fisher | 26:07 |
|---------------|-------|

|                 |       |
|-----------------|-------|
| Zelphanie Riley | 35:49 |
|-----------------|-------|

|             |       |
|-------------|-------|
| Nancy Tenue | 36:29 |
|-------------|-------|

|                |       |
|----------------|-------|
| W55 Kathy Joly | 26:25 |
|----------------|-------|

|               |       |
|---------------|-------|
| Maria Camacho | 32:08 |
|---------------|-------|

|              |       |
|--------------|-------|
| Jane Roberts | 33:45 |
|--------------|-------|

|             |       |
|-------------|-------|
| Rita Ortega | 33:59 |
|-------------|-------|

|                     |       |
|---------------------|-------|
| W60 Suzanne Griffen | 27:23 |
|---------------------|-------|

|                |       |
|----------------|-------|
| Alice Enriquez | 29:58 |
|----------------|-------|

|                |       |
|----------------|-------|
| Isabel Apodaca | 39:02 |
|----------------|-------|

|               |       |
|---------------|-------|
| Gedaldi Smith | 50:09 |
|---------------|-------|

|                 |       |
|-----------------|-------|
| W65 Maria Ochoa | 34:39 |
|-----------------|-------|

|          |       |
|----------|-------|
| Jan Long | 51:37 |
|----------|-------|

|                    |       |
|--------------------|-------|
| W70 Beverly Coffin | 31:51 |
|--------------------|-------|

|              |       |
|--------------|-------|
| Patricia Fox | 44:49 |
|--------------|-------|

|                   |       |
|-------------------|-------|
| W80 Gladys Mathes | 52:35 |
|-------------------|-------|

## Gardena 5000

## Gardena, CA; June 5

## Overall

|                 |       |
|-----------------|-------|
| HECTOR LOPEZ 37 | 15:44 |
|-----------------|-------|

|                 |       |
|-----------------|-------|
| ANNIE EBINER 26 | 17:48 |
|-----------------|-------|

|                  |       |
|------------------|-------|
| M35 HECTOR LOPEZ | 15:44 |
|------------------|-------|

|                  |       |
|------------------|-------|
| M40 KEVIN BROADY | 15:51 |
|------------------|-------|

|            |       |
|------------|-------|
| JOSE ORTIZ | 16:21 |
|------------|-------|

|             |       |
|-------------|-------|
| GUS MOJAURO | 17:39 |
|-------------|-------|

|               |       |
|---------------|-------|
| SAMUEL RIVERA | 19:27 |
|---------------|-------|

|                 |       |
|-----------------|-------|
| SERGIO SANDOVAL | 20:55 |
|-----------------|-------|

|                  |       |
|------------------|-------|
| M45 DIEGO TORRES | 19:52 |
|------------------|-------|

|             |       |
|-------------|-------|
| MAXIE JONES | 23:01 |
|-------------|-------|

|               |       |
|---------------|-------|
| CRAIG JOHNSON | 24:39 |
|---------------|-------|

|                 |       |
|-----------------|-------|
| NICOLAS AGUIRRE | 28:00 |
|-----------------|-------|

|               |       |
|---------------|-------|
| JEFF CAMPBELL | 28:55 |
|---------------|-------|

|                     |       |
|---------------------|-------|
| M50 ARTURO MARTINEZ | 17:40 |
|---------------------|-------|

|                |       |
|----------------|-------|
| ESTEBAN GALVEZ | 18:28 |
|----------------|-------|

|              |       |
|--------------|-------|
| TONY GUJARDO | 23:13 |
|--------------|-------|

|               |       |
|---------------|-------|
| RAYMOND EASON | 25:01 |
|---------------|-------|

|           |       |
|-----------|-------|
| BILL ENTZ | 26:54 |
|-----------|-------|

|                    |       |
|--------------------|-------|
| M55 ADOLFO PADILLA | 23:41 |
|--------------------|-------|

|              |       |
|--------------|-------|
| DELMAS DAVIS | 26:23 |
|--------------|-------|

|            |       |
|------------|-------|
| MARIO DIAZ | 27:02 |
|------------|-------|

|            |       |
|------------|-------|
| LUIS NAVAS | 27:50 |
|------------|-------|

|                 |       |
|-----------------|-------|
| SHERWIN BOUCHER | 29:16 |
|-----------------|-------|

|                |       |
|----------------|-------|
| RICHARD SCHOTT | 25:17 |
|----------------|-------|

|            |       |
|------------|-------|
| SAL TORRES | 28:15 |
|------------|-------|

|                |       |
|----------------|-------|
| BENJAMIN MILLS | 37:59 |
|----------------|-------|

|               |       |
|---------------|-------|
| JULIO QUINAGA | 41:37 |
|---------------|-------|

|                |       |
|----------------|-------|
| BRIAN SCOGGINS | 50:17 |
|----------------|-------|

|                |       |
|----------------|-------|
| LOUIE MARTINEZ | 27:38 |
|----------------|-------|

|            |       |
|------------|-------|
| BEN BUTLER | 29:48 |
|------------|-------|

|                     |       |
|---------------------|-------|
| W35 CARMEN MARTINEZ | 17:56 |
|---------------------|-------|

|                    |       |
|--------------------|-------|
| W40 MARILYN BROADY | 19:41 |
|--------------------|-------|

|               |       |
|---------------|-------|
| CINDY CUMBESS | 26:03 |
|---------------|-------|

|                 |       |
|-----------------|-------|
| TERESA PALACIOS | 29:43 |
|-----------------|-------|

|                |       |
|----------------|-------|
| LETICIA LLAMAS | 33:19 |
|----------------|-------|

|            |       |
|------------|-------|
| ROSA PARRA | 33:27 |
|------------|-------|

|                   |       |
|-------------------|-------|
| W45 ESTHER CASTRO | 29:35 |
|-------------------|-------|

|                    |       |
|--------------------|-------|
| ODETTE HAIRAPETIAN | 31:28 |
|--------------------|-------|

|           |       |
|-----------|-------|
| LUCY PAPU | 32:15 |
|-----------|-------|

|               |       |
|---------------|-------|
| JEANNETTE DOW | 32:53 |
|---------------|-------|

|                |       |
|----------------|-------|
| LINDA REGALADO | 34:00 |
|----------------|-------|

|                      |       |
|----------------------|-------|
| W50 WENDY BRACAMONTE | 23:21 |
|----------------------|-------|

|                 |       |
|-----------------|-------|
| SHARON BAHAROUZ | 37:12 |
|-----------------|-------|

|                  |       |
|------------------|-------|
| VERONICA MAYES-J | 43:36 |
|------------------|-------|

|                |       |
|----------------|-------|
| BARBARA WEILER | 51:46 |
|----------------|-------|

|                      |       |
|----------------------|-------|
| W55 BARBARA WHITSITT | 30:55 |
|----------------------|-------|

|               |       |
|---------------|-------|
| JUANITA MERAZ | 52:09 |
|---------------|-------|

|                 |       |
|-----------------|-------|
| W60 JANE DAWSON | 30:05 |
|-----------------|-------|

|            |       |
|------------|-------|
| MARY ELLER | 37:12 |
|------------|-------|

## Rock N' Roll Marathon

## San Diego, CA; June 5

## Overall

|                           |         |
|---------------------------|---------|
| Christopher Cheboibich 28 | 2:09:17 |
|---------------------------|---------|

|              |         |
|--------------|---------|
| Gete Wami 30 | 2:30:55 |
|--------------|---------|

|                        |         |
|------------------------|---------|
| M40 Salvador Rodriguez | 2:42:01 |
|------------------------|---------|

|            |         |
|------------|---------|
| Jose Lopez | 2:42:15 |
|------------|---------|

|                |         |
|----------------|---------|
| Carlos Alarcon | 2:48:52 |
|----------------|---------|

|            |         |
|------------|---------|
| Jan Hansen | 2:47:36 |
|------------|---------|

|                     |         |
|---------------------|---------|
| M45 Scott Mc Lellan | 2:53:05 |
|---------------------|---------|

|                 |         |
|-----------------|---------|
| Keith Witthauer | 2:59:46 |
|-----------------|---------|

|               |         |
|---------------|---------|
| M50 Les Myers | 2:44:06 |
|---------------|---------|

|                |         |
|----------------|---------|
| Martin Ellison | 2:47:16 |
|----------------|---------|

|               |         |
|---------------|---------|
| Juan Sandoval | 2:51:23 |
|---------------|---------|

|             |         |
|-------------|---------|
| M55 Moo Lim | 3:17:44 |
|-------------|---------|

|              |         |
|--------------|---------|
| Lenord Burns | 3:25:31 |
|--------------|---------|

|             |         |
|-------------|---------|
| Ed Whittier | 3:25:43 |
|-------------|---------|

|                   |         |
|-------------------|---------|
| M60 Benjamin Caro | 2:57:09 |
|-------------------|---------|

|                |         |
|----------------|---------|
| Wayne Mitchell | 3:03:52 |
|----------------|---------|

|              |         |
|--------------|---------|
| Toby Skinner | 3:14:30 |
|--------------|---------|

|                  |         |
|------------------|---------|
| M65 Gamma Chavez | 3:41:38 |
|------------------|---------|

|               |         |
|---------------|---------|
| Frank Delgado | 3:48:46 |
|---------------|---------|

|              |         |
|--------------|---------|
| Juan Sobenes | 3:53:09 |
|--------------|---------|

|                 |         |
|-----------------|---------|
| M70 James Woolf | 4:20:06 |
|-----------------|---------|

|               |         |
|---------------|---------|
| Bob Eckenrode | 4:25:26 |
|---------------|---------|

|          |         |
|----------|---------|
| Bob Swan | 4:52:24 |
|----------|---------|

|               |         |
|---------------|---------|
| M75 James Ray | 5:15:15 |
|---------------|---------|

|              |         |
|--------------|---------|
| Edward Maher | 5:33:22 |
|--------------|---------|

|                |         |
|----------------|---------|
| Ollie Olivares | 5:29:04 |
|----------------|---------|

|                 |         |
|-----------------|---------|
| M80+ John Cross | 6:10:53 |
|-----------------|---------|

|            |         |
|------------|---------|
| Peter Lang | 6:41:02 |
|------------|---------|

|           |         |
|-----------|---------|
| Sid Jones | 6:50:18 |
|-----------|---------|

|                      |         |
|----------------------|---------|
| W40 Carrie Blakemore | 3:19:39 |
|----------------------|---------|

|                  |         |
|------------------|---------|
| Kevin Washington | 3:19:46 |
|------------------|---------|

|                    |         |
|--------------------|---------|
| Jeanne Harshbarger | 3:29:17 |
|--------------------|---------|

|                    |         |
|--------------------|---------|
| W45 Helayne Lehman | 3:21:41 |
|--------------------|---------|

|                   |         |
|-------------------|---------|
| Rachael St Claire | 3:21:26 |
|-------------------|---------|

|               |         |
|---------------|---------|
| Nancy Ottmann | 3:30:41 |
|---------------|---------|

|                      |         |
|----------------------|---------|
| W50 Mariat Fernandez | 3:26:17 |
|----------------------|---------|

|                 |         |
|-----------------|---------|
| Joan Bielsinski | 3:38:52 |
|-----------------|---------|

|             |         |
|-------------|---------|
| Lessa Hasan | 3:41:47 |
|-------------|---------|

|                  |         |
|------------------|---------|
| W55 Romy Niblack | 3:39:18 |
|------------------|---------|

|           |         |
|-----------|---------|
| Myung Kim | 3:54:58 |
|-----------|---------|

|                |         |
|----------------|---------|
| G. Van Emburgh | 3:57:37 |
|----------------|---------|

|                       |         |
|-----------------------|---------|
| W60 Marilyn Carpenter | 3:52:59 |
|-----------------------|---------|

|              |         |
|--------------|---------|
| Betty Bulich | 4:15:58 |
|--------------|---------|

|             |         |
|-------------|---------|
| Nancy Linck | 4:20:47 |
|-------------|---------|

|                  |         |
|------------------|---------|
| W65 Susan Norman | 5:32:07 |
|------------------|---------|

|                  |         |
|------------------|---------|
| Virginia Lespron | 5:45:56 |
|------------------|---------|

|             |         |
|-------------|---------|
| Jane Jensen | 6:12:01 |
|-------------|---------|

|                       |         |
|-----------------------|---------|
| W70 Kathleen Callaway | 6:10:48 |
|-----------------------|---------|

|            |         |
|------------|---------|
| Sarah Daly | 6:20:08 |
|------------|---------|

|               |         |
|---------------|---------|
| Beth Petersen | 6:12:39 |
|---------------|---------|

|                        |         |
|------------------------|---------|
| W80+Harriette Thompson | 6:28:54 |
|------------------------|---------|

## NORTHWEST

## Capital City Marathon,

## Half-Marathon &amp; 5.2M

## Olympia, WA; May 15

## Overall

|                  |         |
|------------------|---------|
| Matthew Ellis 34 | 2:36:32 |
|------------------|---------|

|                |         |
|----------------|---------|
| Karen Steen 40 | 2:58:48 |
|----------------|---------|

|                  |         |
|------------------|---------|
| M35 Peter Cleary | 3:01:44 |
|------------------|---------|

|                    |         |
|--------------------|---------|
| M40 Cliff Richards | 2:49:21 |
|--------------------|---------|

|               |         |
|---------------|---------|
| Tony Philippi | 2:55:45 |
|---------------|---------|

|                |         |
|----------------|---------|
| Kevin Prentiss | 3:02:16 |
|----------------|---------|

|                 |         |
|-----------------|---------|
| M45 Pete Hansen | 2:52:37 |
|-----------------|---------|

|                    |         |
|--------------------|---------|
| Frederick Motteler | 2:53:06 |
|--------------------|---------|

|              |         |
|--------------|---------|
| Martin Meyer | 2:54:57 |
|--------------|---------|

|                     |         |
|---------------------|---------|
| M50 Ruben Contreras | 3:14:01 |
|---------------------|---------|

|                |         |
|----------------|---------|
| Doug Beyerlein | 3:25:12 |
|----------------|---------|

|              |         |
|--------------|---------|
| Bruce Davies | 3:26:53 |
|--------------|---------|

|                       |         |
|-----------------------|---------|
| M55 Daniel Reynoldson | 3:26:53 |
|-----------------------|---------|

|               |         |
|---------------|---------|
| Rhys Harrison | 3:34:50 |
|---------------|---------|

|                     |         |
|---------------------|---------|
| Michael Wakabayashi | 3:36:44 |
|---------------------|---------|

|              |         |
|--------------|---------|
| M60 Jim Boyd | 3:53:01 |
|--------------|---------|

|              |         |
|--------------|---------|
| Ronald Olsen | 4:11:18 |
|--------------|---------|

|             |         |
|-------------|---------|
| Willie Blue | 4:31:44 |
|-------------|---------|

|                 |         |
|-----------------|---------|
| M65 Ted Collins | 4:32:20 |
|-----------------|---------|

|            |         |
|------------|---------|
| Jon Nevitt | 4:41:47 |
|------------|---------|

|                   |         |
|-------------------|---------|
| M70+ Jack Swanson | 4:38:29 |
|-------------------|---------|

|            |         |
|------------|---------|
| Mel Preedy | 4:40:10 |
|------------|---------|

|             |         |
|-------------|---------|
| Bob Dolphin | 5:34:00 |
|-------------|---------|

|                     |         |
|---------------------|---------|
| W35 Michelle Snyder | 3:23:54 |
|---------------------|---------|

|                 |         |
|-----------------|---------|
| W40 Karen Steen | 2:58:48 |
|-----------------|---------|

|        |
|--------|
| Kristy |
|--------|





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

**Travel Help? Yep, give Dharma  
a call — 888-946-5264**

## DATE: \_\_\_\_\_