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## Speaker's Corner

By BUD HELD

### Gone Before Their Time

All records have to go eventually, but they should not have to go before their time. The time for a record to go is when it has been surpassed by a better performance. Unfortunately, that is not the case with a lot of masters throwing records. It used to be that a masters thrower could look at the record book and see what he or she had to do to become the all-time best in their event. Not so anymore.

#### Wiped Out

Whenever WMA changes the weights or specs for masters implements, all the records for that age category are wiped off published lists and a new set is begun.

This is sad, because some of these old records have stood for years without being challenged. These great records are now just quietly disappearing. New records have less meaning when they don't represent the best performances.

Certainly the greatest masters javelin throw of all time, and possibly the greatest masters performance in any event, was done by Larry Stuart at age 55 in 1995. He threw an 800g javelin 65.74m (over 215 ft.). Shortly after that, WMA changed the age 50-59 javelin to 700g.

#### Still Unsurpassed

The enormity of that record is testified to by the fact that 11 years later, no 55-year-old has exceeded that distance with a 700g javelin. Javelin throwers like to say that they can't throw the

lighter javelins any farther than the heavy ones, but empirically that is not true. The 700g javelin can normally be thrown 5% farther than the 800g javelin.

This means that some 55-year-old will have to throw the 700g javelin over 69m (over 226 ft.) to surpass Stuart's performance, and that is not likely to happen for quite a while.

Stuart's M55 record (as well as his M60 record) was published yearly in National Master News until this year. Now they are gone.

#### More to Come

There are more weight changes coming in the M80+ shot and hammer, and in the W80+ discus. All those familiar Ross Carter shot records will soon be gone and that incredible 9.58m shot record by Don Pellmann, 90 (although that one was never published as a world record in the first place), will be wiped off the published pages.

We will all have to save our old copies of National Masters News if we want to check on some of those amazing old records. □

### Striders Meet

Continued from page 1

1.34 by Rietje Dijkman, of The Netherlands, in 2004, with a 1.35/4-5.

Bud Held improved his pole vault record of 2.96 in 2004 with a 2.97/9-9. (In the USATF San Diego-Imperial Association Championships on May 28, Held increased the record to 3.00/9-10. Nadine O'Connor W60, also raised her world record to 3.11/10-2 1/2. Both marks are well above 100% age-graded performances.)

Linda Cohn, W50, who has competed for College of the Canyons CC, north of Los Angeles for two years, threw the javelin 39.06/128-2, erasing her U.S. record of 37.95/124-6 in 2004.

In other performances, Raymond Yeck won the M55 100 (12.82) and 200 (26.24) over formidable fields. Jai Black, W45, was under 60.00 with a 59.49 in the 400.

Rob Duncanson and Danny Goldman staged a good race in the M50 800, Duncanson the winner, 2:15.02 to 2:17.91. Nolan Shaheed, M55, recorded the day's fastest 1500 (4:23.17).

B.J. Duhon, second-ranked M45 hurdler in 2005 (15.23), ran a 15.87. Perry McBride, M30, finished the long hurdles in 51.08.

Kathy Jager, W60, was the top female pole vaulter, with a 2.45/8-1/2.

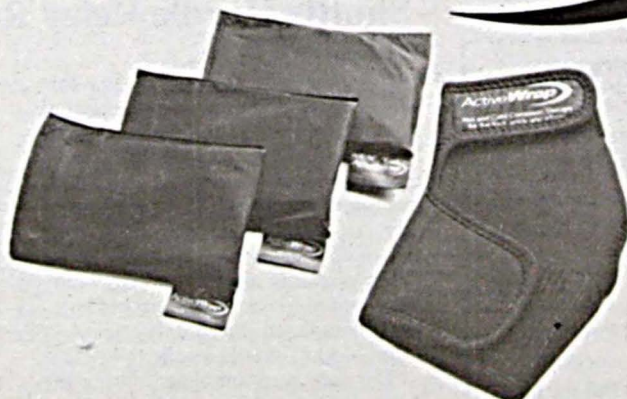
John Schneider won the M60 shot (11.58/38-0), discus (35.23/115-7) and javelin (41.39/135-9). □



BOB ELLIOTT / THE ATHLETIC CONNECTION  
Charles Williams, winner of the M50 200 (24.9) and 400 (59.06), Southern California Striders Meet.

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## Track & Field Report

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

### Dr. Sager's Fields of Dreams

Some of you may know that this year's USA Masters Weight Pentathlon is being held in Wilsall, Montana. Many people have never heard of Wilsall, Montana. I know people in Montana who haven't heard of Wilsall, Montana. Bob Cahners and I now know Wilsall very well, thank you.

Over the Memorial Day weekend, while many of you were barbecuing or dashing between raindrops, we were doing a site visit. What a site it was.

Cahners and I met in Bozeman, Montana, the nearest city to Wilsall. I got in from Hayden Lake, Idaho, at 2:30 a.m., and he flew all day from Naples, Florida.

#### Premonition

We were greeted Saturday morning with cold rain. Bob immediately went to Wal-Mart and purchased rain gear and boots. He had come with a sweat shirt to keep him warm. It hardly ever did. I had accidentally thrown some winter clothing in my car before I left. I must have had some subconscious premonition.

We heard there was snow in the pass we had to go over to get to Wilsall, so we weren't in a big hurry to get started. We surveyed the motels and hotels in Bozeman, since that is where most athletes will be staying.

Dr. Bob Sager, who is staging the meet, has the three motels' rooms in Wilsall "blocked" if anyone is interested. I found a motor home rental place and booked a 29-foot motor home for the five-day minimum.

If it is hot, which could happen, I will be prepared. I am selling three other beds for \$55 a night. One is already spoken for.

This gives me the perfect opportunity to take my wife to Yellowstone Park and Jackson Hole, places we always wanted to go to.

This will be the second camping expedition we have been on, other than all the Holiday Inns we have stayed in, since 1972 when we took our daughters on a tour of upstate New York and Southern Canada with a popup trailer behind our car.

#### Never Say Never

We said never again. Never say never.

Cahners and I finally ran out of excuses and had to begin the most beautiful 40-mile drive on earth. That even includes the snow we ran into going over the pass. I thank God that I still had my winter ice tires on, waiting for Costco's \$60-off sale on a set of new Michelins.

When we got to Wilsall, we passed Sager's Veterinary Clinic twice at 80 miles an hour. Finally a woman sitting at a window in a rocking chair at the local Starbucks knockoff told us where to slow down and find Dr. Bob. He was doing what veterinarians do, working on a sick dog. After he finished working on the dog, we were off to the Fields of Dreams.

#### A Big Dream

What a big dream it is. Plenty of room for all events. We spent the day walking all over most of Sager's 100 acres, finding the best possible location for each of the events. I think it's time to call Dr. Bob by his Montana name, "Beef." He practices mostly on beef cattle, you know.

Beef already has the final event weight throw circle and sector in place right next to his home, so as people finish they can sit and drink beer and barbecue, while watching the people behind them finish.

#### Chilly Conditions

Over the next two days, the Bobs and I spent all our time working, putting in slabs and preparing the site. I don't think I was prepared for the sleet which came each day. I felt like I was getting hit in the head with shot from a BB gun many times over. "Beef" promises good weather on Aug. 19. There is only a 10% chance of rain.

He also promises to have the road graded flat and ready to go. He has plenty of work ahead of him, but I think he will get it done. The championships should be a unique experience for all who attend.

I recommend that you all make your reservations early, so you can be sure to make the dance. If we can be of assistance in any way please let us know.

I think we all want to be part of making Dr. Sager's (Bob/Beef) Fields of Dreams come true. If we are lucky he might even let us see his pigs race. □

(George Mathews can be contacted by e-mail at [georgemathews@adelphia.net](mailto:georgemathews@adelphia.net))

#### FIVE YEARS AGO July 2001

- Judi St. Hilaire, 41, Wins USA Masters Title in Freihofer's 5K
- World and U.S. Records Fall in Hayward Classic
- Eight U.S. Records Set in Southeastern Meet in Raleigh, N.C.



KONRAD WOJCIK  
Dick Hotchkiss, M65, USAF Masters Weight Events Coordinator, will be at the USA Masters Weight Pentathlon Championships.



PAUL MCGUFFIN  
Jim Lothrop, M50 javelin winner (50.80), Grand Canyon Games, Tucson, Ariz.



### 26th Nevada Senior Games Las Vegas, Nevada

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1 mile from the famous Las Vegas Boulevard "Strip"

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Thursday Sept. 28, 5K run, Wayne Bunker Park

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**Saturday, Sept 30**  
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Hammer • SP • LJ • HJ • Javelin

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## Profile

By RON BELLAMY  
Columnist, Eugene Register-Guard

### Trish Porter Raises the Bar Higher

Trish Porter wasn't able to make it to a recent reunion of former Oregon track and field athletes, being held in conjunction with the Pac-10 Championships at Hayward Field, Eugene, Ore. Too bad, because she has an atypical life-after-college story to tell. And not simply because, after a mediocre Oregon career as a high jumper, she became an improbable Olympian in 1988.

Or because she's happily married, to former elite distance runner Pat Porter, with two children, Connor, 8, and Shannon, 5.

Or because she coaches the boy high jumpers at a local high school in Albuquerque, N.M.

It's because she's high jumping again, in her 40s. Jumping higher, in fact, than she ever did at Oregon, where she was Trish King when she competed in the early 1980s.

#### Reigning Champion

As a masters athlete, the 43-year-old Porter is a reigning world record-holder in her age group, at 5 feet, 9 1/4 inches, clearing the height she cleared in high school.

She's broken the world record four times, won three national masters championships, an indoor world championships – she has the American indoor record, 5-5 1/4 – and an outdoor world championships.

And she can tell you that the world record for an 80-year-old woman is one meter (3-3 1/4) and she'd love to compete another 40 years.

#### Looking to the Future

"I have always loved the high jump," she said. "And so I'll do it for as long as I can, and as long as I can affect other people in a positive way, and encourage other people to take up some of their dreams, and rekindle some of their dreams."

Hayward Field played a role in the rekindling of Porter's dream, after being the place in which dreams nearly died. She cleared 5-8 1/4 indoors as a freshman, but spent most of her UO career, as she remembers it, stuck between 5-2 and 5-5. She gained weight, the "freshman 15" and then some.

"It was a tough time," she said. "I think being away from home, and that was a really rainy few years, and that made it difficult for me," she said. "I wasn't necessarily the best or the favorite, and I didn't handle that well."

#### Olympic Heights

After Oregon (she graduated in 1984) she made the Olympic team in '88, stunning because she didn't have a qualifying height for the Trials until she cleared 6-1 1/4 a month before.

Then, in the Trials, she cleared 6-2 3/4 in the heptathlon high jump and 6-4 and then 6-5 to make the team in the open high jump.

She'd recorded two personal bests in one day, three in eight days, four in a month.

#### Life Takes Over

By the early 1990s, a neck injury forced her out of competition, and thereafter she and Pat Porter – they'd met as Olympians – started a family, and she started coaching, and figured she was done with competing. Until the summer of 2002, when a friend told her that the national masters championships would be at Hayward Field in 2003. Porter's friend had always wanted to compete there.

Would Trish train for the high jump, and meet her at Hayward Field?

Another friend told her that the world record for her age group was 5-7 something. "I could do that," Porter thought.

"For me, it was, 'Ooh, when I was at the University of Oregon, I was heavy, I was fat, so I did not compete well,'" she said. "It was a case of, 'Oh, no, I have to go face some of my old fears,' I guess."

#### Training Again

She started training, working with the coach – Allan Hanel of Los Angeles – who helped her reach the Olympic Games. And she found herself at Hayward Field three years ago, with her former head coach, Tom Heinonen, doing the announcing, and her former event coach, Mark Stream, on the scene.

She jumped 5-8 3/4, then a masters world record for her age group.

"It almost felt like closure in some respects," she said. "It felt so good to have some success there."

#### Winning Streak

There's been more. She won in the World Masters Championships in Spain last summer, and won in the World Indoor Championships earlier this year. She's much fitter than she ever was in college. She thinks she can jump 6 feet again.

For Trish King Porter, that's been the rest of the story. □



Trish Porter

### Cotton Row 10K

Continued from page 6

Huntsville, won for the fourth straight time, this year in 18:10. Jennie Rountree, 46, Madison, Ala., was the top woman master in 22:23.

The 5K race has grown each year. Registration for the first year was 510, then 610 in 2003, 699 in 2004, 889 in 2005, and this year reached 1006. The 10K registration was 1633. Total registration for the three races – a mile fun run is also conducted for kids – exceeded 3000. □

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### TEN YEARS AGO July 1996

- Steve Scott, 40, Sets U.S. Masters Mile Record (4:10.43) in Pre Meet, Eugene, OR
- Antoni Niemczak (M40, 33:10) and Nancy Grayson (W45, 39:12) First Masters in Cotton Row 10K
- Tom Stevens (40, 39:22) and Anne Audain (40, 43:07) Winners in USA Masters 12K Championships / Art Fest River Run

### TEXAS MASTERS CHAMPIONSHIPS OPEN & MASTERS CHAMPIONSHIPS

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### ENTRIES CLOSE AT 3:00 PM

SCHEDULE OF EVENTS • EVENTS RUN IN ORDER LISTED • TIMES ARE APPROXIMATE

6:00 PM	4 X 100 RELAY	9:00 AM	WEIGHT PENT. & ALL THROWS
6:15	80/100/110 METER HURDLES		PENT. THROWS WILL COUNT AS
6:45	800 METER RUN		REGULAR COMPETITION THROWS
7:10	100 METER DASH	1:00 PM	POLE VAULT
7:30	400 METER DASH	2:00	LONG JUMP
7:55	1500 METER RUN	3:00	HIGH JUMP
8:20	200 METER DASH	4:00	TRIPLE JUMP FOLLOWS LONG JUMP
8:50	300/400 METER HURDLES		
9:10	5000 METER RUN		SUPER WEIGHT & MEGA WT. (98#)
9:10	3000 METER RACEWALK		THROWS FOLLOW PENTATHLON
9:25	4 X 400 RELAY		*****WEIGHT AND SUPER WEIGHT & MEGA WEIGHT WILL BE AVAILABLE

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

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ATHLETE'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

CIRCLE EVENTS ENTERED AND INDICATE YOUR BEST PERFORMANCE IN 2004-2005			
DISCUS	1	TRIPLE JUMP	8
SHOT PUT	2	HIGH JUMP	9
JAVELIN	3	3000 RACEWALK	10
WT. THROW	4	80/100/110 HH	11
HAMMER THROW	5	400 M IH	12
LONG JUMP	6	5000 M	13
WT. PENT.	7	POLE VAULT	14
		1500M	15
		800 M	16
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NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

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

### Orthoses and Athletic Injury Prevention

In the past several years, there has been much confusion about orthoses and their use in preventing athletic injuries. To some, orthoses are scientific miracles; to others, a lot of nonsense. But it is best to understand the basic principles behind their use.

Running is a component of most sports. On average, the foot strikes the ground approximately one thousand times during a mile run. Thus, foot plant is an important part of the gait cycle.

Overuse injuries occur when too much stress is placed on the body due to improper foot plant. Overuse syndrome may set in after a few miles of running for one injury, and several miles for another.

The most common running injuries related to poor foot biomechanics include plantar fasciitis, shin splints, heel spurs, chondromalacia patella, fractures, and tendinitis. A definite relationship exists between foot function and overuse injury.

Normally the foot serves as an adaptor between the body and the ground, absorbing shock at heel contact and then serving as a lever arm for propulsion. If the foot overpronates, an abnormal degree of torque is placed on the lower leg, resulting in overuse injury.

It is hard to determine what is the "normal" heel position for runners, but it is generally thought that excessive foot motion should be reduced or elim-

inated. An orthotic device offers some control for the abnormal foot.

The orthosis is designed to control excessive pronatory motions of the foot, reduce excessive leg rotation, and reduce postural symptoms associated with abnormal foot function.

It should be noted that an orthosis is designed to balance and support the abnormally deviated foot. In no instance should an orthotic device be used for a normally functioning foot.

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

#### FIFTEEN YEARS AGO July 1991

- 5052 Athletes from 53 Nations Enter 9th World Championships in Turkey
- Mathis, Raschker and Vosburgh Star in Birmingham Meet
- Dan Conway (52, 34:38) Top Age-Graded Runner in Minneapolis 10K

### Happy Fourth of July from the staff at NMN

### Other Activities Plentiful in Charlotte for Visitors to National T&F Championships

#### Other Sports Attractions

A sports enthusiast's dream, Charlotte is home to various professional teams including the NFL Carolina Panthers and the NBA Charlotte Bobcats, who opened their 2005-2006 season in the new Charlotte Bobcats Arena in Center City. The Wachovia PGA just held another successful tournament in May and NASCAR is - by far - one of the top tourism topics in the region. From Lowe's Motor Speedway to the race shops and museums to the many events surrounding the popular sport, this region has it (and will soon have the newly-announced NASCAR Hall of Fame).

The U.S. National Whitewater Center, a public park featuring mountain-biking trails, climbing centers and a custom-made whitewater river opened in June.

Paramount's Carowinds will give guests a little taste of the "Outback" in 2006 with its newly-expanded, Australian-themed water park, Boomerang Bay.

Both of these new attractions would be a great reason to come early to Charlotte or stay an extra day or two! Friends and family will love to explore Charlotte...or shop...

#### Shop Till You Drop

From the top names in manufacturer and retail outlets to upscale boutiques and unique shops nestled in neighborhood shopping centers, from destination megamalls to antique villages, art galleries and outdoor markets, Charlotte offers a unique shopping experience with a wide range of retail options. Northlake Mall, a new 1.1 million square-foot regional shopping center, opened last September in the northern suburbs of Charlotte in the University area. The two-level, enclosed mall features up to 150 stores and restaurants.

#### Cultural Activities

Charlotte continues to build upon its reputation as a world-class city through arts, science and historical attractions, eclectic dining, unique shopping, and entertainment options.

For more information, check out the city's website at [www.visitcharlotte.com](http://www.visitcharlotte.com) or call 1-800-231-4636. □

### Charlotte - Nationals

Continued from page 1

#### Planning Process

The local organizing committee for the National Masters Championships has been making plans for track and field enthusiasts for the past two years. More than a dozen hardworking, committed volunteers have given countless hours to planning efforts to be sure that Charlotte outshines all other cities that have come before to make the 2006 Nationals the best yet.

"Charlotte has the reputation of having a 'can-do' attitude and exemplary southern hospitality; we have even raised the bar this time. We want to make the visitor experience, whether it be for a runner, jumper or thrower, the ultimate experience in their championship memories," said Gordon Edwards of the Carolinas Track & Field Club, hosts of the Championships.

#### Housing

What is different this year? First, meet participants will be astounded at the beautiful on-campus housing that is provided by UNCC. From private rooms with access to shared suite space - to bath facilities within the suites - the athletes and families will be happy to spend their "downtime" in privacy and comfort.

The campus housing is located just 600 meters from the track and field facility.

#### Perks

Second, Champion will be donating two brand new treadmills to be awarded for the best age-graded performance by a male and female athlete in the championships.

Third, the fabulous "extras" for the athletes will include free tee shirts and other amenities that will put even more into the "we're glad you are here" phrase that you might hear in any city.

#### Volunteers

But the light will shine brightest on the volunteers - hundreds of whom will be available to assist, guide and cheer the athletes, from day one through the end of the meet. To help keep athletes in shape, a selection of healthy foods will be offered to complement athletes' training regimens.

Organizers also look forward to introducing athletes and visitors to their favorite Southern foods!

The main sponsor is Champion. Other sponsors who have joined the team this year in Charlotte are Coca-Cola, PODS, Gill Athletics, M-F Athletic, Pet Dairy and Sam's Club.

#### Meal Tickets

A plea is being made to all entrants: please be sure to purchase your meal plans when you send in your entry form....these meal tickets will not be sold on site.

For more information on the 2006 USA Masters Outdoor Track & Field Championships, visit [www.usatf.org](http://www.usatf.org). □

- Jerry Wojcik contributed to this article

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JERRY WOJCIK  
Gregory Cauler, second M45 in the 5000 (16:32.94), 2005 USA Masters Championships.

#### SITES OF NATIONAL MASTERS T&F CHAMPIONSHIPS

1	1968	San Diego, CA
2	1969	San Diego, CA
3	1970	San Diego, CA
4	1971	San Diego, CA
5	1972	San Diego, CA
6	1973	San Diego, CA
7	1974	Gresham, OR
8	1975	White Plains, NY
9	1976	Gresham, OR
10	1977	Naperville, IL
11	1978	Atlanta, GA
12	1979	Gresham, OR
13	1980	Philadelphia, PA
14	1981	Los Gatos, CA
15	1982	Wichita, KS
16	1983	Houston, TX
17	1984	Eugene, OR
18	1985	Indianapolis, IN
19	1986	New York City
20	1987	Springfield, OR
21	1988	Orlando, FL
22	1989	San Diego, CA
23	1990	Indianapolis, IN
24	1991	Naperville, IL
25	1992	Spokane, WA
26	1993	Provo, UT
27	1994	Eugene, OR
28	1995	E. Lansing, MI
29	1996	Spokane, WA
30	1997	San Jose, CA
31	1998	Orono, ME
32	1999	Orlando, FL
33	2000	Eugene, OR
34	2001	Baton Rouge, LA
35	2002	Orono, ME
36	2003	Eugene, OR
37	2004	Decatur, IL
38	2005	Honolulu, HI
39	2006	Charlotte, NC
40	2007	Orono, ME
41	2008	Spokane, WA



### Disc

By TOM FAHEY

Performances a notch above records in the - reduced many pe

The new tables problem in the thro track and field orphans of the spor perished officials what they're doing against U.S. throwe dom get exposure i Masters National C

In 1997, Klaus Germany, was cred world record in 68.40/224-4 - ec world record by a His throw is equiv 203 ft with a 2k above the A standa (most throwers v between the 1.5 and

#### Suspicious Imp

According to G current world cham Weiffenbach could the 2kg discus at t record. What's never competed i onship.

In 1988, he won pionship at age 40 Yet, ten years late nowhere like "The Ruiz) and set a v throw that was equ ther than he thre There's something

#### Inexperienced

Bob Beamon sh performances are p in this case, poor c for the remarkable world champions mer, high school g us throws in the (age groups that I been true for all th

They stood on t mated the spot wh Several times, th their heads, and spot. A discus usu hits and sometime grass on the secon inexperienced off take the divot fo point.

It is unlikely standing anywher marking Weiffer most masters di closer to 130 ft. were at least 10 landing point.

In the Nationa in Orlando in 19 were inexperienced standing at abo throw was well to estimate wher



## The Weight Room

By JERRY WOJCICK

### Discus – T&F's Rodney Dangerfield

By TOM FAHEY, Guest Contributor

Performances of discus throwers between 50 and 65 years old dropped down a notch according to the new age-graded tables. Large increases in world records in the discus – most notably 11 percent in the age 50-54-year group – reduced many performances from notable before the tables to so-so after.

The new tables underscore a basic problem in the throwing events in masters track and field: throwers are the orphans of the sport. We often get inexperienced officials who don't know what they're doing; there is a bias against U.S. throwers; and throwers seldom get exposure in open meets or the Masters National Championships.

In 1997, Klaus Weiffenbach, from Germany, was credited with a new M50 world record in the discus with a 68.40/224-4 – eclipsing Al Oerter's world record by an astounding 19 ft. His throw is equivalent to a throw of 203 ft. with a 2kg discus, which is above the A standard for the Olympics (most throwers vary about 21 ft. between the 1.5 and 2kg discus).

#### Suspicious Improvement

According to German thrower and current world champion Alwin Wagner, Weiffenbach couldn't reach 170 ft. with the 2kg discus at the time he broke the record. What's more, Weiffenbach never competed in a world championship.

In 1988, he won the European championship at age 40 with a 49.50/162-0. Yet, ten years later, he came out of nowhere like "The Natural" (or Rosy Ruiz) and set a world record with a throw that was equivalent to 40 ft. farther than he threw ten years earlier. There's something rotten in Germany.

#### Inexperienced Officials

Bob Beamon showed us that miracle performances are possible. More likely, in this case, poor officiating accounted for the remarkable performance. At the world championships in Spain last summer, high school girls marked the discus throws in the 40-to-60 age groups (age groups that I watched; it may have been true for all the age groups).

They stood on the sidelines and estimated the spot where the discus landed. Several times, the throws were over their heads, and they hunted for the spot. A discus usually bounces when it hits and sometimes makes a divot in the grass on the second or third bounce. An inexperienced official can easily mistake the divot for the actual landing point.

It is unlikely that officials were standing anywhere near 220 ft. when marking Weiffenbach's throw. Since most masters discus throwers throw closer to 130 ft., it is likely the officials were at least 100 ft. from the actual landing point.

In the National Championships held in Orlando in 1999, the officials (who were inexperienced field judges) were standing at about 120 ft., while my throw was well over 170 ft. They had to estimate where my throw landed.

People standing on the sidelines said they missed the landing point by 15 ft. Their mistake didn't affect the results, but it could have. If they made a 15-to-20 ft. error in my favor, I could have been given a record I didn't deserve.

#### Hayward Field

Meet directors could take lessons from the officials at Hayward Field. It is not unusual for them to have six to eight knowledgeable officials running the throwing events. They are not intimidated by the implements and often stand within five feet of where the implements land.

The field officiating at the past few National Championships has been excellent, because they used certified officials at the circle and on the field. The officiating at the last World Championships was a disgrace, because they used inexperienced volunteers who didn't know what they were doing.

#### Bias Against Americans

The discus record of Klaus Leidtke shows the bias against U.S. throwers. Leidtke is a truly gifted discus thrower and shot putter. He has won consistently in the World and European Championships, but he also tested positive for steroids last year.

Yet, the IAAF or WAVA/WMA didn't take away his records. In open competition, American Ben Plunknet's world record was removed from the books by the IAAF after he tested positive for a banned substance.

Curiously, Olympic medals won by East German athletes in the throws have not been taken away, even though we have documented evidence they used illegal drugs. John Powell, for example, would love to exchange his 1976 bronze medal for a silver won by an East German thrower who used steroids.

Why do Leidtke's world records stand, while Plunknet's was taken away? Why doesn't Powell get his silver medal?

#### The Last Straw

Perhaps the most egregious example of bias against U.S. throwers, and throwers in general, was WAVA/WMA's decision not to ratify Lad Pataki's world weight pentathlon record set at the world championships in Brisbane. WAVA ruled that one of the fields was not level.

This is outrageous and an example of the second-class status of throwers. The facilities should have been checked thoroughly before the championships. Rumor is that Pataki was being punished by certain officials from WAVA for defecting to the USA from Czechoslovakia during the Cold War.

Pataki was so upset by the unfair ruling that he stopped competing. He is one of the greatest masters throwers of all time, and we've lost him because the sport treated him unfairly.

ing that he stopped competing. He is one of the greatest masters throwers of all time, and we've lost him because the sport treated him unfairly.

#### Dual Citizenship

Another example of WAVA/WMA's bias is barring U.S. citizens from the European Championships. I inquired about the possibility of competing for Ireland in the European championships. My grandparents immigrated from Ireland, so I am eligible for dual citizenship.

Shortly after that, at the WMA meeting held at San Sebastian, Spain, in 2005, they passed a regulation that an athlete had to wait three years before competing in international competition if they had previously competed for another country.

I won the world championships the year before in Puerto Rico. I guess they didn't want me displacing any Europeans in their championships. I would have gladly competed as a guest and let them keep their medal.

#### Invitational Throws

The final insult against throwers is the absence of masters throwing events at any of the open invitationals. There are plenty of masters 100m and miles, but no throwing events.

Top masters throwers are remarkable athletes who can often perform at collegiate levels into their 60s. Current competitors Richard Cochran and Ed Burke were Olympians in the discus and hammer, Bob Humphreys held the world record in the discus, and Carl Wallin was one of the first men in the world to throw 60 feet.

Al Oerter, one of the greatest athletes of all time, was a masters thrower for many years. Many of the top European masters throwers were Olympic finalists. Showcasing masters throwers is good for the sport.

#### On Another Planet

Throwers seldom get any notice at National Championships. While the announcers give the "play-by-play" for every track event, the throwers may as well be competing on another planet. A notable exception, of course, is Hayward Field, where the officials make a genuine effort to include field event athletes in the meet by announcing performances and placings.

It's time to elevate throwers from the ranks of second-class citizens of track and field. At sanctioned meets, we deserve decent officiating by certified,



JERRY WOJCICK  
Hugh Hackett, M85, 2005 USA Masters Championships, Hawaii. The 2006 championships will be held in Charlotte, N.C., Aug. 3-6.

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experienced officials – not some high school kid recruited from the stands.

Obvious errors such as Klaus Weiffenbach's record would not have happened with good officiating (unless the record was truly a superhuman effort). We can't have different rules for European and U.S. throwers.

In cases of steroid violations, records or medals cannot stand for Europeans and be taken away from Americans. Finally, meet directors should showcase masters throwers at open invitational track and field meets. □

– Dr. Thomas Fahey can be contacted at the Exercise Physiology Lab, Dept of Kinesiology, California State University –Chico, Chico, CA 95929-0330



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## Masters Racewalking

By ELAINE WARD

### Ron Laird – The Goodwill Ambassador of Racewalking

**R**on Laird was inducted into the Mt. SAC Track and Field Hall of Fame in April. Only one person a year is so honored. In Ron's active walking career (1960s and 1970s) he set and reset 81 American records and held eight titles. To date, only one woman and no other man has held as many titles. Ron's book, *The Art of Fast Walking*, was first printed in 1997 and has seen many revisions since. The following are excerpts from his book – ew.

#### Training and Racing

The basics of walking fast are simple. However, when you become dedicated to perfecting them, you realize that the sport of racewalking is more complicated and challenging than you may initially think. There are always plenty of fine points to learn and practice to improve your performance.

Excellent technique lets you move your legs quickly, and superior fitness lets you retain leg speed for longer distances. Getting fit enough to walk the second half of a race as fast or faster than the first half is a significant accomplishment in itself.

Many walkers compete at a pace that is comfortable or is only slightly tiring rather than pushing themselves and coping with tired muscles.

For the most part, I don't recommend a lot of running to serious race walkers as I feel it can cause technique defects. Any tendency toward faulty coordination becomes magnified during the stress of hard racing and can lead to disqualification. Fast, flexible and efficient racewalking technique is tricky enough for some to master.

#### Technique Tips

**Shoulders-Arms:** Keep shoulder and arm movement controlled. Do not let your shoulders hunch or shrug with your forward and backward arm swing. Keep them level.

You may find it helps to maintain better foot contact with the ground during high speed walking if you drop your shoulder slightly with each forward arm swing. Experiment with various arm movement patterns to find what helps you walk your fastest without tiring.

**Hip Drop:** Help yourself push forward by dropping or sitting back into your hips with each step as your lead leg comes underneath and behind you. As you roll back, the action makes your walking a series of low-impact steps.

Your hips act like shock absorbers. The hip rolling/dropping action helps you to swing the opposite leg forward quickly and to keep your rear foot and toes on the ground an instant longer at push off. Too much hip turning during very fast walking can interfere with leg movement efficiency. Control is necessary at all times.

**Stride Length:** Take steps that are comfortable for your body structure at its present level of fitness. Let your speed come from how fast you move your legs. Stride length will take care of itself as you become fitter and more flexible in hips and lower back.

Trying to reach out too far with each stride is fatiguing and can lead to bent knees.

#### Training Drills

**Heart, lung and muscular endurance** take time and work to build. Over-emphasizing different parts of the racewalking movement during training is a good way to strengthen and perfect them. Efforts are done at distances of 50 yards to a quarter mile at a strong pace.

**Leg Speed Drill:** Shorten your stride length and arm swing. Increase your step rate to the maximum. Don't do any front-to-back hip turning. Only use hip rolling and dropping. And don't prance by using a high knee action. Stay as smooth as possible. Count your steps for one minute to see how fast you are going.

A similar speed drill involves lean-



JERRY WOJCIK  
Peter Corona, M75 winner (33:31.79), 5000 racewalk, 2005 USA Masters Championships. The 2006 championships will be held in Charlotte, N.C., Aug. 3-6.



JERRY WOJCIK  
Racewalkers Chris Rael (l) and David Ciccone, 16th WMA World Championships, San Sebastian, Spain.

ing forward from your ankles, not your waist. The forward lean will shorten your stride so that within a few steps your heels will feel as if they are contacting the ground nearly underneath you.

Your hips will continue their dropping/rolling motion, but their front-to-back turn will be reduced. Pumping your arms more parallel to the sides of your body, also reduces hip turn.

Your feet should just clear the ground as they pass each other. Try to avoid twisting your heel to the inside as you push the ground away with your toes. Using your heels in a twisting movement can lead to injury and does nothing for your speed.

**Breathing:** Whenever you find yourself getting out of breath, you may want to experiment with different breathing patterns. Try to keep your upper stomach (diaphragm) area relaxed by pushing or expanding it out as you inhale. This helps you take in more air with each breath.

If you are in the habit of pulling your stomach in, you will probably tense those muscles racewalking. Tense stomach muscles slow you down, because they restrict your oxygen intake.

**Hill Walking:** Practice walking up and down hills. Be sure to use correct hip movement and knee straightening. If necessary, shorten your stride uphill and control over-striding down.

**Concentration:** The extra concentration and effort needed for doing technique drills well comes in handy during races. I've always liked to train alone because I can better concentrate on my technique and effort. Mental and physical effort will always be needed for your best racing performances.

Those who train the smartest and hardest are the best competitors. In racing, there are always distractions that can cause you to lose your concentration. By developing the habit of focusing during your training you will learn how to deal with internal and external distractions during competition.

Finally, always work on efficient and legal technique no matter how fast or slow you racewalk. By training consistently and wisely, you will achieve satisfying results. By striving to do your best, you will succeed in becoming fit and fast. Most importantly you will enjoy our wonderful sport. □

(Elaine Ward can be contacted by e-mail at [narwf@sbcglobal.net](mailto:narwf@sbcglobal.net))

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

### James, Moore First Masters in USA 10K RW

Allen James, M40, and Jolene Moore, W40, were first racewalkers age-35+ in the USA National 10K Racewalk Championships, Niagara Falls, N.Y., June 3.

James finished in 44:49, his closest competition coming from M45 Ray Sharp (47:06) and M50 Nil Lavallee (48:55). Jack Starr won the M75 race in 1:05:24.

Moore, a former outstanding distance runner at Michigan State University, went one better than James by winning the women's race overall in 46:47, after taking and maintaining the lead early.

Kitty Cashman, W45, was second W40+ in 56:29. Nancy Sweazey, W50, was third in 56:54.

June Marie-Provost, W70, took her race with a 1:08:48. □

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By BRIDGET CU...  
The XV Europea...  
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Entries are well be...  
The British team of 2...  
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## Report from Britain

By BRIDGET CUSHEN

The XV European Veterans T&F Championships will be held in the Polish city of Poznan, July 19-30. Entries are well below expectations. The British team of 291 is smaller than two years ago, but there are several new faces with established backgrounds.

Sandra Branney and Paula Fudge are making their debut in the W50 category. Both are former international marathon runners and will run in the 1500 and 5000.

The men's team is strong and includes 27 in the M35 group. Three of the top British M40 men in the 5000, Bashir Hussain, Greg Hull and Dave Taylor will take on Europe's best.

County championships are held during May, this year an unusually wet and windy month. Masters athletes took advantage and entered the open senior events racing away with several titles.

In Berkshire, Neil Griffin, 55, won the discus with a 40.43. Bernadine Pritchett, W35 silver medalist in the 800 at the 2006 WMA Indoor Championships, won the Essex 400 (63.66), 800 (2:15.79) and 1500 (4:31.9), events she will contest in Poland.

Joan Howe returned to the sport she had deserted with an impact last year, winning the British W50 Indoor and

WMA 800 in March. She has held her form, taking the Greater Manchester title in 2:28.6.

A meet 3000 record was earned by Lucy Elliott, 40, with a 9:35.7 in the Hampshire County Championships. Jane Pidgeon, who has won medals in all major international championships, won the Nottingham 2000m steeplechase in 7:30.3 and should retain her European title in Poland.

Alan Williams, M55, won his 11th Kent County pole vault title at age 52, clearing 4.00.

Bill Gentleman, M65, throwing the hammer out to 39.29, broke the British record in the Scottish Championships. Since turning 75, Derek Howarth has rewritten the British age-group records, lowering the five-mile time to 34:49. □

### TWENTY YEARS AGO July 1986

- Atlaw Belilgne (41, 32:12) and Judy Pickert (42, 39:35) Win Cotton Row 10K Masters Division for Second Year
- Phil Conley Breaks His M50 Javelin AR With a 186-6
- Gabriele Andersen, 41, Races to a 35:31 Masters Victory in Freihofer's 10K

## Fell Running

Continued from page 1

Races are graded, Grade A being the most testing. It must not be less than 12 miles long and have an ascent of above 250 feet; it can be over fell, hill or mountain.

To sit on the Fell Runners Association 13-member committee, a minimum of nine candidates need to prove that they have completed at least three Grade A races during the past two years.

Yet, thousands of runners, drawn to the beauty of the hills, streams, heather, and fauna and the isolation, test themselves over these grueling races every year.

One of the BMAF's top female athletes, Carole Wolstenholme, W55, is a

regular competitor and ran in the Truncheon Fell race on May 22.

The rainfall in May was the heaviest for many years. The race crosses the meandering River Don at three points, normally a broad trickling stream between two valleys.

As she waded through the second crossing, her 94 lb. body was no match for the raging torrent. In danger of being swept downstream and with her legs being lashed against rocks, she began to scream.

A Knight in Shining Armor in the form of a local athlete gave her a fireman's lift and saw her safely over the next crossing and home.

"I suppose, as a 55-year-old woman running in that sort of race, I would not get much sympathy," she recounted with true Yorkshire grit! □

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

### WMA/USATF Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

##### MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

#### IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						USATF
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16#	
60+	3.00k	1.00k	3.00k	400 gms.	12#	
50-79						25#
80+						20#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	3.00k	1.00k	3.00k	400 gms.	12#	25#

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

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.

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## On The Run

By HAL HIGDON

### Running Backward – Maybe We Should Call This New Fad Gninnur

It's the new fad: running backward. Runner's World just published an article about backward running, saying that running in a new direction can prevent injuries. That confirms the legitimacy of this new approach to fitness. If even a few of the magazine's 650,000 readers use this endorsement as an excuse to switch, America's running paths soon may become crowded with backward runners.

I only became aware of this new fad after a runner posted a comment about backward running on the InterActive Forums I host on the Internet. Another poster identified Runner's World as the source, pointing to page 54 of the July issue.

Kathleen Pennepacker, an editorial intern, wrote that "running backward can help you build stronger, more balanced leg muscles and provide a more demanding workout than going forward."

I knew that one or more individuals previously had tried this activity, running entire marathons looking over their shoulders, but I wasn't aware that backward running was about to become a trend.

The New York Road Runners Club, judging from a photo accompanying the Pennepacker report, even sponsored a "Backwards Mile," fittingly enough held on April Fools day. How soon, I wondered, would the first backward runner grace the cover of the magazine?

There is no truth, I must report, that the magazine's publishers are negotiating with Jennifer Lopez to be the first backward running cover girl. You didn't hear it from me.

#### Protocol Problems

The establishment of backward running as a new fitness trend does suggest certain problems of protocol. Is it a new sport (like triathloning) or merely a variation on an old sport (like trail running)?

And what do we call backward running, a term which seems so, well, backward? Will a backward label appeal to the increasing numbers of forward-looking young people populating our sport today? Might they be more likely to alter their training habits if we turned the term around, coining a

new word: gninnur? And to run backwards is to nur?

I nur, therefore, I ma! The late Dr. Sheehan would have loved that one.

Please don't anybody tell Jeff Galloway. Jeff still writes for Runner's World, but I don't know if he actually reads the magazine. And even if he does, his eyes might have skipped past Pennepacker's article, only 200 words long.

#### Walking Breaks

Jeff, of course, is the popularizer of walking breaks in marathons. Follow the Galloway approach, and you run for 10 minutes and walk for one minute. Jeff even claims you can achieve faster times, set personal records and qualify for Boston, by utilizing walking breaks. Maybe, maybe not.

In an era when the average time of marathon finishers seems to be getting slower rather than getting faster, I'm not convinced.

Meanwhile, why would a runner want "more balanced leg muscles?" Wouldn't that slow us down? It would seem that if you wanted to be a good runner, you should develop the muscles specific to running. The lower-leg muscles propel us most swiftly. Strong quads are essential, but more so for Lance-like people than Deena-like people.

#### Backward Breaks!

But given the influence of Runner's World, it could be that the next fad in marathon running will be one-minute backward running breaks. Perhaps Jeff already is working on this.

You run forward for 10 minutes, then you run backward for one minute. But you don't turn around so you are running backward forward. (Is everybody with me on this?)

You simply run backward back-

ward, meaning you go back over the last several hundred meters you have just covered. When the minute is up, you move forward again over ground now trice-covered. Alice in Wonderland Running, you might call it, except I'm not sure that will fit on a T-shirt that I can sell for \$49.95.

#### Prolonging the Pleasure

Backward running might appeal to those who love marathon running so much, they want to stay out on the course for seven or eight hours or more.

Organized properly, we could even have Forward/Backward Marathons where the entire field followed this approach. That would prevent collisions. At 10 minutes a siren would sound, the entire field of 40,000 runners suddenly would stop and start running backward for the required minute. Another siren blast would send them lurching forward once more.

Do you think we can get the Kenyans to buy into this approach? Maybe if we

paid them enough money.

#### Burn More Calories

In her article, Pennepacker cites unnamed studies to suggest that running backward also can burn more calories than running forward.

If backward runners attempt backward eating, does that mean they would regurgitate their food? For an even greater challenge, try running backward on hills, Pennepacker hints: "Run one hill backward, five forward, then one backward." Be careful not to trip. That advice comes not from Runner's World, but from me.

I'm not sure if running backward will make us all better runners, but I can't wait for that Jennifer Lopez cover. Maybe a T-shirt featuring JLO would fetch \$49.95 after all. You could wear it backward. □

(Hal Higdon, Author of Masters Running, answers the training questions of runners on his InterActive Forums. Visit [www.halhigdon.com](http://www.halhigdon.com).)

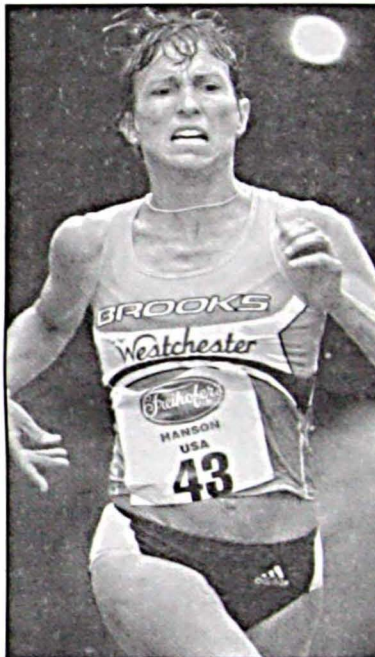
### Ayala-Troncoso is First Master in Freihofer's 5K

Carmen Ayala-Troncoso, Austin, Texas, successfully defended her title in winning the masters race for the fifth time in the 28th Freihofer's 5K for Women, Albany, N.Y., on June 3.

Ayala-Troncoso, at age 47, running against younger age-40+ masters, finished 19th overall of 2680 runners and first of 248 in the W45 division with a 17:11. In 2005, she was first W40+ with a 17:07.

Marissa Hanson, 42, Pleasantville, N.Y., was second W40+ in 17:38. Ramilia Burangulova, 44, of Russia, took the third spot (17:47). Joan Samuelson, 49, Freeport, Me., was fourth (18:16).

Shirley Woodford, 50, Burdett, N.Y., won the W50 race with a 20:52. Margie Stoll, 65, Nashville, Tenn., was the W65 winner (23:35). Louis Gilmore, 75, Janesville, Wisc., ran a blue-ribbon 27:51 to win the W75+ division. □



VICTOR SAILER / PHOTO RUN  
Marissa Hanson, 42, second W40+, Freihofer's 5K.

### Masters Post Good Times for Good Cause in Run Fit 5K

By RON MARINUCCI

NOVI, Mich.—Masters runners sparked at the 18th annual Run Fit 5K in Novi on May 3. An unusual mid-week evening race (race director Randy Step noted with a big smile, "I like these low-key races"), 66 of 157 running finishers were masters. A number of others walked the course.

The early May weather was ideal, cooperating with clear twilight skies, 70s temperatures, and only the slightest of breezes. The out-and-back course was not easy, with several long challenging upgrades to test early season fitness.

Leading all masters runners was John Tarkowski, 53, who posted an 18:20 (age-graded 15:58).

Keith Peterson, 45, was the masters runner-up (19:16/17:52), with Rick Straub, 51 (19:28/17:45), third.

Mike Highfield, 58 (20:40/17:15),

and John Wehrly, 66 (24:08/18:36), also ran well in claiming age-group awards.

Michelle Fields, 47, won the W40+ race, finishing second overall to Mary Dorazio, 38 (19:51). Fields' 20:32 age-graded to 18:43.

Former Olympic racewalker Gary Morgan, 47, came to run, not walk. On Sunday, he completed the Nashville Country Music Half-Marathon (in 1:31) and "last night...did a speed workout." Nevertheless, he had enough left to finish the 5K in 20:52 (19:04).

Race proceeds benefit the Leukemia & Lymphoma Society. Race director Step said, "We've raised about \$2000-3000 each year in our lil ol' race."

Good times and a good cause in Novi. It's a tough combination to beat. □

(Ron Marinucci can be reached by e-mail at [ron\\_marinucci@comcast.net](mailto:ron_marinucci@comcast.net))

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Joey Tureaud, M40 w  
2005 USA Masters Ch  
championships are s  
N.C., Aug. 3-6.

### TWENTY-FIVE July

- Ralph Zimme  
a 2:25:38  
National Ma  
Championship
- Russ Meyers  
M75 110H (2  
(89.58) in So  
als
- Marcie Trent  
AR 46:23  
Women's 10K



Patricia Carroll, W5  
race, Kahului, Hawai



JERRY WOJCIK

Joey Tureaud, M40 winner (6.31), long jump, 2005 USA Masters Championships. The 2006 championships are scheduled for Charlotte, N.C., Aug. 3-6.

## TWENTY-FIVE YEARS AGO July 1981

- Ralph Zimmerman, 40, Runs a 2:25:38 to Win RRCA National Masters Marathon Championships
- Russ Meyers Sets WRs in the M75 110H (20.83) and 400H (89.58) in Southeast Regionals
- Marcie Trent Races to a W60 AR 46:23 in Nordstrom's Women's 10K



TESH TESHIMA

Patricia Carroll, W55, in the Run to the Sun race, Kahului, Hawaii.

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# Masters Scene

## EAST

• **Teresa Milbrand**, W40, was the female winner overall (21:34), with M50s **Mark Morgan** (19:21), second and **Fred Luongo**, third (19:38), and M55 **Michael Harrison**, fourth (19:48). Louis J. Billittier Memorial 5K, Buffalo, NY, May 6. **Joanne Cunningham** won the W60 race in 23:19.

• **Michael Payson**, 42, Falmouth, ME, with a 15:29, and **Christine Reaser**, 40, Dayton, ME, with a 19:15, scored masters firsts, Portland Sea Dogs Mother's Day 5K, Portland, ME, May 14. Payson (88.2%) and **Gretchen Read**, 63, of Portland, with a 23:15 (86.8%), were best A-G performers in the race.

• **Albert Okemwa**, 40, KEN/NC, broke the M40+ record by minutes with a third-place 50:39, George Washington Parkway 10 Mile, Washington, DC, April 23. **Rebecca Nathan**, 40, Arlington, VA, was fourth female in 65:36. Both won \$300. **Sandra Adams**, 56, Winchester, VA, was seventh (68:38). In the 5K, **Jim Wadsworth**, 49, Washington, DC, took the M40+ race in 18:04, with **Mike Fitzgerald**, 51, Hagerstown, MD, one second back in 18:05. **Maria Spinnler**, 44, Hagerstown, MD, was first W40+ in the race for the fourth time, in 19:08.

• **Albert Okemwa**, 40, in 31:07, and **Olena Plastinina**, 42, UKR/NYC, in 37:24, posted masters firsts, Newport 10,000, Jersey City, NJ, May 13. Both were top A-G masters, Okemwa at 91.3%, and Plastinina at 85.2%. **Paul Thompson**, 40, Brooklyn, NY, was second master and second A-G, with an 89.2% 31:51. **Dan Murphy**, 50, Glen Ridge, NJ, won the M50 race in 36:47. **Christine Ange**, 58, Rockaway, NJ, was the W55 winner (51:27).

• **Christopher Webber**, 54, Sayville, NY, with a ninth-overall 35:13, and **Olena Plastinina**, 42, UKR/NYC, with a 17th-overall 37:21, won \$300 each for first masters in the Shelter Island 10K, Shelter Island, NY, May 20. Second (\$200) and third (\$100) masters money winners were **Ken Bohan**, 43, Sound Beach, NY, 35:32; **William Oehrlein**, East Northport, NY, 36:22; **Lilian Kroner**, 40, Monroe, NY, 39:19; and **Barbara Gubbins**, 46, Southampton, NY, 39:31. **Bob Moritz**, 57, Medford, NY, won the M55 division with a sub-40:00 39:21.

• **Larry Levy**, 40, Reading, PA, in 16:34, and **Lorraine Jasper**, 44, Birchenville, PA, with a second-female 19:19, won masters firsts, Kennett Square, PA, 5K, May 20. **William Pine**, 54, Pottstown, PA, 18:37, and **Leah Whipple**, 54, Kimberton, PA, 21:33, were 50-54 winners. Masters winners in the 10K were **John Carroll**, 43, West Chester, PA, second-overall in 33:58, and **Dianna Golden**, 53, York, PA, with a 42:05. Age-group winners included **Mike Precopio**, 45, Collegeville, PA, 36:52, and **Beth Howlett**, 53, Boothwyn, PA, 46:06.

• **Bob Matteson**, 89, Bennington, VT, broke the US single-age best for the 100m with a 20.22 at the Penn Relays, April 29. He already holds the age-89 bests for the 400, 800 and mile.

• The first two masters to cross the line at the NYRR New York Junior League Mother's Day Women's Half-Marathon, Central Park, NYC, June 14, were **Stephanie Hodge**, 40, 1:25:22, and **Jeanne Pare**, 45, 1:26:55. **Pearl Jones**, 79, toured the course in 2:08:19.

• The NYRR American Heart Association Wall Street Run, Financial District, NYC, May 17, was forced by unseen circumstances to be cut to 2.9 miles. Both masters winners placed second overall on the shortened course. **Ben Reynolds**, 42, 15:07, was only one second behind the winner, and **Diane Kenna**, 41, turned in a bullish 18:43.

• Masters winners at the NYRR Healthy

Kidney 10K, Central Park, NYC, May 20, were **Paul Thompson**, 40, 32:01, and **Stephanie Hodge**, 40, 39:22, with **Kathryn Martin**, 54, 39:36, hot on Hodge's heels.

## SOUTHEAST

• **Leonard Vergunst**, 50, Ocean Springs, MS, turned in a masters win with a fourth-overall 18:18, Do It in the Bush 5K, Mobile, AL, May 27. **Sheri Kovaleski**, 44, Mobile, was W40+ winner (23:23). **Aladar Bencsath**, 65, Mobile, was first M60+ (25:09).

## MIDWEST

• **Jerry Lack**, 43, Moline, IL, took second (1:13:36), and **Kelley Timmerman**, 41, Bettendorf, IA, won the W40+ race (1:27:41), Quad Cities Half-Marathon, Rock Island, IL, May 14. **Frank Bay**, 66, Milan, IL, won the M65 race (1:36:30). In the 5K, **Rich Fuller**, 49, Bettendorf, IA, hastened to a first overall (17:28). **Muriel Naumann**, 50, Iowa City, IA, was first W40+ (22:06).

• **Sam Ngatia**, 46, in 1:11:45, and **Gina McGee**, 41, Latrobe, PA, in 1:22:55, were first masters, Ogden Classic 20K, Wheeling, WV, May 27. First Grandmasters were **Terry McCluskey**, 57, Vienna, OH, 1:18:05, and **Shelley Ralston**, 50, Uniontown, PA, 1:35:47. In the 5K, **Richard Hall**, 63, Bloomingdale, OH, was sixth-overall (18:31). **Mariann Tullius**, 46, Wexford, PA, was the W40+ winner (21:37). Six of the top 11 women were W40+.

• **Todd Kelley**, 45, Troy, MI, in 37:55, and **Mary Nash**, 46, London, Ont., CAN, in 42:33, motored to masters firsts, Henry Ford Road 10K and 5K, W. Bloomfield, MI, May 21. Division winners in the 10K included **Marty Povirk**, 58, Franklin, MI, 46:15, and **Donna Olson**, 56, Canton, MI, 48:33. In the 5K, **Ron Marvin**, 45, Farmington Hills, MI, 19:17, and **Maggie Zidar**, 56, Pontiac, MI, 23:05, drove to masters wins. **Jim Stewart**, 59, took the M55 race in 24:20.

• Local masters showed up in good form, winning every division but one after **Laurel Park**, 43, Ann Arbor, MI, won overall (17:46) in the Women's Only 5K, in Ann Arbor, May 21. **Robin Sarris-Hallop**, 50, Ann Arbor, was eighth (21:09), and **Nina Bovio**, 60, Ann Arbor, was 47th (25:44) of the 763 finishers.

• **David Paajanen**, 44, Christmas, MI, 31:46, and **J.C. Bediker**, 40, Traverse City, MI, 35:20, hurried to masters firsts, Mackinaw Memorial Bridge Race 5.6 Miles, Mackinaw City, MI, May 27. **Greg Mills**, 45, Bellaire, MI, and **Jeffrey Bidelman**, 45, Manistee, MI, staged the best division race, both timed in 33:50, with Mills getting the win. **Jane Kowieski**, 51, Interlochen, MI, took the W50 race in 40:04.

• **Glen Ashlock**, 45, in 50:18, and **Sandra Stefanski**, 44, in 1:29:57, were first overall, Great Race Marathon, Goshen-Elkhart, IN, May 29. **Ann Wilson**, W50, finished in 1:54:51. First 40+ in the 10K were **Dave Bussard**, M45, 37:29, and **Penni Himes**, W40, 52:08. **Dan Martz**, M40, 20:12, and **Laura Snipes**, W55, 26:19, took masters firsts in the 5K.

## MID-AMERICA

• **John Mirth**, 44, Platteville, WI, 1:06:54, and **Bonnie Sons**, 40, Shorewood, MN, 1:20:41, cruised to masters firsts in the Dam to Dam 20K, Des Moines, IA, June 3. Winners in the 70+ divisions clocked notable times, **Jim Schleisman**, 73, Jefferson, IA, taking the men's race in 1:37:25, and **Rita Jackson-Ashmead**, 70, Ottumwa, IA, winning the women's race in 2:03:19. In the 5K, **Tom McBride**, 50, Des Moines, 18:42, and **John Bartello**, 56, Newton, IA, 19:25, were 1-2 masters.

**Karen Fulton**, 40, Omaha, NE, was first W40+ (23:50). The 27th edition of the event saw 5000 runners in the 20K, 5K and youth run.

• **Kay Glynn**, 53, pole vaulter and heptathlete, and her daughter, **Sarah**, 23, were taped doing flexibility stunts in Hollywood in April for a Game Show Network (GSN) segment shown May 31. Glynn writes, "I've vaulted 9-6 so far this year and just acquired a pole vault pit for my yard. I'll be in Charlotte, and hope to break the W50 indoor world record next winter."

• **Andy Ames**, 43, in 49:16, and **Anita Ortiz**, 42, in 59:06, scored masters firsts in the USATF National Championships/Spring Runoff Trail 10K, Vail, CO, June 3. **Hans Funke**, 47, 53:21; **Mary Pierik**, 47, 75:34; **Chuck Smead**, 54, 58:48; and **Frank Rodriguez**, 60, 66:20, also won national titles.

## SOUTHWEST

• The list of masters runners in the Times Picayune Crescent City 10K, New Orleans, April 15, reads like a masters All-Star team. **Texas Sean Wade**, 40, was 12th-overall in 30:52; **Albert Okemwa**, 40, KEN/NC, finished 14th (31:22). **Brian Pope**, 43, of Tennessee, was 17th (32:02). **John Tuttle**, 48, of Georgia, took the 23rd spot (32:58). **Sylvia Mosqueda**, of California, NCAA Champion and 1992 Olympic trialist, who turned 40 on April 8, was first W40+ and 34th-overall (34:31), followed by **Lyubov Kremleva**, 44, RUS, 35th-overall (34:34). **Tatyana Pozdnyakova**, 51, UKR, ran a 36:16. **Andrew Kenworthy**, 60, of New Orleans, finished in 35:46.

• **Trent Lane**, 96, broke his M95 HT (15:97) and WT (7:50) WRs with a 15.98 and 7.56, and upped the SW AR for the 35# to 3.63, Mardi Gras Weight Pentathlon, St. Amant, LA, April 29. **Mary Nordckauer**, 81, set a US W80 record for the HT with a 15.66. The present record belongs to **Betty Jarvis** at 15.52.

## WEST

• The USATF West Regional Masters Championships, originally scheduled for the Home Depot Center, Carson (L.A.), CA, has been shifted to CSU-Long Beach; the date, July 22-23, is the same. Entry forms are available at [www.scausatf.org](http://www.scausatf.org). This has become one of the latest meets in the country in the last two years drawing 300+ athletes, and is a good tune-up for the USA Masters Nationals in Charlotte, NC, Aug. 3-6. A mile has been added to the Saturday schedule for those wishing to attempt records or to get an outdoor mile time for the season.

• The Visalia Classic, not scheduled earlier this year, is set for Saturday, Oct. 14, in Visalia, CA. See T&F Schedule-West.

• **Paul Lee**, 45, Pismo Beach, CA, 18:27, and **Elizabeth North**, 44 (first woman overall in 20:39), Arroyo Grande, CA, roared to masters firsts Bull Canyon 5K, Santa Maria, CA, May 13. **David Ross**, 51, Orcutt, CA, 19:04, and **Phyllis Klinger**, 61, Birmingham, MI, 30:32, were notable division winners. In the 10K, masters **Adolfo Lopez**, 46, Santa Maria, 36:35, and **Ardy Janku**, W45, Pismo Beach, 44:10, were both second overall.

• **Sean Wade**, 40, Houston, TX, was 14th-overall with a 38:58, and **Sylvia Mosqueda**, 40, Rosemead, CA, was eighth-female overall with a 42:07, in the circus-like Bay to Breakers 12K, San Francisco, May 21. Registered runners numbered around 40,000, but 62,000 ran.

• **James Sheremeta**, 42, La Jolla, CA, in 29:03, recorded masters firsts, Union-Tribune Race for Literacy 5K, San Diego, May 7. Third masters were age-50+ **Greg Wilson**, 53, Chula Vista, CA, 27:11, and **Marcella Teran**, 51, San Diego, 30:46. **Eileen Pue**, 66, San Diego, won the W65 race in 39:56. **Marjorie Easton**, 91, Del Mar, CA, raced to a 95:50.

• **Peter Magill**, South Pasadena, CA, who joined the M45 ranks on June 27, was first overall with a 14:59 in the Brentwood 5K, Los Angeles, May 28. **David Olds**, 44,



LEO BENNING  
Shaun Bownes broke the M35 national hurdles record with a 14.02, 30th South Africa Masters Championships, Port Elizabeth.

who will be 45 on July 12, was second M40+ (15:59). **Lee Baca**, 64, Pasadena, CA, took the M60 race (20:17). **Armanda Herna**, 43, Los Angeles, was first W40+ (17:44). **Yoko Eichel**, 59, won the W55 title (22:19). **Vida Slawson**, 77, Studio City, CA, won the W75 race in 40:38. **Jose Ortiz**, 43, Gardena, CA, 34:05, and **Mariann Thomas**, 42, Carpinteria, CA, 41:14, were first 40+ in the 10K. **Arturo Martinez**, 52, Los Angeles, was 10th overall in 36:15.

• **Jesus Navarro**, 44, El Monte, CA, with a 14th-place 70:00, and **Simone Messerschmidt**, 41, Auburn, CA, in 81:39, flew to masters firsts in the grueling Mt. Wilson 8.6 Trail Race in the quaint L.A. suburb of Sierra Madre. **Greg Wilson**, 54, Chula Vista, CA, was 13th in 70:10. **Jay Gladinus**, 64, Long Beach, CA, took the W60 race in 1:54:15.

• **Jennifer Sanchez**, 46, won the women's race overall with an 18:32 in the Gardena 5000, Gardena, CA, June 3. **Danny Martinez**, 44, Altadena, CA, was three seconds out of first with a 15:38. **Virginia Lespron**, El Monte, CA, took the W70 first in 34:50. **Joe Dennis**, 60, Los Angeles, won the M60 race with an 18:44.

• The new Web address for the Hawaii Masters TC is [www.hmtcgo.com](http://www.hmtcgo.com). **Jack Karbens**, of the HMTTC, writes of the recently deceased M100 WR-holder **Erwin Jaskulski**, "We had a very inspiring memorial for Erwin. **Gilad Janklowicz** of the Bodies in Motion TV show prepared an excellent 30-minute video of highlights of Erwin's physical feats (including 15 chin ups at age 85), his life style at home and hiking, and his great Austrian sense of humor."

• At the USA National Masters 15K RW Championships, Riverside, CA, May 7, **Beverly McCall** (formerly **LaVeck**) set a W70 record with a 1:42:57, shattering the mark of 1:59:21 set by **Rose Kash** in 1992. **Shirley Capps**, second in the division with a 1:57:11, also bested the previous record.

## NORTHWEST

• **Kathy Aragon**, 46, Billings, MT, turned in a first overall 32:11 in the Montana Women's 5 Mile in Billings, May 13. **Karen Sanford-Gall**, 45, was not far behind for third in 32:33. **Debbie Magilke**, 57, Billings, MT, won the W55 race with a 37:00. **Ada McKeen**, 80, Billings, MT, with a 56:22, finished 392nd of the 1350+ finishers. In the 2-Mile, first W40+, **Lori Christianson**, 45, Billings, MT, was ninth of some 3300 runners. **Sharon Fred**, 68, Billings, MT, was first in the W65 with a 17:28. **Milder Holder**, 94, Billings, MT, ran a 42:40.

• **Joe Dudman**, 41, Portland, OR, 4:27.6, and **Alyssa Tower**, 43, Vancouver, WA, 5:27.8, logged masters wins in the

Continued on page 16

USA track and field wise noted. Senior G open to all age groups to men and women. Entry blanks for national 60 days prior to the Eugene, OR 97405.

## TRACK

### NAI

July 15-16. USA N & Heptathlon Championships, www.usatf.org; www.usatf.org. August 3-6. 39th US Championships, Charlotte, NC. Don Edwards, 10029. 28278; 704-588-6888. ards@carolina.rr.com. forms: www.usatf.org. OutdoorTFChampion

August 19. USA Pentathlon, Sager R. MT. Bob Sager, 9870(h); hammerbee. September 9. USA Superweight Championships, Weinbel, 4103 Hillcrest. 98116. 206-938-3895.

Connecticut, Del. Maryland, Ma. New Jersey, Ne. Pennsylvania, R.

July 6, 11, 13. T. Chelmsford HS, MA. eras, 978-250-1314. July 8. Long & Denver, PA. Terry TGShuman2@aol.com. July 8 & 22. Potomac Meets, Langley HS, 3530; www.pvtc.org. July 9. USATF-N Monmouth HS, Tin. www.njmasters.org. July 11 (Tues.) HM nie HS, Albany, NY. earthlink.net.

July 11. Philadel Meets. Plymouth-V Meeting, PA. 6:00p. 9463; www.pmtf.net. July 11, 18, 25. Co Night Meets, Colon 6:15 pm. Don Mye. July 16. Twilight T Chelmsford HS, M. 250-1314; Chamby. July 22. USATF Championships, Spr 2001 Beacon St., 02135-7787; 617-56. July 23. USATF M Championships. Plymouth Meeting, 484-437-9463. w. August 1 & 8. Co Night Meets, Colon 6:15 pm. Don Mye. August 5 & 19. Comers Meets, L. 703-481-3530; w. August 5-13. New Senior Games, M. www.nhseniorgames. September 2-3. Langley HS, Mel. www.pvtc.org. September 9. Ma Anita, 207-396-65. October 1 & 15. I Meet & Racewalk 703-481-3530; w.

SO Alabama, Flor S. Carolin

July 14-20. Tennes son County. 615 pics.com

# 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 15-16.** USA National Masters Decathlon & Heptathlon Championships, Seattle, WA. www.usatf.org; www.decathlons.com

**August 3-6.** 39th USA National Masters Championships, Charlotte, NC. Pentathlon on 3rd. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278; 704-588-6885 (after 8:00 pm); gedwards@carolina.rr.com; information and entry forms: www.usatf.org/events/2006/USAMastersOutdoorTFCChampionships/athleteInfo

**August 19.** USA National Masters Weight Pentathlon, Sager Ranch, Wilsall (Bozeman), MT. Bob Sager, 406-578-2080(w); 578-9870(h); hammerbeef@aol.com

**September 9.** USA National Masters Weight & Superweight Championships, Seattle, WA. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

### EAST

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

**July 6, 11, 13.** Twilight Throwers Meets, Chelmsford HS, MA. 5:30 pm. Jim Chambers, 978-250-1314; Chamby65@aol.com

**July 8.** Long & Strong Throwers Classic, Denver, PA. Terry Shuman, 717-285-7943; TGShuman2@aol.com; www.longandstrong.com

**July 8 & 22.** Potomac Valley TC All-Comers Meets, Langley HS, McLean, VA. 703-481-3530; www.pvtc.org

**July 9.** USATF-NJ M&O Championships, Monmouth HS, Tinton Falls. 732-409-7644; www.njmasters.org

**July 11 (Tues.)** HMRRRC Colonie Mile, Colonie HS, Albany, NY. 6:15 pm. kennyskin@earthlink.net

**July 11.** Philadelphia Masters All-Comers Meets, Plymouth-Whitmarsh HS, Plymouth Meeting, PA. 6:00 pm. Joel Dubow 484-437-9463; www.pmtf.net

**July 11, 18, 25.** Colonie Recr. Dept. Tuesday Night Meets, Colonie HS, Albany, NY. No fee. 6:15 pm. Don Myers, 518-783-2760.

**July 16.** Twilight Throwers Weight Pentathlon, Chelmsford HS, MA. Jim Chambers, 978-250-1314; Chamby65@aol.com

**July 22.** USATF East Regional Masters Championships, Springfield, MA. USATF-NE, 2001 Beacon St., Ste. 207, Brighton, MA 02135-7787; 617-566-7600.

**July 23.** USATF Mid-Atlantic Open & Masters Championships, Plymouth-Whitmarsh HS, Plymouth Meeting, PA. 9:30 am. Joel Dubow, 484-437-9463. www.mausatf.org

**August 1 & 8.** Colonie Recr. Dept. Tuesday Night Meets, Colonie HS, Albany, NY. No fee. 6:15 pm. Don Myers, 518-783-2760.

**August 5 & 19.** Potomac Valley TC All-Comers Meets, Langley HS, McLean, VA. 703-481-3530; www.pvtc.org

**August 5-13.** New Hampshire Granite State Senior Games, Manchester. 603-622-9041; www.nhseniorgames.org

**September 2-3.** Potomac Valley TC Games, Langley HS, McLean, VA. 703-481-3530; www.pvtc.org

**September 9.** Maine Senior Games, Portland. Anita, 207-396-6500; Jerry, 729-6180.

**October 1 & 15.** Potomac Valley TC Throwers Meet & Racewalk, Langley HS, McLean, VA. 703-481-3530; www.pvtc.org

### SOUTHEAST

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

**July 14-20.** Tennessee Senior Olympics, Williamson County. 615-902-9261; www.tnseniorympics.com

### MIDWEST

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

**July 8-15.** Michigan Senior Olympics, Kalamazoo. 248-608-0250; www.michiganeniorympics.org

**July 15.** Dayton Track Classic, Welcome Stadium, next to U of D area, Dayton, OH. Robert "Bob" Jones, 937-837-2754; e-mail: bjrjuni@juno.com

**July 21-23.** Ohio Senior Olympics, Youngstown. 330-746-2938; www.ohioseniorympics.org

**July 22.** Cleveland Track Classic, Mayfield Village, OH. Paul Williams, 519 Thackeray Trail, Richmond Heights, OH 44143. 440-605-1811.

**July 29.** USATF Midwest Regional Masters Championships, Grand Valley State U., Allendale, MI. Open athletes welcome. Jim O'Neill, 616-844-1768; jimo1149@mac.com

**September 16.** Norm Bower Memorial Weight Pentathlon, Kent, OH. Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. 440-954-8122.

**November 10-12.** National Throws Coaches Association Annual Conference & Clinic, Dublin, OH. www.nationalthrowscoachesassociation.com; 888-527-6772.

### MID-AMERICA

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

**July 30.** Blair Open Meet, Blair HS, NE. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.

**August 10-13.** Nebraska Senior Games, Kearney. 308-233-3229; www.nebraskaseniorgames.com

**August 26.** Halstead M&O Meet, Halstead HS, KS. 4:00 pm. Bob Everoski, Halstead Parks and Recr. Commission, 316-835-3366; 835-2286.

**September 2-3.** USATF Mid-America Regional Masters Championships/Rocky Mountain Games, CSU, Ft. Collins, CO. Jim Weed, 2203 E. 149th Ave., Thonten, CO 80602. 303-451-8727; Christel Donley, 719-635-1264; e-mail: rockymtnmastersgames@msn.com

**September 24.** Kansas Senior Olympics, Topeka. 785-368-3798; bsowell@topeka.org

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 8.** The Grunt VIII Throwers Meet, Cat Spring, TX. Mark Chapman, 1884 Bostik Rd., Cat Spring, TX 78933. 979-732-5591; k9luvs@intertex.net

**July 15.** USATF Southwest Regional Masters Championships/Lions 17th Relays, McNeil HS, Austin, TX. July 1 deadline. Seth Brower, 512-694-2037; track4life@earthlink.net; waterlootrackandfield.org

**July 22.** Texas Masters Championships, Coppell HS. 817-274-0448; www.dallasmasters.com

**September 27-October 8.** Arkansas Senior Olympics, Hot Springs, AR. 800-720-7276; arsiolymp@hotsprings.net; www.SrSports.org

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**June 27-August 3.** All-Comers Meets, Los Angeles. Tues., San Pedro HS; Wed., Birmingham HS; Thur., Santee Education Complex, 1921 S. Maple Ave. 7:30 pm. No entry fee. 818-587-4364.

**July 29.** LGAA/Mizuno All-Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.

**July 1.** USATF Pacific Masters Championships, Sacramento St. U. Joy Upshaw-Margerum, 650-949-1439; www.iffsac.com

**July 6, 13, 20, 27.** LGAA/Mizuno All-Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.

**July 9.** Trojan Masters Championships, Los Angeles. 323-758-6543; www.trojanmtc.org

**July 14-16.** California State Games, San Diego. 619-223-2033; www.calstategames.org

**July 16.** USATF-NM Masters & Open Championships, Albuquerque. Jamie Woodley, 505-797-7482.

**July 22-23.** USATF West Regional Masters Championships, CSU-Long Beach. Mark Cleary, runnermark@cox.net; www.scausatf.org

**July 23.** HMTc Meet Weight Pentathlon & SW, Kaiser HS, Honolulu. 735-6366-www.hmtc.org

**July 29.** Aloha State Games, Honolulu. www.alohastategames.com

**July 29-August 13.** Prescott Senior Olympics, Prescott, AZ. 928-778-5981; e-mail: pochanie@hotmail.com

**August 2-6.** New Mexico Senior Olympics, Albuquerque. 505-623-5777; www.nm.seniorympics.org

**August 3 & 10.** LGAA/Mizuno All-Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.

**August 12.** Bend Open/Masters Track & Field Meet, Bend, Oregon. Suzi MacLeod (before 9 pm), 541-382-6264; bendtrackmeet@yahoo.com; www.bendtrackmeet.com

**September 29-October 1.** Nevada Senior Games, Las Vegas. 702-242-1590; www.nevadaseniorympics.com

**October 7.** Club West Masters Meet, UC-Santa Barbara. Beverly Lewis, 805-969-5852; fax: 969-6613; Gordon McClenathen, 805-964-3005.

**October 14.** Visalia Classic, Mt. Whitney HS, Visalia, CA. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277; 559-732-8030.

**October 22.** Self-Transcendence Masters Meet, CSU-Long Beach. 310-645-0271; fax: 645-8618.

### NORTHWEST

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

**July 5-August 16.** CNW Summer All-Comers Series. Wed. nights. 6:00 pm. Shoreline Stadium, Seattle. 206-729-9972; www.clubnorthwest.org

**July 7-8.** Seattle Masters Classic, W. Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., SW Seattle, WA 98116. 206-938-3895; ktweinbel@msn.com

**July 8-9.** Oregon State Games, Mt. Hood CC, Gresham. 503-520-1319; www.stategamesoforegon.org

**July 22.** Inland NW Masters Classic, Mooberry Track, WSU, Pullman, WA. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet.com

**July 28-30.** Washington State Senior Games, Olympia. 360-754-4937; www.pugetsoundseniorgames.com

**August 3-5.** Wyoming Senior Olympics, Gillette. 307-682-7406; www.wyeniorympics.com

**August 12.** Bend Masters Meet, Bend, OR. Suzi MacLeod, bendtrackmeet@yahoo.com

**August 13-22.** Alaska International Senior Games, Fairbanks. 907-460-7733; www.fairnet.org/Agencies/aisg

**August 24-27.** Idaho Senior Games, Boise. 208-336-6707; www.idahoseniorgames.com

**September 8-9.** Ultra Weight Classic, W. Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., SW Seattle, WA 98116. 206-938-3895; ktweinbel@msn.com

**October 9-21.** Huntsman World Senior Games, St. George, UT. T&F, RW, Road Races, Triathlon. Age 50+. Huntsman WSG, 1070 W. 1600 South, Ste. 103A, St. George, UT 84770. 435-674-0550; 800-562-1268; www.seniorgames.net

### CANADA

**July 21-23.** Canadian Masters Championships. Moncton, New Brunswick. canadianmastersathletics.com; douglasj.smith@sympatico.ca

### INTERNATIONAL

**July 8-9.** BMAF Championships, Birming-

## ON TAP FOR JULY

### TRACK AND FIELD

On the 15th-16th, combined-event athletes will head for Seattle for the USA Masters Decathlon & Heptathlon Championships. Regional championships will be decided in the East at Springfield, MA, on the 22nd; the Midwest, Allendale, MI, on the 29th; the Southwest, Austin, TX, on the 15th; and the West, Long Beach, CA, on the 22nd-23rd. Other meets include the USATF Pacific Masters Championships, Sacramento, July 1; Seattle Masters Meet on the 7th-8th; and the Trojan Masters Meet in L.A. on the 9th, plus a load of Senior Olympic/Games meets.

### LONG DISTANCE RUNNING

The USA National Championships/White River 50 Mile Trail Run is set for Crystal Mountain, WA, on the 29th. Road fireworks on the 4th include the Butte to Butte 10K, Eugene, OR; the \$1000 Firecracker Mile, Clawson, MI; Peachtree 10K, Atlanta, GA; and the Semana Nautica 15K, Santa Barbara, CA. The next weekend lists the Long Island Women's 5K, Farmingdale, on the 8th, and the Boilermaker 15K, Utica, NY, on the 9th. The Buffalo, NY, Chase 4 Mile Chase, takes off in the evening on the 14th, followed by the Midnight Madness 10K, Ames, IA, and the Crazy 8s 8K, Kingsport, TN, on the 15th, and the Stowe, VT, 8-Miler, on the 16th. The Wharf to Wharf 6 Mile, Santa Cruz, CA, embarks on the 23rd, and the Quad-City Times Bix 7 Miler, Davenport, IA, kicks off on the 29th.

### RACEWALKING

The USATF Wisconsin RW Road Mile Championships are scheduled for the 23rd in Madison. Practically every track meet offers a RW, as do many of the road races.

ham, England. www.bmaf.org

**July 19-30.** European Veterans Athletics Association Championships, Poznan, POL. www.evacs2006.pl

**August 12-13.** Malaysia Veterans Championships, Kuala Lumpur. 35+. mavasiva@time.net.my

**August 24-27.** NCCWMA Stadia Championships, Guatemala City, Guatemala. www.atletismoguete.org

**September 3.** BMAF Pentathlon Championships, Monkton Stadium, South Tyneside. www.bmaf.org.uk

**November 3-11.** South America Region Championships, Rio de Janeiro, Brazil. locho\_arroyo@hotmail.com; www.asudaverio-2006.com.br

**September 4-15, 2007.** (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org

**March 12-17, 2008.** 3rd WMA World Indoor Championships, Clermont-Ferrand, France.

**July-August, 2009.** 18th WMA World Championships, Lahti, Finland.

## LONG DISTANCE RUNNING

### NATIONAL

**July 29.** USA National Championships/White River 50 Mile Trail, Crystal Mountain, WA. searunco@aol.com; www.whiteriver50.org

**August 26.** USA National Championships/Headlands 50K Trail, Sausalito, CA. gypalm@headlands50k.org; www.headlands50k.org

**September 23.** USA National Masters

Championships/Heritage Oaks 10K, Paso Robles, CA. [www.heritageoaksbank.com](http://www.heritageoaksbank.com); [www.usatf.org](http://www.usatf.org)

**October 1.** USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. [www.twincitiesmarathon.org](http://www.twincitiesmarathon.org); [www.usatf.org](http://www.usatf.org)

**October 15.** USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, [george@usatfdir.org](mailto:george@usatfdir.org)

**October 15.** USA National Championships/DuPont Forest Trail Marathon, Asheville, NC. [gregw@mchsi.com](mailto:gregw@mchsi.com); [www.ymcahendersoncounty.org](http://www.ymcahendersoncounty.org)

**December 9.** USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinlisk, [bill@frontiernet.net](mailto:bill@frontiernet.net); [www.usatf.org](http://www.usatf.org)

### EAST

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

**July 8.** Spirit of Gettysburg 5K, Gettysburg, PA. 717-334-9171; [www.gettysburg.org](http://www.gettysburg.org)

**July 8.** Red Dress Run for Women 5K, West Hartford, CT. 860-652-8866; [www.hartfordmarathon.com](http://www.hartfordmarathon.com)

**July 8.** Long Island Summer Women's 5K, Farmingdale, NY. 516-349-7646; [www.gilrc.org](http://www.gilrc.org)

**July 8.** Belmar 5 Mile, Belmar, NJ. [www.belmar5.com](http://www.belmar5.com)

**July 9.** Women's Distance Festival 5K, Columbia, MD. Tracy Feliciano, 301-543-4479(d); 410-309-5825(e).

**July 9.** NYRR Half-Marathon, Bronx. NYRR, 212-860-4455; [www.nyrr.org](http://www.nyrr.org)

**July 9.** Boilermaker 15K, Utica, NY. 315-797-5838; [www.boilermaker.com](http://www.boilermaker.com)

**July 14 (Fri.).** Subaru Buffalo 4 Mile Chase, Buffalo, NY. 7:00 pm. 716-881-1652; [www.buffalobusharichase.com](http://www.buffalobusharichase.com)

**July 16.** Stowe 8-Miler, Stowe, VT. 802-253-4647; [www.stowe8miler.org](http://www.stowe8miler.org)

**July 16.** International Peace Half-Marathon & 8K, Alexandria, VA. [www.marathoncharitypartners.org](http://www.marathoncharitypartners.org)

**July 19.** Smith Barney Harrisburg Mile, Harrisburg, PA. [www.harrisburgmile.com](http://www.harrisburgmile.com)

**July 25 (Tues.).** Marcum & Kliegman Workplace Challenge 3.5 Mile, Wantagh, NY. 516-349-7649; [www.gilrc.org](http://www.gilrc.org)

**July 26.** Westfield 5K, Westfield, NJ. 732-381-0318; [www.oymp.net](http://www.oymp.net)

**August 1.** Yankee Homecoming 10 Mile, Newburyport, MA. 978-376-5328; [www.yankeehomecoming.com](http://www.yankeehomecoming.com)

**August 5.** Beach to Beacon 10K, Cape Elizabeth, ME. 888-480-6940; [www.beach2beacon.org](http://www.beach2beacon.org)

**August 12.** Asbury Park 5K, Asbury Park, NJ. 732-571-2162; [www.asburyparkjsrc.org](http://www.asburyparkjsrc.org)

**August 12.** RRCA 5 Mile Delaware State Championships, New Castle. 302-322-6040; [wjb72@aol.com](mailto:wjb72@aol.com)

**August 27.** Women Running Wild 5K, Osterville, MA. [www.citizensbank5k.com](http://www.citizensbank5k.com)

**September 16.** George Sheehan 60+ 5th Avenue Mile, Manhattan, NYC. [alpumal@verizon.net](mailto:alpumal@verizon.net); [www.NYRR.org](http://www.NYRR.org)

### SOUTHEAST

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

**July 2.** Firecracker Run 10K & 5K, Daytona Beach, FL. [www.daytonatrackclub.org](http://www.daytonatrackclub.org)

**July 4.** Watermelon 5K, Winter Park, FL. 407-896-1160; [www.trackshack.com](http://www.trackshack.com)

**July 4.** Peachtree 10K, Atlanta, GA. 404-231-9064; [www.atlantatrackclub.org](http://www.atlantatrackclub.org)

**July 15.** Crazy 8's 8K, Kingsport, TN. [www.crazy8s.org](http://www.crazy8s.org)

**July 15.** Beaufort 10K & 5K, Beaufort, NC. 252-222-6359; [www.beaufortroadrace.com](http://www.beaufortroadrace.com)

**August 1.** Crime Prevention 5K, Mobile, AL. 251-473-7223; [www.pcpacers.org](http://www.pcpacers.org)

**August 8.** Chickasabogue 2 Mile, Saraland, AL. 251-473-7223; [www.pcpacers.org](http://www.pcpacers.org)

### MIDWEST

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

**July 4.** One-Thousand Dollar Firecracker Mile, Clawson, MI. 248-588-0361; [www.firecracker-mile.com](http://www.firecracker-mile.com)

**July 4.** 31st Volkslaufe 5K, 10K & 20K, Frankenmuth, MI. [www.volkslaufe.com](http://www.volkslaufe.com)



Former UCSB Gauchos runners (from left): Dan Wojcik, first M50; Drew Paulin, second M50; Bob Doran, third M50; and Pat Yochum, M50; having a post-race discussion, 2006 Eugene Street Mile.

**August 5.** Debbie Green Memorial 5K/RRCA National Championships, Wheeling, WV. 740-859-0704; [www.debbiegreen5k.com](http://www.debbiegreen5k.com)

**August 19.** Parkersburg News & Sentinel Half-Marathon/RRCA National Championships, Parkersburg, WV. 304-485-1891; [www.newsandsentinel.com/halfmarathon](http://www.newsandsentinel.com/halfmarathon)

**September 24.** Over the Hill TC XC, Hunting Valley, OH. Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124. 440-473-0636.

### MID-AMERICA

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

**July 15.** Midnight Madness 10K & 5K, Ames, IA. 515-232-6131; [www.fitnesssports.com](http://www.fitnesssports.com)

**July 28.** West End 3K, Boulder, CO. [www.gettingthere.com/boulderraceseries](http://www.gettingthere.com/boulderraceseries)

**July 29.** Classic 10K, Colorado Springs, CO. [www.csgrandprix.com](http://www.csgrandprix.com)

**July 29.** Companion Mississippi Mile Across the Old Chain of Rocks Bridge, St. Louis. 314-781-3926; [www.stlouistrackclub.com](http://www.stlouistrackclub.com)

**July 29.** Quad-City Times Bix 7 Miler, Davenport, IA. 863-533-0654; [www.bix7.com](http://www.bix7.com)

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 4.** Firecracker Fast 5K Little Rock, AR. 501-221-0017; [www.arkansasrunner.com](http://www.arkansasrunner.com)

**July 29.** Hot Pursuit 5K, Shreveport, LA. [www.sportspectrumusa.com](http://www.sportspectrumusa.com)

**August 5.** Health South 4 Mile, Batesville, AR. 870-793-3867; [kjdpool@cei.net](mailto:kjdpool@cei.net)

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**July 4.** Semana Nautica 15K, Santa Barbara. 805-964-2591; [brennand@alum.mit.edu](mailto:brennand@alum.mit.edu)

**July 9.** Fleet Feet Davis Mile, Davis CA. 916-441-1751; [www.ffa.com](http://www.ffa.com)

**July 15.** Tahoe Rim Trail 50K Endurance Run/RRCA National Championships, Lake Tahoe, NV. [www.tahoerimtrail.org](http://www.tahoerimtrail.org)

**July 23.** Wharf to Wharf 6 Mile, Santa Cruz, CA. 831-475-2196; [www.wharftowharf.com](http://www.wharftowharf.com)

**July 30.** San Francisco Marathon, Half-Marathon & 5K. 415-284-9653; [www.runsfm.com](http://www.runsfm.com)

**July 30.** The Big Race 5K, Mission Viejo, CA. [www.bigrace.org](http://www.bigrace.org)

**August 20.** America's Finest City Half-Marathon, San Diego. 760-692-2900; [www.afchalf.com](http://www.afchalf.com)

### NORTHWEST

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

**July 24.** Salt Lake City 10K & Marathon. 801-33307473; [www.desnews.com/run](http://www.desnews.com/run)

**July 4.** USATF-OR Grand Prix/Foot Traffic Flat Marathon & Half-Marathon, Portland. [www.usatf-oregon.org](http://www.usatf-oregon.org)

**July 4.** Butte to Butte 10K, Eugene, OR. 541-687-1989; [www.buttetobutte.org](http://www.buttetobutte.org)

**July 9.** USATF-OR Grand Prix/Portland Running Company 10K, Portland. [www.usatf-oregon.org](http://www.usatf-oregon.org)

**July 9.** Seafair Marathon/Relay, Half-Marathon & 5K, Bellevue, WA. [seafairmarathon.com](http://seafairmarathon.com)

**July 23.** Cascade Run Off 15K, Portland, OR. [www.racecenter.com/cascaderunoff](http://www.racecenter.com/cascaderunoff)

**August 25-26.** Fred Meyer Hood to Coast Relay, Mt. Hood to Seaside, OR. 197 miles/36 legs, average 5 miles/12 team members. [www.hoodtocoast.com](http://www.hoodtocoast.com)

**August 27.** USATF-OR Grand Prix/Oregon TC Masters 8K, Eugene. 541-343-8604; 942-7127; [www.usatf-oregon.org](http://www.usatf-oregon.org)

**September 9.** USATF-OR Grand Prix/High Desert Shootout 5K, Crooked River Ranch. [www.usatf-oregon.org](http://www.usatf-oregon.org)

**September 24.** USATF-OR Grand Prix/Bigfoot 10K, Bend. [www.usatf-oregon.org](http://www.usatf-oregon.org)

**October 28.** USATF-OR Grand Prix/Oregon Open/Masters XC, Salem. [www.usatf-oregon.org](http://www.usatf-oregon.org)

**November 18.** USATF-OR Grand Prix/Regional 8K XC, Sandy. [www.usatf-oregon.org](http://www.usatf-oregon.org)

### CANADA

**September 10.** Montreal International Marathon, Half-Marathon & 10K. 514-879-1027; [www.marathondemontreal.com](http://www.marathondemontreal.com)

**September 24.** Scotiabank Toronto Waterfront Marathon, Half-Marathon & 5K, Toronto, Ont. [www.torontowaterfrontmarathon.com](http://www.torontowaterfrontmarathon.com)

### INTERNATIONAL

**July 2.** BMAF Half-Marathon Championships, Mansfield, England. [www.bmaf.org/uk](http://www.bmaf.org/uk)

**September 23-24.** WMA/WRMA Mountain Running Championships, Saillon, SUI. [www.world-masters-athletics.org](http://www.world-masters-athletics.org)

**September 24.** BMAF 10K Championships, Swansea, Wales. [www.bmaf.org/uk](http://www.bmaf.org/uk)

**October 1.** BMAF 10 Mile Championships, Lytham St. Annes, England. [www.bmaf.org/uk](http://www.bmaf.org/uk)

**October 15.** BMAF Marathon Championships, Abingdon, England. [www.bmaf.org/uk](http://www.bmaf.org/uk)

### RACEWALKING

**July 23.** Capitol Mile/USATF-WI Road Mile Championships, Madison, WI. Masters and all ages. [www.witrackclub.org](http://www.witrackclub.org)

**August 4 & 6.** USA National Masters RW Championships, Charlotte, NC. 5000m on 4th/10K on 6th.

**August 20.** USA National 15K RW Championships, Minneapolis, MN. 651-330-9355; [www.usatf.org](http://www.usatf.org)

**August 25-26.** Portland to Coast Walk relay. 503-292-4626; [www.hoodtocoast.com](http://www.hoodtocoast.com)

**September 10.** USA National Masters/Open 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080.

**October 7.** USA National 5K RW Championships, Kingsport, TN. 423-349-6406; [www.usatf.org](http://www.usatf.org)

**October 15.** USA National Masters/Open 1-Hour RW Championships, Waltham, MA. Steve Vaitones, [office@usatfne.org](mailto:office@usatfne.org)

**November 12.** USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144, x4206; [noonwalk992@yahoo.com](mailto:noonwalk992@yahoo.com)

## Masters Scene

Continued from page 14

Eugene Challenge Mile, Eugene, OR, May 27. **Jeanette Groesz**, 56, Redmond, OR, ran a swift 5:44.6. Former UC-Santa Barbara runners **Drew Paulin**, 51, Seattle, WA, 5:45.4, and **Bob Doran**, 51, Little Rock, AR, 5:46.0, in town for the Pre Meet, joined ex-Gauchos **Dan Wojcik**, 50, Eugene, OR, 4:57.6, to finish 1-2-3 in the M50 race.

• **Sean Wade**, M40, 37:45, and **Sylvia Mosqueda**, W40, 41:37, were masters winners in the Gargantuan Lilac Bloomsday 12K, Spokane, WA, May 7. Division winners included **Sam Ngatia**, M45, 38:41; **Jeff Corkill**, M60, 45:34; **Bill Iffrig**, M70, 53:20; and **June Machala**, who broke the W75 US record with a 1:01:52. The present record is held by **Anne Clarke** at 1:08:21 in 1985. Machala holds the W70 record at 58:22, set here in 2001.

### CANADA

• **Emil Muller** set M70 Canadian records for the HT (47.45) and WT (16.99), in a throws meet in Ottawa, May 27.

### INTERNATIONAL

• Twelve South African masters records, seven by the men and five by the women, were broken in the SAMA Championships, Port Elizabeth, April 28-29. The top athlete was **Shaun Bownes**, M35, who competed in the Athens Olympics and Commonwealth Games. He won the 100 and the hurdles in 14.02 for a SAMA record. **Charlie Koen**, M50, won the HT (56.57) and set a WT record of 20.11. **Isabel Hofmeyr**, who won gold in the 400 in San Sebastian, won the 100, 200 and HJ. For the first time in many years, athletes from other countries took part, such as Zimbabwe, Sri Lanka, India, Ukraine, Ireland, Germany, New Zealand, and Barbados. —from *Leo Benning*

### OBITUARY

• **Wally Harward** died in April in Johannesburg, SA. He was 97. He won the Comrades Marathon five times between 1930 and 1954. The Comrades varies between 87K and 90K and is run up and down in alternate years. In 1954, he set an "up" record (Durban to Pietermaritzburg) of 6:12:00, which lasted for 50 years, and was the oldest winner at the age of 45. A month before turning 80, he astonished medical opinion when he ran the 87.5K in 9:44:00 and beat 5500 runners of an 11000-strong field. In 1953, Harward broke every world record for events above the marathon distance — these included the 50-mile London to Brighton by 23 minutes; the 100-mile Bath to London by 53 minutes and the 24-hours-on-the-track race in which he ran 159 miles, seven miles more than the record. In 1954 he was declared a professional and banned from running all amateur events for accepting a small donation towards his travelling costs while competing in Britain. The ban was lifted in 1974. In Hannover, Germany, at the 3rd WAVA Championships in 1979, Harward won the marathon at age 70 in 3:13:16. —*Leo Benning*

### CORRECTION

"I fully understand your published results are only as accurate as what you receive; however, I would like to note a correction from the NMN June issue for the Blue Cross Broad Street 10 Miler, Philadelphia, May 7. **Chris Chattin** who is actually 42, was entered as a 54-year-old, and so became listed as the winner of the M50 division with his 53:17 time. The results Web site was corrected three days later and now I'm credited for the division win with a 55:50. This will be the third time in the last two years I've had result problems with major Philadelphia races. Just bad luck I guess." —*Terry Permar*

## TRACI

Please send results Eugene, OR 97405; e-mail: [traci@traci.com](mailto:traci@traci.com); or by fax: 503-255-1111. Results typed and received by the deadline date.

### Potomac Valley

McLean, VA; M

100m  
M35 Robert Pruitt  
M40 Jeff Gold

M60 Robert Koontz  
M65 Alby Williams

200m  
M40 John Rogers  
M55 J J Wind

M69 Bob Paulen  
W65 Lana Kane

400m  
M40 Clifford Tell  
W45 Julie Hayden

800m  
M45 Jeffrey Walker  
W45 Julie Harden

1 mile  
M30 Kyle Lanier  
M40 Ted Poulos

M45 Jeffrey Walker  
M50 Jim Darr

M55 Rick Smethers  
W40 K Schenider  
W45 Julie Hayden

W50 Betty Blank  
3000m  
M30 Kareem Lanier

M40 Ted Poulos  
M50 J J Wind

13:48.7h  
W45 Win Persina  
W50 Betty Blank

Short Hurdles  
M65 Bob Paulen  
Long Hurdles

M65 Bob Paulen  
High Jump  
M45 Teddy Robinson

W40 Pam Early  
Long Jump  
M45 Teddy Robinson

M65 Bob Paulen  
Triple Jump  
M65 Bob Paulen

Shot Put  
M35 James Barr  
M60 Victor Litwinski

W30 Jennifer Stephens  
W40 Gina Lanier  
W70 Sharon Good

Discus  
M35 James Barr  
M40 James Pendergast

M60 Victor Litwinski  
W70 Sharon Good  
Javelin

M35 James Barr  
M40 Drew Koehler  
M60 Russ White

W40 Anne Pastorko  
W65 Lana Kane  
W70 Sharon Good

Weight Throw  
M35 James Barr  
M45 Ken Mitchell

M60 Victor Litwinski  
W40 Anne Pastorko  
W70 Sharon Good

Weight Pentathlon  
M35 James Barr  
2596

Mile RW  
M50 Peter Blank  
M55 John Gersh

M60 Victor Litwinski  
M65 Carl Kane  
W50 Gita Morris

W65 Lana Kane  
3000m RW  
M55 John Gersh

M60 Victor Litwinski  
M65 Carl Kane  
W55 Cathy van Broek

### Green Mountain

Games, Ch

May 2

100m

M50 Horace Hudspeth

M55 David Westover

M60 Joe Sopher

M65 Al Frienier

M70 Deke Conklin

# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish 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

### Potomac Valley TC Meet McLean, VA; May 14

100m	M35 Robert Pruitt 12.6h
M40 Jeff Gold 11.7h	M60 Robert Koontz 13.3h
M65 Alby Williams 13.5h	200m
M40 John Rogers 33.82	M55 J J Wind 44.0h
M69 Bob Paulen 33.55	M65 Lana Kane 42.13
400m	M40 Clifford Tell 1:09.19
M45 Julie Hayden 1:05.94	800m
M45 Jeffrey Walker 2:47.2h	M45 Julie Harden 2:33.3h
1 Mile	M30 Kyle Lanier 4:58.70
M40 Ted Poulos 5:17.20	M45 Jeffrey Walker 5:17.20
M50 Jim Darr 5:53.90	M55 Rick Smethers 6:03.60
M40 K Scheneider 6:49.80	M45 Julie Hayden 5:43.50
500m	M50 Betty Blank 6:16.00
M30 Kareem Lanier 9:42.3h	M40 Ted Poulos 11:23.5h
M50 J J Wind 13:48.7h	M45 Win Persina 11:25.3h
M50 Betty Blank 12:30.8h	Short Hurdles
M65 Bob Paulen 20.28	Long Hurdles
M65 Bob Paulen 55.80	High Jump
M45 Teddy Robinson 1.75	M40 Pam Early 1.27
Long Jump	M45 Teddy Robinson 5.13
M65 Bob Paulen 4.12	Triple Jump
M65 Bob Paulen 8.39	Shot Put
M35 James Barr 12.36	M60 Victor Litwinski 9.78
M30 Jennifer Stephens 9.55	M40 Gina Lanier 8.24
M40 Sharon Good 4.05	Discus
M35 James Barr 37.72	M40 James Pendergrass 49.95
M60 Victor Litwinski 29.14	M70 Sharon Good 9.10
Hammer	M35 James Barr 25.18
M40 Anthony Dziepak 42.89	M70 Sharon Good 10.89
Javelin	M35 James Barr 47.73
M40 Drew Koehler 30.47	M60 Russ White 50.18
M40 Anne Pastorkovich 12.93	M65 Lana Kane 14.47
M70 Sharon Good 7.20	Weight Throw
M35 James Barr 10.41	M45 Ken Mitchell 5.65
M60 Victor Litwinski 10.58	M40 Anne Pastorkovich 5.47
M70 Sharon Good 5.71	Weight Pentathlon
M35 James Barr 25.96	100m
M50 Peter Blank 11:15.90	M55 John Gersh 9:49.80
M60 Victor Litwinski 10:21.10	M65 Carl Kane 11:14.90
M50 Gita Morris 13:38.80	M65 Lana Kane 11:47.50
3000m RW	M55 John Gersh 18:34.00
M60 Victor Litwinski 19:04.10	M65 Carl Kane 20:24.30
M55 Cathy van Brocklin 19:53.80	

### Green Mountain Senior Games, Chester, VT May 20

100m	M50 Horace Hudson NY 12.51
M55 David Westover NH 12.56	M60 Joe Sopher 16.46
M65 Al Freniere RI 16.93	M70 Deke Conklin NH 16.16

M75 Robert Bruce NY 16.00	W50 Pam Gundlach 17.74
W55 June Fichter NH 20.11	W65 Judy Scott MA 23.50
W70 Barbara Jordan 18.02	W80 Ann McGowan RI 21.56
200m	M50 Horace Hudson NY 26.17
M55 David Westover NH 26.85	M65 Al Freniere RI 36.22
M70 Robert Bruce NY 35.06	W50 Pam Gundlach 40.82
W65 Judy Scott MA 58.28	W70 Barbara Jordan 40.06
W80 Ann McGowan RI 1:00.50	400m
M55 Bill Dixon 1:10.15	M65 Paul Jensen 1:19.51
M70 Don Kjelleren DE 1:26.40	W50 Lisa Bernardin 2:13.23
W70 Barbara Jordan 1:48.97	800m
M50 J. McDougale NH 2:29.31	M55 Bill Dixon 2:39.97
M60 Paul Jensen 2:50.72	M65 John Pelton 2:53.96
M70 Don Kjelleren DE 3:35.52	M75 G. Freeman NY 3:48.36
W50 Lisa Bernardin 3:05.22	1500m
M50 McDougale NH 5:10.01	M55 Bill Dixon 5:00.87
M60 Paul Jensen 5:26.59	M65 John Pelton 5:44.76
M75 George Freeman 7:47.39	W50 Lisa Bernardin 5:59.62
High Jump	M50 J. McDougale NH 4-8
M55 Buzz Gagne NH 4-0	M60 Townsend Gilbert 4-4
M65 Jack Dowd 3-7	M70 Don Kjelleren DE 3-10
M75 Ken Perkins ME 3-10	W70 Flo Meiler 3-4
Pole Vault	M60 Peter Fichter NH 8-1
M70 Deke Conklin NH 9-0	M75 Bob Perkins 4-6
W70 Flo Meiler 6-1	Long Jump
M50 Gene Shultz 13-7	M60 Joe Sopher 11-8
M65 Al Freniere RI 10-1	M70 Deke Conklin NH 12-9
M75 Ken Perkins ME 10-4	W50 Pam Gundlach 8-1
W65 Judy Scott MA 6-2	W70 Flo Meiler 9-5
W70 Flo Meiler 3-7	W75 Joyce Finley MA 6-11
W80 Ann McGowan RI 6-11	Triple Jump
M60 Townsend Gilbert 21-8	M65 Al Freniere RI 21-1
M70 Dudley Bell 17-6	W50 Pam Gundlach 16-11
W65 Judy Scott MA 14-11	W70 Flo Meiler 19-11
W80 Ann McGowan RI 13-6	Shot Put
M50 Don Filkins NH 42-7	M55 Dennis Chandler 35-1
M60 Townsend Gilbert 33-1	M65 A Dourchesne NY 30-8
M70 Lou Capano NY 29-10	M75 Bill Clew MA 32-6
W50 Pam Gundlach 20-10	W55 June Fichter NH 18-0
W65 Judy Scott MA 19-5	W70 Fran Moravcsik 21-2
W75 Harriet Patch MA 19-10	W80 Ann McGowan RI 14-9
Discus	M50 Don Filkins NH 126-1
M55 Buzz Gagne NH 102-9	M60 Townsend Gilbert 119-10
M65 Jack Dowd 107-2	M70 Nick Leras MA 109-0
M75 Bill Clew MA 79-7	W55 June Fichter NH 42-11
W65 Judy Scott MA 51-10	W70 Flo Meiler 58-1
W75 Harriet Patch MA 36-5	W80 Alverta Perkins 33-11
Javelin	M50 Greg Hunter 127-3
M55 Buzz Gagne NH 156-8	M60 Townsend Gilbert 108-7
M65 Jack Dowd 97-8	M70 Dudley Bell 63-10

M75 Dave Wilson PA 64-9	W55 June Fichter NH 48.3
W65 Judy Scott MA 21-11	W70 Fran Moravcsik 42-5
W75 Harriet Patch MA 33-8	W80 Jeanne Berlepsch CT 36-0

### Philadelphia Masters Throws Meet Reading, PA; June 3-4

June 3	Weight Pentathlon
Roslyn Katz 64	2889
25.25/6.88/17.98/	15.27/10.87
Anne Cirulnick 71	2795
17.55/6.54/15.33/	10.55/7.04
Gloria Krug 75	3647
15.19/6.90/14.37/	15.26/8.53
Brian Power-Waters 83	2917
20.79/7.88/21.19/	13.95/8.22
William Garrahan 75	3724
27.76/9.34/29.74/	28.57/10.37
Ray Feick 74	3204
31.10/9.4/28.11/	22.65/12.64
Len Olson 74	2881
27.56/9.48/26.43/	19.82/11.05
Jack Kuhns 67	3237
27.46/9.92/33.70/	26.59/11.34
Jack McDonald 68	2789
21.53/9.11/28.57/	23.47/11.11
Jack Bronstein 66	2631
29.39/-38.20/	20.60/13.20
Nick Helfrich 52	2472
30.79/9.04/29.31/	34.66/20.78
Tim Specht 55	2344
21.53/9.06/24.31/	31.33/8.39
Throw-A-Thon	R Katz 64 8109
A Cirulnick 71 7561	G Krug 75 10,292
N Helfrich 52 7315	T Specht 55 6865
J Kuhns 67 9602	J McDonald 68 8103
J Bronstein 66 6606	R Feick 74 9588
W Garrahan 76 11,032	B Power-Waters 83 8367
June 4	Superweight
N Helfrich 52 5.73	Pay Carstensen 74 8.21
R Feick 74 6.90	Don Levesque 74 6.61
G Krug 75 4.61	Ultra Weight Pentathlon
(12w/16h/25h/35h/56h/98h/200	#/300#)
Albert Ray 59 4450	-/-12.98/-/-
7.10/3.90/2.06/1.08	N Helfrich 52 2125
-/-11.13/-/-	5.74/2.80/0.95/0.27
P Carstensen 74 4240	-/-14.38/-/-
7.80/4.26/2.86/1.00/-	D Levesque 74 3427
-/-11.35/-/-	6.45/4.16/2.34/0.77/-
R Feick 74 3354	-/-11.19/-/-
6.65/3.66/2.16/0.88/-	G Krug 75 3642
7.70/-/-	5.25/3.02/2.16/0.66/-/-

### Potomac Valley TC Meet McLean, VA; June 11

100m	M40 Jeff Gold 11.5h
M45 Al Coles 14.2h	M65 Bob Paulen 15.8h
W30 T J White 12.2h	200m
M40 Darnell Smith 24.76	M65 Lana Kane 41.54
400m	M40 John Rogers 1:05.21

W30 Bridget Johnson 57.87	W65 Tami Graf 1:48.22
800m	M40 John Rogers 3:25.1h
M45 Don Kohler 3:03.4h	1 Mile
M35 Jeff Fritz 4:43.6h	M40 Stuart Pineo 4:54.6h
M50 Joe Burno 5:23.1h	W55 Cathy van Brocklin 7:36.1h
W65 Tami Graf 8:25.2h	3000m
M40 Ted Poulos 10:39.4h	M45 Jeffrey Walker 11:56.0h
M50 Kirk Gordon 11:58.4h	M70 Jim Keat 16:26.1h
W65 Tami Graf 16:24.0h	Short Hurdles
M65 Bob Paulen 20.34	M75 James Stookey 14.38
W65 Evelyn Wright 22.99	Long Hurdles
M65 Bob Paulen 54.1h	M75 James Stookey 55.5h
High Jump	M35 James Barr 1.75
M45 Bruce McBarnette 1.85	M55 Jeff Young 1.35
M65 Bob Paulen 1.25	M70 Jim Condell 1.15
M75 James Stookey 1.25	W35 Kimiko Nakatake 1.55
W40 Pam Early 1.30	W65 Evelyn Wright 1.20
Long Jump	M45 Muraji Nakazawa 4.26
M50 Michael Graham 10.59	W65 Evelyn Wright 6.32
Shot Put	M35 James Barr 14.30
M45 Frank Cancino 10.13	M60 Victor Litwinski 9.07
M70 Jim Condell 8.43	W65 Evelyn Wright 7.94
Discus	M30 Sekenia Welch 34.93
M35 James Barr 37.66	M70 Bill Smith 40.04
W40 Anne Pastorkovich 14.33	W65 Evelyn Wright 21.73
W70 Sharon Good 9.60	Javelin
M35 James Barr 49.62	M45 Muraji Nakazawa 39.70
M50 Keith Mathis 40.62	M60 Russ White 47.00
W65 Evelyn Wright 17.90	W70 Sharon Good 7.88
Weight Throw	M30 Sekenia Welch 22.54
M35 Anders Halverson 54.18	M40 Tony Dziepak 44.10
W40 Becky Hartley 22.20	W65 Evelyn Wright 21.69
W70 Sharon Good 11.40	Superweight
M35 James Barr 10.78	W65 Evelyn Wright 6.32
1 Mile RW	M50 J Snyder 10:00.3h
M55 John Gersh 9:42.5h	M60 Victor Litwinski 9:57.4h
M65 Carl Kane 10:01.2h	W55 Lana Kane 11:26.0h
3000m RW	M55 John Gersh 18:29.1h
M60 Victor Litwinski 18:57.1h	M65 Carl Kane 19:18.0h
W40 Laura Neil 16:42.9h	W45 Kimberly Light 20:04.9h
W55 Cathy van Brocklin 19:00.6h	W65 Lois Dicker 18:57.5h

## SOUTHEAST

### Alabama Senior Olympics State Games Montgomery; May 7

100m	M50 William Hall 13.82
M55 Thomas Grider 14.45	M60 Golden Bertram 14.31
M65 Roger Chassay 21.05	M70 Preston Masters 18.37
M75 William Daprano 16.61	M80 O L Gilstrap 22.04
M85 Tom Kennell 21.97	W50 Clovis Clark 15.81
W55 Phil Raschker 17.00	W65 Jeanne Daprano 19.31
W70 Elizabeth Howell 24.40	W80 Jean Propst 38.42
200m	M50 William Hall 27.45

M55 Thomas Grider 29.87	M60 Golden Bertram 29.77
M65 James Messick 33.32	M70 Preston Masters 41.43
W50 Clovis Clark 35.89	W55 Phil Raschker 40.63
W65 Jeanne Daprano 40.26	W80 Jean Propst 40.84
400m	M50 Thomas Krebes 1:15.03
M55 Thomas Grider 1:19.67	M60 Golden Bertram 1:19.82
M65 Cleveland Payne 1:12.59	M70 Preston Masters 1:35.47
W50 Clovis Clark 1:32.47	W55 Phil Raschker 1:47.58
W65 Jeanne Daprano 1:32.54	W80 Jean Propst 3:24.55
800m	M55 Thomas Grider 3:23.56
M65 Roger Chassay 3:40.05	W55 Phil Raschker 3:40.70
W65 Jeanne Daprano 3:27.59	1500m
M50 Tom Krebes 6:25h	M60 Jack Wackwaitz 6:20h
M65 Ellis Whitt 5:53h	W65 Jeanne Daprano 6:35.81
High Jump	M60 William Schaub 4-4
M65 Amedee Gervais 3-0	M70 Comer Green 3-7
M75 Sonny Oliphant 3-7	W80 O L Gilstrap 3-5
W55 Phil Raschker 4-0	W65 Jeanne Daprano 3-5
Pole Vault	M50 Lyndall Farmer 12-0
M55 Wayne Garner 9-0	M60 Joe Lary 4-0
M65 Roger Chassay 5-0	M75 William Daprano 4-0
Long Jump	M50 William Hall 14-10
M55 Thomas Grider 12-4.5	M60 John Harris 13-5.25
M65 John McMenaman 9-1.5	M70 Comer Green 10-3
M75 William Daprano 44-4.5	M85 Tom Kennell 11-1.5
W55 Phil Raschker 11-11.5	W70 Elizabeth Howell 5-5.5
Triple Jump	M60 Edwin Wright 23-10.5
M80 O L Gilstrap 14-9.5	M85 Tom Kennell 22-10
W55 Phil Raschker 24-8.75	Shot Put
M50 Harry Love 41-2.50	M55 Steven Thomason 42-3
M60 William Schaub 33-10	M65 Fred Dixon 96-1
M70 Comer Green 33-10	M80 O L Gilstrap 61-7
M85 Tom Kennell 63-0	W50 Johnette Parks 56-2
W55 Phil Raschker 56-9	W60 Ann Floyd 33-2
W65 Elsa Price 25-3	W70 Elizabeth Howell 37-0
W80 Jean Propst 29-1	Javelin
M50 Larry Love 92-7	M55 Wayne Garner 110-6
M60 Joe Lary 106-0	M65 James Turner 100-4
M70 Comer Green 69-4	M75 William Daprano 65-3
M80 O L Gilstrap NMA	W55 Phil Raschker 71-4
W60 Ann Floyd 43-10	W65 Elsa Price 12-3
W70 Elizabeth Howell 34-1	W80 Jean Propst 33-4
1500m RW	M60 Joe Lary 10:35.85
M65 Tom Freeman 10:44.65	M70 Richard Dixon 11:23.48

W80 Jean Propst 15:51.80	5000m RW
M60 Joe Lary 36:09.77	M65 Tom Freeman 35:48.32
M70 Richard Dixon 38:49.41	

### Carolina Masters Throws Meet, Winston-Salem, NC May 27

Hammer	M40 Dave Speaks 42 29.97
Scott Frasure 44 20.48	M45 Tom Bodenheimer 45 26.41
L Combs 46 25.14	M50 Scott Medlin 50 32.20
M55 L.B. Clayton 59 29.97	M60 Tom Blythe 61 28.94
M65 Mike Valle 65 41.09	M70 Tim Twomey 70 39.67
Bill Gramley 70 36.64	M80 Bill Snaden 80 17.65
W75 Lillian Snaden W77 13.68	Shot Put
M40 Dave Speaks 9.80	Scott Frasure 8.77
M45 Kevin Nutt 47 10.42	Tom Bodenheimer 7.90
M50 Scott Medlin 11.31	M55 Dan Linker 57 11.41
M60 Tom Henley 63 11.23	Tom Blythe 10.07
M65 Mike Valle 11.50	M70 Larry Horine 74 11.35
Bill Gramley 10.95	M80 Bill Snaden 7.39
W70 M. Horne W74 4.32	W75 Lillian Snaden 5.50
Discus	M40 Dave Speaks 30.65
Scott Frasure 22.26	M45 L. Combs 29.97
Tom Bodenheimer 20.76	M50 Scott Medlin 33.82
M55 Dan Linker 34.43	M60 Tom Henley 47.14
Tom Blythe 34.30	M65 Mike Valle 39.67
M70 Bill Snaden 39.49	Larry Horine 33.29
M80 Bill Snaden 15.80	W70 M. Horne 9.40
W75 Lillian Snaden 10.52	Weight
M40 Dave Speaks 10.62	Scott Frasure 8.27
M45 Tom Bodenheimer 9.19	M50 Scott Medlin 13.20
M55 L.B. Clayton 10.89	M60 Tom Blythe 10.79
M65 Mike Valle 14.82	M70 Tim Twomey 15.27
Bill Gramley 15.01	M80 Bill Snaden 7.33
W75 Lillian Snaden 7.90	Javelin
M40 Dave Speaks 37.58	Scott Frasure 21.84
M45 L. Combs 35.24	Tom Bodenheimer 22.95
M50 Scott Medlin 28.95	M65 Mike Valle 28.27
M70 Larry Horine 33.70	Bill Gramley 20.41
Superweight	M70 Tim Twomey 9.32
Bill Gramley 8.20	M80 Bill Snaden 4.84
W75 Lillian Snaden 4.52	

## MID-AMERICA

### USATF Iowa Association Meet, West Des Moines May 21

100m	M30 Nate Sickerson 11.66
M40 Doug Heeren 13.95	M45 Ed Muehsam 12.78
Randy Davis 14.27	M65 George LaBelle 16.61
M80 Mal Larson 15.19	W30 Trina Radske-Suchan 12.95
200m	M45 Ed Muehsam 26.74
Randy Davis 29.26	M55 Alan Russell 26.93
M65 George LaBelle 35.41	400m
M30 Nate Sickerson 55.65	M45 Randy Davis 1:05.04
M50 David Miller 1:03.92	800m
M45 Randy Davis 2:47.21	M50 David Miller 2:41.66
Short Hurdles	M50 Doug Boer 18.68
M55 Alan Russell 18.31	M65 George LaBelle 21.35
Long Hurdles	M50 Doug Boer 1:20.11

M65 George LaBelle	1:09.16
W50 Kay Glynn	53.18
<b>High Jump</b>	
M35 Ed Husar	1.68
M40 Doug Heeren	1.48
M45 Randy Davis	1.07
M50 Guy Mosher	1.22
M65 George LaBelle	1.12
M70 Tom Lagenfeld	1.43
W50 Kay Glynn	1.37
<b>Long Jump</b>	
M35 Marek Wenzel	5.40
M45 Randy Davis	3.51
M50 Guy Mosher	3.28
M55 Alan Russell	4.37
M65 George LaBelle	3.20
W30 Trina Radske-Suchan	4.97
W50 Kay Glynn	4.48
<b>Triple Jump</b>	
M40 Doug Heeren	8.74
M65 George LaBelle	6.91
<b>Shot Put</b>	
M35 Joel Schutte	10.08
M40 Doug Johanson	11.30
Doug Heeren	7.93
M45 Rick Anderson	13.19
M50 Matt Byrnes	12.00
M55 Bob Maltby	10.18
M65 George LaBelle	8.93
Bob Warren	8.13
M80 Dick Mulkern	9.52
<b>Discus</b>	
M35 Marek Wenzel	34.21
Joel Schutte	32.75
M40 Doug Johanson	32.96
Doug Heeren	19.64
M45 Rick Anderson	40.01
M50 Guy Mosher	28.80
M55 Alan Russell	37.21
Bob Maltby	29.79
M65 George LaBelle	28.33
Bob Warren	26.39
M80 Dick Mulkern	28.96
<b>Javelin</b>	
M35 Marek Wenzel	43.02
M40 Doug Heeren	27.58
M50 Guy Mosher	26.55
M55 Bob Maltby	27.27
M65 George LaBelle	28.75
W30 Trina Radske-Suchan	30.01
W50 Kay Glynn	31.99

#### St. Louis Senior Olympics St. Louis, MO; May 27-31

<b>100m</b>	
M50 Roy Roberson	12.34
M55 Stuart Radloff	12.90
M60 Gordon Reiter	14.58
M65 Dennis Buss	14.81
M70 Wendell Roehrs	14.30
M75 Gene Williams	15.68
M80 Curt Davison	15.75
M85 Erich Dahl	20.40
W50 Denise McField	15.02
W55 Lillie Kelley	15.96
W70 Maurine Lia	22.43
W75 Irene Schankman	21.12
W80 Dottie Gray	27.18
<b>200m</b>	
M50 Roy Roberson	26.72
M55 Jim Seiler	26.85
M60 Gordon Reiter	29.18
M65 Dennis Buss	31.96
M70 Vern Schewe	34.22
M75 Gene Williams	33.90
M80 Curt Davison	34.74
M85 Erich Dahl	42.68
W50 Denise McField	30.49
W55 Debbie Stiles	33.90
W60 Carol Peluso	44.63
W70 Alice Mohr	50.24
W75 Irene Schankman	44.37
W80 Dottie Gray	55.49
<b>400m</b>	
M50 Ernie Snodgrass	1:05.01
M55 Stuart Radloff	59.72
M60 Gordon Reiter	1:03.46
M65 Paul Marting	1:17.96
M70 Charles Signorelli	1:24.84
M75 Jim Weaver	1:25.94
M80 Curt Davison	1:43.94
M85 Erich Dahl	2:15.22
W50 Rebecca Hoogheem	1:25.91
W55 Debbie Stiles	1:20.54
W60 Carol Peluso	1:45.24
W70 Alice Mohr	2:02.31
W80 Dottie Gray	2:22.65
<b>800m</b>	
M50 Bobby Williams	2:27.01
M55 Gary Cowman	2:35.85
M60 Gordon Reiter	2:29.87
M65 Bob Hyten	2:55.32
M70 Walter Schlereth	3:02.77
M75 Joseph Bell	3:25.49
M80 Curt Davison	4:18.01
W50 Rebecca Hoogheem	3:16.65
W55 Debbie Stiles	3:16.02
W60 Carol Peluso	4:01.74
W70 Alice Mohr	4:46.22
W80 Dottie Gray	5:29.71
<b>1500m</b>	
M50 Bobby Williams	4:55.53

M55 Robert Cole	5:39.34
M60 Gordon Reiter	5:21.78
M65 Bob Hyten	6:06.78
M70 Jerry Smartt	6:27.30
M75 Joseph Bell	7:04.12
W50 Rebecca Hoogheem	6:44.63
W55 Kathleen Heagney	6:44.94
W60 Bonnie Bence	7:39.52
W70 Alice Mohr	9:29.49
W75 Madonna Buder	8:12.84
W80 Dottie Gray	11:02.94
<b>5000m</b>	
M50 Bobby Williams	18:17
M55 Jack Ballmer	21:34
M60 Jim Beeler	23:59
M70 Jerry Smartt	23:52
W50 Rebecca Hoogheem	26:39
W55 Kathleen Heagney	25:42
W60 Bonnie Bence	28:22
W75 Madonna Buder	29:42
W80 Dottie Gray	40:50
<b>High Jump</b>	
M50 Roy Roberson	5-2
M55 Martin McClintock	4-10
M60 John Carrington	4-10
M65 Jack Rhoades	4-2
M70 Wendell Roehrs	4-2
M75 C L Bruce	4-0
W50 Maureen Halloran	3-9
W55 Kathy Lord	4-1
W60 Barbara Nelson	3-3
<b>Pole Vault</b>	
M50 Stephen Espet	9-0
M55 Stephen Espet	9-0
M60 John Williams	8-0
M65 Charles Beck	7-6
M70 Grover Wilcher	8-0
W55 Martha Roper	4-6
<b>Long Jump</b>	
M50 Clint McCann	16-0
M55 Martin McClintock	14-6
M60 Gordon Reiter	14-1
M65 Robert Pryor	12-6
M70 Ron Jelinek	12-5
M75 C L Bruce	10-5.75
M80 Curt Davison	9-4.50
M85 Russell Weeks	4-0.75
M90 William Grant	2-1.50
W50 Maureen Halloran	11-7
W55 Kathy Lord	10-7.50
W60 Barbara Nelson	5-4
W65 Freddie Walker	5-3.50
W70 Alice Mohr	6-7
W75 Fela Igielnik	4-8
<b>Shot Put</b>	
M50 Doug Bentlage	38-7
M55 Bob Peters	39-5
M60 Larry Rheams	35-8
M65 Al Salmon	39-7
M70 Tom Christensen	33-7
M75 Phillip Brusca	34-10
M80 Curt Davison	28-8
M85 Bruce McDonald	24-8
M90 Oliver Duggins	11-5
W50 Maureen Halloran	25-1
W55 Myrle Mensey	33-2
W60 Mary Pat Henehan	25-7
W65 Char Sobkowski	21-6
W70 Betty Adams	21-1
W75 Dorothy Hassler	17-5
<b>Discus</b>	
M50 Dennis Rehling	90-7
M55 Bob Peters	100-9
M60 Larry Rheams	107-7
M65 Richard Cochran	159-3
M70 Jim Krull	97-9
M75 Phillip Brusca	107-2
M80 Ted Klefisch	63-0
M85 Russell Weeks	61-7
M90 Oliver Duggins	28-4
W50 Maureen Halloran	56-7
W55 Kathy Lord	74-7
W60 Mary Pat Henehan	55-5
W65 Char Sobkowski	62-5
W70 Betty Adams	49-2
W75 Alpha Finklang	37-11
W80 Denise Rogers	31-11
<b>Javelin</b>	
M50 Fred Perlak	111-1
M55 Jay Bourne	87-0
M60 David Hood	105-2
M65 Steve Domahidy	125-5
M70 C L Bruce	82-9
M75 Phillip Brusca	86-1
M80 Curt Davison	77-4
M85 Bruce McDonald	81-0
M90 Oliver Duggins	19-6
W50 Maureen Halloran	47-7
W55 Ginny Lorton	54-4
W60 Pat Berger	36-9
W65 Char Sobkowski	52-8
W70 Betty Adams	60-3
W75 Fela Igielnik	31-7
W80 Denise Rogers	30-7
<b>1500m RW</b>	
M50 Davic Coutts	7:05.05
M55 Howard Wilson	11:58.82
M60 George Ruh	13:08.0h
M70 Fred Adams	9:46.32
M75 Eugene Hall	10:33.84
M85 Manley Limbaugh	13:59.31
W50 Jaye Shyken	9:35.40

#### W70 Maurine Lia 9:38.58 W75 Madonna Buder 11:22.37

### SOUTHWEST

#### North Austin Lions T&F Championships/USATF South Texas Association Masters Championships Elgin, TX; May 6

<b>100m</b>	
M35 Gabby Yearwood	11.87
M40 David Hebert	13.37
Stefan Stefansson	13.76
M45 Jose Luis Leyva	13.23
David Hammond	13.60
Bradley Gardner	13.72
M50 Rick Riddle	12.63
David Nelsen	12.77
Larry Helton	13.30
M55 Larry Donehower	13.17
Paul Blankenship	13.87
Larry McIntyre	16.32
M60 Rey Rodriguez	14.45
Howard Booth	14.79
M65 Don Denson	13.50
Wayne Bennett	13.79
Don Isett	14.87
M70 Joe Summerlin	15.22
Luis Gutierrez	15.66
M75 Wilford Scott	15.98
W30 Monica Yones	14.57
W35 Donna Lawrence	13.02
Linda Berndt	16.53
W40 Samantha Ballard	16.35
W45 M Coffee-Carney	19.22
<b>200m</b>	
M30 A Williams	25.34
M35 Gabby Yearwood	23.75
John Sears	23.85
M40 A Iron	24.73
Alan Sims	25.17
Rick Cawley	27.64
M45 Lindy Raney	25.38
Ken Ellis	25.42
David Saye	25.56
M50 David Colley	23.35
Rick Riddle	25.91
David Nelsen	25.91
M55 Bill Lewis	26.85
M60 Rey Rodriguez	29.95
M65 Don Denson	27.67
Pete Clarke	27.94
Wayne Bennett	28.64
M75 Wilford Scott	32.06
W30 Cornelia Greer	28.66
W35 Sarah Boyd	29.05
W45 Margaret Edwards	36.15
W50 Barbara Ross	33.32
W65 M Coffee-Carney	42.18
<b>400m</b>	
M30 Yancy Culp	56.02
M40 David Hebert	59.17
Van Eisenback	67.73
M45 Lindy Raney	57.10
Bradley Gardner	59.27
Cecil Ballard	1:17.59
M50 David Colley	56.73
Rick Easley	59.65
Brooks Wright	1:01.36
M55 Benjamin Lopez	1:20.00
M60 Rey Rodriguez	1:12.99
Herman Caviel	1:17.10
M65 Pete Clarke	1:04.21
W40 Samantha Ballard	1:31.13
W45 Margaret Edwards	1:34.81
W50 Barbara Ross	1:20.85
W65 M Coffee-Carney	1:34.75
<b>800m</b>	
M45 Baron Doherty	2:31.53
Michael Rutledge	2:31.95
M50 Brooks Wright	2:25.07
Dave Moore	2:29.86
M55 Lee Brownfield	3:16.62
M65 Pete Clarke	2:46.57
W30 Cornelia Greer	2:51.78
W40 Lisa Maria Render	3:17.76
<b>1500m</b>	
M30 Yancy Culp	7:07.71
M45 David Dunn	4:43.34
Baron Doherty	5:03.08
Milt Brownfield	5:27.33
<b>3000m</b>	
M45 Mac Allen	10:02.68
W35 Allyson Dunn	10:56.47
Brenda Pena	11:09.14
Alesia Pena	11:57.57
<b>Short Hurdles</b>	
M45 Ken Ellis	16.68
M50 Sergio Angula	16.65
M60 Howard Booth	17.95
W40 Lisa Marie Render	16.80
<b>Long Hurdles</b>	
M50 Rick Easley	47.68
Sergio Angulo	49.23
Pedro Delgado	62.85
<b>High Jump</b>	
M40 Gregg Mercier	6-0
Stefan Stefansson	5-0
Claudia Ibanna	4-2
M45 Ken Ellis	5-6

M50 Larry Helton	4-10
M65 Don Isett	4-4
M70 Luis Gutierrez	3-10
W45 Joann McBride	3-8
<b>Pole Vault</b>	
M45 Marc Hems	13-0
Brad McFarling	12-6
James Fountain	12-0
M55 Larry Bonnett	10-0
M60 Howard Booth	10-0
M65 Steven Warr	10-0
Don Isett	9-6
W30 Helen Croskell	8-0
<b>Long Jump</b>	
M40 Alan Sims	19-9.50
M45 Ken Ellis	18-1.75
Jose Luis Leyva	15-2
Ricardo Esperanza	10-10
M50 Sergio Antulo	14-5.50
M60 Ray Kozusko	15-4
Howard Booth	14-11
M65 Don Isett	14-0
Jim Tinelli	13-10.25
M75 David de la Pena	11-8.25
M85 Armando Estanol	6-11
W35 Sarah Boyd	15-2.50
W45 Joann McBride	11-2.25
W65 Rosa Fuentes	5-6.50
<b>Triple Jump</b>	
M45 Olumide Olusola	20-5
M60 Ray Kozusko	28-9
M65 Jim Tinelli	25-3
W35 Sarah Boyd	31-6.25
W40 Lisa Marie Render	23-7.25
<b>Shot Put</b>	
M30 Ben Arbuttle	6.73
M35 Carlos Galvan	11.52
M40 Brian Suter	12.88
Eugene Garza	8.54
M45 J Nicholopoulos	10.52
Ken Ellis	10.34
Michael Persinger	10.04
M50 Donald Lantrip	11.04
John Stilbert	10.11
Michael Amaral	8.60
M55 Robert Rogers	11.88
Tom Brownfield	11.00
M60 Mark Chapman	11.51
M65 Carlos Viejo	8.96
Harold Crater	8.39
Howard Zingg	7.80
M70 Clarence Cook	9.28
James Carney	9.25
David de la Pena	9.16
M75 Jim Gerhardt	10.51
Agapita Rocha	7.55
M85 Armando Estanol	6.52
W45 Joann McBride	5.90
M50 Cheryl Mellenthin	6.88
W60 Peggy Berry	6.19
W65 Rosa Fuentes	5.47
<b>Discus</b>	
M35 Carlos Galvan	38.46
M45 Ken Ellis	36.23
Marty Wright	34.24
J Nicholopoulos	28.32
M50 John Stilbert	37.94
Donald Lantrip	32.22
Michael Amaral	31.31
M55 Tom Brownfield	28.77
M60 Mark Chapman	37.68
M65 Howard Zingg	28.26
Carlos Viejo	27.20
Harold Crater	24.90
M70 James Carney	28.15
Clarence Cook	24.99
David de la Pena	22.99
M75 Jim Gerhardt	34.80
Agapita Rocha	20.33
W45 Joann McBride	18.63
W50 Cheryl Mellenthin	17.11
<b>Hammer</b>	
M40 Brian Suter	113-8
M50 John Stilbert	128-7
Donald Lantrip	104-4
Michael Amaral	69-4
M60 Mark Chapman	103
M65 Howard Zingg	93-4
Harold Crater	70-11
M70 David de la Pena	66-11
M75 Jim Gerhardt	83-6
Agapita Rocha	66-10
W50 Cheryl Mellenthin	74-11
<b>Javelin</b>	
M40 Eugene Garza	86-3
M45 Ricardo Esperanza	89-8
M50 Sergio Angulo	107-0
Michael Amaral	70-10
M60 Mark Chapman	98-4
Gayla Berry	77-5
M65 Carlos Viejo	87-7
Howard Zingg	64-9
Ed Epperson	57-5
M70 David de la Pena	77-2
M75 Jim Gerhardt	93-0
Agapita Rocha	51-0
W40 Nicole Hirschfeld	64-2
W50 Cheryl Mellenthin	43-6
W60 Debbie Romero	42-5
W65 Rosa Fuentes	35-8
<b>1500m RW</b>	
M45 Alberto Medina	7:07.98

M55 Benjamin Lopez	9:33.69
M85 Armando Estanol	11:55.42
<b>3000m RW</b>	
M45 Alberto Medina	15:13.15
M55 Benjamin Lopez	19:40.14
M70 Salvador Perez	22:26.13
M85 Armando Estanol	24:14.88

### WEST

#### Team Thor USA Thunder Series, UC-San Diego May 14

<b>Shot Put</b>	
M30 Doug Dunagan	12.36
M50 Richard Watson	10.33
M55 Tim Muller	13.82
M60 John Schneider	12.09
M70 Bob Humphreys	12.36
W45 Mary Underdown	9.18
<b>Discus</b>	
M30 D Dunagan	33.20
M40 David Bickel	38.57
M50 Ralph Fruguglietti R Watson	57.42 36.88
M55 Tom Fahey	49.03
M60 Ron Damschen	38.73
M70 B Humphreys	42.65
<b>Hammer</b>	
M30 Leslie Coons D Dunagan	58.51 36.58
M40 D Bickel	42.06
M50 Tom Meyer R Watson	49.93 37.38
M70 B Humphreys	40.37
M85 Hugh Hackett	22.61
<b>Javelin</b>	
M50 R Watson	41.98
M60 J Schneider	40.45
M85 H Hackett	15.13
<b>Weight Throw</b>	
M30 D Dunagan	11.72
M40 D Bickel	12.32
M45 Doug Parsons	12.92
M50 T Meyer R Watson	15.92 13.41
M70 B Humphreys	16.03
M85 H Hackett	6.96
<b>Superweight</b>	
M30 D Dunagan	7.37
M45 D Parsons	9.16
M50 R Watson	7.33

W55 Anne Steekelenburg	1.35
W65 Kathy Bergen WR	1.35
(Rietje Dijkman/1.34/2004)	
W80 Johnnye Valien	0.90
<b>Pole Vault</b>	
M45 Victor Berezovskir	3.50
Charles Greg	3.35
Brian Mutert	2.60
M50 Charlie Brown	4.32
M55 Steve Morris	3.50
Tomlinson Rauscher	3.20
M65 Terry Cannon	3.05
M75 Bud Held WR	2.97
(Bud Held/2.96/2004)	
Bob Holmes	2.00
W50 Rita Hanscom	2.06
W60 Nadine O'Connor	2.90
Kathy Jager	2.45
<b>Long Jump</b>	
M40 Lavell Davenport	5.36
Logan Culp	5.05
M45 Mahmoud Niroumand	5.21
M50 Patrick Pittman	4.03
M55 John Tomaschke	5.09
Vance Jacobson	4.49
M60 Ron Muranaka	4.06
M65 William Otis	3.96
Bill Beinert	3.69
M70 Roger Tsuda	4.12
Donald Leis	3.12
W60 Kathy Jager	3.96
<b>Triple Jump</b>	
M40 Lavell Davenport	12.71
M45 Mahmoud Niroumand	10.84
Carlos Borrico	6.65
M55 John Tomaschke	10.23
M70 Donald Leis	6.47
<b>Shot Put</b>	
M30 Troy Nelson	10.90
M40 Joe Soto	6.16
M45 James Kerman	12.80
Mahmoud Niroumand	9.03
Brian Mutert	8.25
M50 Gary Schmidt	12.16
Rick Thoman	8.17
M55 Angelo Rinaldi	11.95
Mike Deller	11.17
M60 John Schneider	11.58
Bob Callori	6.30
M70 Henry Ross	12.22
Ernie Smith	9.73
Alan Rosen	9.12
M75 Arnie Gaynor	12.31
M80 Donald Rosen	7.79
M85 Hugh Hackett	5.50
W50 Linda Cohn	9.84
Rita Hanscom	9.18
Cathleen Warmerdam	8.05
W55 Jane Dondas	7.80
W65 Ann Abreu	6.10
W80 Johnnye Valien	5.90
<b>Discus</b>	
M30 Troy Nelson	30.38
M40 Logan Culp	28.87
Chuck Martin	27.68
M45 Brian Mutert	27.00
M50 David Hamel	31.72
Robert Rice	32.72
Gary Schmidt	39.69
M55 Alfred Cain	27.74
Angelo Rinaldi	33.17
Mike Deller	43.27
M60 John Schneider	35.23
M65 William Burke	22.82
M70 Ed Martin	29.63
Robert Eldridge	30.32
Alan Rosen	32.80
M75 Arnie Gaynor	36.42
M80 Donald Rosen	21.15
W50 Rita Hanscom	22.30
Linda Cohn	26.47
W60 Kathy Jager	17.09
W65 Kathy Bergen	19.64
W80 Johnnye Valien	12.77
<b>Hammer</b>	
M30 Troy Nelson	30.59
M50 Gary Schmidt	36.82
M65 William Burke	17.23
M75 Arnie Gaynor	31.61
M85 Hugh Hackett	22.73
<b>Javelin</b>	
M45 Mahmoud Niroumand	31.47
Brian Mutert	25.26
Carlos Borrico	15.24
M50 David Hamel	51.05
Barry Warmerdam	44.44
Rob Duncanson	41.86
Gary Schmidt	35.88
Sy Silverstein	38.09
Ron Rook	37.74
M60 John Schneider	41.39
M65 Otis William	21.98
M70 Ed Martin	30.88
Ernie Smith	24.67
M75 Allan Trefry	27.35
M80 Donald Rosen	23.80
M85 Hugh Hackett	14.35
W50 Linda Cohn AR	39.06
(Linda Cohn/37.95/2004)	
Tina Bowman	26.61
Rita Hanscom	24.74
W55 A Steekelenburg	21.43

W65 Kathy Bergen	20.47
Ann Abreu	18.35
W80 Johnnye Valien	14.20
<b>San Clemente Masters Meet, San Clemente, CA May 27</b>	
<b>100m</b>	
M30 Coach Prime	11.82
Dave Elder	16.10
M40 Kettrell Berry	11.26
T C Wardle	11.87
M45 Marty Krullee	11.29
Michael Sullivan	11.39
Ed Muehlbacker	12.37
M50 Rob Duncanson	13.58
Paul del Bosque	15.06
M55 Ernie Stucki	12.87
Patrick Lyons	13.01
M60 Stan Whitley	12.57
Charlie Loftis	14.47
Ron Muranaka	14.89
M65 Doug Smith	12.90
Lee Gillespie	14.16
M70 Carlos Cota	15.23
M75 Jim Selby	16.52
M80 Robert Davidson	29.91
W45 Veroni Amarasekara	13.37
Debbie Selby	16.48
Susan Quintana	18.57
W50 Cathy Baar	19.85
Christine Stone	20.24
W65 Kathy Bergen	14.78
W75 Frances Styles	19.91
<b>200m</b>	
M40 Kettrell Berry	22.89
Allen McDuffrie	23.93
M45 Michael Sullivan	23.39
James Chinn	23.64
Marty Crulee	24.37
M55 Bill Fitzpatrick	27.09
Rick Muth	31.16
M60 Stan Whitley	25.66
Charlie Loftis	31.59
M65 Doug Smith	27.23
Lee Gillespie	29.09
M70 Carlos Cota	32.14
M75 Jim Selby	35.33
M80 Robert Davidson	72.89
W40 Jai Black	26.68
Caren Ware	29.92
W45 Debbie Selby	37.39
W50 Jeanne Bowman	32.47
Cathy Baar	43.91
W60 Nadine O'Connor	29.90
W75 Frances Styles	48.75
<b>400m</b>	
M30 Dave Elder	1:18.96
M40 Allen McDuffrie	53.42
Tim Hickok	59.28
M45 Michael Sullivan	51.79
James Chinn	52.69
Robert Hicks	53.82
M55 Bill Fitzpatrick	1:01.82
Rick Muth	1:09.84
M60 David Parke	1:02.05
M70 Donald Leis	1:37.69
M75 Jim Selby	1:22.92
M80 Robert Davidson	3:18.35
W40 Jai Black	1:00.75
W45 Debbie Selby	1:30.73
W50 Jeanne Bowman	1:18.40
<b>800m</b>	
M30 Dave Proodian	2:42.35
M35 Rayfer Weaver	2:00.38
Nick Warner	2:12.75
M40 Tim Hickok	2:16.35
M45 Angelo DeColibus	2:20.71
William Ward	2:26.65
Joe Gilboy	2:35.11
M50 Danny Goldman	2:17.99
M60 David Parke	2:28.23
Ron Salupo	2:29.37
M75 Jim Selby	3:31.92
W50 Denise Janneck	2:41.65
<b>1500m</b>	
M30 Dave Proodian	5:49.58
Dave Elder	6:21.74
M35 Rayfer Weaver	4:33.10
Aaron Goodall	4:36.97
M40 Tim Hickok	4:43.43
M45 Angelo DeColibus	4:41.76
Tom Cupp	5:03.70
William Ward	5:07.37
W45 Liz Yayoi	5:37.26
<b>5000m</b>	
M30 Dave Proodian	22:20.71
Dave Elder	22:59.49
<b>Short Hurdles</b>	
M30 Matthew Roderick	16.36
M45 Eugene Anto	16.56
M35 Richard Holmes	14.73
M55 Thaddeus Wilson	16.09
W40 Caren Ware	14.31
W45 Veronica Amarasekara	13.22
W50 Denise Janneck	18.19
<b>Long Hurdles</b>	
M50 Andrew Hecker	51.02
W40 Caren Ware	52.88
<b>High Jump</b>	
M45 Mahmoud Niroumand	1.54
M50 Ken Stone	1.34

M55 Thaddeus Wilson	1.39
M65 John Dobroth	1.59
M70 Donald Leis	1.09
W50 Rita Hanscom	1.39
W55 Anne Steekelenburg	1.34
W65 Kathy Bergen	1.29
W75 Frances Styles	0.89
<b>Pole Vault</b>	
M45 John Arbogast	2.28
M55 Steve Morris	3.66
M75 Bud Held	2.74
W50 Rita Hanscom	2.59
W60 Nadine O'Connor	3.00
<b>Long Jump</b>	
M30 Matthew Roderick	5.74
M40 Lavell Davenport	5.25
M45 Mahmoud Niroumand	5.24
M50 Rob Duncanson	3.96
M60 Ron Muranaka	4.26
M70 Donald Leis	3.04
W40 Caren Ware	4.52
W45 Veronica Amarasekara	5.26
W50 Cathy Baar	2.52
W55 Brenda Mathews	3.86
W75 Frances Styles	2.19
<b>Triple Jump</b>	
M30 Matthew Roderick	11.21
M40 Lavell Davenport	11.90
M45 Mahmoud Niroumand	10.97
W55 Anne Steekelenburg	8.19
W75 Frances Styles	4.64
<b>Shot Put</b>	
M50 Greg Stines	12.95
M55 Thaddeus Wilson	8.07
M60 John Schneider	12.60
Doug Greek	9.60
Ken Baker	9.12
M70 Bob Ward	11.50
Doug Tomlinson	10.82
Ernie Smith	9.50
M75 Arnie Gaynor	12.88
Doug Richardson	9.37
M85 Hugh Hackett	5.43
W40 Caren Ware	7.62
W45 Veronica Amarasekara	9.78
Mary Underdown	8.61
W50 Linda Cohn	9.90
Christine Stone	5.79
W55 Brenda Mathews	8.51
<b>Discus</b>	
M50 Ralph Fruguglietti	49.68
Greg Stines	42.67
James Fraser	35.63
M55 Jim McEvoy	31.70
M60 Robert Grant	39.32
John Schneider	39.02
Doug Greek	30.48
M70 Bob Humphreys	44.20
Doug Tomlinson	37.49
Bob Ward	37.49
M75 Arnie Gaynor	38.71
Doug Richardson	26.52
M85 Hugh Hackett	15.21
W50 Linda Cohn	27.34
Rita Hanscom	22.36
Cathy Baar	14.92
W55 Anne Steekelenburg	20.74
W65 Kathy Bergen	16.08
<b>Javelin</b>	
M40 Robert Gonzalez	22.74
M50 Mike Tipping	44.11
Rob Duncanson	41.19
M55 Ron Rook	38.54
Jim McEvoy	38.11
M60 John Schneider	38.07
Ken Baker	28.10
M70 Buster Quist	35.07
Doug Tomlinson	27.77
M75 Arnie Gaynor	26.34
Doug Richardson	23.51
M85 Hugh Hackett	14.61
W40 Caren Ware	21.04
W50 Linda Cohn	39.78
Tina Bowman	26.18
Rita Hanscom	25.51
W55 Brenda Mathews	21.58
W65 Kathy Bergen	18.42
<b>HMTCC Decathlon Honolulu, May 28-29</b>	
M45 Kevin Kruszona	3433
Phillip Oyape	3257
Joe Antista	2183
M50 Vince Costello	6020
Marty Knight	2591
Darryl Wong	1852
M60 Jack Karbens	4018
Bob Larsen	2458
M65 Sanford Kuroda	4011
<b>Open Competition</b>	
<b>Discus</b>	
M45 Brian Ueno	37.57
M65 Bob Molyneux	29.22
M70 Robert Husic	36.40
W65 Joan Davis	12.58
<b>Javelin</b>	
W65 Joan Davis	6.46
<b>1500m</b>	
W65 Joan Davis	13:44

<b>NORTHWEST</b>	
<b>Oregon Relays Masters Invitational Mile Canby, OR; May 13</b>	
Jason Pratt 31	4:29.48
Peter Hegelbach 41	4:31.94
Chris Yorges 40	4:33.08
Kevin Paulk 45	4:33.58
Joe Dudman 41	4:34.42
Dave Clingan 51	4:38.56
Craig Rice 35	4:58.93
Jerry Smith	5:31.78
<b>CANADA</b>	
<b>Regina Spring Classic Outdoor Meet, Regina, Saskatchewan; May 6</b>	
<b>100m</b>	
W60 Carol LaFayette-Boyd	14.72
W70 Leonora Close	28.82
M60 Art Evenson	15.18
M80 Max Coates	20.79
<b>200m</b>	
W40 Laurie Meloche	28.91
M50 Larry Longmore	27.59
<b>400m</b>	
W40 Laurie Meloche	1:03.47
M40 Rex Selby	1:05.51
M50 Larry Longmore	1:01.49
M70 Ted Rowan	1:20.92
<b>Long Jump</b>	
W60 Carol LaFayette-Boyd	4.06
M70 Ted Rowan	3.44
<b>Triple Jump</b>	
M65 Bob Edwards	6.33
M70 Ted Rowan	7.26
<b>Hammer</b>	
M65 Bob Edwards	22.95
<b>Discus</b>	
M60 Roland Delhomeau	26.35
M65 Bob Edwards	28.86
M70 Ted Rowan	25.46
<b>Javelin</b>	
M60 Roland Delhomeau	20.76
M65 Bob Edwards	24.00
<b>Shot Put</b>	
M60 Art Evenson	9.78
M65 Bob Edwards	9.54
<b>INTERNATIONAL</b>	
<b>South African Masters T&amp;F Championships Port Elizabeth, RSA April 28-29</b>	
<b>100m</b>	
M30 Wayne Holroyd	11.34
M35 Shaun Bownes	11.11
M40 Gavin Maxwell	11.81
M45 André Wesso	12.16
M50 Joseph Warries	12.34
M55 Len Claassen	12.94
M60 Mervyn Wynick	14.10
M65 Jerry v Heerden	14.42
M70 Ron Cross	14.70
M75 Johannes Schoeman	18.12
M80 Neville Sharpley	20.28
M85 Carl Pace	28.69
<b>200m</b>	
M30 Wayne Holroyd	22.76
M35 Shaun Powell	22.76
M40 Gavin Maxwell	23.72
M45 André Wesso	24.90
M50 Joseph Warries	24.88
M55 Len Claassen	26.03
M60 Mervyn Wynick	29.81
M65 Larry Pencilliah	28.95
M70 Ron Cross	30.92
M75 Johannes Schoeman	36.87
M80 Neville Sharpley	38.34
M85 Carl Pace	57.34
<b>400m</b>	
M30 Christie Engelbrecht	53.72
M35 Michael Schroeder	52.30
M40 Roelof Swanepoel	55.65
M45 Brendan Moran	58.19
M50 Martin Kelly	63.34
M55 Len Claassen	59.59
M85 Carl Pace	2:38.58
<b>800m</b>	
M35 Marius Nel	2:03.24
M40 Tobias Philander	1:58.35
M45 Peter Wensch	2:14.97
M50 Matthews Novokoz	2:15.99
M55 Len Claassen	2:12.52
M65 Larry Pencilliah	2:45.71
M70 Martin Coetzee	3:07.49
<b>1500m</b>	
M30 Deon Wright	5:36.05
M35 Marius Nel	4:16.98
M40 Tobias Philander	4:03.92
M45 Dewald Klyen	4:43.16
M50 Sean Rice	4:36.97
M55 V. Lentsoenyane	4:47.46
M70 Martin Coetzee	6:35.06
M75 Henry Botha	8:32.09

<b>5000m</b>	
M35 Pontius Xaluva	17:07.90
M40 John September	15:23.04
M45 Andrew Daly	17:04.42
M50 Sean Rice	16:54.52
M55 Hannes Els	18:55.11
M65 Harry Fletcher	22:01.39
M70 Martin Coetzee	24:12.24
M75 Henry Botha	31:40.23
<b>10,000m</b>	
M35 Pontius Xaluva	34:50.02
M40 Phillip Jacobs	33:28.45
M45 Andrew Daly	36:09.90
M50 Sean Rice	35:58.51
M55 Hannes Els	39:39.16
M65 Harry Fletcher	43:29.10
M70 Martin Coetzee	49:13.32
<b>80mH</b>	
M70 Ron Cross	15.03
<b>100mH</b>	
M60 C.I Van Onselen	24.07
M65 Nic Meyer	23.81
<b>110mH</b>	
M35 Shaun Bownes	14.02
M40 Dolf Binneman	22.64
M45 Johan Gouws	18.34
<b>300mH</b>	
M60 C. Van Onselen	59.02
M65 Nic Meyer	65.60
<b>400mH</b>	
M35 Hermie Rossouw	62.10
M40 Kobus Burger	66.71
M45 Peter Williams	67.73
<b>3000m Steeplechase</b>	
M40 Tobias Philander	9:51.72
M45 At Schoeman	12:51.76
M50 Sean Rice	12:09.50
M55 Eddie Walker	13:07.01
<b>High Jump</b>	
M35 Hugo Neethling	1.48
M45 Johan Gouws	1.75
M50 Peet Grove	1.38
M60 David Heunis	1.28
M65 Bertie Warren	1.23
M65 Nic Meyer	1.25
M70 Leo Benning	1.34
<b>Pole Vault</b>	
M45 Louis Nienaber	3.75
<b>Long Jump</b>	
M35 Theunis Mostert	6.13
M40 Dolf Binneman	4.58
M50 Gideon Du Rand	5.08
M55 Gerhard Joubert	4.09
M60 Tiens vd Mescht	4.44
M65 Bertie Warren	3.64
M70 Leo Benning	3.51
<b>Triple Jump</b>	
M30 Wayne Goliath	11.56
M35 Yevgen Tkachenko	15.38
M40 Dolf Binneman	11.12
M50 Marie Smit	9.34
M70 Leo Benning	8.07
<b>Shot Put</b>	
M30 Nico Basson	11.33
M35 Conradie Scheepers	14.72
M40 Francois De Wit	12.94
M45 Hannes Nel	11.82
M50 Jacobus van Zyl	15.53
M55 Jan Roodt	12.23
M60 Kobus VD Merwe	11.35
M65 Everard Skea	11.45
M75 Borg Stannius	11.37
M85 Phillip Frech	7.15
<b>Discus</b>	
M30 Henry Bekker	33.88
M35 Sarel Kok	46.40
M40 Tone Van Rensburg	39.87
M45 Hannes Nel	31.76
M50 Jacobus van Zyl	49.95
M55 Jan Roodt	36.11
M60 David Heunis	36.76
M65 Steve Johnston	39.21
M70 Leo Benning	27.22
M75 Borg Stannius	28.85
M85 Phillip Frech	23.35
<b>Hammer</b>	
M30 Marnus Ueckermann	45.09
M35 Sakkie Mathewson	34.78
M40 Tone Van Rensburg	43.57
M45 Hannes Nel	40.28
M50 Charlie Koen	56.57
M55 Reg Marchant	44.63
M60 Gert Engelbrecht	33.12
M65 Steve Johnston	35.69
M75 Borg Stannius	34.80
M85 Phillip Frech	18.00
<b>Javelin</b>	
M30 Henry Bekker	50.22
M35 Danie Van Wyk	50.82
M40 Adri Badenhorst	52.45
M45 Gawie Louw	53.56
M50 William Esterhuizen	36.75
M55 Johann Van Greunen	33.33
M60 Kobus VD Merwe	30.12
M65 Everard Skea	31.76
M70 Leo Benning	29.51
M75 Borg Stannius	36.09
M85 Phillip Frech	19.10
<b>Weight Throw</b>	
M30 Marnus Ueckermann	12.48
M35 Sakkie Mathewson	12.34
M40 Tone Van Rensburg	14.32

W45 Win Persona	19:44
Pamela Grothaus	25:15
Lisa Guilde	25:22
W50 Janice Brannon	26:38
Lana Nesbit	27:02
Leslie Godwin	29:08
W55 Jennifer Blain	29:50
Kathy Hoke	34:52
Nancy Mercure	37:20
W60 Mickey Stam	37:28
W65 Betty Rudy	33:54

<b>10 Miller</b>	
Jymocel Basweti 19	48:54
Mary Kate Bailey 31	56:24
M35 Yancey Hall	55:44
M40 Albert Okemwa 3rd	50:39
Chns Chattin	55:30
Christopher Hamley	56:16
M45 Jean-C Arcasz	58:46
Scott Sillman	61:56
Mark Drosky	63:25
M50 Gary Grimsley	61:23
Norton Compton	63:06
Patrick Shaw	64:52
M55 Gerald Cabrol	69:40
Peter Lunt	75:40
Terry Waldbesser	75:41
M60 Stephen Banks	75:17
Krupakar Revanna	79:44
M65 Stephen Foreman	76:30
Leon Sample	82:27
M70 Richard Williams	82:19
W35 SusanGrahamGray	59:38
W40 Rebecca Nathan	65:36
Ly Pham	73:07
Elizabeth Brown	74:17
W45 Karen DiBenedetto	73:15
Susan Hyre	77:02
Linda Kennedy	77:57
W50 Betty Blank	69:24
Sarah Fisher	75:08
W55 Sandra Adams	68:38
Jane Poole	83:01
W60 Lynn Hayes	86:40
Lucia Davidson	88:21
W65 JacquelinChaviaux	2:03:13

### Louis J. Billittier Memorial 5K, Buffalo, NY; May 6

<b>Overall</b>	
Joey Subjcek	19:08
Teresa Milbrand W40	21:34
M35 Tom Kapturowski	20:15
M40 David Spillman	20:09
Steven Gates	20:18
Marty Farrell	20:35
M45 Jay Goodwin	21:44
Tom Droz	21:49
Tom Steffen	22:17
M50 Mark Morgan	19:21
Fred Luongo	19:38
Dave Lawrence	20:56
M55 Michael Harrison	19:48
John Siwek	20:32
Ed Wardrop	21:51
M60 Dennis Sears	20:42
Larry Lavoie	21:35
Ken Fischer	22:13
M70 Donald Cypris	29:10
W35 Rachel Walker	24:27
W40 T Milbrand	24:27
Pat Farrell	23:22
Lynne DiMarco	26:49
W45 Margaret Werder	23:48
Nancy Campbell	25:20
JoAnne Smith	28:44
W50 Ginny Schwallie	28:18
Jeanne Legault	29:10
W55 Bridget Pawelczak	24:51
Linda Murgatroyd	29:05
W60 Joanne Cunningham	23:19
Judy Mowery	25:11
W65 Edith Radice	31:42
W70 Edna Hyer	40:35

### Our House 5-Mile/USATF- NJ Masters Champion- ships Summit, NJ; May 7

<b>Overall</b>	
Ben Reynolds, 42	25:51
Kathleen Castles, 34	29:32
M35 Michael Mykytok	25:52
M40 Ben Reynolds	25:51
M45 Rick Pingitore	28:36
M50 Dan Murphy	29:30
M55 Roger Price	29:04
M60 Bill Hagman	32:44
M65 Pat Cosgrove	35:08
M70 George Studzinski	41:08
M75 Bill Welsh	62:49
W35 Karyn Layton	33:19
W40 Olena Plastina	31:02
M45 Jeanne Pare	30:54
W50 Linda Mirabella	37:08
W55 Linda Ferrara	41:13
W60 Natalie Grabow	38:59
W65 Anna Thornhill	39:05
W70 Shirley Pettijohn	64:42
W75 Toshiko d'Elia	46:24

### Long Island Marathon/Half-Marathon East Meadow, NY; May 7

<b>Overall</b>	
Carlos Grisales 39	2:31:12
C Brough-Glocken 38	2:51:11
M40 Avi Moss	3:03:18
Juan Carlos Coffey	3:03:40
Jose Martinez	3:21:50
M45 Bill Girona	2:57:41
Rene Marcelli	2:59:45
Cormac McGuire	3:05:44
M50 Kevin Carroll	2:55:28
Steven Lerner	3:05:41
Richard DeLorantis	3:19:29
M55 Inkul Yoo	3:06:34
Ernie Werzinger	3:27:39
Jay Statenstein	3:38:15
M60 Michael Hudick	3:23:41
Yi-Joo Kwon	3:26:39
Luis Teran	3:44:10
M65 Ruben Coryat	4:15:06
George LaRosa	4:52:46
Cecil Maloney	4:59:31
M70 Adolph Rettmir	4:15:39
Alan Stern	5:13:21
Howard Kestenbaum	5:48:03
W40 Patricia Curran	3:39:08
Julie Chan	3:43:24
Ann Marie Egan	3:52:42
W45 Linda McCarthy	3:39:44
Kim Solomine	3:46:25
Jae Soom Yu	4:01:29
W50 Alicia Barahona	3:53:21
Louise Scala	4:24:48
Tom Brewer	4:27:31
W55 Kyungia Yoo	4:20:15
Bok-Young Kwon	4:32:38
Susan Sabol	4:55:00
W60 Nadezda Zakharova	4:11:19
Ruth Liebowitz	4:27:01
Janit Romayko	4:36:43

### Half-Marathon

<b>Overall</b>	
Chris Mammon 22	1:10:29
Lyndsey Webber 23	1:22:26
M40 Felipe Vergara	1:14:41
William Oehrlein	1:19:21
Andrew Heiz	1:20:15
M45 Michael Robles	1:20:29
Edward Courtney	1:27:51
Gerard Ford	1:28:13
M50 Jaime Palacios	1:19:13
John McDermott	1:21:15
Bill McLoughlin	1:23:37
M55 Paul Geiger	1:30:36
David Schneider	1:32:43
Gil Perrone	1:34:47
M60 Doug Escher	1:29:02
Joseph Tumberelo	1:35:14
Daniel Badalament	1:38:33
M65 Jose Mendez	1:39:32
Mel Cowgill	1:46:10
John Wallace	1:47:46
M70 Richard Murphy	1:45:09
Maurice Ornstein	1:49:33
Jack Hanley	1:49:41
M75 Guy Froehlig	2:12:20
Michael Daly	2:18:13
Odd Sangesland	2:26:12
M80 William Ambrosini	3:35:04
W40 Karen Cotty	1:31:50
Carmen Anderson	1:33:01
Susan Murray	1:34:40
W45 Dolores Doman	1:41:29
Nancy Katz-Johnson	1:41:51
Joann Santorelli	1:42:48
W50 Linda Ottaviano	1:38:37
Robin Redeker	1:38:55
Nancy Lipira	1:43:01
W55 Melissa Kennedy	1:37:43
Jung Sun Hyung	1:48:14
Sandra Palmer	1:49:15
W60 Sarah Pettianato	2:00:28
Chuang Chang	2:03:56
Irene Robinson	2:08:09
W65 Angela O'Connor	2:17:44
Joan Ackerman	2:18:21
Francine Walker	2:20:42
W70 Francine Conk	3:04:45
Joan Logan	3:40:08
Mary-Ellen Kreye	4:25:18

### Newport 10,000 Jersey City, NJ; May 13

<b>Overall</b>	
Julius Kiptoo 28	28:43
Tetyana Hladry 31	32:00
M35 Gene Mitchell	31:35
M40 Albert Okemwa	31:07
Paul Thompson	31:51
Alfonso Polonia	33:16
M45 Blas Mederos	39:40
Edgar Mercado	43:58
Leonard Mai	44:47
M50 Dan Murphy	36:47
Franz Mitterer	40:47
Stephen Rutkowski	42:29
M55 Bruce Langenkamp	42:05
Francisco Rodriguez	43:17

Nuno Britto	43:59
M60 Antonio Cruz	41:46
Eneas Mulcahy	51:11
M65 Roland Ratmeyer	44:12
Joe Saley	49:36
Mike Machuca	51:13
M70 Patrick Brady	63:37
Peter Buffington	80:14
M75+Bill Welsh 76	77:38
Bill O'Brien 80	96:23
W35 Kate Fonshell	36:08
W40 Olena Plastina	37:24
Debby Hall	40:08
Sandy Barton	51:03
W45 Pam Fales	48:24
Patricia Zang	54:02
AnneMarie Leebing	54:40
W50 Janice Mackanic	51:16
Vera Stek	53:43
Mimi Flanagan	54:32
W55 Christine Ange	51:27
Ellen Jacques	55:56
Betty Langenkamp	58:40
W60 Patricia O'Hanlon	54:13
W65 Doris Hafemann	60:30
Carolyn Cornell	68:51
W70 Shirley Pettijohn	80:44

### NYRR Junior League Mother's Day Women's Half-Marathon, Central Park, NYC; May 14

<b>Overall</b>	
Claudia Camargo 35	1:18:59
W40 Stephanie Hodge	1:25:22
W45 Jeanne Pare	1:26:55
W50 Kathy Gribbon	1:36:26
W55 Ann Davies	1:41:08
W60 Diane Sudakoff	1:58:31
W65 Mary Nathan	1:52:29
W70 Joy Rose	2:16:55

### Portland Sea Dogs Mother's Day 5K Portland, ME; May 14

<b>Overall</b>	
ETHAN HEMPHILL, 33	15:29
KRISTIN BARRY, 32	17:26
M35 DAVID WEATHERBIE	16:57
M40 MICHAEL PAYSON	15:43
SCOTT CLARK	16:25
PETE BOTTOMLEY	16:29
M45 BILL MARISKI	16:42
TOM HATHAWAY	17:18
CARL MOULTON	18:19
M50 TOM RYAN	16:47
GORDON SCANNELL	19:00
ALLAN MUIR	19:02
M55 STEVE REED	18:29
R.J. HARPER	19:39
BILL DEVOU	20:45
M60 LAWSON NOYES	20:06
MICHAEL BEAUDOIN	22:21
DON ZILLMAN	23:31
M65 ROBERT GILDAY	20:15
BOB COUGHLIN	22:52
JERRY LEVASSEUR	23:11
M70 JOHN HOWE	23:47
ROLAND KEARLEY	35:27
M75 MEL UCHENICK	29:31
M80 CARLTON MENDELL	40:41
W35 TINA MESERVE	18:36
CHRISTINE REASER	19:15
KELLY BROWN	19:37
DINA POTTER	19:42
W45 JEANNE HACKETT	20:29
KATHLEEN THOMAS	22:10
MAURA McDONALD	22:44
W50 SARAH MACCOLL	21:15
MARY BAUER	26:42
IRENE WOODS	26:56
W55 CAROL FANNING	21:00
CAROL WEEKS	22:12
CONNIE MCLELLAN	23:19
GRETCHEN READ	23:15
NORMA KRAUS-EULE	29:09
KATE HARRIS	35:17
W65 POLLY KENNISTON	27:08
BETH BRANSON	28:08
WINNIE COCKBURN	31:30
W70 JANICE BILODEAU	39:24
W75 RUTH HEFFLEFINGER	46:59
W80 DOTTIE GRAY	39:57

### NYRR American Heart Association Wall Street Run 2.9M, Financial District, NYC; May 17

<b>Overall</b>	
Jorge Real 35	15:07
Bec Wassner 31	16:27
M40 Conor O'Driscoll 44	15:58
V Garcia Garcia 41	16:30
Brian Crowley	16:32
M50 Douglas Labar 51	18:36
Douglas Currier 51	19:02
Gil Perrone	19:41
M60 Samuel Skinner 63	19:04
Vlad Sakovich	22:30
Frederick Trilli 60	23:15
W40 Sue Pearsall 40	20:31
Mary Wittenberg 43	21:00
C Morganroth 41	21:14

W50 Alma Lopez 56	23:44
Suzanne Mueller 50	24:08
Patricia Zander 50	25:56
W60 Rugh Liebowitz 64	27:13
Rita Wilcox 60	28:21
Joyce Cohen 64	29:05

### Kennett Square 5K & 10K Kennett Square, PA May 20

<b>5K</b>	
<b>Overall</b>	
Mohammed Ar-Ar 36	15:15
Jill Heck 20	19:18
M40 Larry Levy	16:34
David Phillips	19:20
Tom Chapman	19:26
M45 Peter Walsh	18:42
Matt MacDonald	21:34
Robert Stekenburs	22:42
M50 William Pine	18:37
Tom Ellis	21:17
Gerry Auman	21:19
M55 Christopher Schultz	21:14
Dan Simmons	21:35
Stephen Young	22:38
M60 Jeff Darman	23:56
David Starnes	24:03
Jim Duckenfield 62	25:22
M65 S Duckenfield 65	25:22
M70+Bill Butler 73	23:33
Bob Horst 75	28:53
W35 Theresa Mayer	22:09
W40 Lorraine Jasper	19:19
Hannah Christopher	21:09
Sharon Hower	21:42
W45 Susan Williams	25:48
Valerie Mead	26:14
Shelley Maggitti	26:56
W50 Leah Whipple	21:33
Donna Kestel	25:55
Laurie Yarzab	26:59
W60 Marilyn Kamp	30:05
Susan Myers	45:06
W65 Linda Adams	33:31

<b>10K</b>	
<b>Overall</b>	
Matt Marcini 29	32:06
Andrea Niggenmeier 36	33:58
M35 John Yanzuk	39:44
M40 John Carroll	33:58
Frank Perna	36:18
Peter Bittinger	38:22
M45 Mike Precopio	36:52
Lee Kauffman	37:42
Philip Mitzkavich	41:49
M50 Jon Cohen	42:20
Brad Peiper	46:56
M55 Charles Burke	44:07
Bill Edwards	47:24
M60 Robert George	54:10
M65 Henry Whitehead	53:52
M70+John Schultz 73	58:40
Richard Taylor 70	62:41
W40 Linda Odle	45:24
W45 Roy McCloskey	47:10
W50 Dianna Golden	42:05
Beth Howlett	46:06
W55 Fern Skelly	58:53

### Shelter Island 10K Shelter Island, NY; May 20

<b>Overall</b>	
Reuben-Kibet Chebii 24	29:47
Ilona Barvanova 33	34:01
<b>Top Masters</b>	
Christopher Webber 54	35:13
Ken Bohman 43	35:32
William Oehrlein 41	36:22
Olena Plastina 42	37:21
Lilian Kroner 40	39:19
Barbara Gubbins 46	39:31
M40 James Murray	38:02
Wayne Unholzer	40:51
David Long	40:53
M45 Charles Stark	40:00
Jimmy Castro	40:36
Peter Varone	42:52
M50 Dan Gonzalez	41:34
Joseph Mannino	42:34
Dennis Ahern	42:47
M55 Bob Moritz	39:21
Bill Backe	41:39
Tom Power	43:08
M60 Ray Evans	51:28
Mark Penn	54:13
M65 Jose Mendez	46:41
Donald Davis	47:43
Dustin Chase	52:03
M70 Blaire Stauffer	54:53
Larry Liddle	56:40
M75+Americo Fiore 76	70:28
H J Lebwth 75	74:23
W40 Grace Maguire	46:34
Jennifer Hallock	46:36
Susan Bayat	47:15
W45 Linda McCarthy	45:31
Heather Newman	46:47
Lisa Bergtraum	47:07
W50 Pat Swim	49:47
Penny Oakley	51:49

Judy Moore	55:46
W55 Diane O'Donnell	48:58
Andrea Backe	56:46
Elaine Tuthill	57:25
W60 Susan McClanahan	53:56
Francisco Mallow	57:36
W65 Becky Motler	68:55

### NYRR Healthy Kidney 10K Central Park, NYC; May 20

<b>Overall</b>	
Craig Mottram 25	28:13
Alemtehay Misganaw 25	34:48
M40 Paul Thompson	32:01
M45 Jim Stemm	34:52
M50 Steve Calidonna	35:29
M55 Alston Brown	37:04
M60 John Samsel	40:04
M65 Eduard Fedossov	47:51
M70 Alfred Finger	45:44
M75 Leo Schonhaut	61:57
M80 Leslie Clark	1:29:

W50 Chanpheng Inthosone	23:59
W55 Barbara Schwartzfarb	29:00
W60 Mary Shumeyko	33:00
W65 Anne Schwartz	39:25
W70 Marguerite Olsen	36:53
<b>Masters Mile (Top 4)</b>	
M40 Brian Fullem	04:50
Todd Sinclair	04:53
Tom Metz	04:59
Sergio Longino	05:09
W40 Zophia Wiedorkowska	05:18
Catherine Stone-bork	05:27
Olena Plastinina	05:27
Lilian Kroner	05:52

**Freihofer's 5K for Women  
Albany, NY; June 3**

<b>Overall</b>	
Bonita Johnson 26	15:26
<b>Top 5 W40+</b>	
Carmen Ayala-Trancoso 47	17:11
Marisa Hanson 42	17:38
Ramilia Burangolova 44	17:47
Joan Samuelson 49	18:16
Charlotte Rizzo 43	18:37
W40 Christine Reaser	18:58
Colleen Hopkins	19:23
CathStone-Borkowski	19:24
W45 Helen Shakerjian	20:42
Joyce Goodrich	20:53
Beth Glace	21:27
Nancy Briskie	21:53
W50 Shirley Woodford	20:52
Barbara Gillen	22:12
Denise Herman	22:16
Joy Devries	22:32
Catherine Sliwinski	22:41
W55 Judy Phelps	21:31
Coreen Steinbach	21:49
Martha DeGrazia	23:01
Laney Lucker	23:56
Dianne Clement	24:46
W60 Jayne Zinke	24:57
Judith Martin	28:07
Marcia Brown	29:03
W65 Margie Stoll	23:35
Marge Rajczewski	26:41
Lenis Tucker	27:13
W70 Anny Stockman	29:57
Joan Corrigan	34:55
Maureen Dooley	39:35
W75+Lois Gilmore	27:51
Dolores Quinn	35:15
Shirley Simmers	42:39

**NYRR Anniversary Run  
7.7K, Central Park, NYC  
June 4**

<b>Overall</b>	
Fouly Salem 38	24:31
Megan Smith Sweeney 31	29:45
M40 Alfonso Polania	25:21
M45 Conor O'Driscoll	26:20
M50 Tom Phillips	27:58
M55 Robert Torchia	30:40
M60 Michael Lehmann	32:23
M65 Eduard Fedossov	35:45
M70 Carlo DiGiorgio	41:51
M75 Leo Schonhaut	47:02
M80 Sab Koide	47:50
W40 Stephanie Hodge	30:46
W45 Corrina Cortes	31:48
W50 Gail Kislevitz	34:19
W55 Mary Rosado	39:09
W60Chuang Chang	38:18
W65 Edith Jones	44:51
W70 Naomi Vogel	48:42
W75 Bertha McGruder	57:47
W80 Joan Rowland	60:02

**NYRR Circle of Friends  
New York Mini 10K  
Central Park, NYC  
June 10**

<b>Overall</b>	
Lornah Kiplagat 32	32:27
W40 Gena Plastinina	37:50
W45 Gordon Bakoulis	39:32
W50 Kathryn Martin	39:11
W55 Ann Davies	45:51
W60 M-L Michelson	46:20
W65 Yue Fu	56:44
W70 Ginette Bedard	49:28
W75 Bertha McGruder	1:14:14
W80 Joan Rowland	1:17:54

**SOUTHEAST**

**Biltmore Estates 15K  
Asheville, NC; May 21**

<b>Overall</b>	
John Ashton 38	48:05
Dawn Harris 34	64:25
M40 Johannes Rudolph40	56:22
Jim Hoer 45	57:44
Vicente Gonzalez 41	59:35

M50 Arthur Schreier 51	65:36
James Horne 58	67:08
Florindo Forero 54	69:33
M60 Alan Cameron 62	74:26
Peter Warner 63	74:39
M70+Bill Riecke 72	76:23
Bert Katzenberger70	83:51
W35 Sesalie Maathers 36	65:15
W40 Terri Johnson 40	70:50
Diane Wilson 43	72:24
Jeannie Ramsey 41	75:10
W50 Toni Cruz 54	73:20
Linda Ball 54	82:59
W60 Cheryl Haakenson60	1:41:15
Martha Marshall 61	1:52:33
W70+Susie Moncrief 70	1:44:29
Kay Ryan 72	2:04:20

**27th Mercedes-Benz  
Cotton Row 10K & 5K  
Huntsville, AL; May 27**

<b>Overall</b>	
Stephen Kirui 22	29:58
Lyubov Denisova 34	33:54
M35 Scott Strand	30:45
M40 Oleg Strjakov	30:54
Albert Okemwa	32:15
Brian Pope	32:42
Titus Mutinda	33:25
Todd Hamby	36:52
Marty Clarke	37:03
Chris Geackel	37:56
Randy Ashley	38:38
Tim Vinson	38:45
W50 John Tuttle	33:15
Phillip Watkins	33:41
George Dewitt	35:01
John Kissane	38:29
Randy McFarland	39:30
Mark Harbarger	40:44
Paul Woodfin	41:02
Davy Kennamer	41:14
Steven Solomon	41:38
Syd Keel	41:50
M50 Barry Ross	37:59
Joe Francica	38:11
Jimmy Brigrance	38:47
Paul McConaughay	40:15
Brimmer Sherman	41:59
Clint Jones	42:25
M55 Steve Rice	39:38
Jack Adair	41:29
David Spark	41:47
Wayne Heckler	42:16
Sherman Stanford	42:19
Gary Grace	44:38
M60 Donald Brown	44:09
Morgan Looney	44:21
Tad Jurgens	44:38
Earl Jackson	44:58
M65 Fay Bradley	42:05
Grady Todd	47:31
Richard Pace	53:13
Richard Titus	56:56
M70 Malcolm Gillis	54:29
Bob Larkin	54:48
Dewayne Morris	55:41
M75 Bill Chubb	55:44
Chufi Giallo	74:33
Loyd Doering	75:28
M80+Jim Howell 84	69:24
W35 Michelle Scott	37:20
W40 Jan Gautier	39:11
Connie Robertson	40:50
Lori Goldweber	41:08
Gail Whelan	44:31
Susan Keith	46:00
Susan Hales	47:22
W45 Jennie Rountree	47:25
Jenise Fontenot	48:11
Kathy Hill	52:07
Deborah Ormond	53:35
Vickie Montgomery	54:31
Mona Parker	55:01
W50 Ann Marie Eller	46:02
Cathy Henry	53:09
Sarah Grace	54:58
Maureen Higgins	55:28
Becky Murphy	57:21
W55 Jody Coombs	55:31
Karen Keever	59:40
Brenda Kooter	59:51
Helen Fussell	60:27
W60 Joan Mulvihill	59:41
Sue Burcham	66:25
Barbara Prather	81:53
W65Betty Byrne	66:37
Barbara Meyer	70:26
Delores Everett	71:43

**NYRR Anniversary Run  
7.7K, Central Park, NYC  
June 4**

<b>Overall</b>	
Fouly Salem 38	24:31
Megan Smith Sweeney 31	29:45
M40 Alfonso Polania	25:21
M45 Conor O'Driscoll	26:20
M50 Tom Phillips	27:58
M55 Robert Torchia	30:40
M60 Michael Lehmann	32:23
M65 Eduard Fedossov	35:45
M70 Carlo DiGiorgio	41:51
M75 Leo Schonhaut	47:02
M80 Sab Koide	47:50
W40 Stephanie Hodge	30:46
W45 Corrina Cortes	31:48
W50 Gail Kislevitz	34:19
W55 Mary Rosado	39:09
W60Chuang Chang	38:18
W65 Edith Jones	44:51
W70 Naomi Vogel	48:42
W75 Bertha McGruder	57:47
W80 Joan Rowland	60:02

**NYRR Circle of Friends  
New York Mini 10K  
Central Park, NYC  
June 10**

<b>Overall</b>	
Lornah Kiplagat 32	32:27
W40 Gena Plastinina	37:50
W45 Gordon Bakoulis	39:32
W50 Kathryn Martin	39:11
W55 Ann Davies	45:51
W60 M-L Michelson	46:20
W65 Yue Fu	56:44
W70 Ginette Bedard	49:28
W75 Bertha McGruder	1:14:14
W80 Joan Rowland	1:17:54

**5K**

<b>Overall</b>	
Mark Temple 17	17:07
Jennifer Dunn 15	19:44
M35 Donald Bowman	17:10
M40 Marty Clarke	18:10
Jon Elmore	18:28
Michael Louque	18:36
M45 Carlton Oler	21:39
Randy McFarland	21:48
Bill Butler	22:11
M50 Joe Francica	18:57

Paul Montgomery	20:09
Brimmer Sherman	21:28
M55 Bud Bowen	20:22
Steve Marshall	21:38
Tim Bennett	23:58
M60 Ellis Whitt	22:34
Warren Everett	22:54
Michael Marshall	23:59
M65 Roger Chassay	26:19
Tom Loughhead	28:39
Gene Ingram	28:53
M70 Kelly Stinson	27:00
Malcolm Gillis	29:21
Lyman Jackson	31:37
M75 Grady Edwards	30:47
H W Belew	35:15
Ray McDaniel	37:32
M80 Herb Johnson	37:21
Mike Borelli	39:27
Gene Simonson	40:29
M85 John Laughlin	41:49
Grover Dausman	60:34
W35 Desiree Hill	22:34
W40 Flora Kaser	24:49
Selwin Reynolds	25:17
Cheryl Webster	25:45
W45 Jennie Rountree	22:23
Vickie Montgomery	27:35
Susan Nemec	28:26
W50 Deenie Rae Stark	25:37
Cynthia Fuller	26:44
Cathy Henry	26:52
W55 Pam Duke	28:16
Karin Zarin	30:31
Brenda McDaniel	31:57
W60 Penny Lounsberry	35:08
Peggy Glanz	36:29
Faye Lowery	36:51
W65 Anne Park	26:40
Carolyn Looney	38:46
Christine Ellis	41:41
W70 Blanka Hicks	39:44
Patricia Walker	42:37
W75 Anita Sabio	51:19

**MIDWEST**

**Run Fit 5K  
Novi, MI; May 3**

<b>Overall</b>	
Steve Crane 24	14:49
Dorazio, Mary 38	19:51
M35 Greg Thomas	17:56
M40 Steven Schneider	20:56
Jim Zittel	21:50
Doug Wendell	21:52
M45 Keith Peterson	19:16
Gary Duke	19:40
David Czapor	20:33
M50 John Tarkowski	18:20
Rick Straub	19:28
Gary Hayafee	22:04
M55 Michael Highfield	20:40
Ron Marinucci	21:33
Dave Pine	23:31
M60 David Scarlin	24:29
Dennis Stafford	29:19
M65 John Wehrly	24:08
Larry Mishier	26:23
W40 Beth Gilday	23:10
Linda Kay	25:42
Shona Vincent	25:56
W45 Michelle Fields	20:52
Joanne Gray	24:52
Karen Wolff-Kozub	26:01
W50 Barbara Phelps	26:54
Sheryl Walsh	32:06
W55 Sandra Witt	36:53
W60 Sue Pakide	37:32

**OneAmerica 500 Festival  
Mini-Marathon & Finish  
Line 5K, Indianapolis, IN  
May 6**

<b>Half-Marathon</b>	
<b>Overall</b>	
Ben Kimondiu	1:03:21
Lucie Mays-Sulewski	1:19:11
M35 Joseph Ekuom	1:07:40
Scott Colford	1:12:09
Reuben Njau	1:14:12
David Forsee	1:14:42
Todd Christensen	1:16:49
M40 John Agnew	1:12:38
Bob Bragg	1:14:51
Chris Williams	1:17:11
Carl Clark	1:17:07
Martin Wilkey	1:17:21
M45 Gordon Sanders	1:11:45
Michael Smith	1:12:19
George Dewitt	1:13:36
Timothy Mylin	1:13:50
Chris Desroches	1:14:15
M50 Jimmy Brigrance	1:20:56
Patrick Lynam	1:21:03
Doug Kurtis	1:21:07
Thom Burleson	1:21:38
M55 Gary Romesser	1:15:16
Chris Wardrip	1:24:28
Juan Gomez	1:24:55
M60 Gerard Malaczynski	1:25:05

Nick Zindorf	1:28:17
Richard Pleet	1:31:19
M65 Dale Sullivan	1:45:16
Ron Caruso	1:49:41
George Powell	1:49:44
M70 Thomas Hathaway	1:53:46
Kenneth Ryan	1:59:46
Ed Karas	2:14:32
M75 William Farney	2:01:12
Fred Hagen	2:12:23
Billy Sedam	2:15:36
M80+Glenn Chappelle	3:47:48
Albert Ball	3:58:40
W35 Lucie Mays-Sulewski	1:19:12
Sabrina Martin	1:20:08
Heather Weber	1:27:59
Tamara Whitten	1:29:48
Mary Wermuth	1:33:27
W40 Catherine Allen	1:24:38
Michelle Kitz	1:26:30
Lisa Bailey	1:28:08
Melanie Roberts	1:28:13
Judith Wilson	1:28:53
W45 Jeanne Olash	1:25:06
Jean Lampert	1:27:49
Margaret Ballantyne	1:30:29
Cynthia Woods	1:31:37
Rita Uebelhor	1:33:06
W50 Barbara Jewell	1:40:16
Lynn Moore	1:44:04
Carol Phipps	1:45:08
W55 Catherine Wides	1:33:10
Kathy Matthews	1:40:13
Cyndi Meacham	1:51:51
W60 Carol Hansen	1:49:56
Wendy Burbank	1:49:57
Betty Johnson	2:09:01
W65 Rena Brown	2:04:42
Liz Lancaster	2:08:40
W70 Jane Hathaway	2:14:00
Gloria Nold	2:34:26
W75 Marge Ferris	2:10:57
Rita McFarland	3:20:52

**5K**

<b>Overall</b>	
James Gale	15:08
Pamela Mertz	18:50
M35 Craig Lubbe	18:20
Richard Sgro	19:33
Horia Petrace	20:01
M40 Tom Evaniew	20:12
Mauricio Gonzalez	20:29
Shawn Porter	20:43
M45 Karl Swihart	19:39
Stuart Davis	19:58
Dean Behrmann	20:15
M50 Andrew Naumoff	20:26
Louis Hobson	20:57
Curt Reynolds	22:20
M55 Steve Bennett	22:27
Robert Gammill	23:06
Robert Sims	24:03
M60 Punky Mills	20:37
Dennis C. Mann	24:28
Kent Robinson	27:36
M65 Joe Liechty	22:40
Cliff Stearns	30:26
Ray Grimbail	31:57
M70 Leroy Wise	29:51
William Heck	31:04
Olan Hayes	37:47
M75 erry Ruff	30:55
Ernest Hausmann	45:02
Edward McClain	52:09
M80 George Patton	60:03
Charles Keller Jr.	61:14
W35 Pamela Mertz	18:50
Mindy Schmidt	19:53
Katherine Rotolo	20:48
W40 Karen Majchrowski	21:54
Nancy Schoenegge	21:56
Linda Firenze	22:06
W45 Patricia Barkman	23:48
Susan Boots	24:06
Millie Doty	25:05
W50 Sue Parks	19:48
Marilyn Strawbridge	21:38
Karen Cummins	25:56
W55 Becky Baum	21:09
Carolyn Kubitschek	26:24
Cordelia Bemis	26:51
W60 Cathy Wolfersberger	26:12
Marilyn Kushak	27:23
Theresa Morris	30:35
W65 Sandra Obremsky	31:03
May Shearon	32:06
Theodora Zerr	33:33
W70 Joanne Keaton	35:03
Patty McDonald	39:13
Mildred Elkins	46:09
W75 Mary Fabik	43:32
Mildred McClain	52:09
Rosemary Catt	52:52
W80+ Millie Zeller	60:08

**Fifth Third River Bank  
25K, Grand Rapids**

### Bayshore Marathon, Half-Marathon & 10K

Traverse City, MI; May 27

Marathon	
Overall	
Nathan Usher, 23	2:24:10
Sarah Plaxton, 37	2:53:17
M35 Mike Ehrmantraut	2:40:08
M40 Rick Ganz	2:54:37
M45 Kurt Schneider	2:59:13
M50 Bruce Behnke	3:03:21
M55 Doug Soliz	3:17:24
M60 Joseph Kozma	3:33:45
M65 Richard Wallen	3:44:00
M70 Joseph Beals	4:27:14
M75 Jerry Johncock	3:53:17
W35 Sarah Plaxton	2:53:17
W40 Julie Ledford	3:26:28
W45 Peggy Zeeb	3:25:21
W50 Laurel Dawson	3:28:00
W55 Nancy Yvanuskas	4:19:37
W60 Nancy Babbitt	5:15:30
W65 Janet Wallen	4:29:42

### Half-Marathon

Overall	
Andrew Manning, 20	1:10:48
Ruth Lara, 45	1:37:49
M35 Joe Cantwell	1:20:31
M40 Robert Cook	1:22:35
M45 Bob Horan	1:19:47
M50 Michael Tiberg	1:32:07
M55 Tim Flues	1:32:21
M60 David Pichey	1:40:57
M65 Daniel Hendren	1:57:43
M70 Kenneth Isherwood	2:08:26
W35 Sheila Venhuizen	1:35:00
W40 Julie Jenkins	1:43:23
W45 Ruth Lara	1:37:49
W50 Julie Frayer	1:39:41
W55 Jane Girdham	2:00:36
W60 Dorothy Johnson	2:15:24
W65 Natalie Revelt	2:22:15
W70 Janet Weiler	2:12:07

### 10K

Overall	
Ryan Linden, 24	33:03
Jami Grant, 27	39:19
M35 Thomas Preiss	33:32
M40 Doug Ogden	36:15
M45 Kevin Deyo	36:25
M50 Timothy Emmett	37:05
M55 Dave Minier	40:32
M60 Don Korty	43:01
M65 George Gawthrop	44:36
M70 Bill Riecke	46:56
W35 Karen Walls	41:48
W40 Renee Jackson	42:17
W45 Laurie Decker	40:17
W50 Robin Sarris-Hallop	43:04
W55 Carole Schettler	56:33
W60 Cora Hill	58:20
W65 Judith Cayo	1:03:55
W80 Marion Young	1:29:34

### Mackinaw Memorial Bridge Race 5.6 Miles

Mackinaw City, MI May 27

Overall	
Eric Lacross 21	27:53
Jennifer Shaffer 27	33:41
M35 Marc Lester	31:33
M40 David Paajanen	31:46
James Kelley	33:58
M45 Greg Mills	33:50
Jeffrey Bidelman	33:50
M50 Peter Burleigh	35:56
M55 Rich Challenger	36:24
M60 Thomas Eberhardt	37:28
M65+Paul Shepard 68	40:09
Joseph Goldfarb 66	41:28
W35 Jamie Badour	36:59
W40 J C Bediker	35:20
W45 Trish Duley	41:30
W50 Jane Kowieski	40:04
W55 Diana Tuttle	41:58
W60 Elaine Rubenstein	52:31
W65+Judith Gekeler 65	56:00

### Ogden Classic 20K

Wheeling, WV; May 27

Overall	
Isaac Arusei 29	63:21
Lyubov Denisova 34	72:52
M40 Michael McGee	76:20
George Axiotis	78:16
Joseph Molinaro	84:39
M45 Sam Ngatia	71:45
Jeff Morris	83:51
Charlie Shaffer	86:51
M50 Mike Fitzgerald	85:34
Warren Elzy	86:43
David Harshberger	87:32
M55 Terry McCluskey	78:05
Michael Barr	80:40
Dick Lambie	82:02
M60 Bill Filcheck	95:23
Robert Walker	1:42:03
Stephen Feaster	1:42:25
M65 Walter Seamon	1:32:36

Lou Alaksin	1:40:25
Vince Monseau	1:51:06
M70+Lou Lodovio 82	2:01:13
Denis Dirschen 72	2:05:12
Peter Vivoli 74	2:05:14
W40 Gina McGee	82:55
Laura Nelson	88:05
Sue Ruzicka	88:49
W45 Becky Droginske	91:42
Kim Simon	99:51
Angel Glitch	1:51:33
W50 Shelly Ralston	95:47
Adrianne Walker	1:40:44
Patricia Neubert	1:45:14
W55 Debbie Tyler	2:01:41
Barbara Schaad	2:08:18
Sue Blevins	2:14:27
W60 Marti Stephan	1:51:03
Dee McKean	1:57:14
Cheryle Stallings	1:58:09
W65 Bonnie Wetzler	2:33:26
W70+EllajaneCustel76	2:47:38

### The Great Race Half-Marathon, 10K & 5K, Goshen-Elkhart, IN; May 29

Half-Marathon	
Overall	
GLEN ASHLOCK, 45	50:18
SANDRA STEFANSKI, 44	1:29:57
M35 DANIEL BAIRD	1:48:27
ARNIE KLAHR	1:59:09
ROSS BECKER	2:04:29
M40 MIKE EGLE	1:21:04
DAN DROSKI	1:22:47
TRENT SINNETT	1:24:24
M45 GLEN ASHLOCK	50:18
LOUIS STANICH	1:33:48
FRANCISCO MARIN	1:37:51
MYRON YODER	53:26
M50 HARRY CANNON	1:38:13
FRED COLBERT	1:39:37
THOMAS RUMBLER	1:46:12
M55 JED PEARSON	1:44:51
STEVEN SMITH	1:45:46
WILLIAM WILSON	1:45:49
M60 BRAD YODER	1:54:42
JOE DERVIN	2:13:23
TOM SHARP	2:27:38
M65 JIM SCOTT	3:03:21
W35 RACHEL LEIER	1:39:05
MICHELLE FOUTZ	1:48:36
FELICIA RICE	2:03:08
W40 SANDRA STEFANSKI	1:29:57
KARLENE HARRELL	1:35:53
MENZIE MAURER	1:37:01
W45 LAURIE SIENKOWSKI	1:51:06
PAULA TURK	1:54:54
JUANA MARIN	2:02:09
W50 ANN WILSON	1:54:51
THERESA PIPHER	2:13:11
BECKY KRICK	2:14:09
W55 MARY HUBER	2:24:34
W60 LINDA SCOTT	2:26:43
PATRICIA WOLF	2:41:34

### 10K

Overall	
EMMANUEL KORIR, 25	31:44
R HOLLINGER-JANZE, 15	45:38
M35 MATTHEW GILOTH	44:13
M40 GARRY HARRINGTON	38:40
M45 DAVE BUSSARD	37:29
M50 STEVE HISEY	53:29
M55 RUPERTO HERNANDEZ	53:44
M60 DICK PUTTERBAUGH	59:52
M65 CHARLES HAMM	55:30
W35 SARA MENNA	48:15
W40 PENNI HIMES	52:08
W45 LORETTA LECOUNT	53:47
W50 MARTHA RANDALL	1:11:19
W55 ANNE WILSON	1:09:13
W60 MARY CONNOLLY	1:09:16

### 5K

Overall	
PETER CASALETTO, 35	15:50
SUZANNE LARSEN, 28	17:28
M35 PETER CASALETTO	15:50
M40 DAN MARTZ	20:12
M45 PHIL SULLIVAN	20:19
M50 STEVE GORSUCH	21:08
M55 JIM MORNINGSTAR	22:10
M60 RAMON CASIANO	22:14
M70 RICHARD SHANK	25:37
M75 BILLY POLSTON	43:15
W35 TRACEY DESHONE	25:24
W40 LORI MERCER	27:30
W45 ANA DEBROUWER	29:49
W50 LAURIE NAFZIGER	28:22
W55 LAURA SNIPES	26:19
W60 KAREN KILE	33:38

### MID-AMERICA

### Dam to Dam 20K

Des Moines, IA; June 3

Overall	
Mike Morgan 26	61:24
Casey Owens 23	75:06
M35 Malcolm Campbell	63:52
M40 John Mirth	66:54
Daniel Boyle	68:18
Roger Scott	75:50
M45 Steven McKibben	72:52
Dennis Dombier	78:53
John Taylor	80:55
M50 Dave Johnson	76:18
David Nauman	77:22
Paul Kmiecik	78:28

Raul Deanda	78:54
M55 James Laplant	82:52
Joe Robinson	84:55
David Schulte	85:18
M60 Rich. Carspecken	1:42:07
Clay Whiteis	1:42:28
Cal Jenkins	1:47:30
M65 Jim Matthews	1:47:15
James Odefey	2:00:34
Ron Scott	2:02:53
M70+Jim Schleisman73	97:25
Leon Hodges 70	2:11:57
Gene Harding 75	2:15:58
W35 Ani Trane	80:45
W40 Bonne Sons	80:41
Sharon Stubler	81:57
Kathy Hale	88:56
W45 Ann Ringlein	85:45
Joyce Holland	96:12
Karla Richards	98:24
W50 Sheila Maddock	94:39
Andriette Wickstrom96:40	
Kathi Dellaca	1:40:23
W55 Claudia Scott	1:47:33
Lynne Geweke	1:51:17
Ann Brick	1:54:07
W60 Jane Niemeier	2:02:17
Winne Casper	2:32:01
Sally Fisher	2:44:36
W65 Breta Westlund	2:25:35
W70+R.JacksonAshmead70	2:03:19
Jan Gillum 70	2:35:29

### WEST

### Union-Tribune Race for Literacy 5K

San Diego, CA; May 7

Overall	
Henry Kipchirchir 22	23:05
Jemima Jelagat 21	25:26
M35 Jeff Klemmer	25:25
M40 James Sheremeta	25:19
Barry Heppell	27:43
Scott La Prath	28:16
M45 Jim Walsh	26:44
Adam Weiner	27:52
Matt Lake	29:29
M50 Greg Wilson	27:11
Martin Ellison	27:23
Les Shibata	29:44
M55 Gary Fryatt	30:56
Hank Sullivan	31:06
David Dunbar	31:20
M60 Ron Enos	30:29
Hal Goforth	32:05
Robert Mullan	36:33
M65 Steven Brenneck	34:01
Chas Burton	35:24
Carl Murphy	42:02
M70 Clay Mallard	41:10
Don Foster	44:15
Manuel Ibarra	48:06
M75 Ollie Olivares	42:52
Edward Maher	44:25
Bob Holmes	47:50
M80 John Cross	52:08
M85 James Spiller	81:05
W35 Tamara Lave	27:49
W40 Laura Stuart	29:03
Terry Moylan	30:19
Janice Riedel	32:12
W45 Liz Baker	30:52
Gayle Berretta	33:18
Penny Thralls	33:31
M50 Marcella Teran	30:46
Kimberlee Rouse	32:05
Marian Schmidt	35:36
W55 Kerry Tabler	36:59
Betty Rosenberg	39:09
Janis Campbell	39:15
W60 Ellen Steadman	45:36
Marilyn Moll	48:01
J KowalczykBeckworth	56:05
W65 Eileen Pue	39:56
Virginia Lopez	45:03
Una Marie Pierce	52:58
W70 Martha Walker	45:53
DoloresSustBarrios	64:55
Yvonne Allen	82:50
W75 Faye Stowers	65:55
Leonore Bouras	1:40:16
W90+MarjorieEaston91	1:35:50

### 5K

Overall	
Jessie Parra 26	16:20
Sue Zihlmann 42	19:42
M40 Jim Newman	19:58
Toshihide Tsugawa	21:24
Michael Berger	22:10
M45 Jim Newman	19:58
M50 Dennis Hall	22:07
Richard Reaser	24:28
Tom Stralaci	24:58
M55 John Westhafer	23:52
Thomas Griggs	43:52
Raul Felix	50:02
M60 Mario Portillo	26:39
Sal Torres	27:40
Bei-Dwo Chang	29:44
M65 Skip Korsgaard	24:33
Frank De Lucia	30:41
Paul Crawford	33:40
M70 Frank Greene	24:18
David Harper	25:57
Howard Kugel	27:25
M75 Richard Ryder	28:45
W40 Sue Zihlmann	19:42
John Spivack	25:04
Heather McVickar	27:55
W45 Grace MacArthur	24:26
Sienna Tucker	24:39
Marianne Propst	30:23
W50 Sherri Hall	21:10
Barbara Varon	22:48
Cindy Ure	29:18
W55 Kathryn Hanna	35:18
Alli Jason	36:12
Connie McCarthy	37:46
W60 Margaret Graham	33:22
Joanie Stahura	38:04

### Palos Verdes Marathon, Half-Marathon & 5K

Palos Verdes, CA; May 20

Marathon	
Overall	
Fritz Van Camp 26	2:35:57
Diana Rush 45	3:25:08
M40 Michael Marckx	2:57:55
John Heisner	3:15:55
Greg Hill	3:17:56
M45 Jeff Wong	2:57:33
Gary Craig	3:10:33
Danny Westergaard	3:20:11
M50 Arthur Cookson	3:02:07
Takashi Yagisawa	3:04:04
Victor Navarro	3:31:50

M55 Bill Braun	3:23:38
Jim Rucker	3:31:40
Oscar Fricke	3:31:44
M60 Vic Bertalan	3:41:29
Myung Park	3:56:24
M65 Bob Rebello	4:23:49
Irving Hoffman	4:36:38
Jan Stenstrom	4:51:03
M70 Gordon Watson	4:55:21
Claude Bruni	4:55:21
Paul Straub	5:15:05
M75 Flavio Bisignano	4:39:59
Dick Windishar	5:11:53
W40 Mari Russell	3:32:13
Marlisa Pitchford	3:49:55
Janet Westergard	4:16:09
W45 Diana Rush	3:25:08
Sena Hoodman	3:44:54
Jill Qweisman	3:55:02
W50 Julie McKirney	3:42:32
Blyth Matsuoka	4:27:17
Shannon Wasenda	4:28:25
W55 Suzanne Miller	5:02:22
W60 Penny Tyree	4:36:44
Julia Dunphy	4:41:43
Roxana Lewis	5:21:54
W65 Gloria Bassler	6:38:25
Vikki Richardson	6:45:49

### Half-Marathon

Overall	
Joseph Pendleton 38	1:19:59
Kimberley Fagan 35	1:24:02
M40 Mark Shalvarjian	1:21:54
Rick Dadson	1:25:40
Thomas Lawrence	1:28:08
M45 Allen Turrietta	1:23:12
Gustavo Mena	1:27:07
Manny Reed	1:32:20
M50 Thom Burleson	1:25:43
Es Avol	1:29:51
Jim O'Brien	1:33:31
M55 Steve Notaro	1:36:35
Jim Chung	1:44:45
Dan Adams	1:46:07
M60 Kent Street	1:46:06
Hans Unger	1:46:51
Alen Culver	1:51:40
M65 Pat Wickens	1:36:36
Michael Moore	1:47:10
David Halverson	2:13:54
M70 Ray Myers	1:50:48
Nathan Winer	2:07:49
Bo Woo Lee	2:10:30
M75 Hal Sullivan	2:05:16
Bob Koch	2:06:39</

Julio Arce	2:53:18
M40 Carlos Alarcon	2:53:02
Mark Backes	2:55:00
William Henderson	2:57:19
Rick Dodson	2:59:16
Alejandro Zinser	3:00:15
M45 Jacques Lecuyer	3:00:29
Ron Bodine	3:00:39
Charles Prokop	3:02:55
Jose Martinez Molina	3:05:50
Brook Boynton	3:08:39
M50 Les Myers	2:47:14
Martin Ellison	2:51:35
Bruce Urquhart	3:08:11
Les Shibata	3:09:03
Kurt Hallock	3:09:17
M55 Carl Randall	3:06:52
Jerry Martinez	3:16:17
Rick Burd	3:17:06
Billy Kennedy	3:17:50
M60 Benjamin Caro	3:09:27
Richard Green	3:14:13
Francesco Cniti	3:30:36
Suresh Lyengar	3:34:18
M65 Peter Jones	3:38:38
Norm Bornstein	4:15:09
Sa Hong	4:16:14
M70 Richard Williams	4:07:42
Frank Vasquez	4:20:40
James Woolf	4:19:52
M75 Frank Chen	5:19:12
Ollie Olivares	6:03:50
Frank Ota	6:21:13
M80 Jim Ray	5:26:52
John Cross	6:10:52
Sid Jones	7:11:51
W35 Lyubov Morgunova	2:29:39
Hope Concannon	3:01:33
Wendy Hagle	3:04:24
Tracey Angelopoulos	3:09:43
Mary Jones	3:12:11
W40 Myrna Marinovic	3:21:36
Sonia Soprenuk	3:26:07
Debbie Snider	3:26:30
Mary Garnett	3:29:21
Uli Samer	3:29:10
W45 Malgorzata Mirkowicz	3:19:24
Christa Koot	3:19:21
Rachael Stclair	3:21:55
Maria Madueno	3:22:28
Coco Gutierrez	3:27:15
W50 Mariat Fernandez	3:26:04
Deborah Shea	3:41:24
Jan Adams	3:47:16
Pattie Post	3:47:59
W55 Romy Niblack	3:40:56
Willie Mundt	4:01:45
Shirley Shaw	4:14:18
Sandy Montgomery	4:15:39
W60 Imelda Herrera	4:50:38
Marilyn Carpenter	4:46:38
Mary Anne	4:58:06
W65 Betty Frankum	5:09:50
Marnie Roti	5:38:31
Willie Toth	5:42:43
W70 Kathleen Callaway	6:24:31
Sheila Pelton	6:46:38
Anna Smith	6:58:33
W80 Margaret Davis	5:52:25
Hamette Thompson	6:49:58

#### Gardena 5000 Gardena (L.A.), CA; June 4

Overall	
Juan Valencia	26 15:35
Jennifer Sanchez	46 18:32
W40 Kathleen Evans	20:38
Cynthia DeMarco	20:56
Karina Bird	21:01
W45 J Sanchez	18:32
Olag Reyes	20:58
Rosa Arevalo	22:13
W50 Bonnie Chun	24:43
Wendy Bracamonte	24:46
Joni Hogaboam	25:09
W55 Sharon Lottesto	22:49
Barbara Whitsitt	28:22
Juanita Meraz	29:27
W60 Jane Dawson	29:26
Joanie Stahura	40:09
Merry DeLucia	41:00
W65 Joann Bally	42:15
Maria Van Ingen	46:39
Joy Shanklin	46:53
W70 Virginia Lespron	34:50
Florence Wong	36:35
Hats Sueishi	42:55
W75 Kazuyo Callahan	48:19
Guadalup Castaneda	50:08
M40 Danny Martinez	15:38
Jose Ortiz	16:33
Evae Silva	16:34
Robert Leonardo	16:45
M45 Robert Franks	17:45
Francisco Lopez	17:55
Ricardo Menjivar	17:56
M50 Antonio Arevalo	18:08
Ed Avol	19:09
Adabetto Mendoza	19:29

M55 Amezcua Maurilio	19:10
Elias Garcia	19:16
Esteban Galvez	19:23
M60 Joe Dennis	18:44
Mike Lopez	21:18
Michael Morrow	21:30
M65 Susumu Niimi	23:03
Skip Korsgaard	24:42
Bruce Brady	26:19
M70 Gil Perea	25:08
Robert Lyons	26:02
Howard Kugel	28:20
M75 Gunar Linde	25:05
Ryoji Akiyama	27:59
Richard Ryder	28:53
M80 Myer Miller	48:10
Roy Murano	49:08
M85 Beryl Callahan	45:04
M90+Robert Ashimine	94 45:53

#### NORTHWEST

#### Lilac Bloomsday 12K Spokane, WA; May 7

Overall	
Gilbert Okari Kenya	34:14
Isabella Ochichi Kenya	38:38
M35 JOSEPH KOECH	35:25
DREW WARTENBURG	39:31
KEVIN SHEEHY	39:47
M40 SEAN P WADE	37:45
ALAN M NEWTON	38:12
DENNIS SIMONAITIS	38:50
M45 SAM NGATA	38:41
STEVE A TIDD	43:03
RICHARD MENICKE	44:19
M50 ROBERT B TOWNE	45:54
JOHN B ERICKSON	46:09
ALAN F ZEUGE	46:56
M55 STEVEN R DEAN	46:02
TOM CLARY	46:56
SCOTT MELVILLE	48:20
M60 JEFF X CORKILL	45:34
JERRY F GRAHAM	49:36
WILLIAM H GREENE	49:59
M65 GRANT W SMITH	54:13
RICH K OLIN	56:39
M70 BILL IFFRIG	53:20
DAVID T PITKETHLY	56:52
BILL KERR	1:01:02
M75 RUDY H GAHLER	1:08:53
RICHARD NEUDER	1:09:55
R. FREDERICKS	1:14:53
M80 LENN J DOMPIER	1:14:27
TOM SHEEHAN	1:23:31
JOHN R BOWERS	1:28:43
M90+JOHN JANSSEN	2:16:28
JOHN H SPRAGUE	2:22:59
JULE O CRABTREE	2:30:14
W35 DOROTA GRUCA	40:16
NICOLE B HUNT	41:34
GWEN T GREINER	44:24
W40 SYLVIA MOSQUEDA	41:37
LYUBOV KREMLEVA	43:17
VALENTINA EGOROVA	44:10
M45 BUNNY M MCGORNA	48:31
BETH WALLBANK	49:38
KELLY J KRUELL	50:14
W50 LETA L CAMPBELL	52:55
LINDA M HERBERT	54:07
LINDA J VEVEA	54:19
W55 ANN B BELL	54:13
VALERIE ALLISON	58:36
JANE A DAVEY	59:25
W60 PAT L WARNER	59:43
BONNIE L TORSKE	1:03:06
SHIRLEY A WEAVER	1:03:08
W65 SYLVIA C QUINN	1:00:24
HELEN B ROSS	1:03:40
S. ROBERTSON	1:07:49
W70 ARLENE ARNESON	1:11:16
EILEEN M FAWCETT	1:12:03
JOAN Z PRIBNOW	1:14:29
W75 JUNE H MACHALA	1:01:52
MADONNA BUDER	1:13:42
LOIS J HATCH	1:26:03
W80 GRACE A CRISWELL	1:42:27
JOY PETERSON	1:48:46
E LOU DANIEL	1:55:54
W90+BARBARA ROBERTS	2:19:29
PAULINE D BAXTER	2:27:01
DONNA D ENZLER	2:30:51

#### Montana Women's 5 Mile Billings; May 13

Overall	
Kathy Aragon	46 32:11
W35 Cathy McKenzie	33:24
W40 Crystal Sublette	35:09
Kathy JohnsonBick	36:55
Ruth French	39:53
W45 K Aragon	32:11
Karen SanfordGall	32:33
Diane Horton	35:04
Kathy Wilkinson	35:15
W50 Hope Smith	35:48
Nora Phelps	41:40
Kate Novakovich	43:00
W55 Debbie Magill	37:00
Rachel Cox	43:39
Cathy Redlin	44:41

W60 Josie Chalmers	41:53
Pat Petersen	42:35
Peggy Kestner	51:10
W65 Marlene Tetraut	50:26
Alaete Fish	50:58
Mary Mehrer	56:04
W70 Jeanne Milton	75:06
Bobbi Sawicki	77:11
Maureen O'Reilly	77:35
W75 Luge Aragon	60:55
Bunny King	80:21
Marilyn Jimison	85:19
W80+Ada McKeen	80 56:22

#### Capital City Marathon & Half-Marathon Olympia, WA; May 21

Overall	
Jesse Stevick, 24	2:34:59
Vanessa Hunter, 30	2:49:08
M35 Jeff Brady	3:01:10
M40 Paul Smith	2:40:49
M45 Paul Abdalla	2:46:00
M50 Fred Wedam	3:02:09
M55 Rhys Harrison	3:08:58
M60 Ronald Olsen	3:41:42
M65 Evan Fagan	4:21:22
M70 Melvin Preedy	4:20:09
M75 Grant Yule	5:05:16
W35 Christy Runde	3:07:56
W40 Ann Armstrong	3:05:59
W45 Julie Groo	3:25:06
W50 Pamela Borlinha	4:16:50
W55 Valerie Allison	3:42:20
W60 Judy Fisher	4:14:54
W70 Gwen McFarlan	4:10:27

Half-Marathon	
Overall	
John Riak, 22	1:12:15
Gwen Greiner, 36	1:18:59
M35 Matt Ruhl	1:17:22
M40 Bob Brennard	1:19:37
M45 Frederick Motteler	1:21:50
M50 Kent Sizer	1:19:19
M55 Dennis Zaborac	1:37:29
M60 Brian Fitzpatrick	1:37:50
M65 Steve Kubas	1:44:15
M70 David Danbom	2:58:52
W35 Gwen Greiner	1:18:59
W40 Mary Hanna	1:24:52
W45 Carol Prange	1:40:55
W50 Barb Burmann	1:45:25
W55 Linda Benefiel	2:04:12
W60 Helga Goodrum	2:08:23
W65 Elinor Jensen	2:50:03
W70 Joan Pribnow	2:13:31
W75 Corinne Balser	4:58:37

#### Eugene Challenge Mile Eugene, OR; May 27

(chip times)	
Overall	
Blake Boldon	26 4:08.2
Sopagna Eap	25 4:49.5
M35 Devan Schulz	4:39.8
M40 Joe Dudman	4:27.6
Chris Yorges	4:32.8
Tom Kreuzpeintner	4:33.0
Jeff Knowlton	4:55.4
Mark Alexander	4:56.5
Curt Hawkinson	5:32.3
Richard Gambino	5:44.5
M45 Dan Jackson	4:54.9
David Harding	5:16.9
Mark Wenneker	5:25.1
Mike Galligan	5:35.6
Brad Coutant	5:36.2
Randy Hale	6:11.7
Michael Edelstein	6:29.7
M50 Dan Wojcik	4:57.6
Drew Poulin	5:45.4
Bob Doran	5:46.0
Joe Mosley	6:01.8
Dave McGory	6:04.3
Bob Hacker	6:06.6
Pat Yochum	6:09.1
M55 Pete O'Neil	5:41.1
Jeff Walker	5:46.7
Mel Bankoff	5:49.1
Andrew Schob	6:00.1
Gary Richwine	6:50.4
M60 Gary Craven	5:52.9
Les Castle	6:09.3
David Wilkins	6:57.0
Jim Jaqua	6:57.2
W35 Andrea Niggemeier	5:00.0
W40 Alyssa Tower	5:27.8
Wendy Simmons	6:01.8
Tammy Volk	6:04.3
Connie Cottrell	6:43.1
W45 Betsy Seth	6:51.6
Ann ColeFinkelstein	7:32.6
RobynVaRossman	8:18.3
W50 Terry-Lynn Lovison	7:13.0
Robin Forster	9:06.8

W55 Jeanette Groesz	5:44.6
Janet Heinonen	8:05.1
W60 Eileen Holzman	6:58.5
G ProudfootShoup	7:10.8
Judy Gilbert	7:11.8
Ilse Berkeley	7:56.6
W65 Jane Dods	8:32.1

#### RACEWALKING

#### SCA-USATF National Masters / West Region 15K RW Championships Riverside, CA; May 7

Overall	
Kevin Killingsworth	1:22:37
Teri Storc	1:37:38
M45 Pedro Santoni	1:25:15
Al Cazas	1:49:26
M50 Kevin Killingsworth	1:22:37
David Ciccone	1:24:02
M60 Norman Frable	1:24:51
James Carmines	1:30:48
Dave Crabb	1:35:09
Jim Paschall	1:42:28
M65 Paul Johnson	1:31:22
John Backlund	1:35:14
Bernie Finch	1:48:34
Patrick Bivona	1:52:11
M70 Jack Bray	1:34:51
Carl Acosta	1:41:41
Cliff Elkins	1:52:16
Arvid Rolfe	1:55:34
M75 Jack Starr	1:39:59
Bill Moremen	1:46:50
W40 Trisha Petraglia	1:44:39
W45 Teri Storc	1:37:38
Deanne Edwards	1:42:42
W50 Kathy Finch	1:51:57
Jenny Dean	2:08:28
W55 Carol Bertino	1:45:28
Julie Fox	1:52:41
W60 Kathleen Balser	1:38:46
Jolene Steigerwalt	1:38:59
Kathy Frable	1:44:35
Darlene Backlund	1:46:50
Sandy Hulst	1:47:48
W65 Pat Paschall	1:52:41
W70 Bev McCall AR	1:42:57
(Rose Kash/1:59:21/1992)	
Shirley Capps	1:57:11
W75 Patti Kennedy	2:09:13

#### USA National 10K RW Championships Niagara Falls, NY; June 3

Overall	
Tim Seaman (34)	42:23
Jolene Moore (40)	46:47
M30 Tim Seaman	42:23
Jussi Koski	52:00
M40 Allen James	44:49
John Soucheck	50:29
Dan O'Brien	51:37
Dave McGovern	52:13
Bill Vayo	55:07
M45 Ray Sharp	47:06
Mel McGinnis	50:03
Ian Whatley	51:02
Douglas Johnson	53:37
Hans Dinger	58:43
M50 Nil Lavallee	48:55
Dave Lawrence	52:15
Bob Whitney	1:07:41
M55 Patrick King	1:00:41
Lynn Phillips	1:03:41
M60 Marc Olshan	59:20
Don Knight	1:00:43
M65 Marshall Sanders	1:04:56
M70 StuartSummerhayes	1:04:39
M75 Jack Starr	1:05:24
Susan Randall	56:04
Sarah Raetsen	1:08:14
W35 Nathalie Lalonde	1:01:17
W40 Jolene Moore	46:47
Ginger Armstrong	1:04:55
Laura Houston	1:05:48
W45 Kitty Cashman	56:29
Lynette Heinlein	1:02:10
Laurie Smith	1:04:53
Sherri Stager	1:06:03
Sue Neumeister	1:06:56
Joan Murray	1:10:08
W50 Nanci Sweazey	56:54
Debbie Topham	58:56
Gloria Foley	1:04:14
Linda Wilson	1:05:38
Robin Olkowsi	1:09:09
W55 Joyce Prohaska	1:04:15
Sharon Wright	1:05:43
W60 Fran Emanuel	1:10:05
W65 Walda Tichy	1:08:03
W70 June-Marie Provost	1:08:48
W80 Margaret Walker	1:42:04

#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - JULY 2006

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
CARL LEWIS(HOUSTON,TX)	7- 1-61	45-49
GERDA JACOBSONH(RSA)	7- 1-61	45-49
BRIGITTE HEIDRICH(GER)	7- 3-61	45-49
DAVID OLDS(MARINA DEL REY,CA)	7-12-61	45-49
NADEZHDA BODROVA(UKR)	7-13-61	45-49
DOUG PORTER(SEATTLE,WA)	7-21-61	45-49
YOLANDA CHEN(RUS)	7-26-61	45-49
HENRY BARELA(US)	7- 6-56	50-54
JEFF BILDERBECK(ALAMOSA,CO)	7-11-56	50-54
LIZ JOHNSON(CHARLOTTE,NC)	7-12-56	50-54
CRAIG YOUNG(COLORADO SPRINGS,CO)	7-16-56	50-54
TONY RODIEZ(US)	7-17-56	50-54
LIS GLAVIND(DEN)	7-21-56	50-54
CONCEICAO GEREMIAS(BRA)	7-23-56	50-54
RINI HAGENAARS(NED)	7-17-51	55-59
MICHAEL JACKSON(US)	7-22-51	55-59
ANNE FISK(BELL CANYON,CA)	7- 1-46	60-64
RICKARD BRUCH(SWE)	7- 2-46	60-64
ROBERT RICE(US)	7- 3-46	60-64
JIM HAMPTON(CA)	7- 5-46	60-64
DENNIS PHILLIPS(PHILOMATH,OR)	7- 5-46	60-64
CHRIS KIRLIS(CAN)	7- 5-46	60-64
REX HARVEY(DES MOINES,IA)	7- 6-46	60-64
DON PORTEOUS(CA)	7- 7-46	60-64
KATHLEEN KAISER(CHICO,CA)	7- 9-46	60-64
ANN LETHERBY(AUS)	7-22-46	60-64
HEATHER MATHEWS(NZL)	7-26-46	60-64
LARRY PRATT(NEWARK,DE)	7- 1-41	65-69
ANNE STOBASUS(AUS)	7- 6-41	65-69
WOLFGANG HAMEL(GER)	7- 7-41	65-69
INGELORE GRUNERT(GER)	7-11-41	65-69
BETTY DUGAN(DAVIS,CA)	7-11-41	65-69
CHARLES KEATING(WELLESLEY,MA)	7-16-41	65-69
CHARLES WILEY(VENTURA,CA)	7-16-41	65-69
JOHN SCOTT(GBR)	7-17-41	65-69
MARY GILLESPIE(HOUSTON,TX)	7-18-41	65-69
FRANCES HARRIS(AUS)	7-21-41	65-69
LINDA TICKNOR(CENTRALIA,WA)	7-25-41	65-69
MARJA-LEENA KANGAS(FIN)	7-29-41	65-69
CAROLINE MACLEOD(RICHFIELD,WA)	7- 2-36	70-74
KAY DUPLICHAN(HOUSTON,TX)	7- 3-36	70-74
MARGARET PEROSKE(DEARBORN,MI)	7- 3-36	70-74
GALINA NEKRASOVA(URS)	7- 4-36	70-74
ESBJORN WIBERG(SWE)	7- 5-36	70-74
ALEXANDRIA JOHNSON(BRONX,NY)	7- 5-36	70-74
HANNELORE BORMANN(GER)	7- 7-36	70-74
KIMBERLY MAXWELL(CAN)	7- 7-36	70-74
PAMELA JONES(GBR)	7- 7-36	70-74
ALBINA TSHERNOVA(URS)	7- 9-36	70-74
EUNICE CARLSON(MARQUETTE,MI)	7- 9-36	70-74
DOROTHY WHITAM(AUS)	7-10-36	70-74
TAMI GRAF(SAN DIEGO,CA)	7-11-36	70-74
JIM RABIE(RSA)	7-12-36	70-74
EDELTRAUD POHL(GER)	7-14-36	70-74
BOB PACKARD(SCOTTSDALE,AZ)	7-20-36	70-74
HARRY URPINEN(FIN)	7-20-36	70-74
KAREN HOLAPPA(ANN ARBOR,MI)	7-21-36	70-74
ENA HEYN(GBR)	7-22-36	70-74
BOB MARKLE(EL SEGUNDO,CA)	7-23-36	70-74
NADEZDA KAVTASKINA(LAT)	7-25-36	70-74
NANCY PARKER(DUNWOODY,GA)	7-26-36	70-74
SEPPO SIMOLA(FINL)	7-27-36	70-74
KJARTAN SOLVBERG(NOR)	7-31-36	70-74
BETTY VOSBURGH(TRYONE,GA)	7- 4-31	75-79
BEVERLY LAMPE(MONONA,WI)	7-11-31	75-79
DAISY VICTOR(IND)	7-17-31	75-79
SAM ADAMS(SANTA BARBARA,CA)	7-22-31	75-79
MARIO CALDERON(GUA)	7-25-31	75-79
CHRIS MCKENZIE(GREAT NECK,NY)	7-26-31	75-79
KARL-FRIEDRICH HAAS(GER)	7-28-31	75-79
LEN OLSON(JERICHO,VT)	7-30-31	75-79
MIGUEL RIVERA(PUR)	7-30-31	75-79
VIRGINIA SKIFFINGTON(CA)	7-30-31	75-79
JOY GREENDA(STONE RIDGE,NY)	7- 3-26	80-84
ROSET PIVA(CA)	7- 4-26	80-84
RUTH DETTERING(SAN FRANCISCO)	7- 4-26	80-84
HOWARD C. MACMILLAN(SYRACUSE,NY)	7- 5-26	80-84
BOB SIEBEN(SAN DIEGO,CA)	7- 5-26	80-84
ISAAC ABDON RUEDA(SPA)	7-15-26	80-84
ERNST LARSEN(NOR)	7-18-26	80-84
MICHAEL ORLICH(ZEPHYR COVE,NV)	7-19-26	80-84
JAKOB RYPDAL(NOR)	7-19-26	80-84
LIESELOTTE SEUBERLICH(GER)	7-19-26	80-84
AUDREY WILLIAMS(NZL)	7-20-26	80-84
ROBERT KOPELL(NY)	7-22-26	80-84
PAULA VAN HELMONT(BEL)	7-24-26	80-84
NAN LITTLE(NZL)	7-30-26	80-84
DUMITRU TALMACIV(ROM)	7- 3-21	85-89
BILL COTTER(US)	7- 6-21	85-89
WILLI GEORG(GER)	7-10-21	85-89
ELENA MATUSKOVA(CZE)	7-13-21	85-89
DIANE FRIEDMAN(CLEVELAND,OH)	7-18-21	85-89
KARL LARSEN(AMES,IA)	7-24-21	85-89
THELMA RUBIN(CA)	7-27-21	85-89
KARL-HEINZ MARSCH(GER)	7-28-21	85-89
PETE GANAH(L CORONA,CA)	7- 4-16	90-94
JOHN HOLOBEK(LOMP OC,CA)	7-15-16	90-94
KLAUS LANGER(GER)	7-15-16	90-94
FAY STEELE(HONOLULU,HI)	7-29-16	90-94
OLAV REPPEN(NOR)	7- 9-11	95-99
OMER HIX(TX)	7-11-11	95-99
KIMURA KIZO(JPN)	7-11-11	95-99
SAM MONASTERO(NJ)	7-22-11	95-99
FRANCINE BONNANS(GER)	7-22-11	95-99

# **RECIPIENTS OF ALL-AMERICAN AWARDS**

M30-34 Dan Murdock 60m 7.38 3/3/06

M35-39 Steven Cassar 1500 4:17.48 7/16/05  
Jeff Fritz Mile 4:34 8/6/05

M40-44 Maurice Pointer Mile 4:49 7/16/97  
Bob Walters 60m 7.58 3/25/06

M45-49 Brian Ueno DT 37.57 5/28-29/06

M50-55 Jack Marvin 10K 37:49 5/13/06  
John Matthews 3000 10:27.58 6/4/06

M55-59 Jim Sheehan 1500 4:59.56 6/11/06

Jeff Weatherhead 1500 5:05.86 6/4/06

Tim Wigger Mile 5:21.69 6/6/06  
800 2:18.54 6/8/06

M60-64 Bob Zawidski LJ 4.55 4/22/06

M65-69 Frank Brume 800 2:43 2/25/06

Stephen Cohen SP 11.71 3/25/06

James McKeon DT 40.42 6/10/06

Thom Weddle 3000 12:29.69 3/24/06  
Mile 5:54.91 1/07/06

M80-84 Craig McMicken 3K 16:57.24 6/11/06

W45-49 Elizabeth Rudy 800 2:45.7 6/1/06

Mile 5:56.1 6/8/06

W75-79 Nancy Wallace 10K 59:18.0 5/7/06



## **U.S. MASTERS ALL-AMERICAN STANDARDS**

### **FOR MEN**

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	14.8
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/4	6-1 1/2	5-9 1/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.00	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	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	14.00	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#WL	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00			
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4			
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 1/4	45-11 1/4	43-5 1/4	41-0 1/4	46-9	43-5 1/4	45-11 1/4	43-5 1/4	44-3 1/4	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4
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	
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18-4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
WL Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70-79: 4k; 80+: 3k  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70-79: 4k; 80+: 3k  
 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/WL Pen: 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	36:49	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-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

## **U.S. MASTERS ALL-AMERICAN STANDARDS**

### **FOR WOMEN**