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Pope's Quest for Fourth Title Falls Short Strijakov, Gautier Tops in Cotton Row



SUZY HESS Brian Pope, M40, is expected to enter the USA Masters Championships, Charlotte, N.C., Aug. 3-6.

By JIM OAKS

HUNTSVILLE, Ala. – Brian Pope's quest to become the first male master to win four titles in the 27-year history of the Mercedes-Benz Cotton Row 10K Run was ended by two outstanding foreign athletes on Memorial Day, 2006.

Russia's Oleg Strijakov, 42, became only the third master to break 31 minutes on the rugged course that includes Mountainwood Hill at the halfway point. He won the 2006 title in 30:54 and enjoyed the top masters prize of \$600. Strijakov's time was good enough to finish seventh overall (\$100) and dip into the open prize money. Kenyan Albert Okemwa, 40, was sec-

Kenyan Albert Okemwa, 40, was second in 32:15 with Pope, 43, third in 32:42, followed by former U.S. Olympian, John Tuttle, 47, in 33:15, and Kenyan Titus Mutinda, 41, fifth (33:25).

Pope, a Mississippi native and current resident of Oxford, won top honors in 2003-2005 to duplicate Kenyan Andrew Masai's three wins from 2000-2002, and Ethiopian Atlaw Belilgne's three from 1985-1987.

Masai holds the course record from his phenomenal 2000 performance of 29:38. The following year he ran 30:48, pushed all the way by Tuttle, who ran 30:55 that day.

In the women's race, Jan Gautier, 40,

Continued on page 6

VICTOR SAILER / PHOTO RUN

Benoit-Samuelson

Freihofer's 5K (story on p. 12).

Joan

W45, in the



Runners struggle to cross a river during the Trunce Fell Race in the U.K., May 22. Against the Elements – Fell Running

By BRIDGET CUSHEN A true athlete rarely refuses a challenge. However, even the most foolhardy may have second thoughts after reading the introduction to the safety requirements for fell races:

"Fell running attracts competitors with a wide range of ability and experience. Those who are unfit and inexperienced in meeting the hazards which mountain terrain and weather present are at greatest risk of personal harm. We know only too well that anyone participating in a fell race may suffer an accident, the consequences of which may be extremely serious."

The fells cover a large swath of the North of England from Derbyshire up to Hadrian's Wall, a historic wall built by King Hadrian to keep out the marauding invading Scots.

The first recorded fell race was held in Burnsall, circa 1882, and the now popular Rivington Pike race dates back to the 19th century.

Charlotte Ready for Nationals

By MOLLY HEDRICK Charlotte LOC

The USA Masters Track & Field Championships will return to the South for the first time since it was held in Baton Rouge, La., in 2001. This year, Charlotte, N.C., will host the 39th edition of the meet on August 3-6, when more than 1200 athletes are expected to converge on the University of North Carolina-Charlotte (UNCC) track complex to compete for best-in-nation honors.

Competition is held in five-year age-groups, starting at age 30-34. For the first time at an outdoor national championships, men 35-39 will be competing for official national titles, after that division was approved by USA Track & Field to conform to its adoption as a masters age-group by WMA and IAAF. The only qualification for U.S. citizens to enter is registration with USATF, the national governing body of athletics.

Continued on page 8

Records Fall in Striders Meet

By JERRY WOJCIK

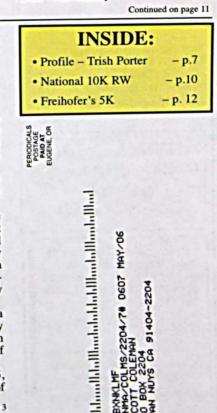
Bolstered by world-record performances, the 2006 Southern California Striders Meet of Champions maintained its reputation as one of the prime, as well as one of the oldest, masters meets in the U.S. One national and four agegroup world records were set at California State University-Long Beach on May 20.

Willie Gault, M45, top ranked in the M40 hurdles in 2005, skipped that event to run a 21.91 in the 200, well below the world record of 22.13 by Kevin Morning in 2002. Gault ran a wind-aided 10.80 in the 100, disallowing another possible record, held by Neville Hodge at 10.96.

Gerry Davidson, W85, ran a 24:00.33 in the 3000 to break Ivy Granstrom's world-best 24:08.62 in 1998. Davidson set the W80 record of 20:41.04 in 2004 when she was 83.

In the jumps, Kathy Bergen, W65, upped the high jump world record of

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Publisher: Suzy Hess

Editor: Jerry Wojcik

onsultant: Al Sheah

Masters Web Sites:

www.masterstrack.com

www.usatf.org

Senior Editor: Angela Egremont

P.O. Box 50098 Eugene, OR 97405 541-343-7716; Fax: 541-345-2436

mail: natmanews@aol.com

www.nationalmastersnews.com

www.runningusa.org www.world-masters-athletics.org

Advertising Representative: Suzy Hess, 541-343-7716

Pete Taylor (VA), Mike Tymn (OR).

Elected Officers Chair: George Mathews 9787 N. Country Club Dr. Hayden Lake, ID 83835 208-772-8686 (H) 208-772-8662 (F) george mathews@adelph

Ce-Chair: Suzy Hess P.O. Box 5272 Eugene, OR 97405 541-343-7716 (W) 541-345-2436 (F)

mtfvice. ccretary: ter Mount mtfvicechair@aol.com

george.mathews@adelphia.net Vice-Chair:

Lester Mount 6750 Hillcrest Plaza Dr., #221 Dallas, TX 75230 214-766-2854

stermount@yahoo.com

Treasurer: Joy MacDonald 1928 No. Sleepy Creek Rd. Cross Junction, VA 22625 540-888-3110 (H) 540-888-9961 (F) ftlredskin@aol.com

Executive Committee

Ray Feick 2987 Lutheran Rd.

utheast:

Chair:

Secretary:

Gilbertsville, PA 19525 610-754-6007

rayfeick@peoplepc.com

Bob Fine 3250 Lakeview Blvd.

John Boyle P.O. Box 1700 DeLand, FL 32721 386-736-0002

386-740-1047 (F)

Lloyd Stephenson P.O. Box 170266

fstmstr@mac.com Vice-Chair:

USATF Road Records: Andy Carr Atlanta Track Club

OPEN

jboyle@altavistasports.com

San Francisco, CA 94117 415-759-6194

DrEN wards: Don Lein 13 Crosswinds Estates Pittsboro, NC 27312 919-542-4790; 542-5157 (F) dmlein@earthlink.net

Flected Officers (above) Regional Coordinators

SUBSCRIPTION PROBLEMS: 818-286-3129

National Masters News Office (Editorial):

Schedule: Jerry Wojcik, jerrywoj@aol.com

Graphic Design & Layout: Angela Egremont Printing: Western Oregon Web Press, Albany, OR

Track & Field Records: Sandy Pashkin, Pete

Long Distance Records and Rankings: (see below)

Racewalking Records: Bev LaVeck McCall Track & Field Rankings: Dave Clingan, Larry Patz

Contributors: Phil Campbell, Hal Higdon, Dr. John

Correspondents: Ruth Anderson (OR), George Banker

(MD), Bob Fine (FL), Paul Heitzman (KS), Bob Koch (CA),

Carol Langenbach (WA), Ron Marinucci (MI), Marilyn Mitchell (NY), Paul Murray (NY), Jim Oaks (AL), Mike

Polansky (NY), Phil Raschker (GA), Ken Stone (CA),

Delray Beach, FL 33445 561-499-3370 bobfine@bellsouth.net

Mid-America: Christel and Jerry Donley 2354 Wood Ave.

Colorado Springs, CO 80907 719-635-1264

christelhsv@hotmail.com

1149 Sheldon Road Grand Haven, MI 49417 616-844-1768 616-743-5920 (F)

Southwest: Lester Mount (See Secretary)

18 Charca Rancho Santa Margarita, CA 92688 949-589-0242

imol149@mac.com

runnermark@cox.net Northwest:

Todd Taylor 1320 Boardwalk Avenue Molalla, OR 97038 503-829-5395

Becky Sisley 310 E. 48th Ave. Eugene, OR 97405 541-342-3113

Seattle, WA 98116

bsisley@uoregon.edu Championships Sites Chair: Ken Weinbel

4103 Hillcrest Ave., S.W.

taylors@ironmanthrows.com Active Athletes Representative:

Midwest: Jim O'Neill

West: Mark Cleary

Pagliano, Avital Schurr, Mike Tymn, Elaine Ward

ssistant Editor: Jane Dods

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206-938-3895 (H) ktweinbel@msn.com Championships Games Chair: James Flanik

7300-D Forest Cove Lane Northfield Center, OH 44067-3065 330-468-6363 (H) 216-244-1705 (cell)

jpflanik@aol.com Chair Appointee: Rex Harvey 6744 Connecticut Colony Cir. Mentor, OH 44060 440-255-0751 440-954-8122 (W) 440-939-5688 (C) with@aol.com

rexjh@aol.com

All American Standards:

Bob Cahners 4535 Lighthouse Lane Naples, FL 34112 239-793-4574 (H)

239-793-5744 (W)

rcahners@aol.com

239 Barton Aven

Palm Beach, FL 33480 561-659-1189 617-513-2928 (cell)

pmb02129@aol.com Championships Games Committee Vice-Chair:

932 Purdy Birmingham, MI 48009 248-642-4256 (H)

NATIONAL MASTERS OFFICERS OF

USA LONG DISTANCE RUNNING

Ch

Stats:

Team Manager Charles DesJardins

CRDJ@interqwest.com Rules Coordinator: David Katz

Port Washington, NY 11050 516-883-5599

Masters Hall of Fame/Championship

Chesterbrook, PA 19087-5711 610-647-2201 610-647-4946 (F)

ampionships: John Boyle (See above)

P.O. Box 822

katz@firrt.com

Norm Green

101 Fairfax Ct.

Carroll DeWeese

Awards: Phil Byrne

3097 E. Shadowlawn Ave. NE Atlanta, GA 30305 404-231-9064 x20

404-364-0708 (F) office@atlantatrackclub.org

www.atlantatrackclub.org

638 Charleston Place

638 Charleston Place Ventura, CA 93004 805-696-6232

805-659-0016 (F)

www.runningusa.org Law and Legislation:

212-758-2104 (W) 212-308-8582 (F)

Mary Rosado

Ryan Lamppa Running USA Media Director

Mary Rosado 102 West 80th St., Apt. 23 New York, N.Y., 10024-6303 212-874-0822 (H)

mvrosadoesq@prodigy.net

Road Rankings:

inflanik@aol.com

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Cross-Country Representative: Bill Quinlisk 412 Humboldt St. Rochester, NY 14610-1113 billg@frontiernet.net 585-482-6371 Mountain, Ultra, Trail Representative Lorraine Gersitz (ultra rep) 714-526-5340 bruceandlo@earthlink.net William Emerson (trail rep) wemerson@hotmail.com Dave Dunham (mountain rep) david.a.dunham@irs.gov Roy Pirrung (vice chair) ultraone@charter.net WMA Delegates:

Charles DesJardins (see above) Mary Rosado (address above)

ll records h time. The t formance. records. It used to what he or she had

Wiped Out Whenever W weights or specs ments, all the reco gory are wiped off new set is begun. This is sad, bee old records have s out being challe records are now ju ing. New records

when they don't re formances Certainly the javelin throw af al the greatest master event, was done by 55 in 1995. He thi 65.74m (over 215 that, WMA chang javelin to 700g.

Still Unsurpass The enormity of fied to by the fact t 55-year-old has ex with a 700g javel like to say that t



July 2006

Wiped Out

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formances.

javelin to 700g.

Still Unsurpassed

Whenever WMA changes the

weights or specs for masters imple-

ments, all the records for that age cate-

gory are wiped off published lists and a

old records have stood for years with-

out being challenged. These great

records are now just quietly disappear-

ing. New records have less meaning

when they don't represent the best per-

Certainly the greatest masters javelin throw af 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

fied 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

The enormity of that record is testi-

This is sad, because some of these

Speaker's Corner

By BUD HELD

Gone Before Their Time

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.

ll 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 per-

formance. Unfortunately, that is not the case with a lot of masters throwing

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.

will have to throw the 700g javelin over 69m (over 226 ft.) to surpass

Stuart's performance, and that is not

M60 record) was published yearly in

National Master News until this year.

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

copies of National Masters News if we

want to check on some of those amaz-

We will all have to save our old

tive Wr Injury Specific Hot and Cold Compress Therapy

be wiped off the published pages.

Stuart's M55 record (as well as his

likely to happen for quite a while.

Now they are gone.

ing old records.

More to Come

This means that some 55-year-old

National Masters News

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 (In the USATF San Diego-Imperial

9-10. Nadine O'Connor W60, also raised her world record to 3.11/10-2

peted 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.

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).

hurdler in 2005 (15.23), ran a 15.87. Perry McBride, M30, finished the

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

record of 2.96 in 2004 with a 2.97/9-9. Association Championships on May 28, Held increased the record to 3.00/ 1/2. Both marks are well above 100% age-graded performances.)

Linda Cohn, W50, who has com-

In other performances, Raymond

B.J. Duhon, second-ranked M45

In State (11.58/38-0), and state (11.58/38-0), and state (11.58/38-0), and state (11.58/38-0).

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WRITE ON!

OUTSTANDING ATHLETE

Does anybody know if any man or woman in the history of masters competition has ever accomplished what Kathy Martin did from Aug. 4, 2005, through March 26, 2006? We might even throw in the open age group, as well.

I am 86 and have been involved in the running scene for many years, and I've never heard of anybody matching her accomplishments.

I don't believe we have a central record-keeping agency that would have information on something like Perhaps one of NMN's many this. knowledgeable readers, both here and abroad, might supply us with an answer.

Martin, 54, of Northport, N.Y., on Long Island, won five national championships, one in each of the five categories for running: outdoor track, indoor track, long distance, crosscountry, and ultra. Here are the facts:

 USA Masters T&F Championships, Honolulu, Aug. 4-7, 2005. First in her age group: 800, 5000, 10,000.

· USA Masters 8K Championships, Honolulu, Aug. 7, 2005. First in the W50 race.

• USA Masters 8K XC Championships, Van Corltandt Park, NYC, Feb. 18, 2006. Winner in the W50 division.

USA Masters 50K Road Championships, Caumsett St. Park, Long Island, March 5, 2006. In her first attempt at an ultra, she ran 4:00:22, breaking the W50 age-group record by 10 minutes.

. USA Masters Indoor Championships, Boston, Mass., March 24-26. First in her age-group in three events. In golf, the aim of every great golfer is to win the Grand Slam, the four major

Address Letters to: National Masters News

P.O. Box 50098, Eugene, OR 97405 or E-mail: natmanews@aol.com

golf tournaments within a year. As Martin has won five, I'm calling her feat the Ultimate Grand Slam of Running

> William Benson Valley Stream, New York

RUN FOR FREEDOM

The Run for Freedom 5 Mile celebrated 21 years of service to the road running community on May 21. It was held for the benefit of Integrity House, a non-profit drug and alcohol treatment center in Newark, N.J., which has been helping people in the tri-state area for over 31 years.

This year, the Vincent Carnivale Award was presented to the best agegraded performer age-65+.

Toshiko d'Elia, a member of the Masters T&F Hall of Fame, running for the North Jersey Masters, won the women's award for her 45:09 at age 76, an astounding 90.8%, the best for all age groups.

George Studzinski, 73, Kinnelon, N.J., won the men's award for his 39:45, an age-graded 76.3%. Both received a check for \$300.

In the one mile, first masters were Wendy Glassman, 50, with a 6:54, and Tony Plaster, 54, Shore AC, with a 5:32. I was disappointed with the turnout, 104 in the 5 Mile and 56 in the mile.

For a certified road race that provided prize money (over \$500 in "give aways") awards in five-year age groups in both races, bagels, donuts, coffee, tea, as well as T-shirts to all entries, and



Lynne Andersson (I), 40, and Maria Glickman, 40, in the 10,000, 2005 USA Masters Championships The 2006 championships will be held in Charlotte, N.C., Aug. 3-6.

most importantly a race for a very good cause, I cannot understand the lack of

support by the road racing community in Francis A. Schiro

New York City

MEET FORMAT

this area.

We will not be participating in the USATF West Regional Masters Championships at Long Beach State in July, because the two-day format simply does not work unless you are a distance runner.

At this meet for the last two years, athletes, as well as officials, sat around for hours waiting for their next event. We also see no need to schedule prelims for all sprints when in most cases they are not needed.

Sprints and field events could be consolidated into one-day with long distance run over a two-day schedule.

Bert Bergen, M65 VICTOR SAILER / PHOTO RUN Kathy Martin, W50 winner (39:11), NYRR Mini Kathy Bergen, W65

Shuttle Hurdle Relay Resurrected in Arizona

By JEFF DAVISON

It has been at least 15 to 20 years since a masters shuttle hurdle relay has been attempted in the U.S. I have found only one masters athlete who remembers the prior race. Most masters hurdlers have not had the opportunity to compete in one since high school or college days.

On a warm and extremely windy afternoon in Mesa, Ariz., four M45 athletes completed the rarely run 4 x 110m (440m) shuttle hurdle relay.

The race was completed during the Arizona Flames Masters Meet in Mesa on April 22. Director James Smith and his staff put on a terrific meet. The masters team consisted of (in

order): Joe Schwieterman, Illinois, second in the 2001 USA Masters Outdoor Championships high hurdles and long jump; Jeff Davison, California, sixth in the 2004 and 2005 USA Masters Outdoor Championships high hurdles; Jeff Brower, Texas, first 2005 USA Masters Outdoor Championships intermediate hurdles, and second 2005 USA Masters Outdoor Championships high hurdles; and a gutsy final leg into a very heavy wind by Eugene Anton, California, first, 2006 USA Masters Indoor Championships 60mH.

The race was both automatic timed and on video.

You can visit the Arizona Flames TC website at http://www.az flames.com.

Curious what a shuttle hurdle looks like? Video of the shuttle hurdle race can be found on the Waterloo TC's website at www.waterlootrackand field.org.

The next shuttle hurdle relay is tentatively scheduled for September 2007 in Austin, Texas, hosted by the Waterloo TC, which has also been sponsoring a unique 110m hurdle race once a year with only five hurdles. Visit their website for more information.

I'd like to report on two recent low hurdle exhibition races that haven't been seen in California in many years: a 180y low hurdle race at the June 11, 2005, USATF SCA Masters Championships at West Los Angeles College (a tightly competed race with Andy Hecker out-leaning Jeff Davison and Rob Duncanson at the tape); and a 220y low hurdle race, June 12, 2004, at the USATF SCA Masters Championships at Cerritos College (Jeff Davison winning over Andy Hecker).

For additional details, see www. scausatf.org.



July 2006

C ome of you ma being held in V Montana. I kno Bob Cahners and I n

Over the Memor while many of you w dashing between ra doing a site visit. Wh Cahners and 1 i

Montana, the nearest got in from Hayder 2:30 a.m., and he Naples, Florida. Premonition

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ty to take my wife to and Jackson Hole, p wanted to go to.

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Never Say Never We said never a never.

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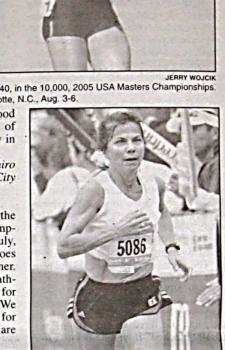
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La Canada, California 10K, June 10.





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

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.

> Subscription Problems? Moving?

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

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.



Dick Hotchkiss, M65, USATF 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

September 27 through October 1, 2006, UNLV Track 1 mile from the famous Las Vegas Boulevard "Strip"

> Wednesday Sept. 27, 10K run, Wayne Bunker Park. Thursday Sept. 28, 5K run, Wayne Bunker Park

The following events will be at the UNLV Track

Friday, Sept. 29 Weight Pentathlon

Saturday, Sept 30 Hurdles (110m, 100m, 80m) • 5K RR • 50m • 400m • 1500m RW • 800m Hammer • SP • LJ • HJ • Javelin

Sunday, Oct. 1 100m • 1500m • 200m • Discus • PV • TJ • Standing LJ • Weight Throw

Electronic Scoring, USATF Sanctioned and officials. No late registration after Sept. 26, 2006. No adds at meet. New shirts and custom medals.

Register on line: www.nevadaseniorolympics.com E-mail: nevadaseniorgames@earthlink.net

Phone: 702-242-1590 Address: 3111 S. Valley View Blvd., Suite B-201, Las Vegas, NV 89102

National Masters News



Amazing Athletic Feats of Yesteryear

had never heard of anyone running 100 miles a week in training before the late 1950s or early 60s, but I recently read that Arthur Newton, a South African farmer, ran more than 20 miles a day over a period of 14 years (1922-1935). In 1931, at age 48, Newton set a world 24-hour record of 152 miles, 540 yards. That record stood until another South African, Wally Hayward, age 45, did 159 miles, 562 yards on November 21, 1953, while circling a quarter-mile track 637 times.

Those facts, along with thousands of others, were discovered in a book titled The Super Athletes, which had been gathering dust on one of my book shelves. It was from this book that I read about Richard Perry Williams, discussed last month. Williams purportedly did a 9.0 for 100 yards 100 years ago this month.

Many of the feats recorded by David P. Willoughby in 665 pages are things you don't read about in the mainstream media and are in the "believe it or not!" category. The book includes a photo of a lanky Watusi man clearing 8 feet, 5 inches in the high jump, although he had a foot-high take-off stone from which he launched.

Willoughby refers to Mensen Ernst, a Norwegian sailor, as perhaps the greatest of all "modern" long-distance runners, mentioning that in 1834 he ran from Paris to Moscow, a distance of about 1550 miles, in 14 days, 18 hours. In averaging over 100 miles a day, Ernst swam 13 rivers on the way. Two years later, in 1836, Ernst, who had become a courier for the East India Company, ran from Calcutta to Constantinople, some 5625 miles, in 59 days.

Lone Conqueror

During the years 1812-13, Colonel Russell Farnum of New Hampshire is said to have walked from St. Louis, Mo., to St. Petersburg (Leningrad), Russia, a distance of some 9000 miles. Carrying a 20-pound pack and a gun, he hiked along the Missouri River to the Columbia River, then up the Pacific Coast to Alaska, walked across the Bering Strait on ice to Siberia and from there across Asia to St. Petersburg. His time for the distance is not stated. Czar Alexander I called Farnum "the lone conqueror of two continents.'

One of the unusual records cited by Willoughby is 14 1/5 seconds for 100 yards in a sack race (both feet in sack). That was set by John A. Finn of Brooklyn, N.Y., on May 1, 1929. The hopping record for 100 yards (without a sack and presumably on two feet) was set at 13 3/5 seconds by S.D. See of Brooklyn on October 15, 1888.

Greatest Jumper

Englishman John Higgins was, according to Willoughby, regarded by many as "the greatest jumper of all time." Sometime in the early 1900s, Higgins, who stood only 5-3 3/4, did a running high jump of 6-8 3/4 holding weights, and a standing broad jump of 14-11 1/2, also with weights.

Although the amount of the weights is not stated, Willoughby points out that weights were held and swung to give added momentum and distance, just as they were used by ancient Greek athletes in the running broad jump.

John Darby of Dudley, England, is said to have done a standing high jump of 6

Cotton Row 10K

Continued from page 1

Chattanooga, Tenn., won easily in 39:11,

finishing fifth overall among the women. For the third consecutive year, Connie Robertson, 43, Hapeville, Ga., was second this year in 40:50. She was followed by Lori Goldweber, 42, Homewood, Ala., 41:08; Gail Whelan, 43, Huntsville, 44:31; and Susan Keith, 44, Birmingham, Ala., 46:00.

Defending women's masters champion Firaya Sultanova-Zhdanova was entered but cancelled in the last week. Zhdanova had also won the overall women's title in 2004 and 2005.

Her decision to cancel may have been influenced by the late entry of former Los Angeles Marathon winner Lyubov Denisova, 34, who won the women's title this year in 33:54, the fourth fastest time ever recorded by a woman on the course.

Strijakov has done well on U.S. roads since turning 40. His two largest paychecks had come at the Bank of America Marathon in Tampa in the past two years.

The race started paying prize money to masters in 2005, and he won the masters title in 2:19:06 that year, collecting the \$8000 reward. He was also second overall, for an additional \$1000. This year he did even better, winning the race overall in 2:26:34 in unusually cold and windy conditions to take a total of \$10,500 back to Russia

Okemwa and Mutinda were surprise entries to the Cotton Row field, both registering the night before the race.

At 47, Tuttle continues to run strong. On a Memorial Day, much warmer and more humid than 2005, he was only a second slower than his time last year. Another 47-year-old runner, Phillip Walkins, was close behind the prize money winners. Walkins, a native of the Bahamas who has represented them in world competition, ran a 33:41, a time that would have been third master last year.

Gautier is a native of Illinois, but has lived in Chattanooga for the past 15 years, where her husband is coach of the University of Tennessee-Chattanooga track and cross-country teams.

She ran in college at Southeast Missouri State, then an NCAA Division II school, and was a four-time All-American, twice in cross-country and twice in track, although she only joined the team her junior year in college. She was national champion in the 3000m as a senior. She presently teaches 6th grade science at Baylor School in Chattanooga and serves as the school's middle school cross-country and track coach.

Gautier, who has been one of Chattanooga's top runners since coming to the city and since turning 40 last July, still wins

In 1934, when he was 53, Greenstein walked into the New York gym operated by Siegmund Klein and amazed Klein and his pupils by biting in two a 20-penny nail that Klein supplied.

Klein is quoted as saying that he could hear Greenstein's teeth crunching as though they were being ground, but he checked his teeth after the feat and found no damage and no special mouthpiece. Handstand Pushups

But Klein, too, is credited with some extraordinary feats, including 19 consecutive handstand pushups on a bench, touch-



Jan Gautier, first W40+ (39:11), Mercedes Benz Cotton Row 10K.

local races as a master. In February, she ran 1:28:34 at the Mercedes-Benz Birmingham Half-Marathon, winning the W40+ division and finishing third overall.

"My goal as a master is to keep running as well as I can," Gautier said. "Running is a plus for me. I feel like I'm a better person when I run.'

Ann Marie Eller, 51, Pelham, Ala., just missed winning prize money by two seconds. Her finish time of 46:02 was sixth fastest of all masters.

Fay Bradley, 68, Huntsville, ran an impressive 42:05. He bettered the state age record for 10K on probably the toughest 10K course in the state. Jim Howell, 84, Huntsville, was the oldest finisher in 69:24. Howell started running competitively only four years ago and has set a number of Alabama State age records since.

Betty Byrne, one of only two women who have run all 27 Cotton Row Runs, won the W65 race (66:37). The other finishers with perfect attendance are Charlie Vanvalkenburgh, 49, Huntsville; James Carroll, 55, Burns, Tenn.; Don Hillis, 49, New Market, Ala.; Bruce Woody, 57, Huntsville; Bill McDowell, 52, Huntsville; Jon Turner, 58, Ardmore, Tenn.; Gary Deere, 61, Nashville; Carl Senkbeil, 69, Huntsville; Bill Allbritton, 51, Huntsville; Kevin Jose, 45, Huntsville; Joanie Bell, 58, Huntsville; Merrill Jones, 65, Huntsville; and Lon Porch, 58, Guntersville, Ala.

In the companion 5K race that has been conducted after the 10K race each year starting in 2002, Marty Clarke, 44, Continued on page 7

ing his chest on each lowering. On January 19, 1945, at age 53, he did a "hollowback" handstand pushup with 75 pounds strapped to his back. At age 67, he could still do 12 or 13 handstand pushups.

When past the age of 60, Ben Piers, a one-time physical director at the New Orleans YMCA, could do a one-arm front planche on a ring, grasping the ring with his middle finger only, then chin himself to the ring in that position.

Believe it or not!

(Mike Tymn can be contacted at MET-GAT@aol.com)



Trish F

rish Porter wasn and field athlete at Hayward Fiel after-college story to to as a high jumper, she b

Or because she's hap former elite distance ru with two children, C Shannon, 5.

Or because she coach jumpers at a local h Albuquerque, N.M. It's because she's

again, in her 40s. Jum fact, than she ever did at she was Trish King whe in the early 1980s.

Reigning Champion As a masters athlete, Porter is a reigning wor er in her age group, at 5 t es, clearing the height high school.

She's broken the wo times, won three nat championships, an indoo pionships - she has indoor record, 5-5 1/4 world championships.

And she can tell you record for an 80-year-old meter (3-3 1/4) and she pete another 40 years.

Looking to the Futu 'I have always lo jump," she said. "And so long as I can, and as long other people in a posi encourage other people t of their dreams, and rek their dreams."

Hayward Field player rekindling of Porter's dre the place in which drear She cleared 5-8 1/4 inde man, but spent most of he she remembers it, stuck b 5-5. She gained weight, 15" and then some.

"It was a tough time think being away from was a really rainy few made it difficult for me wasn't necessarily the favorite, and I didn't ha

Olympic Heights After Oregon (she 1984) she made the Ol '88, stunning because sl qualifying height for the cleared 6-1 1/4 a month

> NMN is written by come your reports of for editorial material, month before date of i

> > National Mast

8-1/2 ft. high jump (note take-off stone) Based on these figures, Willoughby

the USSR by a quarter inch. Page, who stood 5-6 1/2, jumped 6-4 using a modified scissors style, while Brumel, who stood 6-1, jumped 7-5 3/4.

Many of the feats mentioned by Willoughby were by men and women over the age of 40. He states that wrestler George Hackenschmidt, known as "The Russian Lion," could do a standing jump over the back of a chair when he was in his seventies.

Heavy Loads

An unnamed porter in Cairo, age 42, allegedly carried a grand piano weighing 672 pounds over a mountainous goat-path several miles long during the 1920s. The porter had it strapped to his back with one strap around his forehead.

A Cherokee woman, whose youngest son was about 50, is credited with carrying a load of wood weighing "two hundredweights" on her back every day for a couple of miles.

Joe Greenstein, of the Bronx, was a vaudeville strongman known as "The Mighty Atom." Standing only 5-4 and weighing 140 pounds, Greenstein reportedly bent iron horseshoes with his teeth and broke #10 chains wrapped around his chest by chest expansion.



feet with his ankles tied together. He also

is credited with 6-5 1/2 by taking two

Willoughby mentions a study which

found that the center of gravity for the

typical male jumper is at a level that aver-

ages 57-58 percent of the jumper's height,

about two inches below the navel, while

in the average female the CG is 55-56

steps prior to jumping.

percent.

Center of Gravity

figured that William Page of the USA was the greatest high jumper of all time (to about 1968), edging out Valeri Brumel of

page 7



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 lifeafter-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 Hanckel 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

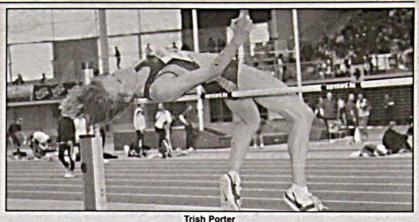
There's been more. She won in the World Masters Championships in Spain last summer, and won in the World Indoor Championships earlier this year. She's much fitter than she ever was in college. She thinks she can jump 6 feet again.

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



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

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



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. □

Visit the National Masters News Web Site at: www.nationalmastersnews.com

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 SATURDAY JULY 22, 2006 COPPELL HIGH SCHOOL, DALLAS, TEXAS SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS AND OPEN DIVISION ENTRY FEES PRE-REGISTERED BY JULY 19, 2006 \$15:00 FIRST EVENT, \$5:00 EACH ADDITIONAL AFTER JULY 19:2000 FIRST EVENT, \$5:00 EACH ADDITIONAL

ENTRIES CLOSE AT 3:00 PM

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

0011	LOOLE OF STREET	
м	4 X 100 RELAY	9:00 AM WEIGHT PENT. & ALL THROWS

6.15	BUTTOUTTO METERTION DECO	REGULAR COMPETITION THROWS	
6.45	800 METER RUN	1:00 PM POLE VAULT	
7.10	100 METER DASH		
7:30	400 METER DASH	2:00 LONG JUMP	
	1500 METER RUN	3:00 HIGH JUMP	
7:55		4:00 TRIPLE JUMP FOLLOWS LONG JUM	8
8:20	200 METER DASH		
8:50	300/400 METER HURDLES	SUPER WEIGHT & MEGA WT. (984)	
910	5000 METER RUN	THROWS FOLLOW PENTATHLON	
910	3000 METER RACEWALK	THROWS FOLLOW PENTATHLON	
	4 X 400 RELAY	****WEIGHT AND SUPER WEIGHT &	
9:25	A A HOU HELAT	MEGA WEIGHT WILL BE AVAILABLE	2

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

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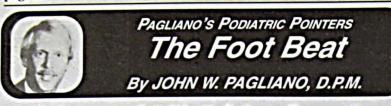
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DISCUS SHOT PUT JAVELIN WT. THROW	NTERED AND INDICATE 2 3 4 5 6 7	YOUR BEST PERFORM TRIPLE JUMP HIGH JUMP 3000 RACEWALK B0/100/110 HH 400 M IH 5000 M POLE VAULT	8 9 10 11 12 13 14	1500M 800 M 400 M 200 M 100 M SUPER	15 16 17 18 19 WT 20
OPTIONAL TEXAS	MAIL EN DALLAS MASTER	SHIP T-SHIRT WITH ORI NTRY AND CHECK RS T & F CLUB, 150 LINGTON, TEXAS 7 317-274-0448 (8:00	PAYABLE 1 W. LAV	TO: ENDER LANE	(- duit a -)

National Masters News



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 eliminated. 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 Turku
- 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 twolevel, 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 or call 1-800-231-4636.

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 - Nationals

Continued from page 1

"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 facil-

ity. 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 foward 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

article

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. - Jerry Wojcik contributed to this

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Call 818-286-3129



July 2006

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

JERRY WOJCIN

SITES OF NATIONAL MASTERS T&F CHAMPIONSHIPS

Pr /		
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
		The second second

July 2006



By TOM FAHE

Performances a notch accor records in th - reduced many pe

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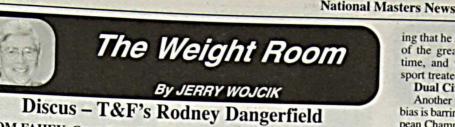
Bob Beamon shi performances are p in this case, poor o for the remarkable world championshi

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

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By TOM FAHEY, Guest Contributor

erformances 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 rul-

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 colle-giate 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,



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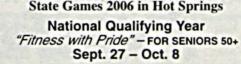
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experienced officials - not some high school kid recruited from the stands.

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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National Masters News



Ron Laird – The Goodwill Ambassador of Racewalking

Ron 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 for-

ward 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.

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. Overemphasizing 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-



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.

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-toback 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

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.

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.

July 2006



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

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 email at narwf@sbcglobal.net)



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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

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.

July 2006

By BRIDGET CU The XV Europea Championships will

Polish city of Pozi Entries are well bel The British team of 2 two years ago, but new faces with en grounds.

Sandra Branney are making their debu egory. Both are for marathon runners an 1500 and 5000.

The men's team includes 27 in the M2 the top British M40 Bashir Hussain, Gre Taylor will take on E County champion

ing May, this year a and windy month. took advantage and senior events racing al titles.

In Berkshire, Nei the discus with a Pritchett, W35 silve 800 at the 2006 Championships, wo (63.66), 800 (2:1 (4.31.9), events shi Poland.

Joan Howe return had deserted with a winning the British





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National Masters News

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 Mast-

ers Division for Second Year

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 with

regular competitor and ran in the Trunce 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!

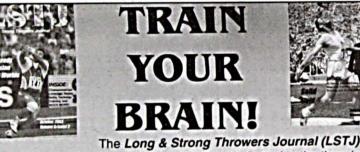
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40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	n	8	
50-59	80m	.762m 30"	12.00m	7.0m	19.00		8	
60+	80m	.686m 27"	39'4"	22'11'/2"	62'4"	See.	1.44	
30-39 40-49	400m	.762m 30"	45.00m 147'7%/4"	35.00m 114'9'/2"	40.00r 131'2'		10	
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60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"		10	
70-79	80m	.762m 30"	12.00m	7.0m	19.0m 62'4*		8	
80+	80m	.686m 27"	39'4"	22'11'/2"				
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	n		
50-59	400m	.840m 33"	147'7'/2"	114'9'//"	131'2'/	•	10	
60-69	300m	.762m 30"	50.00m	35.00m	40.00	n	the second	
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Womer 30-49 50-59 60+ 50-79 80+	4.00k 3.00k 3.00k	1.00k 1.00k 1.00k	4.00k 3.00k 3.00k	600 gms. 500 gms. 400 gms.	20# 16# 12#	and the second	35# 25# 20#	
Men 30-49 50-59 60-69 70-79 80+	7.26k (16 lbs 6.00k 5.00k 4.00k 3.00k	.) 2.00k 1.50k 1.00k 1.00k 1.00k	7.26k (16 lbs.) 6.00k 5.00k 4.00k 3.00k	800 gms. 700 gms. 600 gms. 500 gms. 400 gms.	35# 25# 20# 16# 12#		56# 56# 35# 25#	

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.

Phil Conley Breaks His M50 Javelin AR With a 186-6 Gabriele Andersen, 41,

 Gabriele Andersen, 41, Races to a 35:31 Masters Victory in Freihofer's 10K





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National Masters News



This New Fad Gninnur

t'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 popu-lating 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-

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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 Wonder-land 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

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.

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

By RON MARINUCCI

NOVI, Mich.-Masters runners sparkled at the 18th annual Run Fit 5K in Novi on May 3. An unusual midweek 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),

July 2006

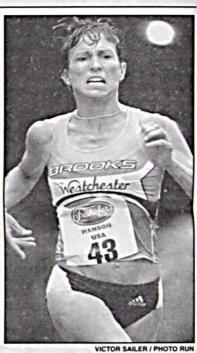
Burn More Calories

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.)



Marissa Hanson, 42, second W40+, Freihofer's 5K

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 agegraded 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 email at ron_marinucci@comcast.net)





2005 USA Masters Ch championships are s N.C., Aug. 3-6.

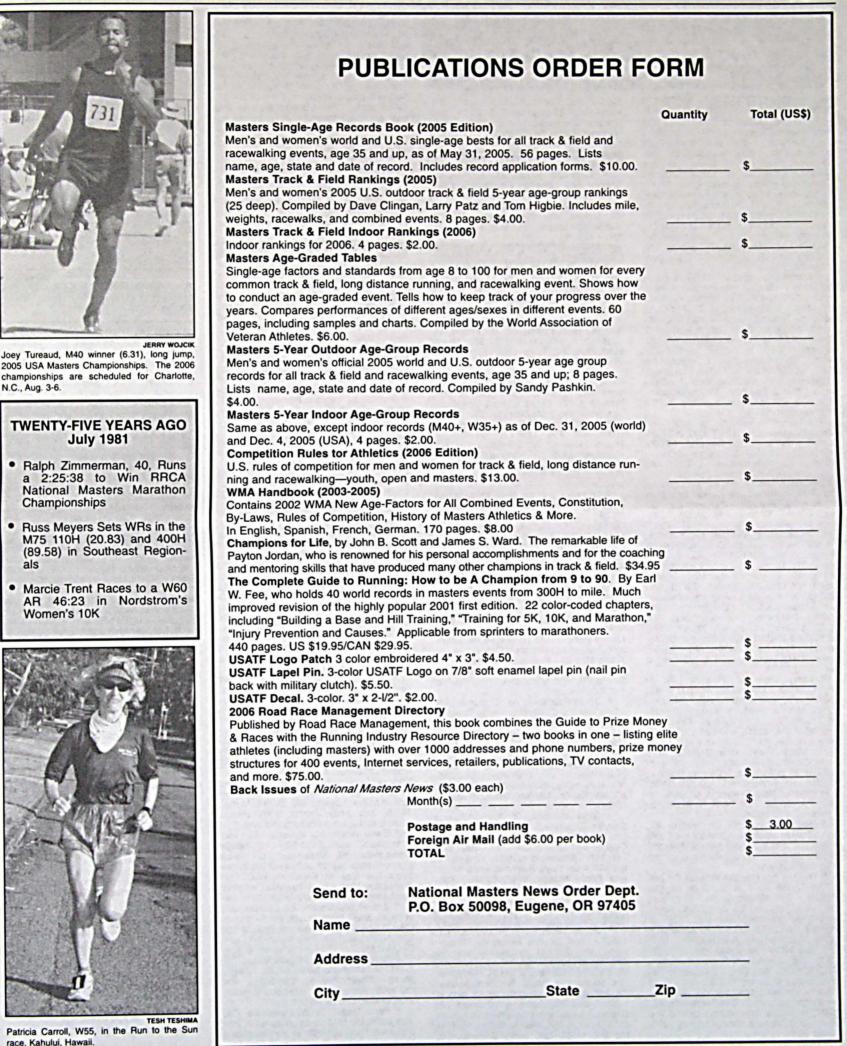
TWENTY-FIV July

 Ralph Zimme a 2:25:38 National Ma Championshi

Russ Meyers M75 110H (2 (89.58) in Sc als

> Marcie Trent AR 46:23 Women's 10H

Patricia Carroll, W5 race, Kahului, Hawai



National Masters News

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

event saw 5000 runners in the 20K, 5K and youth run. • Kay Giynn, 53, pole vaulter and hep-tathlete, 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 war and just acquired a nole vault nit for 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 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 Rodriquez, 60, 66:20, also won national titles 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. Texan 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 Cali-fornia, 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, 35thoverall (34:34. Tatyana Pozdnyakova, 51, UKR, ran a 36:16. Andrew Kenworthy,

UKR, ran a 36:16. Andrew Kenworny, 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. This has become one of the largest 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

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

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 25:19, and Laura Stuart, 41, Encinitas, 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. Elleen 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 BENNI 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 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

The new Web address for the Hawaii Masters TC is www.hmtcgo.com. Jack Karbens, of the HMTC, writes of the recently deceased M100 WR-holder Erwin Jaskulski, "We had a very inspiring memorial for Erwin. Gilad Janklowisz 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 humo

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 divi-sion 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+ fin-ishers. 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

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 Miler, Washington, DC, April 23. Rebecca Nathan, 40, Arlington, VA, was 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 Wads-worth, 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

 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 sec-ond A-G, with an 89.2% 31:51. Dan Murphy, 50, Glen Ridge, NJ, won the M50 race in 36:47. Christine Ange, 58, Rock-

away, NJ, was the W55 winner (51:27). • Christopher Webber, 54, Sayville, NY, with a ninth-overall 35:13, and Olena Plastinina, 42, UKR/NYC, wth a 17th-overall 37:21, won \$300 each for first mas-ters 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; Wiliam 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 win-ners 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 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 Assoc-tation Will Stretch Pure District

iation Wall Street Run, Financial District, NYC, May 17, was forced by unseen cir-cumstances 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 SK, 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).

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 Grandmas-ters 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+. 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 Maggy 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 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

 Glen Ashlock, 45, in 50:18, and
 Sandra Stefanski, 44, in 1:29:57, were
 Great Bace Marathon, first overall, Great Race Marathon, Goshen-Elkhart, IN, May 29. Ann Wil-son, 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, Shore-wood, 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.



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ON TAP FOR JULY

TRACK AND FIELD

On the 15th-16th, combined-event athletes will head for Seattle for the USA Masters Decathlon & Heptath-Ion Championships. Regional championships will be decided in the East at Springfield, MA, on the 22nd; the Midwest, Allandale, 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, and Fleet Feet Davis, CA, Mile 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.

August 12-13. Malaysia Veterans Champion-ships, Kuala Lumpur. 35+. mavasiva@time.net.my August 24-27. NCCWMA Stadia Championships, Guatemala City, Guatemala. www.

Monkton Stadium, South Tyneside. www.bmaf. org/uk

November 3-11. South America Region Championships, Rio de Janeiro, Brazil. South America Region locho_arroyo@hotmail.com; www.asudaverio-

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 Chammpionships, Clermont-Ferrand, France. July-August, 2009. 18th WMA World



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. guypalm er@headlands50K.org; www.headlands50k.org September 23. USA National Masters



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.decamouse.com August 3-6. 39th USA National Masters Champ ionships, Charlotte, NC. Pentathlon on 3rd. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278; 704-588-6885 (after 8:00 pm); gedw ards@carolina.rr.com; information and entry forms: www.usatf.org/events/2006/USAMasters OutdoorTFChampionships/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@com cast.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 Chamb-eras, 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&0 Championships,

July 9. Monmouth HS, Tinton Falls. 732-409-7644;

www.njmasters.org July 11 (Tues.) HMRRC Colonie Mile, Colonie HS, Albany, NY. 6:15 pm. kennyskin@ earthlink.net

July 11. Philadelphia Masters All-Comers Meets. Plymouth-Whitemarsh HS, Plymouth Meeting, PA. 6:00pm. Joel Dubow 484-437-

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,

July 16. Twilight Infowers weight Fentation, Chelmsford HS, MA. Jim Chamberas, 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-Whitemarsh HS, Plymouth Meeting, PA. 9:30 am. Joel Dubow,

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.tnseniorolym pics.com

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

MIDWEST

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

July 15. Dayton Track Classic, Welcome Stadium, next to U of D area, Dayton, OH. Robert "Bob" Jones, 937-837-2754; e-mail: bjruni@juno.com July 21-23. Ohio Senior Olympics,

Youngstown. 330-746-2938; www.ohiosenioro

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.nationalthrowscoachesasso ciation.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.nebraskasenior games.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., Thoenton, CO 80602. 303-451-8727; Christel Donley, 719-635-1264; e-mail:

rockymtnmastersgames@msn.com September 24. Kansas Senior Olympics, Topeka. 785-368-3798; bsewell@topeka.org



The Grunt VIII Throwers Meet, Cat July 8. Spring, TX. Mark Chapman, 1884 Bostik Rd., Cat Spring, TX 78933. 979-732-5591; k9luvrs@

July 15. USATF Southwest Regional Masters Championships/Lions 17th Relays, McNel HS, Austin, TX. July 1 deadline. Seth Brower, 512-694-2037; track4life@earthlink.net; waterlootrackandfield.org July 22. Texas Masters Championships, Cop-

pell HS. 817-274-0448; www.dallasmasters.com September 27-October 8. Arkansas Senior Olympics, Hot Springs, AR. 800-720-7276; arsrolym@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

June 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.ffsac.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; 41-6578

July 9. Trojan Masters Championships, Los Angeles. 323-758-6543; www.trojanmtc.org July 14-16. California State Games, San 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 htmc htmc.org July 29. Aloha State Games, Honolulu.

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,senior olympics.org

August 3 & 10. LGAA/Mizuno All-Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited All ages. Rick Milam, 408-275-9448; events. 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.neva daseniorolympics.com October 7. Club West Masters Meet, UC-

Santa Barbara. Beverley Lewis, 805-969-5852; fax: 969-6613; Gordon McClenathen, 805-964-

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 Stad-ium, Seattle. 206-729-9972; www.clubnorth

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.stategamesof oregon.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.pugetsound games.com

August 3-5. Wyoming Senior Olympics, Gillette. 307-682-7406; www.wyseniorolympics.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.fair

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 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, canadianmastersath letics.com; douglasj.smith@sympatico.ca

INTERNATIONAL

July 8-9. BMAF Championships, Birming-

atletismoguate.org September 3. BMAF Pentathlon Championships,

2006.com.br

Championships, Lahti, Finland.



Championships/Heritage Oaks 10K, Paso www.heritageoaksbank.com; Robles, CA.

Robles, CA. www.heritageoaksbank.com; www.usatf.org October 1. USA National Masters Champion-ships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org October 15. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org October 15. USA National Championships/ DuPont Forest Trail Marathon, Asheville, NC. areasw@mchsi.com. www.ymcabenderson

gregw@mchsi.com; www.ymcahenderson

County.org December 9. USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinlisk, billq@frontiernet.net; www.usatf.org

EAST

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

8. Spirit of Gettysburg 5K, Gettysburg, 717-334-9171; ywcagettysburg.org July 8. PA. July 8. Red Dress Run for Women 5K, West

Hartford, CT. 860-652-8866; www.hartfordma rathon.com

July 8. Long Island Summer Women's 5K, Farmingdale, NY. 516-349-7646; www.glirc.org July 8. Belmar 5 Mile, Belmar, NJ. www.bel mar5.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

July 9. Boilermaker 15K, Utica, NY. 315-797-5838; www.boilermaker.com

July 14 (Fri.). Subaru Buffalo 4 Mile Chase, Buffalo, NY. 7:00 pm. 716-881-1652; www. buffalosubaruchase.com

July 16. Stowe 8-Miler, Stowe, VT. 802-253-

4647; www.stowe8miler.org July 16. International Peace Half-Marathon & 8K, Alexandria, VA. www.marathoncharity

partners.org July 19. Smith Barney Harrisburg Mile, Harrisburg, PA. www.harrisburgmile.com July 25 (Tues.). Marcum & Kliegman Workplace Challenge 3.5 Mile, Wantagh, NY.

516-349-7649; www.glirc.org July 26. Westfield 5K, Westfield, NJ. 732-

381-0318; www.oymp.net August 1. Yankee Homecoming 10 Mile, Newburyport, MA. 978-376-5328; www.yan

keerace.com

August 5. Beach to Beacon 10K, Cape Elizabeth, ME. 888-480-6940; www.beach2 beacon.org

August 12. Asbury Park 5K, Asbury Park, NJ. 732-571-2162; asburypark.jsrc.org August 12. RRCA 5 Mile Delaware State

Championships, New Castle. 302-322-6040; wjb72@aol.com

August 27. Women Running Wild 5K, Osterville, MA. www.citizensbank5k.com September 16. George Sheehan 60+ 5th Avenue Mile, Manhattan, NYC. alpumal @verizon.net; www.NYRR.org

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

July 2. Firecracker Run 10K & 5K, Daytona Beach, FL. www.daytona trackclub. org July 4. Watermelon 5K, Winter Park, FL. 407-

896-1160; www.trackshack.com July 4. Peachtree 10K, Atlanta, GA. 404-231-9064; www.atlantrackclub.org July 15. Crazy 8's 8K, Kingsport, TN.

www.crazy8s.org

July 15. Beaufort 10K & 5K, Beaufort, NC. 252-222-6359; www.beaufortroadrace.com August 1. Crime Prevention 5K, Mobile, AL. 251-473-7223; www.pcpacers.org August 8. Chickasabogue 2 Mile, Saraland,

AL. 251-473-7223; www.pcpacers.org

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

One-Thousand Dollar Firecracker Mile, Clawson, MI. 248-588-0361; www.fire cracker-mile.com

July 4. 31st Volkslaufe 5K, 10K & 20K, Frankenmuth, MI. www.volkslaufe

National Masters News



Former UCSB Gaucho 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

August 19. Parkersburg News & Sentinel Half-Marathon/RRCA National Champion-ships, Parkersburg, WV. 304-485-1891; 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 July 28. West End 3K, Boulder, CO. www.

gettingthere.com/boulderraceseries July 29. Classic 10K, Colorado Springs, CO

www.csgrandprix.com July 29. Companion Mississippi Mile Across the Old Chain of Rocks Bridge, St. Louis. 314-

781-3926; www.stlouistrackclub.com July 29. Quad-City Times Bix 7 Miler, Davenport, IA. 863-533-0654; www.bix7.com

SOUTHWEST Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 4. Firecracker Fast 5K Little Rock, AR. 501-221-0017; www.arkansasrunner.com July 29. Hot Pursuit 5K, Shreveport, LA.

www.sportspectrumusa.com August 5. Health South 4 Mile, Batesville, AR. 870-793-3867; khjdpool@cei.net

WEST

Arizona, California, Hawaii, Nevada, New Mexico

July 4. Semana Nautica 15K, Santa Barbara. 805-964-2591; brennand@alum.mit.edu July 9. Fleet Feet Davis Mile, Davis CA. 916-

441-1751; www.ffsac.com July 15. Tahoe Rim Trail 50K Endurance Run/RRCA National Championships, Lake

Tahoe, NV. www.tahoemtnmilers.org July 23. Wharf to Wharf 6 Mile, Santa Cruz,CA. 831-475-2196; wharftowharf.com July 30. San Francisco Marathon, Half-Marathon & 5K. 415-284-9653; www.runsfm.com July 30. The Big Race 5K, Mission Viejo, CA.

www.bigrace.org August 20. America's Finest City Half-Marathon, San Diego. 760-692-2900; www. afchalf.com

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

July 24. Salt Lake City 10K & Marathon. 801-33307473; www.desnews.com/run July 4. USATF-OR Grand Prix/Foot Traffic

Flat Marathon & Half-Marathon, Portland. www.usatf-oregon.org July 4. Butte to Butte 10K, Eugene, OR. 541-

687-1989; www.buttetobutte.org July 9. USATF-OR Grand Prix/Portland Run-

ning Company 10K, Portland. www.usatf-ore

gon.org July 9. Seafair Marathon/Relay, Half-July 9. Seafair Marathon/Relay, Hall-Marathon & 5K, Bellevue, WA. seafairmara thon.com

July 23. Cascade Run Off 15K, Portland, OR. 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

August 27. USATF-OR Grand Prix/Oregon TC Masters 8K, Eugene. 541-343-8604; 942-7127;

www.usatf-oregon.org September 9. USATF-OR Grand Prix/HIgh Desert Shootout 5K, Crooked River Ranch. www.usatf-oregon.org

September 24. USATF-OR Grand Prix/Bigfoot 10K, Bend. www.usatf-oregon.org October 28. USATF-OR Grand Prix/Oregon

Open/Masters XC, Salem. www.usatf-oregon.

November 18. USATF-OR Grand Prix/Regional 8K XC, Sandy. www.usatf-oregon.org

CANADA

September 10. Montreal International Marathon, Half-Marathon & 10K. 514-879-1027; www.marathondemontreal.com September 24. Scotiabank Toronto Waterfront

Marathon, Half-Harathon & 5K, toronto, ont. www.torontowaterfrontmarathon.com

INTERNATIONAL

July 2. BMAF Half-Marathon Championships, Mansfield, England. www.bmaf.org/uk September 23-24. WMA/WRMA Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org

September 24. BMAF 10K Championships, wansea, Wales, www.bmaf.org/uk October 1. BMAF 10 Mile Championships,

Lytham St. Annes, England. www.bmaf.org/uk October 15. BMAF Marathon Championships, Abingdon, England. www.bmaf.org/uk

RACEWALKING

July 23. Capitol Mile/USATF-WI Road Mile Championships. Madison, WI. Masters and all

ages. 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

August 25-26. Portland to Coast Walk relay. 503-292-4626; 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 Champion-October 7. USA National 3K RW Champion-ships, Kingsport, TN. 423-349-6406; www.usaff.org October 15. USA National Masters/Open 1-Hour RW Championships, Waltham, MA. Steve Vaitones, office@usaffne.org November 12. USA National Masters 20K RW Championships, Clermont, FL. Don De-Noon, 352-241-7144, x4206; noonwalk_ 902vahoe.com D

992yahoo, com D

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 Poulin, 51, Seattle, WA, 5:45.4, and Bob Doran, 51, Little Rock, AR, 5:46.0, in town for the Pre Meet, joined ex-Gaucho Dan Wojcik, 50, Eugene, OR, 4:57.6, to finish 1-2-3 in the

July 2006

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, -from Leo Benning and Barbados.

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 run-ners 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 24hours-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, Hayward won the marathon at age 70 in - Leo Benning 3:13:16.

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 Perman - Terry Permar **July 2006**

TRACI

se send results ne, OR 97405; e current, we gene Results typed an ssue 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 Mile M30 Kyle Lanier M40 Ted Poulos M45 Jeffrey Walker M50 Jim Darr

M55 Rick Smether

W40 K Scheneider

W45 Julie Hayden W50 Betty Blank

3000m M30 Kareem Lanie M40 Ted Poulos M50 J J Wind 13:48.7h

W45 Win Persina W50 Betty Blank

High Jump M45 Teddy Robinson

M45 Teddy Robinson M65 Bob Paulen

W40 Pam Early Long Jump

Triple Jump M65 Bob Paulen

Shot Put M35 James Barr

W40 Gina Lanier

M35 James Barr

Discus

Hammer

W70 Sharon Good

M40 James Pender

M60 Victor Litwinski W70 Sharon Good

M35 James Barr

M40 Anthony Dziep

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 Litwinsk

W40 Anne Pastorko

W70 Sharon Good Weight Pentathlon

M35 James Barr

M50 Peter Blank M55 John Gersh

M55 John Gersn M60 Victor Litwins M65 Carl Kane W50 Gita Morris W65 Lana Kane

M55 John Gersh M60 Victor Litwinsk

M65 Carl Kane W55 Cathy van Brock

Green Mounta

M50 Horace Hudso

M55 David Westow

M60 Joe Sopher M65 Al Freniere R M70 Deke Conklin

Games, Che

May 2

3000m RW

100m

2596

Mile RW

M60 Victor Litwinski

W30 Jennifer Stephe

Short Hurdles M65 Bob Paulen Long Hurdles M65 Bob Paulen

TRACK & FIELD RESULTS be send results to: National Masters News, P.O. Box 50098 ne, OR 97405; e-mail: natmanews@aol.com. To keep informa surrent, we generally do not publish results more than 3 month Results typed and measuring 2-1/4" wide in metric in our forma but professore. Deadlines to the 10th of the tot formation of the second se ve preference. Deadline is the 10th of the month prior to sue date.

	EA	ST	的是他们是	
Potomac Valley To			Robert Bruce NY	16.00
McLean, VA; Ma 100m	y 14		Pam Gundlach June Fichter NH	17.74 20.11
M35 Robert Pruitt	12.6h	W65	Judy Scott MA	23.50
M40 Jeff Gold M60 Robert Koontz	11.7h 13.3h		Barbara Jordan Ann McGowan RI	18.02 21.56
M65 Alby Williams	13.5h	200n	n	
200m M40 John Rogers	33.82		Horace Hudson N David Westover N	
M55 J J Wind	44.0h	M65	Al Freniere RI	36.22
M69 Bob Paulen W65 Lana Kane	33.55 42.13		Robert Bruce NY Pam Gundlach	35.06 40.82
400m		W65	Judy Scott MA Barbara Jordan	58.28
M40 Clifford Tell W45 Julie Hayden	1:09.19 1:05.94	W80	Ann McGowan RI	40.06 1:00.50
800m M45 Jeffrey Walker	2:47.2h	400n M55	Bill Dixon	1:10.15
W45 Julie Harden	2:33.3h	M65	Paul Jensen	1:19.51
Mile M30 Kyle Lanier	4:58.70		Don Kjelleren DE Lisa Bernardin	1:26.40 1:23.75
M40 Ted Poulos	5:17.20		Judy Scott MA Barbara Jordan	2:13.23 1:48.97
M45 Jeffrey Walker M50 Jim Darr	5:51.70 5:53.90	800n	Station of the second of	
M55 Rick Smethers W40 K Scheneider	6:03.60 6:49.80		J. McDougle NH Bill Dixon	2:29.31 2:39.97
W45 Julie Hayden	5:43.50	M60	Paul Jenson	2:50.72
W50 Betty Blank 3000m	6:16.00		John Pelton Don Kjelleren DE	2:53.96 3:35.52
M30 Kareem Lanier	9:42.3h		G. Freeman NY Lisa Bernardin	3:48.36 3:05.22
M40 Ted Poulos M50 J J Wind	11:23.5h	1500	m	
13:48.7h W45 Win Persina	11:25.3h		McDougle NH Bill Dixon	5:10.01 5:00.87
W50 Betty Blank	12:30.8h	M60	Paul Jenson	5:26.59
Short Hurdles M65 Bob Paulen	20.28		John Pelton George Freeman	5:44.76 7:47.39
Long Hurdles	and the second second	W50	Lisa Bernardin Jump	5:59.62
M65 Bob Paulen High Jump	55.80	M50	J McDougle NH	4-8
M45 Teddy Robinson W40 Pam Early	1.75		Buzz Gagne NH Townsend Gilbert	4-0 4-4
Long Jump		M65	Jack Dowd Don Kjelleren DE	3-7 3-10
M45 Teddy Robinson M65 Bob Paulen	5.13 4.12	M75	Ken Perkins ME	3-10
Triple Jump M65 Bob Paulen	8.39		Flo Meiler Vault	3-4
Shot Put		M60	Peter Fichter NH Deke Conklin NH	8-1 9-0
M35 James Barr M60 Victor Litwinski	12.36 9.78	M75	Bob Perkins	4-6
W30 Jennifer Stephens W40 Gina Lanier	9.55 8.24		Flo Meiler Jump	6-1
W70 Sharon Good	4.05	M50	Gene Shaltz	13-7
Discus M35 James Barr	37.72	M60 M65	Joe Sopher Al Freniere RI	11-8 10-1
M40 James Pendergra	ss 49.95		Deke Conklin NH Ken Perkins ME	12-9 10-4
M60 Victor Litwinski W70 Sharon Good	29.14 9.10	W50	Pam Gundlach	8-1
Hammer M35 James Barr	25.18		Judy Scott MA Flo Meiler	6-2 9-5
M40 Anthony Dziepak	42.89		Joyce Finley MA	3-7
W70 Sharon Good Javelin	10.89	Tripl	Ann McGowan Ri e Jump	
M35 James Barr	47.73		Townsend Gilbert Al Freniere RI	21-8 21-1
M40 Drew Koehler M60 Russ White	30.47 50.18	M70	Dudley Bell	17-6
W40 Anne Pastorkovic W65 Lana Kane	h 12.93 14.47	W50	Pam Gundlach Judy Scott MA	16-11 14-11
W70 Sharon Good	7.20		Flo Meiler Ann McGowan RI	19-11 13-6
Weight Throw M35 James Barr	10.41	Shot	Put	1
M45 Ken Mitchell M60 Victor Litwinski	5.65 10.58		Don Filkins NH Dennis Chandler	42-7 35-1
W40 Anne Pastorkovic	h 5.47	• M60	Townsend Gilbert	33-1
W70 Sharon Good Weight Pentathion	5.71	M70	A Dourchesne NY Lou Capano NY	29-10
M35 James Barr			Bill Clew MA Pam Gundlach	32-6 20-10
2596 Mile RW		W55	June Fichter NH	18-0
	11:15.90 9:49.80	W65	Judy Scott MA Fran Moravcsik	19-5 21-2
M60 Victor Litwinski	10:21.10	W75	Harriet Patch MA	19-10 14-9
M65 Carl Kane W50 Gita Morris	11:14.90 13:38.80	Disc		
W65 Lana Kane	11:47.50		Don Filkins NH Buzz Gagne	126-1 102-9
3000m RW M55 John Gersh	18:34.00	M60	Townsend Gilbert	119-10
M60 Victor Litwinski	19:04.10 20:24.30		Jack Dowd Nick Leras MA	107-2 109-0
W55 Cathy van Brocklin		M75	Bill Clew MA	79-7
Green Mountain S	Senior	W65	June Fichter NH Judy Scott MA	51-10
Games, Chester		W70	Flo Meiler Harriet Patch MA	58-1 36-5
May 20		W80	Alverta Perkins	33-11
M50 Horace Hudson N		Jave M50	Greg Hunter	127-3
M55 David Westover M M60 Joe Sopher	NH 12.56 16.46	M55	Buzz Gagne NH	156-8
M65 Al Freniere RI	16.93	M60 M65	Townsend Gilbert Jack Dowd	108-7 97-8
M70 Deke Conklin NH	16.16	M70	Dudley Bell	63-10

National Masters News

M75 Dave Wilson PA64-9W55 June Fichter NH48.3W65 Judy Scott MA21-11W70 Fran Moravcsik42-5W75 Harriet Patch MA33-8W80Jeanne BerlepschCT36-0 **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 17.55/6.54/15.33/ 2795 10.55/7.04 Gloria Krug 75 15.19/6.90/14.37/ 3647 15.26/8.53 Brian Power-Waters 83 2917 20.79/7.88/21.19/ 13.95/8.22 William Garrahan 75 27.76/9.34/29.74/ 3724 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 2344 Tim Specht 55 21.53/9.06/24.31/ 31 33/8 39 Throw-A-Thon R Katz 64 8109 A Cirulnick 71 7561 G Krug 75 N Helfrich 52 10,292 7315 T Specht 55 6865 J Kuhns 67 9602 J McDonald 68 8103 J Bronstein 66 6606 R Feick 74 9588 L Olson 74 8471 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** (12#/16#/25#/35#/56#/98#/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 --/14.38/--/ 4240 7.80/4.26/2.86/1.00/--D Levesque 74 --/11.35/--/ 3427 6.45/4.16/2.34/0.77/--R Feick 74 3354 --/11.19/--/ 6.65/3.66/2.16/0.88/--3642 G Krug 75 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 W30 T J White 12.2h 200m M40 Darnell Smith 24.76 W65 Lana Kane 41.54 400m M40 John Rogers 1:05.21

	W30 Bridget Johnson W65 Tami Graf	57.87 1:48.22
		3:25.1h
No. of Street, or Stre	M40 John Rogers M65 Don Kohler Mile	3:03.4h
	MAO Stuart Pingo	4:43.6h 4:54.6h
	M50 Joe Burno W55 Cathy van Brocklin W65 Tami Graf	5:23.1h
	3000m	
	M40 Ted Poulos M45 Jeffrey Walker M50 Kirk Gordon	10:39.4h 11:56.0h
	M50 Kirk Gordon M70 Jim Keat	11:58.4h 16:26.1h
	Short Hurdles	16:24.0h
	M65 Bob Paulen M75 James Stookey W65 Evelyn Wright Long Hurdles	20.34 14.38
	W65 Evelyn Wright Long Hurdles	22.99
	M65 Bob Paulen M75 James Stookey	54.1h 55.5h
	M35 James Barr	1.75
	M45 Bruce McBarnette M55 Jeff Young	1.85
	M65 Bob Paulen M70 Jim Condell	1.25
	Mos Bob Paulen M70 Jim Condell M75 James Stookey W35 Kimiko Nakatake W40 Pam Early	1.25
	W65 Evelyn Wright	1.30 1.20
I	Long Jump M45 Muraji Nakazawa	4.26
I	M45 Muraji Nakazawa M50 Michael Graham M55 Jeff Young W65 Evelyn Wright	4.78 3.84
I	Triple Jump	
I	M45 Muraji Nakazawa M50 Michael Graham W65 Evelyn Wright	8.24 10.59
I	Shot Dut	
I	M35 James Barr M45 Frank Cancino M60 Victor Litwinski M70 Jim Condell W65 Evelyn Wright	14.30 10.13
I	M60 Victor Litwinski M70 Jim Condell	9.07 8.43
I	Discus	
I	M30 Sekenia Welch M35 James Barr	34.93 37.66
	M70 Bill Smith W40 Anne Pastorkovicl	40.04 14.33 21.73
I	W65 Evelyn Wright W70 Sharon Good	9.60
	Javelin M35 James Barr M45 Muraii Nakazawa	49.62
	M35 James Barr M45 Muraii Nakazawa	49.62 39.70 40.62
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright	49.62 39.70
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch	49.62 39.70 40.62 47.00 17.90 7.88 22.54
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch	49.62 39.70 40.62 47.00 17.90 7.88 22.54
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw	49.62 39.70 40.62 47.00 17.90 7.88 22.54
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight	49.62 39.70 40.62 47.00 17.90 7.88 22.54 54.18 44.10 22.20
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright M35 James Barr W65 Evelyn Wright	49.62 39.70 40.62 47.00 17.90 7.88 22.54 54.18 44.10 22.20 21.69
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright Mile RW	49.62 39.70 40.62 47.00 17.90 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright M35 James Barr W65 Evelyn Wright M10 J Snyder M50 J Snyder M50 J Snyder M50 J Snyder	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10.00.3h 9:42.5h 9:57.4h
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M150 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane	49.62 39.70 40.62 47.00 17.90 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M10 S Jonyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.54h 9:57.4h 9:57.54 10:01.2h 11:26.0h
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright M35 James Barr W65 Evelyn Wright M35 Janes Barr W65 Evelyn Wright M11 RW M50 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane M55 John Gersh M60 Victor Litwinski M65 Carl Kane	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:57.4h 10:01.2h 11:26.0h 18:29.1h 18:57.1h
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M16 RW M50 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 John Gersh M60 Victor Litwinski M65 Carl Kane W40 Laura Neil W45 Kimberly Light	49.62 39.70 40.62 47.00 17.90 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:57.4h 10:01.2h 11:26.0h 18:29.1h 18:57.1h 19:18.0h 16:42.9h
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright M35 James Barr W65 Evelyn Wright M35 James Barr W65 Evelyn Wright M10 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W40 Laura Neil W45 Kimberly Light W55 Cathy van Brocklin	49.62 39.70 40.62 47.00 17.90 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:57.4h 10:01.2h 11:26.0h 18:29.1h 18:57.1h 19:18.0h 16:42.9h
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M16 Zames Barr W65 Evelyn Wright M150 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W45 Kimberly Light W45 Kimberly Light W55 Lois Dicker	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:57.4h 10:01.2h 11:26.0h 18:29.1h 18:57.1h 19:18.0h 16:42.9h 20:04.9h 19:00.6h 18:57.5h
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M10 Superweight M50 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lohn Gersh M60 Victor Litwinski M65 Carl Kane W55 John Gersh M60 Victor Litwinski M65 Carl Kane W45 Laura Neil W45 Kimberly Light W45 Kimberly Light W45 Lois Dicker	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.5h 9:57.4h 10:01.2h 11:26.0h 18:29.1h 18:29.1h 18:57.5h 19:04.9h 18:57.5h
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright M35 James Barr W65 Evelyn Wright M35 Janes Barr W65 Evelyn Wright M10 Victor Litwinski M65 Carl Kane W55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 John Gersh M60 Victor Litwinski M65 Carl Kane W40 Laura Neil W45 Kimberly Light W55 Lois Dicker	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.5h 9:57.5h 10:01.2h 11:26.0h 18:29.1h 18:57.5h 19:18.0h 16:42.9h 19:00.6h 18:57.5h
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M10 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W40 Laura Neil W45 Kimberly Light W55 Lois Dicker SOUTHEAS Alabama Senior Oli	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.5h 9:57.5h 10:01.2h 11:26.0h 18:29.1h 18:57.5h 19:18.0h 16:42.9h 19:00.6h 18:57.5h
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M16 RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 John Gersh M60 Victor Litwinski M65 Carl Kane W40 Laura Neil W45 Kimberly Light W55 Cathy van Brocklin W65 Lois Dicker SOUTHEAS Alabama Senior Olf State Games Montgomery; M 100m M50 William Hall M55 Thomas Grinder	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.5h 9:57.4h 10:01.2h 11:26.0h 18:29.1h 18:29.1h 18:57.5h 19:18.0h 18:57.5h Y Y Y Y Y Y Y 13.82 14.45
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright M35 James Barr W65 Evelyn Wright M35 James Barr W65 Evelyn Wright M16 RW M50 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 Sohn Gersh M60 Victor Litwinski M65 Carl Kane W55 Lois Dicker SCUTHEAS Alabama Senlor Ol State Games Montgomery; M 100m M50 William Hall M55 Thomas Grinder M60 Golden Bertram M65 Roger Chassay	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.5h 11:26.0h 18:29.1h 18:57.1h 18:57.5h 18:57.5h 19:18.0h 16:42.9h 18:57.5h 7 7 7 7 7 7 7 7 7 7
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M18 RW M50 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W40 Laura Neil W45 Kimberly Light W55 Cathy van Brocklin W65 Lois Dicker SOUTHEAS Alabama Senior Oli State Games Montgomery; M 100m M50 William Hall M55 Thomas Grinder M60 Golden Bertram M65 Roger Chassay M70 Preston Masters	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.5h 9:57.4h 10:01.2h 11:26.0h 18:29.1h 18:27.1h 19:18.0h 18:57.5h 19:10.6h 18:57.5h 19:10.6h 18:57.5h
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M15 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Cathy van Brocklin W55 Cathy van Brocklin W55 Lois Dicker SOUTHEAS Alabama Senior Olf State Games Montgomery; M 100m M50 William Hall M55 Thomas Grinder M65 Roger Chassay M70 Preston Masters M75 William Daprano M85 Tom Kennell	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.5h 9:57.4h 10:01.2h 11:26.0h 18:29.1h 18:29.1h 18:57.5h 19:18.0h 18:57.5h 19:04.9h 18:57.5h 19:00.6h 18:57.5h 19:00.9 13.82 14.45 13.82 14.45 18.37
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M10 RW M50 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W45 Kimberly Light W45 Kimberly Light W45 Kimberly Light W45 Kimberly Light W45 Kimberly Light W55 Cathy van Brocklin W65 Col Kane M00 Milliam Hall M55 Thomas Grinder M60 Golden Bertram M65 Roger Chassay M70 Preston Masters M75 William Daprano M80 O L Gilstrap M85 Tom Kennell W50 Clovis Clark	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.5h 9:57.4h 10:01.2h 11:26.0h 18:29.1h 18:29.1h 18:57.5h 19:10.04.9h 18:57.5h 19:10.04.9h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 13.82 14.45 18.37 16.61 22.04 21.97 15.81
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M16 RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W40 Laura Neil W45 Kimberly Light W55 Cathy van Brocklin W65 Lois Dicker SCUTHEAS Alabama Senior Off State Games Montgomery; M 100m M50 William Hall M55 Thomas Grinder M60 Golden Bertram M65 Roger Chassay M70 Preston Masters M75 William Daprano M80 O L Gilstrap M85 Tom Kennell W50 Clovis Clark W55 Shil Raschker	49.62 39.70 40.62 47.00 17.90 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:57.4h 10:01.2h 11:26.0h 18:57.1h 10:01.2h 11:26.0h 18:57.5h 18:57.5h 19:00.6h 18:57.5h YTOO 13.82 14.431 21.05 18.37 16.41 17.00 19.31
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M10 Superweight M50 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W45 Kimberly Light W45 Kimberly Light W45 Kimberly Light W45 Kimberly Light W55 Cathy van Brocklin W65 Lois Dicker SOUTHEAS Alabama Senior Olf State Games Montgomery; M 100m M50 William Hall M55 Thomas Grinder M60 Golden Bertram M65 Roger Chassay M70 Preston Masters M75 William Daprano M80 O L Gilstrap M85 Tom Kennell W50 Lean Popst	49.62 39.70 40.62 47.00 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.5h 9:42.5h 9:57.4h 10:01.2h 11:26.0h 18:29.1h 18:29.1h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 18:57.5h 19:00.6h 19
	M35 James Barr M45 Muraji Nakazawa M50 Keith Mathis M60 Russ White W65 Evelyn Wright W70 Sharon Good Weight Throw M30 Sekenia Welch M35 Anders Halverson M40 Tony Dziepak W40 Becky Hartley W65 Evelyn Wright W70 Sharon Good Superweight M35 James Barr W65 Evelyn Wright M150 J Snyder M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Lana Kane 3000m RW M55 John Gersh M60 Victor Litwinski M65 Carl Kane W55 Cathy van Brocklin W55 Cathy van Brocklin W55 Cathy van Brocklin W55 Cathy van Brocklin W55 Colis Dicker SOUTHEAS Alabama Senior Olf State Games Montgomery; M 100m M50 William Hall M55 Roger Chassay M70 Preston Masters M75 William Daprano M80 O L Gilstrap M85 Tom Kennell W50 Clovis Clark W55 Phil Raschker	49.62 39.70 40.62 47.00 17.90 7.88 22.54 54.18 44.10 22.20 21.69 11.40 10.78 6.32 10:00.3h 9:42.5h 11:26.0h 18:29.1h 18:57.1h 19:18.0h 16:42.9h 20:04.9h 19:30.6h 18:57.5h 7 7 7 7 7 7 7 7 7 7

M55 Thomas Grinder M60 Golden Bertram 29.8 29.77 33.32 M65 James Messick M70 Preston Masters 41.4 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 1:19.67 M55 Thomas Grinder 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 Grinder 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 6:25 M60 Jack Wackwaitz 6:20 M65 Ellis Whitt 5:53 W65 Jeanne Daprano 6:35.81 High Jump M60 William Schaub M65 Amedee Gervais 3-0 M70 Comer Green 3-7 M75 Sonny Oliphant 3-7 W80 O L Gilstrap 3-5 W55 Phil Raschker 4-1 W65 Jeanne Daprano 3-5 Pole Vault M50 Lyndall Farmer 12-0 M55 Wayne Garner 9-0 M60 Joe Lary M65 Roger Chassay 4-0 5-0 M75 William Daprano 4-0 Long Jump M50 William Hall 14-10 M55 Thomas Grinder 12-4. 13-5.2 M60 John Harris M65 John McMenaman 9-1. M70 Comer Green M75 William Daprano 44-4. M85 Tom Kennell 11-1. W55 Phil Baschker 11-11 W70 Elizabeth Howell 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 24-8.7 Shot Put M50 Harry Love 41-2.50 M55 Steven Thomason 42-3 M60 William Schaub 33-10 M65 Fred Dixon 30-10 M70 Comer Green 33-10 M80 Hobo Gilstrap NMA W50 Johnetta Parks 25-3 W55 Phil Raschker 24-10 W65 Elsa Price 12-9 W70 Elizabeth Howell 16-7.5 W80 Jean Propst 14-6 Discus M50 Harry Love 121-8 M55 Steven Thomason 140-2 M60 William Barfield 101-10 M65 Fred Dixon 96-M70 Comer Green 83-M80 O L Gilstrap 61-M85 Tom Kennell 63-0 W50 Johnette Parks 56-W55 Phil Raschker 56-9 33-2 W60 Ann Floyd W65 Elsa Price 25-W70 Elizabeth Howell 37-0 W80 Jean Propst 29-Javelin M50 Larry Love 92-M55 Wayne Garner M60 Joe Lary 110-6 106-0 M65 James Turner 100-M70 Comer Green 69-M75 William Daprano 65-M80 O L Gilstrap NM/ W55 Phil Raschker 71-W60 Ann Floyd 43-10 W65 Elsa Price 12-W70 Elizabeth Howell 34-W80 Jean Propst 33-4 1500m RW M60 Joe Lary 10:35.85 10:44.65 M65 Tom Freeman M70 Richard Dixon 11:23.48

	P	age I/
7	W80 Jean Propst 5000m RW	15:51.80
7 2 3 9 3 5	M60 Joe Lary M65 Tom Freeman	36:09.77
9	M70 Richard Dixon	38:49.41
5	Carolina Masters Meet, Winston-Sal May 27	
	Hammer M40 Dave Speaks 42	29.97
	M45 Tom Bodenheim	20.48
	L. Combs 46 M50 Scott Medlin 50	25.14 32.20
	M55 L.B. Clayton 59 M60 Tom Blythe 61 M65 Mike Valle 65	29.97 28.94
	M65 Mike Valle 65 M70 Tim Twomey 70	41.09 39.67
	M70 Tim Twomey 70 Bill Gramley 70 M80 Bill Snaden 80	36.64 17.65
	W75 Lilian Snaden W Shot Put	
	M40 Dave Speaks Scott Frasure	9.80 8.77
1	M45 Kevin Nutt 47 Tom Bodenheime	
2	M50 Scott Medlin M55 Dan Linker 57	11.31
1	M60 Tom Henley 63 Tom Blythe	10.07
4	M65 Mike Valle M70 Larry Horine 74	11.50
7	Bill Gramley M80 Bill Snaden	10.95 7.39 4.32
4077505	W70 M. Horine W74 W75 Lillian Snaden	4.32 5.50
5	Discus M40 Dave Speaks	30.65
0	Scott Frasure M45 L. Combs	29.97
0	Tom Bodenheime M50 Scott Medlin	33.82
0	M55 Dan Linker M60 Tom Henley	34.43 47.14 34.30
0	M60 Tom Henley Tom Blythe M65 Mike Valle	34.30 39.67
0	M70 Bill Gramley Larry Horine M80 Bill Snaden	39.49 33.29
5	W70 M. Horine W75 Lillian Snaden	9.40
3	Weight M40 Dave Speaks	10.52
5 3 5 5 5 5	Scott Frasure	8.27
5	M50 Scott Medlin M55 L.B. Clayton	er 9.19 13.20 10.89
5	M60 Tom Blythe M65 Mike Valle	10.79 14.82
5 5 0	M70 Tim Twomey Bill Gramley	15.27
5	W75 Lillian Snaden	7.33
03	Javelin M40 Dave Speaks	37.58
0	Scott Frasure M45 L. Combs	21.84
0	Tom Bodenheime M50 Scott Medlin M65 Mike Valle	28.95
4 3 0 9 0	M70 Larry Horine	28.27 33.70
9	Bill Gramley Superweight	20.41
0	M70 Tim Twomey Bill Gramley	9.32 8.20
в	M80 Bill Snaden W75 Lillian Snaden	4.84 4.52
2	MID-AMER	ICA
1	USATF Iowa Asso	
1 7 7 0 2 9 2 3 0	Meet, West Des M May 21	Moines
2	100m M30 Nate Sickerson	11.66
9	M40 Doug Heeren M45 Ed Muehsam	13.95 12.78
3	Randy Davis M65 George LaBelle	14.27 16.61
1	M80 Mal Larson W30 Trina Radske-Suc	15.19 than12.95
7	200m M45 Ed Muehsam	26.74
6	Randy Davis . M55 Alan Russell	29.26 26.93
4 4 3	M65 George LaBelle 400m	35.41
3	M30 Nate Sickseron M45 Randy Davis	55.65 1:05.04
4	M50 David Miller 800m	1:03.92
A 4 0 3 1	M45 Randy Davis M50 David Miller	2:47.21 2:41.66
1	Short Hurdles M50 Doug Boer	18.68
5	M55 Alan Russell M65 George LaBelle	18.31 21.35
5	Long Hurdles	
8	M50 Doug Boer	1:20.11

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 Wiss Kathleen Heägney Wiss Kathleen Heägney<	page 18	North La	
High Jump M65 Bob Hyten M35 Ed Husar 1.88 M45 Randy Davis 7 M50 Guy Mosher 1.22 W50 Kay Glynn 1.29 M35 Mark Wenzel 1.43 W50 Kay Glynn 1.37 M50 Guy Mosher 1.20 M50 Guy Mosher 1.21 W50 Kay Glynn 1.48 M50 Guy Mosher 1.21 M50 Guy Mosher 1.24 M50 Guy Mosher 1.27 M50 Guy Mosher 1.26 M50 Guy Mosher 1.26 M50 Datk Wenzel 1.27 M50 Datk Mymes 1.48 M50 Datk Mymes 1.03 Doug Heeren 8.74 M50 Datk Mymes 1.03 M50 Datk Mulker 9.20 M50 Datk Mulker 9.21 M50 Datk Mulker 9.21 M50 Datk Mulker 2.25 M50 Datk Mulker 2.23 M50 Datk Mulker 2.24 M50 Datk Mulker 2.25 M50 Datk Mulker 2.25 </td <td></td> <td></td> <td></td>			
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MSD Guy Mosher 1.22 WSS Katheen Heagnery MSD Guy Mosher 1.23 WSS Katheen Heagnery MSD Guy Mosher 1.37 WSD Kay Gynn 1.37 MSD Guy Mosher 2.80 WSD Kay Mosher 2.80 MSD Guy Mosher 2.80 MSD Guy Mosher 2.80 MSD Guy Mosher 2.81 MSD Guy Mosher 2.80 MSD Guy Mosher 2.81 MSD Guy Mosher 2.80 MSD Guy Mosher 2.81 MSD Guy Mosher 2.80 WSD Kay Glynn 4.48 WSD Ray Choberson MSD Guy Mosher 2.80 M40 Doug Johanson 13.19 MSD Adit Mulker 1.81 MSD Adit More MSD Adit More MSD Marek Wenzel 3.211 Joel Schutte 3.275 MSS Marin McClintock MSD Guy Mosher 2.80 WSS Kathy Lord WSS Kathy Lord WSS Kathy Lord MSD Guy Mosher 2.80 WSS Kathy Lord WSS Kathy Lord WSS Kathy Lord MSD Guy Mosher 2.80 WSS Marin McClintock MSS Marin McClintock MSD Guy Mosher			W50 Rebecca Hoogheem
 M70 Tom Lagenteld 143 W70 Alice Mohr W70 Alice Mohr	M50 Guy Mosher		
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M60 Gordon Reiter 2:29.87 W65 Char Sobkowski M65 Bob Hyten 2:55.32 W70 Betty Adams M70 Walter Schlereth 3:02.77 W75 Fela Igielnik M75 Joseh Bell 3:25.49 W80 Denise Rogers M80 Curt Davison 4:18.01 1500m RW W50 Rebecca Hoogheem 3:16.02 M55 Howard Wilson W60 Carol Peluso 4:01.74 M60 George Ruh W70 Alice Mohr 4:46.22 M70 Fred Adams W80 Dottie Gray 5:29.71 M75 Eugene Hall M85 Manley Limbeugh M85 Manley Limbeugh	M55 Gary Cowman	2:35.85	W60 Pat Berger
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M75 Joseh Bell 3:25.49 W60 Denise Rogers M80 Curt Davison 4:18.01 1500m RW W50 Rebecca Hoogheem 3:16.65 M50 Davic Couts W50 Debbie Stiles 3:16.02 M55 Howard Wilson W60 Carol Peluso 4:01.74 M60 George Ruh W70 Alice Mohr 4:46.22 M70 Fred Adams W80 Dottie Gray 5:29.71 M75 Eugene Hall M85 Manley Limbeugh 1500m	M70 Walter Schlereth	3:02.77	W75 Fela Igielnik
W50 Rebecca Hoogheem 3:16.65 M50 Davic Couts W55 Debbie Stiles 3:16.02 M55 Howard Wilson W60 Carol Peluso 4:01.74 M60 George Ruh W70 Alice Mohr 4:46.22 M70 Fred Adams W80 Dottie Gray 5:29.71 M75 Eugene Hall M50 Dom M51 Market M55 Manley Limbaugh	M75 Joseh Bell	3:25.49	1500m RW
W60 Carol Peluso 4:01.74 M60 George Ruh W70 Alice Mohr 4:46.22 M70 Fred Adams W80 Dottie Gray 5:29.71 M75 Eugene Hall 1500m M85 Manley Limbeugh	W50 Rebecca Hoogheem	3:16.65	M50 Davic Couts
W70 Alice Mohr 4:46.22 W80 Dottie Gray 5:29.71 1500m M75 Eugene Hall M85 Manley Limbaugh			M60 George Ruh 1
1500m M85 Manley Limbaugh	W70 Alice Mohr	4:46.22	M70 Fred Adams
M50 Bobby Williams 4:55.53 1 W50 Jaye Shyken	1500m		M85 Manley Limbaugh 1
	M50 Bobby Williams	4:55.53	wou Jaye Shyken

W70 Maurine Lia 9:38.58 W75 Madonna Buder 11:22.37 5:39.34 5:21.78 6:06.78 6:27.30 SOUTHWEST 6:44.63 North Austin Lions T&F 6:44.94 7:39.52 Championships/USATF South Texas Association 9:29.49 Masters Championships 8-12.84 Elgin, TX; May 6 11:02.94 100m M35 Gabby Yearwood 11.87 18:17 M40 David Hebert Stefan Stefanson 13 37 21:34 23:59 M45 Jose Luis Leyva David Hammond 23:52 13.23 13.60 26:39 13.72 **Bradley Gardner** 25:42 28:22 M50 Rick Riddle 12.63 David Nelsen 12 77 29:42 Larry Helton 13.30 40:50 M55 Larry Donehower Paul Blankenship 13.17 13.87 5-2 16.32 4-10 Larry McIntyre M60 Rey Rodriquez 14.45 14.79 Howard Booth 4-2 13.50 M65 Don Denson 4.2 Wayne Bennett Don Isett 13.79 4-0 14.87 3-9 M70 Joe Summerlin Luis Gutierrez 15 66 3-3 M75 Wilford Scott 15.98 W30 Monica Yones 14.57 13.02 W35 Donna Lawrence 9-0 Linda Berndt 16.53 8-0 W40 Samantha Ballard W65 M Coffee-Carney 16 35 19.22 8-0 4-6 200m M30 A Williams 25.34 M35 Gabby Yearwood John Sears 23.75 16-0 23 85 M40 A Iron 14-1 24.73 12-6 Alan Sims 25.17 **Rick Cawley** 27.64 12-5 10-5.75 M45 Lindy Raney 25.38 25.42 9-4.50 Ken Ellis 4-0.75 **David Saye** 25.56 M50 David Colle 23 35 2-1.50 25.91 **Rick Riddle** 11-7 10-7.50 5-4 David Nelsen 25.91 M55 Bill Lewis 26.85 5-3.50 M60 Rey Rodriquez M65 Don Denson 29.95 27.67 6-4-8 Pete Clarke 27.94 Wayne Bennett M75 Wilford Scott 28.64 38-7 32.06 28.66 39-5 W30 Cornelia Green W35 Sarah Boyd W45 Margaret Edwards 35-8 29.05 39-7 36.15 33-7 W50 Barbara Boss 33 32 34-10 W65 M Coffee-Carney 42.18 28-8 400m M30 Yancy Culp M40 David Hebert 24-8 56.02 11-5 59.17 25-Van Eisenback M45 Lindy Raney 67.73 57.10 25-7 Bradley Gardner Cecil Ballard 59.27 21-6 1:17.59 M50 David Colley 21-1 56 73 17-5 **Bick Easle** 59.65 Brooks Wright 1:01.36 1:20.00 90-7 M55 Benjamin Lopez 100-9 M60 Rey Rodriquez 107-7 Herman Caviel 1:17.10 159-3 M65 Pete Clarke 97-9 W40 Samantha Ballard 1:31.13 W45 Margaret Edwards1:34.81 W50 Barbara Ross 1:20.85 W65 M Coffee-Carney 1:34.75 107-2 63-0 61-7 28-800m M45 Baron Doherty 2:31.53 74-7 Michael Rutledge 2:31.95 55-5 M50 Brooks Wright 2:25.07 62-5 Dave Moore 2:29.86 M55 Lee Brownfield 3:13.62 2:46.57 49-2 M65 Pete Clarke W30 Cornelia Greer 37-11 31-11 2:51.78 W40 Lisa Maria Render3:13.76 1500m M30 Yancy Culp 111-1 87-0 7:07 71 105-2 M45 David Dunn 4:43.34 Baron Doherty 5:03.08 82-9 Milt Brownfield 5:27.33 86-30000 M45 Mac Allen 77 10:02.68 W35 Allyson Dunn Brenda Pena 10:56.47 11:09.14 81-0 19-6 47-1 Alsia Pena 11:57.57 Short Hurdles 54-4 Short Hurdles M45 Ken Ellis M50 Sergio Angula M60 Howard Booth W40 Lisa Marie Render 36-9 16.68 52-8 16.65 60-3 31-7 16.80 Long Hurdles M50 Rick Easley Sergio Angulo 30-7 47.68 7:05.05 49.23 11:58 82 Pedro Delgado 62.85 High Jump M40 Gregg Mercier Stefan Stefansson 13:08.0h 9:46.32 6-0 5-0 4-2 5-6 10:33.84 Claudia Ibanna ugh 13:59.31 9:35.40 M45 Ken Ellis

National M	asters News	
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HWEST	Pole Vault M45 Marc Herns 13-	0
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Association	M55 Larry Bonnett 10- M60 Howard Booth 10-	0
K; May 6	M65 Steven Warr 10-	0
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vrence 13.02 dt 16.53	W40 Lisa Marie Render 23-7.2 Shot Put	5
Ballard 16.35	M30 Ben Arbuckle 6.7	3
Carney 19.22	M35 Carlos Galvan 11.5 M40 Brian Suter 12.8	8
25.34 rwood 23.75	Eugene Garza 8.5 M45 J Nicholopoulos 10.5	4
23.85 24.73 25.17 27.64	Ken Ellis 10.3 Michael Persinger 10.0	4
25.17 27.64	M50 Donald Lantrip 11.0 John Stilbert 10.1	4
y 25.38 25.42	Michael Amaral 8.6	0
25.56 23.35	Tom Brownfield 11.0	0
25.91	M65 Carlos Viejo 8.9	6
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re 2:29.86 field 3:13.62	M50 John Stilbert 128- Donald Lantrip 104-	
e 2:46.57 reer 2:51.78	Michael Amaral 69- M60 Mark Chapman 10	
Render3:13.76	M65 Howard Zingg 93- Harold Crater 70-1	4
n 7:07.71 n 4:43.34	M70 David de la Pena 66-1 M75 Jim Gerhardt 83-	1
field 5:27.33	Agapita Rocha 66-1 W50 Cheryl Mellenthin 74-1	0
10:02.68	Javelin M40 Eugene Garza 86-	
inn 10:56.47 11:09.14	M45 Ricardo Esperanza 89- M50 Sergio Angulo 107-	8
11:57.57	Michael Amaral 70-1 M60 Mark Chapman 98-	0
16.68 16.65	Gayla Berry 77- M65 Carlos Visio 97	5
oth 17.95 Render 16.80	Howard Zinzz 64-	9
y 47.68	M70 David de la Pena 77-	2
julo 49.23	M75 Jim Gerhardt 93- Agapita Rocha 51- W40 Nicola Hirochtald	0
62.85	W40 Nicole Hirschfeld 64- W50 Cheryl Mellenthin 43-	6
fansson 5-0	W60 Debbie Romero 42- W65 Rosa Fuentes 35-	5
anna 4-2 5-6	M45 Alberto Medina 7:07.9	8

and the second se		July
	9:33.69	M55 Raymond Yeck
M85 Armando Estanol 1 3000m RW	1:55.42	Vance Jacobson Bill Fitzpatrick
M45 Alberto Medina 1	5:13.15 9:40.14	M60 Matthew Pruitt Tony Craddock
M70 Salvador Perez 2	2:26.13	Charlie Loftis
M85 Armando Estanol 2	4:14.88	M65 Lee Gillespie Bill Knocks
WEST		Bill Weinerth M70 Robert Tsuda
Team Thor USA The	under	Jessie Carrington
Series, UC-San Di	ego	Sam Flory M75 Don Cheeks
May 14		Jim Selby Rodney Brown
Shot Put	12.36	M80 Robert Davidson
M30 Doug Dunagan M50 Richard Watson	10.33	W40 Jai Black W45 Debbie Selby
M55 Tim Muller M60 John Schneider	13.82 12.09	Susan Quintana W50 Denise Janneck
M60 John Schneider M70 Bob Humphreys	12.36 9.18	Tina Bowman
W45 Mary Underdown Discus		W60 Nadine O'Conner Kathy Jager
M30 D Dunagan M40 David Bickel	33.20 38.57	400m M35 Bryant Kong
M50 Ralph Fruguglietti R Watson	57.42 36.88	M40 Getulio Echeandia
M55 Tom Fahey	49.03	Kettrell Berry Andrew Gonzales
M60 Ron Damschen M70 B Humphreys	38.73 42.65	M45 Brian Mutert William Ward III
Hammer		M50 Charles Williams
M30 Leslie Coons D Dunagan	58.51 36.58	Steve Cummings Steve Kloch
M40 D Bickel M50 Tom Meyer	42.06 49.93	M55 Rick Mutt Alfred Cain
R Watson	37.38	M60 Bob Callori
M70 B Humphreys M85 Hugh Hackett	40.37 22.61	M70 Jessie Carrington M75 Don Cheeks
Javelin M50 R Watson	41.98	Rodney Brown
M60 J Schneider	40.45	Jim Selby M80 Robert Davidson
M85 H Hackett Weight Throw	15.13	W40 Jai Black W45 Debbie Selby
M30 D Dunagan M40 D Bickel	11.72 12.32	W65 Jeanne Daprano 1
M45 Doug Parsons	12.92	W85 Gerry Davidson 2 800m
M50 T Meyer R Watson	15.92 13.41	M35 John Garratt 2 Nick Warner 2
M70 B Humphreys M85 H Hackett	16.03	M40 Vaughan Kastor 2
Superweight .	6.96	Tim Hickock 2 Joe Soto 2
M30 D Dunagan M45 D Parsons	7.37 9.16	M45 William Ward III 2 Joe Gilboy 2
M50 R Watson	7.33	Carlos Borrico 3
Southern Califor		M50 Rob Duncanson 2: Danny Goldman 2:
Striders Meet of C pions, Long Beach		Gary Shapiro 2: M55 Nolan Shaheed 2
May 20	I, CA	M60 Ron Salupo 2
100m		Bob Holmes 3
M35 Estrada Hugo	12.37	Milo Sather 4
M40 Rick Zumwalt Robert Holloway	12.35	M35 Aaron Goodall A Nick Warner
Chuck Martin M45 Willie Gault WR	13.68 10.80	Bryant Kong
Michael Sullivan	11.66	M40 Matthew Armbruster M45 Rom Cupp
James Chin M50 Greg Pizza	11.84 12.32	M50 Bob Morris M55 Nolan Shaheed
Charles Williams Ken Stone	12.43 13.73	M55 Hugo Velazquez
M55 Raymond Yeck	12.82	M75 Milo Sather W50 Denise Janneck
Patrick Lyons Vance Jacobson	13.08 13.09	Tina Bowman W55 Denise Janneck
M60 Stan Whitley Charley Loftis	12.68	Jane Dundas 1
Lance Pierce	14.52	W65 Jeanne Daprano 3000m
M65 Lee Gillespie Maynard Morris	14.15	M35 Juan Ramirez Aaron Goodall
Bill Weinerth M70 Roger Tsuda	15.9h 14.59	M40 Matthew Armbruster
Jessie Carrington	14.8h	Angelo DeCollibus M60 Michael Blakeman 1
Sam Flory M75 Don Cheek	15.37 15.03	W45 Patricia Contreras 1 W85 G. Davidson WR 2
Rodney Brown Jim Selby	16.36 [*] 16.49	(Ivy Granstrom/24:08.62
M80 Robert Davidson	29.32	Short Hurdles M35 Villegas Gwynn
W40 Alison Vessup W45 Debbie Selby	14.48 16.48	M45 B J Duhon Eugene Anton
Susan Quintana W50 Linda Cohn	17.62 14.78	Mahmoud Nirouman
Jeanne Bowman	15.06	M50 Steve Cummings M60 Theo Viltz
Christine Stone W60 Kathy Jager	21.04	M65 Knocke Long Hurdles
11/00 1 1		Long nurules
W80 Johnnye Valien 200m	22.71	M30 Perry McBride
W80 Johnnye Valien 200m M30 Perry McPride	22.71	M30 Perry McBride M35 Villegas Gwynn M40 Getulio Echeandia
W80 Johnnye Valien 200m M30 Perry McPride Teddy Tran M35 Villegas Gwynn	22.71 22.41 28.61 24.85	M30 Perry McBride M35 Villegas Gwynn M40 Getulio Echeandia High Jump
W80 Johnnye Valien 200m M30 Perry McPride Teddy Tran M35 Villegas Gwynn Estrada Hugo Bryant Kong	22.71 22.41 28.61 24.85 25.1h	M30 Perry McBride M35 Villegas Gwynn M40 Getulio Echeandia High Jump M40 Ron Lee M45 Victor Berezorsky
W80 Johnnye Valien 200m M30 Perry McPride Teddy Tran M35 Villegas Gwynn Estrada Hugo Bryant Kong M40 Rick Zumwalt	22.71 28.61 24.85 25.1h 28.56 25.35	M30 Perry McBride M35 Villegas Gwynn M40 Getulio Echeandia High Jump M40 Ron Lee M45 Victor Berezorsky Mahmoud Niroumai M50 Doug Schuessler
W80 Johnnye Valien 200m M30 Perry McPride Teddy Tran M35 Villegas Gwynn Estrada Hugo Bryant Kong M40 Rick Zumwalt Robert Holloway Andrew Gonzales	22.71 22.41 28.61 24.85 25.1h 28.56 25.35 25.76 26.21	M30 Perry McBride M35 Villegas Gwynn M40 Getulio Echeandia High Jump M40 Ron Lee M45 Victor Berezorsky Mahmoud Nirouma M50 Doug Schuessler Ben del Villar
W80 Johnnye Valien 200m M30 Perry McPride Teddy Tran M35 Villegas Gwynn Estrada Hugo Bryant Kong M40 Rick Zumwalt Robert Holloway Andrew Gonzales M45 Willie Gault WR (Kevin Moming/22.13/2	22.71 22.41 28.61 24.85 25.1h 28.56 25.35 25.76 26.21 21.91 002)	M30 Perry McBride M35 Villegas Gwynn M40 Getulio Echeandia High Jump M40 Ron Lee M45 Victor Berezorsky Mahmoud Niroumai M50 Doug Schuessler Ben del Villar Patrick Pittman M55 Charlie Rader
W80 Johnnye Valien 200m M30 Perry McPride Teddy Tran M35 Villegas Gwynn Estrada Hugo Bryant Kong M40 Rick Zumwalt Robert Holloway Andrew Gonzales M45 Willie Gault WR (Kevin Morning/22.13/2 Michael Sullivan James Chinn	22.71 22.41 28.61 24.85 25.1h 28.56 25.35 25.76 26.21 21.91	M30 Perry McBride M35 Villegas Gwynn M40 Getulio Echeandia High Jump M40 Ron Lee M45 Victor Berezorsky Mahmoud Niroumal M50 Doug Schuessler Ben del Villar Patrick Pittman M55 Charlie Rader Jorge Bimbaum Vance Jacobson
W80 Johnnye Valien 200m M30 Perry McPride Teddy Tran M35 Villegas Gwynn Estrada Hugo Bryant Kong M40 Rick Zumwalt Robert Holloway Andrew Gonzales M45 Willie Gault WR (Kevin Morning/22.13/2 Michael Sullivan James Chinn M50 Charles Williams	22.71 28.61 24.85 25.1h 28.56 25.35 25.76 26.21 21.91 002) 23.54 23.54 24.9h	M30 Perry McBride M35 Villegas Gwynn M40 Getulio Echeandia High Jump M40 Ron Lee M45 Victor Berezorsky Mahmoud Nirouma M50 Doug Schuessler Ben del Villar Patrick Pittman M55 Charlie Rader Jorge Birnbaum Vance Jacobson M65 Dave Perry Bert Bergen
W80 Johnnye Valien 200m M30 Perry McPride Teddy Tran M35 Villegas Gwynn Estrada Hugo Bryant Kong M40 Rick Zumwalt Robert Holloway Andrew Gonzales M45 Willie Gault WR (Kevin Morning/22.13/2 Michael Sullivan James Chinn	22.71 28.61 24.85 25.1h 28.56 25.35 25.76 26.21 21.91 002) 23.54 23.86	M30 Perry McBride M35 Villegas Gwynn M40 Getulio Echeandia High Jump M40 Ron Lee M45 Victor Berezorsky Mahmoud Niroumai M50 Doug Schuessler Ben del Villar Patrick Pittman M55 Charlie Rader Jorge Birnbaum Vance Jacobson M65 Dave Perry

July 2006

Jeanne Daprano 6:36.87

Matthew Armbnuster 9:32.10

Angelo DeCollibus 9:55.23

Michael Blakeman 17:05.52

Patricia Contreras 12:02.86

G. Davidson WR 24:00.33

Granstrom/24:08.62/1998)

Eugene Anton 16.66 Mahmoud Niroumand 19.04

Getulio Echeandia 55.5h

Victor Berezorsky Mahmoud Niroumand

Steve Cummings 1:01.88

Jessie Carrington 1:09.77

Robert Davidson 3:06.27

Jeanne Daprano 1:22.18

Gerry Davidson 2:17.79

26.24

26.74

26.83

25.97

29.28

31.91

29.32

30.43

32.77

29.96

30.04

32.07

30.84

34.29 34.56

68 92

26.84

35.87

36.6h 32.06

33 48

29.33

31 48

1:07.0h

51.24 52.17

56 78

1:02.36

59.06

1:04.55

1:10:30

1:19:27

1:20:47

1:14:39 1:19.12

1:19.91

59.49

1:34.02

2:15.86

2:16.20 2:07.05

2:11.23

2:46.79

2:26.97

2:38.61

3:18.16

2:15.02

2:17.91

2.20.16

2:07.60 2:30.94

2.12 96

4:01.75

4:39.05

4.42 38

5:42.98

4:26.10

5:07.47 4:51.97

4.23 17

5:13.40

7:48.34

5:29.20

6:09.65

9:15.18

9:55.23

17.98

15.87

18.25

16.32

19.86

51.08

62.7h

1.86

1.77

1.57

57

.52

1.32

1.62

1.32 1.42 1.37

1.17

1.35

5:29.20

10:03.21

1:04.99

	July 2006
	W55 Anne Steekelent W65 Kathy Bergen W
	(Rietje Dijkman/1.34
	W80 Johnnye Valien Pole Vault
	M45 Victor Berezovsk Charles Greg
	Brian Mutert M50 Charlie Brown
	M55 Steve Morris Tomlinson Rauscher
	M65 Terry Cannon M75 Bud Held WR
	(Bud Held/2.96/20 Bob Holmes
1	W50 Rita Hanscom W60 Nadine O'Conne
	Kathy Jager
	M40 Lavell Davenport
199	Logan Culp M45 Mahmoud Nirouma
	M50 Patrick Pittman M55 John Tomaschke
	Vance Jacobson M60 Ron Muranaka
	M65 William Otis Bill Beinerth
	M70 Roger Tsuda Donald Leis
	W60 Kathy Jager Triple Jump
5.4. 24	M40 Lavell Davenport M45 Mahmoud Nirouma
-	Carlos Borrico M55 John Tomaschke
1	M70 Donald Leis Shot Put
	M30 Troy Nelson M40 Joe Soto
	M45 James Kerman Mahmoud Nirouma
	Brian Mutert M50 Gary Schmidt
	Rick Thoman
	M55 Angelo Rinaldi Mike Deller
	M60 John Schneider Bob Callori
	M70 Hanry Ross Ernie Smith
	Alan Rosen M75 Arnie Gaynor
V	M80 Donald Rosen M85 Hugh Hackett
-	W50 Linda Cohn Rita Hanscom
20	Cathleen Warmerda W55 Jane Dondas
	W65 Ann Abreu W80 Johnnye Valien
1.1	Discus M30 Troy Nelson
	M40 Logan Culp Chuck Martin
	M45 Brian Mutert M50 David Hamel
-	Robert Rice Gary Schmidt
	M55 Alfred Cain Angelo rRnaldi
	Mike Deller M60 John Schneider
	M65 William Burkle M70 Ed Martin
1. M.	Robert Eldridge
	Alan Rosen M75 Arnie Gaynor
1	M80 Donald Rosen W50 Rita Hanscom
	Linda Cohn W60 Kathy Jager
-	W65 Kathy Bergen W80 Johnnye Valien
	Hammer M30 Troy Nelson
	M50 Gary Schmidt M65 William Burke
	M75 Arnie Gaynor M85 Hugh Hackett
	Javelin M45 Mahmoud Niroumar
	Brian Mutert Carlos Borrico
	M50 David Hamel Barry Warmerdan
	Rob Duncanson Gary Schmidt
	M55 Sy Silverstein Ron Rook
	M60 John Schneider
	M65 Otis William M70 Ed Martin
	Ernie Smith M75 Allan Trefry
	M80 Donald Rosen M85 Hugh Hackett
	W50 Linda Cohn AR (Linda Cohn/37.95/
	Tina Bowman Rita Hanscom
	W55 A Steekelenburg
	the second se

W55 Anne Steekelenburg 1.35 W65 Kathy Bergen WR 1.35 (Rietje Dijkman/1.34/2004) W80 Johnnye Valien 0.90 Pole Vault M45 Victor Berezovskir Charles Greg Brian Mutert 3.50 3.35 2.60 M50 Charlie Brown M55 Steve Morris 4.32 3.50 Tomlinson Rauscher M65 Terry Cannon M75 Bud Held WR 3.20 3.05 2.97 (Bud Held/2.96/2004) 2 00 **Bob Holmes** W50 Rita Hanscom 2.06 W60 Nadine O'Conner 2.90 Kathy Jager Long Jump 2.45 M40 Lavell Davenport 5 36 Logan Culp 5.05 M45 Mahmoud Niroumand 5.21 M50 Patrick Pittman M55 John Tomaschke 4.03 5.09 Vance Jacobson 4 49 M60 Ron Muranaka 4.06 M65 William Otis 3.96 Bill Beinerth M70 Roger Tsuda Donald Leis 3.69 4.12 3.12 W60 Kathy Jager 3.96 **Triple Jump** M40 Lavell Davenport 12.71 M45 Mahmoud Niroumand 10.84 Carlos Borrico 6 65 M55 John Tomaschke 10.23 M70 Donald Leis 6.47 Shot Put M30 Troy Nelson 10.90 M40 Joe Soto M45 James Kerman 6.16 12.80 Mahmoud Niroumand 9.03 Brian Mutert 8.25 M50 Gary Schmidt Rick Thoman 12.16 8.17 M55 Angelo Rinaldi 11.95 Mike Deller 11 17 M60 John Schneider 11.58 Bob Callori 6.30 M70 Hanry Ross Ernie Smith 12.22 Alan Rosen 9.12 M75 Arnie Gaynor 12.31 M80 Donald Rosen 7.79 M85 Hugh Hackett W50 Linda Cohn 5.50 9.84 **Rita Hanscom** 9.18 8.05 Cath NA W55 Jane Dondas W65 Ann Abreu 6.10 W80 Johnnye Valien 5.90 Discus M30 Troy Nelson 30.38 M40 Logan Culp Chuck Martin 28.87 27.68 M45 Brian Mutert M50 David Hamel 27.00 31.72 **Robert Rice** 32.72 Gary Schmidt 39.69 M55 Alfred Cain 27.74 Angelo rRnaldi Mike Deller 33.17 43.27 M60 John Schneider 35.23 M65 William Burkle M70 Ed Martin 22.82 29.63 Robert Eldridge Alan Rosen 30.32 32.80 M75 Arnie Gaynor M80 Donald Rosen 36 42 21,15 W50 Rita Hanscom 22.30 Linda Cohn 26.47 W60 Kathy Jager 17.09 W65 Kathy Bergen W80 Johnnye Valien 19.64 12.77 Hammer M30 Troy Nelson 30.59 M30 Troy Neison M50 Gary Schmidt M65 William Burke M75 Arnie Gaynor M85 Hugh Hackett 36.82 31.61 22.73 Javelin M45 Mahmoud Niroumand 31.47 Brian Mutert Carlos Borrico 25.26 M50 David Hamel 51.05 Barry Warmerdam Rob Duncanson 44.44 41.86 Gary Schmidt M55 Sy Silverstein 35.88 38.09 37.74 Ron Rook M60 John Schneider 41.39 M65 Otis William 21.98 M70 Ed Martin 30.88 24.67 27.35 **Ernie Smith** M75 Allan Trefry 23.80 M80 Donald Rosen M85 Hugh Hackett W50 Linda Cohn AR 14.35 39.06 (Linda Cohn/37.95/2004) Tina Bowman 26.61 lita Hanscom W55 A Steekelenburg 21.43

W65 Kathy Bergen Ann Abreu	20.47
W80 Johnnye Valien	18.35 14.20
San Clemente M Meet, San Clemer May 27	asters nte, CA
100m M30 Coach Prime	11.82
Dave Elder M40 Kettrell Berry	16.10 11.26 11.87
T C Wardle M45 Marty Krulee	11.29
Michael Sullivan Ed Muehlbacker	12 37
M50 Rob Duncanson Paul del Bosque	15.06
M55 Emie Stucki	12.87
M60 Stan Whitley Charlie Loftis	13.01 12.57 14.47
Ron Muranaha M65 Doug Smith Lee Gillespie	14.89 12.90
M70 Carlos Cota	14.16 15.23
M75 Jim Selby M80 Robert Davidson	16.52 29.91
W45 Veroni Amaraseka Debbie Selby	16 48
Susan Quintana W50 Cathy Baar	19.85
Christine Stone W65 Kathy Bergen	14.78
W75 Frances Styles 200m M40 Kettrell Berry	19.91
Allen McDuffrie M45 Michael Sullivan	22.89 23.93
James Chinn	23.64
Marty Crulee M55 Bill Fitzpatrick Bick Muth	24.37 27.09
M60 Stan Whitley	25.66
Charlie Loftis M65 Doug Smith Lee Gillespie	31.59 27.23
M70 Carlos Cota	29.09 32.14
M75 Jim Selby M80 Robert Davidson	35.33 72.89
W40 Jai Black Caren Ware W45 Debbie Selby	26.68 29.92
W50 Jeanne Bowman Cathy Baar	
W60 Nadine O'Connor W75 Frances Styles	43.91 29.90 48.75
400m M30 Dave Elder	1:18.96
M40 Allen McDuffrie Tim Hickok	53.42. 59.28
M45 Michael Sullivan James Chinn	51.79 52.69
Robert Hicks M55 Bill Fitzpatrick	53.82 1:01.82
Rick Muth M60 David Parke	1:09.84 1:02.05
M70 Donald Leis M75 Jim Selby	1:37.69
M75 Jim Selby M80 Robert Davidson W40 Jai Black	1:00.75
W45 Debbie Selby W50 Jeanne Bowman	1:30.73 1:18.40
800m M30 Dave Proodian	2:42.35
M35 Rayfer Weaver Nick Warner	2:00.38 2:12/75
M40 Tim Hickok M45 Angelo DeCollibus	2:16.35
William Ward	2:26.65 2:35.11
M60 David Parke	2 28 23
Ron Salupo M75 Jim Selby	2:29.37 3:31.92
W50 Denise Janneck 1500m	2:41.65
M30 Dave Proodian Dave Elder	6:21.74
M35 Rayfer Weaver Aaron Goodall M40 Tim Hickok	4:33.10 4:36.97 4:43.43
M45 Angelo DeCollibus Tom Cupp William Ward	4:41.76
William Ward W45 Liz Yayoi	5:07.37 5:37.26
5000m M30 Dave Proodian	Contraction of
Dave Elder Short Hurdles	22:59.49
M30 Matthew Roderic	k 16.36 16.56
M45 Eugene Anto M35 Richard Holmes M55 Thaddeus Wilsor W40 Caren Ware	14.73
W40 Caren Ware W45 Veronica Amarasek	14.31 ara 13.22
W50 Denise Janneck	18.19
M50 Andrew Hecker W40 Caren Ware	51.02 52.88
High Jump M45 Mahmoud Nirouma	nd 1.54
M50 Ken Stone	1.34

M55		
	Thaddeus Wilson John Dobroth Donald Leis Rita Hanscom	1.39
M65 M70	John Dobroth Donald Leis	1.59
W50	Rita Hanscom	4 20
VV 33	Anne Steekelenburg	1.34
	Kathy Bergen Frances Styles Vault	0.89
M45	John Arbogast Steve Morris Bud Held	2.28
M55	Steve Morris	3.66
W50	Rita Hanscom	2.74 2.59
W60	Nadine O'Connor	3.00
M30	Jump Matthew Roderick Lavell Davenport	5.74
M40 M45	Lavell Davenport Mahmoud Niroumand	5.25 5.24
M50	Rob Duncanson	3.96
M60 M70	Ron Muranaha Donald Leis	4.26 3.04
W40	Caren Ware	4.52
N50	Veronica Amarasekara Cathy Baar	5.26
N55	Brenda Mathews Frances Styles	3.86
Friple	e Jumo	2.19
M30	Matthew Roderick	11.21
445	Matthew Roderick Lavell Davenport Mahmoud Niroumand	10.97
N55	Anne Steekelenburg	8.19
	Fran ces Styles Put	4.64
M50	Grea Stines	12.95
M60	Thaddeus Wilson John Schneider	8.07
	Doug Greek	9.60
470	Bob Ward	9.12 11.50
1-1	Bob Ward Doug Tomlinson Ernie Smith Arnie Gaynor	10.82
	Doug Richardson Hugh Hackett	9.37
N40	Caren Ware	5.43 7.62
N45	Veronica Amarasekara	9.78
N20	Mary Underdown Linda Cohn	9.90
	Christine Stone Brenda Mathews	5.79
Discu	S	- PASSE
150	Ralph Fruguglietti	49.68 42.67
	James Fraser	35.63
155	Jim McEvoy Bobert Grant	31.70
	John Schneider	39.02
170	Doug Greek Bob Humphreys	30.48 44.20
	Bob Humphreys Doug Tomlinson Bob Ward	37.49
475	Bob Ward Arnie Gaynor	37.49 38.71
	Doug Richardson	26.52
	Hugh Hackett Linda Cohn	15.21 27.34
	Rita Hanscom	
		22.36
N55	Anne Steekelenburg	
N55 N65	Cathy Baar Anne Steekelenburg Kathy Bergen	22.36 14.92
N55 N65 Jave	Kathy Bergen	22.36 14.92 20.74
N55 N65 Jave M40 M50	Kathy Bergen lin Robert Gonzalez Mike Tipping	22.36 14.92 20.74 16.08 22.74 44.11
N55 N65 Jave M40 M50	Kathy Bergen lin Robert Gonzalez	22.36 14.92 20.74 16.08 22.74
N55 N65 Jave M40 M50	Kathy Bergen lin Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54 38.11
N55 N65 Jave M40 M50 M55 M60	Kathy Bergen lin Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54
N55 N65 Jave M40 M50 M55 M60 M70	Kathy Bergen lin Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Quist	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54 38.11 38.07 28.10 35.07
W55 W65 Jave M40 M50 M55 M60 M70 M75	Kathy Bergen lin Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Quist Doug Tomlinson Amie Gaynor	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54 38.11 38.07 28.10 35.07 27.77 26.34
W55 W65 Jave M40 M50 M55 M60 M70 M75	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Amie Gaynor Doug Richardson	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54 38.11 38.07 28.10 35.07 26.34 23.51
W55 W65 Jave M40 M50 M55 M60 M70 M75 M85	Kathy Bergen Iin Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54 38.11 38.07 28.10 35.07 27.77 26.34
N55 N65 Jave M40 M50 M55 M60 M70 M75 M85 N40	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Amie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54 38.11 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78
W55 W65 Jave M40 M50 M55 M60 M70 M75 M85 W40 W50	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54 38.11 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04
W55 W65 Jave M40 M50 M55 M60 M70 M75 M85 W40 W50	Kathy Bergen Kathy Bergen Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews	22.36 14.92 20.74 44.11 41.19 38.54 38.11 38.07 28.10 35.07 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58
W55 W65 Jave M40 M50 M55 M60 M70 M75 M85 W40 W50	Kathy Bergen lin Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen	22.36 14.92 20.74 16.08 22.74 44.11 38.54 38.54 38.54 38.51 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58 18.42
W55 W65 Jave M40 M50 M55 M60 M70 M75 M85 W40 W50 W55 W65	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Quist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor	22.36 14.92 20.74 16.08 22.74 44.11 38.54 38.54 38.54 38.54 38.57 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58 18.42
W55 W65 Jave M40 M50 M55 M60 M70 M75 M85 W55 W55 W65 H	Kathy Bergen lin Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Amie Gaynor Doug Tichardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.51 38.11 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58 26.18 25.51 21.58 21.58 22.51 21.58 22.51 21.58 22.51 21.58 22.51 21.58 22.51 21.58 22.51 21.58 22.51 21.58 22.51 21.58 22.51 21.58 22.51 21.58 22.51 21.58 22.51 22.54 23.51 24.512
W55 W65 Jave M40 M50 M55 M60 M70 M75 M85 W55 W55 W65 H	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor onolulu; May 28- Kevin Kruszona Phillip Oyape	22.36 14.92 20.74 16.08 22.74 44.11 38.54 38.54 38.54 38.54 38.57 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58 18.42
W55 W65 Jave M40 M50 M55 M60 M75 M85 W40 W50 W55 W65 H M45	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Amie Gaynor Doug Tichardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor onolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista	22.36 14.92 20.74 16.08 22.74 44.11 38.07 28.10 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58 26.18 25.51 21.55 21.55 22.75 21.53
W55 W65 Jave M40 M50 M55 M60 M75 M85 W40 W50 W55 W65 H M45	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Quist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor onolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54 38.54 38.54 38.51 28.10 25.07 27.77 26.34 23.51 14.61 21.58 18.42 29 3433 3257
W555 W650 W550 W550 W550 W700 W770 W770 W770 W7	Kathy Bergen Kathy Bergen Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Amie Gaynor Doug Tichardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor onolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello Marty Knight Daryl Wong	22.36 14.92 20.74 44.11 41.19 38.54 38.11 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58 18.42 29 3433 3257 2183 6020 2591 1852
W555 W650 W550 W550 W550 W700 W770 W770 W770 W7	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Quist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor onolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello Marty Knight Darryl Wong Jack Karbens	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54 38.54 38.54 38.51 28.10 27.77 26.34 23.51 14.61 21.58 18.42 29 3433 3257 2183 6020 2591
W55 Jave M40 M55 M60 M70 M70 M75 M85 W40 W50 W55 W40 W50 H H45 M45 M60	Kathy Bergen Kathy Bergen Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Amie Gaynor Doug Tichardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor onolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello Marty Knight Daryl Wong	22.36 14.92 20.74 16.08 22.74 14.11 38.51 38.51 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58 18.42 29 3433 3257 2183 6020 2591 1852
W55 W65 W60 W70 W75 W85 W60 W75 W85 W65 W65 W65 W65 W65 W65 W65 W65	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor Ionolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello Marty Knight Daryl Wong Jack Karbens Bob Larsen Sanford Kuroda	22.36 14.92 20.74 16.08 22.74 44.11 41.19 38.54 38.54 38.51 38.07 27.77 26.34 23.51 14.61 21.58 18.42 26.34 21.58 18.42 29 3433 3257 2183 6020 2591 1852 4018
W55 W65 Jave M40 M50 M55 M60 M70 M75 M85 W40 W50 W55 W45 H M45 M50 M60 M65 Oper	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Amie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor onolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello Marty Knight Darryl Wong Jack Karbens Bob Larsen Sanford Kuroda	22.36 14.92 20.74 16.08 22.74 16.08 22.74 44.11 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58 18.42 29 3433 3257 2183 6020 2591 1852 4011 37.57
W55 W65 W60 M50 M50 M50 M55 M60 M70 M75 M85 W40 M50 M50 M70 M70 M75 M85 M40 M50 M50 M45 M50 M60 M65 Disc M45	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Quist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor Ionolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello Marty Knight Daryl Wong Jack Karbens Bob Larsen Sanford Kuroda Competition US	22.36 14.92 20.74 16.08 22.74 14.11 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04 26.34 23.51 14.61 21.04 26.35 18.42 29 3433 3257 21.83 6020 2591 1852 4018 4011 37.57 29.22
W55 W65 Jave M40 M50 M50 M55 M60 M70 M75 M85 W55 M60 M70 M70 M75 M85 W50 W55 W65 H M45 M60 M65 Dpen Disc M45	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor onolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello Marty Knight Darryl Wong Jack Karbens Bob Larsen Sanford Kuroda Competition Brian Ueno Bob Molyneux Robert Husic	22.36 14.92 20.74 16.08 22.74 14.11 38.07 28.10 38.54 38.54 38.51 138.07 27.77 26.34 23.51 14.61 23.51 14.61 23.51 14.61 23.51 14.61 23.51 24.58 18.42 29 34.33 3257 21.83 6020 2591 1852 4011 27.57 29.22 36.40
W55 W65 Jave M40 M70 M50 M50 M50 M50 M50 M50 M50 M65 Disc M70 W65 M70 W65 M70 W65	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Quist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor Ionolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello Marty Knight Daryl Wong Jack Karbens Bob Larsen Sanford Kuroda Competition US Brian Ueno Bob Molyneux Robert Husic Joan Davis In	22.36 14.92 20.74 16.08 22.74 16.08 22.74 44.11 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58 18.42 29 3433 3257 21.83 6020 2591 1852 4011 37.57 29.22 36.40 12.58
W55 W65 Jave M40 M50 M50 M50 M50 M50 M50 M50 M50 M70 M70 M70 M70 M55 M85 W65 M40 M50 M60 M60 M60 M65 Dpen Disc M45 M60 M65 Disc M45 M50 M60 M65 Disc M45 M50 M65 Disc M45 M60 M65 Disc	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor onolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello Marty Knight Darryl Wong Jack Karbens Bob Larsen Sanford Kuroda Competition UB Brian Ueno Bob Molyneux Robert Husic Joan Davis	22.36 14.92 20.74 16.08 22.74 14.11 38.07 28.10 38.54 38.54 38.51 138.07 27.77 26.34 23.51 14.61 23.51 14.61 23.51 14.61 23.51 14.61 23.51 24.58 18.42 29 34.33 3257 21.83 6020 2591 1852 4011 27.57 29.22 36.40
W55 W65 Jave M40 M50 M55 M60 M70 M75 M85 W40 M70 M75 M85 W40 M70 W55 M60 M50 M60 M60 M65 M60 M65 Jave W65 Jave	Kathy Bergen In Robert Gonzalez Mike Tipping Rob Duncanson Ron Rook Jim McEvoy John Schneider Ken Baker Buster Ouist Doug Tomlinson Arnie Gaynor Doug Richardson Hugh Hackett Caren Ware Linda Cohn Tina Bowman Rita Hanscom Brenda Mathews Kathy Bergen HMTC Decathlor onolulu; May 28- Kevin Kruszona Phillip Oyape Joe Antista Vince Costello Marty Knight Darryl Wong Jack Karbens Bob Larsen Sanford Kuroda Competition UB Brian Ueno Bob Molyneux Robert Husic Joan Davis	22.36 14.92 20.74 16.08 22.74 16.08 22.74 44.11 38.07 28.10 35.07 27.77 26.34 23.51 14.61 21.04 39.78 26.18 25.51 21.58 18.42 29 3433 3257 21.83 6020 2591 1852 4011 37.57 29.22 36.40 12.58

NORTHWEST Oregon Relays Masters Invitational Mile Canby, OR; May 13 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 Climaan 51 4-38.56 Dave Clingan 51 Craig Rice 35 4:38.56 4:58.93 Jerry Smith 5:31.78 CANADA **Regina Spring Classic** Outdoor Meet, Regina, Saskatchewan; May 6 100m W60 Carol LaFayette-Boyd 14.72 W70 Leonora Close 28.82 M60 Art Evenson 15.18 M80 Max Coates 20.79 200m W40 Laurie Meloche 28 91 M50 Larry Longmore 27.59 400m W40 Laurie Meloche M40 Rex Selby 1:03.47 1:05.51 M50 Larry Longmore M70 Ted Rowan 1:01.49 1:20.92 Long Jump W60 Carol LaFayette-Boyd M70 Ted Rowan 4.06 3.44 Triple Jump M65 Bob Edwards M70 Ted Rowan 6.33 7.26 Hammer M65 Bob Edwards 22.95 Discus M60 Roland Delhomeau 26.35 M65 Bob Edwards 28.86 M70 Ted Rowan 25.46 Javelin M60 Roland Delhomeau 20.76 M65 Bob Edwards Shot Put 24.00 M60 Art Evenson 9 78 M65 Bob Edwards 9.54 INTERNATIONAL South African Masters T&F Championships Port Elizabeth, RSA April 28-29 100m M30 Wayne Holroyd 11.34 M35 Shaun Bownes 11.11 M40 Gavin Maxwell M45 André Wesso 11.81 M50 Joseph Warries M50 Joseph Warries M55 Len Claassen M60 Mervyn Wynick M65 Jerry v Heerden M70 Ron Cross 12.34 12.94 14.10 14.42 14.70 M75 Johannes Schoem M80 Neville Sharpley an18 12 20.28 28 69 M85 Carl Pace 200m M30 Wayne Holroyd 22.76 M35 Shaun Powell M40 Gavin Maxwell 22.76 23.72 M45 André Wesso 24.90 M50 Joseph Warries M55 Len Claassen 24.88 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 38.34 M85 Carl Pace 57.34 400m M30 Christie Engelbrecht 53.72 M35 Michael Schroeder 52.30 M40 Roelof Swanepoel 55.65 M45 Brendan Moran M50 Martin Kelly 58 19 63.34 M55 Len Claassen 59.59 M85 Carl Pace 2:38.58 800m M35 Marius Nel 2:03.24 1:58.35 2:14.97 M40 Tobias Philander M45 Peter Wrensch M50 Matthews Novokoza 2:15.99 M55 Len Claassen 2:12.52 M65 Larry Pencilliah 2.45 71 M70 Martin Coetzee 3:07.49 1500m M30 Deon Wright M35 Marius Nel 5:36.05 4:16.98 4:03.92 4:43.16 4:36.97 M40 Tobias Philander M45 Dewald Kleyn M50 Sean Rice M55 V. Lentsoenyane M70 Martin Coetzee 4:47.46 6:35.06 M75 Henry Botha 8:32.09

M35 Pontius Xaluva 17:07.90 M40 John September 15:23.04 M45 Andrew Daly 17:04.42 16:54.52 M50 Sean Rice M55 Hannes Els M65 Harry Fletcher M70 Martin Coetzee 18:55.11 22:01.39 24:12:24 M75 Henry Botha 31:40.23 10,000m M35 Pontius Xaluva M40 Phillip Jacobs M45 Andrew Daly M50 Sean Rice 34:50.02 33:28.45 36:09.90 35:58.51 M55 Hannes Els 39:39.16 M65 Harry Fletcher 43:29.10 M70 Martin Coetzee 49:13.32 80mH M70 Ron Cross 15.03 100mH M60 C.I Van Onselen M65 Nic Meyer 24.07 23.81 110mH 135 Shaun Bownes 14.02 M40 Dolf Binneman 22.64 M45 Johan Gouws 18.34 300mH M60 C. Van Onselen 59 02 M65 Nic Meyer 65.60 400mH M35 Hermie Rossouw M40 Kobus Burger 62.10 66.71 M45 Peter Williams 67.73 3000m Steeplechase M40 Tobias Philander 9:51.72 M45 At Schoeman M50 Sean Rice 12:51.76 12:09.50 M55 Eddie Walker 13:07.01 High Jump M35 Hugo Neethling M45 Johan Gouws M50 Peet Grove 1.48 1.75 1.38 M60 David Heunis 1 28 M65 Bertie Warren M65 Nic Meyer M70 Leo Benning 1.23 1.25 1.34 Pole Vault M45 Louis Nienaber 3.75 Long Jump M35 Theunis Mostert 6.13 M40 Dolf Binneman 4.58 5.06 4.09 4.44 M50 Gideon Du Rand M55 Gerhard Joubert M60 Tiens vd Mescht M65 Bertie Warren 3.64 M70 Leo Benning 3.59 Triple Jump M30 Wayne Goliath M35 Yevgen Tkachenko M40 Dolf Binneman 11.56 15.38 M50 Manie Smit M70 Leo Benning 8.07 Shot Put M30 Nico Basson M35 Conradie Scheepers 11.33 14.72 M40 Francois De Wit 12.94 M45 Hannes Nel 11.82 M50 Jacobus van Zyl 15.53 M55 Jan Roodt M60 Kobus VD Merwe 12.23 11.35 M65 Everard Skea 11.45 M75 Borg Stannius M85 Phillip Frech 11.37 7.15 Discus 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 M75 Borg Stannius 27.22 M75 Borg Stannius M85 Phillip Frech 28.85 23.35 Hammer M30 Mamus Ueckermann 45.09 M35 Sakkie Mathewson 34.78 M40 Tone Van Rensburg 43.57 M45 Hannes Nel 40.28 M50 Charlie Koen 56 57 M50 Charlie Koen M55 Reg Marchant M60 Gert Engelbrecht M65 Steve Johnston M75 Borg Stannius M85 Phillip Frech Javelin 33.12 35.69 34.80 18.00 Javelin M30 Henry Bekker M35 Danie Van Wyk M40 Adri Badenhorst 50.22 50.82 52.45 M45 Gawie Louw 53.56 M50 William Esterhuizen 36.75 M55 Johann Van Greunen 33.33 30.12 31.76 29.51 M60 Kobus VD Merwe Mob Robus vD Merwe 30.12 M65 Everard Skea 31.76 M70 Leo Benning 29.51 M75 Borg Stannius 36.09 M85 Phillip Frech 19.10 Weight Throw M30 Mamus Ueckermann 12.48 M35 Sakkina Mathematica 12.34 M35 Sakkie Mathewson 12.34 M40 Tone Van Rensburg 14.32

5000m

M45	Hannes Nel		11.	5	9
	Charlie Koen		20		
	Reg Marchant		14		
	Kobus VD Merwe		9	.5	6
M65	Steve Johnston		14	2	5
M70	Leo Benning		10		
M75	Borg Stannius	-	13	1	2
M85	Phillip Frech		8	9	6
Weid	ht Pentathion				
M30	Henry Bekker Danie Van Wyk		23		
M35	Danie Van Wyk		29	70)
M40	Tone Van Rensbur		29		
	Hannes Nel		26		
	Jacobus van Zyl		37		
	Jan Roodt		37		
	Kobus VD Merwe		27		
M65	Steve Johnston		37		
M75	Borg Stannius		44		
	Phillip Frech		37	05	5
	thion				2
	Arné Pool		29		
	Philip Voight		33		
	Riaan von Benthei				
	Martin Graham		27		
	Johan Allers		41		
	Hans Miekautsch		38	00	5
	m Racewalk	~	-		
	Ross McDonald	22	0	4.	8
	Ed. Motsaathebe Izak Nel	28			
M40	Vincent Ghisleni	22			
		25			
	Nick Forbes	24			
	Gerard vd Raad	29			
	Jurgen Spencer	27			
	David Kirby	33			
	Martin Slabbert	32			
	Racewalk	32		•.•	1
	Ross McDonald	1-	30	1	3
	Ed. Motsaathebe		51		
	Izak Nel	1	32	2	6
	Vincent Ghisleni	1	38	4	6
	Coenraad Klopper				
M55	Walter Hart		53		
	Gerard vd Raad		58		
	Jurgen Spencer		50		
M70	David Kirby		10		
	Jannie Breed	2:	11	:1	5
M75	Stuart Halsall	2:	12	:1	4
1.2.3					
	LONG				đ

LONG DISTANCE RUNNING

30

NATIONAL USATF National Championships / Teva 10K Trail Vail CO: Juna 3

	vall, CO; June	3
	Overall	
	Clint Wells 31	45:45
	Laura Haefeli 38	55:12
1	M40 Andy Ames	49:16
	Bernie Boettcher	51:03
1	Rob Macal	51:49
1	Antonio Holguin	56:34
2	M45 Hans Funke	53:21
	Gilles Cote	64:00
	Alan Johnson	72:48
1	M50 Chuck Smead	58:48
7	Jeff Young	63:41
1	Rocky Riviera	89:12
	M60 Frank Rodriguez	66:20
r	W40 Anita Ortiz	59:06
	Cindy O'Neill	60:02
	Heidi Vosbeck	62:29
	W45 Mary Pierik	75:34
	Maribeth Harris	76:59

EAST

George Washington Parkway 5K & 10 Miler Washington, DC; April 23 5K Overall

VYCIAII	
Chris Blank 28	15:32
Jackie Gruendel 31	18:03
M35 Ray Pugsley	15:37
M40 Alan Thatcher	18:08
Clyde Delong	19:44
Michael Sullivan	20:21
M45 Jim Wadsworth	18:04
Bob D'Amico	20:35
Gary Kleiman	21:17
M50 Mike Fitzgerald	18:05
Rod Devar	20:13
Ben Bishop	26:03
M55 Jaime lieto	22:20
Ralph Watson	23:33
Mick Heller	26:49
M60 Mike Le-Si	29:58
Charles Wilde	32:28
M65 John Hendry	35:42
W35 Jamie Kiernan	22:52
W40 Maria Spinnler	19:08
Sushila Nanda	21:35
Teresa Rainey	25:01

National Masters News

page 20	
W45 Win Persona	19:44
Pamela Grothaus Lisa Guilde	25:15
W50 Janice Brannon	25:22 26:38
Lana Nesbit	27:02
Leslie Godwin W55 Jennifer Blain	29:08 29:50
Kathy Hoke	34:52 37:20
Nancy Mercure W60 Mickey Stam W65 Betty Rudy	37:20
W65 Betty Rudy	33:54
10 Miler Overall	
Jymocel Basweti 19 Mary Kate Bailey 31	48:54
Mary Kate Bailey 31 M35 Yancey Hall	56:24 55:44
M35 Yancey Hall M40 Albert Okemwa 3rd	50:39
Chris Chattin Christopher Hamle	55:30 v 56:16
M45 loan-C Arcaz	58:46
Scott Silliman Mark Drosky	61:56 63:25
M50 Gary Grimsley	61:23
Norton Compton Patrick Shaw	63:06 64:52
M55 Gerald Cabrol	69:40
Peter Lunt Terry Waldbeesser	75:40 75:41
M60 Stephen Banks	75:17
Krupakar Revanna M65 Stephen Foreman	79:44 76:30
Leon Sample	82:27
M70 Richard Williams W35 SusanGrahamGray	82:19 59:38
W40 Rebecca Nathan	65:36
Ly Pham Elizabeth Brown	73:07 74:17
W45 Karen DiBenedetto	73:15
Susan Hyre Linda Kennedy	77:02 77:57
W50 Betty Blank	69:24
Sarah Fisher W55 Sandra Adams	75:08 68:38
Jane Poole	83:01
W60 Lynn Hayes	86:40
Lucia Davidson W65 JacquelinChaviaux 2	88:21 :03:13
Louis J. Billittie Memorial 5K, Buffalo	NV.
May 6	,,
Overall	10.00
Joey Subjeck Teresa Milbrand W40	19:08 21:34
M35 Tom Kapturowski	20:15
M35 Tom Kapturowski M40 David Spillman Steven Gates	20:15 20:09 20:18
Steven Gates	20:09 20:18 20:35
Steven Gates	20:09 20:18 20:35 21:44
Steven Gates Marty Farrell M45 Jay Goodwin Tom Droz Tom Steffen	20:09 20:18 20:35 21:44 21:49 22:17
Steven Gates Marty Farrell M45 Jay Goodwin Tom Droz Tom Steffen M50 Mark Morgan	20:09 20:18 20:35 21:44 21:49
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I and Island	I Nuno Britto 43:59	W50 Alma Lopez
Long Island Marathon/Half-Marathon	M60 Antonio Cruz 41:46	Suzanne M
East Meadow, NY; May 7	Eneas Mulcahy 51:11 M65 Roland Ratmeyer 44:12	Patricia Zan W60 Rugh Liebo
Overall	Joe Saley 49:36	Rita Wilcox Joyce Cohe
Carlos Grisales 39 2:31:12		Joyce Com
C Brough-Glockenm 38 2:51:11 M40 Avi Moss 3:03:18	Peter Buffington 80:14	Kennett Squa Kennett Sc
Juan Carlos Coffey 3:03:40 Jose Martinez 3:21:50	Bill O'Brien 80 96:23	May
M45 Bill Gironda 2:57:41	W40 Olona Plastinina 37:24	5K
Rene Marculli 2:59:45 Cormac McGuire 3:05:44	Debby Hall 40:08	Overall Mohammed Ar-A
M50 Kevin Carroll 2:55:28	Sandy Barton 51:03	Jill Heck 20 M40 Larry Levy
Steven Lerner 3:05:41 Richard DeLoranatis 3:19:29	Patricia Zang 54:02	David Philli
M55 Inkul Yoo 3:06:34	Annemarie Debbing 54.40	Tom Chapr M45 Peter Wals
Ernie Werzinger 3:27:39 Jay Satenstein 3:38:15	Vera Stek 53:43	Matt MacD
M60 Michael Hudick 3:23:41 Yi-Joo Kwon 3:26:39		Robert Stel M50 William Pin
Luis Teran 3:44:10	Ellen Jacques 55:56	Tom Ellis
M65 Ruben Coryat 4:15:06 George LaRosa 4:52:46	W60 Patricia O'Hanlon 54:13	Gerry Auma M55 Christophe
Cecil Maloney 4:59:31	W65 Doris Hatemann 60:30	Dan Simmo Stephen Yo
M70 Adolph Rettmer 4:15:39 Alan Stern 5:13:21	W70 Shidoy Pottijohn 80:44	M60 Jeff Darma
Howard Kestenbaum 5:48:03 W40 Patricia Curran 3:39:08	NYRR Junior League	David Starr Jim Ducker
W40 Patricia Curran 3:39:08 Julie Chan 3:43:24	Mother's Day Women's	M65 S Duckenfi
Ann Marie Egan 3:52:42 W45 Linda McCarthy 3:39:44		M70+Bill Butler Bob Horst
Kim Solomine 3:46:25		W35 Theresa M
Jae Soom Yu 4:01:29 W50 Alicia Barahona 3:53:21	STEIMU	W40 Lorraine Ja Hannah Ch
Louise Scala 4:24:48	W40 Stephanie Hodge 1:25:22	Sharon Ho
Tom Brewer 4:27:31 W55 Kyungja Yoo 4:20:15	W45 Jeanne Pare 1:26:55 W50 Kathy Gribbon 1:36:26	W45 Susan Willi Valerie Mea
Bok-Young Kwon 4:32:38	W55 Ann Davies 1:41:08	Shelley Ma
Susan Sabol 4:55:00 W60 Nadezda Zakharova 4:11:19	W60 Diane Sudakoff 1:58:31 W65 Mary Nathan 1:52:29	W50 Leah Whip Donna Kes
Ruth Liebowitz 4:27:01	W70 Joy Rose 2:16:55	Laurie Yarz
Janit Romayko 4:36:43 Half-Marathon	and the second s	W60 Marilyn Kar Susan Mye
Overall	Portland Sea Dogs Mother's Day 5K	W65 Linda Adam 10K
Chris Mammone 22 1:10:29 Lyndsey Webber 23 1:22:26	Deatland ME. May 44	Overall
40 Felipe Vergara 1:14:41 Wiliam Oehrlein 1:19:21	Overall	Matt Marcini 29
Andrew Heiz 1:20:15	ETHAN HEMPHILL, 33 15:29	Andrea Niggenm M35 John Yanzu
M45 Michael Robles 1:20:29 Edward Courtney 1:27:51	M35 DAVID WEATHERBIE 16:57	M40 John Carro Frank Pern
Gerard Ford 1:28:13	SCOTT CLARK 16:25	Peter Bittin
M50 Jaime Palacios 1:19:13 John McLaughlin 1:21:15	M45 BILL MARISKI 16:42	M45 Mike Preco Lee Kauffm
Bill McDermott 1:23:37 M55 Paul Geiger 1:30:36		Philip Mitzk M50 Jon Cohen
David Schneider 1:32:43	GORDON SCANNELL 19:00	Brad Peipe
Gil Perrone 1:34:47 M60 Doug Escher 1:29:02	ALLAN MUIR 19:02	M55 Charles Bu Bill Edward
Joseph Tumberelo 1:35:14	R.J. HARPER 19:39	M60 Robert Geo
Daniel Badalament 1:38:33 M65 Jose Mendez 1:39:32	M60 LAWSON NOYES 20:06	M65 Henry Whit M70+John Schu
Mel Cowgill 1:46:10 John Wallace 1:47:46	DON ZILLMAN 23:31	Richard Tay W40 Linda Odle
M70 Richard Murphy 1:45:09	BOB COUGHLIN 22:52	W45 Roya McCl
Maurice Ornstein 1:49:33 Jack Hanley 1:49:41	JERRY LEVASSEUR 23:11	W50 Dianna Gol Beth Howle
M75 Guy Froehlig 2:12:20	ROLAND KEARLEY 35:27	W55 Fern Skelly
Michael Daly 2:18:13 Odd Sangesland 2:26:12	M80 CARLTON MENDELL 40:41	Shelter Is
M80 William Ambrosini 3:35:04	W40 CHRISTINE REASER 19:15	Shelter Island
W40 Karen Cotty 1:31:50 Carmen Anderson 1:33:01	KELLY BROWN 19:37	Overall
Susan Murray 1:34:40	W45 JEANNE HACKETT 20:29	Reuben-Kibet Cl
W45 Dolores Doman 1:41:29 Nancy Katz-Johnson 1:41:51	MAURA MCDONALD 22:44	Ilona Barvanova Top Masters
 Joann Santorelli 1:42:48 W50 Linda Ottaviano 1:38:37 	W50 SARAH MACCOLL 21:15 MARY BAUER 26:42	Christopher Web
Robin Redeker 1:38:55	IRENE WOODS 26:56 W55 CAROL FANNING 21:00	Ken Bohman 43 William Oehrlein
Nancy Lipira 1:43:01 W55 Melissa Kennedy 1:37:43	CAROL WEEKS 22:12	Olena Plastinina
Jung Sun Hyung 1:48:14	W60 GRETCHEN READ 23:15	Lilian Kroner 40 Barbara Gubbins
Sandra Palmer 1:49:15 W60 Sarah Pettianato 2:00:28	KATE HARRIS 35:17	M40 James Mu
Chuang Chang 2:03:56	W65 POLLY KENNISTON 27:08 BETH BRANSON 28:08	Wayne Unt David Long
Irene Robinson 2:08:09 W65 Angela O'Connor 2:17:44	WINNIE COCKBURN 31:30	M45 Charles Sta Jimmy Cas
Joan Ackerman 2:18:21	W75 RUTH HEFFLEFINGER 46:59	Peter Varor
Francine Walker 2:20:42 W70 Francine Conk 3:04:45		M50 Dan Gonza Joseph Ma
Joan Logan 3:40:08	NYRR American Heart	Dennis Ahe
Mary-Ellen Kreye 4:25:18	Association Wall Street Run 2.9M, Financial	M55 Bob Moritz Bill Backe
Newport 10,000	District, NYC; May 17	Tom Power
Jersey City, NJ; May 13	Overall	M60 Ray Evans Mark Penn
Overall Julius Kiptoo 28 28:43	Jorge Real 35 15:07	M65 Jose Mend Donald Day
Tetyana Hladyr 31 32:00	Bec Wassner 31 16.27 M40 Conor O'Driscoll 44 15:58	Dustin Cha
M35 Gene Mitchell 31:35 M40 Albert Okernwa 31:07	V Garcia Garcia 41 16:30	M70 Blaire Stau Larry Liddle
Paul Thompson 31:51	Brian Crowley 16:32 M50 Douglas Labar 51 18:36	M75+Amerio Fio
Alfonso Polania 33:16 M45 Blas Mederos 39:40	Douglas Currier 51 19:02	H J Lebwith W40 Grace Mag
Edgar Mercado 43:58	M60 Samuel Skinner 63 19:04	Jennifer Ha
Leonard Mai 44:47 M50 Dan Murphy 36:47	Vlad Sakovich 22:30	Susan Baya W45 Linda McCa
Franz Mitterer 40:47	W40 Sue Pearsall 40 20:31	Heather Ne
Stephen Rutkowski 42:29 M55 Bruce Langenkamp 42:05	Mary Wittenberg 43 21:00	Lisa Bergtra W50 Pat Swim
Francisco Rodriguez 43:17	C Morgenroth 41 21:14	Penny Oak

W50 Alma Lopez 56 23:44 Suzanne Mueller 5024:08 41:46 Suzanne Mueller 50 Patricia Zander 50 51:11 44:12 49:36 W60 Rugh Liebowitz 64 27:13 Rita Wilcox 60 28:21 Joyce Cohen 64 51:13 63:37 Kennett Square 5K & 10K 80:14 77:38 Kennett Square, PA 96:23 May 20 36:08 37:24 5K Overall Mohammed Ar-Ar 36 40:08 51:03 48:24 Jill Heck 20 M40 Larry Levy David Phillipes 54.02 bing 54:40 51:16 53:43 Tom Chapman Peter Walsh Matt MacDonald M45 54:32 51:27 Robert Stekenburs M50 William Pine 55.56 Tom Ellis 58:40 Gerry Auman 21:19 M55 Christopher Schultz 21:14 mp 54:13 60:30 Dan Simmons 68:51 Stephen Young 80:44 M60 Jeff Darman David Starnes Jim Duckenfield 62 eague M65 S Duckenfield 65 omen's M70+Bill Butler 73 Central y 14 Bob Horst 75 W35 Theresa Mayer W40 Lorraine Jasper Hannah Christopher21:09 1:18:59 Sharon Hower 1:25:22 W45 Susan Williams 1:26:55 Valerie Mead Shelley Maggitti 1:36:26 1:41:08 W50 Leah Whipple 1:58:31 Donna Kestel 1.52.29 Laurie Yarzab 2:16:55 W60 Marilyn Kamp Susan Myers Dogs 5K W65 Linda Adams 10K lay 14 Overall Matt Marcini 29 Andrea Niggenmeier 36 M35 John Yanzuk M40 John Carroll BIE 16:57 N 15:43 Frank Perna Peter Bittinger M45 Mike Precopio Lee Kauffman 16:25 16:42 17:18 18:19 Philip Mitzkavich M50 Jon Cohen 16:4 Brad Peiper ELL 19:00 M55 Charles Burke 19:02 Bill Edwards 18:29 M60 Robert George 19:39 M65 Henry Whitehead M70+John Schultz 73 20:45 OIN **Richard Taylor 70** 23:3 W40 Linda Odle 20:15 W45 Roya McCloskey W50 Dianna Golden Beth Howlett 22:52 UR 23:11 23:47 v W55 Fern Skelly 35.27 29:31 ELL 40:41 Shelter Island 10K 19:15 19:37 19:42 Shelter Island, NY; May 20 ER Overall Reuben-Kibet Chebii 24 29:47 20:29 22:10 22:44 LD llona Barvanova 33 Top Masters Christopher Webber 54 Ken Bohman 43 William Oehrlein 41 21:15 26:42 26:42 26:56 21:00 22:12 23:19 23:19 Olena Plastinina 42 Lilian Kroner 40 AN Barbara Gubbins 46 M40 James Murray Wayne Unholzer David Long M45 Charles Stark ULE 29:09 35:17 27:08 N 28:08 RN 31:30 U 39:24 Jimmy Castro Peter Varone GER 46:59 39:57 M50 Dan Gonzalez Joseph Mannino Dennis Ahern Heart Street M55 Bob Moritz incial **Bill Backe** Tom Power lay 17 M60 Ray Evans Mark Penn M65 Jose Mendez 15:07 Donald Davis 16.27 44 15:58 **Dustin Chase** M70 Blaire Stauffer Larry Liddle 16:32 51 18:36 51 19:02 M75+Amerio Fiore 76 H J Lebwith 75 W40 Grace Maguire 19:41 63 19:04 Jennifer Hallock Susan Bayat W45 Linda McCarthy 22:30 23:15 Heather Newman 20:31 Lisa Bergtraum 43 21:00 W50 Pat Swim 21:14 Penny Oakley

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Judy Moore W55 Diane O'Donnell 55.46 48:58 Andrea Backe 56:46 Elaine Tuthill 57:25 W60 Susan McClanahan 53:56 Francoise Mallow W65 Beckly Motler 57:36 68:55 NYRR Healthy Kidney 10K Central Park, NYC; May 20 Overall Craig Mottram 25 28:13 Alemtsehay Misganaw 25 M40 Paul Thompson 34:48 32.01 M45 Jim Stemm 34:52 M50 Steve Calidonna M55 Alston Brown 35.29 37:04 M60 John Samsel 40.04 M65 Eduard Fedossov M70 Alfred Finger 47:51 45:44 M75 Leo Schonhaut M80 Leslie Clark 61.57 1:29:12 W40 Stephanie Hodge 39.22 W45 Gordon Bakoulis 39:39 W50 Kathryn Martin W55 Alma Lopez W60 Carol Johnston 39:26 49:00 47:10 W65 Edith Jones W70 Naomi Vogel 1:02:01 W75 Bertha McGruder 1:15:45 1:20:20 Christiana Care Delaware Marathon, Wilmington, DE May 21 Overall Chuck Engle, 35 Feng Sun, 36 2:34:22 2:59:24 Overall M40 James Nolan 2:54:47 M45 Seth Denenberg M50 Keon Lee 3:09:37 3:18:57 M55 Ronnie Wong M60 Tom Faruolo 3:29:10 M60 Tom Faruolo M65 Joe Saley 4:04:23 M70 Dan Shuff 3:54:57 M80 Sigfrid Hellstrom 6:35:45 W40 Robyn Powell 3:26:37 W45 Donna Bushey 3:30:54 W50 Michelle Lybarger 3:47:42 W55 Leslie Stanfield 4:10:53 W60 Pat McDonnell 4:33:12 3:32:10 W60 Pat McDonnell 4:33:12 W65 Jean Evansmore 5:58:46 Run for Freedom 5 Mile & Mile, Newark, NJ; May 21 5 Mile Overall Solomon Too 22 24:42 Jane Parks 53 M35 Michael Mykytok 35:32 M40 Nick Letourneaux Romero Venancio 29.52 30:10 LawrenceCzaplewski 31:07 Armando Ruiz 31.46 M45 Christopher Kunkel 34:36 Angel Narvaez Robert McGill M50 Lucio Cardona Tony Plaster 38.06 40:09 32:29 34.32 JorgeCastiblanco 36:01 Trust Graham 36:53 42:13 M55 Robert Boyd Espedito Luciano 42:30 Ron Petit 42.46 M60 Antonio Cruz 33:32 Thomas Kelly Hector Roche M65 Dan Sinigallia John Garlepp Segundo Femandez 38:42 39:31 50:35 51:32 M70 George Studzinski Joseph LaBruno M80+Bill 'Brien 39:45 44:34 76:59 W35 Michele Cascardi 40.45 W40 Sharon Morrissey 37:46 Mary Murdoch Pamela Garanger W45 Lisa Donlan 40:59 43:46 37:24 Martta Rose 40:21 59:56 Eileen O'Connor W50 Jane Parks 35:32 Mary Foley Wendi Glassman 37:52 39:46 W55 Betty Langenkamp W60 Jane Van Eeuwen 48.08 68:39 W65 Anna Thornhill 39.58 Imme Dyson W75 Toshiko d'Elia 41:04 45:05 Age-Graded Performances ntonio Cruz 61 79.8% Mick Letourneaux 43 77.39 George Studzinski 73 Lucio Cardona 52 76.3% 76.3% Toshiko d'Elia 76 Imme Dyson 69 90.8% 88.3% Anna Thornhill 65 85.1%

July 2006

July 2006

THE REPORT OF THE PARTY OF THE	July 2008
Overall	W50 Chanpheng Inthisone 2
David Antunes 17 4:50 Ines Simoes 12 5:37	WE5 Barbara Schwartzfarb 2
M40 Mario Ricca 5:39	W60 Mary Shumeyko 3 W65 Anne Schwartz 3
M45 James Huber 5:52	W70 Marguerite Olsen 3
M50 Tony Plaster 5:32	Masters Mile (Top 4)
M55 Nick Caswell 6:09 M65 Ronald Jacobson 10:05	M40 Brian Fullem 0 Todd Sinclair 0
M70 Jos LaBruno 8:32	Tom Metz 0
W40 Lisa Rigolini 8:01	Sergio Longno 0
W45 Janine Stuart 7:56 W50 Wendi Glassman 6:54	W40 Zophia Wieciorkowska 0 Catherine Stone-bork 0
W55 Carol Gellman 7:01	Olena Plastinina 0
W60 Barbara Ellicott 14:06	Lilian Kroner 0
Vermont City Marathon	Freihofer's 5K for Wor
Burlington, VT; May 28	Albany, NY; June 3
Overall	Overall
Matt Pelletier, 26 2:24:27	Bonita Johnson 26 1
Heidi Westerling, 25 2:44:02 M35 Byrne Decker 2:45:31	Top 5 W40+
Peter Sedgwick 2:47:22	CarmenAyala-Troncoso47 1 Marisa Hanson 42 1
Allen Mead 2:48:36	Ramilia Burangolova 44 1
M40 Dan Verrington 2:40:42 Tom Gudas 2:46:06	Joan Samuelson 49 1 Charlotte Rizzo 43 1
Michael Early 2:49:22	W40 Christine Reaser 1
M45 Jack Pilla 2:50:49	Colleen Hopkins 1
Scott Freeman 2:57:09 Frank Row 2:58:56	CathStone-Borkowski1 W45 Helen Shekerjian 2
M50 Norm Larson 2:46:08	Joyce Goodrich 2
Steven Burkholder 3:02:10	Beth Glace 2
South Burlington 3:06:33 M55 Kenneth Farmer 3:08:34	Nancy Briskie 2 W50 Shirley Woodford 2
Robert Briglio 3:11:21	Barbara Gillen 2
Stanley Crane 3:24:46	Denise Herman 2 Joy Devries 2
M60 Peter Lebenbaum 3:43:35 Gary Derbenwick 3:48:34	Catherine Sliwinski 2
Phil Kelly 3:51:30	W55 Judy Phelps 2
M65 Albert Miclette 3:57:56	Coreen Steinbach 2 Martha DeGrazia 2
Fred Bostrom 3:57:56 Paul Huyffer 4:02:29	Laney Lucker 2
M70 David Sonstroem 3:37:52	Dianne Clement 2
Robert Cordner 5:03:48	W60 Jayne Zinke 2 Judith Martin 2
Joseph Riccio 71 5:09:37 M75 Hart Anway 5:54:14	Marcia Brown 2
W35 Jessica Cover 3:12:37	W65 Margie Stoll 2:
Heather Barna 3:13:37	Marge Rajczewski 2i Lenis Tucker 2
Denise Kumrow 3:18:23 W40 Susan Loken 2:48:55	W70 Anny Stockman 25
Susan Bonthron 3:14:24	Joan Corrigan 3-
Teren Allison 3:15:52 W45 Emmy Stocker 3:23:29	Maureen Dooley 3 W75+Lois Gilmore 2
Christy Cosgrove 3:29:15	Dolores Quinn 3
Catherine 3:30:02 W50 Maureen Sproul 3:33:18	Shirley Simmers 4
Sinthy Kounlasa 3:46:19	NYRR Anniversary R
Maryse Couet 3:55:09 W55 Dorothy Helling 3:46:03	7.7K, Central Park, N
W55 Dorothy Helling 3:46:03 Dorothy Stevens 4:11:56	June 4
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W50 Chanpheng Inthisone 23:59 M50 Arthur Schreier 51 65:36 W55 Barbara Schwartzfarb 29:00 James Home 58 67:08 W60 Mary Shumeyko W65 Anne Schwartz 33:00 39:25 W70 Marguerite Olsen Masters Mile (Top 4) 36:53 04:50 M40 Brian Fullem Todd Sinclair Tom Metz 04:53 04:59 Sergio Longno 05:09 W40 Zophia Wieciorkowska 05:18 Catherine Stone-bork 05:27 Olena Plastinina 05:27 05:52 Lilian Kroner Freihofer's 5K for Women Albany, NY; June 3 Overall Bonita Johnson 26 15:26 Top 5 W40+ CarmenAyala-Troncoso47 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-Borkowski19:24 20:42 20:53 W45 Helen Shekerjian Joyce Goodrich Beth Glace 21:27 Nancy Briskie 21:53 W50 Shirley Woodford 20:52 22:12 22:16 Barbara Gillen Denise Herman Joy Devries Catherine Sliwinski 22:32 22:41 W55 Judy Phelps Coreen Steinbach Martha DeGrazia 21:31 21:49 23:01 Laney Lucker Dianne Clement 23:56 24:46 W60 Jayne Zinke 24.57 Judith Martin 28:07 Marcia Brown 29:03 W65 Margie Stoll Marge Rajczewski 23:35 26:41 Lenis Tucker 27:13 W70 Anny Stockman Joan Corrigan 29:57 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

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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
NVBB Circle of Fri	onde

Circle riends New York Mini 10K Central Park, NYC June 10

Overall

Lornah Kiplagat 32	32:27
W40 Glena Plastinina	37:50
W45 Gordon Bakoulis	39:32
W50 Kathryn Martin	39:11
W55 Ann Davies	45:51
W60 M-L Michelsohn	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

and the second second second second	
Overall	
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

1	M50	Arthur Schreier 51	65:36
		James Horne 58 Florindo Forero 54	67:08 69:33
	M60	Alan Cameron 62 Peter Warner 63	74:26 74:39
I	M70-	Bill Riecke 72	76:23
	W35	Bert Katzenberger70 Sesalie Smathers 36	83:51 65:15
I	W40	Terri Johnson 40	70:50
I		Diane Wilson 43 Jeannie Ramsey 41	72:24 75:10
I	W50	Toni Cruz 54	73:20
I	W60	Linda Ball 54 Cheryl Haakenson60	82:59
I		Martha Marshall 61	1:52:33
ł	W/0-	Susie Moncrief 70 Kay Ryan 72	1:44:29 2:04:20
ł	Sugar .	The second second	
I		7th Mercedes-Be otton Row 10K &	
I	H	untsville, AL; Ma	v 27
I	10K		
l	Ove	hen Kirui 22	29:58
I	Lvub	ov Denisova 34	33:54
I	M35	Scott Strand Oleg Strijakov	30:45
I	11140	Albert Okemwa	30:54 32:15
I		Brian Pope	32:42
l		Titus Mutinda Todd Hamby	33:25 36:52
l		Marty Clarke	37:03
I		Chris Geackel Randy Ashley	37:56 38:38
I		Tim Vinson	38:45
I		Tim Hampton	39:20
I	M45	John Tuttle Phillip Watkins	33:15 33:41
۱		George Dewitt	35:01
I		John Kissane	38:29
۱		Randy McFarland Mark Harbarger	39:30 40:44
l		Paul Woodfin	41:02
۱		Davy Kennamer Steven Solomon	41;14 41:38
I		Syd Keel	
l	M50		41:50 37:59
l		Joe Francica Jimmy Brigance	38:11 38:47
I		Paul McConnaughey Brimmer Sherman	40:15
I		Brimmer Sherman Clint Jones	41:59 42:25
I	M55	Steve Rice	39:38
I		Jack Adair	41:29
I		David Spark Wayne Heckler	41:47 42:16
I		Sherman Stanford	42:19
l	M60	Gary Grace Donald Brown	44:38 44:09
۱	11100	Morgan Looney	44:21
I		Tad Jurgens Earl Jackson	44:38 44:58
I	M65	Fay Bradley Grady Todd	42:05
I	1 11	Grady Todd	47:31
ł		Richard Pace Richard Titus	53:13 56:56
I	M70	Malcolm Gillis	54:29
I	1.10	Bob Larkin Dewayne Morris	54:48 55:41
I	M75	Bill Chubb	55:44
l		Chufi Giaffo Loyd Doering	74:33 75:28
I	M80-	+Jim Howell 84	69:24
I		Michelle Scott	37:20
I	W40	Jan Gautier Connie Robertson	39:11 40:50
l		Lori Goldweber	41:08
l		Gail Whelan Susan Keith	44:31 46:00
I		Susan Hales	47:22
I	W45	Jennie Rountree Jenise Fontenot	47:25
I		Kathy Hill	48:11 52:07
I		Deborah Ormond	53:35
l		Vickie Montgomery Mona Parker	54:31 55:01
l	W50	Ann Marie Eller	46:02
l	240	Cathy Henry	53:09 54:58
l		Sarah Grace Maureen Higgins	55:28
I		Becky Murphy	57:21
I	W55	Jody Coombs Karen Keever	55:31 59:40
I		Brenda Kooter	59:51
I	WED	Helen Fussell Joan Mulvihill	60:27 59:41
l	*****	Sue Burcham	66:25
۱	14100	Barbara Prather	81:53
I	W65	Betty Byrne Barbara Meyer	66:37 70:26
I		Delores Everett	71:43
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I	Jenn	ifer Dunn 15	19:44
I	M35	Donald Bowman Marty Clarke	17:10 18:10
I		Jon Elmore	18:28 18:36
۱	MAR	Michael Louque	18:36 21:39
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I		Bill Butler	22:11
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	Paul Montgomery	20:09	
	Brimmer Sherman	21:28	
M55	Bud Bowen	20:22	M
	Steve Marshall Tim Bennett	21:38 23:58	1
M60	Ellis Whitt	22:34	M
100	Warren Everett	22:54	
-	Michael Marshall	. 23:59	2.3
M65	Roger Chassay	26:19	M
	Tom Loughead	28:39	E
M70	Gene Ingram Kelly Stinson	28:53 27:00	M
	Malcolm Gillis	29:21	
	Lyman Jackson	31:37	W
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W45	Jennie Rountree	22:23	
	Vickie Montgomery Susan Nemec	27:35 28:26	147
W50	Deenie Rae Stark	25:37	W
	Cynthia Fuller	26:44	
	Cathy Henry Pam Duke	26:52	W
W55	Pam Duke	28:16	
	Karin Zarin Brenda McDaniel	30:31	w
W60	Penny Lounsberry	31:57 35:08	
	Peggy Glanz	36:29	
and.	Peggy Glanz Faye Lowery	36:51	W
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	Carolyn Looney	38:46	W
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W35 Beth Markovich W40 Marta Burnham

W45 Laurie Bieri W50 Muriel Naumann

W55 Madonna Novak

No. 1

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W60 MaryAnnFahrenkrug 28:41 W65 Barb Donald 28:58 W70+Donna Gullley 31:24 Ferndale Foot Frolic 10K Ferndale, MI; May 21 Overall John Collier 19 Michelle Sebaly 39 M35 Jim Oleksinski 39 36:32 43:24 M35 Jim Oleksinski 39 42:24 M40 Paul Maguire 48 40:48 Hugh Jass 44 42:33 M50 John Tarkowski 53 40:37 Cornelius Wright 57 46:54 M60 Tim Klinkhamer 60 59:49 Richard O'Malley 66 60:15 52:09 Julie O'Donovan 45 56:32 49:51 W50 Martha Childs 51 49:51 J N Wards 50 65:13 42.24 65:13 J N Wards 50 Women's Only 5K Ann Arbor, MI; May 21 Ann Arbor, MI; M Overall Laurel Park 43 W40 L Park Ellen Lencioni Ann Scott W45 Rebecca Pierce Eleanor Decker Jenny CottopPa 17:46 17:46 20:30 22:22 20.48 23:06 Jenny CottonPruitt W50 RobinSarrisHallop 23:58 21:09 Yuyang Ye Karen Burek W55 Grace Harrison 24:18 26:03 22:41 Carolyn Dick 22.59 24:18 25:04 Sue Stefanski W60 Nina Bovio Lia Stevens 28:22 W65+Karen Holappa 69 30:25 CharleneEisenlohr70 36:51 **Rite Aid Cleveland** Marathon, Half-Marathon & 10K, Cleveland, OH May 21 Marathon Overall Hartmark, Eric, 28 2:27:25 Burns, Megan, 42 M35 Lee, Kam 2:50:24 2:36:14 M40 Ciccarello, Pellegrino2:36:15 M40 Ciccarello, Pellegrin M45 Salek, Jeff M50 Ubersax, Jeffery M55 Pak, Sung-Sik M60 Brooks, James M65 Glazier, Robert M70 Metzger, Henry M75 Wood, Ted W35 Palumbo, Penny W40 Bures, Menan 2:57:52 3:05:39 3:18:08 3:32:30 3:20:20 4:23:04 5:05:24 3:24:12 W40 Burns, Megan W45 Butler, Renee 2:50:24 3:26:47 W50 Barnes, Rita 3:31:49 W55 Rice, Jeannie W60 Pickert, Ingrid 3:42:48 4:31:40 W65 Stubbs, Mary W70 Toth, Jean Half-Marathon 5:34:37 5:23:49 Overall Misch, Mark, 33 1:12:56 Steklachich, Kate, 23 M35 Seremet, Eric 1:26:42 1:26:17 M40 Harris, Andy 1:24:37 M45 Dregely, Lou M50 Barr, Bob 1:19:17 1:28:33 M55 Russo, Vince M60 Neuzil, Ken 1:29:19 1:33:02 M65 Wheeler, Wayne M70 Klier, George M75 Turrin, Arnold 1:38:47 2:10:20 1:48:59 W35 Hall, Sandy W40 Cattell, Sharon 1:31:13 :39:29 W45 Ruzicho, Rosemary W50 Mleziva, Ellen W55 Rose, Sarah 1:45:58 1:48:49 2:00:40 W60 Tarosky, Sarah W65 Guillet, Linda 2:54:00 3:18:10 W70 liten, Ruth 3:45:32 10K Overall Kiptoo, Julius, 28 Jelagat, Jernima, 21 M35 Elquim, Joseph M40 Wilson, Rick M45 Cauller, Greg 29.41 32:19 30:52 32:42 34:03 M50 Snyder, Scott M55 Boxenstine, Barton 35-34 40:37 M60 Legg, Ron M65 Bixler, Jon M70 Gill, Don 38:22 45:25 51:46 M75 Harel, Zev 1:11:38 W35 Saul-Craigo, Yvonne 41:22 W40 Cole, Julie W45 Rupe, Michelle 41:12 40:51

W50 Sweazey, Nonci W55 Gressock, Eileen W60 Sikorski, Jeanne W65 Paradissis, Ann W70 Olsen, Marilyn

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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 Ganzi 2:54:37 M45 Kurt Schneider M50 Bruce Behnke 2.59.13 3:03:21 M55 Doug Soliz 3.17.24 3:33:45 3:44:00 M60 Joseph Kozma M65 Richard Wallen M70 Joseph Beals M75 Jerry Johncock 4.27.14 3:53:17 W35 Sarah Plaxton 2:53:17 W40 Julie Ledford 3-26-28 3:25:21 W45 Peggy Zeeb W50 Laurel Dawson 3.28.00 W55 Nancy Yvanauskas 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 M60 David Pichey 1:32:21 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 W50 Julie Fraver 1:39:41 W55 Jane Girdham 2:00:36 W60 Dorothy Johnson 2:15:24 W65 Nataline 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 M45 Kevin Deyo M50 Timothy Emmett M55 Dave Minier 36:15 36:25 37:05 40:32 M55 Dave Minier M60 Don Korty M65 George Gawthrop M70 Bill Riecke W35 Karen Walls 43:01 44:36 46:56 41:48 42:17 W40 Renee Jackson W45 Laurie Decker 40.17 W50 Robin Sarris-Hallop 43:04 W55 Carole Schettler 56:33 W60 Cora Hill 58:20 1:03:55 W65 Judith Cavo W80 Marion Young 1.29.34 Mackinaw Memorial Bridge Bace 5.6 Miles Mackinaw City, MI May 27 Overall Eric Lacross 21 27:53 Jennifer Shaffer 27 M35 Marc Lester 33:41 31:33 M40 David Paajanen James Kelley 31.46 33:58 M45 Greg Mills Jeffrey Bidelman M50 Peter Burleigh 33.50 33:50 35:56 M55 Rich Challender 36:24 37:28 M60 Thomas Eberhardt M65+Paul Shepard 68 40.09 Joseph Goldfarb 66 41:28 W35 Jamie Badour 36:59 W40 J C Bediker W45 Trish Duley 35:20 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 63:2 Lyuboy Denisova 34 72:52 M40 Michael McGee 76:20 George Axiotis Joseph Molinaro 78:16 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 M55 Terry McCluskey 87:32 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 M70+Lou Lodovio 82 1:51:06 2:01:13 Denis Dirscheri 72 2:05:12 Peter Vivoli 74 2:05:14 W40 Gina McGee 82:55 Laura Nelson Sue Ruzicka 88:05 88:49 91:42 W45 Becky Droginske Kim Simon Angel Glitch 99.51 1:51:33 W50 Shelly Ralston Adrianne Walker Patricia Neubert 95:47 1:40:44 1:45:14 W55 Debbie Tyler Barbara Schaad 2:01:41 2:08:18 Sue Blevins 2:14:27
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 Cheryle Stallings
 1:58:09

 W65 Bone Wetzel
 2:33:26

 W70+EllaJaneCuster76
 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 KI AHR 1.59.09 ROSS BECKER 2.04.29 ROSS BECKER M40 MIKE EGLE DAN DROSKI TRENT SINNETT M45 GLEN ASHLOCK LOUIS STANICH FRANCISCO MARIN MYPON YODER 2:04:29 1:21:04 1:22:47 1:24:24 50:18 1:33:48 1:37:51 MYRON YODER 53:26 1:38:13 M50 HARRY CANNON FRED COL BERT 39 37 THOMAS RUMBLER 1.46.12 THOMAS RUMBLE M55 JED PEARSON STEVEN SMITH WILLIAM WILSON M60 BRAD YODER JOE DERVIN TOM SHARP 1:46:12 1:44:51 1:45:46 1:45:49 1:54:42 2:13:23 2:27:38 M65 JIM SCOTT 3:03:21 M65 JIM SCOTT W35 RACHELLEIER MICHELLE FOUTZ FELICIA RICE W40 SANDRA STEFANSKI KARLENE HARRELL MENZIE MAURER W45 LAURIE SIENKOWSKI PAULA TURK JUANA MARIN W50 ANN WILSON THERESA PIPHER BECKY KRICK 1:39:05 1:48:36 2:03:08 1:29:57 1:35:53 2:02:09 1:54:51 2:13:11 BECKY KRICK 2:14:09 2:24:34 W55 MARY HUBER W60 LINDA SCOTT 2:26:43 PATRICIA WOLF 2:41:34 10K Overall EMMANUEL KORIR, 25 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 M50 STEVE HISEY 53:29 M50 STEVE HISEY 53:29 M50 STEVE HISEY 53:29 M50 CHARLES HAMM 55:30 M55 CHARLES HAMM 55:30 31.44 W35 SARA MENNA 48-15 W40 PENNI HIMES 52.08 W45 LORETTA LECOUNT W50 MARTHA RANDALL 1 W55 ANNE WILSON 1 W60 MARY CONNOLLY 1 52:08 53:47 1:11:19 1:09:13 1:09:16 5K Overall PETER CASALETTO, 35 SUZANNE LARSEN, 28 M35 PETER CASALETTO M40 DAN MARTZ 17:28 15:50 20:12 M40 DAN MARTZ M45 PHIL SULLIVAN M50 STEVE GORSUCH M55 JIM MORNINGSTAR 20:19 21:08 22.10 M55 JIM MORNINGSTAR M60 RAMON CASIANO M70 RICHARD SHANK M75 BILLY POLSTON W35 TRACEY DESHONE W40 LORI MERCER W46 LAN DEBROUWER W56 LAURIE NAFZIGER W56 LAURIE SNIPES 22:14 25:37 43:15 25:24 27:30 29:49 28:22 W55 LAURA SNIPES 26:19 33:38 W60 KAREN KILE MID-AMERICA Dam to Dam 20K Des Moines, IA; June 3 Overall Mike Morgan 26 61.24 Casey Owens 23 M35 Malcolm Campbell 75:06 63:52 M40 John Mirth 66:54 Daniel Boyle 68:18 Roger Scott 75:50 72:52 78:53 M45 Steven McKibben Dennis Dombier John Taylor M50 Dave Johnson David Nauman 80:55 76:18 77:22 Paul Kmiecik 78:28

M55 James Laplant Joe Robinson David Schulte 84 M60 Rich. Carspecken 1:42 Clay Whiteis 1:42 Cal Jenkins 1:47 1:47 M65 Jim Matthews James Odefey 2.00 2:02 Ron Scott M70+Jim Schleisman73 97 Leon Hodges 70 2:11 Gene Harding 75 2:15 W35 Ani Trane 80 W40 Bonne Sons Sharon Stubler Kathy Hale W45 Ann Ringlein Joyce Holland 88 96 Karla Richards W50 Sheila Maddock 98 Andriette Wickstrom96 Kathi Dellaca 1:40 1:40 W55 Claudia Scott Lynne Geweke 1.51 Ann Brick W60 Jane Niemeier Winne Casper 2:02 2:32 2:44 Sally Fisher W65 Breta Westlund 2:25 W70+RJacksonAshmead70 2:03 Jan Gillum 70 2:35 WEST Union-Tribune Race f Literacy 5K San Diego, CA; May Overall Henry Kipchirchir 22 23 Jemima Jelagat 21 M35 Jeff Klemmer 25 25 M40 James Sheremeta Barry Heppell Scott La Prath 25 27 28 M45 Jim Walsh Adam Weiner 27 Matt Lake 29 M50 Greg Wilson Martin Ellison 27 29 Les Shibata M55 Gary Fryatt Hank Sullivan 31 David Dunbar M60 Ron Enos 30 Hal Goforth 32 Robert Mullan M65 Steven Brenneck 34 Chas Burton Carl Murphy 3 42 M70 Clay Mallard 41 Don Foster Manuel Ibarra 48 M75 Ollie Olivares Edward Maher 42 44 Bob Holmes 47 M80 John Cross M85 James Spiller 81 27 W35 Tamara Lave W40 Laura Stuart 29 Terry Moylan Janice Riedel 30 W45 Liz Baker 30 Gayle Berretta 33 Penny Thralls W50 Marcella Teran Kimberlee Rouse 30 Marian Schmidt 35 W55 Kerry Tabler **Betty Rosenberg** 39 Janis Campbell W60 Ellen Steadman 39 Marilyn Moll 48 J KowalczykBeckwor W65 Eileen Pue 39 Virginia Lopez Una Marie Pierce 4 W70 Martha Walker 4 DoloresSustBarrios 64 Yvonne Allen 8 W75 Faye Stowers 6 eonore Bouras W90+MarjorieEaston911:3 Palos Verdes Maratho Half-Marathon & 5K Palos Verdes, CA; May Marathon Overall Fritz Van Camp 26 2:3 Diana Rush 45 M40 Michael Marckx 3:2 John Heisner 3.1 Greg Hill M45 Jeff Wong 3:1 Gary Craig 3:10 Danny Westergaard 3:20 M50 Arthur Cookson 3:02 Takashi Yagisawa 3:0 Victor Navarro 3:31

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Mariella Cummings 41:50 41:43 60:56 W65 Alberta Band Betty Fletcher W70 Sandy Clark Rachel Diffendal 36.04 41:10 W75 Miyoko O'Hara W80 Mary Koropoff Joan Wickham 39:02 50:02 52.19 W70 Bobbie Peyser W75 Vida Slawson Mt. Wilson 8.6 Mile Trail Race, Sierra Madre, CA May 27 Overall Kevin Koeper 27 63 Sharon Pevsner 37 77 M30 Jonathan Mitchell 33 Overall 62:56 77:36 M40 Jesus Navarro 44 70:00 M40 Jesus Navarro 44 70:00 Scott Dazey 43 70:36 Patrick Rini 46 71:40 M50 Greg Wilson 54 70:10 James Flanigan 56 83:47 Sheldon Subith 50 84:30 M45 Jeffrey Adkins lain Mickle M60 Keith Ansell 63 1:42:02 Gabriel Ramirez 60 1:43:48 R E Johnson 69 1:52:03 M70+Ron Morgan 72 2:05:15 John Ritchie 72 2:07:38 M55 Joe Schieffer W40 S Messerschmidt 44 81:39 Jill Liston 43 85:05 M60 Len Goldman Jill Liston 43 85:05 Laura Wiles 43 89:49 W50 Donna Marovish 58 1:54:31 M65 Russ Kiernan Laura Christensen 55 1:58:27 Jan Jenson 58 2:00:02 W60 Jay Gladinus 64 1:54:15 Uta Robinson 61 2:24:47 Brentwood 10K & 5K Brentwood (L.A.), CA May 28 10K Overall Daniel Bojas 23 31.9 Mary Akor 29 M35 Mark Johnson 37:34 37:18 M40 Jose Ortiz 34:05 David Olds 34:28 Kim Rupert W55 Janet Cain J R Romero M45 Brancisco Lopez 36:57 36:17 **Bobert Franks** 36:54 Yvonne Nickel W60 Melody Schultz Ron Paquette M50 Arturo Martinez 37:24 36:15 Craighton Chin Craig Mead 40.07 W65 Barbara Miller 40:16 Eve Pell M55 Delfino Rodriguez 43:52 Joe Ogata M60 Mike Lopez M65 Ken Murphy 44.57 53:25 M70 David Vaughan 53:55 M75 Allan Caditz W35 Melissa Sutton 71:09 39:18 Half-Marathon W40 Mariann Thomas 41:14 Overall ERIC BL Jane Geiss 44:58 Jeanne Kiewicz W45 Maria Marrone 47:30 47:37 Linda Davis 49.43 Anne Kessler 51:43 W50 Susan Fink 45:33 Judy Bennett 47.54 Sonna Nam 49:56 W55 Patricia Bates 49.46 W60 Jane Dawson M75 JAE D. YANG W35 JODIE ENTRIKIN W65 Sarah Jones 78:44 Overall Peter Magill 44 14:59 Mary Akor 29 M35 Fermin Sequen 17:13 15:46 W70 SHIRLEY BLUSH M40 P Magill David Olds 14:59 15:59 5K Kenn Niles 16:34 M45 Chris Jaggers 16:58 Peter Glassman 18:53 19:24 Jim Morehart M50 Dean Goodman 19:36 Felix Lopez 19:53 Guy Moore M55 Caz Scislowicz 20:17 19:54 Steve Vass Oscar Camacho 20:48 21:00 M60 Lee Baca Bullet Bales 20.17 23:06 W40 LISA DAVIS **Ron Rodriguez** 24:23 M65 Susumu Niimi Michael Hall 22:42 23:29 Brian Fernee 24:21 M70 Robert Lyons 25:04 John Spivack 25:07 W70 MARI SNAVELY Pete Newman 25:12 28:13 W80 GLADYS MATHES M75 Ryoji Akiyama Milo Sather 29:33 W35 Kathy Faulsitch 20:24 W40 Armanda Herna 17:44 Kelle Taylor Nancy MacDonald 19:20 Overall 19:22 20:02 22:30 W45 Lydia Salinas W45 Lydia Salinas Linda Langer Nancy Aguilar W50 Leslie Cohen Sige Nam 22:46 23:12

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July 2006 Jeannie Thompson 25:09 W55 Eichel Yoko 22:19 Sharon Yamato 24:37 Lynette Creasy 27:08 W60 Fran Smith 26:03 Julio Arce Carlos Alarcon Mark Backes William Henderson M40 26:03 27:38 Rick Dodson Alejandro Zinser Bernice Balson W65 Sherry Steinberg Joan Walston 35.54 M45 Jacques Lecuyer 57:05 Ron Bodine 47:06 Charles Prokop Jose Martinez Molina 40:38 Brook Boynton Marin Memorial Day 10K M50 Les Myers Martin Ellison Kentfield, CA; May 29 James Nielsen 26 Magdalena Lewy Boulet 32 M40 Jose Aispuro Tim Wallen Bill Bushnell Bruce Urguhart 30:37 Les Shibata Kurt Hallock 35:09 32.46 M55 Carl Randall Jerry Martinez Rick Burd 33:12 33:27 34:23 34:41 Billy Kennedy M60 Benjamin Caro Mike Kriege 34:43 **Richard Green** M50 Emil Magallanes 35:28 35:54 Francesco Criniti Fletcher Lesley Suresh Lyengar M65 Peter Jones Norm Bornstein Tom Bernhard 36:03 36:58 Jim Gorman Jerry Edelbrock 37:13 38:47 Sa Hong M70 Richard Williams 39:09 Frank Vasquez James Woolf M75 Frank Chen Frank Ruona 39:47 40:34 Perry Havden 40:51 Ollie Olivares Joe Hurtado 43:18 Frank Ota Doug Graasch 44:24 M80 Jim Ray John Cross Sid Jones M70 Bernie Holiander 45:36 Mery Giacomini 55:05 Phil Phythian 56:48 W35 Lyubov Morgunova Hope Concannon M75 Sam Hirabayashi 52:34 Eddie Reyna W40 Lisbet Sunshine 56:58 Wendy Hagle Tracey Angelopoulo Mary Jones 37:09 Sissel Bernsten-Heb Tanya Fredericks 37.59 38:25 W40 Myrna Marinovic Sonia Soprenuk W45 Theresa McCourt Kimberly Fanady Marian Richard 41-31 Debbie Strosnider Mary Garnett Uli Samer 41:59 W50 Christine Kennedy Karen Kunz 38:27 W45 Malgorzata Mirkon Christa Koot 40:55 41:20 46:26 **Bachael Stclaire** Maria Madueno Coco Gutierrez Irene Herman 48:01 51:59 43:52 51:07 W50 Mariat Fernandez Edda Stickle Deborah Shea 46:34 Jan Adams 49:07 Pattie Post W55 Romy Niblack Willie Mundt Katie Martin W70 Barbara Robben 55:04 62:50 Shirley Shaw Sandy Montgomen Fontana Days Half-Marathon & 5K Fontana, CA; June 3 W60 Imelda Herrera Marilyn Carpenter Mary Anne W65 Betty Frankum Marnie Roti ERIC BLAKE, 27 KARLA SOKOLOVIC, 34 M35 TONY TORRES M40 GREG MAY 1:03:2 1:18:43 Willie Toth 1:05:51 W70 Kathleen Callaway 1.26.48 M40 GREG MAY M45 PHIL NICHOLLS M50 SCOTT BROBERG M55 DAVID WILSON M60 HARRY TERRILL M65 ROBERTO VARGAS M70 WILLIAM WALL Sheila Pelton 13:43 1:32:28 Anna Smith W80 Margaret Davis Hamette Thompson 1:43:24 1:55:42 Gardena 500 2:46:59 Gardena (L.A), CA 1:30:07 W35 JODIE ENTRIKIN W40 RIKAKO TAKEI W45 LYDIA SALINAS W50 FRANNIE TENNANT W55 PATRICIA BATES W60 JOYCE NEWMAN 27:21 1 28 46 Overall 1:33:15 Juan Valencia 26 Jennifer Sanchez 46 2:17:35 W40 Kathleen Evans 1:53:34 Cynthia DeMarco Overall STEVEN FRISONE, 34 MARY AKOR, 29 M35 THOMAS BEYER Karina Bird W45 J Sanchez Olag Reyes 14.47 16:39 16:53 **Rosa** Arevalo
 M35
 THOMAS BEYER
 16:53

 M40
 MICHAEL BUCKHOFF
 15:36

 M45
 ANTONIO ARMAS
 18:27

 M50
 APOLONIO OCEGUEDA 21:54
 16:25

 M60
 BOBBY ROBERTS
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 BOBBY ROBERTS
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 M65
 TY YAMAZAKI
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 M70
 GORDON BARNARD
 36:40

 M75
 BILL KENNEDY
 26:05

 M30
 JOE FLEISCHMANN
 34:51
 W50 Bonnie Chun Wendy Bracamo Joni Hogaboam W55 Sharon Lottesto Barbara Whitsitt Juanita Meraz W60 Jane Dawson Joanie Stahura Merry DeLucia W35 LYNNETTE KOBERNIK 21:06 W40 LISA DAVIS W45 YAYOI LIU W50 JEANNIE THOMPSON W55 MICHELE HILL W60 ALIC ENRIQUEZ W65 SUZANNE GRIFFEN W70 MAGL SNAVELY W65 Joann Bally Maria Van Ingen Joy Shanklin W70 Virginia Lespron Florence Wong 19:21 29:53 28:19 Hats Sueishi W75 Kazuyo Callahar 50:59 W75 MURIEL BERGER 42.49 53-23 GuadalupCastan M40 Danny Martinez Jose Ortiz Rock 'N' Roll Marathon San Diego, CA; June 4 Evae Silva Robert Leonard Ambesse Tolossa, 27 2.10.08 M45 Robert Franks Alice Chelangat, 29 M35 Simon Bor 2:28:21 2:10:37 Francisco Lope: Ricardo Menjiva Emil Ardelean M50 Antonio Arevalo 2.40.53 Riccardo Caruso 2:49:36 Rigo Chavez 2:52:19 Ed Avol Adabetto Mende

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	Charles Prokop	3:02:55
	Jose Martinez Molina	3:05:50
	Brook Boynton	3:08:39
M50	Les Myers	2:47:14 2:51:35
	Martin Ellison Bruce Urguhart	3:08:11
	Les Shibata	3:09:03
	Kurt Hallock	3:09:17
M55	Carl Randall	3:06:52
	Jerry Martinez Rick Burd	3:16:17
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MED	Benjamin Caro	3:17:50 3:09:27
MOU	Richard Green	3:14:13
	Francesco Criniti	3:30:36
	Suresh Lyengar	3:34:18
M65	Peter Jones	3:38:38
	Norm Bornstein	4:15:09
M70	Sa Hong Richard Williams	4:16:14 4:07:42
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	Frank Vasquez 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 Sid Jones	6:10:52 7:11:51
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	Hope Concannon	3:01:33
	Wendy Hagle	3:04:24
	Tracey Angelopoulos	3:09:43
	Mary Jones	3:12:11
W40	Myrna Marinovic Sonia Soprenuk	3:21:36 3:26:07
	Debbie Strosnider	3:26:30
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	Mary Garnett Uli Samer	3:29:10
W45	Malgorzata Mirkowicz	
	Christa Koot	3:19:21
	Rachael Stclaire Maria Madueno	3:21:55 3:22:28
1000	Coco Gutierrez	3:27:15
W50	Mariat Fernandez	3:26:04
	Deborah Shea	3:41:24
	Jan Adams	3:47:16 3:47:59
MICE	Pattie Post	
W55	Romy Niblack	3:40:56
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M55	Amezcua Maurilio 19:10 Elias Garcia 19:16	1
M60	Esteban Galvez 19:23 Joe Dennis 18:44 Mike Lopez 21:18	
M65	Michael Morrow 21:30 Susumu Niimi 23:03 Skip Korsgaard 24:42 Bruce Brady 26:19	
M70	Gil Perea 25:08	
M75	Robert Lyons 26:02 Howard Kugel 28:20 Gunar Linde 25:05	
	Ryoji Akiyama 27:59 Richard Ryder 28:53 Myer Miller 48:10	İ
M85	Roy Murano 49:08 Beryl Callahan 45:04 +Robert Ashimine 94 45:53	
Miso		
	NORTHWEST	1
L	ilac Bloomsday 12K Spokane, WA; May 7	
Ove	rall rt Okari Kenya 34:14	I
Isabe M35	Ila Ochichi Kenya 38:38 JOSEPH KOECH 35:25	I
M40	KEVIN SHEEHY 39:47	l
M45	SEAN P WADE 37:45 ALAN M NEWTON 38:12 DENNIS SIMONAITIS 38:50 SAM NGATIA 38:41	I
M50	STEVE A TIDD 43:03 RICHARD MENICKE 44:19 ROBERT B TOWNE 45:54	
M55	AOBERT B TOWNE 45:54 JOHN B ERICKSON 46:09 ALAN F ZEUGE 46:56 STEVEN R DEAN 46:02	l
M60	TOM CLARY 46:56 SCOTT MELVILLE 48:20 JEFF X CORKILL 45:34 JERRY F GRAHAM 49:36	
M65	WILLIAM H GREENE 49:59	
M70	GRANT W SMITH 54:13 RICH K OLIN 56:39 BART M HAGGIN 58:01 BILL IFFRIG 53:20	
M75	DAVID T PITKETHLY 56:52 BILL KERR 1:01:02 RUDY H GAHLER 1:08:53	l
M80	RICHARD NEUDER 1:09:55 R. FREDERICKS 1:14:53 LENN J DOMPIER 1:14:27	
M90+	TOM SHEEHAN 1:23:31 JOHN R BOWERS 1:28:43 JOHN JANSSEN 2:16:28 JOHN H SPRAGUE 2:22:59	
W35	JULE O CRABTREE 2:30:14	ł
W40	GWEN T GREINER 44:24	
W45	VALENTINA EGOROVA 44:10 BUNNY M MCGINNIS 48:31 BETH WALLBANK 49:38	l
W50	KELLY J KRUELL 50:14 LETA L CAMPBELL 52:55 LINDA M HERBERT 54:07	
W55	LINDA J VEVERA 54:19	l
W60	VALERIE ALLISON 58:36 JANE A DAVEY 59:25 PAT L WARNER 59:43 BONNIE L TORSKE 1:03:06	
W65	PAT L WARNER 59:43 BONNIE L TORSKE 1:03:06 SHIRLEY A WEAVER 1:03:08 SYLVIA C QUINN 1:00:24 HELEN B ROSS 1:03:40	
W70	S. ROBERTSON 1:07:49 ARLENE ARNESON 1:11:16 EILEEN M FAWCETT 1:12:03	
W75	JOAN Z PRIBNOW 1:14:29 JUNE H MACHALA 1:01:52 MADONNA BUDER 1:13:42	
W80	LOIS J HATCH 1:26:03 GRACE A CRISWELL 1:42:27 JOY PETERSON 1:48:46	
W904	E LOU DANIEL 1:55:54 BARBARA ROBERTS 2:19:29 PAULINE D BAXTER 2:27:01 DONNA D ENZLER 2:30:51	
Mo	ntana Women's 5 Mile	ł
	Billings; May 13	l
Kath	y Aragon 46 32:11	I
W40	Cathy McKenzie 33:24 Crystal Sublette 35:09 KathyJohnsonBick 36:55	
W45	Ruth French 39:53 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 Magilke 37:00 Rachel Cox 43:39	
	Cathy Redlin 44:41	1
	www.na	2

W60 Josie Chalmers 41:53 Pat Petersen 42:35 Peggy Kestner W65 Marlene Tetrault 51:10 50:26 Alaete Fish Mary Mehrer W70 Jeanne Milton 56:04 75:06 Bobbi Sawicki 77:11 Maureen O'Reilly 77:35 W75 Luge Aragon Bunny King Marilyn Jimison W80+Ada McKeen 80 60:55 80:21 85:19 56:22 Capital City Marathon & Half-Marathon Olympia, WA; May 21 Overall Jesse Stevick, 24 Vanessa Hunter, 30 M35 Jeff Brady 2:34:5 2:49:00 M40 Paul Smith 2:40:4 M45 Paul Abdalla M50 Fred Wedam 2:46:00 3:02:09 M55 Rhys Harrison M60 Ronald Olsen 3:08:5 3:41:42 M65 Evan Fagan M70 Melvin Preedy M75 Grant Yule 4:20:0 5:05:10 W35 Christy Runde W40 Ann Armstrong 3:07:56 3:05:59 W45 Julie Groo W50 Pamela Borlinha 3.25.0 4:16:50 W55 Valerie Allison 3:42:20 W60 Judy Fisher 4:14:54 W70 Gwen McFarlan 4:10:21 Half-Marathon Overall John Riak, 22 1:12:15 Gwen Greiner, 36 M35 Matt Ruhl 1:18:59 1:17:22 M40 Bob Brennand 1:19:37 M45 Frederick Motteler 1:21:50 M50 Kent Sizer 1:19:19 M55 Dennis Zaborac M60 Brian Fitzpatrick 1:37:50 M65 Steve Kubas 1:44:15 M70 David Danbom 2:58:52 W35 Gwen Greiner W40 Mary Hanna W45 Carol Prange 1:18:59 1:24:52 W50 Barb Bumonn 1:45:25 W55 Linda Benefiel W60 Helga Goodrum 2:04:12 2:08:23 W65 Elinor Jensen 2:50:03 W70 Joan Pribnow W75 Corinne Balser 2:13:31 4:58:37 **Eugene Challenge Mile** Eugene, OR; May 27 (chip times) Overall Blake Boldon 26 4.08 2 4:49.5 Sopagna Eap 25 M35 Devan Schulz 4:27.6 M40 Joe Dudman Chris Yorges Tom Kreuzpeintner 4:33.0 Jeff Knowlton 4:55.4 4:56.5 Mark Alexander Curt Hawkinson 5:32.3 Richard Gambino M45 Dan Jackson David Harding 4:54.9 Mark Wenneker 5:25 1 Mike Galligan Brad Coutant 5:35.6 5:36.2 Randy Hale Michael Edelstein 6.11 7 6:29.7 M50 Dan Wojcik 4:57.6 Drew Poulin Bob Doran 5:45.4 5:46.0 Joe Mosley Dave McGory 6:01.8 6:04.3 Bob Hacker 6:06.6 at Yochum 6:09. M55 Pete O'Neil 5:41.1 Jeff Walker Mel Bankoff 5:46.7 5:49.1 Andrew Schob Gary Richwine M60 Gary Craven Les Castle David Wilkins 6:00.1 6:50.4 5:52.9 6:09.3 6:57.0 Jim Jaqua 6:57.2 W35 Andrea Niggemeier 5:00.0 W40 Alyssa Tower Wendy Simmons 5.27 8 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 9:06.8

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3	W55 Jeanette Groesz	5:44.6
3	Janet Heinonen	8:05.1
2	W60 Eileen Holzman	6:58.5
3	G ProudfootShoup Judy Gilbert	7:10.8
i.	Ilse Berkeley	7:56.6
5	W65 Jane Dods	8:32.1
5	RACEWALKIN	VG
5	SCA-USATF Natio	
2	Masters / West Re 15K RW Champion	shins
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	Overall Kevin Killingsworth	1:22.37
	Teri Storc	1:22.37 1:37.38
9	M45 Pedro Santoni Al Cazas	1:25.15 1:49.26
8	M50 Kevin Killingsworth	1:22.37
9	David Ciccone M60 Norman Frable	1:24.02 1:24.51
0	James Carmines	1:30.48
8090982296	Dave Crabb	1:35.09
2	Jim Paschall M65 Paul Johnson	1:42.28 1:31.22
2	John Backlund	1:35.14
6	Bernie Finch Patrick Biyona	1:48.34 1:52.11
69	M70 Jack Bray	1:34.51
6	Carl Acosta	1:41.41
0		1:52.16 1:55.34
0	M75 Jack Starr	1:39.59
4	Bill Moremen	1:46.50
Ē	W40 Trisha Petraglia W45 Teri Storc	1:44.39 1:37.38
5	Deeanne Edwards	1:42.42
9	W50 Kathy Finch Jenny Dean	1:51.57 2:08.28
2	W55 Carol Bertino	1:45.28
5	Julie Fox W60 Kathleen Balser	1:52.41 1:38.46
3	Jolene Steigerwalt	
5	Kathy Frable Darlene Backlund	1:44.35
5		1:47.48
5	W65 Pat Paschall	1:52.41 1:42:57
2	W70 Bev McCall AR (Rose Kash/1:59.21/1)	992)
	Shirley Capps	1:57.11
5	the talk the most	2:09.13
	USA National 10K	RW
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3	USA National 10K Championship Niagara Falls, NY; Overall	RW s June 3
3	USA National 10K Championship Niagara Falls, NY; o <u>Overall</u> Tim Seaman (34) Jolene Moore (40)	RW s June 3 42:23 46:47
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National Masters News

A NEW DIVISION THIS MONTH - JULY 2006 ATHLETE NAME BIRTH AGE (RESIDENCE) DATE GROUP (RESIDENCE) CARL LEWIS(HOUSTON,TX) GERDA JACOBSOHN(RSA) BRIGITTE HEIDRICH(GER) DAVID OLDS(MARINA DEL REY,CA) NADEZHDA BODROVA(UKR) DOUG PORTER(SEATTLE,WA) YOLANDA CHEN(RUS) HENRY BARELA(US) JEFF BILDERBECK(ALAMOSA.CO) LIZ JOHNSON(CHARLOTTE,NC) CRAIG YOUNG(COLORADO SPRINGS,CO) TONY RODIEZ(US) LIS GLAVIND(DEN) CONCEICAO GEREMIAS(BRA) RINI HAGENAARS(NED) MICHAEL JACKSON(US) ANNE FISK(BELL CANYON,CA) RICKARD BRUCH(SWE) ROBERT RICE(US) 7- 1-61 7- 1-61 7- 3-61 45-49 45-49 45-49 7-3-61 7-12-61 7-13-61 7-21-61 7-26-61 7-6-56 7-11-56 7-12-56 45-49 45-49 45-49 45-49 50-54 50-54 50-54 50-54 7-16-56 7-17-56 7-21-56 7-23-56 50-54 50-54 50-54 50-54 55-59 7-17-51 7-22-51 7- 1-46 7- 2-46 7- 3-46 7- 5-46 7- 5-46 7- 5-46 7- 5-46 7- 6-46 7- 7-46 7- 9-46 7-22-46 55-59 60-64 60-64 60-64 60-64 60-64 60-64 60-64 60-64 60-64 60-64 ANNE FISK/BELL CANYON,CA) RICKARD BRUCH(SWE) ROBERT RICE(US) JIM HAMPTON(CA) DENNIS PHILLIPS(PHILOMATH,OR) CHRIS KIRLIS(CAN) REX HARVEY(DES MOINES,IA) DON PORTEOUS(CA) KATHLEEN KAISER(CHICO,CA) ANN LETHERBY(AUS) HEATHER MATHEWS(NZL) LARRY PRATT(NEWARK,DE) ANNE STOBAUS(AUS) WOLFGANG HAMEL(GER) INGELORE GRUNERT(GER) BETTY DUGAN(DAVIS,CA) CHARLES KEATING(WELLESLEY,MA) CHARLES WILEY(VENTURA,CA) JOHN SCOTT(GBR) MARY GILLESPIE(HOUSTON,TX) FRANCES HARRIS(AUS) LINDA TICKNOR(CENTRALIA,WA) MARJA-LEENA KANGAS(FIN) CAROLINE MACLEOD(RICHFIELD,WA). KAY DUPLICHAN(HOUSTON,TX) MARGARET PEROSKE(DEARBORN,MI) GALINA NEKRASOVA(URS) ESB (DOB WUBERG(SWE) 7-26-46 7- 1-41 7- 6-41 7- 7-41 60-64 65-69 65-69 65-69 7-11-41 7-11-41 7-16-41 7-16-41 65-69 65-69 65-69 65-69 7-17-41 7-18-41 7-21-41 7-25-41 65-69 65-69 65-69 65-69 7-29-41 7-2-36 7-3-36 7-3-36 65-69 70-74 70-74 7-3-36 7-4-36 7-5-36 7-5-36 7-7-36 7-7-36 7-9-36 7-9-36 7-9-36 7-10-36 7-10-36 7-11-36 7-12-36 7-12-36 7-12-36 70-74 70-74 70-74 70-74 70-74 70-74 70-74 70-74 70-74 GALINA NEKRASOVA(URS) ESBJORN WIBERG(SWE) ALEXANDRIA JOHNSON(BRONX,NY) HANNELORE BORMANN(GER) ALEXANDRIA JOHNSON(BRONX,NY) HANNELORE BORMANN(GER) KIMBERLY MAXWELL(CAN) PAMELA JONES(GBR) ALBINA TSHERNOVA(URS) EUNICE CARLSON(MARQUETTE,MI) DOROTHY WHITTAM(AUS) TAMI GRAF(SAN DIEGO,CA) JIM RABIE(RSA) EDELTRAUD POHL(GER) BOB PACKARD(SCOTTSDALE,AZ) HARRY URPINEN(FIN) KAREN HOLAPPA(ANN ARBOR,MI) ENA HEYN(GBR) BOB MARKLE(EL SEGUNDO,CA) NADEZDA KAVTASKINA(LAT) NANCY PARKER(DUNWOODY,GA) SEPPO SIMOLA(FINL) KJARTAN SOLVBERG(NOR) BETTY VOSBURGH(TRYONE,GA) BETTY VOSBURGH(TRYONE,GA) BETY VICTOR(IND) SAM ADAMS(SANTA BARBARA,CA) MARIO CALDERON(GUA) 70-74 70-74 70-74 70-74 70-74 70-74 7-14-36 7-20-36 7-21-36 7-22-36 7-25-36 7-25-36 7-25-36 7-27-36 7-27-36 7-31-36 7-4-31 7-11-31 7-11-31 7-17-31 70-74 70-74 70-74 70-74 70-74 70-74 70-74 70-74 70-74 75-79 75-79 75-79 7-17-31 7-22-31 7-25-31 7-26-31 7-28-31 7-30-31 75-79 75-79 75-79 75-79 SAM ADAMS(SANTA BARBARA,CA) MARIO CALDERON(GUA) CHRIS MCKENZIE(GREAT NECK,NY) KARL-FRIEDRICH HAAS(GER) LEN OLSON(JERICHO,VT) MIGUEL RIVERA(PUR) VIRGINIA SKIFFINGTON(CA) JANET GRENDA(STONE RIDGE,NY) ROY PIVA(CA) 75-79 75-79 75-79 80-84 80-84 80-84 80-84 7-30-31 7-30-31 7-30-31 7- 3-26 7- 4-26 7- 4-26 7- 4-26 JANET GRENDA(STONE RIDGE,NY) ROY PIVA(CA) RUTH DETTERING(SAN FRANCISCO) HOWARD C. MACMILLAN(SYRACUSE,NY) BOB SIEBEN(SAN DIEGO,CA) ISAAC ABDON RUEDA(SPA) ERNST LARSEN(NOR) MICHAEL ORLICH(ZEPHYR COVE,NV) JAKOB RYPDAL(NOR) LIESELOTTE SEUBERLICH(GER) AUDREY WILLIAMS(NZL) ROBERT KOPELL(NY) PAULA VAN HELMONT(BEL) NAN LITTLE(NZL) DUMITRU TALMACIV(ROM) BILL COTTER(US) WILLI GEORG(GER) 7-5-26 7-5-26 7-15-26 7-18-26 80-84 80-84 80-84 80-84 7-19-26 7-19-26 7-19-26 80-84 80-84 80-84 80-84 7-22-26 7-30-26 7- 3-21 7- 6-21 80-84 85-89 85-89 BILL COTTER(US) WILLI GEORG(GER) ELENA MATUSKOVA(CZE) DIANE FRIEDMAN(CLEVELAND,OH) KARL LARSEN(AMES,IA) THELMA RUBIN(CA) KARL-HEINZ MARSCH(GER) PETE GANAHL(CORONA,CA) JOHN HOLOUBEK(LOMPOC,CA) KLAUS LANGER(GER) FAY STEELE(HONOLULU,HI) OLAV REPPEN(NOR) OMER HIX(TX) 7-10-21 7-13-21 7-18-21 7-24-21 85-89 85-89 85-89 85-89 85-89 7-27-21 7-28-21 85-89 90-94 90-94 90-94 90-94 90-94 95-99 95-99 7-20-21 7-4-16 7-15-16 7-15-16 7-29-16 7-9-11 7-11-11 OMER HIX(TX) KIMURA KIZO(JPN) SAM MONASTERO(NJ) FRANCINE BONNANS(GER) 95-99 95-99 7-11-11 7-22-11 95-99 **Compiled by Pete Mundle**

pmundle@ juno.com

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ATHLETES WHO ENTER

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National Masters News

July 2006

					RECIPI	ENTS OF	ALL-AM	ERICA	N AWAR	DS				
	Dan Murdock Steven Cassar Jeff Fritz	60m 1500 Mile	7.38 4:17.48 4:34	3/3/06 7/16/05 8/6/05	M55-59	Jim Sheeha Jeff Weathe Tim Wigger	rhead 1500	4:59.50 5:05.80 5:21.69 2:18.54	6/4/06 6/6/06	M	65-69 Frank Brum Stephen Col James McKe Thom Wedd	en SP on DT		2/25/06 3/25/06 6/10/06 9 3/24/06 1/07/06
N40-44	Maurice Pointer Bob Walters	Mile 60m	4:49 7.58	7/16/97 3/25/06	M60-64	Bob Zawids	ski LJ	4.55	4/22/06	м	80-84 Craig McMic	ken 3K	16:57.24	4 6/11/06
45-49	Brian Ueno	DT	37.57	5/28-29/06		1	11 12 1			w	/45-49 Elizabeth Ru		2:45.7	6/1/06
	Jack Marvin John Matthews	10K 3000	37:49 10:27.58	5/13/06 6/4/06		(Y)		w	/75-79 Nancy Walla	Mile ce 10K	5:56.1 59:18.0	6/8/06 5/7/06
τ	J.S. MASTE	RS A	LL-AM	IERICAN	STAN	DARDS		U.S	. MAST	ERS	ALL-AMERI	CAN ST	ANDA	RDS
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