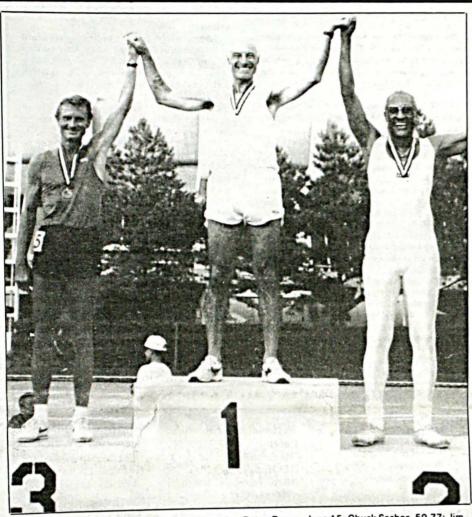
## VATIONAL MASTERS NEWS Track & Field News

180th Issue

August, 1993

The official world and U.S. publication for Masters track & field, long distance running and race walking.



Top finishers, M65 400, National Senior Olympics, Baton Rouge, June 15: Chuck Sochor, 59.77; Jim Law, 60.04; and Erling Krosby, 62.65.

Photo by Bill Weinacht

## **National Senior Sports Classic** Draws 7500 to Baton Rouge

by PHIL MULKEY

Even though entries were limited to those over age 55, an estimated 7500 athletes came together in Baton Rouge, La., on June 12-18 for the 17-sport U.S. National Senior Sports Classic IV - the Senior Olympics.

About one-third of those entered either the track & field, racewalking, or road racing competition, combining for an impressive 6341 event-entries in

the 15 events staged in those three

What do numbers like this really mean? For one thing they mean each event averaged 423 competitors. While the M&W 60-64 divisions had the largest share, many single events with a given age-group had more than 100 individuals.

The figures for the M&W 80-andover categories were amazing: 100m-53, 200m-36, 400m-23, 800-14, Continued on page 7

## Buffalo Chosen as Site for 1995 WAVA Bid

Buffalo, N.Y., was chosen as the site for the USA bid to host the 1995 WAVA World Veterans Athletics Championships. Other contenders were San Jose, New Orleans, and Indianapolis. (See Track & Field Report on page 14.)

Other cities which are likely to bid for the 1995 event are Malmo (Sweden), Durban (South Africa), and San Juan (Puerto Rico).

All bids must be submitted to the WAVA Secretary and contracts signed with WAVA by August 14. The decision will be made by the WAVA General Assembly at its biennial meeting in Miyazaki, Japan, on October 14. 🗆

## 1000 to Compete in 26th **Annual Nationals in Provo**

More than 1000 athletes from most of the 50 states and five foreign nations will participate in the 26th annual USA National Masters Track and Field Championships on August 11-14 in Provo, Utah.

It's the first time a national meet has ever been held in the Rocky Mountain area. Provo is the home of Brigham Young University. where the meet will be held in the University's Track Stadium.

At 4200-feet elevation, the area is one of the most scenic in the USA. Average temperatures are 89°F high and 62°F low, with 20% humidity,

Competition will be held in five-year age groups for both men and women from age 30-34 to age 95 +. There are no qualifying standards to enter the meet, except to be at least age 30.

The entry deadline was July 12 with the final deadline July 31. No late entries will be accepted in Provo, with the exception of relay teams, which may sign up on the day of the relay.

Awards to First Three

The first three U.S. finishers in each event will receive an official USATF Championship medal. Duplicate awards will be given to foreign athletes who place. In attendance will be

athletes from England, Canada, Germany, France, and Australia.

The Utah Association of USATF, which will stage the meet, is experienced in hosting quality competitions, among them the 1984 Age-Group (Youth) Nationals, and the 1987 National Junior Olympics.

The Brigham Young facility has a nine-lane track, two long jump pits, two discus cages, two shot put rings, two pole vault pits, and three high jump pits. There are five acres of grass warm-up area to the North and East of the facility.

**Welcoming Ceremony** 

A welcoming ceremony will be held Wednesday, the 11th, following the first day's competition, at the Stadium.

Continued on page 14

#### Kurtis, Grayson Win USA Half-Marathon

by EMMY STOCKER

Doug Kurtis never takes the weekend off. Just seven days after his 2:16:38 victory at Grandma's Marathon, in Duluth, Minn., he ventured to Fairfield, Conn., in search of the USATF National Masters Half-Marathon title on June 27.

The Fairfield Half-Marathon, serving as the championships for the first time, is known for its scenic, seaside route but feared for the hill and heat. This year, it poured rain.

But the rain didn't bother Kurtis; the 41-year-old No. 1 ranked masters runner captured the title with a 1:07:16 masters course record, placing fifth overall. Canadian Frank Lewis, 45, Continued on page 5

#### **Moorcroft Runs** 4:02.53 Mile

In his first mile as a 40-year-old, David Moorcroft ran 4:02.53 in an open meet in Belfast, June 19. It's the fastest outdoor mile ever by a masters runner. He placed 10th, as the winner ran 3:59.24. His splits were 61, 2:03,

Continued on page 19



Nancy Grayson, 43, wins the W40-44 title in 1:22:27 in the National Masters Half-Marathon. Victor Sailer/Agence Shot

#### **CONTENTS**

#### **DEPARTMENTS**

TICATE OCC

USAIF UTILETS
Letters to the Editor4
NMN Sustainers4
Third Wind
Five Years Ago6
The Foot Beat8
Racewalking10
Profile - Larrieu-Smith 11
Athlete-of-the-Month12
New Age-Group Athletes 12
Track & Field Report14
Training Advice16
International Scene 17
Countdown to Miyazaki18
WAVA Officers18
Ten Years Ago
Report From Britain 19
WAVA/USATF Specs 19
On the Run20
Masters Scene
Schedule
All-American Standards24
Results26

#### **FEATURES**

Preview of Nationals1
Senior Olympics1
Buffalo Chosen 1
Moorcroft Runs 4:02.531
USA Half-Marathon1
Grandma's Marathon3
Birmingham Meet5
So. Calif. Pentathlons5
Cal. Sr. Olympics Preview 6
VP Fair 10K
Rocky Mountain Runs
1992 Prize Money List9
San Francisco Marathon11
Bolder Boulder12
Cascade Run Off 15K15
Dipsea Race15
Age-Graded Distances15
Brugge Races 17
Indian Championships 19
1993 Indoor T&F Rankings 25

#### **ENTRY FORMS/RACE &** PRODUCT INFO

Elite Health Products 3
NMN Subscription Form 4
San Juan Championships5
Kel Field
Age-Graded Tables 8
National 10K X-C9
No. Calif. Meet
Publications Order Form 13
Classifieds13
NMN Advertising Rates 13
Age-Record Book 15
Biohealth Distributing16
T&F Rankings Book 20
Valian Awards20
Las Vegas Mini-Marathon 21
Sri Chinmoy Meet
All-American Application 24
NMN Subscription Form 35
California Senior Olympics 36



## VATIONAL MASTERS NE

The official world and U.S. publication for Masters Track & Field, long distance running and race walking

Editor and Publisher: Al Sheahen Senior Editor: Jerry Wojcik Associate Editor: Angela Egremont Managing Editor: Sylvia Stoller Contributing Editor: Jane Dods Circulation Manager: Katie Williams Advertising Manager: Open Production Manager: Carol Covey Production: American Publishing Co. Track & Field Records: Pete Mundle Long Distance Records: Road Running Information Center

Racewalking Records: Bev LaVeck Track & Field Rankings: Jerry Woicik Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

(FL), Bob Fine (FL), Carl Hammen (RI), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Mulkey (GA), Tim Murphy (TX), Bob Stone (CA), Pete Taylor (PA), Mike Tymn (HI), John White (OH), Maury Dean (NY).

ndents: Alastair Aitken (GBR), Jorge Alzamora (CHI), Hans Axmann (GER), Cesare Beccalli (ITA), Leo Benning (RSA), Hari Chandra (SIN), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Jacques Serruys (BEL).

tographers: Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Synder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY), Hank Kiesel

Creative Art: Eugene Paasinen, Herb Parsons

The National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$24.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.

USATF is a major funding supporter of NMN. Executive Officers of USATF: Larry Ellis, President: Ollan C. Cassell, Executive Director.

The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competi-

Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events

NMN welcomes contributions results, schedule info, photos, letters, articles, and opin Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is

Subscriptio ns: A one-year subscription (12 issues) is \$24.00 (mailed 2nd class). Add \$15 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN. P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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

Disclaimer: All advertisements and articles printed in the National Masters News are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

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

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/782-1135.

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

TRACK & FIELD

#### Chairman:

Barbara Kousky 5319 Donald St. Eugene, OR 97405 (503) 687-8787

#### **Outdoor Meets:**

Bruce Springbett 220 Oak Meadow Dr. Los Gatos, CA 95030 (408) 354-7333

#### **Indoor Meets:**

Scott Thornsley 18 Colgate Drive Camp Hill, PA 17011 (717) 737-2385

#### **Multi-Events:**

Rex Harvey 160 Chatham Way Mayfield Heights OH 44124 (216) 446-0559

#### Secretary:

Marilyn Mitchell 330 E. 46 St. #4C New York, NY 10017 (212) 697-8216

#### Treasurer:

Al Sheahen P.O. Box 2372 Van Nuys, CA 91404 (818) 785-1895

#### Records:

Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291

#### Rankings:

Jerry Wojcik P.O. Box 2372 Van Nuys, CA 91404

#### Women's

Representative: Christel Miller 1740 Grandview Ave.

Glendale, CA 91201

#### Weight Events: Chuck Klehm

1218 North Route 47 Woodstock, IL 60098 (815) 338-2880

#### Site Selection:

Max Goldsmith 481 Marcus Lewisville, TX 75067

#### Race Walking: Bev LaVeck

6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721

#### Team Manager:

Sandy Pashkin 301 Cathedral Pkwy. No. 6U New York, NY 10026 (212) 666-8603

#### **Rules Coordinator:**

Graeme Shirley 11212 Via Carroza San Diego, CA 92124 (619) 455-4440

#### Regional Coordinators: East:

Haig Bohigian 225 Hunter Ave. North Tarrytown, NY 10591 (914) 631-1547

#### Southeast:

Phil Mulkey & Phil Raschker P.O. Box 71022 Marietta, GA 30007 (404) 973-3825

#### Midwest:

Mel Larsen 2316 Willemoure Springfield, IL 62704 (217) 546-2909

#### Mid-America:

Tom Thorne 525 Oak Ridge Dr. Neosho, MO 64850 (417) 451-7417

#### Southwest:

Danny Thiel 1459 Verna St. New Orleans, LA 70119 (504) 486-8066

#### West:

Hugh Cobb 3180 Camino Arroyo Carlsbad, CA 92009 (619) 436-7696

#### Northwest:

Marti Thielman 406 W 32nd St. Vancouver, WA 98660 (206) 693-2256

#### Awards:

Open

#### Law Chairman: **Bob Fine**

3250 Lakeview Blvd. Delray Beach, FL 33445 (407) 499-3370

#### WAVA Delegates:

Barbara Kousky, Jerry Donley, Marilyn Mitchell

- 1) Sandy Pashkin
- 2) Christel Miller
- 3) Pete Mundle

#### LONG DISTANCE RUNNING

#### Chairman:

Charles Des Jardins 5428 Southport Lane Fairfax, VA 22032 (703) 250-7955

#### Vice Chairman Men:

Jerry Crockett 1124 W. Eskridge Stillwater, OK 74074 (405) 372-4010

#### Vice Chairman Women:

Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (510) 339-0563 (h)

#### Secretary:

Carole Langenbach 4261 S. 184th Street SeaTac, WA 98188 (206) 433-8868

#### Treasurer:

George Vernosky 5004 Glen Cove Pkwy. Bethesda, MD 20816 (301) 229-8391

#### Road Records & Rankings:

Basil & Linda Honikman Road Running Information Center 5522 Camino Cerralvo Santa Barbara, CA 93111 (805) 683-5868

#### Championships:

Mick Midkiff 32 Summit Rd. Riverside, CT 06878 (203) 637-1223

#### Law and Legislation:

Norm Brand 5224 Manning Pl., N.W. Washington, DC 20016 (202) 244-2218

#### Championship Stats:

Norm Green 405 Curtis Ct. Wayne, PA 19087 wk (215) 768-2480

#### Awards:

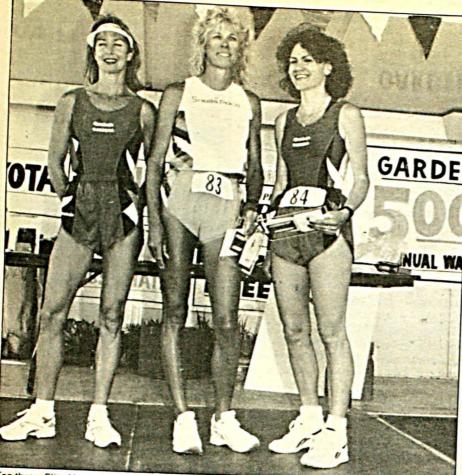
Ruth Anderson - Women (address above) John Boyle-Men P.O. Box 1824 Deland, FL 32721 (904) 736-0002

#### **Rules Coordinator:**

George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553

#### **WAVA Delegates:**

Ruth Anderson, Norm Green



Top three, Elite Masters Invitational, Gardena 5K, June 6: from L, Diana Tracy, 40, 17:31; Loi Coker, 42, 18:36; and Sherri Hall, 41, 18:48

#### **Kurtis Wins Overall** In Grandma's

Doug Kurtis, 41, Northville, Mich., added to his world-record skein of 70 sub-2:20 marathons with an overall win in the 17th annual Grandma's Marathon in Duluth on June 19.

Kurtis' 2:16:38 was his fastest in four years and the fastest masters time in the world in 1993, bettering a 2:17:44 by Jean Charbonnel of France at Boston in April. Kurtis came from behind to overtake the leader in the final two miles. "This race is going to raise a few eyebrows," said Kurtis, whose victory was worth \$7800 from a purse of \$43,200.

Luis Lopez, 43, Costa Rica, was second master in 2:19:51. Jared Mondry, 51, Minneapolis, 2:41:57, Jim Schleisman, 60, Jefferson, Iowa, 3:10:15, and John Burton, 70, Wayzata, Minn., 3:45:55, were the other masters winners in ten-year division races

Karen Blackford, 42, Ann Arbor, Mich., was the W40-and-over winner in 2:44:32. Janet Skaalen, 40, Minnetonka, Minn., ran a 2:53:01 for second. Audrey Schroeder, 53, Roseville, Minn., 3:24:09, and Beverly Lampe, 61, Monona, Wisc., 3:45:32, were the other W40 + division winners.



Karen Blackford wins the W40+ title 2:44:32, Grandma's Marathon, Duluth, Minn., June 19

Jeff Frey & Associates Photography

Alex Ratelle, 68, former National Masters News columnist, U.S. record holder, and retired physician, who has finished all 17 marathons, was given the Ron Daws Award for his contribution to long distance running.

\*SHOP BY PHONE - WE SHIP ANYWHERE!

**VITAMINS** 

**MINERALS** 

WEIGHT LOSS

**HERBS** 

HEALTH FOODS COSMETICS

SPORTS-FITNESS SUPPLEMENTS HOMEOPATHICS

#### GUARANTEED LOWEST PRICES ANYWHERE

VISA

(310) 559-9739

Elite Health Products, Inc.

10738 JEFFERSON BLVD., CULVER CITY, CA 90230

(800) 540-4941



Energy Bars - 1 Box of 24-\$24.00 (Peanut, Chocolate & Mountain Berry)

Energy & Recovery - Retail \$13.99 1-\$9.99, 3-\$26.99, 6-\$47.99

(Apples, Lemon, Tropical Fruit) Makes 12 Qts.

Protein Repair Formula - Retail \$13.99 1-\$9.99, 3-\$26.99, 6-\$47.99

(Vanilla, Chocolate) Champion / Cytomax Cytomax (1.5 lb.) - Retail \$20.99

1-\$16.99, 6-\$95.94 (\$15.99 each) Cytomax (4.5 lb.) - Retail \$43.99

1-\$34.99, 6-\$197.94 (\$32.99 each) (Tropical Fruit, Apple & Citrus)

Muscle Nitro - Retail \$18.99 1-\$44.99, 3-\$41.97 (\$13.99 each)

Cyto Bar - Retail \$1.99 1-\$1.69, 24-\$34.99

(Cocoa, Vanilla Crunch, Jazz Berry)

Heavyweight 900 - Retail \$22.99 1-\$18.99, 3-\$53.97 (\$17.99 each) (Vanilla, Strawberry & Chocolate)

Metabolol 2 (1 lb. can) - Retail \$13.99 1-\$11.19, 6-\$62.94 (\$10.49 each)

Metabolol 2 (2.2 lb. can) - Retail \$26.99 1-\$21.59, 6-\$119.94 (\$19.99 each) Excel

Excel Is the Guaranteed Highest Potency Energy Product on the Market

Ultra High Performance & Anti Fatigue Our Price \$11.99 14- Retail \$14.99 40- Retail \$39.99 Our Price \$31.99 100- Retail \$91.99 Our Price \$73.99

ASK FOR YOUR FREE SAMPLES



We at Elite are Athletes Serving Athletes. We guarantee the lowest prices overall and the quickest service anywhere

#### **Power Bar**

1 Box of 24-\$24.00 (Apple, Berry, Chocolate & Malt-Nut)

#### **Avocet Cliff Bar**

12-\$14.99, 24-\$28.99, 48-\$56.99 4 Boxes of 24-\$13.99 per dozen (Apricot, Date, Oatmeal, Double Chocolate)

#### **Edge Bars**

12-\$15.99, 24-\$29.99, 48-\$57.99 6 Boxes of 24-\$13.99 per dozen

Elite Offers over 10,000 Vitamin, Bar & Drink Items at 20% to 30% off Retail Get It For Less...Shop ELITE HEALTH Serving over 10,000 Athletes Nationwide

(310) 559-9739

(800) 540-4941

#### Exceed

Fluid Replacement & Energy Drink

600 gm. cans - 1-\$7.99, 3-\$18.99, 6-\$35.99 (makes 8 Qts.)

1500 gm. pouch - 1-\$12.99, 4-\$48.99 (Orange & Lemon)

High Carb Powder (512 gm. cans) 1-\$6.99, 3-\$16.99, 6-\$32.99

(Citrus Punch & Golden Punch)

Exceed Bars (Chocolate)

12-\$15.99, 24-\$29.99, 48-\$55.99

8 Boxes of 12-\$103.92 (\$12.99 per dozen)

Exceed Sports Meal (Vanilla & Chocolate) 12-\$16.99, 24-\$29.99, 96-\$115.99

#### Twin Lab

Ultra Fuel Bars (Vanilla & Chocolate) 1-\$2.39, 12-\$25.99, 24-\$49.99, 48-\$96.99

Ultra Fuel (powder) - Retail \$17.99

1-\$14.99, 6-\$80.94

(Orange, Tropical, Lemon & Fruit Punch) Carbo Fuel (powder) - Retail \$19.99

1-\$15.99, 3-\$45.99

Phosfuel - Retail \$18.99 - 1-\$14.99, 3-\$41.99 Pro Optibol

Chocolate, Vanilla, Very Berry & Original Retail \$26.99 Our Price \$21.59, 6-\$19.99 each

Leppin

Apple, Banana, Grape, Lemon-Lime, Peach, Pineapple, Strawberry & Vanilla Squeezy Box of 10 \$7.99 - Regular Price \$10.99 (Used by many world class athletes) 10 carbohydrate concentrate packets can be used before, during & after training and racing. Great for Carbo-Loading



#### MASTERS CLUB WELCOMES UNDER-30s

This year the Potomac Valley Seniors Track Club changed its name to the Potomac Valley Track Club. The Club was founded 21 years ago so that people over 30 would be able to compete in track meets and other running events. We soon realized that people under 30 were also unable to compete on a regular basis unless they were world-class athletes or were on a school team. We gradually expanded our program to include people of all ages, so this year we changed our name to recognize that fact, but we fully intend to continue our emphasis on competitors of all ages who would otherwise have no place to compete.

We conduct about ten all-comers track meets per year on Sunday mornings at T.C. Williams High School in Alexandria, Va., plus the Potomac Valley Games on Labor Day weekend. We also have a very strong racewalking program and conduct low-key LDR events. If you move to the Washington area or visit, we would love to have you participate and/or join. Call me at 703-352-3057.

John Martin, President PVTC Fairfax, Virginia

#### **DQs IN BATON ROUGE**

As a result of the very tight judging of racewalk events in Baton Rouge, La., June 13-14, at the National Senior Sports Classic, many athletes may be discouraged from continuing the sport.

About one-third of the 400 + com-

petitors in the 5K and 1500 racewalks were disqualified. They were allowed to complete the events, but their names did not appear on the results list, so they had no record of their times, the reasons for their DQs, or their participation in the race.

Experienced walkers who had been competently judged in events over the years were DQ'd, along with many "beginners." Some were DQ'd without warning from the judges. The sport has been hurt, and changes must be made.

The difficulties in judging older people's knobby knees and arthritic joints have been discussed before. The consensus is, that if there is a physical inability to straighten the leg, and if it is as straight as possible when the supporting leg is in the vertical position, there should be no disqualification.

Racewalking offers enormous benefits at any age, but is particularly good for older people who want to stay fit. But those joints can no longer stand the strain of running or jumping. It provides the aerobic benefits of running and better upper-body conditioning than running. Let's learn to do it right, and give us judges who will give us that benefit of doubt.

Marjorie Holmes (not DQ'd in Baton Rouge) Albuquerque, New Mexico

CZZMN

#### REMARKABLE PERFORMANCES

Is Marion Sanchez, 61, getting his due? Last month, he enters a little track meet in California and turns in

performances of 94.4% (100), 95.5% (200) and an astounding 99.9% (300H), and it's sort of like "Ho-hum."

These are remarkable performances, and nobody seems to care all that much. What are these marks worth? Age-graded they would be 10.43, 20.52, and 47.03.

If you figured Marion at his prime (age 21), he would have bettered the then-world record in all three events; the 100 & 200 held by Jesse Owens, and the intermediate hurdles held by Glen Hardin in 50.8. In fact, his intermediate hurdles are right there with Edwin Moses.

And he can high jump, too. His winning effort in the Indoor Nationals was worth 7-4 compared to the then world record of 6-11 by Les Steers.

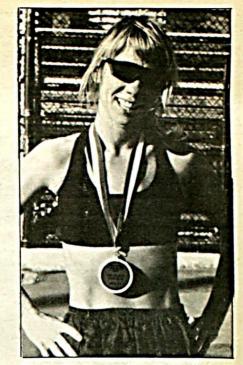
Obviously, he wasn't quite that great back in his collegiate career (I don't know his t&f background). But let's give him due recognition for his amazing performances now. And for his great improvement.

In the World Championships in 1989 in Eugene, he limited himself to just the high jump and 300 hurdles. That was four years ago. Today, he is jumping three inches higher and running the hurdles more than a full second faster. That ain't easy, McGee.

Phil Mulkey Atlanta, Georgia

#### MACHO DISCUS MAN

I was sad when the time came to give my old 2-kilo discus away — all those trips together, years of practice, hitting a couple of really great throws when



Melodie Grigsby, first W40 (21:59), Windward 5K, Kailua, Hawaii, May 16. Photo by Tesh Teshima

the chips were down.

I have great memories of seeing it sailing perfectly on a crossing wind. It brings tears to my eyes.

About five years ago they changed sizes on me; what a bummer. The new size was too small for my hand; it was too light; I couldn't lean on it. It wasn't as much fun.

But what the heck, I tried, and in about a year or so, I learned to do it right. Now it stays in the air longer, and I like that.

It seems to me, as I look back, that my old 2-kilo friend was starting to feel a bit heavy.

Richard Hotchkiss

#### ALL-AMERICAN STANDARDS

I request that a 3000-meter time be included in the U.S. Masters Standards of Excellence.

Debby Jamieson
Huntington Beach, Calif.
(The All-American Committee promises to look into it. — Ed.)

## NATIONAL MASTERS NEWS SUbscription Form Masters Athletics is booming!

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

mormation	Jou	can t get any	where e	ise. Dueserie		
	- 1	1st Class rat	es:		All sign	☐ Payment
USA rates:		(USA, Cana	da,	Foreign rate	es:	enclosed
☐ 6 months	\$13	Mexico)		(Air mail)		☐ Bill me later
□ 1 Year	\$24			☐ 1 year	\$ 43	□ \$as a
☐ 2 Years	\$45	☐ 2 years	\$ 75	☐ 2 years	\$ 83	contribution to
3 Years	\$65	☐ 3 years	\$110	☐ 3 years	\$122	your work
Circle appl	icable	sports: T L	R	(T = T&F I	L = LDR	R = RW
Name		A ST. Letter	No. of	Services .		
Address				A ALLEN		THE REAL PROPERTY.
City				State		
S	end to	: National M	lasters N	iews	Or	Call:
	4	Subscriptio				/760-8983
THE RESERVE AND ADDRESS.		P.O. Box 1	6597		- 010	700 0705

North Hollywood, CA 91615-6597

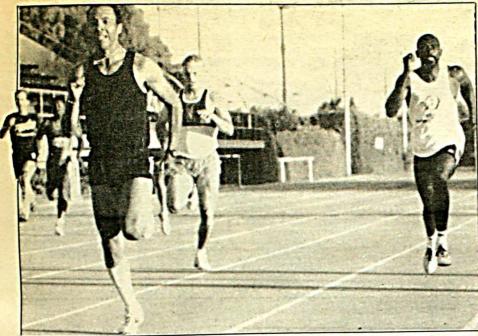
#### Fifteen Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

Richard and Phyllys Bennett
Haig Bohigian
Rodney Charnock
Norm Hansen
Richard Hotchkiss
Peter Hoyt
Alfreda Iglehart
Judith and Richard Imperiale
Dr. J.D. Kerins
Frank Kishi
Robert Laufer
R. G. and Mary Marsolais
Robert and Corliss McCusker
Chuck McMahon
Bruce Meadows

Prescott, Arizona
North Tarrytown, New York
Norfolk, England
Enumclaw, Washington
Grass Valley, California
Pittsburgh, Pennsylvania
Los Angeles, California
Redwood City, California
Vancouver, Canada
Los Angeles, California
New York, New York
Eagle River, Alaska
Simsbury, Connecticut
San Diego, California
Helena, Montana



Eugene Driver winning the M40 200, USATF/SCA Championships, Cerritos College, Calif., June 27.
Photo by Jon Lomax

#### Raschker Continues Assault On PV Record

Atlanta's Phil Raschker bettered her previous week's W45 world record performance in Knoxville, with a 3.11 meter (10-2½) pole vault at the Birmingham TC Classic on May 29. In addition, she managed to turn in a respec-

table 100 (12.86), 80H (12.76) and a 16-8½ long jump. An ailing Achilles tendon did not seem to hamper her.

Phil Mulkey won four age-graded events. Chuck Sochor had four age-graded %'s in the 90s.

#### Three Pentathlons Held in Los Angeles

by GARY MILLER

Athletes came from near and far to compete in the USATF Southern California Pentathlon extravaganza, which offered three pentathlons under ideal conditions at Occidental College, Los Angeles, on June 19.

In the weight pentathlon, former decathlete Mike Deller, 44, was the overall age-factored winner with 3543 points. In the M70 division, Hugh Hackett, in his first weight pentathlon, finished with three strong tosses to take the win over Jim Minah, 3451 to 3295. The Dutchman Jan Smit outscored the Irishman Mike Devlin by just three points with a 3100 total to win the M60 age group.

Two competed in the women's track and field pentathlon: Annelies Steekelenburg (W45, 2739), and Tina Stough (W40, 2431). They found their hurdle race too challenging when each tried to kill the last hurdle . . . very successfully, but both settled down to perform well in the final four events. Steekelenburg high jumped 1.47 and long jumped 4.35. Stough scored well in the long jump with 4.51 and 800 with 2:44.31.

In the men's pentathlon, Frank Reilly, M45, scored 4050 age-factored points. Ken Carnine, M85, had a national record in the discus with a 24.92 and a world best in total points.

The pentathlons were scored using the 1989 age-performance factor tables for five-year age groups. (The result was multiplied by the age-performance factor. The throws were rounded down, and the automatic timing was rounded up, e.g., 33.2078 meters to 33.20, and 22.9997 seconds to 23.00 in the 200.)

#### Kurtis, Grayson Win USA Half-Marathon

Continued from page 1

was second 40 + (1:10:00). Alan Oman, Babylon, N.Y., followed with a 1:13:16.

Nancy Grayson (like Kurtis, of Northville, Mich.), 43, took masters honors with a tenth-place 1:22:27 in the race, which was also the women's open championships. Her time is a masters course record. Rebecca Stockdale, Chapin, Conn., was the second W40+, in 1:23:02. Claudia Ciavarella, Washington, D.C., took third in 1:24:49.

Kurtis wasn't sure how the race would go. "I had a great performance in Duluth, so coming here I just didn't know what I could do. 1:07:16 was a nice comeback." Kurtis ran in a pack

of six in the rain for almost ten miles. "I wanted to give up," he said, "but we all hung in there. It's a tough course."

The weather didn't stop the estimated 1000 masters who competed; some came from as far as Wisconsin and Texas. Said race director Steve Lobdell, "We had an exciting masters race and a record masters turnout (amid the 2000 open runners). He praised the volunteers for helping in the event, which benefited the Connecticut Burn Foundation.

Age-graded prize money was awarded to the over-40s, as well as to the winners, with \$250 going to the top age-graded man and woman.

#### SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS



PARQUE CENTRAL, SAN JUAN, P.R.

September 11-12, 1993

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION

AGE DIVISIONS: 30-34; 35-39; 40-44; 45-49; 50-54; 65-59; 60-64; 65-69

ENTRY FEE: \$10.00 FIRST EVENT, \$5.00 EACH ADDITIONAL EVENT. RELAYS FREE.

AWARDS: MEDALS TO FIRST THREE IN EACH AGE DIVISION.

DEADLINE FOR ENTRIES: SEPTEMBER 9, 1993.

HELAYS: BY COUNTRIES OR CLUBS WITH DIVISIONS IN 10 YEAR INCREMENTS.

ENTRIES FOR RELAYS MUST BE TURNED IN BY 6:00 P. M. SATURDAY

ND SUNDAY

ENTRIES: SEND THE ENTRY FORM BELOW WITH CHECK TO:
PUERTO RICO MASTERS ASSOCIATION
WR. JESUS E. GALVEZ
P.O.BOX 31300
65TH. INFANTRY STATION
RIO PIEDRAS, P.R. 00929-0300

OR CALL MR. GILBERTO GONZALEZ JULIA-TEL: 765-5702

REGISTRATION: AT PARQUE CENTRAL FROM 10:00 A.M., ON SATURDAY 11.

HOTELS: ACCOMMODATIONS SHOULD BE ARRANGED BY INDIVIDUAL PARTICIPANTS.

THE FOLLOWING HOTELS ARE IN THE VICINITY OF THE PARQUE CENTRAL CARIBE HILTON TEL. (809) 721-0303 OCEAN SIDE TEL. (809) 722-2410 HOLIDAY INN - (809) 253-2929 QUALITY ROYAL (809) 721-4100 EXCELSIOR - (809) 721-7400 MIRAMAR - (809) 722-6239 HOTEL TORO - (809) 725-5150 TANAMA - (809) 724-4160

CCHEDULE OF EVENTS:

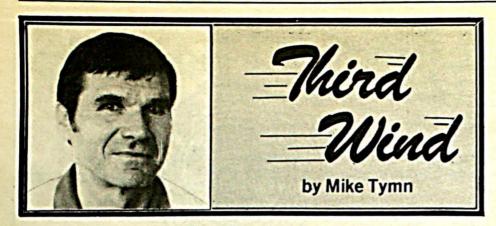
TINE	SATURDAY SEPT. 11	SUNDAY SEPT. 12
3:00 P.M.	1. 400 M. HURDLES	14. 400 M. (W-M)
3:30 P.M.	2. 300 M. HURDLES	15. SHOT PUT (W-W)
	3. POLE VAULT	16. LONG JUNP (W-M)
	4. HANNER THROW	
4:30 P.M.	5. 110 M. HURDLES (M)	17. 800 M. (W-M)
	6. 100 M. HURDLES (W-M)	18. JAVELIN THROW (W-W)
	7. 80 M. HURDLES (M)	19. HIGH JUNI' (W-M)
5:00 P.N.	8. DISCUS THROW (W-M)	20. 5000 M. (W M)
6:00 P.M.	9. 3000 M. STEEPLECHASE	21. 200 N (N-N)
	10. 2000 M. STEEPLECHASE	22. WEIGHT THROW
7.00 P.M.	11. 100 M. (W-M)	23. 5K WALK (W-W)
7:30 P.M.	12. 1500 M. (W-M)	AFTER SK WALK
8.00 P.M.	13. 10000 M. (W-M)	4 X 400 RELAY (W-W)
	AFTER 10000 W.	
		The same of the sa

ORDER OF COMPETITION WILL BE: WOMEN AND MEN - OLD TO YOUNG

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

ATHLETIC RELEASE: IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN THE SAN JUAN ANNUAL WASTERS TRACK & FIELD CHAMPIONSHIPS, I DO HEREBY, FOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAWAGES WHICH I MAY HAVE, OR WHICH MAY HERFAFTER ACCRUE TO ME AGAINST THE CITY OF SAN JUAN, THE ORGANIZING COMMITTEE OR THEIR OFFICERS OR AGENTS AND THE PARQUE CENTRAL AND ANY AND ALL. SPONSORS OF THE AFOREMENTIONED CHAMPIONSHIPS. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM COMPETING AND I COMPETE AT MY OWN RISK.

PHONE	- published the same
A STATE OF THE STA	
DIVISION	F OR M
5.	
6	
1.	OF THE DESCRIPTION



#### 26 Champions 25 Years Later

t was in 1968 that Dr. Jack Daniels, one of our sport's leading physiologists, tested 26 of North America's best distance runners in his laboratory. Early this year, Daniels brought them all back to his lab to see how they had held up after a quarter of a century.

The runners included the likes of Jim Ryun, George Young, Bob Schul, Gerry Lindgren, Mike Manley, Oscar Moore, Bob Day, Tracy Smith, and others whose names bring back memories to those of us who followed track during the 1960s. To be considered for the 1968 testing, the runner had to be ranked among the top 10 in the world in his event.

"Originally, we wanted to do a 20-year follow up, but couldn't get the funds," said Daniels, who now teaches and coaches at State University of New York in Cortland and was in Honolulu recently. He is still assembling the data from his 25-year study and also finishing up a book on running. Although he was not yet prepared to present final conclusions from his study, he did discuss some of his preliminary observations.

"One thing is that I think it is better to be fit and fat than unfit and lean," said Daniels, who won silver and bronze medals in the '56 and '60 Olympic Games as a member of the U.S. Modern Pentathlon team.

"Certainly that appears to be true from an aerobic point of view. Those who did a little training but had gained 20 or 30 pounds fared better in their stress tests than the few guys who had stayed pretty lean and looked fit, but who hadn't been involved in any exercise program."

#### Five Years Ago August, 1988

- Lurline Struppeck Breaks Own W40 National Record in Javelin with 129-3 & Pat Peterson Breaks W60 U.S. Record in High Jump with 3-9 in New Orleans.
- Payton Jordan (M70, 27.7 in 200) Is Top Performer with a 96.9% in Los Gatos, CA.
- Steve Lester Breaks U.S. M45 10K Record in Magna, Utah, with a 30:09.
- Nude Mile-Markers Highlight Hollywood's Tetrick Trail 8-Mile Run.

Not wanting to name anyone specifically, Daniels said he was surprised to find that the few lean individuals who had not exercised in years looked fit. "I'm not so sure they didn't feel fit, too," he added, "although they didn't test out as fit. Still, though, they were way above the average person for their age group. I think the average max VO2 (aerobic capacity) for somebody who is 49 years of age, which was the average of the group, is about 42 ML per kilogram of body weight. The average of this group was 56."

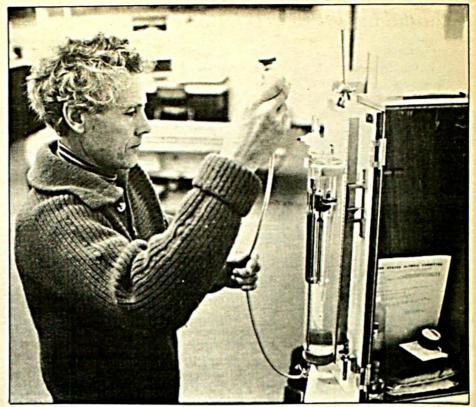
When Daniels tested them 26 years ago, the average max VO2 was 78. The loss was 24 percent, but part of that was a function of the increase in weight. Factoring out the increase in body weight, the loss amounted to only 17 percent. This, according to Daniels, seems to support the theory that there is a "genetic hitch" to being an elite athlete. "You find somebody who is 20 or 30 pounds overweight in his late 40s or early 50s and has a VO2 max in the 50s. Well, that's pretty good. There are a lot of people as young adults who are training quite seriously who don't reach that kind of VO2 max. It certainly suggests that a lot of them (those tested) had a high VO2 max to begin with, and although they discontinued training, they maintained a much higher capacity."

Few of the 26 continued training and competing after their college or Olympic years. "Maybe it was because most of them were pretty successful," Daniels offered. "And there was no money then. That was a big contributing factor why they didn't continue running."

Several of them have competed in the masters arena, and Daniels saw some indications that several of them would soon test themselves in over-50 competition.

Daniels did name three who stood out in their most recent test — Chris McCubbins, Brian Kivlann, and Tracy Smith. All three have competed in masters competition.

Daniels laughs when he recalls that one of the group weighed 210 pounds, 70 pounds over his competitive weight, when Daniels phoned him to invite him



Jack Daniels in his Athletics West/Nike Lab Days.

Photo by Warren Morgan

by

SOI

Me

AT

Tyl

add

Olyn

to be tested. When he showed up for testing four weeks later, his weight was down to 180. "He hadn't run a step in 20 years, but when he showed up for the test he had been running every day except the last two," Daniels said. "He tested quite well, better than average. I think it shows how little training a person of this caliber needs to do to get going again."

Another preliminary observation has to do with heart rates. "It was interesting to see that they still had pretty high maximum heart rates," Daniels commented. "In fact, we had five or six guys who had higher max heart rates than they did 25 years ago."

Blood pressure was not tested 25 years ago but was this time. "We did find that some of the runners who were pretty fit had high blood pressure." Daniels commented, "It makes you wonder how much you can ward off some of these things. If you have a

family history of something, being an elite athlete is probably no guarantee of safety. One guy even had a bypass. He ended up going for an hour run with the others, even though he was 60 pounds overweight."

It is sometimes suggested that runners are more susceptible to arthritis than the general population, but Daniels did not find this to be the case among the 26 he tested.

Daniels was not able to separate body weight from percentage of body fat 25 years ago, but speculates that the average increase in body fat among the 26 was about 10 percent.

Twenty-five of the 26 were college graduates. "That's pretty encouraging," Daniels ended. "I think it shows that runners are pretty dedicated to what they're doing. I don't think we'd find a graduation rate that high in other sports."

## California State Senior Olympics Set For San Diego

The San Diego Senior Sports Festival will host the first California State Senior Olympics, September 17-26, in San Diego, Calif., with 27 sports being offered, including track and field, cross-country, triathlon, and racewalking.

All ages from sub-masters (30+) in five-year age groups may enter.

The track program will take place on Saturday and Sunday, September 18-19. The racewalk events are set for Monday, September 20, with the 5K cross-country run on Tuesday, the 21st. (See back page for complete details and entry form.)

The triathlon will include a 1500m open-water swim, 5K cross-country run, and a 28-mile bicycle race.

The track and field competition will be conducted at the University of California campus (UCSD) in La Jolla on the coast just north of San Diego. Cool weather between 65-75 degrees usually prevails.

The track facilities are excellent, and include a separate hammer throwing area. Participants will be assured a professionally-managed event. Many of the people involved are those who also managed the highly-successful 1989 TAC National Masters meet held at SDSU.

Use the entry form on the back page or send an SASE with 52¢ postage to San Diego Senior Sports Festival, 2820 Camino del Rio South, Suite 306 J-K, San Diego CA 92108. □

#### National Senior Sports Classic

Continued from page 1

1500m-12, 5K-9, 10K-7, 5K walk-33, HJ-21, PV-6, LJ-32, SP-59, DT-56, and JT-39. These folks are in obvious good health and are serious about their competition.

The United States National Senior Sports Organization out of St. Louis, Mo., put on a well-promoted and wellattended program. A lot of extras are offered at the National Classic Championships, which are scheduled every two years: spectacular opening ceremonies; a Louisiana Mardi Gras celebration complete with king and queen overseeing their parade as they toss candy, trinkets, beads and doubloons from atop their regal floats to the anxious crowd; a real Cajun dinner; the Jazz breakfast on the last morning of competition; plenty of parties, food and dance bands. Tours, clinics, health testing, and souvenir shops are set up on "Red Stick Alley."

Much of the packaging and promotion costs, as well as less visible expenses, are taken care of in large part by the major national corporate sponsors such as Holiday Inn-Worldwide, MetLife, TWA, Nuveen, Odoul's, AT&T, Total, Johnson & Johnson, Tylenol and The Medicine Shoppe. In addition, the basic entry fees brought in more than \$350,000. The Senior Olympic National Championships is now more than just a track meet. It is

an event — a bonafide "happening."

Phil Mulkey, M60, and Betty Vosburgh, W60, both of Atlanta, Ga., and of Holiday Inn's World Elite Track Team, were easily the outstanding performers of the meet for men and women. Mulkey won five gold medals (HJ 5-0, PV 11-0, LJ 17-81/2, SP 47-9, & DT 160-3) and Vosburgh was even better winning six (100m 15.49, 200m 31.97, 400m 74.72, HJ 3-9, LJ 12-71/2, & JT 84-10). Even more outstanding perhaps, all of Mulkey's and Vosburgh's performances were new National Classic records. Both athletes stated that the competition was quite keen, in terms of both the number of competitors and the level of performances. "It wasn't just a question of 'Can I break a record?" Mulkey said. "Most of the time it was absolutely necessary in order to win the event."

Indeed, upon reviewing the final results, it is obvious that this National Championships is on a par with the USATF National Masters Championships in performance, and far exceeds the latter in depth. A performance that failed to even make the finals here would, many times, be good enough to collect a medal at the USATF meet. And while that statement is generally true in all of the men's divisions, it is an absolute certainty for all the women's events, in all divisions.

This fledgling meet, that has only had its fourth Championships since 1987, definitely has come into its own. Many of the competitors are capable of performing well on an international level. World track and field championshops notwithstanding, these kinds of competitive performances would show well in Japan in October.

The Pete Maravich Assembly Center was filled with 15,000 athletes and spectators on the opening day to witness the "Celebration of Athletes" and the lighting of the torch by Lucy Anne Brobst of North Carolina. It was announced that while Lucy's participation in the Games may have been cut short by her very recent recovery from chemotherapy, this former National Champ was chosen for the honor because, despite a harrowing last few months, she was still there for the Games. She epitomized what the Games was really all about.

Another 10,000 watched the final event in track and field. All of the 100 meter heats and finals were held in a dramatic display of speed to be served up on the last evening. The L.S.U. track, which offers a softer surface on its nine lanes circling the infield, has a special surfaced nine lane sprint corridor right down the center, apex to apogee, that is much firmer and therefore much faster. So designed that it does not disturb the availability of two pole vault pits, three high jump pits, four long jump pits, six shot put rings, five discus/hammer cages, and a

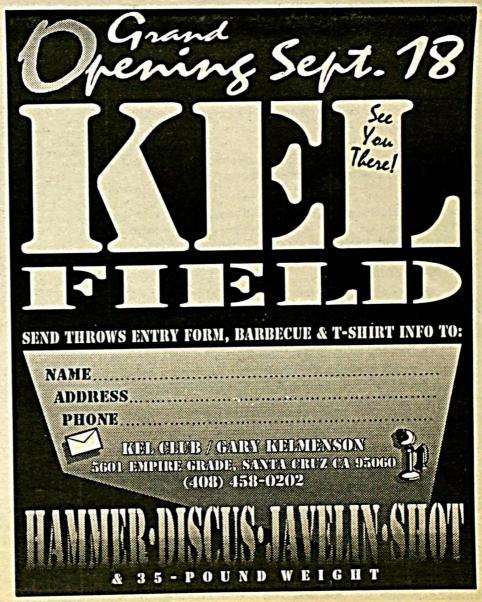
javelin area immediately adjacent to the edge of the finish line area, the L.S.U. state of the art T&F facility handled the constant flow of competitors with unprecedented ease.

The officiating was the best. But with 623 sprinters contending the 100 meters, the qualifying was cut-throat and deadly. Automatic timing would pick the nine finalists in each division who would run for their titles about ten o'clock that same night. Starting the qualifying at 6 p.m., every bit of that time was needed to run off the 85 heats.

The media certainly appreciated the show. Two local TV affiliates kept the entire area informed with their interview and action broadcasts. The newspapers recorded and reproduced every result, supporting the reporting with great color photos and interesting "inside" stories. Nationally, the festivities were picked up by ABC's Good Morning, America, and ESPN taped an hour segment that was played a couple of weeks later.

The USNSO group claims to have touched more than a quarter-million adults over the age of 55 as they all go through the mandatory qualifying of their respective state and local Games. It has become a huge program. It would appear that with the coming of the great Senior Olympic program, "old age" (whatever that means or implies) has in no small part, been taken care of in a very positive way.

AND THE	1114	P	ARTICIE	PATION	IN	NATI	ONAL S	ENIC	)RS	PORT	S CLAS	SSIC			
100				1500				SHOT	י פווס			1500	RAC	CEWAL	ĸ
Age	M	M	<u>T</u>	1500	4	26	70	55	49	45	94	55	43	52	95
55	86	47	133	CONTRACTOR OF THE PARTY OF THE		T-11-7-12-12-12-12-12-12-12-12-12-12-12-12-12-	93	60	67	44	111	60	61	61	122
60	80	57	137			37	75	65	47	45	92	65	54	66	120
NEW YORK STATES	85	50	135	200	1	21	47	70	37	39	76	70	54	54	108
65		41	90		10 miles (100)	12		75	42	27	69	75	34	36	70
70	49			THE RESERVE	21	9	30	80	27	17	44	80	22	20	42
75	45	30	75	Action of the latest t		3	10	85	9	3	12	85	8	3	11
80	25	15	40	85	0	1	1	90	í	0	1	90	1	1	2
85	5	4	. 9	and the second second	1	0	1	95	2	0	2	95	1	0	1
90	2	0	2		18		327		281		501		278	293	571
95	2	0	2	6	7%	33%			56%		301		49%	51%	
		244	623						30%	44%			M SHEET		
	200	39%		HTCH	7111	MD		DIS	cus	1		500	O RA	CEWA	LK
200		-		HIGH	45	43	88	55	45	43	88	55	40	38	78
Age		W	T		62	43	105	60	62	43	105	60	60	51	111
55	67	25	102	60		46	96	65	50	46	96	65	44	43	87
60	71	43	114	65	50		90	70	51	39	90	70	50	31	81
65	73	36	109	70	51	39	74	75	48	26	74	75	22	23	45
70	49	27	-76	75	48	26	42	80	24	18	42	80	14	12	26
75	40	30	70	80	24	18	11	85	9	2	11	85	5	ī	6
80	19	10	29	85	9	2		95	3	0	3	90	1	ō	i
85	2	3	5	90	0	0	0	,,,		217	509	PROPERTY AND ADDRESS.			
90	1	0	1	95	3	0				43%	309		District Control of	199	435
95	1	_0	1			217	509		31%	436			54%	46%	
	100000000000000000000000000000000000000	184	507		57%	43%									
	64%	36%						741	VELI	N		SK	ROAD	RAC	F
400	)					AULT		55			60	55	54	45	99
Age	M	W	T	55	10				53		90	60	79	43	122
55	-53	31	84	60	20		1000	60	38	35	Contract March	65	63	32	95
60	59	33	92	65	14		Account to the second	65		20027774	73	70	48	14	62
65	57	33	90	70	14			70			62	75	19	7	26
70	45	22		75	7			75				80	6	í	7
75	24	18		80	5			80			29	85	0	2	2
80	15			85	_1			85			9	03	_	144	414
85	1	1	Charles Thomas Toronto		71		71	90	A STATE OF THE PARTY OF THE PAR	A STATE OF THE PARTY OF THE PAR	0			35%	414
90								95			271		03%	33%	
年七日		143		Lo	NG .	JUMP				162	371	10	PO	AD RA	CF
DEC.		36%	200	55	_		6 76	The same	56%	44%		55	46	25	71
80		180	packet .	60	) 5	8 4	5 103	P. IST				60	68	26	94
55				65								65	46	16	62
60	56		The second second	70			3 65			775-6		70			47
65	5 54		A STATE OF THE PARTY OF THE PAR	75	SHEW?	6 1	5 51					75	11		15
70	38	16		80		42000	6 21		A 30 1	-				i	5
75	5 19	13		8	1000		2 9					80	3000	5 1000	2
80		7 5	5 12	90			0 1	1				85			297
8		1 (	0 1	9	10000		0 1					The state of	212		291
90	APPROXIMATION AND ADDRESS.			9.		-			199				/1%	29%	
		1 118	339		27		The second second second	17.10							
		% 35			04	% 36	h.			- territories	No. of the last	V BAN	4		200





Pagliano's Podiatric Pointers

#### THE FOOT BEAT

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

#### "Pump Bumps"

In 1970, I started jogging to lose weight and stopped smoking. By 1972, I was running 50 miles a week and had started racing. I required orthotics for heel spurs and eventually developed "pump bumps" on the inside back of both heels. My podiatrist wanted to operate. It would involve disconnecting the Achilles tendon, "removing" the "bumps" and reconnecting what was left of the tendon. Three different orthopedists asked me how much I really wanted to continue running, saying this was a Larry Bird type operation, and success rates were low. I continued to train and race for another two years, but had to give it up. Recently, a new "sports" podiatrist gave me new and quite different orthotics. They are a little more flexible and much higher in the arch. This podiatrist said the operation wasn't that serious, and he had had good success with it. I've started back running, and so far, I'm only getting some dull pain from my right heel.

Could the "wrong" orthotics have actually caused the "pump bumps," and what is your opinion of the operation to remove them? Would I be able to resume running and racing at a serious level?

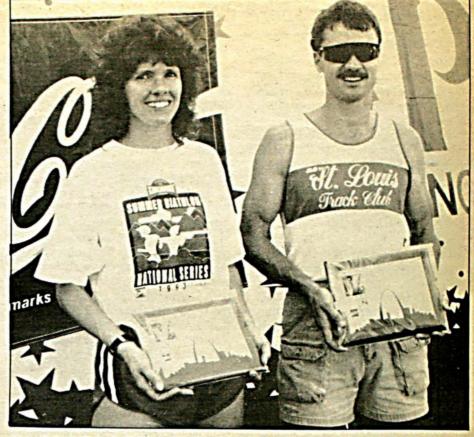
Pump bumps are technically known as retrocalcaneal exostosis. They are usually caused by chronic irritation from rubbing by ill-fitting shoes. This irritation will cause the bone to respond to the pressure with excessive growth.

#### **Masters Age-Graded Tables**

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.
- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
- Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
- Shows how to conduct an age-graded track & field meet, road race or race walk.
- 66 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes and the National Masters News.

Send \$5.95 plus \$1.25 postage and handling to:

NATIONAL MASTERS NEWS P.O. Box 2372 Van Nuys, CA 91404



Karen Kokesh, St. Louis, W40 first (12:13) and Dan Sebben, St. Louis, M40 first (9:57) in VP Fair 3K at St. Louis, Mo., July 4.

Photo by Hank Kiesel

Runners develop the same syndrome if they over-pronate or have a high arch with a tight Achilles. In these cases, the bump usually forms more to the outside of the heel.

This irritation may also cause a bursal formation around the heel area which is also quite painful.

The Achilles tendon also inserts into the middle one-third of the calcaneus in the back of the heel. When the calcaneus goes through the rolling motion when running, it can irritate the Achilles and cause an Achilles tendinitis. If there is a bone bump, bursae and Achilles tendinitis, we can call this a 'runner's bump.'

I often recommend semi-flexible orthoses for runners. This allows for a proper range of motion, yet reduces abnormal rearfoot pronation. These can also raise the heel slightly and provide protection to the back of the heel.

You may also wish to cut out a ¼" felt doughnut to place around the bump in order to keep it from rubbing up against the heel counter.

If there is an associated bursitis, I would recommend the use of a cortisone injection into the bursal area.

Oral anti-inflammatories are also effective in these cases. I would ice the heel down after running for 8-10 minutes.

You may opt to rest for 4-6 weeks to see if the inflammation is reduced, and then return to running on an asymptomatic basis.

There are surgical repairs to remove pump bumps, but the removal of the Achilles tendon is very radical. I really have never seen a case where this was performed on an athlete. I don't know why it was recommended.

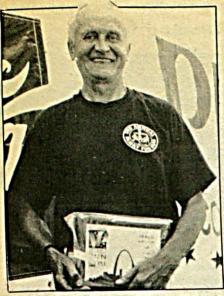
The standard procedure is to make a small incision along the side of the heel in the area of the bump and shave off



Charlene Soby, Chicago, W40 first (39:18) in the VP Fair 10K, St. Louis, Mo., July 4. Photo by Hank Kiesel

the bump. This way you can avoid the Achilles tendon. As in every elective surgery, I would suggest you undergo the procedure only after all else has been tried. The success rate is quite high with this type of procedure. It avoids the Achilles tendon, and there is minimal post-operative pain.

Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.



Ernie Hirschfeld, Missouri, M65 first (44:53), in VP Fair 10K at St. Louis, Mo., July 4. Photo by Hank Kiesel

#### **Kurtis First Master** in VP Fair 10K

by HANK KIESEL

With the Mississippi River above flood stage and a starting temperature of 80° with humidity at 70%, the 13th annual VP Fair 10K got under way at 7:35 a.m. on July 4 in St. Louis, Mo.

Doug Kurtis, 41, Northville, Mich., was the first master through the chute in 31:55. Charlene Soby, 42, Chicago, Ill., took top honors on the women's side with

In the 3K, Dan Sebben, 42, St. Louis, 9:57, and Karen Kokesh, 41, St. Louis, 12:13, were 40 + winners.

About 2000 runners participated in the two races. Prize monies provided by the two sponsors, Coca-Cola and Pet Inc., totaled \$9700.

#### Masters Place High in High Places

by BRENT WEIGNER

Runners from 19 states and Canada met in Laramie, Wyo., on May 30 for the 10th Annual Rocky Mountain 50-Mile Run and 2nd Annual Wyoming Marathon. Three of the marathoners - Richard Brown, 52; Norm Frank, 62; Don McNelly, 72 - were on a quest to run a marathon in every state and the District of Columbia, and this was the only marathon being held in Wyoming.

Clay Shaw, 41, running the marathon in honor of his wife who recently pass-

ed away, led until 22 miles when Doug Laufer, 40, passed him and opened up an insurmountable lead. However, as fate would have it, Laufer made a wrong turn allowing Shaw to take advantage of the mistake and win with a new course record of 3:32:16.

Masters runners also were outstanding in the 50-Mile Run. Randi Bromka, 41, dominated the course with her 7:03:19 first-place overall. Second overall, Roger Frans, 47, was the first male finisher in 7:17:08. □

#### **1993 USATF** NATIONAL MASTERS **10K CROSS-COUNTRY CHAMPIONSHIPS**

the third year for this successful meet in Louisville, KY

E. P. "Tom" Sawyer State Park Louisville, Kentucky Sunday, October 31, 1993 11:00 AM EST



Hosted by Victory Athletic Club Mason-Dixon Athletic Club Metro Parks Track Club



MEN'S AND WOMEN'S CHAMPIONSHIP COMPETITIONS INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 95\* TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+

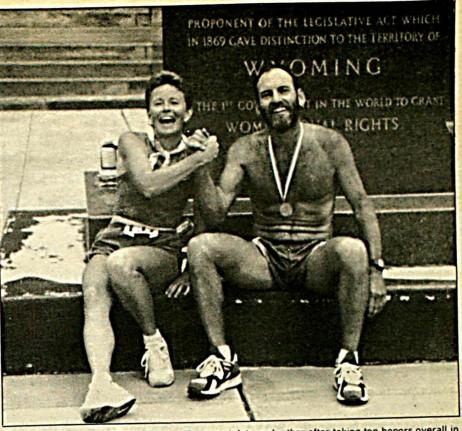
KENTUCKY 5K CROSS-COUNTRY CHAMPIONSHIPS AT 10:00 AM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:

Masters Cross-Country Championships
c/o E. P. "Tom" Sawyer State Park
3000 Freys Hill Road
Louisville, Kentucky 40241

Information: E. P. "Tom" Sawyer State Park (502)426-8950 days Bill Nault (502)897-3772 evenings Bob Ullrich (502)459-6820 evenings

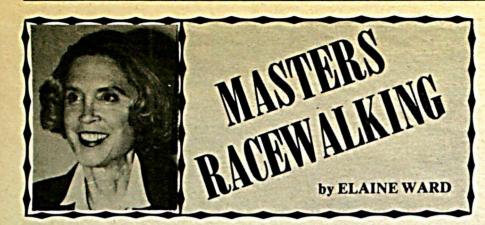


Randi Bromka, 41, and Roger Frans, 47, congratulate each other after taking top honors overall in the Rocky Mountain 50-Mile Run, Laramie, Wyo., May 30.

Photo from Brent Weigner

#### THE COMPETITIVE ROAD RACER JULY/AUG 1993 P.O. BOX 1765 BROOKLINE, MA 02146

NIZE MONEY LEADE	RS MAST	ERS WO	PRIZE MONEY LEADERS MASTERS MEN 1992				
RK NAME	BT/N	1992 \$		RK NAME	ST/N	1992 \$	•
1 Gilbert Sharlet	CA	\$27,650	- 8	1 Levisse, Plerre	FRA	\$33,550	18
	USC .	\$15,325	20	2 Kurtis, Doug	MI	\$29,700	15
3 MoLatohia, Carol	TX	\$12,900	15	3 Nzau, Joseph	KEN	\$24,750	
4 Roden, Anne	GBA	\$10,500	1	4 Navarro, Artemio	MEX	\$16,850	9
5 Filutze, Barbera	PA	\$10,450	17	5 Rose, Nick	GBA	\$9,150	12
6 Portenski,Bernadine 7 Welch,Priscilla	MZL GBR/CO	\$9,500	2	6 Tibaduiza, Domingo	COLINV	\$8,500	16
8 Hubbard, Karen	MI	\$8,600	11	7 Walgwa, Wilson	KEN/TX	\$7,050	10
9 Ray, Suzanne	AK	\$6,950	5	8 Romesser, Gary	IN	\$6,975	16
10 Hine, Judith	NZL	\$6,300	9	9 Bell, Doug	CO	\$5,525	13
11 Virge Carol	FL	\$4,800		10 Marczak, Ryszard	POL	\$4,950	4
12 Jordan, Janet	OR	\$3,750	4	11 Stahl, Kjell-Erik	SWE	\$4,000	1
13 Lempesia Catherine	SC	\$3,625	15	12 Owens, Earl	GA	\$3,950	13
13 Silveria Cheryl	PA	\$3,625	4	13 Charbonnel, Jean - M	FRA	\$3,500	2
15 Hutchison, Jane	MO	\$3,300	6	13 Hill, Leonard	OR	\$3,500	3
16 Smekhnova, Raisa	CIS	\$2,500	2	15 Campbell, John	NZL	\$3,450	
17 Binder, Laurie	CA	\$2,400	5	16 Wheway, John	GBR	\$3,000	2
18 Lynn,Laura	CAN	\$2,000	2	17 Vera, Manuel	MEX	\$2,700	6
18 Emo, Adele	CAN	\$2,000	2	18 Lopez, Luis	CRC -	\$2,600	5
20 Hall, Sherri	CA	\$1,900	4	19 McMullen, Charlie	NY	\$2,550	7
21 Wood Mary	CO	\$1,800	3		MN	\$2,500	2
22 Matsuda Chie	JPN	\$1,500	1	20 Klecker, Barney			
22 Murphy, Ellen	TN	\$1,500	-1	21 Schlau, Bob	SC	\$1,790	7
24 Mieszczack, Nancy	M	\$1,450	3	22 Rodgers,Bill	MA	\$1,750	7
25 Vestal, Alendina	NC	\$1,425		22 Laberge, Raynald	CAN	\$1,750	2
26 Clavarella Claudia	VA	\$1,400	3	24 Paul, Don	CA	\$1,675	3
27 O'Rourke, Martha	OK	\$1,375	5	25 Queenel, Claude	CAN	\$1,500	1
29 Matson, Shirley	CA	\$1,200	5	25 Froment, Mike	GBR	\$1,500	2
29 Stockdale-Wolley, Rei		\$1,150	5	27 Jiminez Ignatio	MEXITN	\$1,440	6
30 Niemczyk, Cecilia	NM	\$1,075	2	29 Mendez, Sadot	NC	\$1,400	7
31 Otteway, Joan	CA	\$1,025	5	29 McCluskey, Terry	ОН	\$1,350	3
32 Hughes, Janice	OH	\$1,000	1	30 Olsen, Larry	MA	\$1,125	7
32 Oshier, Nancy 32 DeMaare, Truus	NTH	\$1,000		31 Lewis, Frank	CAN	\$1,000	1
35 Kidd, Christina	L	\$950	3	31 Judson,Ken	PA	\$1,000	3
35 Ralya Cheryl	M	\$950	3	31 Umberg, Richard	BUI	\$1,000	1
37 Villaden Lie	VA	\$900	4	31 Cook,Evan	GBA	\$1,000	1
39 Leonard, Linda	MI	\$750	1	31 Carroll,Tom	MA	\$1,000	
38 Ashworth, Teresa	NA	\$750	61	31 Piva, Ray	CA	\$1,000	- 1
38 Streeter, Ginger	LA	\$750	2	37 Nixon, Gary	CT	\$950	3
39 Simmie - Keescker, B	CA	\$750	1	37 Foster, Lowry	FL	\$950	3
42 Scott, Claudia	M	\$700	3	39 Hurst, Kurt	SUI	\$900	2
43 Brent Sally	co	\$850	3	39 Rono, Henry	KEN	\$900	3
43 Townsend Susan	TN	\$650	2	41 Bradley, Jeff	PA	\$800	4
45 Ulmer, Martie	TN	\$600	3	41 Atkins, Herm	WA	\$800	2
46 Stoeckle, Elaine	Al	\$550	5	43 Sharp, Thomas	IN	\$750	1
49 Townsend Sue	TN	\$500	1	43 Morris Thomas	NA	\$750	3
48 Heimberg Merele 48 Sigmon Nancy	CA NC	\$500 \$500	1	45 Pearson, Jim	FL	\$700	3
48 Swanson, Donna	MI	\$500		45 Gomez, Rodolfo	MEX	\$700	3
48 Bugyi, Judy	PA	\$500		47 Pelarske, Jim	MN	\$650	4
48 Gilles Mercie	MN	\$500	3	48 Utes, Warren	UT	\$600	擊.
49 Proud, Diane	NA	\$500	-1	49 Whetham, Rob	MN	\$550	
49 Legara Diene	CAN	\$500	1	49 Matthews, Cliff	MA	\$550	
48 Hoffman, Loretta	KY	\$500	1	The state of the s			
48 Varga, Astrid	MO	\$500 \$500		49 Smead, Chuck	СО	\$550	2
48 Bovio, Nina	NA NA	\$500					



#### **Age-Graded Standards**

The following is the second part of last month's interview with Bev LaVeck. This part discusses the new age-graded standards and factors for racewalking. Age-Graded Standards: These standards serve as a common denominator for comparing the scoring of an 80-year-old and a 40-year-old. They work well when you want to score men and women in a race together or separately, or when you want to compare performances in several events (such as at a track and field meet). Age Factors: Factors can be used to compare an individual's performance in a given event with what he/she did, or might have done in his/her prime. The factor expresses the rate of decline based on age. It converts a performance to the equivalent performance of an open-class athlete.

BEV: In the next few months, WAVA will be coming out with new agegraded standards and factors for all events. It has been a real challenge to come up with a system that is fair and approximately equal across events so that you can compare racewalkers to hurdlers. Al Sheahen of National Master News, and Rex Harvey, WAVA North American Chairman, have put in a tremendous amount of time on this. To help determine the standards, we utilize the single-age world bests for all RW events.

Even though USATF only recognizes 5-year age group records, one reason for keeping a fairly comprehensive list of single-age bests is to make the factors such that nobody gets well over 100 percent and that somebody gets over 85 percent. The only way to do this is to have an active list of performances by single age.

EW. That is a wonderful plug for the hard work of Alan Wood and others besides yourself who have been keeping these single-age bests.

BEV: When it is understood that single-age bests have no status as records, they can be useful. I get excited about their status as data. They offer a way of finding out what people can do and what is realistic to expect for certain ages.

The other thing that I found interesting is that people who have been racewalking for years have tremendous swings in their times. Some years they are not racewalking particularly fast; others they are racewalking really fast; and then, they aren't walking fast again. Motivation, time, health, other activities all enter in. You don't see the steady decline that you might picture in theory.

EW. How do stellar performances like Ray Funkhouser's recent ones affect the standards?

BEV. They really do. I feel that we cannot consider exceptional performances as flukes. I think they do set a standard, and we have to take them in-

to consideration. To my knowledge, there is only one that we did not include. We have accommodated a few really outstanding performances. For example, James Grimwade, M70, of Great Britain has some incredibly fast times, as has Britta Tibbling. I computed the age-graded performances of the best performers for men and women, for each single age, to see how close to 100 they would come. We had the standards all set when we got word about Gary Little's incredible 20K as M50. If I were accumulating a list of world notable performances, I certainly would put his in. But because his time would have thrown off the table for all ages, I decided to exclude it.

Another interesting problem that came up concerned what to do about the factors comparing men and women. At first, we were going to use the same factors for both men and women because we didn't know if there was any reason why men and women would age differently. However, we found when you look at the data, that women came out with much lower agegraded scores if we used the same factors as for men, which might suggest that women age faster than men.

So we began looking at the variables. For instance, in racewalking, the body of racewalkers is not that large. This is especially true of the body of women racewalkers worldwide for the last 15 years. We don't really have the depth and range of women walkers that would include very, very high performers in comparison to men. This alone could affect the factors.

EW. Then, women haven't had the Olympics to pull them into the sport as the men. Olympians make up two-thirds to three-quarters of the men's fields at the World Veterans Games. There are only a handful of comparable women.

BEV. The last time they did the Age-Graded Tables, they gave a 10 percent break to the women straight across the

Continued on page 14

#### Racewalking Pros and Cons

#### LACTATE VELOCITY TRAINING

I am a 64-year-old who took up racewalking a little over two years ago and am now dedicated to be the best that I can be. Though I competed well last year, especially in the 5K, I am still learning which training methods are best for me, with particular respect to long distance.

I am doing workouts that correspond to the "Supra Maximal" and the "Vox Max" workouts. But I do not have a clear idea about what to do for the "Lactate Threshold Velocity." Could you explain what you mean by "A typical workout should consist of the following: (1) a 20-30 minute tempo walk at a 5K pace. (2) 3x8 minutes with a very short recovery." What is a "tempo walk?" Is it all-out or controlled, uninterrupted or broken up? I will greatly appreciate any help that you can give me. "Lactate threshold velocity" sounds like exactly what I need!

Robert Eisner, Carmichael, California

#### ANSWER BY IAN WHATLEY

I have done some study on Mr. Eisner's questions concerning Lactate Threshold training. As with any recent scientific advance, opinions on the topic abound; some apparently contradicting others and each with its own technical vocabulary. I have tried to mix the research findings with practical experience to generate a useful answer.

Tempo Walk

A "Tempo Walk" is a workout at Lactate Threshold Velocity (LTV) in which the athlete warms up, and then walks at a speed 10 to 20 seconds per mile slower than 10K race pace. This is a continuous effort for 20 to 30 minutes and is followed by a warm-



Elton Richardson, 54, overall first racewalker (33:11), Long Island Women's 5K, Jericho, July 3, receives trophy from Myron Goldstein, sponsor of Hope Physical Therapy of Plainview, L.I.

Photo from Mike Polansky



Patsy Clemmans, W45, competed in the South African open championships in the 5000 racewalk in April, taking third (27:07). Clemmans, who has a best 10K time of 60:00, is planning to compete in the World Veterans Games, Miyazaki, Japan, in October.

Photo by Leo Benning

19

rac

down. If you have had a Lactate Threshold test on a treadmill, you will be able to use a target heart rate instead of a target velocity.

#### Bursts

Another training session at LTV could consist of a warm-up followed by 3 bursts of 8 minutes walking at 10-20 seconds per mile slower than 10K race pace. A 1 minute rest is taken between efforts. This is enough time to keep the walker mentally alert and able to walk with correct technique, but with most of the workout close to the target blood lactate level. As with any hard session or race, warm down at an easy pace.

#### LTV Objective

The objective of training at LTV is to improve the speed at which an athlete can walk without a rapid rise in blood lactate concentration. Several studies have shown that the faster your LTV, the faster you can race. There is even good evidence that this measure is a better predictor of race performance than is Maximum Oxygen Uptake.

Don't drop all other training in favor of 5 LTV sessions a week! A mixture of training methods is most likely to get you to your best race fitness.

#### Francie Larrieu-Smith

by MARILYN MITCHELL

lot of runners are able to be competitive well into their 30s. Francie Larrieu-Smith, at age 40, is still competitive with the best of them, and is gracefully making the transition from open competition to masters running.

On June 12, she set a new U.S. masters 10K road record (loopedcourse) with a 13th-place overall (34:08) in New York City's Advil Mini-Marathon.

Larrieu-Smith, who calls Texas her home, made her first Olympic team in 1972. She sat out 1984 and if she succeeds in making the 1996 team, she will be the first American to make six Olympic teams.

She was the U.S. flag-bearer in the opening ceremonies in 1992 where she finished 12th in the Barcelona Olympic marathon. She was second in the 1991 London Marathon (2:27:35). She has set 36 U.S. and 12 world records, and has the second fastest U.S. women's 10K time in history (31:28.92).

"I'm glad I don't have to run another marathon to qualify for the 1996 trials," she said after the Advil race. "I do notice that recovery is not as swift as 10 years ago. Being 40, I'm now in uncharted territory. There's something about turning 40. I am 40. I'm not getting any younger."

She feels she's had "kind of a slow start" this year. "Coming off an Olympic year is draining emotionally and physically, but I feel like I still have a lot of time. I feel that my 10K time should be able to come down another minute."

Actually, Larrieu-Smith alternates between wanting to go for the masters records and taking a more laid-back attitude of running-the-best-race-possible-and-letting-the-records-fall-ifthey-will. With the help of Advil and her 12-year sponsor, New Balance, she is giving clinics around the country, doing work with the Mini-Marathon and the Race for the Cure, particularly trying to encourage women to develop life-long fitness and exercise habits.

"There are lots of [world] masters records owned by Priscilla Welch very good records - and eventually I hope to go after them. It's been a long, hard road coming back after last summer (the Barcelona Olympics). I really gain energy from coming to an event like the Mini-Marathon. I am still doing interval training — it's something I enjoy the most. I'm not competing now on the track, but hope to do some of that next year. As for mileage, I'm doing approximately 90 miles a week, but this is not a message which should be sent out to those people running for fitness. These people have jobs and families... the bulk of the people should maintain a level of fitness and a



Francie Larrieu-Smith

consistent program and not try to do what elite athletes do."

She thinks that a women's-only race is very important because a lot of women do not have a race history and are intimidated by mixed-sex races initially, until they run a few women's races and see "... that it is no big deal." Half of this year's field of 5500 women were first-time racers. "I'd like to see the Advil Mini Marathon with 10,000 to 15,000 women. Women who come out year-after-year."

"I really didn't want to run this year on the track at all. I just wanted to go out and have fun. And run on the race circuit (Race for the Cure) and stay at home and enjoy my running and share what it is that I do with the masses out there. That makes up running. I love every aspect of competition and training but I have this view of running for fitness. I can't imagine not running. As a kid, all I could imagine was competing and making an Olympic team and then giving it up."

When not running, Francie plays with her four dogs (three of which are strays and one of which is her running partner for runs shorter than one hour) and is very involved in getting perennials into her flower beds in place of annuals. She has several varieties of plants and flowers, but about the only real requirement for making it into that flower bed is 1) look pretty and 2) be a perennial!

What about the future? Again, Larrieu-Smith alternates between thinking that her future might be in the marathon and thinking that some distance other than the marathon would be her 1966 goal. At this time, she says she is glad she really doesn't have to do another marathon in order to qualify for the 1996 trials.

But while she says that she will not likely try for the 1996 marathon, she might give it up altogether and concentrate solely on the 10K for the next three years. "It's not unrealistic to think that I could make the Olympic marathon team at [age] 43. Priscilla Welch was 42 when she ran the New York City marathon and won."

#### Runner DQ'd in San Francisco Marathon

Candy Dodge, 43, was disqualified from her third-place overall finish (2:46:18) in the San Francisco Marathon, July 18.

In an investigation prompted by complaints from other runners, Dodge, of Canyon Country, Calif., did not appear at any of the checkpoints on the race videotapes.

Janet Skallen, 40, of Minneapolis received the \$1000 for the masters' vic-

Dodge neither explained her results nor admitted guilt.

"This is the first time in my life that anyone has questioned my integrity," Dodge said in a statement released by race officials. "But... there is nothing I can say

or do that is going to change anyone's mind. I accept the decision... to remove my name from the official results."

Dodge will not be charged with criminal action, officials said.

She has been credited with four other marathon finishes in 1993. Officials of the Boston Marathon, in which Dodge won \$1000 (5th master, 2:53:26), are reviewing race video to see if her time was legitimate.

Dodge has earned more than \$3000 at various big-city marathons, among them the 1993 Los Angeles Marathon, where she reportedly won \$1500 for her 1st W40 + time of 3:03:10. In the past, the L.A. Marathon has not used videotapes.

#### NORTHERN CALIFORNIA SENIORS TRACK & FIELD CLASSIC

SUNDAY, September 12, 1993, Edwards Field, University of California, Berkeley

For men and women 30 years up (masters and sub-masters) Sanctioned by USA/T&F. Sponsored by No. Cal. Srs. T.C., Inc. Off Freeway 80, take University Avenue east to Oxnard right to track.

Entry fees - First event \$10, each additional event \$5, relays \$20.

Deadlines — Registrations must be received by Tuesday, Sept. 7, for time to prepare the final schedule and program. Relays may be entered up to one hour before the event.

TAC Number - required to process an application.

Medals, top 3 places, all age groups, all events.

Cash awards for some age graded best performances, to be determined at the meet.

John Satti \$25 award, winner of the men 75-79 long jump.

Two Harry Koppel plaques, best men/women 100M (age-graded). Awards -



HOSPITALITY

Room, Shattuck Hotel, 2086 Allston Way, Berkeley, one block west of track (510)845-7300. Open 3:00 P.M. Saturday, Sept. 11 until 9:00 P.M. Packets available at the hospitality room on Saturday and at the N.E. corner of the track, Sunday, 7:45 on. Another close hotel, Durant Hotel, 2600 Durant Ave (510)845-8981 (In CA 1-800-5Durant; outside CA 1-800-2Durant).

	TENTATI	VE SCHEDULE	OF EVENTS:	
unnin	g Events (Order, women, men	Field	Events	T
divine	older co younger)			4. 1 D
	3000M		Hammer	27
	High Hurdles	8:30		Dorfman Pacifi
	1500M	9:15	Long Jump	AND THE PARTY OF THE PARTY.
	Interm. Hurdles 300/400		Shot	Javelin
1:30	800M		(follows	(follows
inch	for officials		hammer)	hammer)
	4 X 100 relay	Lunch	for officials	
	100M	1:00	Triple Jump	
2:30	200M	1:30	Discus	Pole Vault
3:30	400M		DESCRIPTION OF THE PARTY OF THE	SELFED CONTRACT
	Relays, as requested			
) Mar	Grubi, P. O. Box 424512, Sa	n Francisco,	CA 94142-4512.	(415/285-3352.
00 to	s	Events	Best recent time/distance	Fees:
ame_ddres	S on the state of the state of	The second second second		
ddres	August Cartering Control	The second second second		
ddres	st/ZIP	The second second second		
ddres	s t/ZIP Age group	The second second second		
ddres	s t/ZIP Age group	Events	time/distance	Fees:

meet and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the NCSTC Classic meet held on September 12, 1993 at U.C.,



#### **Doug Kurtis**

his month's Sorbothane Masters Athlete-of-the-Month is Doug Kurtis, 41, of Northville, Mich.

In the past 60 days, Kurtis achieved his 70th and 71st career sub-2:20 marathons, breaking Kjell Erik-Stahl's record of 69.

Kurtis captured masters honors with a 2:19:21 in the Revco-Cleveland Marathon, May 16. Five weeks later, on June 19, he finished first overall in the prestigious Grandma's Marathon in Duluth, Minn. in 2:16:38 — his fastest time in four years and the fastest masters time in the world this year.

Just seven days later, he took home the masters USATF national half-marathon title with a 1:07:16 win in Fairfield, Conn. And on July 4, he was first 40 + in 31:55 in the VP Fair 10K in St. Louis. As of July 4, Kurtis has won more prize money in 1993. (\$36,300) than any other U.S. runner, open or masters.

Runners-up for this month's award

included:

- Francie Larrieu-Smith, 40, with a new U.S. 10K closed-loop course record 34:08 for women over 40; and a 33:49 "aided" 10K at Peachtree, July
- Ken Popejoy, 42, with a 4:10.17 mile in New York, May 22; and a 19:34 in the Steamboat Classic 4-miler in Peoria, Ill., June 19.
- Shirley Matson, 52, who was overall winner of the 83rd annual Dipsea 7.1-mile cross-country race in Mill Valley, Calif., June 13.
- Britain's Nigel Gates, 40, with a fast 45:49 masters win in the Cascade Run Off 15K in Portland, Ore., June 27.
  - · Holland's Carla Beurskens, 40,



Doug Kurtis crosses the finish line in 2:16:38 to become the 17th annual Grandma's Men's Open and Master winner, June 19, Duluth, Minn.

Jeff Frey & Associates Photography

who took the women's 40 + crown in 51:06 in the same race, and clocked 21:25 in the Steamboat 4-miler.

• Phil Mulkey, 60, who won five gold medals at the National Senior Sports Classic in Baton Rouge, La.

- Betty Vosburgh, 62, who took six golds in Baton Rouge.
- England's Nick Rose, 41, with a fast 18:54 in the Steamboat 4-miler.
- France's Pierre Levisse, with a 19:22 in the same race.
- Bill Rodgers, 45, with a U.S. M45 record 1:08:05 in the Trinity Hospital Hill Half-Marathon, June 6.
- Earl Owens, 43, who broke Cotton Row's 10-year-old masters course record with a 31:05 for the 10K.
- Steve Robbins, 50, who ran 100 in 11.56 and 200 in 23.33 in California.
- Nancy Grayson, 43, with a 37:19 at Cotton Row and a 1:22:27 at the USA Masters Half-Marathon.
- Marion Sanchez, 61, with a sub-45 300-hurdle race.

The award is limited to performances on U.S. soil or to U.S. athletes, but mention should be made of England's Dave Moorcroft, 40, whose 4:02.53 mile in Belfast, June 19, is the fastest outdoor mile ever by a masters runner.

Sorbothane sponsors the Athlete-orthe-Month Award every other month in NMN. Sorbothane is a lightweight, shock-absorbing, air-infused insole which can be found at most sporting goods stores.

For his efforts, Kurtis will receive a check for \$100, compliments of Sorbothane.

#### **Bolder Boulder Makes Waves**

by JANE DODS

The Bolder Boulder 10K is traditionally run in waves (according to ability and/or gender) due to the massive influx of runners - this year drawing over 32,000 on May 31 in Boulder, Colo.

For the first time, a new elite citizens' masters group was created - the "40-40" wave - made up of invited runners plus any other masters who had a 10K time of 40 minutes or less. This wave started off first, thereby allowing the local NBC affiliate, which covers the race live for the first three hours, to televise the entire masters-only field.

On the men's side, a very determined Manuel Vera, 42, pushed an early pace and wore out Pierre Levisse, 41, about three miles into the race. Vera won in 30:48, earning \$1600 in prize money. Levisse followed up in 31:01, taking home \$1050. After completing his first masters-only competition, he stated, "I don't enjoy this. I felt very old during the race."

Boulder's Frank Shorter, 45, had every intention of running a strong race, but ran into problems. A pulled calf muscle forced him to jog after about a mile. Said Shorter afterwards, "The smart thing would have been to stop, but the emotional thing was to keep going."

The women's champion was Carol McLatchie, 41, who won easily over her familiar foe, Jacqueline Gareau, 40, 36:12 to 37:27. McLatchie earned \$1300 and Gareau \$850. Asked how she felt about a masters-only race, McLatchie replied, "At first, I was a little ap-

prehensive, but before, the masters kind of got lost in the elite race, and this is a nice way to showcase them."

In the citizens' race, awards were given 10-deep (where applicable) for each individual age all the way up to age-81, going to Helen Phillips (1:52:27) and age-91 to Emil Demarche (2:41:46). □



Bob Weiner, Maryland, third M45-49 in the 1500 in 4:43.9, USATF National Masters Indoor Championships, Bozeman, Mont.

NMN/Jerry Wojcik

#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUG 1993

ATHLETE (RESIDENCE) MARTYN ADAMSON (DANVILLE, CA) HY BOOTH (SAN MATEO, CA) STAN COBEN (WESTWOOD, CA) ALBERT COOPER (EL MONTE, CA) STAN DRUCKREY (MILWAUKEE, WI) FERNANDO FERRIERA (POR) WILLIAM CARTHUNE (VA) CARL HAMMEN (SAUNDERSTOWN, RI) BIRGER HAUG (NOR) AROUIMEDES HERRERA (VEN) BRÜCE HESCOCK (BETHANY, CT) KARL LEITGES (WG) SERGIO LIANI (ITA) FRANK LITTLE (ALTADENA, CA) ROBERT LONG (TORRANCE, CA) BASIL NIELSEN (GB) BOB OGLE (BURBANK, CA) DODJU PATARINSKI (BULGARIA) AWIN PHILLIP (NEW YORK CITY, NY) CARMELO RADO (ITA) WALTER RENNSCHUH (WG) JAMES SHETTLER (PLEASANT HILL, CA) KARL STORCH (WG) LEW THORNE (EUGENE, OR) CARLOS VERA-GUARDIA (VEN) BRYAN WESTFIELD (ANN ARBOR, MI) KATEY ANGEL (OR) CARLOS VERA-GUARDIA (VEN) BRYAN WESTFIELD (ANN ARBOR, MI) KATEY ANGEL (OR) CAROL CARTWRIGHT (RESEDA, CA) MARION EPSTEIN (BROOKLYN, NY) PATRICIA FINKE (PORTLAND, OR) ELLEN FULLER (IRVINE, CA) JOANNE GRISSOM (INDIÁNAPOLIS, IN) ANDREA HATCH (BRAINTREE, MA) DEBORAH HEATON (REDLANDS, CA) DIXIE MARQUEZ (TULSA, OKLA) ELLAINE MATTHEWS (NEW POLTZ, NY) ROBYN PAULSON (SAN FRANCISCO) ELLEN ROSE (IRVINE, CA) SEE FULLER KAREN SCANNELL (SAN FRANCISCO, CA) UKSULA SCHREIBER (INDIO, CA) LUCY SHAPIRO (CA) CHERRIE SHERRARD (CHICO, CA) LUCY SHAPIRO (CA) UNSULA SCHREIBER (INDIO, CA) LUCY SHAPIRO (CA) UNSULA SCHREIBER (INDIO, CA) LUCY SHAPIRO (CA) JOHNNA LUTHER (WG) WENDY O'DONNEL (CAN PORTLAND, OR) SARAH PACKHAM (GB) ANNA FLAIBANI (ITA) ISABEL FOLEY (NZL) JUDITH JAENSCH (AUS) SONJA LAXTON (RSA) ADA LETINSKY (CAN) JOHANNA LUTHER (WG) WENDY O'DONNEL (CAN PORTLAND, OR) SARAH PACKHAM (GB) MARGARETA SARVANA (FIN) ELIZABETH STEEDMAN (GB) JUDITH STEWART (NZ) MAIJA SUOMINEN (FIN)	BIRTHDATE	AGE GROUP
MARTYN ADAMSON (DANVILLE CA)	8-23-39	55-59
HY ROOTH (SAN MATEO CA)	8- 2-19	75-79
CTAN COREN (WECTWOOD CA)	0- 2-10	65-60
ALBERT COORED (FL MOUTE CA)	0-0-20	75-70
CONTRACTOR OF THE MANUE OF THE	8-27-18	15-19
STAN DRUCKET (MILWAUKEE, WI)	8-10-48	45-49
FERNANDO FERRIERA (POR)	8-21-18	75-79
WILLIAM GARTHUNE (VA)	8- 3- 8	85-89
CARL HAMMEN (SAUNDERSTOWN, RI)	8-26-23	70-74
BIRGER HAUG (NOR)	8-19- 8	85-89
ARQUIMEDES HERRERA (VEN)	8-27-38	55-59
BRUCE HESCOCK (BETHANY, CT)	8-24-33	60-64
KARL LEITGES (WG)	8-18- 8	85-89
SERGIO LIANI(ITA)	8- 3-43	50-54
FRANK LITTLE (ALTADENA, CA)	8- 3-43	50-54
ROBERT LONG (TORRANCE, CA)	8- 4-18	75-79
BASIL NIELSEN(GB)	8-10-23	70-74
BOB OGLE (BURBANK, CA)	8-20-18	75-79
DODJU PATARINSKI (BULGARIA)	8-16-33	60-64
AWIN PHILLIP (NEW YORK CITY, NY)	8- 8-28	65-69
CARMELO RADO(ITA)	8- 4-33	60-64
WALTER RENNSCHUH (WG)	8- 1-18	75-79
JAMES SHETTLER (PLEASANT HILL CA)	8- 9-11	60-64
KARL STORCH(WG)	8-21-13	80-84
LEW THORNE (EUGENE OR)	8-27-19	55-50
CARLOS VERA-GUARDIA (VEN)	8-30-28	65-60
BRYAN WESTFIELD (ANN ARBOR MI)	8- 2-43	50-54
KATEY ANGEL (OR)	0-22-63	30-54
CAROL CARTWRIGHT (RESEDA CA)	0-23-33	40-44
MARTON EPSTEIN (BROOKLYN NY	8-10-28	65-69
PATRICIA FINKE POPTLAND OP	8-31-18	75-79
ELLEN FULLED (IDVINE CA)	8-25-43	50-54
JOANNE GRISSOM (INDIANA POTTE THE	8-10-28	65-69
ANDREA HATCH (BOATHTEE MAL	8- 4-38	55-59
DEBODAH HEATON (DEDI ANDE	8-13-43	50-54
DIVIE MADOUEZ (THE CA OVI ()	8-17-48	45-49
FIAINE MATTUENC (NEW DOLLER WILL)	8-22-38	55-59
BOBAN BAIL CONTCAN EDINGLES	8- 1-43	50-54
FLIEN POCE (IDVINE CAN CERT OF	8-28-33	60-64
VADEN COMMENT (CA) SEE FULLER	8-16-28	65-69
IDCITA COURTED (SAN FRANCISCO, CA)	8-23-38	55-59
LUCY CHAPTRO(CA)	8-14-38	55-59
CHEDDIE CHEDDARD (CUICO CA)	8- 0-38	55-59
LENNIE THOUSED (LIVEDDOOF WAY)	8-25-38	55-59
VICTORIA ADAMC(NZ)	8- 5-38	55-59
FIONA ADCENTICADA	8-12-53	40-44
AUPTIANCE (GBR)	8-24-53	40-44
A. AVELLAN (ARG)	8-20-33	60-64
TCAPEL FOLEVINGTA	8-19-28	65-69
TOUBLE FOLEY (NZL)	8-14-33	60-64
SONTA LAYTON (DCA)	8- 6-48	45-49
SUNJA LAXTUN (RSA)	8- 6-48	45-49
ADA LETINSKY (CAN)	8-14-38	55-59
WENDY OF DOWNER (WG)	8- 2-13	80-84
WENDY O'DONNEL (CAN-PORTLAND, OR)	8-21-43	50-54
MADCADETTA CARRAN (GB)	8-17- 3	90-94
FI TZARETH CTERRAN (FIN)	8-30-8	85-89
TUDITU COPPUNDO (GB)	8- 8-33	60-64
MATIA CHOMINEN PICE	8-26-48	45-49
LINION SOOMINEN (LIN)	8-18-28	65-69
	THE RESERVE OF THE PARTY OF THE	

#### CLASSIFIEDS

Classified ad rates are 75c a word. Count name and address as 5 words. Race notices are 50c per word. Prepayment required with copy. Deadline is the 10th of the month prior to the issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

SPORT QUILTS. Personalized quilts made from your favorite T-Shirts. Ideal birthday gift. For brochure send SASE to Anne Tiffanie, Rt. 2, Box 139, Leesburg, VA 22075 (703) 338-2835.

SAN DIEGO VACATION CONDO, Sail Bay, 2 br/2 ba, \$125 nite/\$800 week, 619-442-8674.

## Need Back Issues?

Most back issues of the National Masters News are available for \$2.50 each, plus \$1.25 postage and handling for each order.
Send to:

National Masters News P.O. Box 2372 Van Nuys, CA 91404

1. DISPLAY ADVERTISING RATES

Column	Shipped Street		Exar	nples:
Inches	Ad Size	Cost	Width	Height
52	Back Page	600°	10"	13"
52	Full Page	460	10"	13"
39	1/4 Page	380	71/2"	13"
26	1/2 Page	300	5"	13"
			10"	614"
	AND SELECT	1000	71/2"	81/2"
13	1/4 Page	180	5"	61/2"
		NATE OF	10"	314"
7	1/8 Page	120	5"	314"
		1010	214"	61/2"
31/2	1/16 Page	72	21/4"	314"
205 1 200	CONTRACTOR OF	36	21/4"	1"
allowed to	recognized AL RATES	agencie	s.	
	scount for r			
	for races and			
	serts: \$300.	No fre	quency di	scounts or
	mmissions.			
5. TERM	THE RESERVE THE PARTY OF THE PA	THE STATE OF		
	days from bi		ate.	
the same of the sa	IFIED RAT		THE PERSON NAMED IN	
	per word. C			
	ace notices			per word.
	nt required			
	ANICAL RI			
a. See o	display rates	for ad	sizes.	

b. Photo offset printing.

e. Screen: 85 lines per inch.
8. CLOSING DATES

c. Negative ok. No mats, cuts or plates. d. 2-colors add \$50

The 10th of the month before date of issue.

9. CIRCULATION April 1993

Mail order to: National Masters News P.O. Box 2372

Paid: 5672 Distribution: 7500
Published monthly. Subscriptions \$24.00/year.

Van Nuys, CA 91404

Phone: 818/785-1895

PUBLICATIONS ORDER FORM Total (US\$) Quantity Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1992. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records. \$4.00. Masters Track & Field Rankings Men's and women 1992 U.S. outdoor track & field 5-year age group rankings. 56 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays and walks. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. \$6.00. Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. \$5.95. Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor 5-year age group records for all track & field events, age 35 and up, as of March 31, 1993; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50. Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of February 7, 1993. 4 pages. \$1.50. Competition Rules for Athletics (1993) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters \$10.00. IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. Time Master Calculator Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. \$45.00. Guide to Prize Money Races and Elite Athletes 1993 Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 contact addresses and phone numbers, calendar and contacts for over 400 prize-money events, plus much more. \$47.00. WAVA Handbook Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of April 15, 1992. 170 pages. \$5.00. U.S. Track and Field Team Patches. 31/2" x 21/2". \$3.50. U.S. Track and Field Team Lapel Pins, Cloissone enamel, 11/2" x 5/8" bar pin with safety catch. \$3.50. The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95. Run Fast by Hal Higdon How to Train For a 5K or 10K Race. How to train smarter, enhance fun, build strength, achieve endurance and run faster. \$14.95. Marathon by Hal Higdon The ultimate training and racing guide. \$14.95. Winning Secrets by Dr. Ladislav Pataki and Lee Holden 180-page paperback. Confessions of a Soviet-Bloc Sports Scientist. Secrets of Soviet training methods. New training concepts. "A remarkable work by a remarkable man." - Mac Wilkins. \$14.95. Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. Written in an easy-toread style, it offers many practical tips for improving individual workouts and overall training programs. "Simply the indispensable running newsletter." - Amby Burfoot. \$16.00 per year. **Back Issues of National Masters News** Issues: \$1.25 Postage and handling Overseas Air Mail (add \$5.00 per book) TOTAL Send to: National Masters News Order Dept. Address \_\_\_\_\_ P.O. Box 2372 Van Nuys, CA 91404 \_\_\_\_State\_\_\_\_

re ra 10 or Sa th

an

reg

23

be

or

sign

give

(10,

day

ship

mone

team



# MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Masters T&F Chairman

#### U.S. Site for 1995 WAVA Bid Chosen

Buffalo, N.Y., was selected as the U.S. site for our bid to host the 1995 World Association of Veterans Athletes' Championships. Selection of the site for the world meet will be decided by the WAVA General Assembly delegates in Miyazaki, Japan, on October 14.

The U.S. Site Selection Committee held two conference calls and then met in Columbus, Ohio, on the weekend of July 10, to review bids submitted by Buffalo, Indianapolis, New Orleans and San Jose. Prior to the Columbus meeting, Indianapolis withdrew its bid, citing difficulty of securing housing at the same time the second venue would be available. Many U.S. cities have convention and special-event commitments well into the next decade, and it is often difficult to obtain sufficient hotel space one or two years in advance. Individual members of the Site Selection Committee made visits to the three remaining locations.

All of the sites were highly qualified and capable of hosting the Championships. While it was not an easy decision, we are extremely excited about the possibility of Buffalo hosting the Championships.

Careful deliberation and a quantitative rating grid enabled us to focus on what was most important and to compare all sites equitably. We looked at such factors as quality and condition of venues, including their proximity to each other and to housing facilities; costs and availability of housing options, and meet management experience. Other considerations included financial and marketing experience,

weather, and the availability of certified officials.

In July, Buffalo enjoyed enormous success in hosting 136 countries in the 1993 World University Games, the world's second largest sporting event after the Olympics. More than 50,000 tickets were sold for the opening ceremony, and many of the sporting sessions, including track and field, were sold out. With 18,000 volunteers and infrastructure in place for future such events, Buffalo promises to put on a WAVA meet that will exceed the competitors' expectations, if awarded the bid by the WAVA General Assembly.

Selecting a competition site is never an easy task, and this was no exception. It required a great deal of time, and effort, cooperation, and a willingness to look at all factors in an objective manner. The following committee members deserve our thanks and appreciation: Track & Field Representatives: Bill Collins, Tom Gage, Marilyn Mitchell, Pete Stopoulos, and Tom Thorne; Long Distance Running Representatives: Ruth Anderson, John Boyle, and Charles DesJardins (Ex-Officio). Thomas McLean, Director of Operations for USA Track and Field also served as an ex-officio member and provided us with valuable assistance.

#### Masters Racewalking

Continued from page 10

board. Because of the data, we decided to go ahead and give a 10 percent break to the women again, even though it bothered us philosophically.

However, it is really possible that there is a difference in the aging process between men and women. If women really do start losing muscle strength around age 50 at a different rate than men, even though they lift weights and do other conditioning activities, then the factors should be different. Personally, I suspect that women cannot sustain the same hard training that men do and that as the data accumulates, it is going to show comparative differences in events that

require strength. This is how I am rationalizing using different factors for men and women.

We can say, "Gee, theoretically they ought to be the same," but you also have to look at the data, and the data says that the women are slowing down faster than the men in their late 40's and early 50's. You just can't ignore what exists.

The only thing that will challenge this data is the data collected as women Olympians join the ranks of Masters. If our sport develops stronger women athletes in their 20's and 30's, and if they continue to compete at high levels into their late 40's and 50's, the proof will be there.

#### 1000 to Compete in 26th Annual Nationals

Continued from page 1

A Dutch Oven Banquet will be held Friday, the 13th, along with a "Mountain Man" demonstration.

On Saturday afternoon, following the close of competition, the annual athletes' meeting will be held in Cannon Center on the campus. Awards will be presented to the top 1992 athletes-of-the-year. Barbara Kousky, USATF's Masters Track & Field Chair, will lead the meeting in a discussion of items of importance to the masters track and field program. Suggestions are welcome. Everyone is invited.

#### Transportation

All major airlines fly into Salt Lake City. Delta Air Lines is offering special rates to the competition. Call Delta at 1-800-241-6760; refer to file number E1061.

Avis Rent-a-Car is also providing special rates. Call 1-800-331-1600; use the Avis discount number: Y552649.

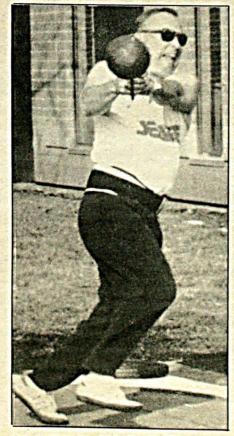
Provo is about a 45-minute drive from Salt Lake City. Taxis and limousine service are also available.

Amtrak stops in Provo daily. Most of the hotels in Provo are within a mile of the track. There will be no free shuttle service, but the local buses run at 10-15 minute intervals from the hotel area to the Stadium. The BYU dorms are only a 200-meter walk from the track.

#### No Sunday Competition

Traditionally, the national meet is held on Thursday through Sunday. However, BYU prohibits Sunday competition, thus this year's event is set for Wednesday through Saturday.

No smoking, drinking, coffee, or tea



George Mathews, M45, Seattle, 56-lb. weight thrower, USATF National Masters Indoor Championships, Bozeman, Mont.

NMN/Jerry Wojcik

is allowed on the BYU campus. No "short shorts" are allowed in the cafeteria. Non-married couples of the opposite sex are not permitted to stay in the BYU campus dorms.

#### Packet Pick-Up

Packets consisting of number, t-shirt, and updated schedule and information will be available at the Seven Peaks Resort Hotel, 101 West North, Provo, on Tuesday, the 10th, from 9 a.m. to 6 p.m., and at the track on days of competition from 7:00 a.m. to 4:00 p.m.

Other meet information was mailed with entry confirmation, which should have been received by July 27 by those athletes who met the July 12 deadline. If you have not received your confirmation, call 1-801-538-2062.

Massages will be available at the stadium for a nominal donation. Results will be posted promptly. Local newspaper and TV coverage is expected.

Most officials and all head officials will be nationally- or master-ranked USATF certified officials from across the USA.

#### Declarations

The declaration procedure used in the 1990 and 1991 nationals will generally be used in Provo; namely, all athletes must check in 45-to-60 minutes before the start. The computer will then assign heats based on the signedin athletes.

For non-competitors, admission to the stadium will be \$2 per day, \$5 for a three-day pass, or \$6 for a four-day pass.

Proof of age and USATF membership will be required of all U.S. nationals at on-site registration. Foreign competitors should provide similar proof of registration from their coun-

Continued on page 15

#### SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

IRA	CK & FIEI	LD CHAMPIONSHIPS
1	1968	San Diego
2	1969	San Diego
3	1970	San Diego
4	1971	San Diego
5	1972	San Diego
6	1973	San Diego
7	1974	Gresham, OR
8	1975	White Plains, NY
- 9	1976	Gresham, OR
10	1977	Naperville, IL
11	1978	Atlanta
12	1979	Gresham, OR
13	1980	Philadelphia
14	1981	Los Gatos, CA
15	1982	Wichita, KS
16	1983	Houston
17	1984	Eugene, OR
18	1985	Indianapolis
19	1986	New York City
20	1987	Springfield, OR
21	1988	Orlando, FL
22	1989	San Diego
23	1990	Indianapolis
24	1991	Naperville, IL
25	1992	Spokane, WA
26	1993	Provo, UT
27	1994	Eugene, OR

#### 1000 to Compete in 26th Annual Nationals

Continued from page 14 try's governing body.

#### Special Events

The popular, annual age-graded 100-meter races for men and women will again be staged. Based on the new, revised WAVA age-graded tables, the races will feature the winners of each 100-meter final (see distance handicaps on this page). The races will be held Saturday afternoon and sponsored by the National Masters News, with \$200 prize money of \$50 (first), \$30 (second), and \$20 (third) for each race.

The special "regional 4 × 100 relays" will take place on Friday afternoon, following the 200 finals. Each of the seven regions may enter a team in each of four races: 1) women age 50+; 2) men age 50+; 3) women age 30-49; 4) men age 30-49.

The 50 + teams may be composed of any four 50 + runners who live in a region as long as their total ages are 230 or more. The 30-49 quartets may be composed of any four regional 30-49 runners whose total ages are 150 or more. Regional coordinators may sign up their teams in Provo. Entry fees of \$40 per team per relay should be given to race director Phil Mulkey.

The races will be scored by points (10,7,5,4,3,2,1). Unfortunately, Holiday Inns dropped its two-year sponsorship of the races, so there's no prize money this year. But the 16 winning team members will each receive a

DISTANCES TO BE RUN IN

AGE-GRADED RACES

65 66 80.2 79.5

68 78 1

Age Men Women

78.8

70 76.7

74 73.5

76 71.9

77 71.0 78 70.1

80 68.4

85 63.5

62.4

60.1

59.0

57.9

56.6

55.3

51.5

50.1

48.6

47.1

100 44.2 36.4

52.8 44.6

45.7 37.8

67.4

81

83 65.5

88

90

93 94

95

98

69 77.4 68.7

71 75.9 67.2 72 75.1 66.4

75 72.8 64.1

71.6 70.9

70.2

69.4

68.0

64.9

63.2

62.4

61.5

58.8

57.9

56.9

55.0

53.9

52.8

51.7

50.6

49.5

48.3

47.1

43.4 42.0

39.2

64.5 56.0

Age Men Women

OC 100.0 91.6 30 100.0

99.5

99.0

98.4

97.9

97.4

96.9

96.3

95.8

95.3

94.7

94.2

93.7

92.6

92.1

91.5

91.0

90.4

89.9

89.3

88.2

87.0

86.5

85.9

85.2

84.6

84.0

83.4

82.8

81.5

91.6

90.6

90.2

89.7

89.2

88.7

88.1

87.6

87.0

86.5

85.9

85.4

84.8

84.3

83.7

83.1

82.6

82.0

81.5

80.9

80.3

79.7

79.1

78.5

77.9

76.1

75.5

74.9

74.2

72.9

82.1 73.6

special patch. Medals will be awarded three-deep to runners in each relay. Each participant will receive a t-shirt. The winning region will receive a pla-

The USATF National Championship relays  $(4\times100, 4\times400, 4\times800)$ will be held Saturday following the age-graded 100s. Teams may be composed of members of a single club or a single region (based on a rule change at last year's convention). For a state-bystate breakdown of each region, see the schedule pages.

#### Sightseeing

In Utah and the surrounding Rocky Mountains are some of the most outstanding vacation spots in the USA. Within driving distance are four national parks: Bryce Canyon, Canyonlands, Zion, and Capitol Reef. Within a day's drive are Yellowstone National Park and the Grand Canyon. Utah contains six national monuments, including Dinosaur Monument, which contains the largest quarry of Jurassic Period dinosaur bones ever discovered. The Amtrak train ride from Denver to Provo is among the most scenic in the world.

Salt Lake City is the U.S. choice to host the Winter Olympics in either 1998 or 2002. Salt Lake's metropolitan area is the western U.S. hub for Delta Air Lines and handles some 10 million passengers a year.

Nearly half of all Utahans are bilingual or multilingual. The Mormon Church broadcasts programs worldwide in as many as 29 languages

Benita Schlau, Charleston, S.C., wife of M40+ standout Bob Schlau, was third woman master in her first race after turning 40 five days

Photo by Charlie Kluttz

simultaneously.

The Great Salt Lake is the largest lake west of the Mississippi; the state of Rhode Island could easily fit within its shores. The lake is about eight times saltier than the ocean. The water has such buoyancy that swimmers, reportedly, can float in a standing position.

Other Salt Lake attractions are Tim-

panogas Cave National Monument, Bingham Canyon Mine, and the Heber Creeper, one of the last active steamengine trains.

#### Results

The complete results of the meet including all heats and finishers - will be published in the September issue of NMN.

#### Gates, Beurskens Win In Cascade 15K

Nigel Gates, 40, of Great Britain with a 45:49, won the men's masters race and \$1000 in the Cascade Run Off 15K in Portland, Ore., on June 27, where the top five masters were non-U.S. runners.

Mexico's Artemio Navarro, 43, finished second in 46:14. France's Pierre Levisse, 41, the favorite, faded to third with a 46:44.

Mike Heffernan, 52, Portland, with a 51:30, and John Keston, 68, McMinnville, Ore., posted strong age-group victories.

The masters women registered outstanding performances. Carla Beurskens, 42, Holland, was fourth female with an impressive 51:06, also worth \$1000. Carol McLatchie, 40, Texas, was second in 53:19. Shirley Matson, 52, Calif., showed that her recent top masters times are for real with a thirdplace 55:49.

Billie Murphy, 66, Washington, took the W65+ race handily in 1:17:46.

Nearly 6000 runners took part, competing for total prize money of \$30,000.

#### Matson First Overall In Dipsea

by JERRY WOJCIK

Shirley Matson, 52, of Moraga, Calif., was the overall winner (60:34) of the 83rd annual Dipsea Race in Mill Valley, Calif., June 13. The challenging 7.1 mile cross-country course begins with a climb of 672 stairs and continues to climb before the final twomile downhill finish at Stinson Beach.

Runners are given handicapped starts based on age. Olympian marathoner Gabriele Andersen, 48, started two minutes behind Matson, closed the gap, yet finished 38 seconds behind for second place. Sal Vasquez, 53, who has won the race five times, finished third.

Two weeks later, Matson was third-

masters woman (55:49) in the Cascade Run Off 15K, in Portland, Ore., June 27, setting a U.S. single-age record and bettering her 1986 time by one second.



## Masters Age Records 1992

(1993 Edition)

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich, Beverly LaVeck and Alan Wood.

- · Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31,
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1992.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 56 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1.00 postage (\$5.00 foreign postage) to:

NATIONAL MASTERS NEWS P.O. Box 2372 Van Nuys, CA 91404

City	· · · · · · · · · · · · · · · · · · ·	CALL STORY	State	Zip
Address		10 mg	TORN TORNALD	والراز المكتبية المكاف



#### Weight Training for Masters Athletes

ost masters athletes had little or no weight training when we were in school. As a result, we probably do not include weight training as an integral part of our training program.

A basic principle in training is the concept of overload. This overload, if applied properly, will cause the body to adapt. This load must be greater than the normal level. It becomes a stressor.

When a stressor is presented to the body, the body will respond with alarm. As the stressor is continued, the body will resist in different ways. If this resistance is positive, the body will adapt. If this resistance becomes too great or non-productive, the body will go into a state of exhaustion.

Once we decide to include weight training in our program, the question becomes, "What do I do now? How do I develop a program which will produce a positive result for me?"

As with all training, the work should be "event specific" and the stress increased in a periodic fashion. Therefore, if possible, a portion of the weight training should resemble the movements which we use in our specific events. However, most of our movements are complex multi-joint movements which are a mixture of power and balance. It is difficult to

simulate these movements.

The weight exercises which most closely duplicate these multi-joint movements - power cleans, snatches, lunges and squats - are accomplished using "free weights." To avoid accident or injury requires specific training on proper technique. Additionally, a second person should be present during the session to act as a "spotter" to assist the lifter.

The single-joint movements are not as technically challenging. Most masters athletes should begin with these exercises, such as leg and arm curls, leg extensions, seated presses and stomach crunches. Most gyms and exercise/health clubs have a number of different machines on which to perform these routines.

The weight room is not for the development of endurance. That is done on the road or track. The weight room is primarily for the development of strength and power. From power comes speed.

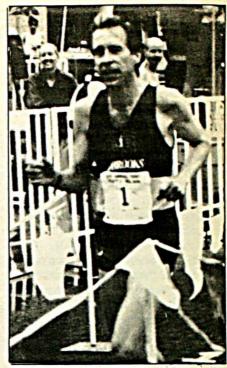
Depending upon the availability of equipment, six to eight different routines need to be selected by the beginner. These include leg presses, quad extensions, hamstring curls, and exercises for the stomach, back, arms and shoulders. Emphasis should be placed upon repetition of movement. This creates rhythm and helps to develop better technique. As a start, three sets of 15 repetitions with very light weights should be done at each station.

Progressive overload is the key to productive weight training. Gradual increases in the weight lifted cause the body to adapt to the higher strength level. On a regular basis, the weight should be slightly increased and the number of repetitions should be decreased.

Along with the load increases, the rest period between repetitions should be decreased. One method of keeping track of the time between reps is to count your breaths. This progressive overloading should be continued until only one or two lifts can be accomplished. Step by step progressive overloading causes the body to adapt positively and to improve.

This training should be done two or three times a week - not on consecutive days and not within three days prior to competition. Three to four months should be allowed to go through this program. Once completed, and after a period away from the weight room, you may either switch to a maintenance program or restart this at a slightly higher initial weight.

Masters athletes of all ages and strength levels can benefit from a weight training program. There are no set beginning weights. One pound is enough to start with. The key to this, as with all training, is to progressively overload the body on a periodic basis. Overloading is essential for adaptation



Bill Rodgers in the chute after setting a new M45-49 U.S. record in the half-marathon at the Trinity Hospital Hill Run, Kansas City, June 6. Photo from Bonnie Mahar Smith

to occur.

This program need not be limited to masters athletes. Studies have shown that this kind of "progressive overload" training will greatly improve the physical well-being and quality of life of anyone who does it. Recently, a group of older non-athletes was put on a weight training program as part of a study conducted by Gothenburg University. The participants increased in strength, but their muscle mass did not increase. What they found was that the exercise caused the body to train itself to use more of the available muscle fibers.

Ross Dunton is a 60-year-old masters middle- and long-distance runner who coaches middle-distance runners at Sonora High School in La Habra, Calif.



Bob Hartmann, M35, Illinois, in the 56-lb. weight (9,46m), USATF National Masters Indoor Championships, Bozeman, Mont. NMN/Jerry Wojcik



Biohealth of Oregon wants to make the record clear. Powerquest is not magical. And it will take more than supplements for you to reach your athletic goals. Along the way, don't let hard work and dedication be wasted by taking useless imitations of our high quality products!

MOLECULAR OKG<sup>™</sup> (The molecular salt of Ornithine and Alphaketogluturate)

100 capsules, 250mg......\$30.00

MOLECULAR APL™ (One to one ratio of Lysine and the molecular salt of Argininepyroglutamate)

100 capsules, 500mg .....\$25.00

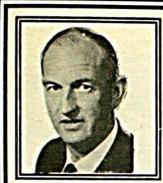
POWERQUEST<sup>TM</sup> (Synergistic blend of Molecular OKG, Vitamin E, Creatine Phosphate, Eleutherococcus, 100 capsules, 500mg.....\$65.00 Hydrocotyle Asiatica and Co-enzyme Q10) **CREATINE PHOSPHATE** 

100 capsules, 200mg.....\$89.00

CALL OUR TOLL FREE ORDER PHONE 800-882-5882 to charge to VISA or MC or send check or money order to BIOHEALTH DISTRIBUTING

FREE SHIPPING!

16524 S. BRADLEY ROAD OREGON CITY, OR 97045 Call 503/631-3393 to request additional written information .



# The International Scene

by DON FARQUHARSON, Past President, WAVA

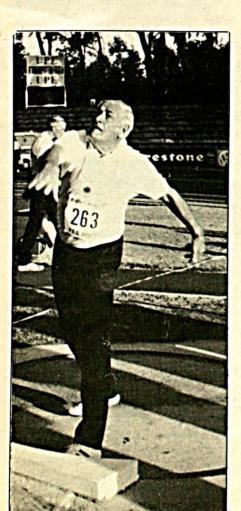
#### "Survivors" to be Honored in Japan

small group of 24 "survivors" — competitors who have taken part in each of the first 10 WAVA Championships — will be recognized in Miyazaki in October at the 10th WAVA World Veterans Athletics Championships.

The following have participated in the first nine meets. Hopefully, they will be fit and well in Japan. We thank the Japanese Organizers for thoughtfully arranging this recognition.

Ruth Anderson	USA
* + Reg Austin	AUS
Norbert Barth	GER
Robert Boutard	FRA
Hari Chandra	SIN
Phil Conley	USA
Gerard Dumas	CAN
Willie Dunne	IRL
John Dunsford	GBR
Don Farquharson	CAN
Bob Fine	USA
Nolan Fowler	USA
+ John Gilmour	AUS
Max Gould	CAN
Konrad Hernelind	SWE

- Roland Johansson SWE
  Don Johnson USA
  Colin McDowell GBR
  Bob Mimm USA
  Jim O'Neil USA
  + Isobel Saumier Cunningham CAN
- Ray Spencer USA
  Jack Stevens AUS
  \*+ Jim Vernon USA
  - \*Have won gold medals at all championships.
- + Have won medals at all championships.



Alex Carnie, M70 shot putter, South African Masters Championships, May 7-8. Photo by Leo Benning

#### Cross-Country

One of the issues to be debated at the General Assembly meeting in Miyazaki will be the fate of our cross-country championships.

A motion will be made that if IAAF assent is granted, the WAVA Cross-Country Championships be henceforth staged as part of the IAAF's Cross-Country Championships in even-numbered years.

Admittedly, we run this exciting race "out of season," but, nevertheless, it has been a most popular event in each of our nine WAVA World Championships.

Over the years, it can boast a total of 4407 finishers, ranging from some of the greatest veteran distance runners to the many worthy middle-of-the-pack devotees to those whose current fitness caused them to temporarily eschew the glory of the track but were still willing to "have a go" before the less critical gaze of the countryside event.

Inevitably, even with the best of intentions, should this motion pass, this race would become a showcase for the elite of the younger veterans with the field perhaps filled out by larger numbers from the home country.

This would be most evident when the IAAF venue is a country where veteran ranks are thin. Unlike the open-class competitors, veterans would be faced with yet another costly journey.

A British proposal, whereby we retain the cross-country event at the WAVA Championships in the odd-numbered years while accepting the IAAF offer (if tendered) in the even-numbered years, has much merit. It would allow us to "test the waters" without losing something which many feel, instinctively, is the essence of real running. Let your national veterans body know what you think about this before Miyazaki, not afterwards when it may be too late.

#### Missing Trophies

As WAVA's historian and former

president, it embarrasses me to tell you that we have an unsolved mystery right in our own organization.

It concerns "the case of the missing trophies."

In preparation for the first World Veterans Track and Field Championships in 1975 in Toronto, the Canadian Organizing Committee purchased three large silverplated trophies to be held between championships by the overall winning national teams in crosscountry, marathon, and road walking events.

Continued on page 18



Top three in the Brugge Veterans Grand Prix 25K, Belgium, June 20. From left: Johan Hoppe (M40, Belgium, 2nd, 1:23:04); Klaus Goldammer (M40, Germany, 1st, 1:22:31); Omer Van Noten (M45, Belgium, 3rd, 1:23:31).

#### British Runners Rule At Brugge

The 20th annual Veterans Grand Prix 10K and 20K were held in Brugge, Belgium, on June 20 for men ages 40-and-over and women 35-and-up in five-year age divisions. Entrants, which included a large and successful contingent from Great Britain, came from as far away as Japan, the U.S., and South Africa.

Andrew Catton, M40, of Britain, won the 10K race in 31:32, with countryman Alan Roper, winner of the M45 division, second in 31:49.

Czech Karel Hovorka, M40, finished third in 32:09. Stephen James, Britain, was ninth for the M55 win in 33:50.

In the women's race, Diane Marsh, W40, ran a 37:18 to win it, with Jopie Daane, W40, Holland, second in 37:48, and Felicity Garland, W45, Britain, third with a quick 37:57.

Jean Hann, South Africa, won the W50 race in 40:19. Joselyn Ross, Britain, powered to a W65 victory with a 45:25

Britain's men's teams took both the country-team and club (Bradford Airdale) championships.

In the 25K, Germany's Klaus Goldammer, M40, won overall in 1:22:31, with Belgium's Johan Hoppe, M40, second in 1:23:04. Omer Van Noten (1:23:31) and Jozef Van De Water (1:24:36) placed 1-2 for Belgium in the M45 race. Leo Hohmann, Germany, took the M60 division in 1:40:24.

Among the women, Marie-Christine Christiaens, W35, had an easy time, winning in 1:35:50. Lisette Devoogt, Belgium, won the W45 race in 1:42:55. In perhaps the best performance of the race, Jose Waller, Britain, won the W70 gold with a 2:05:11.

Belgium took the men's countryteam trophy. Britain's Thames Hare and Hounds trio won the club contest.

Next year's Brugge Grand Prix is scheduled for June 26. □



2 Months To Go

## Countdown to Miyazaki

#### More Than 6000 Athletes Expected in Japan

nly two months remain until the 10th WAVA World Veterans Athletics Championships take place, October 7-17, in Miyazaki, Japan. The entry deadline was extended to July 20, and organizers reported, at NMN press time, that more than 5000 athletes had already signed up.

WAVA Council members Bill Taylor, Vice-president, Stadia Committee; and Jim Blair, Oceania Representative, flew to Miyazaki last month to confer with the Miyazaki Organization Committee (OC) and help plan details of the event.

"Miyazaki is expecting up to 7000 competitors," Blair said, "mainly Japanese participants in the long distance races and the marathon."

Taylor reported entries on July 1

totalled over 4000 from Japan and 1000 from overseas.

"They were disappointed with the low number of overseas entries, and extended the deadline a few weeks," Taylor said.

The Championships are open to men age 40-or-over and to women age 35-or-over. Competition will be held in five-year age groups through age 95 +.

Entry certificates will be sent to all entrants prior to September 1.



W40-44 in the 80mH, Indian Veterans National Athletic Championships, Madurai, Tamilnadu, May 21-23

Photo from V. Suryanarayana

#### International Scene

Continued from page 17

Because of their size, each trophy was housed in a custom-made carrying case. WAVA, whose existence was planned in Toronto at the first "General Assembly," would be the owner of these awards.

From the beginning, these awards were keenly competed for and, in time, as the names of successive winning countries were added to the plates, they became part of WAVA history.

Alas, at some stage they quietly disappeared. I recall they were presented in Melbourne in 1987, but did not show up for the 8th Championships in Eugene, USA, in 1989.

To replace these fine trophies would cost some thousands of dollars. Meantime, we are all denied the excitement of seeing them presented, usually the final award presentation of each championships

If you can throw any light on the whereabouts of the trophies, you will have done a service to your fellow veteran athletes. Please contact me with any clues at 269 Ridgewood Rd., Westhill, Ontario, Canada M1C 2X3; telephone 416-282-2555; fax 416-495-4310. No questions will be asked, no names published, and you will not be asked to pay carriage. Help solve "the case of the missing trophies."

#### Road Racing

The 1994 WAVA World Veterans Road Championships will be held in Scarborough, Ontario, Canada on July 30-31. Scarborough forms the eastern portion of metropolitan Toronto and was given its name when the wife of upper Canada's first Lieutenant Governor remarked on the similarity of its shoreline bluffs to those of the English Scarborough.

The Mayor and City Council are solidly behind the efforts of the Canadian Masters Organizing Committee to make this event one which will be long remembered as the best in road racing.

The WAVA-authorized events are 10K, 25K, and 20K road walk. More data will be published at a later date, but entry books will be distributed in Japan in October. It may be many years before a WAVA Road Racing Championships is held in North America again. Mark this one down now. Don't miss it. The CMAA may be contacted at 1220 Sheppard Ave. East, Willowdale, Ontario, Canada M2K 2X1.

As an additional attraction of your

Canadian visit, the North and Central American and Caribbean Region of WAVA Track and Field Championships will be held a few days later — on August 4-7 — in Edmonton, Alberta, and is open to all competitors regardless of country or region.

The meet will offer all T&F events in 5-year age classes, as well as an 8K cross-country race, a pentathlon, a road walk and road run. The meet will be a natural warm-up for the USA Masters T&F Championships one week later (August 11-14) in Eugene, Oregon.

Contacts for the North American Championships: P.O. Box 51030, Edmonton, Alberta, Canada T5W595, fax 403-479-8363, or phone meet director Liz McBlain, 403-438-2911 or Bruce Thomas, 403-474-8928.

I wish you good health and a great year's competition.

#### PRESIDENT: Cesare Beccalli

P.O. Box 76 37010 Assenza di Brenzone (Vr) Italy

#### EXECUTIVE VICE PRESIDENT:

Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445

#### VICE-PRESIDENT (Stadia):

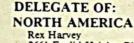
Bill Taylor 17 Poplar Farm Close Milton-under-Wychwood Oxford, OX7-6LX Great Britain

#### VICE PRESIDENT (Non-Stadia):

Jacques Serruys Postbox 7 B8000, Brugge, Belgium

#### SECRETARY:

Torsten Carlius
Smalandsgatan 25
S-25276 Helsingborg, Sweden



Rex Harvey 2661 Euclid Heights Blvd. Cleveland Heights, OH 44106 USA

#### SOUTH AMERICA

Jorge Alzamora P.O. Box 685 Santiago, Chile FAX: 56-2-696-5006 Phone: 56-2-621-1417

#### ASIA:

TREASURER:

P.O. Box 2372

Van Nuys, CA 91404

PAST-PRESIDENT:

269 Ridgewood Road West Hill, Ontario

WOMEN'S Delegate:

Don Farquharson

M1C 2x3 Canada

Bridget Cushen 156 Mitcham Road

West Croydon,

Surrey, England

IAAF Delegate:

Cesar Moreno Bravo

04200 Coyoacan DF-Mexican

Al Sheahen

Hari Chandra #24-12 Block 44, Marine Crescent, Singapore

#### EUROPE:

Hans Axmann Eichendorffstrasse 2 D-8800 ANSBACH Germany

#### OCEANIA:

Jim Blair 43 Emslie Road Pinehaven, Upper Hutt New Zealand

#### AFRICA:

Col. Pascal Mackonguy BP 1222 Brazzaville Rep Pop Du Congo

#### Ten Years Ago August, 1983

- World Veterans Games
   Threatened as Puerto Rico's
   Governor Demands South
   Africans Be Banned from
   Competition.
- Harvey Schellenberg, 50, and Gilberto Gonzales, 70, Set World Age-Group Records in National Decathlon.
- Dan Conway (2:23:25) Beats Bill Hall and Ralph Zimmerman to Win Masters Title in Grandma's Marathon.



#### **Report from Britain**

By ALASTAIR AITKEN and MARTIN DUFF

New masters have been making the headlines in Britain in recent weeks. Former world 5000 record holder Dave Moorcroft, 40 in May, set a new world M40 mile mark of 4:02.53 in Belfast on June 19. He was due to face Eammon Coghlan in Stockholm on July 5 but pulled out with a cold. After a couple of weeks training, he intends to reassess his racing program.

Coghlan fell in the Stockholm mile but got up to finish in slow time.

Pat McNab set a W50 mark of 2.60 in the pole vault to finish second in the

Southern Open Championships; the first time the event has been held in a major senior setting.

Steve Charlton, 67, set a new British M65 record of 17:38.4, June 21, for the 5000, improving his own record by 14 seconds.

Jo Ogden continues to set British W65 marks; her best being a 31.8 200.

Bronwyn Cardy-Wise, the WAVA double 10K road champion for 1989 and 1992, and now 40, ran a speedy 33:06 six miles at Petersborough in a race won by Suzanne Rigg (ex-U.S.) in 31:56.

#### **Indian Championships Held**

by V. SURYANARAYANA

The Indian Veterans National Athletic Championships were held on May 21-23 in Madurai, Tamilnadu. With the admission of three new states this year, the participating affiliates increased to 24.

Over two dozen records were broken. A large number of participants will be sent, based on performance standards, to the World Veterans Championships in Miyazaki, Japan, in October.

The men's team championship trophy went to the state of Punjab team. The women's trophy was won by Kerela state, which also took the combined team trophy. Joginder Singh, 100, was awarded the trophy for best performance by a thrower.



First three in the Brugge Veterans Grand Prix 10K in Belgium, June 20: Andrew Catton, M40, Britain, 31:32; Alan Roper, M45, Britain; and Karel Hovorka, M40, Czech Republic, 32:09.

WAVA/USATF Hurdles and Implements Specifications

HURDLES

#### Moorcroft Runs 4:02.53 Mile

Continued from page 1

3:04, with a 58 last 400.

Born April 10, 1953, Moorcroft's bests for the 1500/mile are 3:33.79/3:49.34, both set in 1982. He ran 13:00.41 for a WR 5000 in 1982, a time which has only been bettered by Said Aouita.

He was a finalist at 1500 in the 1976 Olympics and finished last in the 1984 Olympic 5000. He's been a member of the Coventry Godiva Harriers since he was 12 years old.

Eamonn Coghlan, 40, who set the current world masters indoor mile record of 4:01.39, is rounding into good form. The two men plan a showdown and sub-4 attempt during the current European season.

Moorcroft also said he'd like to run against Coghlan next winter at Millrose and other meets. □

-From Wilfred Morgan and Marc Bloom



Typical scene at subway station in Japan.

#### WOMEN Race Between Hurdles Hurdle To 1st No. of Hurdles Distanc 100m Height .840m Hurdle Finish 10.5m 30-39 13.00m 33" .762m 27'101/2" 10 34'5" 12.00m 40-49 80m 8.0m 12 00m 8 30" 39'4" 26'3' 39'4" 50-59 7.0m 22'11½" 19.00m 12.00m 8 80m .762m 60-69 62'4" 39'4" 30' 70 Plus 30-39 400m .762m 45.00m 35.00m 40.00m 10 30" 147'7% 114'91/2 40-49 131'21/2 50-59 35.00m 40.00m 7 50.00m 60-69 164'01/2 114'91/2 131'21/2' 70 plus MEN 30-39 110m .991m 13.72m 9.14m 14.02m 10 30' 8.50m .914m 13.00m 10.50m 50-59 100m 10 42'8" 13.00m 27'10½' 8.50m 34.5" 10.50m 36" .840m 100m 60-69 10 34'5" 19.0m 33" .762m 27'101/2 80m 70 plus 12.00m 39'4" 400m .914m 30-49 35.00m 40.00m 45.00m .840m 131'21/2' 147'71/2" 114'91/2 50-59 400m 10

IMPLEMENTS HAMMER JAVELIN SHOT PUT AGE DISCUS Women 4.00k 3.00k 4.00k 1.00k 600gms. 1.00k 400 gms. 50 plus 3.00k Men 7.26k (16 lbs.) 7.26k (16 lbs. 2.00k 800 gms. 30-49 6.00k 5.00k 800 gms. 600 gms. 50-59 6.00k 1.50k 60-69 5 00k 1 00k 600 gms. 4 00k 70 plus

50.00m

164'01/2

35.00m

114'91/2

40.00m

131'2%'

7

.762m

30"

300m

60+

Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women.

#### Running Can't Prevent Old Age

ohn was sitting beside his bed in a Cleveland nursing home when I arrived early on a Sunday morning. It was his 75th birthday. I offered a greeting, "How are you doing, John?"

His response was frank: "Not too well, Hal."

John had Alzheimer's disease, which gnaws at your memory and affects your ability to communicate.

He also had osteoporosis, a weakening of the bones. Most people identify osteoporosis with women, who get it beginning around 60, but if men live long enough, they're vulnerable too.

John stood to grip my hand. I had remembered him as a tall man. He stood 6 feet 1 inch to my 5 feet 10. But osteoporosis had shrunken John. I looked down on him. He was now 5 feet 4.

He had always been shy, mild-mannered. But John's personality, too, seemed to have shrunk with his size. He spoke in half sentences, a few words at a time.

John had been an athlete. Lean and lanky, he had participated in basketball, tennis and boxing when younger. Then he became involved in road running in the mid-60s, when the sport began to expand on the heels of Dr. Ken Cooper's best-selling book, Aerobics.

He wandered into my life around then. John was a salesman and included northwestern Indiana among his territories. Maybe we met at a race. Maybe he called looking for a training partner. From that point, whenever John passed through town, there was always a room, a meal and a workout awaiting. He was recently divorced, separated from his three boys on the East Coast. We became a second family for John.

I had two sons and a daughter who must have been three or four at the time. He used to carry her around on his shoulders. "What was the girl's name?" John asked during my visit.

"Laura."

"Oh, yes."

He served half a year as president of the Road Runners Club of America in 1967. In 1970, when he was 52, John ran fast enough to set an American single-age record at Boston.

By now John's second wife, June, had arrived, offering coffee and doughnuts. She identified his marathon time as 2:47.

Later, I replayed the incident for my wife, Rose. "Just like a runner," she smiled. "Forgets everything but his

John's marathon days have passed. He now pads around his room in stocking feet. He moves quickly, but his stride is but a few inches. "Have to

switched jobs and reduced running commitments after remarrying. We saw each other only when I chanced through Cleveland. Christmas cards once a year.

I was spared seeing him decline. June recalled John's first signs of disorientation. He became confused. He fell down the stairs and broke several ribs. She was afraid to leave him alone. One time she found him try-

John's mobility. But nobody yet has found an effective treatment for Alzheimer's disease. June identified some of John's problems as hereditary.

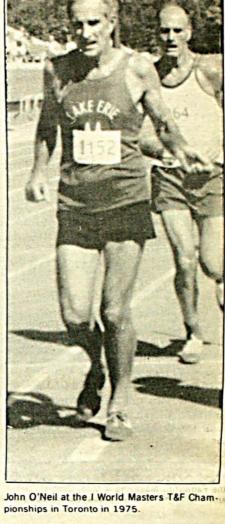
fective barrier against old age. One reason why many of us run is for physical fitness: to live longer, to live better. Dr. Ralph Paffenbarger suggests that those who exercise live 2.4 years longer than those who don't. Dr. Ken Cooper concurs, but identifies quality of life as more important than

quality remains?

"That's so sad," said Laura, after I returned home and told her about the man who carried her on his shoulders.

ing John. I felt good reliving moments with an old running partner.

We do the best we can. We survive. None of us can predict what lies at the end of the road. I still have warm memories of my friend, John O'Neil.



· Paul Red

across all th behind him

from east to

Million Steps

published th

. USATF

Valian Asso

Wilson Trop suppliers

USATF'S A

proved thr

junior, mas

Running T

1991 to w

now edits in D.C. base

200,000 re

said Ayers

ultra-marat

much. I fe

preserve th

• Britai

1st 40 + i

maker 15

was secol Nigel Gat

Sam 43, for the

NYC, Jun

with a 26

Chou. 57

• Ed S

the overa

Vestal 20

(1:25:53)

klin, NY

(1:34:06)

was first

to the top

the first t

first mas

Marathor

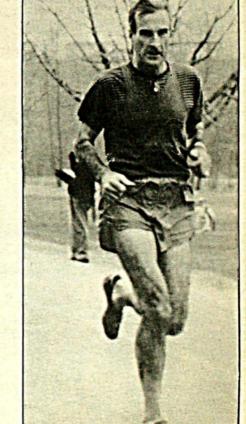
the wom

right be Wilfredo • Char broke th

shot p

• Torel

. Ed Ay



John O'Neil in 1966

#### **NOW AVAILABLE**

#### 1992 U.S. Masters Outdoor T&F Rankings Book

•Men's and women's 1992 U.S. 5-year track & field age-group rankings. •52 pages, over 100-deep in some events.

•Aft T& F events, including 3000, 10,000, weight, relays, racewalks

Send \$6.00 plus \$1.25 postage and handling to:

NATIONAL MASTERS NEWS P.O. BOX 2372 Van Nuys, CA 91404

Name	
Address	
City	Zip
and the same of th	

John, eyes shut, seemed to have been dozing. He corrected her: "2:57."

marathon time."

stretch," he announced. I had lost track of John. He had

ing to climb out the window.

Physical therapy restored some of Running had failed to provide an ef-

quantity of life. But what if you live long and no

Somehow I didn't feel sad about see-

Valian **Associates Customized Awards** 

225 Hunter Avenue N. Tarrytown, NY 10591 914-631-8866 (Tel.) 914-631-1547 (Tel. & Fax) Official manufacturer of USATF National, Regional and Association Awards. Every medal enameled or generic in stock from \$2.15 -2.75 or customized from \$2.65-3.75 complete. Refunds for unused awards. Have supplied all 50 states - meeting every deadline in our 15 years of business.

## MASTERS SCENE

#### NATIONAL

- Paul Reese, 76, continues his quest to run across all the Western states. He put Arizona behind him this spring, running the 390 miles from east to west in 18 days. His book Ten Million Steps about a trans-America run will be published this fall.
- USATF has designated two companies —
   Valian Associates, North Tarrytown, NY, and Wilson Trophy Co., St. Louis, MO, as authorized suppliers of championships medals. The USATF's Awards & Medals Subcommittee approved three designs and sizes for youth, junior, masters, and open championships.
- Ed Ayers, founder and former editor of Running Times Magazine, left the publication in 1991 to work on environmental issues. Ayers now edits Worldwatch Magazine, a Washington-D.C. based environmental publication with 200,000 readers worldwide. "I still run daily," said Ayers, who is planning on entering an ultra-marathon soon," but I enjoy this work very much. I feel I have to do what I can to help preserve the planet."

#### EAST

- Britain's Nick Rose was 13th overall and 1st 40+ in 46:00 (\$1200) in the Utica Boilermaker 15K, July 11, in Utica, NY. Manuel Vera was second master (46:35/\$600); England's Nigel Gates was third (46:49; \$300).
- Sam Skinner, 50, edged Bob Hermesch, 43, for the M40 + title, both timed in 21:58, in the Familyfun Magazine 4 Mile, Central Park, NYC, June 20. Ann Makoske, 48, of Florida, with a 26:43, finished seventh of 179w. May Chou, 57, took the W55 handily in 30:36.
- Ed Stabler, 64, North Syracuse, NY, was the overall age-graded best in the 23rd annual Vestal 20K, Vestal, NY, June 19, with a 1:06:10 (1:25:53). First W40 + Margret Betz, 56, Conklin, NY, was second with an AG 1:07:06 (1:34:06). Gabe Yankowitz, 43, Manlius, NY was first M40 + (1:19:55). Awards were given to the top 27 age-graded performers, excluding the first three men and two females overall.
- Torella Lawrence (43, 1:13:18) captured first masters position in the Westchester Half-Marathon, June 6. Amy Bahrt (41, 1:36:26) led the women, with Flora Flores (47, 1:36:40) right behind her. M75 + honors went to Wilfredo Rios (76, 2:13:23).
- Charlie McMullen, 42, Rochester, NY, broke the world single-age record for the two



Vince Sempronio, of Oregon, third M65 in the shot put (36-21/4), National Masters Indoor Championships, Bozeman, Mont.

Photo by Dave Bayliss

- mile with a 9:17.6, in the Timothy Dodge Meet, June 24. The old record of 9:28.2, set in 1970, was held by Pete Mundle.
- Alden Clark (41, 29:58) and Dorothy Fuscaldo (44, 37:13) were 40+ winners in the Lesbian & Gay Pride 5 Mile, Central Park, NYC, June 26. Jim Irvine, 58, of Scotland, ran a 30:36 to win the M55 race. Ed Kratt (43, 12:29) and Inger Berger (49, 16:57) won 40+ honors in the shorter 2-mile run.
- Fifty-year-old Sam Skinner beat all the younger M40+ to the finish with a 35:15 in the NYRRC Brooklyn Greenway 10K, Prospect Park to Coney Island, June 27. Ellen Friedman, 40, took the W40+ race with a 44:29. Thelma Wilson, 61, ran a 52:20 for the W60 first.
- Pat Peterson, 67, appreciates the letters of support she's received at Strong Memorial Hospital in Rochester, NY, where she's been undergoing bone-marrow therapy for cancer. She's too weak to reply now, but she hopes to leave the hospital soon and will respond when she gets home.

#### SOUTHEAST

- Erik Johansson, 68, racewalker for the Miami RC, stepped out to an excellent divisionwinning time of 10:37.9 in a one-mile race, June 15.
- Francie Larrieu-Smith, 40, ran a ninth-place 33:49 to win the W40 + crown and \$1500 in the Peachtree 10K, Atlanta, July 4. The time betters her 34:08 in the Advil 10K, June 12, NYC; however, the course, point to point, is considered "aided" because of a drop in elevation. Suzanne Ray, 41, Arkansas, was second (36:05). Manuel Vera, 42, Mexico, was the M40 + winner and \$1500 richer with a 29:44, defeating Nick Rose, 41, Britain, who closed in 29:50.
- Two outstanding, age-graded results showed up in the DeLand, FL, Heritage 5K, May 16.
   Jim Blount, 64, ran a 14:27 (18:46) and Elaine Geyer, 71, clocked in at 17:50 (29:03).
- On his way to a 15:27 masters victory in the Low Country Classic Invitational 5000 in North Charleston, SC, June 19, Bob Schlau of Charleston ran 14:59.9 for three miles to better the national M45 record in that distance.
- Lucy Anne Brobst, W60, out of athletic action for this entire season due to heavy chemotherapy treatment for cancer, is back in training. The North Carolina heptathlete, who holds the W60 AR record for the indoor triple jump and WR pole vault, will contest her first meet at the Nationals in Provo.
- Phil Mulkey, 60, won three events at an allcomers in Atlanta, but at, perhaps, a very dear price. Mulkey, who has upped the WR in the decathlon twice this year, pulled a hamstring muscle that has placed doubts about the rest of his season.
- Gordon Seifert, M65, of Birmingham, AL, underwent arthroscopic surgery and will miss the Nationals in Provo, but still hopes to be ready for Miyazaki in October.

#### MIDWEST

- England's Nick Rose hot-footed to the masters win with an 18:54 in the Steamboat Classic 4 Mile, Peoria, II, June 19. Pierre Levisse (19:22), France, and Ken Popejoy (19:34), Illinois, followed. Carla Beurskens of Holland won the W40+ race in 21:25, with Dutch compatriot Manna Lukkien second (24:10).
- Despite a temperature of 75° with 95% humidity, Nancy Grayson, 43, easily outclassed her age group competition taking third place overall at the Parkersburg, WV, 10K, June 19.
   Dale Leeper, 44, led the masters men in 35:49.

• Fred Hirsimaki, 68, was inducted into the Hancock Sports Hall of Fame, Findlay, OH, April 17. He was a multi-sport athlete at the U. of Findlay and professional baseball player, and is an active masters competitor.

#### MID AMERICA

- The Trinity Hospital Hill Run in Kansas City, June 6, was the site for Bill Rodgers' U.S. record-breaking M45 half-marathon. Bill rolled over the course, and his competitors, in 1:08:05
- Twenty-eight states and three foreign countries were represented in the first leg of the KRDO Triple Crown of Running, the Garden of the Gods 15K, Manitou Springs, Colo., June 13.
   Top men's master was Walt Seibert (40, 55:29);
   Marilyn Stapleton (46, 1:07:38) topped the masters women.

#### **SOUTH WEST**

• In a throw-a-thon in Texas in June, Wendell Palmer, 61, Pampa, TX, broke single-age discus WRs for the 2kg (139-7), 1.5kg (166-1), and 1kg (194-8), while Margaret Palmer White, 99, Palmer's mother, set WRs for the W95 shot (4kg, 11-4/3kg, 12-6½) and DT(20-6).

#### WEST

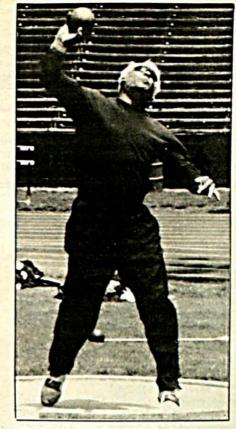
- Deby Sweezey broke the U.S. record for the W40-44 80H (12.10 by Phil Raschker, 1987), with a 12.06 in the Trojan Masters Classic, Cromwell Field, USC, July 11. Steve Robbins won the 100 and 200 in top-ranked M50 times of 11.56 and 23.33 in a headwind. Sid Wing flew to an M60 800 victory in 2:20.69 Mike Bailey broke the 50-foot barrier by a half inch to win the M35 shot put.
- Joe Keshmiri, 55, broke the U.S. M55-59 SP record of 44-6, held by Hal Smith and Jim Hart, with a 47-111/4, at a Stanford Throws meet. June 5.
- Chuck McMahon, San Diego, world champion at age 60 in the weights and record holder in 1975, is recovering from heart problems and will be ready soon to throw again.
- Burt Morrow, 80-year-old hurdler and sprinter from So. Calif., was recently featured in a television commercial for Chiquita bananas. He was selected from three U.S. National Senior Sports Organization athletes who auditioned. "It was quite an experience," he said after filming at Stanford U. "It's not often an 80-year-old gets to star."
- Mary Blish, 45, Torrance, CA, was first female overall (3:19:01) in the Palos Verdes Marathon, Palos Verdes, CA, June 12. Steve Radigan, 41, Milpitas, CA, won the M40 + race (2:56:16). Sandra Kiddy, 56, Bishop, CA, who, several years ago was first overall in an ultramarathon, won the W55 gold (3:22:41). In its 27th year, the Palos Verdes, the third oldest in the U.S., along with a relay and 5K, drew a total of 1255 participants.
- Domingo Tibaduiza, 43, Reno, NV, won the M40-49 section of the Mother Lode Mile, a street mile with a turn around, Sonora, CA, June 27. Harvey Franklin, 50, Oakland, CA, took the M50+ segment (4:57.6) Patricia Fanelli, 40, won the W40+ contest (5:29.1).
- Sandra Kiddy, 56, easily outdistanced her competitors winning the W55 age-group in 3:22:41 at the very hilly Palos Verdes Marathon, June 12. Steve Radigan, (41, 2:56:16) was the only master to crack three hours on this tough course.

#### NORTHWEST

 Portland, Oregon's Natural Gas Spring Classic 8K, April 25, brought out some fine times. Doug Kurtis, 41, just edged Henry Rono, 41, 24:49 to 24:56, while Carol McLatchie led the masters women with a 28:51.

#### INTERNATIONAL

 Albertos Van Zyl of South Africa broke his M70-74 WR (52.2) for the 300H with a 50.4 at a meet in Durban, April 17.



Joe Keshmiri, M55 shot put U.S. record holder Stanford Throws Meet, June 5.

Photo by G. Kelmenson

- Two women have announced their interest in the position of Women's Representative of WAVA: Barbara Dunsford of Great Britain and Marilyn Mitchell of the USA. Bridget Cushen, the current women's rep, is stepping down after serving the maximum five two-year terms.
- Veterans excelled in the Hong Kong Open Championships, June 12-13. Lee pa-lun, 37, lapped the entire field on his way to a 33:18.01 victory in the 10,000. On the women's side, Yuko Gordon, 43, captured the best age-graded performance of the day with a 5:00.86 (85.3%) in the 1500.
- Kipsubei Koskei, of Kenya, was the M40 + standout in a 7.9K race in Darmstadt, Germany, June 30, with a 23:30.
- On July 13, a federal judge reaffirmed the \$27.4 million the court awarded to Butch Reynolds, the world 400 record-holder (43.29), who was banned by the IAAF for allegedly using steroids. The IAAF had appealed the decision, arguing that U.S. courts have no jurisdiction over the international governing body. Judge Joseph Kinneary made the award, saying the IAAF acted maliciously.
- Gilberto Gonzalez-Julia, who turned 80 this year, invites all masters athletes to the annual San Juan Masters Track and Field Championships in San Juan, PR on September 11-12. "It will be a perfect tune-up for the World Games," he said. Gonzalez, who was widowed two years ago, recently married his second wife, Sara Arrutia, 56, of Chile. They met in 1983 when she placed 5th in the 1500 in the World Games in San Juan. Under hurdler Gonzalez' tutelage, she plans to compete in the 300 hurdles in Miyazaki.

## 27TH ANNUAL LAS VEGAS

#### "MINI" MARATHON

(HALF MARATHON & RELAY) (13.1 MILES) SATURDAY, DECEMBER 18, 1993 at 7:30 A.M.

NEVADA STATE CHAMPIONSHIPS
Sponsored by:

STARDUST RESORT & CASINO (Mexica Rus for Rosen Reservations Ouly) 1-800-634-6757 SATURN

For entry information send a SASE to:
Bill Callanan/Tri-A-Run
6252 Clarice Ave., Las Vegas, NV 89107
Or Call: (702) 870-8269 • Fax (702) 878-1038

Aug

Conti

Augu 6:40 p

01950

Augu

Short

N.J.

ing I

Aug

Mar

89th

Fa

Au

NY

Se<sub>j</sub> Ch

60:

Se

Se

At Li Ch 28 Se Mi Ly

## schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. 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. 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 2372, Van Nuys, CA 91404.



## TRACK & FIELD

August 11-14. 26th USATF National Masters Championships, Provo, Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062.

September 25. USATF National Masters Weight Pentathlon Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 815/

March 25-27, 1994. USATF National Masters Indoor Championships, Columbia,

August 11-14, 1994. 27th USATF National Masters Championships, Eugene, Ore.

#### **EAST**

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

August 5. Tri-State TC Classic. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

August 22. Donald S. Harris Memorial Track Classic, Wynnewood, Penn. Dr. Claude Hills, 510 East Valley Green Road, Flourtown, PA 19031. 215/233-0132.

September 5. Potomac Valley Games, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., N., Arlington, VA 22207. 703/243-1290(h); 202/219-1913(w).

#### **SOUTHEAST**

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

September 11-12. Thomasville Fall Masters Decathlon/Heptathlon. SASE to Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 919/476-1228 (after 6:30 p.m.).

September 25. USATF Southeast Regional Masters Championships, U. of Florida, Gainesville. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407/499-3370.

December 27. Holiday Weight Pentathlon, Atlantic H.S., Delray Beach, Fla. 8 a.m. Randall Cooper, 222 N.E. 22nd Lane, Delray Beach, FL 33444.

#### **MIDWEST**

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

August 3-6. Michigan Senior Olympics, Rochester, 55 + . Marye Miller, Older Persons Commission, 312 Woodward, Rochester, MI 48307. 313/656-1403. August 12-14. Quad Cities Senior Olym-

pics, Moline, Ill. 55+. Edie Sanders, 309/757-3120.

September 12. Ohio/USATF Wolfpack Throwing Classic (6 events), 56-lb. Weight. Thomas Worthington HS, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220, 614/459-2547.

MID-AMERICA
Arkansas, Colorado, Iowa, Kansas,
Minnesota, Missouri, N. Dakota, Nebraska,
Oklahoma, S. Dakota.

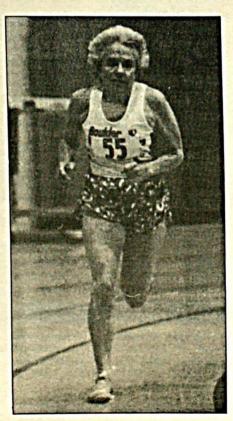
August 1. Masters/Senior Olympic EM Meet, Twin Cities. SASE to Rachel Lyga, 122 631/2 Way NE, Minneapolis, Minn., 55432. 612/574-9661.

August 8. Athlete's Foot/Lincoln Mile, site TBA. Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061. SASE. September 4-5. Rocky Mountain Masters Games, U. of Colorado, Boulder. Pent/Wt. pent. 5000RW. SASE to Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919; Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

September 19. Lincoln TC Classic, Woody Greeno Track, 11 a.m. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521, 402/435-7061.

#### SOUTHWEST Louisiana, Mississippi, Texas.

August 18-22. UMC West Texas Senior Sports Classic, Lubbock. 50+. Peter Laverty, 2001-19th St., Lubbock, TX 79401. 806/767-2710.



Record-breaking Louise Adams, W70, of Colorado, National Masters Indoor Championships, Bozeman, Mont.

Photo by Dave Bayliss

September 24-26. Arkansas Senior Olympic Games, Hot Springs. Gail Ezelle, 905 W. Grand, Hot Springs, AR 71913. 1-800-467-2170.

#### WEST Arizona, California, Hawaii, Nevada, New Mexico.

July 31-August 1. USATF West Regional Masters Championships, Cerritos College, Norwalk, CA. Mary Thompson, LAPOC, 2301 Hyperion Ave., Ste. P, Los Angeles, CA 90027-4711. 213/662-1062.

September 12. Northern California Seniors T&F Classic, U.C., Berkeley. 30 + . Mark Grubi, Dir., P.O. Box 424512, San Francisco, CA 94142-4512. 415/285-3352.

September 12. Sri Chinmoy Masters, CSU-Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., Culver City, CA 90230. 310/645-0271

September 17-19. California State Senior Olympics, UC-San Diego, La Jolla, Calif. (Note: age 30+). Sam Cohen, 2820 Camino del Rio S., #306, San Diego, CA 92108. 619/543-9046, or 800-246-9077.

September 18. Kelfield Grand Opening. Tune-up meet for World Championships. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95050. 408/458-0202.

October 2. Club West Meet, UC-Santa Barbara. Lloyd Albright, 3722 Cordero Dr., Santa Barbara, CA 93105. 805/682-9540. October 20-22. Huntsman Chemical's Senior Games, St. George, Utah (1 hour drive from Las Vegas). 50+. Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

#### NORTHWEST Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming.

August 27-28. Montana Sr. Olympics, Kalispell. M&W50+. Don Tavolacci, 465 Freedom Ave., Billings, MT 59105. 406/252-2795.

October 20-22. Huntsman Chemical's Senior Games, St. George, Utah. 50 + . Ken Jolley, 431 W. Tabernacle, St. George, UT 84770. 801/628-1442.

#### CANADA

August 14. Canadian Masters Interclub Championships, York U., Toronto. 35 +. CMAA, 1220 Sheppard Ave. E.,

Willowdale, Ont. 416/495-4059.

August 28-29. First Annual National Decathlon/Heptathlon Championships (also invitational weight pentathlon), Montreal, Quebec. E.F. Hume, 132 Evergreen, Dod. O. Quebec H9A 156. 514/684-7528. September 11-12. Canadian Masters National Championships, Centennial Stadium, Etobicoke, Ont. M35+, W30+. CMAA, 1220 Sheppard Ave. E., Willowdale, Ont. 416/495-4059.

August 4-7, 1994. WAVA North American Regional Championships, Edmonton,

#### INTERNATIONAL

September 11-12. San Juan Masters Championships, San Juan, Puerto Rico, Puerto Rico Masters Association, c/o Mr. Jesus E.

October 3. Athletic Veterans of Hong Kong Meet. Low-key meet. AVOHK, GPO Box 10368, Central Hong Kong, Tel: 608-1392. October 7-17. 10th WAVA World Veterans Athletics Championship, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. 10th World Veterans Championships, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Phone: 81-985-32-3376; Fax: 81-985-31-1153.

#### ON TAP FOR **AUGUST**

#### TRACK AND FIELD

The 26th annual USATF National Masters Championships are expected to draw over 1000 athletes to Provo, Utah, August 11-14. Pre-championships activity is available on the 1st in Minnesota, and post-championships action can be had in Pennsylvania on the 22nd. The month is sprinkled with Senior Olympics meets for men and women 55 +.

#### LONG DISTANCE RUNNING

Races of interest include the Asbury Park 10K and America's Finest City Half-Marathon on the 15th; Pikes Peak Ascent and Marathon on the 21st-22nd; Parkersburg Half-Marathon on the 21st; Falmouth Road Race on the 22nd; and Maggie Valley Moonlight 8K and Crim 10 Mile on the 28th.

#### RACEWALKING

The 5000 track and the road 10K for women and 20K for men USATF Championships take place with the Nationals in Provo. The women's 20K and men's 25K championships are scheduled for the 15th in Lake Placid, N.Y.

July, 1994. Oceania Regional Championships, Fiji.

## LONG DISTANCE RUNNING NATIONAL

September 18-19. USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Held along with open championships. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419/475-0731.

September 25. USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813. October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN

October 31. USATF National Masters 10K Cross-Country Championships, Tom Sawyer State Park, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207-5003. 502/897-3772, or Bob Ullrich, 502/459-6820.

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

Continued on next page

Continued from previous page

#### EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

August 3. Newburyport 10 Miler. Tues. 6:40 p.m. P.O. Box 366, Newburyport, MA 01950. 508/454-9735.

August 7. Phelps Sauerkraut 20K, Shortsville, N.Y. George Tillson, Wilborn Rd., Shortsville, NY 14548. 714/289-4250.

August 14. Asbury Park 10K, Asbury Park, N.J. John Haulenbeek, P.O. Box 157, Spring Lake, NJ 06772. 908/974-8457.

August 15. NYRRC Hispanic Half-Marathon, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.



Bernardine Portenski, 43, of New Zealand, first masters woman (2:41:18), Boston Marathon. Victor Sailer/Agence Shot

August 22. Falmouth Road Race 7.1 Miles. J. Carroll/R. Sherman, P.O. Box 732, Falmouth, MA 02541. 508/540-7000.

August 29. Annapolis 10 Mile. Annapolis Striders, P.O. Box 187, Annapolis, MD 21404. 410/268-1165.

August 29. NYRRC Back To Work 4 Mile, Central Park, NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

September 6. New Haven 20K/5K. John Busiewicz, P.O. Box 1893, New Haven, CT 06508. 203/387-0214.

September 12. Chubb Life 5K/10 Mile. Chubb Life Run, One Granite Place, Concord, NH 03301. Michael Holmes, 603/226-5216; Linda Frawley, 226-5298.

September 12. NYRRC 5K Race For The Cure, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

September 19. Eriesistible Marathon. Kenneth Chestek, 447 Kahkwa Blvd., Erie, PA 16505. 814/455-4562.

September 19. Philadelphia Half-Marathon. PDR, P.O. Box 43111, Philadelphia, PA 19129. 215/293-0786.

October 2. NYRRC Fifth Avenue Mile. NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

#### SOUTHEAST

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

August 14. Full Moon Frolic 8 Mile. John Boyle, Alta Vista, Box 1824, DeLand, FL 32731. 904/736-0002.

August 28. Maggie Valley Moonlight 8K. Linda Gillman, c/o Maggie Valley Chamber, P.O. Box 87, Maggie Valley, NC 28751, 704/926-1686.

September 18. Virginia 10 Miler. SASE to Marilyn Reynolds-Straub, P.O. Box 3035, Lynchburg, VA 24503. 804/525-5420.

#### **MIDWEST**

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

August 7. Allen Park 5 Mile, Allen Park, Mich. Edward Kozloff, 10144 Lincoln, Huntington Woods, MI 48070. 313/544-9099.

August 21. Parkersburg Half-Marathon. \$3800 masters. Dorsey Cheuvront, Jr., P.O. Box 718, Parkersburg, WV 26101. 304/424-2786.

August 28. Crim 10 Mile. Masters money. Lois M. Craig, race director, P.O. Box 981, Flint, MI 48501. 313/235-3398.

September 4. Charleston 15 Mile/5K. Charleston Distance Run Comm., P.O. Box 2749, Charleston, WV 25330. 304/348-6464.

MID-AMERICA Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

August 21-22. Pikes Ascent/Marathon (22nd). Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

September 12. Lovelace Duke City Marathon, Marathon, P.O. Box 14903, Albuquerque, NM 87191. 505/888-2448. October 3. Twin Cities Marathon, Minneapolis-St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN

#### WEST

55345

Arizona, California, Hawail, Nevada, New Mexico.

August 15. America's Finest City Half-Marathon. Neil Finn, ALA, 2750 Fourth Ave., San Diego, CA 92103. 619/297-3901. August 21. Las Vegas Mt. Charleston Runs, 18/8/4 Miles. Cool altitude. Mike Naylor, 625 Shadow Ln., P.O. Box 4426, Las Vegas, NV 89106. 702/383-1276.

October 2. 17th Annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850. Entry form in June issue.

October 9. Juan In A Million 5K. Masters money. Ed Preciado or Eileen Brown, 700 East Charleston Blvd., Las Vegas, NV 89104, 702/385-1281.

December 18. 27th Annual Las Vegas "Mini" Marathon (Half Marathon & Relay). SASE to Bill Callanan/Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269. FAX 702/878-1038.

#### NORTHWEST Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming.

September 6. Founders Day Lithia Park 8K. Tom Burnham, So. Ore. Sizzlers, 451 Thornton Way, Ashland, OR 97520. 503/482-4467.

September 18. Prefontaine Memorial 10K, Coos Bay, Ore. Prefontaine 10K, P.O. Box 1380, Coos Bay, OR 97420. 800/762-6278 (OR); 800/824-8486 (out-of-state).

#### INTERNATIONAL

October 7-17. 10th WAVA World Veterans Athletics Championships, Miyazaki, Japan. M40+, W35+. Entry deadline July 1. WVAC, 5-15, Miyata-cho, Miyazaki City, Miyazaki Prefecture 880, Japan. Fax: 81-985-31-1153.

July 30-31, 1994. WAVA World Non-Stadia Championships, York, Canada.

#### RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

August 11-14. USATF National Masters Championships, Provo, Utah. 5000m track/women 10K road/men 20K road. See National T&F Championships in schedule. August 12. ARWA Technique Clinic. In conjunction with USATF Nationals, Provo, Utah. 6 p.m. track. ARWA, 303/447-0156.

August 15. USATF National Masters Championships, Albany, N.Y. Women 20K/men 25K. Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946. 518/523-2240(h); 523-3764(b).

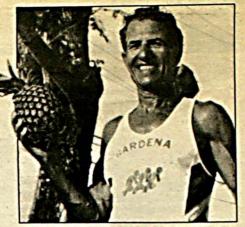
September 5. North American Masters 15K Racewalk Championships. Also 5K and Open Divisions. Albuquerque, N.M. Gene Dix, 2301 El Nido Ct. NW, Albuquerque, NM 87104. 505/242-3713.

September 11. Tournament of Walkers 3K/5K/10K (track). Cal Tech, Pasadena. Richard Oliver, 11431 Sunshine Terrace, Studio City, CA 91604. 818/985-9854. September 12. USTAF National Masters

40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 Locust Ave., West Long Branch, NJ 07764. 908/222-9213.

September 12. Ohio/USATF 2-Hour Track Run/RW Championships, Thomas Worthington HS, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547

September 18. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/349-6406.



Andre Tocco of California, M50-59 third (43:40), Wahiawa Pineapple Run 6.75 Mile, Honolulu, shows off his Hawaiian Dole Pineap-

Photo by Tesh Teshima

September 19. MAC 5K Championships, Central Park, NYC. Richard Goldman, Metropolitan RWRs, 2711 Henry Hudson Parkway, NY, NY 10463.

September 25-26. USATF National Masters 100K/100 Mile Championships, Xenia, Ohio. Jack Blackburn, 690 Home Ave., Xenia, OH 45385, 552/376-8019; 372-6908. September 25-26. Alongi Festival, Dear-born, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127.

October 3. USATF National Masters 1-Hour/2-Hour Championships, MIT, Cambridge, Mass. Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186. 617/698-1806.

October 31. USATF National Masters 30K Championships, Atlanta, Ga. Carol Sams, 1513 Stoneleigh Circle, Stone Mountain, GA 30088. 404/469-2429.



#### TAC SANCTIONED

DATE: Sunday, September 12, 1993 LOCATION: California State University (CSU) Long Beach

DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, left (east) on Atherton, right on Fanwood Dr. (CSULB parking lot); track is ahead on left

DIVISION: 5 year age groups

FACILITIES: New, 8-lane artificial surface track, 7mm (1/4") spikes, concrete rings

ENTRY FEE: First event \$13.00, additional events \$5.00 each. No refunds. Stunning, multi-colored, high-quality t-shirt included. (Availability on race day not guaranteed!)

DEADLINE: All entries must be postmarked no later than September 2, or phoned-in no later than Sept. 5. Laterday-of-race entries add \$1.00.

ACCOMMODATIONS: Ramada Inn, Long Beach, (\$59 plus tax per room), call direct 310/597-1341 for reservations.

AWARDS: Sri Chinmoy Marathon Team medals to first three men/women in each event and age group.

AID: Water, fruit and refreshments throughout day to all participants free.

NOTE: 1993 TAC registration required (available at meet for \$12).

5000m Race Walk

9:30 am 10:15 am 2000m Steeplechase (wom) 3000m Steeplechase (men) 3000m Run

11:00 am 11:45 am 12:20 pm

80/100/110 Hurdles

800m Run

12:40 pm

1:20 pm

1:40 pm 2:00 pm 2:30 pm

100m Sprint 400m Sprint 1500m Run 200m Sprint 300/400 Hurdles

2:45 pm 4 x 100m Team Relay

FIELD EVENTS 9:30 am Han 10:30 am Lon Hammer

Long Jump/Discus Triple Jump High Jump Shot Put 11:30 am

12:00 noon

12:30 pm 1:15 pm Pole Vault

Mail Entry To: Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230.
Make checks payable to: SCMT. For more information please call (310) 645-0271.

----- ENTRY FORM -----Mail or call in to the Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230. Phone: (310) 645-0271.

DATE OF BIRTH\_\_\_\_\_\_ TAC # \_\_\_\_\_ TELEPHONE\_ ADDRESS\_\_\_\_\_\_ CITY\_\_\_

\_\_ STATE\_\_ T-SHIRT SIZE: SMALL\_\_\_\_ MEDIUM\_\_\_ LARGE\_\_\_ X-LARGE\_\_\_ AMOUNT ENCLOSED\_

SHICHINA 2)\_\_\_\_ \_ 5)\_\_

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors is discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Be Marshon Team, field officials, and all other sponses and sports facilities or there officials or agents. I certify is such that I am prepared to compete and recognize the right of any duty authorized members of the medic drawel from compession and will do so if direction.

**PowerBar** 



TRATHON

Aug

## RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

W60-64			34 Jan 199
Leonore Mc Daniels	Long Jump	13-7	5/1-3/92
	High Jump	4-1	5/1-3/92
	200M	35.23	7/25-26/92
	Triple Jump	25-2 3/4	8/13-16/92
	Pole Vault	6-0 3/4	8/13-16/92
	300M Hurdles	67.40	8/13-16/92
	Shot Put	23-0 3/4	11/14-22/92
	100M	16.44	11/14-22/92
M35-39			and Market and
James E. Reppert	BOOM	2:03.1	6/06/92
Rick Waterman	5K	15:32	5/08/93
M40-44	Control of the second		
Neil Howk	BOOM	2:05.6	5/23/93

M45-49 Bill Penner	3000M RW	15:05	5/15/93
M50-54 David Derman	100M	12,22	6/26/93
David L. Howison	BOOM	2:17.53	5/23/93
M60-64 Philip H. Williams	BOOM	2:31.86	2/13/93
M65-69			
Dr. Jock Jocoy	200M	29.6	4/24/93
Barney Phillips	100M	14.0	5/15/93
M70-74			
Dr. Sy Lampert	Shot Put	33-10	5/15/93
	Hammer	100-10	5/15/93

U.S.	MASTER	S ALL	AMERI	CAN ST	ANDA	The Water	EXCEL	LENCE	FOR N	AASTEI	RS RAC	E WAL	KERS
Event	30-34	35-39	40-44	45-49	50-54	55-59	The state of the s	65-69	70-74	75-79	80-84	85-89	90-94
1500	6:42	6:53	7:03	7:15	7:29	7:45	8:04	8:26	9:04	9:49	11:00	11:45	13:02
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48: 38	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K						1:27							
20K	1:38					1:57							
50K	4:30					5:41							
				el m.C		WOME	N						
1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:42	1:51
15K						1:39							2:48
20K	1:54	1:57	-2:-1	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47
50K	5:11					6:25					West or	No. of Part	ANT BU
	num of						the co	ompetit	ion m	st be			

	U.S. MASTERS STANDARDS OF EXCELLENCE											
	FOR MEN											
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	Sant book of the	70-74	75-79	80-84	85-89
100 200 400 800	11.0 22.4 51.0 2:01	11.33 23.3 52.5 2:04	11.67 24.2 54.0 2:08	12.0 25.1 56.0 2:13	12.5 26.0 58.5 2:19	13.0 27.2 61.5 2:27	13.5 28.5 65.0 2:37	14.0 29.8 70.0 2:49	15.0 32.4 76.5 3:06	16.5 35.8 84.5 3:27	18.0 39.8 94.0 3:54	20.0 44.0 105.0 4:24
1500 Mile 5000 10000	4:11 4:31 15:30 32:11	4:15 4:35 15:42 32:35	4:22 4:42 16:06 33:30	4:32- 4:53 16:44 34:45	4:45 5:07 17:30 36:15	5:02 5:25 18:24 38:10	5:24 5:49 19:36 40:30	5:47 6:14 21:08 44:15	6:22 6:51 23:30 48:30	7:03 7:38 26:00 54:30	7:59 8:42 29:00 61-35	9:15 10:10 37:30 38:30
110H 100H 80H 400H	57.6	16.4	17.75	18.75	18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
нј	1.94	1.85 6-3/4	1.76 5-9½	1.68 5-6	1.59 5-2½	1.50 4-11	1.41	1.32	1.23	1.13	1.02 3-4	.92 3-1
PV	4.40 14-5½	4.15 13-7½	3.90 12-9½	3.60 11-9½	3.30 10-10	3.05 10-0	2.80 9-2½	2.55 8-44	2.30 7-6½	2.05 6-8 <sup>1</sup> 2	1.80 5-11	1.50 4-11
	6.55	6.20 20-4½	5.85 19-2½	5.45 17-10 <sup>1</sup> / <sub>2</sub>	SAME SET SE	4.75	4.40 14-5½	4.00	3.65 11-115	3.35 11-0	3.00 9-10	2.65 8-84
. TJ	13.35 43-9½	12.65 41-6	11.90 39-5	11.15 36-7	10.40 34-1½	9.65	8.90	8.20 26-11	7.50	6.80	6.10	5.50 18-4
Shot	15.20 49-10 <sup>3</sup>	14.10 46-34	13.00 42-8	12.00 39-44	12.40 40-84	11.20- 36-9	12.00 39-4½	10.80 35-5½	10.00 33-0	8.80 28-104	7.65 25-14	6.50 21-4
Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00	36.40 119-5	40.00 131-3	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-2½	16.20 53-2
Hammen	47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00 60-0
Jav	62.00 203-5	57.00 187-0	52.60 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00 131-3	35.00 114-10		24.00 78-9	19.00 62-4	15.00 49-2
35#Wt 25#Wt 56#Wt		9.00	13.00	12.00	10.00	9.00	11.00	10.00	9.00	8.00	7.00	6.00
Pe	n 280	00 260	0 260	0 2500		5.00 2600 5250			3.50 2600 5250	3.00 2600 5250		2.00 2600 5250
Fr. 1813-0	Dec 5500 5250 5250 5250 5250 5250 5250 525									mience.		

#### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 13.8 14.2 14.6 15.0 28.0 29.2 30.3 31.4 63.5 65.5 67.5 69.5 15.6 32.5 71.5 16.2 16.9 34.0 35.7 17.8 37.5 20.0 21.2 43.5 47.0 40.0 90.0 96.5 103.3 4:09 4:35 2:32 2:35 2:40 2:46 2:54 3:05 4:09 5:10 5:19 5:29 5:40 5:34 5:44 5:55 6:07 19:45 20:30 21:20 22:16 41:00 42:40 44:40 47:00 7:23 8:04 7:46 8:47 28:08 30:08 60:00 66:00 5:58 6:26 6:20 6:49 6:48 7:19 8:52 9:48 9:39 10:45 32:21 34:26 76:00 86:00 Mile 23:12 24:16 26:08 49:30 52:00 56:00 100H 17.2 18.2 16.5 17.6 18.7 20.2 22.2 75.5 79.9 84.4 66.0 72.0 79.0 87.0 96.0 HJ 1.42 1.12 1.07 1.02 2.70 2.40 2.10 1.80 8-10<sup>1</sup>/<sub>2</sub> 7-10<sup>1</sup>/<sub>2</sub> 6-11 5-11 1.50 4-11 1.20 3-11 1.10 3-7% 1.00 2-11 5.00 4.60 4.25 3.90 16-5 15-1 13-11<sup>1</sup>/<sub>2</sub> 12-9<sup>1</sup>/<sub>2</sub> 3.20 10-6 2:35 7-84 10.00 9.20 8.60 7.80 7.18 32-10 30-24 28-24 25-74 23-7 6.40 5.70 5.20 21-0 18-84 17-1 4.70 4.20 3.80 15-5 13-94 12-54 Shot 10.30 9.30 8.40 7.70 7.95 7.20 33-9½ 30-6½ 27-7 25-3½ 26-1 23-7½ 6.50 5.80 5.25 4.70 19-04 17-3 15-5 39.50 33.50 27.50 21.50 25.00 19.00 18.00 16.00 15.00 14.00 52-6 49-2 45-11 129-7 109-11 93-6 70-61 82-0 27.8 26.0 24.0 91-2 85-4 78-9 22.0 20.0 18.0 72-2 65-8 59-1 16.0 15.0 14.0 13.5 52-6 49-2 45-11 44-4 30.0 98-5 Discus 35.0 32.5 30.0 25.0 23.0 22.0 20.0 131-3 114-10 98-5 82-0 75-6 72-2 65-8 18.0 14.0 12.0 9.0 59-1 45-11 39-5 29-7 20 Mt. 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3.50 3.25 3.00 2.75 notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40+: 30" 3) Shot put: 30-49: 4k; 50+: 3k. 4) Javeiin: 30-49: 600gm; 50+: 400gm. 5) Hammer: 70-49: 4k; 50+: 3k. 6) Metric heights and distances are the standard; feet and inches listed for convenien.e.

#### **APPLICATION FOR AN** ALL-AMERICAN CERTIFICATE/PATCH NAME\_ \_\_\_\_\_SEX: M\_\_\_\_\_ F \_\_\_\_ ADDRESS STATE ZIP MEET\_\_\_ DATE OF MEET \_\_\_\_\_ MEET SITE \_\_ EVENT: \_\_\_\_\_MARK: \_ HURDLE HEIGHT\_\_\_\_\_ WEIGHT OF IMPLEMENT\_ ☐ CERTIFICATE ☐ PATCH ☐ PATCH TAG If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$10 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (ENCLOSE COPY OF RESULTS, OR NOTE IN WHICH ISSUE THEY APPEARED.) A 3-color, 8" by 10" certificate — suitable for framing — and/or 3-color, 3" x 4" patch will be mailed to you

within two weeks. (Allow six weeks for patches with tags.)

## U.S. MASTERS TRACK & FIELD RANKINGS (Coordinated by Jerry Wojcik, T&F Rankings Chairman)

1993 Indoor 800m	21-30	W40-44	Gary Johnson 9:29.81	MEN's 80-84	Taylor Weatherbee 5.42
Compiled by Bill Benson	Pete Stasz 2:26.8 J. Hunt 2:27.2	1-10 Deedee Grafius 2:25.5	Dave Patrson 9:30.42 Phil Yoder 9:34.5	1-2 Francois St.Jean 12:03.33	Ivan Black 5.34 Armond LaFramboise 5.24
NAME TIME	Bill Henry 2:28.3	Judy Warick(CAN) 2:28.4	Bill McMullen 9:35 Derek Frechette 9:38	Clark 30:29.0	11-20
M30-34	Tom Dickens 2:28.4 R. Muzzolini(CAN)2:28.8	Barb Blaszak 2:37.8 Cathy VanLueven 2:38.5	11-20 Dan Gonzalez 9:40.16	WOMEN'S 30-34 1-8	Jerry Cash 5.15 Jim Dolezel 5.14
1-10	Jeff Parkman 2:29.2 George Sanders 2:29.5	Mary Rosado 2:40.0 Mary B. Hasenauer2:43.9	Nick Caswell 9:42.28	Cynthia Giori 9:44.89 Beth DeCiantis 9:55.1	Ed Laurelli 5.13
Brendan Jackson 1:59.7 Brown-Whiting 2:00.4	Ken Zeserson 2:30.1	Sandy Miller 3:04.1	D Ladd 9:43 T Carr 9:45	Lorrie Marnell 11:55.7 Jane O'Donnell 12:00	Bob Green 5.07 Pat Malone 5.02
Dennis Contois 2:00.7	Bill Indek 2:30.5 Dwayne Wartman 2:30.8	C. Bryzs 3:11.9 Diane McManus 3:15.7	Randy Waterman 9:47.66 Reinhold Wotawa 9:48.4	Pike 12:19.5	Ray Panek Jr 5.01
Freddie Wilson 2:03.1 Jim Presig 2:03.1		Susan Livesay 3:58.2	J. Hlinka 9:49.3 Ben Brockwell 9:49.97	Karen Lein 12:26.53 Dixon 12:50.8	Chris Hayden 4.78 John Hoogasian 4.77
Joe Wesolowski 2:03.6	M50-54 1-10	W45-49	Rick Cleary 9:53.8 Tom Homeyer 9:54.1	Luann VanPeursen 14:19	John Hoogasian 4.77 Walt Ewing 4.67
Mark Powell 2:03.8 M. Wyckoff 2:04.9	V. Heckler 2:12.2	1-5 Linda Upton 2:36.3	. 21-30	WOMEN's 35-39 1-5	Barry Faust 4.48
Doug Miller 2:06.7 Mark Carter 2:08.0	Dennis Duffy 2:15.7 Ed Small 2:17.7	Ann Schmitt 2:37.9	Jim Boyle 9:57	K. Consolo 10:29.7	21-30 - Fredericks 4.44
	Frank Hearns(IRE)2:18.6 Sid Howard 2:18.8	Phil Raschker 2:44.7 Liz McBlain 2:53.4	Bill Kehner 10:03.0 Don Forgione 10:11.7	Debbie Tirrito 11:07.77 Anne Ricardelli 11:16.80	Jim Kelly 4.43
11-20 Randy Weaver 2:08.2	Allen McDaniel 2:20.6	Nadine Lowenstein2:54.7	Seth Bergmann 10:17.4 Fred Dedrick 10:20.2	Nancy Scott 12:13.3 PaulaDckson-Taylor13:00.9	Rick McMullin 4.43 W Miller 4.33
Sullivan 2:09.5 Paul Mattson 2:10.2	Dennis Pennenga 2:21.8 Jerry McFadden 2:22.0	W50-54	Denny Mellish 10:28.27	WOMEN'S 40-44	Charles Bernard 4.32
Lewis Jefferson 2:10.4 M. Whittemore 2:12.6	John Allen 2:22.2 Arthur Maillet 2:24.1	Barbara Pike 2:42.6	Bob Harmon 10:30.7	1-6 Vicki Crisp 10:58.5	Jim Woosley 4.26 Bill Graf 2.69
Ted Carey 2:15.3	THE RESERVE OF THE PARTY OF THE	Francis 2:53.5 E. Nitz 2:59.7	Larry Hart 10:49.9 MEN's 45-49	Kathy Brown 11:23	Bill Hanson 5.25
G. Hasek 2:16.2 Seth Okrend 2:16.4	11-20 Larry Toothaker 2:24.6	Ann Carter 3:44.3 Edye Radice 3:48.9	1-10	Sue Sandstrom 12:12.9	Dick O'Riley 5.10 Skip Lyon 4.86
Peter DiPirro 2:18.1 David Wick 2:18.8	Joe Fodor 2:24.9 Ted Breault 2:26.0	Fran Rowe 4:02.1	P. Hallop 9:24.7	Diane Sherrer 12:40.1 Diane McManus 14:44.2	Men's 45-49
	Alan Olson 2:26.2 Galligani 2:27.2	W55-59	Hugh Sweeny 9:25.6 Salih Talib 9:53.13	WOMEN'S 45-49	1-10
M35-39 1-10	Tyrone Nelson 2:29.5	1-3 Grace Butcher 3:06.6	Peter Dane 9:58.52 Bob Weiner 10:04	1-3 Kathy Brown 11:10.3	Tom Brewer 5.93 Ray Starnes 5.90
Rick Smith 1:59.4	James Huffman 2:34.0 Fred Bertelsen 2:35.4	Kati McIntyre 3:08.2	Walt Wetzel 10:12.43	Kay Krantz 14:12.0	Rex Harvey 5.77
Terry Howell 2:02.5	Tim Collins 2:36.3 Eric White 2:39.4	Glenette o'Rourke4:05.8 W60-64	Randy Taylor 10:37.76 Albert Andersen 10:42.5	the street of the property of the street of	George Pachovsky CAN 5.77 Ken Troy 5.74
Norman Roper 2:04.7 Mark Caldwell 2:04.8	M55-59	1-4	11-20	WOMEN'S 50-54 1-4	Tyrone Carlis 5.63
Ed Sparkowski 2:05.2	1-10 Cliff Pauling 2:23.1	Joyce Hals 2:56.7 Liz Szawlowski 3:06.0	R Muzzolini 10:45.68 Joe Reynolds 10:41.6	Marilyn Morehead 12:50 Yvonne Fraser 13:21	Allen Ray 5.07 Mike Billman 4.99
Simon Hale 2:05.5 S.Robertson(CAN) 2:05.6	Joe Fodor 2:26.0	Gloria Brown 3:06.7 Lenore McDaniels 4:10.9	Bob Congdon 10:48.3 Rich Towett 10:56.38	Mary Ann Dowling 15:46.94 Ramsden 17:14.3	Wally Duncan 4.99
Chuck Crowley 2:08.6 Roy Currie 2:09.8	Ken Ogden 2:27.1 Arthur Conro 2:27.9		Dwayne Wartman 10:57.9 Jeff Parkman 11:02.0		Henry Hopkins 4.98
	David Lard 2:29.5 Irwin Bernstein 2:32.0	W65-69 1-2	Doug Madsen 11:05	WOMEN's 55-59 1-3	Gordon Reiter 4.95
11-20 Steve Czurak 2:10.5	Don Farley 2:34.2	Patricia Peterson3:45.2 Mary Norckauer 4:29.7	Nathan Fawcett 11:17 Pete Stasz 11:25.8	M. Kowalski 13:40.60 Joyce HodgesHite 14:00.6	Dan Weller 4.83
F. Hervert 2:11.2	Robert Evan 2:35.2 Bob Rupert 2:37.0		Carl Grossman 11:35.9 MEN's 50-54	Kati McIntyre 14:24.10	Neal Schuster 4.58 Charles Varent 4.42
James Reppert 2:12.9 Norman Dodson 2:13.9	Gary DeFrance 2:37.8	W70-74 1-2	1-10	WOMEN'S 60-64	G Gosky 4.06
# D. Rinaldi 2:14.1	11-19	Louise Adams 3:39.5 C. Peebles 4:24.0	Ray Kneer 10:02.0	Gloria Brown 12:38.36	Tim McGough 3.84 G Halverson 3.78
Tim O'Keefe 2:16.8	Jim Kennedy 2:43.6 Tony Farrand 2:50.6		D. Goodhue 10:15.3 Joe Abernethy 10:31	WOMEN'S 70-74	Roger Binkley 3.53 Pete Stasz 3.27
R. Terhune 2:17.2 Bruce Beattie 2:20.9	Ernie Woodson 2:52.2 Richard Croak 2:52.8	W75-79 Pearl Mehl 4:49.9	Stan Edelson 10:32.15 Larry Jowett 10:35.36	Louise Adams 14:38.65	
Rick Tillotson 2:25.9	Mark Dillon 2:59.3	1993 Indoor 3000m	Peter Szawlowski 10:37.81 Sid Howard 10:43.05	School and the second s	Men's 50-54 1-10
M40-44	R. Kowalski 3:00.1 L. Ruber 3:04.4	Compiled by	Neil Doherty 10:44.07 Dick Haines 10:44.58	Compiled by	Frank Struna 5.70
1-10 4 Ken Popejoy 1:55.4	T. Labbe 3:11.0 William Price 3:40.7	John Dickey MEN's 30-34	11-20	Robb Bong	Bill Smith 5.66 Alan Slater 5.64
Tom Carter 1:59.1	The state of the s			Men's 30-34	Diacel 3.04
	M60-64	1-10	Ken Ogden 11:04		Hans Gordon 5.47
Fred Sowerby 2:00.6 Swag Hartel 2:01.6	M60-64 1-10	Mike Platt 8:54 Joe Wesolowski 8:55.0	John Craig 11:09.41 Jim Palmeri 11:18	1-10 Jim Eckenrode 6.95	Al Phillips 5.43
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6	1-10 Jim Sutton 2:23.8	Mike Platt 8:54 Joe Wesolowski 8:55.0 Marion 8:56.4	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0	1-10 Jim Eckenrode 6.95 Glyn Agnew 6.69	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1	Mike Platt 8:54 Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0	1-10  Jim Eckenrode 6.95  Glyn Agnew 6.69  Michael Durham 6.50  Ken Reidl 6.50	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9	Mike Platt 8:54 Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25	1-10  Jim Eckenrode 6.95  Glyn Agnew 6.69  Michael Durham 6.50  Ken Reidl 6.50  Vince Martin 6.25	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5	Mike Platt 8:54 Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5	Mike Platt Joe Wesolowski Marion 8:56.4 Tim Wunsch K. Whittman Randy Weaver Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:25.9	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:07.72 Ray Stemer 9:21 Wrek 11-20 Art Demers 9:28.65	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10 Don Farley Brian Fermee 10:45.89	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0	Mike Platt Joe Wesolowski Marion 8:56.4 Tim Wunsch 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid Ray Stemer 9:21 Wrek 11-20 Art Demers Ben Cardamone 9:29.1 Ted Poulos 9:33.7	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN'S 55-59 1-10 Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk Barry Kline 4.72
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0 M65-69 1-5	Mike Platt Joe Wesolowski Marion 8:56.4 Tim Wunsch K. Whittman Randy Weaver 9:04.60 Martin Maag Chip Langmaid Ray Stemer 9:21 Wrek 11-20 Art Demers Ben Cardamone P:331.7 Alex Cuozzo Dan Oleary 9:36	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10 Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 Mark Powell 5.86	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:07.72 Ray Stemer 9:21 Wrek 11-20 Art Demers 9:25.9 Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:31.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36	John Craig Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10 Don Farley Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden David Cameron 11:56.24 R. Kowalski 12:10.34 L Ruber Tony Farrand 12:23.6	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Vance Rogers 5.68	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:31.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:31.7	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10 Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Vance Rogers 5.68 Brad Davies 5.58 Bill Jahner 5.56	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 11-20 Art Demers Ben Cardamone 9:29.1 Ted Poulos 9:33.7 Alex Cuozzo 9:35.8 Dan Oleary Dengelke S Marshall-Pride Bob Brenner 9:37.7 Scott King Dave Sullivan 9:48.94	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10  Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:56.24 R. Kowalski 12:10.34 L Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 11-12	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 Mark Powell 5.86 Vance Rogers 5.68 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:07.72 Ray Stemer 9:21 Wrek 9:25.9 Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:37.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 David O'Leary 9:52	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN'S 55-59 1-10 Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 12:54.9	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 Steve Rogers 4.71 Carlos Vernon CAN 4.45 Sam Pfenning 4.38  21-28 Darrell Short 4.36
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0  M70-74 1-6 Emil Gottlob Balz 3:18.7	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 11-20 Art Demers 9:25.9 In Oleary 9:36 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 David O'Leary 9:52 Seth Okrend 9:52.13 J Contario 9:54	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN'S 55-59 1-10 Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 11-12 Roy Delly Sr. 17:24.04 Vladimir Krutikov17:45.01	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32 Eric Bonaparte 5.13	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9  21-30 Ben Draper 2:18.9 Michael Seaman 2:19.5 Kevin Morrisroe 2:20.7	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0  M70-74 1-6 Emil Gottlob Balz 3:18.7 G. Rajcevich 3:23.9	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 11-20 Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:33.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 David O'Leary 9:52 Seth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10 Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L. Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 12:54.9  MEN's 60-64 1-10 Jim Sutton 10:31.3	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon Russell Floyd 2:21.0	1-10 Jim Sutton 2:23.8 Ball Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0  M70-74 1-6 Emil Gottlob Balz 3:18.7 G. Rajcevich 3:23.9 John Burton 3:28.0 John Bays 3:36.4	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:33.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 S Marshall-Pride 9:36 Sob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 David O'Leary 9:52 Seth Okrend 9:52 Seth Okrend 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:14	John Craig 11:09.41   Jim Palmeri 11:18   Bertelsen 11:49.0   Art Maillet 11:49.30   Tom Rishel 11:57.0   Cal Loomis 12:17.9   Carl McDaniel 12:25   Allan Drew 12:35    MEN's 55-59   1-10   Don Farley 10:22.8   Brian Fermee 10:45.89   Joe Fodor 10:48.23   Ken Ogden 11:21.56   David Cameron 11:56.24   R. Kowalski 12:10.34   L Ruber 12:19   Tony Farrand 12:23.6   Chuck Collins 12:44.6   Jim Hite 12:54.9    MEN's 60-64   1-10   Jim Sutton 10:31.2   Chas Williams 11:13.09   Ed Stabler 11:19.9	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Vance Rogers 5.68 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32 Eric Bonaparte 5.13 Brian Daly 5.08	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0  M70-74 1-6 Emil Gottlob Balz 3:18.7 G. Rajcevich 3:28.0 John Burton 3:28.0 John Burton 3:28.0	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9 Wrek 11-20  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:31.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 D Enjelke 9:57 Psecth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:16 Jim Zollweg 10:16.3 John Stiner 10:16.8	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10  Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L. Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 12:54.9  MEN's 60-64 1-10  MEN's 60-64 1-10  Jim Sutton 10:31.2 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00  11-20 Kerry Sloan 6.00 Mark Powell 5.86 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32 Eric Bonaparte 5.13 Brian Daly 5.08  Men's 35-39  1-10 Mike Larizia 6.32	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0  M70-74 1-6 Emil Gottlob Balz 3:18.7 G. Rajcevich 3:23.9 John Burton 3:28.0 John Bays 3:36.4 Dan Geer 3:40.3	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:33.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 David O'Leary 9:52 Seth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty Jim Zollweg 10:16.3	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10  Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L. Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 11-12 Roy Delly Sr. 17:24.04 Vladimir Krutikov17:45.01  MEN's 60-64 1-10 Jim Sutton 10:31.2 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20 Keat 12:14.4	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 Mark Powell 5.86 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32 Eric Bonaparte 5.13 Brian Daly 5.08  Men's 35-39 1-10 Mike Larizia 6.32 Randy Kruse 6.12 Jeff Watry 5.80	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0  M70-74 1-6 Emil Gottlob Balz 3:18.7 G. Rajcevich 3:23.9 John Burton 3:28.0 John Bays 3:36.4 Dan Geer 3:40.3 George Blynn 3:41.4	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9 Wrek 11-20  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:36.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 S Marshall-Pride 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 21-30  David O'Leary 9:52 Seth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:14 Jim Zollweg 10:16.3 John Stiner 10:16.8 David Wick 10:35.0  MEN's 35-39 1-10	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN'S 55-59 1-10 Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 11-12 Roy Delly Sr. 17:24.04 Vladimir Krutikov17:45.01  MEN'S 60-64 1-10 Jim Sutton 10:31.3 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20 Keat 12:21.4 Larry Hall 12:42.6 Dave Staley 12:55	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Brad Davies 5.58 Bill Jahner 5.56 Brill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32 Eric Bonaparte 5.13 Brian Daly 5.08  Men's 35-39 1-10 Mike Larizia 6.32 Randy Kruse 6.12 Jeff Watry 5.80 David Ortman 5.72	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9  21-30 Ben Draper 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Tom Mahon 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3	1-10 Jim Sutton 2:23.8 Bale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0  M70-74 1-6 Emil Gottlob Balz 3:18.7 G. Rajcevich 3:23.9 John Burton 3:28.0 John Bays 3:36.4 Dan Geer 3:40.3 George Blynn 3:41.4	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 11-20  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:33.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 David O'Leary 9:52 David O'Leary 9:52 Seth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty Jim Zollweg 10:16.3 John Stiner 10:16.8 David Wick 10:35.0 MEN's 35-39 1-10 Sullivan 9:08.2 Ed Sparkowski 9:08.3	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10 Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L. Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 12:54.9  MEN's 60-64 1-10 Jim Sutton 10:31.3 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20 Keat 12:21.4 Larry Hall 12:42.6 Dave Staley 12:55 Bill Mullin 12:58.3 Tom Dyckman 13:10.3 Jack Nyhan 13:12.66	1-10   Jim Eckenrode   6.95   Glyn Agnew   6.69   Michael Durham   6.50   Ken Reidl   6.50   Vince Martin   6.25   Nick Mitchell   6.24   Bob Shelton   6.14   Jay Mathis   6.13   Jeff Helton   6.10   John Hunter   6.00   11-20   Kerry Sloan   6.00   Mark Powell   5.86   Vance Rogers   5.68   Brad Davies   5.58   Bill Jahner   5.56   Rick Hedrick   5.53   Frank Makozy   5.47   Kevin Gleason   5.32   Eric Bonaparte   5.13   Brian Daly   5.08   Men's 35-39   1-10   Mike Larizia   6.32   Randy Kruse   6.12   Jeff Watry   5.80   David Ortman   5.72   Allen Blaylock   5.66   Rockdale Hudson   5.58	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3 M45-49 1-10 A1 Swenson 2:04.8 Ken Sparks 2:06.9	1-10   Jim Sutton   2:23.8   Bale Ladd   2:28.8   Bill Fraser   2:35.1   Wally McRae   2:39.0   Larry Dickerson   2:54.9   Coron Tom Talbott   2:56.0   Tom Talbott   2:59.5   Joe Kernan   3:04.4   A. White   3:34.0   M65-69   1-5   Archie Messenger   2:39.7   Lloyd Young   2:48.1   Chuck Sochor   2:55.3   Carl Hammen   2:56.4   Buzzy Hood   3:46.0   M70-74   1-6   Emil Gottlob Balz   3:18.7   G. Rajcevich   3:23.9   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:40.3   George Blynn   3:41.4   M75-79   1-4   Alfred Funk   Jay Sponseller   3:02.1   Vern Matteson   3:32.3   3:23.3   3:22.1   Vern Matteson   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3   3:32.3	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:33.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 S Marshall-Pride 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:52 Seth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:14 Jim Zollweg 10:16.3 John Stiner 10:35.0  MEN's 35-39 L-10  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:28.56 Mark Yellin 9:29.8	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10  Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L. Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 12:54.9 In Hite 11-12 Roy Delly Sr. 17:24.04 Vladimir Krutikov17:45.01  MEN's 60-64 1-10  Jim Sutton 10:31.3 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20 Keat 12:21.4 Larry Hall 12:42.6 Dave Staley 12:55 Bill Mullin 12:58.3 Tom Dyckman 13:10.3 Jack Nyhan 13:12.66	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32 Eric Bonaparte 5.13 Brian Daly 5.08 Men's 35-39 1-10 Mike Larizia 6.32 Randy Kruse 6.12 Jeff Watry 5.80 David Ortman 5.72 Allen Blaylock 5.66 Rockdale Hudson 5.58 Eddie Mose 5.53	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Dave Ellis 4.71 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91 Paul Williams 4.75
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9  21-30 Ben Draper 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3  M45-49 1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7	1-10   Jim Sutton   2:23.8   Ball Sutton   2:28.8   Bill Fraser   2:35.1   Wally McRae   2:39.0   Larry Dickerson   2:44.9   Gordon Seifert   2:53.5   Arnold Meardon   2:56.0   Tom Talbott   2:59.5   Joe Kernan   3:04.4   A. White   3:34.0   M65-69   1-5   Archie Messenger   2:39.7   Lloyd Young   2:48.1   Chuck Sochor   2:55.3   Carl Hammen   2:56.4   Buzzy Hood   3:46.0   M70-74   1-6   Emil Gottlob Balz   3:18.7   G. Rajcevich   3:23.9   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:28.0   George Blynn   3:41.4   M75-79   1-4   Alfred Funk   Jay Sponseller   3:00.9   Jay Sponseller   3:00.9   Jay Sponseller   3:23.3   George Jaffe   4:09.1   Jay Sponseller   3:32.3   Jay Sponseller	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9 Wrek 11-20  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:36.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 David O'Leary 9:52 Seth Okrend 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:16.3 John Stiner 10:16.8 David Wick 10:35.0 MEN'S 35-39 1-10  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:28.56 Mark Yellin 9:29.8 Scott Robertson 9:36.60 S. Quirate 9:36.67	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10  Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 12:54.9  MEN's 60-64 1-10  Jim Sutton 10:31.2 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20 Keat Larry Hall 12:42.6 Dave Staley 11:58.3 Tom Dyckman 13:10.3 Jack Nyhan 13:12.66 Trandetti 14:15.3	1-10   Jim Eckenrode   6.95   Glyn Agnew   6.69   Michael Durham   6.50   Ken Reidl   6.50   Vince Martin   6.25   Nick Mitchell   6.24   Bob Shelton   6.14   Jay Mathis   6.13   Jeff Helton   6.10   John Hunter   6.00   11-20   Kerry Sloan   6.00   Mark Powell   5.86   Vance Rogers   5.68   Brad Davies   5.58   Bill Jahner   5.56   Rick Hedrick   5.53   Frank Makozy   5.47   Kevin Gleason   5.32   Eric Bonaparte   5.13   Brian Daly   5.08   Men's 35-39   1-10   Mike Larizia   6.32   Randy Kruse   6.12   Jeff Watry   5.80   May Men's 35-39   1-10   Mike Larizia   6.32   Randy Kruse   6.12   Jeff Watry   5.80   David Ortman   5.72   Allen Blaylock   5.66   Rockdale Hudson   5.58   Eddie Mose   5.53   Tim LaBean   5.48   Chris Polakowski   5.25	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38  21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91 Paul Williams 4.75 Ed Kent 4.60 Hugh Barnhill 4.59
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3 M45-49  1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7 Markus Heidelberg2:09.2 Purtell 2:12.1	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0  M70-74 1-6 Emil Gottlob Balz 3:18.7 G. Rajcevich 3:23.9 John Burton 3:28.0 John Bays 3:36.4 Dan Geer 3:40.3 George Blynn 3:41.4  M75-79 1-4 Alfred Funk 3:00.9 Jay Sponseller 3:02.1 Vern Matteson 3:32.3 George Jaffe 4:09.1 W30-34	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9 Wrek 11-20  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 D Engelke 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 21-30 David O'Leary 9:52 Seth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:16.3 John Stiner 10:16.8 David Wick 10:35-0 WEN'S 35-39 1-10  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:28.56 Mark Yellin 9:29.8 Scott Robertson 9:36.60 S. Quirate 9:36.7 Dana Waterman 9:39.21 Dana Waterman 9:39.21	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN'S 55-59 1-10 Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 12:54.9  MEN'S 60-64 1-10 Jim Sutton 10:31.2 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20 Keat 12:21.4 Larry Hall 12:42.6 Dave Staley 12:55 Bill Mullin 12:58.3 Tom Dyckman 13:10.3 Jack Nyhan 13:12.66 R F Haynes 14:12	1-10   Jim Eckenrode   6.95   Glyn Agnew   6.69   Michael Durham   6.50   Ken Reidl   6.50   Vince Martin   6.25   Nick Mitchell   6.24   Bob Shelton   6.14   Jay Mathis   6.13   Jeff Helton   6.10   John Hunter   6.00   11-20   Kerry Sloan   6.00   Mark Powell   5.86   Vance Rogers   5.68   Brad Davies   5.58   Bill Jahner   5.56   Rick Hedrick   5.53   Frank Makozy   5.47   Kevin Gleason   5.32   Eric Bonaparte   5.13   Brian Daly   5.08   Men's 35-39   1-10   Mike Larizia   6.32   Randy Kruse   6.12   Jeff Watry   5.80   David Ortman   5.72   Allen Blaylock   5.66   Rockdale Hudson   5.58   Eddie Mose   5.53   Tim LaBean   5.48   Chris Polakowski   5.25   Charles Barnard   5.04	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91 Paul Williams 4.75 Fd Kent 4.60 Hugh Barnhill 4.59 Richard Richardson 4.57
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9  21-30 Ben Draper 2:18.9 Michael Seaman 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3  M45-49 1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7 Markus Heidelberg2:09.2 Purtell 2:12.1 Alan Taylor 2:14.9 Gary Gordon 2:15.8	1-10   Jim Sutton   2:23.8   Dale Ladd   2:28.8   Bill Fraser   2:35.1   Wally McRae   2:39.0   Larry Dickerson   2:54.9   Coron Seifert   2:53.5   Arnold Meardon   2:56.0   Tom Talbott   2:59.5   Joe Kernan   3:04.4   A. White   3:34.0   M65-69   1-5   Archie Messenger   2:48.1   Chuck Sochor   2:55.3   Carl Hammen   2:56.4   Buzzy Hood   3:46.0   M70-74   1-6   Emil Gottlob Balz   3:18.7   G. Rajcevich   3:23.9   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:40.3   George Blynn   3:41.4   M75-79   1-4   Alfred Funk   Jay Sponseller   3:02.1   Vern Matteson   3:32.3   George Jaffe   4:09.1   W30-34   1-5   Kim Carlson   2:25.9   Kim Carlson   2:25.9	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:31.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 David O'Leary 9:52 Seth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:14 Jim Zollweg 10:16.3 John Stiner 10:16.3 John Stiner 10:16.8 David Wick 10:35.0  MEN's 35-39  L-10  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:29.8 Scott Robertson 9:36.6 S. Quirate 9:39.21 Ron Hulslander 9:49.1 Ron Nelson 9:53.6 Smith 10:06.1	John Craig Jim Palmeri Jim Palmeri Ji: 18 Bertelsen 11: 49.0 Art Maillet 11: 49.30 Tom Rishel Cal Loomis 12: 17.9 Carl McDaniel 12: 25 Allan Drew 10: 22.8 Brian Fermee 10: 45.89 Joe Fodor 10: 48.23 Ken Ogden 11: 21.56 David Cameron 11: 56.24 R. Kowalski 12: 10.34 L. Ruber 12: 19 Tony Farrand 12: 23.6 Chuck Collins 12: 44.6 Jim Hite 11-12 Roy Delly Sr. 17: 24.04 Vladimir Krutikov17: 45.01 MEN's 60-64 1-10 Jim Sutton MEN's 60-64 1-10 Jim Sutton 10: 31.2 Chas Williams 11: 13.09 Ed Stabler 11: 19.9 Larry Dickerson 11: 47.20 Keat 12: 21.4 Larry Hall Dave Staley 12: 55 Bill Mullin 13: 10.3 Jack Nyhan 13: 12.66 MEN's 65-69 MEN's 65-69	1-10   Jim Eckenrode   6.95   Glyn Agnew   6.69   Michael Durham   6.50   Ken Reidl   6.50   Vince Martin   6.25   Nick Mitchell   6.24   Bob Shelton   6.14   Jay Mathis   6.13   Jeff Helton   6.10   John Hunter   6.00   11-20   Kerry Sloan   6.00   Mark Powell   5.86   Vance Rogers   5.68   Brad Davies   5.58   Bill Jahner   5.56   Rick Hedrick   5.53   Frank Makozy   5.47   Kevin Gleason   5.32   Eric Bonaparte   5.13   Brian Daly   5.08   Men's 35-39   1-10   Mike Larizia   6.32   Randy Kruse   6.12   Jeff Watry   5.80   David Ortman   5.72   Allen Blaylock   5.66   Rockdale Hudson   5.58   Eddie Mose   5.53   Tim LaBean   5.48   Chris Polakowski   5.25   Charles Barnard   5.04   11-15   Mark Gershon   5.01	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Dave Ellis 4.71 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stepoulos 4.91 Paul Williams 4.75 Ed Kent 4.60 Hugh Barnhill 4.59 Richard Richardson 4.57 Joe Hemler 4.47 Plato Touliatos 4.43
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9  21-30 Ben Draper 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Tom Mahon 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3  M45-49  1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7 Markus Heidelberg 2:09.2 Purtell 2:12.1 Alan Taylor 2:14.9	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson 2:44.9 Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0  M70-74 1-6 Emil Gottlob Balz 3:18.7 G. Rajcevich 3:23.9 John Burton 3:28.0 John Bays 3:36.4 Dan Geer 3:40.3 George Blynn 3:41.4  M75-79 1-4 Alfred Funk 3:00.9 Jay Sponseller 3:02.1 Vern Matteson 3:32.3 George Jaffe 4:09.1 W30-34 1-5 Kim Carlson 2:25.9 Sterrett 2:30.9 Marilyn Brandt 2:34.1	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9 Wrek 11-20  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:36.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 S Marshall-Pride 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 21-30  David O'Leary 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:14 Jim Zollweg 10:16.3 John Stiner 10:16.8 David Wick 10:35.0 MEN's 35-39 1-10  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:28.56 Mark Yellin 9:29.8 Scott Robertson 9:36.67 Dana Waterman Ron Hulslander 9:39.21 Ron Nelson 9:49.1 Ron Nelson 9:49.1	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10  Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 12:54.9  11-12 Roy Delly Sr. 17:24.04 Vladimir Krutikov17:45.01  MEN's 60-64 1-10 Jim Sutton 10:31.2 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20 Keat 12:21.4 Larry Hall 12:42.6 Dave Staley 12:55 Bill Mullin 12:58.3 Tom Dyckman 13:10.3 Jack Nyhan 13:12.66 Marv Eisenstein 19:26.9  MEN's 65-69  MEN's 65-69 1-4	1-10   Jim Eckenrode   6.95   Glyn Agnew   6.69   Michael Durham   6.50   Ken Reidl   6.50   Vince Martin   6.25   Nick Mitchell   6.24   Bob Shelton   6.14   Jay Mathis   6.13   Jeff Helton   6.10   John Hunter   6.00   11-20   Kerry Sloan   6.00   Mark Powell   5.86   Brad Davies   5.58   Bill Jahner   5.56   Rick Hedrick   5.53   Frank Makozy   5.47   Kevin Gleason   5.32   Eric Bonaparte   5.13   Brian Daly   5.08   Men's   35-39   1-10   Mike Larizia   6.32   Randy Kruse   6.12   Jeff Watry   5.80   David Ortman   5.72   Allen Blaylock   5.66   Rockdale Hudson   5.58   Eddie Mose   5.53   Tim LaBean   5.48   Chris Polakowski   5.25   Charles Barnard   5.01   Steve Jensen   5.02   Steve Je	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38  21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 George LaBelle 4.20 George LaBelle 4.20 George LaBelle 4.20 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91 Paul Williams 4.75 Ed Kent 4.60 Hugh Barnhill 4.59 Richard Richardson 4.57 Joe Hemler 4.47 Plato Touliatos 4.43 D Amery 4.40
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3 M45-49  1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:10.7 Markus Heidelberg2:09.2 Purtell 2:12.1 Alan Taylor 2:14.9 Gary Gordon 2:15.8 Rich Tucker 2:16.8	1-10 Jim Sutton 2:23.8 Dale Ladd 2:28.8 Bill Fraser 2:35.1 Wally McRae 2:39.0 Larry Dickerson Gordon Seifert 2:53.5 Arnold Meardon 2:56.0 Tom Talbott 2:59.5 Joe Kernan 3:04.4 A. White 3:34.0  M65-69 1-5 Archie Messenger 2:39.7 Lloyd Young 2:48.1 Chuck Sochor 2:55.3 Carl Hammen 2:56.4 Buzzy Hood 3:46.0  M70-74 1-6 Emil Gottlob Balz 3:18.7 G. Rajcevich 3:23.9 John Burton 3:28.0 John Burton 3:28.0 John Burton 3:28.0 John Burton 3:36.4 Dan Geer 3:40.3 George Blynn 3:41.4  M75-79 1-4 Alfred Funk 3:00.9 Jay Sponseller 3:02.1 Vern Matteson 3:32.3 George Jaffe 4:09.1 W30-34 1-5 Kim Carlson 2:25.9 Sterrett 2:30.9	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:31.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 David O'Leary 9:52 Seth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:14 Jim Zollweg 10:16.3 John Stiner 10:16.8 David Wick 10:35.0 MEN's 35-39 1-10  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:28.56 Mark Yellin 9:29.8 Scott Robertson 9:36.60 S. Quirate 9:36.7 Dana Waterman 9:39.21 Ron Hulslander 9:49.1 Ron Nelson 9:53.6 Smith 10:06.1	John Craig Jim Palmeri Jim Palmeri Ji: 18 Bertelsen 11: 49.0 Art Maillet 11: 49.30 Tom Rishel Cal Loomis 12: 17.9 Carl McDaniel 12: 25 Allan Drew 1-10 Don Farley Brian Fermee 10: 45.89 Joe Fodor 10: 48.23 Ken Ogden 11: 21.56 David Cameron 11: 56.24 R. Kowalski 12: 10.34 L. Ruber 10: 12: 19 Tony Farrand 12: 21.6 Chuck Collins 12: 44.6 Jim Hite 11-12 Roy Delly Sr. 17: 24.04 Vladimir Krutikov17: 45.01  MEN's 60-64 1-10 Jim Sutton 10: 31.2 Chas Williams 11: 13.09 Ed Stabler 11: 19.9 Larry Dickerson 11: 47.20 Keat 12: 21.4 Larry Hall Dave Staley 12: 55 Bill Mullin 13: 55.8 Brian Fermee 14: 10.9 RF Haynes 14: 10.9 MEN's 65-69 1-4 Alden John Burton 13: 53.8	1-10   Jim Eckenrode   6.95   Glyn Agnew   6.69   Michael Durham   6.50   Ken Reidl   6.50   Vince Martin   6.25   Nick Mitchell   6.24   Bob Shelton   6.14   Jay Mathis   6.13   Jeff Helton   6.10   John Hunter   6.00   11-20   Kerry Sloan   6.00   Mark Powell   5.86   Vance Rogers   5.68   Brad Davies   5.58   Bill Jahner   5.56   Rick Hedrick   5.53   Frank Makozy   5.47   Kevin Gleason   5.32   Eric Bonaparte   5.13   Brian Daly   5.08   Men's 35-39   1-10   Mike Larizia   6.32   Randy Kruse   6.12   Jeff Watry   5.80   David Ortman   5.72   Allen Blaylock   5.66   Rockdale Hudson   5.58   Eddie Mose   5.53   Tim LaBean   5.48   Chris Polakowski   5.25   Charles Barnard   5.04   11-15   Mark Gershon   5.01   Steve Jensen   4.85   Steve Gardiner   4.75   Rick Tillotson   4.14	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38  21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91 Paul Williams 4.75 Ed Kent 4.60 Hugh Barnhill 4.59 Richard Richardson 4.57 Joe Hemler 4.47 Plato Touliatos 4.43 Bob Bradley 4.27
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3 M45-49 1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7 Markus Heidelberg2:09.2 Purtell 2:12.1 Alan Taylor 2:14.9 Gary Gordon 2:15.8 Rich Tucker 2:16.6 John Cook 2:16.9 Dave Ladd 2:17.2	1-10   Jim Sutton   2:23.8   Dale Ladd   2:28.8   Bill Fraser   2:35.1   Wally McRae   2:39.0   Larry Dickerson   2:54.9   Coron Seifert   2:53.5   Arnold Meardon   2:56.0   Tom Talbott   2:59.5   Joe Kernan   3:04.4   A. White   3:34.0   M65-69   1-5   Archie Messenger   2:48.1   Chuck Sochor   2:55.3   Carl Hammen   2:56.4   Buzzy Hood   3:46.0   M70-74   1-6   Emil Gottlob Balz   3:18.7   G. Rajcevich   3:23.9   John Burton   3:28.0   John Burton   3:28.0   John Bays   3:36.4   Dan Geer   3:40.3   George Blynn   3:41.4   M75-79   1-4   Alfred Funk   Jay Sponseller   3:02.1   Vern Matteson   3:32.3   George Jaffe   4:09.1   W30-34   1-5   Kim Carlson   2:25.9   Sterrett   2:30.9   Marilyn Brandt   2:34.1   Marianne Dimascio   2:57.9   Marilyn Brandt   2:34.1   Marianne Dimascio   2:57.9   Angela Nealy   2:57.9   Especial   2:57.9   Especial   Especial   2:57.9   Especial   E	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:33.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 Z1-30 David O'Leary 9:52 Seth Okrend 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:16.8 D Antonetty 10:16.8 David Wick 10:35.0 MEN's 35-39 L-10  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Stiner 10:16.8 David Wick 9:53.6 MEN's 35-39 L-10 Sullivan 9:29.8 Scott Robertson 9:36.60 S. Quirate 9:36.7 Dana Waterman 9:39.21 Ron Nelson 9:53.6 Smith 11-18 Brian Collins 10:12.55 Seth Okrend 10:32.24 Gary Papazian 10:49.2	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN'S 55-59 1-10  Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L. Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 12:54.9  MEN'S 60-64 1-10  Jim Sutton 10:31.3 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20 Keat 12:21.4 Larry Hall 12:42.6 Dave Stabley 12:55 Bill Mullin 12:58.3 Tom Dyckman 13:10.3 Jack Nyhan 13:12.66 Marv Eisenstein 19:26.9  MEN'S 65-69 1-4 Alden 12:43.1 John Burton 13:53.8 Robert Mimm 14:48.79	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32 Eric Bonaparte 5.13 Brian Daly 5.08  Men's 35-39 1-10 Mike Larizia 6.32 Randy Kruse 6.12 Jeff Watry 5.80 David Ortman 5.72 Allen Blaylock 5.66 Rockdale Hudson 5.58 Eddie Mose 5.53 Tim LaBean 5.48 Chris Polakowski 5.25 Charles Barnard 5.04 11-15 Mark Gershon 5.01 Steve Jensen 4.85 Steve Gardiner 4.75	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38  21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91 Paul Williams 4.75 Ed Kent 4.60 Hugh Barnhill 4.59 Richard Richardson 4.57 Joe Hemler 4.47 Plato Touliatos 4.43 D Amery 4.40 Jim Peterson 4.34 Bob Bradley 4.27 11-18
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3 M45-49  1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7 Markus Heidelberg2:09.2 Purtell 2:12.1 Alan Taylor 2:14.9 Gary Gordon 2:15.6 Gary Gordon 2:15.6 John Cook 2:16.9 Dave Ladd 2:17.2	1-10   Jim Sutton   2:23.8   Ball Ladd   2:28.8   Bill Fraser   2:35.1   Wally McRae   2:39.0   Larry Dickerson   2:54.9   Coron Seifert   2:53.5   Arnold Meardon   2:56.0   Tom Talbott   2:59.5   Joe Kernan   3:04.4   A. White   3:34.0   M65-69   1-5   Archie Messenger   2:39.7   Lloyd Young   2:48.1   Chuck Sochor   2:55.3   Carl Hammen   2:56.4   Buzzy Hood   3:46.0   M70-74   1-6   Emil Gottlob Balz   3:18.7   G. Rajcevich   3:23.9   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:24.1   M75-79   1-4   Alfred Funk   3:00.9   Jay Sponseller   3:02.1   Vern Matteson   3:32.3   George Jaffe   4:09.1   W30-34   1-5   Kim Carlson   2:25.9   Sterrett   2:30.9   Marilyn Brandt   2:34.1   Marianne Dimascio:51.8	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9 Wrek 11-20  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:36.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 21-30  David O'Leary 9:52 Seth Okrend 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:16.3 John Stiner 10:16.8 David Wick 10:35.0 MEN's 35-39 1-10  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:28.56 Mark Yellin 9:29.8 Scott Robertson 9:36.60 S. Quirate 9:36.7 Dana Waterman 9:39.21 Ron Nelson 9:53.6 Smith 11-18  Brian Collins 10:12.55 Seth Okrend 10:32.24 Gary Papazian 10:49.2 Ken Florance 10:49.4 Larry Balick John Dickey 11:36	John Craig 11:09.41 Jim Palmeri 11:18 Bertelsen 11:49.0 Art Maillet 11:49.30 Tom Rishel 11:57.0 Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10  Don Farley 10:22.8 Brian Fermee 10:45.89 Joe Fodor 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L Ruber 12:19 Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 12:54.9  11-12 Roy Delly Sr. 17:24.04 Vladimir Krutikov17:45.01  MEN's 60-64 1-10 Jim Sutton 10:31.2 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20 Keat 12:14 Larry Hall 12:42.6 Dave Staley 12:55 Bill Mullin 12:58.3 Tom Dyckman 13:10.3 Jack Nyhan 13:12.66 Marv Eisenstein 19:26.9  MEN's 65-69 1-4 Alden 12:48.1 John Burton Robert Mimm 14:48.79  MEN's 70-74 1-3	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32 Eric Bonaparte 5.13 Brian Daly 5.08  Men's 35-39 1-10  Mike Larizia 6.32 Randy Kruse 6.12 Jeff Watry 5.80 David Ortman 5.72 Allen Blaylock 5.66 Rockdale Hudson 5.58 Tim LaBean 5.48 Chris Polakowski 5.25 Charles Barnard 5.04 11-15 Mark Gershon 5.01 Steve Jensen 4.85 Steve Gardiner 4.75 Rick Tillotson 4.14 John Valiska 4.11	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stepoulos 4.91 Paul Williams 4.75 Ed Kent 4.60 Hugh Barnhill 4.59 Richard Richardson 4.57 Joe Hemler 4.47 Joe Hemler 4.47 Joe Hemler 4.47 Joe Hemler 4.47 John Spadley 4.27 11-18 Rex Hane 4.16 James Bradley 4.10
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3 M45-49  1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7 Markus Heidelberg2:09.2 Purtell 2:12.1 Alan Taylor 2:14.9 Gary Gordon 2:15.8 Rich Tucker 2:16.6 John Cook 2:16.9 Dave Ladd 2:17.2	1-10   Jim Sutton   2:23.8   Dale Ladd   2:28.8   Bill Fraser   2:35.1   Wally McRae   2:39.0   Larry Dickerson   2:44.9   Gordon Seifert   2:53.5   Arnold Meardon   2:56.0   Tom Talbott   2:59.5   Joe Kernan   3:04.4   A. White   3:34.0   M65-69   1-5   Archie Messenger   2:39.7   Lloyd Young   2:48.1   Chuck Sochor   2:55.3   Carl Hammen   2:56.4   Buzzy Hood   3:46.0   M70-74   1-6   Emil Gottlob Balz   3:18.7   G. Rajcevich   3:23.9   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:41.4   M75-79   1-4   Alfred Funk   3:00.9   Jay Sponseller   3:02.1   Vern Matteson   3:32.3   George Jaffe   4:09.1   W30-34   1-5   Kim Carlson   2:25.9   Sterrett   2:30.9   Marilyn Brandt   2:34.1   Marianne Dimascio:551.8   Angela Nealy   2:57.9   M35-39   1-8   Mimi DiPietro   2:26.6   Mimi DiPietro   2:26.6	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:31.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 David O'Leary 9:52 Seth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:14 Jim Zollweg 10:16.3 John Stiner 10:16.8 David Wick 10:35.0  MEN's 35-39  L-10  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:28.56 Mark Yellin 9:29.8 Scott Robertson 9:36.60 S. Quirate 9:39.21 Ron Hulslander 9:30.4 Ron Hulslander 9:39.21 Ron H	John Craig Jim Palmeri Ji: 18 Bertelsen 11: 18 Bertelsen 11: 149.0 Art Maillet 11: 49.30 Tom Rishel 11: 57.0 Cal Loomis 12: 17.9 Carl McDaniel 12: 25 Allan Drew 12: 35  MEN's 55-59 1-10 Don Farley Brian Fermee 10: 45.89 Joe Fodor 10: 48.23 Ken Ogden 11: 21.56 David Cameron 11: 56.24 R. Kowalski 12: 10.34 L. Ruber 12: 19 Tony Farrand 12: 23.6 Chuck Collins 12: 44.6 Jim Hite 11-12 Roy Delly Sr. 17: 24.04 Vladimir Krutikov17: 45.01  MEN's 60-64 1-10 Jim Sutton 10: 31. 3 Chas Williams 11: 13. 09 Ed Stabler 11-19 Ed Stabler 11: 42.20 Keat 12: 21.4 Larry Hall Dave Staley 12: 55 Bill Mullin 12: 58. 3 Tom Dyckman 13: 10. 3 Jack Nyhan 13: 12. 66 Marv Eisenstein 19: 26.9  MEN's 65-69 1-4 Alden John Burton Robert Mimm 14: 48.79  MEN's 70-74 1-3 Nate White George Blyn 14: 38.8	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Vance Rogers 5.68 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32 Eric Bonaparte 5.13 Brian Daly 5.08 Men's 35-39 1-10 Mike Larizia 6.32 Randy Kruse 6.12 Jeff Watry 5.80 David Ortman 5.72 Allen Blaylock 5.66 Rockdale Hudson 5.58 Eddie Mose 5.53 Tim LaBean 5.48 Chris Polakowski 5.25 Charles Barnard 5.04 11-15 Mark Gershon 5.01 Steve Jensen 4.85 Steve Gardiner 4.75 Rick Tillotson 4.14 John Valiska 4.11 Men's 40-44 1-10	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91 Paul Williams 4.75 Fd Kent 4.60 Hugh Barnhill 4.59 Richard Richardson 4.57 Joe Hemler 4.47 Plato Touliatos 4.43 Bob Bradley 4.27 11-18 Rex Hane 4.16 James Bradley 4.06
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9  21-30 Ben Draper 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Tom Mahon 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3  M45-49  1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7 Markus Heidelberg2:09.2 Purtell 2:12.1 Alan Taylor 2:14.9 Gary Gordon 2:15.8 Rich Tucker 2:16.6 John Cook 2:16.6 John Cook 2:16.6 Dave Ladd 2:17.2	1-10   Jim Sutton   2:23.8   Dale Ladd   2:28.8   Bill Fraser   2:35.1   Wally McRae   2:39.0   Larry Dickerson   2:44.9   Gordon Seifert   2:53.5   Arnold Meardon   2:56.0   Tom Talbott   2:59.5   Joe Kernan   3:04.4   A. White   3:34.0   M65-69   1-5   Archie Messenger   2:39.7   Lloyd Young   2:48.1   Chuck Sochor   2:55.3   Carl Hammen   2:56.4   Buzzy Hood   3:46.0   M70-74   1-6   Emil Gottlob Balz   3:18.7   G. Rajcevich   3:23.9   John Burton   3:28.0   John Bays   3:36.4   John Geer   3:40.3   George Blynn   3:41.4   M75-79   1-4   Alfred Funk   3:00.9   Jay Sponseller   3:02.1   Vern Matteson   3:32.3   George Jaffe   4:09.1   W30-34   1-5   Kim Carlison   2:25.9   Sterrett   2:30.9   Marilyn Brandt   2:34.1   Marianne Dimascioz:51.8   Angela Nealy   2:57.9   M35-39   1-8   Mimi DiPietro   2:26.6   Sheree Robertson   2:30.9   Mary Ellen Malloy2:33.5	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:31.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:48.94 Z1-30 David O'Leary 9:52 Seth Okrend 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:16.3 John Stiner 10:16.8 David Wick 10:35.0 MEN'S 35-39 L-10 Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:28.56 Mark Yellin 9:29.8 Scott Robertson 9:36.60 S. Quirate 9:36.7 Dana Waterman 9:39.21 Ron Nelson 9:53.6 Smith 11-18 Brian Collins 10:12.55 Seth Okrend 10:32.24 Cary Papazian 10:49.2 Ken Florance 10:49.4 Larry Balick 11:31.4 John Dickey 11:36 Mark Smith 11:45.9 Rick Tillotson 12:58.1	John Craig Jim Palmeri Jim Palmeri Jin Pal	1-10   Jim Eckenrode   6.95   Glyn Agnew   6.69   Michael Durham   6.50   Ken Reidl   6.50   Vince Martin   6.25   Nick Mitchell   6.24   Bob Shelton   6.14   Jay Mathis   6.13   Jeff Helton   6.10   John Hunter   6.00   11-20   Kerry Sloan   6.00   Mark Powell   5.86   Vance Rogers   5.68   Brad Davies   5.58   Bill Jahner   5.56   Rick Hedrick   5.53   Frank Makozy   5.47   Kevin Gleason   5.32   Eric Bonaparte   5.13   Brian Daly   5.08   Men's 35-39   1-10   Mike Larizia   6.32   Randy Kruse   6.12   Jeff Watry   5.80   David Ortman   5.72   Allen Blaylock   5.66   Rockdale Hudson   5.58   Eddie Mose   5.53   Tim LaBean   5.48   Chris Polakowski   5.25   Charles Barnard   5.04   11-15   Mark Gershon   5.01   Steve Jensen   4.85   Steve Gardiner   4.75   Rick Tillotson   4.14   John Valiska   4.11   Men's 40-44   1-10   Keith Witherspoon   6.87   Colin Williams   6.03	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.26 George LaBelle 4.20 George LaBelle 4.20 George LaBelle 4.20 George LaBelle 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91 Paul Williams 4.75 Ed Kent 4.60 Hugh Barnhill 4.59 Richard Richardson 4.57 Joe Hemler 4.77 Joe Hem
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3  M45-49 1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7 Markus Heidelberg 2:09.2 Purtell 2:12.1 Alan Taylor 2:14.9 Gary Gordon 2:15.8 Rich Tucker 2:16.6 John Cook 2:16.9 Dave Ladd 2:17.2  11-20 Robert Weiner 2:18.0 D. Jackson 2:04.8 A. Posner 2:18.7 Joe Demaio 2:20.8 David Bailey 2:23.4 Jim Irvin 2:23.5	1-10   Jim Sutton   2:23.8   Dale Ladd   2:28.8   Bill Fraser   2:35.1   Wally McRae   2:39.0   Larry Dickerson   2:44.9   Gordon Seifert   2:53.5   Arnold Meardon   2:56.0   Tom Talbott   2:59.5   Joe Kernan   3:04.4   A. White   3:34.0   M65-69   1-5   Archie Messenger   2:39.7   Lloyd Young   2:48.1   Chuck Sochor   2:55.3   Carl Hammen   2:56.4   Buzzy Hood   3:46.0   M70-74   1-6   Emil Gottlob Balz   3:18.7   G. Rajcevich   3:23.9   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:28.0   John Burton   3:28.0   George Blynn   3:41.4   M75-79   1-4   Alfred Funk   3:00.9   Jay Sponseller   3:02.1   Vern Matteson   3:32.3   George Jaffe   4:09.1   W30-34   1-5   Kim Carlson   2:25.9   Sterrett   2:30.9   Marilyn Brandt   2:34.1   Marianne DiMascioz:51.8   Angela Nealy   2:57.9   W35-39   1-8   Mimi DiPietro   2:26.6   Sheree Robertson   2:30.9   Mary Ellen Malloyz:33.5   Paula D. Taylor   2:36.5   Nancy Williams   2:41.3   Edication   2:41.3	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:31.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 David O'Leary 9:52 Seth Okrend 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:14 Jim Zollweg 10:16.3 John Stiner 10:16.8 David Wick 10:35.0  MEN's 35-39  1-10  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:28.56 Mark Yellin 9:29.8 Scott Robertson 9:36.60 S. Quirate 9:39.21 Ron Hulslander 9:49.1 Ron Nelson 9:53.6 Smith 11-18 Brian Collins 10:49.4 Larry Balick 11:31.4 John Dickey 11:36 Mark Smith 11:45.9 Rick Tillotson 12:58:1  MEN'S 40-44 Larry Balick 11:31.4 Larry Balick 11:31.4 Larry Balick 11:45.9 Rick Tillotson 12:58:1	John Craig Jim Palmeri Jim Palmeri Ji: 18 Bertelsen 11: 149.0 Art Maillet 11: 49.30 Tom Rishel 11: 57.0 Cal Loomis 12: 17.9 Carl McDaniel 12: 25 Allan Drew 12: 35  MEN's 55-59 1-10 Don Farley Brian Fermee 10: 45.89 Joe Fodor 10: 48.23 Ken Ogden 11: 21.56 David Cameron 11: 56.24 R. Kowalski 12: 10.34 L. Ruber 12: 19 Tony Farrand 12: 23.6 Chuck Collins 12: 44.6 Jim Hite 11-12 Roy Delly Sr. 17: 24.04 Vladimir Krutikov17: 45.01  MEN's 60-64 1-10 Jim Sutton 10: 31.2 Chas Williams 11: 13.09 Ed Stabler 11: 19.9 Larry Dickerson 11: 47.20 Keat 12: 21.4 Larry Hall Dave Staley 12: 55 Bill Mullin 12: 58.3 Tom Dyckman 13: 10.3 Jack Nyhan 13: 12.66 AWhite Fandetti Fandetti Fandetti 14: 12 Fandetti 14: 12 Fandetti 14: 12 Fandetti 13: 10.8 MEN's 65-69 1-4 Alden 13: 13.8 Robert Mimm 14: 48.79  MEN's 70-74 1-3 Nate White George Blyn MRN's 75-79	1-10  Jim Eckenrode 6.95 Glyn Agnew 6.69 Michael Durham 6.50 Ken Reidl 6.50 Vince Martin 6.25 Nick Mitchell 6.24 Bob Shelton 6.14 Jay Mathis 6.13 Jeff Helton 6.10 John Hunter 6.00 11-20 Kerry Sloan 6.00 Mark Powell 5.86 Brad Davies 5.58 Bill Jahner 5.56 Rick Hedrick 5.53 Frank Makozy 5.47 Kevin Gleason 5.32 Eric Bonaparte 5.13 Brian Daly 5.08  Men's 35-39 1-10 Mike Larizia 6.32 Randy Kruse 6.12 Jeff Watry 5.80 David Ortman 5.72 Allen Blaylock 5.66 Rockdale Hudson 5.58 Eddie Mose 5.53 Tim LaBean 5.48 Chris Polakowski 5.25 Charles Barnard 5.04 11-15 Mark Gershon 5.01 Steve Jensen 4.85 Steve Gardiner 4.75 Rick Tillotson 4.14 John Valiska 4.11  Men's 40-44 1-10 Keith Witherspoon 6.87 Colin Williams 6.03 Scott Thornsley 5.93	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38  21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91 Paul Williams 4.75 Ed Kent 4.60 Hugh Barnhill 4.59 Richard Richardson 4.57 Joe Hemler 4.47 Plato Touliatos 4.43 D Amery 4.40 Jim Peterson 4.34 Bob Bradley 4.27 11-18 Rex Hane 4.16 James Bradley 4.10 Joseph Griffin 3.92
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9  21-30 Ben Draper 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Tom Mahon 2:20.7 Tom Matley 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3  M45-49  1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7 Markus Heidelberg 2:09.2 Purtell 2:12.1 Alan Taylor 2:14.9 Gary Gordon 2:15.8 Rich Tucker 2:16.6 John Cook 2:16.9 Dave Ladd 2:17.2  11-20 Robert Weiner 2:18.0 D. Jackson 2:18.6 A. Posner 2:18.7 Joe Demaio 2:23.4 Jim Irvin 2:23.5 Paul Stelmaszyk 2:23.5	1-10   Jim Store	Mike Platt Joe Wesolowski 8:55.0 Marion 8:56.4 Tim Wunsch 9:00.6 K. Whittman 9:04.1 Randy Weaver 9:04.60 Martin Maag 9:05.67 Chip Langmaid 9:07.72 Ray Stemer 9:21 Wrek 9:25.9  Art Demers 9:28.65 Ben Cardamone 9:29.1 Ted Poulos 9:33.7 Alex Cuozzo 9:35.8 Dan Oleary 9:36 D Engelke 9:36 S Marshall-Pride 9:36 Bob Brenner 9:37.7 Scott King 9:41.6 Dave Sullivan 9:52.13 J Contario 9:54 R Messenger 9:57 P Smarsh 9:58 D Prindle 10:03 D Antonetty 10:14 Jim Zollweg 10:16.3 John Stiner 10:16.8 David Wick 10:35.0  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Stiner 10:16.8 David Wick 10:35.0  Sullivan 9:08.2 Ed Sparkowski 9:08.3 John Dowling 9:29.8 Scott Robertson S. Quirate 9:36.7 Dana Waterman 9:39.21 Ron Hulslander 9:39.21 Ron Hulslander 9:39.21 Ron Hulslander 9:39.21 Ron Hulslander 9:39.21 Ron Holson 9:53.6 Smith 11-18 Brian Collins 10:12.55 Seth Okrend 10:32.24 Gary Papazian 10:49.2 Ken Florance 10:49.4 Larry Balick 11:31.4 John Dickey 11:36 MEN's 40-44 Larry Balick 11:31.4 John Dickey 11:45 Rick Tillotson 12:58:1 MEN's 40-44 Larry Balick 11:31.4 John Dickey 11:45 Rick Tillotson 12:58:1 MEN's 40-44 Larry Balick 11:31.4 John Dickey 11:45 Rick Tillotson 12:58:1 MEN's 40-44 Larry Balick 11:31.9 Rom Carter 8:56.2	John Craig Jim Palmeri Jim Palmeri Jin Palmeri Jin Palmeri Jin Palmeri Ji: 49.0 Art Maillet Ji: 49.30 Tom Rishel Cal Loomis 12:17.9 Carl McDaniel 12:25 Allan Drew 10:22.8 MEN'S 55-59 1-10 Don Farley Don Farley Brian Fermee 10:45.89 Joe Fodor Ken Ogden 10:48.23 Ken Ogden 11:21.56 David Cameron 11:56.24 R. Kowalski 12:10.34 L Ruber Tony Farrand 12:23.6 Chuck Collins 12:44.6 Jim Hite 11-12 Roy Delly Sr. 17:24.04 Vladimir Krutikov17:45.01  MEN'S 60-64 1-10 Jim Sutton 10:31.2 Chas Williams 11:13.09 Ed Stabler 11:19.9 Larry Dickerson 11:47.20 Keat 12:21.4 Larry Hall 12:42.6 Dave Stabley Larry Dickerson 11:47.20 Keat 12:21.4 Larry Hall 12:42.6 Dave Stabley 12:55 Bill Mullin 12:58.3 Tom Dyckman 13:10.3 Jack Nyhan 13:10.66 Dave Staley 11-15 R F Haynes 14:09.87 A White 14:12 Fandetti 14:15.3 Ralph Jones MEN'S 65-69 1-4 Alden 12:43.1 John Burton 13:53.8 Robert Mimm 14:48.79  MEN'S 70-74 1-3 Nate White 13:10.8 George Blyn 14:38.8 M Rolak 15:24  MEN'S 75-79 1-3 Alfred Funk 13:10.84	1-10   Jim Eckenrode   6.95   Glyn Agnew   6.69   Michael Durham   6.50   Ken Reidl   6.50   Vince Martin   6.25   Nick Mitchell   6.24   Bob Shelton   6.14   Jay Mathis   6.13   Jeff Helton   6.10   John Hunter   6.00   11-20   Kerry Sloan   6.00   Mark Powell   5.86   Vance Rogers   5.68   Brad Davies   5.58   Bill Jahner   5.56   Rick Hedrick   5.53   Frank Makozy   5.47   Kevin Gleason   5.32   Eric Bonaparte   5.13   Brian Daly   5.08   Men's 35-39   1-10   Mike Larizia   6.32   Randy Kruse   6.12   Jeff Watry   5.80   David Ortman   5.72   Allen Blaylock   5.66   Rockdale Hudson   5.58   Eddie Mose   5.53   Tim LaBean   5.48   Chris Polakowski   5.25   Charles Barnard   5.04   11-15   Mark Gershon   5.01   Steve Jensen   4.85   Steve Gardiner   4.75   Rick Tillotson   4.14   John Valiska   4.11   Men's 40-44   1-10   Keith Witherspoon   6.87   Colin Williams   6.03   Scott Thornsley   5.93   Marek Nowicki CAN   5.89   Dana Harrell   5.79	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38 21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 George LaBelle 4.20 George LaBelle 4.20 George LaBelle 5.02 Bumper Emerson 5.01 Jack Brunner 5.01 Jack 55-59  1-10 Pete Stopoulos 5.01 Fed Kent 5.02 Jack Brunner 5.03 John Sloan 5.06 Joseph Griffin 5.02 Joseph Griffin 5.02 Jerry Newcomb 5.03 Jerry Nanderson 5.08 Harold Herrington 5.08
Fred Sowerby 2:00.6 Swag Hartel 2:01.6 Duane Green 2:03.6 Richard Puckerin 2:06.0 Brian Janssen 2:06.9 Mike Sargent 2:08.9 Gary Tompkins 2:09.1 Rob Jackson 2:10.3 11-20 Jerry Feldhausen 2:11.2 John Naslund 2:11.4 Mike Hasenhauer 2:12.9 Mike Blake 2:13.1 Bruce Bond 2:14.9 Daryl Katcher 2:15.0 Mike Wilson 2:15.2 Randy Waterman 2:16.3 Bob Pertak 2:17.9 Bill Krieger 2:18.9 Michael Seaman 2:19.0 Tim Zbikowski 2:19.5 Kevin Morrisroe 2:20.7 Tom Mahon 2:20.7 Russell Floyd 2:21.0 Jim Yester 2:21.5 B. Jones 2:21.7 Dorel Watley 2:22.9 John Cramer 2:23.3  M45-49 1-10 Al Swenson 2:04.8 Ken Sparks 2:06.9 Gary Rust 2:07.7 Markus Heidelberg 2:09.2 Purtell 2:12.1 Alan Taylor 2:14.9 Gary Gordon 2:15.8 Rich Tucker 2:16.6 John Cook 2:16.9 Dave Ladd 2:17.2  11-20 Robert Weiner 2:18.0 D. Jackson 2:04.8 A. Posner 2:18.7 Joe Demaio 2:20.8 David Bailey 2:23.4 Jim Irvin 2:23.5	1-10   Jim Sutton   2:23.8   Dale Ladd   2:28.8   Dale Ladd   2:28.8   Bill Fraser   2:35.1   Wally McRae   2:39.0   Larry Dickerson   2:44.9   Gordon Seifert   2:53.5   Arnold Meardon   2:56.0   Tom Talbott   2:59.5   Joe Kernan   3:04.4   A. White   3:34.0   M65-69   1-5   Archie Messenger   2:39.7   Lloyd Young   2:48.1   Chuck Sochor   2:55.3   Carl Hammen   2:56.4   Buzzy Hood   3:46.0   M70-74   1-6   Emil Gottlob Balz   3:18.7   G. Rajcevich   3:23.9   John Burton   3:28.0   John Burton   3:28.0   John Bays   3:36.4   Dan Geer   3:40.3   George Blynn   3:41.4   M75-79   1-4   Alfred Funk   3:00.9   Jay Sponseller   3:02.1   Vern Matteson   3:32.3   George Jaffe   4:09.1   W30-34   1-5   Kim Carlson   2:25.9   Sterrett   2:30.9   Mary Brandt   2:34.1   Marianne DiMascioz:51.8   Angela Nealy   2:57.9   W35-39   1-8   Mimi DiPietro   2:26.6   Sheree Robertson   2:30.9   Mary Ellen Malloyz:33.5   Paula D. Taylor   2:36.5   Nancy Williams   2:41.3   Irene Thompson   2:42.9   Mary Crouse   2:52.2   Mary Crouse   2:5	Mike Platt	John Craig Jim Palmeri Bertelsen 11:18 Bertelsen 11:49:0 Art Maillet 11:49:0 Art Maillet 11:49:0 Tom Rishel 11:57:0 Cal Loomis 12:17:9 Carl McDaniel 12:25 Allan Drew 12:35  MEN's 55-59 1-10  Don Farley Brian Fermee 10:45:89 Joe Fodor 10:48:23 Ken Ogden 11:21:56 David Cameron 11:56:24 R. Kowalski 12:10:34 L Ruber 12:19 Tony Farrand 12:23:6 Chuck Collins 12:44:6 Jim Hite 11-12 Roy Delly Sr. 17:24:04 Vladimir Krutikov17:45:01  MEN's 60-64 1-10 Jim Sutton 10:31:2 Chas Williams 11:13:09 Ed Stabler 11:19:9 Larry Dickerson 11:47:20 Keat Larry Hall 12:42:6 Dave Staley Bill Mullin 12:58:3 Tom Dyckman 13:10:3 Jack Nyhan 13:12:66  F Haynes 14:09:87 A White Fandetti 14:15:3 Ralph Jones 11-15 RE F Haynes MEN's 65-69 1-4 Alden 1-4 Alden 1-3 Nate White George Blyn 14:38:8 M Rolak 15:24  MEN's 75-79 1-3 Alfred Funk George Jaffe 18:18:25	1-10   Jim Eckenrode   6.95   Glyn Agnew   6.69   Michael Durham   6.50   Ken Reidl   6.50   Vince Martin   6.25   Nick Mitchell   6.24   Bob Shelton   6.14   Jay Mathis   6.13   Jeff Helton   6.10   John Hunter   6.00   11-20   Kerry Sloan   6.00   Mark Powell   5.86   Vance Rogers   5.68   Brad Davies   5.58   Bill Jahner   5.56   Rick Hedrick   5.53   Frank Makozy   5.47   Kevin Gleason   5.32   Eric Bonaparte   5.13   Brian Daly   5.08   Men's 35-39   1-10   Mike Larizia   6.32   Randy Kruse   6.12   Jeff Watry   5.80   David Ortman   5.72   Allen Blaylock   5.66   Rockdale Hudson   5.58   Eddie Mose   5.53   Tim LaBean   5.48   Chris Polakowski   5.25   Charles Barnard   5.04   11-15   Mark Gershon   5.01   Steve Jensen   4.85   Steve Gardiner   4.75   Rick Tillotson   4.14   John Valiska   4.11   Men's 40-44   1-10   Keith Witherspoon   6.87   Colin Williams   6.03   Scott Thompson   5.75   Rod Thompson   5.75	Al Phillips 5.43 Ken Medley 5.36 Grover Coats 5.14 Bob O'Brien 5.08 Bill Angus 5.07 Avital Schurr 5.04 11-20 Dennis Stempel 5.02 Dave Denham 5.01 Gary Oliphant 4.98 Paul Stelmaszyk 4.97 Barry Kline 4.72 Dave Ellis 4.71 Steve Rogers 4.71 D Hill 4.57 Carlos Vernon CAN 4.45 Sam Pfenning 4.38  21-28 Darrell Short 4.36 Mike Valle 4.26 George LaBelle 4.20 Bumper Emerson 4.03 Hans Ehrnstrom 3.60 Jack Brunner 4.38 John Sloan 3.96 Alfred Schroth 2.85  Men's 55-59 1-10 Pete Stopoulos 4.91 Paul Williams 4.75 Ed Kent 4.60 Hugh Barnhill 4.59 Richard Richardson 4.57 Joe Hemler 4.47 Plato Touliatos 4.43 Bob Bradley 4.27 11-18 Rex Hane 4.16 James Bradley 4.10 Jerry Newcomb 4.06 Joseph Griffin 3.92 Jerry Anderson 3.88 Harold Herrington 3.76 Bill Murphy 3.60

Con

1500n W55

W65

w70

W90

#### TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

#### NATIONAL **U.S. National Senior Sports** Classic IV

Baton Rouge, LA; June 12-18 100m M55 Jimmy Weaver Larry Colbert Wayne Bennett Richard Martin 13.07 Bobby Thomas 13.15 MGO Alexander Johnson 13.40 13.53 Ernest Wesswick Clarence Trinkner Bob Alexander 13.53 13.59 Thomas Phillips M65 Jim Law 13.24 Chuck Sochor Louis Riecke Tom Martin 13 55 13.77 William Melville 13.92 M70 Paul Saunders 13 91 Tim Murphy
Edward Matthews
Blair McFarlane Vincent Buckley 15.11 M75 Bill Weinacht Clarence Killion Donald Burroughs 15.92 15.95 Champion Goldy 15.97 Milton Williams 16.20 Casimir Bechner Daniel Mestayer H. Brownlee Smith 17.63 Murphy Domingues Virgil McIntyre M85 Harold Hoffmann 17 86 21.45 Fmil Johnson 21 59 Elmer Glenn M90 Waldo McBurney 24.06 William Hall 27.67 M95 Guy Sibley
Orlando Bernabe
W55 Marilyn Fitzgerald
Fei-Mei Chou Mary Garcia Shirley Smith Bernice Bordelon W60 Betty Vosburgh Nikki Ryan 15.49 Joan Dugan 15.99 Janet Freeman Mary Patterson Lavina Haefele Leonore McDaniels 16.94 16 49 Dorothy Brill 17.28 Patricia Nesley Sue Barnes 17.37 17.5 W70 Margaret Hinton 18.07 Luise Nottage Diane Friedman Lucille Kosters 19.82 Helen Beauchamp 20.00 W75 Mary Bowermaster Molly Mackown Lucille Monroe Josephine Santora Millie Crews 20,63 21,28 W80 Marie Vebel 21.96 Josephine Gregg Miriam Miller Marnie Evans Kate Phillips 23.09 23.89 26.15 26.70 W85 Flora Mendoza \*25 43 Topsy Rumple M55 Lawrence Colbert 25.34 Wayne Bennett Jimmy Weaver Bobby Thomas Ernie Walls 25 54 25.64 26.54 26,74 M60 Alexander Johnson 27 14 E. Estes Redditt Bob Alexander Clarence Trinkner Thomas Phillips M65 Jim Law 26 24 Chuck Sochor Peter Kronberg Melvin Larsen 28.24 Joseph Rogers M70 Paul Saunders 28 64 Tim Murphy
Edward Matthews 30.08 Blair McFarlane M75 Bill Weinacht 32.79 Clarence Killion Donald Burroughs Milton Williams 33.13

Gene Abdenour

Luman Parrott

Murphy Domingues Daniel Mestayer Virgil McIntyre

M80 Casimir Bechner

M85 Emil Johnson William Maine M90 Waldo McBurney 82.74 47.54 M95 Guy Sibley
W55 Marilyn Fitzgerald
Louise Reed
Fei-Mei Chou 83 84 Mary Garcia
Barbara Jordan
W60 Betty Vosburgh
Janet Freeman
Joan Doucet
Ethel Lehmann 35 93 36.02 31.97 32.75 34.51 Mary Patterson 35.90 Leonore McDaniels 34.18 Lavina Haefele Patricia Nesley Johnnye Valien Sue Barnes 37.34 W70 Margaret Hinton 39 61 Diane Friedman Lucille Kosters 39.96 41.82 Thelma Kelley 43,20 Melanie Paschal 43.58 Lucille Monroe Molly Mackown W75 Velma Jacobs 43.24 Millie Crews 43.80 Josephine Gregg 49.84 Margaret Jackson Miriam Miller Mitzi Probst 62.94 Kate Phillips 63 84 400m M55 Larry Colbert 56.05 Kenneth Baker Clifford Pauling 58.00 58.83 59.72 59.85 Wayne Bennett Ernie Walls M60 1:00.85 Tony Nasralla Paul Heitzman 1:04.01 Edward Benham Irwin Bernstein Chuck Sochor Jim Law 1:00 04 1:02,65 1:04.10 Erling Krosby Jack Greenwald Benjamin Knaub 1:04.93 M70 Paul Schmitt 1.09 18 Erich Dahl Robert Wingo 1:13.42 Merle Knox 1:13.54 1:13.88 Rod Parker M75 Lloyd Houston Chuck Whitney 1:23.62 Neil Rust 1 . 24 74 Forrest Battles Milo Lightfoot :25.27 :25.50 1:28.4 Murphy Domingues :29.54 35 87 Daniel Mestayer 1:35.87
Anthony Denardis 1:37.10
Luman Parrott 1:37.22
M85 William Maine 3:55.27
M90 Waldo McRurney 2:14.06
W55 Marilyn Fitzgerald1:13.99 Louise Reed 1.16 76 Lupe Parson Roddie Larsen Betsy Hall W60 Betty Vosburgh 1:23,44 1:14.72 Janet Freeman 1.16 92 Mary Patterson 1:26,68 W65 Dorothy Brill \*1:22.00 S. Onodera-Leonardi .24 32 Leonore McDaniels 1
Shirley Goff 1 Dottie Gray 1:40 20 W70 Anna Romag 35 00 Margaret Hagerty Diane Friedman 1:37.83 Angie Smith 1:28.94 Thelma Kelley Helene Keen 1:42.76 Kate Bauer Mavis Borthick 2:01.50 Sis Warnke Alyce McCormick Josephine Gregg Miriam Miller 2:10.93 2:04.13 2:31.63

Allie Walker W85 Flora Mendoza

800m M55 Kenneth Baker

Clifford Pauling

Lee Walton
B. Abernathy

Paul Heitzman

Robert, McGowan

Irwin Bernstein

M60 Jim Sutton

35.10

36.61

37.01 37.64

Charles Wimberley 2:19,94

2:44.67

3:18.49

2:16.10

2.22 13

2:22.50 2:23.37

2:21.74

2:24.49

Ted Sjogren 2:36.72 M65 Benj. Knaub Chuck Sochor ties\*2:25.31 2:31.43 2:31.72 Fred Frost James Moorhead 2:35.70 Robert McKeague 2:36.16 Archie Messenger Paul Schmitt Erich Dahl 2:53.71 Bart Ross 2:54.36 Thomas Burris Neal Emerson Harry Lindower 2:55.24 3:20.90 3:24.92 Larry Patterson 3:26.88 Josiah Snith 3:38 57 Maxwell Springer Sam Monastero Emett Bennett 4:00.94 Anthony Denardis 4:02:56 Luman Parrott 4:08.61 Clyde Villemez William Maine Francis Ard 3:00.19 Marilyn Fitzgerald3:00.96 Kati McIntyre Rita Alles Evelyn Zerfoss 3:04.07 Janet Freeman 2:58.54 3:14.54 Liz Szawlowski Margaret Norris Jean Hopkins 3:21.34 Peggy A. Ainslie 3:22.24 S.Onodera-Leonard 3:22.54 W65 Dorothy Brill 3:26.08 Nancy Smalley Agnes Reinhard 3.33 54 3:34.48 3:34.60 3:52.43 Shirley Goff Melanie Paschal Anna Romagna 3:57.67 4:02.07 Angie Smith mia Doro 4:04.33 Helen Fluke 4:07.05 Mavis Borthick
Kate Pauer
Sis Warnke
Alyce McCormick
Millie Crews
Josephine Gregg 4:52.15 4:56.64 5:13.76 Allie Walker Hazel Hanks 8:56.18 1500m M55 Charles Wimberley 4:50.32 Jim Larson Julius Huhn 5:02.06 Frank Haviland 5:03 97 Bailey Abernathy Jim Sutton 4:46.84 Paul Heitzman 4:55.76 Joseph Fernandez 4.59 71 Jim Schoonard 5:35,63 M65 Benjamin Knaub 5:13.69 Julius Defabis Fred Frost 5:18.52 Robert McKeague 5:29.23 Casper Holroyd Archie Messenger 5:37.05 Thomas Burris Bart Ross 5:44.35 5:57.79 6:07.22 6:12.26 7:03.83 Michel Kagan Paul Amadio M75 Neal Emerson Edmund Vuolo 7:04.56 Larry Patterson Harry Lindower 7:04.98 7:13,45 Maxwell Springer M80 Sam Monastero Clyde Villemez Enmett Bennett 185 William Maine 17:11.84 M90 William Hall 17.22 26 W55 Rita Alles Evelyn Zerfoss Kati McIntyre 6:11.56 6:20.37 6:23.73 Lupe Parsons 6.26 84 Betsy Hall Janet Freeman 6:11.02 Liz Szawlowski 6:11.06 6:37.03 6:47.58 Jean Hopkins Sister M. Norris Marge Hoffman 6:47.90 W65 Agnes Reinhard 6:55,39 Louise Akers 7-12 11 Dottie Gray Shirley Goff Pepper Davis 7:12.11 7:19.07 7:20.59 7:21.43 W70 Melanie Paschal 7:25.24 Victoria Memmel 8:04.82 Elizabeth Gann 8:38.77 W75 Sis Warnke 9:30 02 9:36.02 10:01.46 Mavis Borthick Millie Crews Alyce McCormick

High Jump M55 Henry Wadsworth Jerry Sullivan Bob Bergfeldt 5-2 Charles Newman Roy Morgan Phil Mulkey Jack Fischer Clarence Trinkner Robert MacCallum K. Christiansen M65 Peter Kronberg Jack Myers Dick Taylor Samuel Griffith William Wambach M70 Charles Obve Paul Saunders Victor Jones Mel Buschman Seymour Duckman M75 Ham Morningstar Bill Owen Charles Irwin John Boes Milton Williams Barney Martin Virgil McIntyre John Mays Herman Ratcliffe Alden Huisjen Harold Hoffmann John Eichman Elmer Glenn William Maine Barbara Jordan Helen Prenzel Fei-Mei Chou Bernice Bordelon W60 Betty Vosburgh Joan Doucet Joan Dugan Helen Darnall Sarah Jackson Leonore McDaniels Sarah Overton Josephine Sullivan Johnnye Valien Ruth Seeger W70 Margaret Hinton Linda John Elnora Martinelli Olive Bird Pearl Auerback
W75 Mary Bowermaster
Dorothea Fordney Helen Gorges Dorothy Bavaro Elsie Hughes W80 Marie Uebel \*#3-0 Claire Vieth 2-10 M55 Norman Downing William Jankovich James Roth Henry Wadsworth Franklin Brown 8-6 M60 Phil Mulkey 11 Chuck Crawford Roy Morgan Emerson Hughey MG5 John Weiss 8-6 7-3 7-3 Samuel Griffith Bill Noonan Hershen Hipps Louis Youngblood M70 Jim Johnson Art Holland Jeff DeBlanc Alba Palmer Howard Dewell M75 Ham Morningstar Everett Bolton Milo Lightfoot William Sampson M80 Daniel Mestayer Ernest Dennison Long Jump M55 Charles Richard Peter Stopoulos
Bob Bergfeldt 17-2-1/4 16-7 Walter Diggs Dave Klicker M60 Phil Mulkey Ernest Wesswick 16-8-1/4 James Stookey Norman Robinson Jack Fischer 16-5-3/ 16-4-1, 16-1/2 Melvin Larsen 16-3 16-2-1/2 Jonathan Tobey Peter Kronberg Charles Modlin

Frank Giaimo

Mel Buschman

Bill Owen

M80 John Mays

10:28.89

10:28.89

Alverna Dewald

W80 Allie Walker

Hazel Hawks

Paul Saunders Seymour Duckman Edward Matthews

de Alexander

E. Lee Todd Mel Manzanares

Daniel Mestaver

Alden Muisjen Virgil McIntyre

John Istnick

M70 Charles Obve

14-7-3/4

12-6-1/4

10-9-3/4

10-5-3/4

9-10-1/

9-10-1/

M65

14-1

13-9

12-1

12-5

11

M85 Emil Johnson 8-4-3/4 Harold Hoffman William Maine 6-3/4 5-5 5-2-1/4 John Day John Eichman M90 Waldo McBurney 7-4-1/2 M95 Guy Sibley W60 Betty Vosburgh 2-9-3/4 12-7-3/4 Janice Birks 11-1/2 10-7-1/4 10-5-1/2 Helen Darnall Marjorie Moore 10-2 L. McDaniels Mavis Lorenz \*12-10 11-8-1/4 10-11-1/2 W65 Lavina lhefele Johnnye Valien 10-8-1/4 J. Sullivan Margaret Hinton 10-2-1/2 9-4-1/2 Helen Beauchamp Ricky Green 9-3/4 Luise Nottage Libby Hagemann 8-1-W75 Molly Mackown \*#10-5 Mary Bowermaster 9-9 Lucille Monroe Ellen Charlie 5-10-1/2 Janet Hull W80 Marie Uebel \*#7-9-1/4 Clara Englade Margaret Jackson Eleanore Pease Elizabeth Dow W85 Rose Monda \*#5-7 Shot Put M55 James Hart 43-3-3/4 Bob Beck 43-3 W. N. Spurlock 39-4-1/4 38-1/4 Ben McGrady Paul Mullins Phil Mulkey M60 \*47-9 Ben Clark 46-6 Iarry Horine Ray Feick 45-1-1/2 41-10 Leonard Olson 41-5-1/2 41-6-1/2 37-5 M65 Phillip Brusca Bill Bangert Robert Brouss 34-6 Robert Koch Homer Cooper M70 Wilbur Thompson 39-1 Floyd Simmons Dale Buysse John Haywood 37-11 37-11 C. Pistorino 37-7 E. Lee Todd Bill Owen M75 Bill Owen Nathaniel Heard 33-6-1/2 32-7-1/2 Bruno Maki Gene Abdenour 31-3 29-1/2 M80 E. Dennison John Mays 27-2-1/2 26-6-3/4 Ward Parker M85 Ihrold Hoffmann 21-10 John Eichman 21-4 William Maine James Paul 20-2 13-10 S. F. Miller M90 Waldo McBurney Guy Sibley Shirley Smith Erika Messner 30-6-3/4 Carrie Jones W. Wejzgrowica Clara Cochran 28-2-1/2 30-5-1/4 Jein Buie Mirriam Lockman 26-1-3/4 26-1-3/4 26-1 25-8-3/4 Joan Dash 25-4-3/4 Trudy Baumer 25-6 24-10-1/2 24-10-1/2 Jean Brubaker Mercy Frazier 22-1 Helen Beauchamp Margaret Hinton E. Martinelli Libby Hagemann Ricky Green 24-11 24-11 24-6-1/2 23-1/2 22-11 Mary Bowermaster K. S. Gradick Verda Copes 23-7 20-6 Kate Edwards 19-5-1/5 \*19-9-1/2 18-8-1/2 W80 Claire Vieth Julia Carr Marie Uebel 18-1-3/4 Lou Sandoval 17-10-1/ Alice Humphrey Topsy Rumple Rose Monda \*16-3-1/4 15-11-3/ M. Heitschmidt Discus M55 James Hart Ron Anderson Rudy Houg 138-10 135-2 W. N. Spurlock Jerry Griffin M60 Phil Mulkey Charles Darling 125

114-8 Dale Buysse Floyd Simmons 111-1 John McCarthy 101-11 M75 E. Lee Todd Ham Morningstan 102-7 101-10 Gene Abdenour Bill Owen 92-4 Jack Hagemann Harold Tschantz Jack Wood 90-2 Lee Haun 83-1 E Dennison 81 M85 Burt DeGroot John Eichman John Day Harold Hoffmann 61-8 56-9 34-3 37-8 M95 Winfred Sharp Guy Sibley W55 C. Sobkowski 27-10 85-6 Erika Messner 83-1% Penny Weaver Shirley Smith 70-3 69-2 67-6 W. We izgrowicz W60 Amy Hicks Jein Ruie Sal Polk 88-7 Judy Fetherston 72-114 Arlene Mayer Mavis Lorenz
Ann Toya
Sarah Overton 70-67-10 59-6½ 69-1 Mary Norckauer Maryjane Miller Adele McCormick 57-114 Helen Beauchamp 57-64 Jerry Gawura Libby Hageman 57-2 53-9-3/4 E. Martinelli W75 Rose Ruston 51-10% Mary Bowermaster Kate Edwards 50-10 Phyllis Anderson 45-9-3/4 K. S. Gradick Lou Sandoval Sylvia Swartz 41-11 41-6 41-6 Julia Carr Mary Rutledge 38-9 W85 Topsy Rumple
M. Heitschmidt \*33-7 20 M55 Donald Rose 137 John Tansley Don North Walter Diggs Ben McGrady 130-9 125-9 120-7 119-11 MGO Donald Mather
W. Brazelton
Ray Feick
Larry Horine
Leonard Olson
MG5 Phillip Brusca
J. Barrilleaux
William Daprano 148-8 143-3 137-7 136-8 131-2 125-10 122-9 121-7 E. Bailey Gore Don Tavolacci Floyd Simmons 118-3 126 Lloyd Hudnall 117 C. Pistorino 114-10 Charles Obye Samule Bergeron M75 E. Lee Todd 109-2 Charles Roloff 94 Bruno Maki Ham Morningstar 88-6 Jesse Cummings 81 M80 Eevald Aarma 90-9 Ward Parker 82-2 Jack Wood 75-4 64-10 56-8 Ernest Dennison 61-2 47-4 Harold Hoffmann William Maine S. Frank Miller M95 Winfred Sharp W55 Shirley Smith K. Knight-Perry 86-5 84-8 Clara Cochran Sondra Mccoy 75-1 84-10 Betty Vosburgh Barbara Brandt Vera Whiteside Amy Hicks Arlene Mayer 80 79-1 74-1 79-3 W65 Mavis Lorenz Jean Brubaker 72-6 Maryjane Miller Eliza Dalzell Ruth Hamann Adele McCormick 72-6 58-6 56-8 Renee Roloff Pearl Auerback Libby Hagemann Doris Berlepsch

53-6 52-8

W75 Nora Young

W80 Marie Hebel

145-7

143-6

139-2

130-8

116-7

116-4 116-2 132-6

Leonard Olson

Donald Mather

Larry Horine Edward Hooker

Phillip Brusca

Samuel Griffith

Harold Kroeker

Robert Hewitt M70 Lloyd Hudnall Wilbur Thompon Rose Ruston

K. S. Gradick Mary Bowennaster Kate Edwards

Julia Carr Sylvia Swartz

Alice Humphrey

Continued on next page

Lou Sandoval

W85 Topsy Rumple
M. Heitschmidt

64-5 52-9 52-6

49-8

34-6

20-3

51

15	gust, 1993		
	inued from previou	us page	M8
1500n W55	Nancy Whitney	8:27.78	W55
	Sami Bailey Ruth Everson	8:28.70 8:52.61	
	Hatsuko Goodson	9:01.85	
W60	Rhea Snyder Maurine Lia	9:04.16 9:12.41	W60
	Paulette Caron	9:15.52	
	Betty Payte Janet Freeman	9:32,98 9:44.73	
WCE	Trish Speers	10:16.18	W6:
W65	Patricia Nesley Miriam Gordon	8:14.85 8:15.65	
	Joan Rowland Joann Beers	8:20.76 9:56,28	
	Kathleen Morrison		
W70	Luise Nottage Imogene Watkins	9:41.48 10:31.95	W7
	Marjorie Holmes	10:34.95	
	Evelyn Sanders Joyce Schroeder	10:46.60 10:49.03	
W75	Velma Jacobs Jean Brunnenkant	10:18.35	W7
	Fan Benno	11:05.57	
	Ruth Spaulding	11:24.38 11:29.79	. W8
W80	Estelle Frendber	g11:40.83	W8
	Laura Payne Miriam Miller	11:49.13 12:04.17	M5
	Josephine Gregg Adele Inks	12:06.00 12:56.91	
W85	Mae Kanipe	15:52.73	
	Ollie Kendrick Susie Hughes	16:29.06 17:26.05	M6
W90	Mel Lyda	16:29.21	
	Om RW Paul Johnson	26:13.70	
	Don Lee	27:09.80	1
	Robert Barrett Presley Donaldso	27:30,90 n28:15.30	Me
WCO	David Michaud	28:25.80	
MGO	Fred Shaffer L. Guillemette	28:21.70 30:15.60	
	Leo Rivera	30:16.10 30:29.50	if.
	Edgar Ricci Bill Peet	31:11.50	
M65	Edward Gawinski Bill Moremen	29:01.20 29:45.30	
	John Nervetti D. W. Hall	30:50.50	M
	D. W. Hall Richard Bennett	32:10.30 32:19.70	1.16.E
M70	Donald Gladding	31:13.30	
	Francis Albaugh Cliff McCarthy	32:06.10 32:43.30	ME
· · ·	John Montgamery	32:53.30	
	Paul Geyer	32:56.30	WE
M75	Bill Patterson Edward Seeger	33:41.10 31:17.10	1 10
	Clarence Osborn	34 - 43 90	
	Martin Peterson	35:59.80	We
M8C	C. Ray Woodland	41:52.70	-
wee	Rollin Morse	43:04.70	
WOO	Sami Bailey Nancy Whitney	30:04.70 31:19.60	111
	Ruth Everson Hatsuko Goodson	31:46.50	We
	Rhea Snyder	32:17.30 33:07.90	
W60	Maurine Lia Paulette Caron	31:43.60 32:55.90	
	Betty Payte	33:56.90	W7
	Bonnie Vaughan Aleda Brasher	33:58.00 34:49.90	
W65	Miriam Gordon	32:16.20	7
	Patricia Nesley Joann Beers	33:13.80 34:30.50	W7
	K. Morrison Bethel Baker	34:47.30	
W70	Marjorie Holmes	36:22.10 36:26.00	Inc
	Ellindora Vinson Imogene Watkins	37:07.30	WE
	Evelyn Sanders	37:17.70	*[
W75	Joyce Schroeder J. Brunnenkant		##
	Velma Jacobs Fan Benno	37:26.50	
	Frances Hargrave	38:54.20 es39:11.50	
WRO	Eleanor Miller E. Frendberg	39:20.30	
WOO	Miriam Miller	40:59.80	M4 DC
	Allie Walker Margaret Murray	44;41.80 45:34.20	(W
	C. McKenzie	46:14.60	Ma
	Road Race Jerry McGath	17:18.70	NA AT
	Jim Larson	17:50.80	200
	Dick Ruzicka Fred Dice	18:17.20 18:27.70	
Med	Fred Hurd Steve Blanchard	18:40.30	差
MIC	J. Fernandez	18:20.70 18:25.80	1 M
	Paul Heitzman Dick Wilson	18:29.60 18:31.00	M
	Arturo Melendez	19:30.80	
M65	Fred Frost Jack Gentry	20:04.40 20:21.90	M
	Andy Nava	20:52.60	
	R. McKeague Ernie Hirschfeld	21:03.20	M
M70	Thomas Burris	21:21.00	M
	Will Metz Bart Ross	21:48,90 22:04.80	. м
	Charles Dotson	22:29.30 22:43.80	
M75	Samuel Hudson Edmund Vuolo	24:22.30	м
	Larry Patterson Edson Sower	25:24.80 27:32.80	W
	Harry Lindouge	29.03 70	
	Clarence Osborn	30:02.40	W
		S. L. Wall	

		Na	tional N
	31:41.40	W45 Jennifer Pinto	14.26
Stanley Steinert 3 55 Susie Kluttz 2	33:28.10 0:46.40	Rocherille Coyar	
	1:14.40 2:13.60	M30 Fred Feaster R Biagioni	23.31 24.00
Rita Alles 2	2:31,10 2:38,10	M35 Val Barnwell Rockdale Hudson	23.16 26.17
	3:09.40	M40 Errol Lee Don Hodge	24.73 25.17
Marge Hoffman 2	M:12.10 M:37.70	Mike Blake M45 Wm Overby	26.10 24.53
Evelyn Stanley 2	5:29.80	Ron Johnson Rab Hagin	24.78 25.78
Pepper Davis 2	4:39.20 5:36.20	M50 G Ballard M55 Ed Small	26.64
Joanita Reed 2	5:46.50 6:05.30	Cliff Pauling	25.67 27.44
770 Loretta Shehan 2	6:42.20 9:59.50	M60 Tom Talbott Ghose Chinmoy	31.24
	0:02.70 0:06.20	W35 Louise Clark Sara Boslaugh	27.63 30.54
	0:12.00	W40 Ghose Ranjana W45 Jennifer Pinto	30.05 28.68
	4:56.50	400m M30 Fred Feaster	61.40
	5:40.20 7:01.40	M40 P Felton Don Hodge	53.96 54.15
	12:50.20 10:00.30	Rick Lapp M45 Mike Billman	54.47 62.67
LOK Road Race	5:38.10	Ken Kienzle M55 Ed Small	64.80 58.04
Jim Larson	37:24.10 37:50.40	Phil Plant M60 Tom Talbott	71.34 75.18
Fred Hurd	88:09.30 88:18.60	W35 Louise Clark 800m	62.92
M60 Joseph Fernandez 3		M30 Louis Jefferson M40 Duane Green	2:07.83 2:03.68
Arturo Melendez	10:12.50 10:47.20	Rob Jackson Bob Burke	2:11.36 2:16.85
Ray Lussier	11:26.70	M50 Sid Howard Warren Bratter	2:14.53 2:15.96
Phil Mongillo	40:36.20	M55 Cliff Pauling M60 Al Puma	2:26.78 2:54.69
	45:12.80	Tom Talbott W35 Joan Sterrett	2:56.77 2:21.33
1770 Will Metz	45:27.10 44:46.40	W45 Cathy Vanleuven Ann Makoske	2:39.15
Charles Dotson	47:24.70 47:47.60	1500m M30 Louis Jefferson	
	48:12.10 49:26.40	M35 Miles Vaughn	4:23.52
	51:24.10 57:25.90	Randy Foote M40 Carl Cappello	5:03.31
Edson Sower	58:48.70 58:54.80	Bob Pertak M45 BrianKivlan	4:38.57 4:25.18
	59:36.50	Mike Wilson Hugh Sweeney	4:32.01 4:43.83
Orion Poole	73:32.00 85:22.00	M50 Sid Howard Seth Kaminsky	4:41.15 5:04.18
W55 Francis Ard	42:24.00 44:03.50	M65 John McManus W45 Cathy Vanleuven	5:42.18
Jean Bongiorno Betty Tucker	45:49.80	5000m	6:12.18
May Chou W60 Madonna Buder	17:56.10 49:02.00	M35 Leo Murillo M65 DesMargetson	
Peggy A. Ainslie Therese Frank	49:17.60	110mH M40 Ivan Black 400mH	19.79
Doralie Segal Marge Hoffman	51:30.90	M40 Rob Burke Ivan Black	64.00
W65 Pepper Davis	50:07.80 52:45.40	2000m SC M30 Lovne Black	9:08.34
Agnes Reinhard	55:12.50 55:47.60	M40 Walter Brown High Jump	7:28.36
Kathleen Morrison W70 Loretta Shehan	58:57.80	M40 Ivan Black	5-0
Victoria Memmel ( Elizabeth Gann	60:33.90	M65 Des Margetson W35 Sarah Boslaugh	4-0 4-0
Wanda Hall	63 - 27 60	Pole Vault M30 David Schatzle	13-0
W75 Louise Martin	62:25:90	M50 Terry Counihan	12-6
Margaret Hagerty W75 Louise Martin Mary Haines Mavis Borthick Delia Thompson 1:	75:34.40	M40 Rick Lapp Ivan Black	18-7\frac{1}{4}
W80 Allie Walker 1:3 W85 Susie Hughes 1:3	30:26.00	M45 Mike Billman M50 Richard Kaye	15-4 12-6½
*US age-group record #Age-group WR		M55 Ed Kent M70 Hillar Sahreste	
EAST	The second	W35 Sarah Boslaugh Judy Newton Triple Jump	13-9½ 9-6
Penn Relays		M40 Ivan Black M45 Mike Billman	36-6 <sup>1</sup> / <sub>4</sub> 30-7 <sup>1</sup> / <sub>4</sub>
Philadelphia; April	28	M50 Richard Kaye M55 Ed Kent	26-5 3/4
	3:30.42	M70 Hillar Saareste	30- <del>1</del> 23-9 <del>1</del> 29-9
(Walton/Goodridge/Penr Sowerby)		W35 Sarah Boslaugh Rose Ann Gaeta	23-1
	3:35.22	Shot Put M45 Rich Dunphy	37-71
Coors MAC Maste	3:37.64	Ed Fox M50 Harry Schwarze	32-9 <del>1</del> 38-11
Championships	Control of	Douglas Power M60 Pay Carstensen	33-3 38-4½
St. John's U. NYC;	<b>加加斯特斯</b>	Tom Brooks M65 Herb Cantor	30-6 30-11
M30 Fred Feaster R Biagioni	11.62	W30 H Carter-Range W35 Sarah Boslaugh	$30-5\frac{1}{2}$ $33-10\frac{1}{2}$
M35 Rockdale Hudson Julio Rodriguez	12.72	Judy Newton W45 Lorraine Tucker W50 Roslym Katz	$   \begin{array}{c}     22-9 \\     30-\frac{1}{2} \\     24-9\frac{1}{2}   \end{array} $
Michael Elion M40 Errol Lee	12.36	W50 Roslyn Katz W55 Anne Cirulnick	24-9½ 29-9½
Ivan Black M45 Wm Overby	13.38	M40 Dewitt Davies	39.10
Rab Hagin M50 G Ballard	13.05 12.98	Rob Masilo M45 Frank Monroe	36.92 30.42
Chuck Elion M55 Ed Small	14.54 12.99	Ed Fox Steve Budihas	27.94
Cliff Pauling Ed Kent	13.70 13.75	M50 Harry Schwarze Doug Power	39.46 27.60
M60 T Brooks Ghose Chinmoy	14.62 15.20	M60 Pay Carstensen M65 Herb Cantor	34.28
W35 Louise Clark Sara Boslaugh	13.41 14.43	W35 Sarah Boslaugh W40 Ghose Ranjana	28.24 31.00
W40 Lavanya Ghose	18.20	W50 Roslyn Katz	20.80
		THE RESERVE	

ï	1400	TO A SAN A SAN AND AND AND AND AND AND AND AND AND A	the same of the same of	
1		Anne Cirulnick	19.66	M
		mer ·		M
		John Casamassima		M
	MPO	Pay Carstensen Sarah Boslaugh	40.18 22.76	M
	M22	Rose Ann Gaeta	17.62	装
	W50	Roslyn Katz	24.22	T
	W55	Anne Cirulnick	23.70	M
1000	300	Om Racewalk		
1	M45	Gary Null	13:33.89	
ij	MSS	Franco Pantoni Robert Barrett	16:19.11	
	W30	Debb Forte	20:02.26	
100		the state of the s	The second section is	1 P
dior.	Ph	iladelphia Master	s Track	A
	To the	Association		2
	-	St. Joseph's Unive		P
2010		Philadelphia, Jun	e 20	8
4365		M Run		P
7	M40	Gary Papazian Robert Torchi	a 9:29.3	H
1	M40	Phil Yoder	9:31.7	1
1000		Seth Bergmann		C
2000	100	Dash		1
		Lorraine Tuck	er 13.8	F
AL AL		Karen Haber	16.3	2
	M30	Linnie Elmore	11.5	1
		Brian Daly Chris Sydnor	12.4	
100	M35	Phil Conzenti	no 11.8	I
	M40	Joe Baliff	11.8	1
100		Phil Felton Bill Krieger	11.9 12.0	. [
Call I		Mark Gershon	12.6	1
44.50	100	Alex DeFlavis	12.8	H
371.5	THE	Tom Gorman	13.0	1
100	M45	Joe Johnson	11.6	9
Wards.		Paul Henry Rab Hagin	12.5 12.7	Table !
9			ous 13.7	200
8 776	M55			
The Later	M60	Bob Keegan	12.9	1
100		Manny Hersche		
100	M75	Jay Sponselle Gar Schoener	r 15.3	100
	1 M	ile Run		
		Pat Dantzler	9:06.7	4
0.00		Andy Inkpen Gary Papazian		我
		Gary Papazian		3
	M35	James Brophy Tom Yunker	DNF 5:25.4	
1	M40		4:51.5	
1		Phil Yoder Bill Payne	5:03.2	
	2	Seth Bergmann		100
E.	7. 1	Joe Tomczak Kyle Mecklenbo	5:30.6	处
M. Sun	M45	George Sande		
	M50	Frank Hopper	5:29.7	1
	WEE	Susan Levy	7:46.9 7:13.0	· ·
行列	M70	Susan Levy Jerry Nolan Marvin Levy	10:07.7	1
	4001		Carlo Standard	7
	M25	James Hickman	1:01.0	1
	M35	Steffen Knigh	+ 1:02.3	a four
	M40	Phil Felton	54.3	
	WAS	Phil Felton Tom Gorman Paul Henry Rab Hagin Tom Delany Bob Fuhrman	1:02.9	
	M45	Rab Hagin	55.9	4
		Tom Delany	1:07.7	
	M50	Bob Fuhrman	1:03.0	100
	M/5	Jay Sponselle	r 1:11.3	
	110	Hurdles		100
	- W. W. C.	Angelo Booker	14-4	
	2001	Contract of the last week the same		
	W30	Pat Dantzler	44.1	
	WAS	Larraine Thick	20 1	100
	W50	Karen Haber	34.2	1
	H20	Karen Haber Linnie Elmore Larry Baker	24.0	100
1410	on a	Larry Baker Brian Daly	25.6	1
N. Contract	M35	Phil Conzenti	no 24.7	1
	M40	Blil Krieger	24.5	量
		Joe Bailiff	24.9	The same
	344	Mark Gershon	26.3	-
	1000	Alex DeFlavis	27.2	
		Brian Daly Phil Conzenti Bill Krieger Phil Felton Joe Bailiff Mark Gershon Alex DeFlavis Bill Payne Tom Gorman Joe Johnson Paul Henry	28.0	The Co
274	M45	Joe Johnson	24.4	
	計算	Paul Henry Rab Hagin	25.1	1
Sec.	MEE	Rab Hagin Horace Stephe	27.0	
	M60	Bob Keegan	27.0	No.
	M65	Manny Hersche	r 33.0	
2000	M75	Bob Keegan Manny Hersche Jay Sponselle Gar Schoener	r 31.4	5
1				100
10/20	8001 M30	Greg Stephens	2:07.8	1
	M35	Tom Yunker	2:27.5	-
1000	W40	Gary Papazian	2:38.3	1
	M40	Greg Stephens Tom Yunker Gary Papazian Karl Castor Bob Torchia Russell Floyd Joe Tomczuk Tim Dickens	2:12.8	
3		Russell Floyd	2:23.7	1
1	5/62	Joe Tomczuk	2:32.2	1
	M45	George Sanda	2:20.2	
	100	George Sander Tom Cannon	2:16.1	1
24		OM Race Walk		400
	Mae	Tack Mass	DO	the state
	A 15 P. L. S.	Ed Gawinski	A Supplemental Company of the Compan	To
NAC.		Jump (meters		T.
-	100	Lorraine Tuck		1
Total L	M30	Brian Daly Phil Conzenti	5.55 no 4.77	
	M40	Phil Conzenti Mark Gershom	5.87	
	-	Mark Gershom Bill Krieger Alex DeFlavis	4.88	1
	0-55	Alex DeFlavis	3.83	
		Tom Gorman	2.73	

10 - 10 - 10 - 10 - 10 - 10 - 10 - 10 -		and the second second
M45 Joe Johnson		5.91
M55 Horace Step	hen	s 4.46
M65 Manny Herso	her	3.23
M75 Jay Sponsel	ler	3.19
Gar Schoene		
Triple Jump (me	ter	s)
M40 Mark Gersho		11.82
LICATE Now	Engl	and Windows
USATF New		
Champion		
Dedham, MA;	Jun	e 20
100m		
Pershing Reid	42 62	11.81
Al Crowley	02	13.76
200m Pershing Reid	42	25.00
800m	74	23.00
Peter Bertolotti	40	2:06.7
George Devlin	43	2:16.2
Harry Katzen	58	2:24.8
Linda Upton	49	
Charlene Francis	52	2:49.1
1500m		4-06 7
Roley McSorley CA Brad Hurst	40	
Anne Schmitt	46	
Liz Szawlowski	60	
3000m		
Peter Szawlowski	50	10:46.7
Shot Put		NET COLOR
Mark Dupuis	M40	42-14
Discus Mark Dupuis	M40	153-7
Hammer		
Bill Sutherland		183-7
Ed Daniels		130-3
5000m Racewalk	New York	
Brian Savilonis	41	24:36.2
Delaware Coun	tv S	enior
Games	1	
Upper Darby, P.		ine 26
100m		
M55 Iles Wauhop		15.42
MéO Paul McCloske	зу	14.67
M65 Stephen Toda	relle	18.35
M70 Bubba Hein		19.02
M75 Gar Schoener		16.60
MBO Ray Shisler		20.69
M55 Donald King		1:17.1
M60 Philip McClos	key	1:16.5
M65 Diego Bigas		1:34.0
M70 Bubba Hein		1:45.5
M75 Gar Schoener		1:36.9
1500m MSS Don King		6:48.8
M70 Bubba Hein		8:29.8
5000m		
M55 Rolf Detwel	15	22:28.0
M60 George Jacks M65 Diego Bigas	on	21:18.6
M70 Bubba Hein	#13 T	27:32.0 24:26.5
High Jump		
M60 Leo Foley		3-6
M65 Andrew Krama	ric	3-6
M70 Richard Stalt	erg	3-3
M75 George Brace	iand	3-6
M55 Michael Corra	do	12-9
M60 Richard Ashwo	orth	9-2
M65 Clifford Edge		
M70 John Sweltz	<b>\$16</b>	8-7
M75 Gar Schoener		9-2
M80 Ray Shister 1500m Racewalk		7-8
M55 Joe Stefanow	de-	8:36.9
M60 Jim Tate	Nine.	11:15.0
M65 Alvin Welk		10:54.4
M70 Don Ziegler	915	12:10.3
M75 George Brace	land	10:27.8
M80 Ray Shisler 5000m Racewalk		13:06.0
M55 Bob Sadler	1	35:41
M60 Jim Tate		41:14
M60 Jim Tate M65 Al Hedrick		39:37
Programme and the second	and the last	Story of Household
SOUTH	2/4	<b>ST</b>
Contribution of the	4 CO.	continue and
BTC Cla		THE PARTY OF THE P
Birmingham, A	L; N	lay 29
100m	- 44	<b>电影</b>
M30 J. Aubrey		11.05

Bir	mingham, AL;	May 29
100m		ASSEMBLE TO
	Aubrey	11.05
	Williams	11.94
M.	Davis	13.45
M35 D.	Byars	13.80
M10 M.	McCoy	11.88
R.	Finnie .	12.13
M45 G.	Marshall	12.03
G.	Bell	12.25
	Cooper	12.74
	Pawlik	12.64
	Boudreaux	13.01
	Jones	13.18
	Mathis	12.52
	Miller	12.70
	Stookey	12.90
	Alexander	13.28
M65 C.	Sochor	13.30
	Daprano	13.60
	Kennell	14.79
	Raschker	12.86
W55 I.	Demunari	18.57
200m		
M30 J.	Aubrey	22.34
B.	Davis	25.00
M35 G.	Rudick	25.10
D.	Byars	28.25
MO M	. McCoy	26.68
M45 G	Marshall	24.58
C	. Austin	25.49
G	. Bell	26:28

Triple Jump
M35 D. Moseley
M35 C. Richard
M60 P. Mulkey
J. Stookey
M65 V. Golowash
M70 T. Kennell

Pole Vault
M35 J. Fountain
W. Soohoo
T. Krebes
M60 P. Mulkey
W45 P. Raschker

36-1½ 34-8½ 34-5½ 33-8½ 21-9½ 27-10½

14 13-6 10-6 11-3 WR10-2½

Continued on next page

			page 27
1		Pawlik	26.37
5	A.	Clack Jones	26.55
2	M55 C. M60 J.	Miller Stookey	25.22 26.64
	B. G.		27.65 28.49
2	M65 C. B.	Sochor Daprano	27,25 28,38
		Kennell	30.47 27.73
	400m		
100	M30 D. M35 G.	Smith Rudick	51.57 55.82
	R. P.	Short Brock	56.52 62.37
	M10 M. M15 C.	Walker Austin	62.75 55.64
and the second	T. G.	Brewer Bell	56.51 57.01
	M50 M.	McDaniel	58.16 58.83
	L. M55 J.		67.20 55.46
	M60 C. M65 C.	Jones Sochor	65.82 61.42
	W40 D. 800m	Settles	61.19
	M30 D. T.	Snith Elton	2:07.7 2:18.7
SPECIAL SPECIA	B. M35 R.	Johnson Easley	2:22.3 1:59.6
THE STATE OF		Hood	2:16.0 2:24.6
	M45 R.		2:19.5 2:26.1
	D. R.	Bailey Utley	2:43.5
	M50 A. J.	McDaniel Huffman	2:17.4
	M55 B. M60 C.	Abernathy Jones	2:27.6 2:32.2
	W30 T. W40 D.	Settles	2:37.0 2:49.3
	W45 S.	Bell Houlton	2:49,9 2:41,6
	W55 E. 1500n	Zerfoss	3:07.6
60 Av. 033	M30 P.	Heidbeider Child	4:17.9 4:20.2
	M45 R.	Cashwell	4:46.1
	C. D.	Thompson Bailey	4:50.8, 5:02.0
Design of the last	M55 B. M60 C.		5:54.8 5:16.8
The second		Peacock s. D. Davis	5:07.6 5:37.3
Special Property of the Proper	W40 J. W55 E.	Bell Zerfoss	5:47.2 6:12.2
A. Tarana	5000n	DeMedicis	20:10.8
Net of		Hyatt	18:51.0 17.46.4
E-France	M60 C.	Williams	19.57.2
Spirit	Short M30 J	Hurdles Aubrey Short	15.13
Services.	M35 R. M40 R.	Short Finnie	15.64 17.10
To and	M50 E. D.	Pawlik	14.88 16.04
Pichado.	M55 C.	Miller Mulkey	15.08 15.36
- Our Sei	W45 P.	Raschker Vosburgh	12.76 17.37
	Long II	urdles	10000000000000000000000000000000000000
0.00	M50 D. M60 P.	Mulkey	70.96 47,01
THOSE OF	M65 C. 4x100m	Sochor	46.34
N. CHIEFLY	M40 Atl	anta	49.34
S. Balling	High Jo M35 M.	Williamson	6-6
1813	B.	Moseley Hendrix	5-4 4-4
200000	M10 R.	McCoy	5-0 4-8
0.00	M50 E. M55 L.	Pawlik Vodopya Mulkey	5-4 4-4
the state of	u.	Sellert	5-1 5-0
	v.	Bradberry Golowash	4-6 3-10
	W15 P.	Hirshey Raschker	2-9 5-1
1000	W60 B. Long Ju	Vosburgh	3-8
	M30 J.		21-54 18-75
No.	M35 D.	Moseley Byars	15-81/2
	M10 P.	Frederick Pawlik	13-11 15-8½
	D.	Ellis Richard	17-10 15-4
S. Carlot	M60 P.	Mulkey Stookey	17-14 16-10
	M65 B.	Bradberry Daprano	16-03 15-5
-	V.	Golwash Hirshey	14-2½ 9-7½
	W45 P.	Raschker	4-9½ 16-8¼
(Contract)	W60 B.	DeMunari Vosburgh	9-11½ 12-4½
20.00	Triple	Jump Moselev	36-1k

page 28		National N	asters News	\$1.00mm。大台中的电影。\$1.00mm。	August, 1993
Marine and many in an experience of the desired and the second of the se	M55 Dewayne Bolton 36-5	800m	M40 Richard Finnie 17.25	M55 Pierre Dobrolovny 12.4	M35 Steve Jensen 11-0
Continued from previous page	M60 Walter Diggs 28-4	John Hodges 30 2:10.9	M50 Dave Ellis 15.97	Don Amery 13.5	Jeff Watry 11-0
Shot Put	W40 Linda Ellis 16-5	Keith Ambrose 50 2:43.3	4x100 Relay	Mike Murphy 13.6	Tim Stamp 11-0
M30 J. Aubrey 40-4 M35 P. Brock 34-2	Discus M35 Pobby Cons	Mile John Hodges 30 4:58.8	M50+Chattanooga TC 55.63	M60 Harold Lawrence 13.5	M40 John Anderson 13-6 Gene Bard 10-0
B. Hendrix 27-6	M35 Bobby Conn 122-2 M40 Mike Wigton 113-10	Keith Ambrose 50 5:59.5	Pole Vault M35 Steve Winkel 10	Don Sibigtroth 16.4	M45 Merle Norberg 10-0
D. Byars 27-14	M45 D Ellis 105-3	Tessa Carton 44 W7:10.4	M35 Steve Winkel 10 M40 Chuck Lax 13-3	M65 Mel Larsen 13.2 Chuck Sochor 13.5	David Hill 9-0
M40 R. Baker 40-5 J. Accardi 39-2	M50 Jim Raynor 101-8	Z-Mile Chuck Rudolph 30 10:19.9	M45 John Ewing 10-6	M70 Geo Rajcevich 16.6	Neil Schuster 7-6
R. Watson 32-5	M55 Dewayne Bolton 105-1	Bill Gilliam 41 12.17.6	M55 Plato Touliatos 7-6	M75 Mel Flachs 17.6	M55 Joe Griffin 9-0 Frank Brown 7-0
M45 N. Cooper 34-9	M60 Walter Diggs 85-0 W40 Jeannette Hawkins 42-4	Keith Ambrose 50 12:28.1	Long Jump	W30 Kathy Lee 14.0	M60 Jerry Welborn 9-0
M50 D. Pett 39-5½ L. Boots 32-½	W45 Sharon Bushe 55-4	Elizabeth Casey 30 W14:08.4 Tessa Garton 44 W14:59.7	M30 Willieldlette 20-1	W45 Penny Danielsen 15.5	Long Jump
L. Boots 32-½ M55 L. Vodopya 35-5	<u>Javelin</u>	5000 Invitational	M35 Ernest Charles 15-3½ M40 Taylor Weatherbee 17-3½	M65 Marylou Parker 22.4	M35 Jeff Watry 18-4
M60 P. Mulkey 48-15	M35 Bobby Conn 117-6	Bob Schlau M45 15:27.0	M45 Terry Brown 15-6-3/4	M30 Chas Johnson 23.2	Mike Campbell 17-6
M65 B. Bradberry 33-9 V. Golowash 26-94	M40 Don Torok 161-7 M45 B Miller 74-6	Long Jump Rick Devaun 38 17-94	M50 David Denman 14-1/2	M35 Gene Anderson 28.9	Steve Jensen 15-92 M40 Russ Hart 15-45
V. Golowash 26-94 M70 W. Nettles 36-8	M45 B Miller 74-6 M50 Jim Raynor 69-1	Thomas Kindel 13-64	M55 DeWayne Bolton 12-11%	M40 λl Wright 24.9	Steve Baker 11-5
M75 C. Hirshey 20-9	M55 Dewayne Bolton 93-6	Gilbert Krebs 65 9-94	M60 Frank Hayes 13-54	M45 Jim Lee 24.8 Wayne Roosevelt 26.6	M45 John Meisner 17-1
W55 I. DeMunari 20-11	M60 Walter Bushe 33-10	Triple Jump	Triple Jump M40 Taylor Weatherbee 36-8	Wayne Roosevelt 26.6 Wayne Wilson 28.5	David Hill 15-5½
Discus	Pole Vault	Phil Norris 32 29-84 Gilbert Krebs 65 21-10	M55 Abraham Ghasaui 26-614	M50 Leroy Corey 26.7	Merle Norberg 15-4
M30 J. Aubrey 134-7 B. Davis 113-94	M35 Steven Winkel 10-0 M40 Chuck Lax 10-6	Officer meda of	Shot Put	John Robinson 31.6	M55 Pete Stopoulos 17-2 Don Amery 13-8
M35 P. Brock 89-51/2	M45 John Ewing 10-6	Naples On The Gulf Weight	M30 Jeff Field 36-4	Dallas Armstrong 32.5	Joe Griffin 12-6+
D. Byars 78-1	M55 Plato Touliatous 7-6	Pentathlon	M35 Bobby Conn 38-3 M40 Larry Gallaway 41-9	M55 Terry Pliner 28.2 Don Amery 28.3	M60 H Lawrence 15-0
M40 R. Baker 128-4½ J. Accardi 117-6	M60 Walter Diggs 4-0	Naples, FL; June 19	M45 Dean Lotz 30-5	Mario Bertolani 34.6	C Trinkner 14-1
P. Frederick 108-7	M50 David Ellis 16.23	(SP/DT/JT/HT/WT)	M50 David Denman 36-9	M65 Chuck Sochor 29.1	Don Sibigtroth 11-8½
R. Watson 98-3 M50 D. Pett 115-5	5000m Racewalk	Harry Becker 34 1486	M55 DeWayne Bolton 38-4 M65 Ed Holmes 33-0	M75 Mel Flachs 37.3	M65 Mel Larsen 16-4½ Chuck Sochor 13-9
M55 L. Boots 97-10%	W45 Ann Viles 35:23	9.32/23.00/25.53/17.91/) Rudy Vlaardingerbroek453446	W30 Monica Walker 32-4	W45 Penny Danielson 36.2	Ernie Hammond 8-53
M60 P. Mulkey 154-8½	Northwest Classic	12.57/39.40/51.26/35.22/10.06	Javelin	M35 Rick Martin 67.7	M70 Geo Rajcevich 11-3
M65 B. Bradberry 106-2 R. Berganbach 104-24	Miami, FL; June 12-13	Jerry Arline 51 3310	M30 Jeff Field 194-3	M40 David Miller 57.5	M75 Mel Flachs 9-41
D. Daprano 102-5	100m	11.63/41.93/36.58/38.92/10.92	M35 Al Rodd 137-4 M40 Don Torok 154-1	Russ Hart 64.3	W45 P Danielson 13-1 W60 M Bobowski 10-1
M70 W. Nettles 94-3 M75 C. Hirshey 53-84	M30 C Louden 10.66	Jon Albitz 54 2667 11.75/35.22/31.90/25.83/8.13	M40 Don Torok 154-1 M45 Dave Hirsch 126-7	Kevin McMahon 66.5 M45 Jim Lee 54.8	Triple Jump
M75 C. Hirshey 53-8½ W55 I. DeMunari 47-5½	Richard Dorsett 11.29	Carlos Fraundorfer 61 2839	M55 DeWayne Bolton 89-4	Ed Lillis 58.1	M35 Mike Campbell 31-5½
W65 A. Berganbach 39-34	David Jones 11.40 M35 Harvey Jackson 11.26	9.06/36.72/20.68/34.74/11.43	M65 Richard Bergenback104-7	Kingsley Clarke 58.4	Jeff Smith 23-8
Javelin	Sheldon Plowright 11.32	Austin Baggett 62 3383	W50 Alice Lynn 52-4	M50 John Robinson 67.4	M40 Bernie Peeters 33-2
M30 J. Aubrey 189-10%	Tony Brooks 11.36	10.76/38.02/28.80/37.46/13.21	W65 Audrey Bergenback 30-1%	Dallas Armstrong 75.8 M55 Terry Pliner 64.5	Steve Baker 31-94 M45 John Meisner 36-53
B. Davies - 169-½ M35 B. Hendrix 132-5	200m	Larry Siegel 64 2456 10.82/29.57/18.39/22.97/8.07	Miami RC Meet	M60 Harry Brown 60.0	George LaBelle 23-6
D. Byars 118-104	M30 C Louden 21.38 P Blount 21.91	Igor Storojeff 79 1609	Miami, FL; June 29	M65 Chuck Sochor 60.0	M55 Floyd Smith 27-5½
T. Krebes 95-10½	P Blount 21.91 R Dorsett 22.91	5.28/14.67/13.46/8.79/3.60	100m	M75 Mel Flachs 93.4	M60 Harry Brown 30-4
M40 R. Baker 182-74 R. Watson 122-5	M40 Wm Street 24.34	Contact All Car in the Contact of	M30 N Brown 31 12.2	800m M35 John Anderson 2:09.6	C Trinkner 29-9 M65 Ernie Hammond 19-1
M15 R. Sander 173-24	400m	Miami RC Meet	200m	M35 John Anderson 2:09.6 M40 David Miller 2:07.4	M65 Ernie Hammond 19-½ M70 Geo Rajcevich 21-8
M50 L. Boots 121-54	M30 J Taylor 48.46	Miami, FL; June 22	M30 N Brown 31 22.0	J Feldhausen 2:10.7	W60 Millie Bobowski 20-3
M55 W. Duckworth 155-3 M60 J. Shields 150-44	M40 W Street 55.85	100m	M30 N Brown 31 57.0	M45 Jim Braig 2:18.1	Shot Put
M60 J. Shields 150-44 P. Mulkey 127-7	M30 Cleber Sirianni 9:26.50	M30 Thomas Rieman 31 12.8	M40 Travis Dowell 43 79.1	Kingsley Clarke 2:21.9	M35 Jeff Watry 37-0
M65 B. Daprano 112-7	4x100m Relay	M30 Thomas Rieman 31 61.7	M50 Bob Judge 51 1:43.4	M50 John Robinson 2:50.5 Jim Graham 3:11.5	Steve Jensen 36-11 Tim Stamp 33-10
R. Berganbach 103-2	M30 Jamaica Police 44.71	M40 Travis Dowell 43 77.1	W30 Sara James 38 1:53.6	M60 C Trinkner 3:02.1	Tim Stamp 33-10 M40 Matt Byrnes 45-0
V. Golowash 74-2 M70 G. Nordgren 88-7	High Jump	800m	800m M30 Mike Drapluk 31 2:08.8	M65 Chuck Sochor 2:58.7	Pernie Peeters 32-7
W55 I. DeMunari 50-64	M30 Jeff Helton 2.03m M35 E E Reid 1.89	M30 Mike Drapluk 31 2:10.9	M40 Tim Murr 40 2:31.4	M75 Warren Wiggins 4:36.5	M45 Bill Mauck 38-0
W60 B. Vosburgh 70-1	Long Jump	M40 Laureano Cancio 423:03.2 M50 Joe Boyle 51 4:02.9	M50 Joe Boyle 51 4:00.0	W55 Donna Gulley 3:28.1 Gregg Newell Mile (1600m)	Phil Grover 32-10 M50 Scott Berry 41-5
W65 A. Berganbach 32-1½	M35 C Heron 4.94	Mile	Mile	M30 Bill Gustafson 4:24.0	M50 Scott Berry 41-5 Jim Nepple 37-10
Tennessee Sportsfest	M45 Tyrone Carlis 5.90	M30 Djamel Rabahallah334:34.6	M30 Jorge Ramos 37 4:41.0 . M40 F Rojas 43 5:14.2	Steve Beck 4:35.1	Ed Schmidt 34-2
Memphis; June 12	Minmi Dunnam Club	M40 Travis Dowell 43 6:19.8	M50 Henry Forer 58 8:15.0	M35 John Anderson 4:40.0 Rick Martin 5:22.4	M55 Bob Warren 36-8½
100m	Miami Runners Club Miami, FL; June 15	W30 Patty Cohen 32 5:45.1 Two Mile	Two Mile M30 Ramond Pusey30 10:31.0	John Dickey 5:36.6	Don Amery 36-3 Floyd Smith 33-8\frac{1}{2}
M30 Jay Mathis 11.40	100m	M30 Ramond Pusey 30 10:29.4	M30 Ramond Pusey30 10:31.0 M40 F Rojas 43 10:56.6	M40 David Miller 4:55.3	M60 Jim Hamer 38-2
M35 Dwyer Jeffers nta	M35 Alfredo Delgado 15.4	M40 Laureano Cancio4214:38.6 M50 Joe Boyle 51 19:09.4	M50 Joe Boyle 51 16:12.6	David Spataru DQ 4:58.3 Don Fish 5:02.2	Don Sibigtroth 28-1 M65 Phil Brusca 43-0
M40 Richard Finnie nta M50 Don Lamb 12.30	M40 Matthew Sitkowski 12.6	Mile Racewalk	Mile Racewalk	Don Fish 5:02.2 M45 J Cottingham 5:36.0	M65 Phil Brusca 43-0 Frank Wallace 28-5
M55 James Mathis 12.29	W30 Lisa Dorfman 17.1	M30 Mike Hammeit 34 17:42.0	M30 Mike Hammett34 15:57.6 M40 John Blair 40 15:58.5	Jack Keppy 5:41.5	M70 G Rajcevich 30-5
M60 Ed Redditt 14.08	200n	M40 John Blair 40 16:35.0	M60+Ron Storm 71 9:53.3	M50 John Robinsn 5:33.1	M/5 Warren Wiggins 19-5
M70 Don McCane 19.24	M40 Alfredo Delgado 31.8	M60+Erik Johansson 6810:47.0 Al Quintana 60 10:48.0	W30 Doris Sampson38 10:41.2	Jim Graham 6:07.3	W35 Vicki Johnson 22-8
M75 Preston McDonald 19.55	M40 Tim Daniels 28.8	W30 Doris Sampson 38 11:05.0	W40 Serena Jaffee40 21:45.5	D Armstrong 6:19.8 M55 Frank Brown 5:59.1	W60 Millie Bobowski 25-½ Discus
W40 Minnie Lindsey 15.99 W45 Lindy Phillips 16.01	400m	W40 Linda Ruben 46 20:22.0	Miami RC Meet	M70 Geo Rajcevich 7:40.1	M30 Joe Beadle 165-9
W50 Marilyn Hobbs 16.38	M30 Joe Gilboy 62.6 M40 Tim Daniels 67.5	Sing - Territory of A.	Miami, FL; July 6	M75 Warren Wiggins 10:13.4	M35 Larry Duncan 115-10
200m	M40 Tim Daniels 67.5 Laureano Cancio 79.8	Tennessee Sportsfestival	100m	W30 Teresa Grimes 5:38.7	Steve Jensen 106-11
M30 Jay Mathis 23.25	W40 Eleanor Carrillo 2.01.6	Nashville, June 25-26	M30 Napoleon Brown 32 11.7	W35 Muriel Nuamann 5:27.6 W55 Donna Gulley 7:08.2	Jeff Watry 105-6 M40 Gene Bard 98-6
M35 Dwyer Jeffers 23.40 M40 Herb Davis 29.70	800m	100m M30 William Green 11:07	200m	W60 Eleanor Wallace 8:02.3	Bill Johnson 92-6
M50 Lee Grasfeder 27.11	W10 Tim Daniels 2:40.4	M30 William Green 11:07 M40 David Craig 11.78	M30 N Brown 32 24.6	3000in	M45 Bill Mauck 120-5
M55 James Mathis 24.20	Harvey Greene 2.50.5	M45 Randall Brady 12.50	M30 N Brown 32 56.2	M30 Bill Gustafson 8:59.6	Phil Grover 90-10 M50 Scott Berry 142-1
M60 Hugh Powers 31.58 M70 Don McCane 39.61	Truvis Dwell 3:00.4	M50 David Denman 12.22	Mike Drapluk 31 57.5	M35 E Anderson nta M40 David Spataru 10:25.1	M50 Scott Berry 142-1 Ed Schmidt 102-11
W45 Linda Phillips 35.63	M50 Joseph Boyle 4:07.0	M55 Jim Mathis 11.96 M60 Bob Alexander 12.86	W30 Ann Gallagher 34 68.3	M45 Jack Keppy 11:40.6	M55 Bob Warren 110-2
W50 Marilyn Hobbs 35.25	W35 Karen Callaway 2:46.8	M65 Frank Hayes 14.00	800m M30 C McCaskey III 362:32.6	M50 John Robinson 11:52.4	Don Amery 96-0
400m	Mile	M75+Clyde Speakes 18.16	M40 Harvey Greene 40 2:54.9	Jim Graham 12:14.0	M60 Don Mather 140-11 C Trinkner 122-4
M30 Stan Jefferson 49.71	M10 Harvey Greene 6:12.9	W30 Rhonda Howard 13.22 W35 Maryanne Howland 15.46	M50 Joe Boyle 51 4:00.4	Short Hurdles M35 Bob Zahn 16.0	Jim Hamer 111-10
M35 Steve Winkel 64.97 M40 Mike Walker 64.72	Travis Dowell 6:24.5	W35 Maryanne Howland 15.46 W45 Linda Phillips 15.84	W30 Patty Cohen 32 2:40.7	Jeff Watry 16.5	M65 Phil Brusca 129-2
M50 Don Lamb 59.71	Laureano Cancio 6:26.3 M55 Henry Forer 7:59.0	20Qn	M30 Jorge Ramos 37 4:39.4	M45 John Meisner 19.4	Frank Wallace 83-1 W35 Vicki Johnson 65-7
M55 James Mathis 54.94	W30 Lisa Dorfman 5:43.0	M30 Stan Jefferson 22.86 M35 Steve Wilson 23.87	M40 Rolando Cabrera435:07.9	Neil Schuster 22.0 M50 Bruce Mills 18.7	Javelin Johnson 65-7
M60 Hugh Powers 84.97 M70 Don McCone 91.18	W35 Karen Callaway 6:09.6	M35 Steve Wilson 23.87 M40 David Craig 23.90	W30 Patty Cohen 32 5:44.8	M60 C Trinkner 16.1	M35 John Valiska 146-7
M70 Don McCone 91.18 800m	2-Mile	M45 Ron Villmon 32.36	W40 Gisela Haynes 4810:36.3 Two Mile	M65 Chuck Sochor 17.8	Steve Jensen 138-11
M35 Norm Dodson 2:15	M35 Luis Rivera 11:09.0	M50 Dave Ellis 28.38	M30 Jorge Ramos 37 10:13.0	Ernie Hammond 30" 28.8 4x100m Relay	Jeff Watry 134-4 M40 Jim Wymore 145-8
M40 Oddie Battles 2:50	M40 Travis Dowell 12:49.2 Laureano Cancio 14:28.8	M55 James Mathis 24.54 M60 Estes Redditt 27.64	M40 Travis Dowell 4314:49.4	M30 Feller/Lillis/Peeters/	Steve Baker 97-10
W30 Francie Laywell 2:32	Joseph Serota 14:28.8	W30 Rhonda Howard 28.48	M50 Joe Boyle 51 19:02.9 Mile Racewalk	Johnson 48.1	M45 Neil Schuster 107-1
M35 Norm Dodson 4:36.30	Harvey Greene 15.04.9	W45 Linda Overton 35.00	M30 Chuck Bryant 37 9:38.9	M55 Larsen/Amery/Stopoulos/	M50 George LaBelle 107-0
M40 Oddie Battles 5:57.76	Mile RW	400m	M40 Ron Rodin 46 13:02.2	Brown 51.5	M55 Bob Warren 110-6
M50 Bud Joyner 6:24.13	M30 Michael Hammett 17:28.6	M30 Stan Jefferson 49.97 M35 John Goolspy 53.91	M60 Erik Johansson6810:47.8 W30 Lisa Epstein 36 9:44.8	4x400m Relay M50 Graham/Corey/Robinson/	M60 Don Mather 137-1 M65 Phil Brusca 119-10
M55 Cady Byrne 6:42.13 W30 Francie Laywell 5:11.7	M35 Davidson Handerson 18:23.1	M45 Jim Montmarquet 55.19	W40 Gisela Haynes 4812:15.3	Armstrong 5:05.1	W35 Vicki Johnson 87-2
5000m	M40 John Blair 16:43.4	M50 Don Lamb 58.25	W60 Mary Haynes 69 15:23.1	High Jump	
M30 Ricky Harris 20:59	M65 Erik Johansson 10:37.9 W30 Ann Gallagher 16:26.6	M55 James Mathis 54.57	The second second second second	M35 Jeff Watry 6-0	20# Weight
M35 Stan Hollenbeck 17:43	Cindy Schwartz 19:24.7	M60 Fred Lovelace 74.18	MIDWEST	Tim Stamp 5-6	W35 Vicki Johnson 22-9
M40 Alvin Fleming 25:21 M55 Cady Byrne 26:17	W30 Doris Sampson 11:04.8	W30 Tracie Williams 79.12	Name and the same of the same	John Valiska 5-6	25# Weight
M75 Preston McDaniel 34:14	W40 Serena Jaffee 21:21.6 W45 Linda Ruben 19:00.1	M30 Scott King 1:57.65	Athlete's Foot Meet	M40 Bernie Peeters 5-2 Steve Baker 4-8	M60 Jim Hamer 24-4
W30 L Hollenbeck 23:32	Street, Street	M35 Norman Dodson 2:10.25	Rock Island, IL; June 10	Steve Baker 4-8 M45 John Meisner 5-8	M65 Phil Brusca 38-4
High Jump	Low Country Classic Meet	M40 Ron Merville 2:09.75	100m	Neil Schuster 4-4	M70 Geo Rajcevich 20-9
M35 Bobby Yates 4-4	North Charleston, SC;	M50 Bud Joyner 2:45.96	M30 Chas Johnson 11.3	Wayne Wilson 4-4	35# Weight
M45 John Ewing 4-8 M55 Dewayne Bolton 4-4	June 19	M55 Richard Peck 2:25.80 M60 Larry Hall 2:53.60	Bob Feller 11.5	M50 Bruce Mills 4-6 George LaBelle 4-4	M35 Jeff Smith 19-2 M50 George LaBelle 30-2;
Long Jump	100m	W30 Tracie Williams 3:28.11	M35 Bob Zahn 12.2 Mike Campbell 12.8	George LaBelle 4-4 M55 Floyd Smith 5-0	M55 Bob Warren 31-2½
M30 Moses Cleveland 15-10	Matt Deveaux 34 12.2	1500m	Gene Anderson 13.4	Mike Murphy 4-4	Don Amery 26-3
M40 Richard Finnie 16-6	David Edwards 45 12.5 Walt Lancaster 53 13.1	M30 Scott King 4:07.19	M40 Al Wright 11.8	Don Amery 4-2	Floyd Smith 24-1
M45 Ronnie Miller 13-6 M50 Jim Rayner 14-4	200m	M35 Stan Hollenbeck 4:34.14 M40 Carl Pederson 4:39.86	Kevin McMahon 13.5	M60 C Trinkner 4-8	56# Weight
M75 Preston McDaniel 8-3	Matt Deveaux 34 25.8 David Edwards 45 26.5	M45 Bud Joyner 5:55.25	Russ Hart 13.6 M45 Jim Lee 11.9	Harold Lawrence 4-6 Don Sibigtroth 3-10	M50 George LaBelle 18-7
Shot Put	David Edwards 45 26.5 Thomas Kendell 52 28.1	M55 Richard Peck 5:07.87	Ed Lillis 12.7	M65 Ernie Hammond 3-0	M55 Bob Warren 19-0
M30 Ronnie Tate 45-7½ M35 Bobby Conn 38-5¼	400m	W30 Francee Laywell 5:06.82	Wayne Wilson 13.4	M70 Geo Rajcevich 3-8	Don Amery 18-5 Floyd Smith 13-8
M40 Larry Galloway 41-1	Jarvey Young 36 1:00.2 Ralph McCay 49 1:01.1	Short Hurdles M30 Andrew Reynolds 16.18	M50 Leroy Corey 12.9	M75 Wib Ragland 3-8 Pole Vault	M60 Jim Hamer 15-8
MAS Doop Lote 30 10	Keigh Ambrose 50 1:08.4	M30 Andrew Reynolds 16.18 M35 Al Rodd 18.29	John Robinson 15.2 Dallas Armstrong 15.3	M30 Brett Anderson 14-6	
					on next page

August, 1993			
Continued from previou	is page	Triple Jump	
1500m Racewalk		M30 Don Carter M45 Johnie Meisner	49-2 37-3
M30 Wm Haney M40 Dean Easterlund	7:22.2	M55 Floyd Smith	27-104
M50 Don McLean	9:30.6	Shot Put M30 Robert Kushner	35-8
M55 Paul Johnson Frank Brown	7:07.7 8:06.2	. M40 Matt Byrnes	46-3-3/4 43-2½
	10:01.6 10:56.0	Jerry Senters Darrel Andersen	34-14
Frank Wallace	11:30.7	M45 John Hess M50 George Davies	32-¼ 42-7½
W35 Teresa Nicola Cindy Simmons	8:40.7 9:41.3		39-10-3/4 34-7-3/4
Janet Malone	10:40.2	M65 Tom Coughlin	33-8
W40 Alice Winkler W45 K Schoeberl	9:31.4 9:52.0	Discus M35 Robert Hartmann	126-8
W50 Barb Welsch Carol Brittain	9:12.7	M40 Jerry Senters	130-9
W65 Gene McClaran	9:17.3	Darrel Anderson M45 Lee Englund	96-10 128-7
Marylou Parker 3000m Racewalk	13:01.9	John Hess Jim Hess	95-11 75-4
M40 D Easterlund M55 Paul Johnson	15:52.8 15:33.3	M50 Scott Berry George Davies	145-3 129-1
Frank Brown	17:27.3	Rod Pearsall	82-1
M65 Ernie Hammond W35 Cindy Simmons	23:58.2 20:18.7	Javelin M35 John Valiska	153-5
W50 Barb Welsch Carol Brittain	19:02.5 22:05.2	M45 John Hess Jim Hess	106-10 85-6
W65 Gene McClaran	18:42.1	M65 Ken Yahiro	103-2 102-5
USATF/Illinois T&F		Tom Coughlin W40 Lucinda Hess	44-7
Championship Lisle; June 1		Hanmer M35 Robert Hartmann	134-2
Lisie; June 1	12176	M50 Rod Pearsall	78-7
M30 Timothy Vinson	11.59	USATF Indiana Ma	sters
Ron Robinson M35 John Grey	12.76 12.94	Championship	
M10 Gerry Krainik M45 Jim Lee	11.59 12.16	Indianapolis; Jun	
M55 Pierre Devereaux W35 Lynn Latoria	12.63	100m M40 Mark Galovic	13.5
		W35 Donna Pope-Green W45 Chris Davis	15.8
M35 Thomas Rewelinski	23.61	W50 Cathy Primmer 200m	16.2
Bob Zahn John Grey	24.66 26.59	M40 Mark Galovic	28.3
M40 Kevin Asselin W35 Lynn Latoria	26.95 31.27	W35 Donna Pope-Green W45 Chris Davis	28.7 35.5
Leah Rewolinski	32.55	W50 Cathy Primmer	33.9
400m MAO Kevin Asselin	62.88	M40 Mark Galovic	61.5
M45 Jim Lee	56.20	W30 Angela Nealy W35 Donna Pope-Green	72.8
Kingsley Clark Efren Beltran	56.09 62.27	W50 Cathy Primmer	77.5
M60 Alex White	.76:01	800m M40 Pat Malone	2:29.5
800m M30 Dick Kennedy	2:03.87	M50 Jim Verdier	2:36.1
M15 Kingsley Clarke Lee Tampol	2:18,56		5:17.4
M60 Alex White	2:59.33	High Jump M30 Mike Davidson	6-0
1500m (Dick Pond Meta M30 Todd Busteed		M40 Ken Rowe M45 Henry Hopkins	6-0 5-2
Steven Gasser	4:45.80	M55 John Sharp W30 Angela Nealy	4-8 4-6
M35 Kenneth Stevens M50 Vic Heckler	4:55.80 4:23.60	W50 Cathy Primmer	3-8
John Craig M55 Wenwar Tracy	5:01.40 5:28.20	Pole Vault M35 Bob DisPennett	11-0
M60 Alex White W35 Patti Terhue	6:18.20 5:37.40	M45 Henry Hopkins M55 John Sharp	12-0 10-0
Judy Raub	6:18.60	Long Jump	
5000m M40 Chuck Sackett	19:51.20	M40 Pat Malone M45 Henry Hopkins	4.77m 5.05
M55 Ernest Tracy	20:00.20	M55 John Sharp W45 Chris Davis	4.37 3.19
Short Hurdles		W50 JoAnn Grissom -	
M40 Stan Druckrey M45 Johnie Meisner	15.06 18.07	Triple Jump M40 Ken Rowe	10.40
Long Hurdles		W50 Johnn Grissom Shot Put	7.24
M30 Roy Birch M40 Stan Druckrey	55.21 59.27	M30 Jim Bell	13.20
3200 Relay		M45 Chris Nicolim M50 Edgar Evans	10.05
Open Men/Masters Northview	8:33.60	M60 Jerry England W50 JoAnn Grissom	9.92
Lake Forest/Lake Bluff "A"	8:39.00	Discus M30 Jim Bell	40.78
Greg Domantay Team Mixed Open/Masters	9:08.60	M40 Pat Malone	27.90
UCTC Highland Park	9:39.38	M45 Bill Meacham M50 Edgar Evans	32.06 33.02
Northview "A"	9:59, 90 10:34, 70	M55 Everett Hardy M60 al Pike	36.56 35.86
Northview "B"	10:40.70	W50 JoAnn Grissom	24.70
Quantum Performance		Hammer M60 Jerry England	39.28
Oak Forest Lake Forest	11:04.40 11:11.60	W50 JoAnn Grissom Javelin	28.54
Mixed Open/Masters		M40 Pat Malone	42.40
Northview UCTC	11:55.30 12:28.00	W50 JoAnn Grisson60 3000m Racewalk	
Highland Park	12:57.60	M40 Don Anderson M45 Max Walker	15:09 16:12
High Jump		M50 Dennis Withem M55 Cedric Hustace	19:17 18:14
M35 Rob Robinson M35 John Valiska	5-8 5-6	W30 Abigail Oliver W35 Annelle Smith	
Bob Zahin	5-4	W40 Cheryl Sunman	21:15
M45 Johnie Meisner M50 George Davies	5-8 5-3	W45 Jackie Jessup W50 Dorothy Withem	17:25 18:32
M55 Floyd Smith M65 Tom Coughlin	5-2 4-4	MID AME	
M75 Wib Ragland	3-10		
Pole Vault		Lincoln TC Deca Heptathlor	
M30 Brett Anderson David Lee	14-6 12	Lincoln, NE; June	
M35 Keith Petranek M40 John anderson	13-6 13	M30 Steve Davis	4814
M50 George Davies	11 .	M40 Mike Maryott Jim Kniep	5956 4988
Long Jump M30 Ray Birch	10-85	M45 Ken Winters M55 Albert Maxey	4121 4121
M45 Johnie Meisner M65 Ken Yahiro	16-7	W45 Sandy Maryott M40+ age-factored	3126
acii laliilo	13-6		

	her idena Na
Triple Jump	
M30 Don Carter	49-2
M45 Johnie Meisner	37-3
M55 Floyd Smith	27-104
	21 10
Shot Put	05.0
M30 Robert Kushner	35-8
M40 Matt Byrnes	46-3-3/ 43-25
Jerry Senters Darrel Andersen	34-14
M45 John Hess	32-4
M50 George Davies	42-74
Scott Berry	39-10-3/
M55 Floyd Smith	34-7-3/
M65 Tom Coughlin	33-8
mos foli cougittii	33-6
Discus	
M35 Robert Hartmann	126-8
M40 Jerry Senters	130-9
Darrel Anderson	96-10
M45 Lee Englund	128-7
John Hess	95-1
Jim Hess	75-4
M50 Scott Berry	145-3
George Davies	129-1
Rod Pearsall	82-1
Javelin	
M35 John Valiska	153-5
M15 John Hess	106-1
Jim Hess	85-6
MG5 Ken Yahiro	103-2
Tom Coughlin	102-5
W40 Lucinda Hess	44-7
Hanmer	
M35 Robert Hartmann	134-2
M50 Rod Pearsall	78-7
BOO ING TOUR GATE	and the same of
USATF Indiana	Anctore
Championsh	ips

USATF Indiana Masters		
Championship Indianapolis; June		
100m		
M40 Mark Galovic W35 Donna Pope-Green W45 Chris Davis W50 Cathy Primmer	13.5	
W35 Donna Pope-Green	15.8	
moo cacin reason	16.2	
200m	20-3	
M40 Mark Galovic W35 Donna Pope-Green	28.7	
W45 Chris Davis	35.5	
200m M40 Mark Galovic W35 Donna Pope-Green W45 Chris Davis W50 Cathy Primmer 400m	33.9	
MAO Mark Galovic	61.5	
W30 Angela Nealy	72.8	
W35 Donna Pope-Green	69.6	
W30 Angela Nealy W35 Donna Pope-Green W50 Cathy Primmer	77.5	
M40 Pat Malone M50 Jim Verdier	2:36.1	
1500m	1 - 1 - 1 - 1 - 1 - 1 - 1	
M50 Jim Verdier	5:17.4	
High Jump M30 Mike Davidson M40 Ken Rowe M45 Henry Hopkins M55 John Sharp	6-0	
M40 Ken Rowe	6-0	
M55 John Sharp	4-8	
M55 John Sharp W30 Angela Nealy W50 Cathy Primmer	4-6	
W50 Cathy Primmer Pole Vault	3-8	
M35 Bob DisPennett	11-0	
M35 Bob DisPennett M45 Henry Hopkins M55 John Sharp	12-0	
M55 John Sharp Long Jump	10-0	
M40 Pat Malone	4.77m	
M40 Pat Malone M45 Henry Hopkins M55 John Sharp	5.05	
M55 John Sharp W45 Chris Davis	4.37 3.19	
W45 Chris Davis W50 JoAnn Grissom	3.19	
Triple Jump		
M40 Ken Rowe W50 John Grissom	10.40	
Shot Put	7.24	
	13.20	
M30 Jim Bell M45 Chris Nicolim M50 Edgar Evans M60 Jerry England W50 Johnn Grissom	10.05	
M50 Edgar Evans M60 Jerry England	9.92	
W50 JoAnn Grissom	11.61	
M20 Tim Poll	40.79	
M30 Jim Bell M40 Pat Malone	40.78 27.90	
M40 Pat Malone M45 Bill Meacham	32.06	
M50 Edgar Evans M55 Everett Hardy M60 al Pike W50 JoAnn Grissom	33.02	
M60 al Pike	35.86	
W50 JoAnn Grissom	24.70	
Hammer		
M60 Jerry England W50 JoAnn Grissom	39.28 28.54	
Javelin		
M40 Pat Malone W50 JoAnn Grissom60	42.40 0gr24.76	
3000m Racewalk	0gr24.10	
M40 Don Anderson	15:09	
M45 Max Walker M50 Dennis Withem	16:12 19:17	
M55 Cedric Hustace	18:14	
W30 Abigail Oliver	19:18	
W35 Annelle Smith W40 Cheryl Sunman	17:04 21:15	
W40 Cheryl Summan W45 Jackie Jessup	17:25	
W50 Dorothy Withem	18:32	

## Star of the North Games Blaine, MN; June 26-27 100m M30 Don Tarasewicz 38 M40 P Montgomery 47 M50 Randy Cleven 50 M60 Ray Eiland 60 W30 J A Jackson 30 W40 Jane Sweet 45 W50 Trudy Dubois 56 11.59 12.54 12.83 14.51 12.63 18.95

W50 Trudy Dubois 56	20.77
200-	
M30 John Allen 31 M40 P Montgomery 47 M50 Randy Cleven 50 M60 Ray Eiland 60 M70+Wm Andberg 82	24.20
MSO Pandy Cleven 50	25.99
M60 Ray Eiland 60	31.25
M70+Wm Andberg 82	39.93
W30 J A Jackson 30	27.16
400m	52 50
M30 John Allen 31 M40 Doug Holmberg 41 M50 Hugh Heimdahl 51	59.98
M50 Hugh Heimdahl 51	65.86
M60 Dick Olson 60 M70+Wm Andberg 82 W30 J A Jackson 30	92.05
W30 J A Jackson 30	68.51
M30 Scott Brink 34 M40 Gary Westlund42 M50 John Bonde 50 M60 Dick Olson 60 M70+Wm Andberg 82 W30 Kim Kopp 34	2:03.60
MSO John Bonde 50	2:56.89
M60 Dick Olson 60	3:04.59
M70+Wm Andberg 82	3:37.43
W30 Kim Kopp 34	2:47.9
1500m M30 Scott Brink 34	4:09.72
M40 Gary Westlund 42	5:19.78
M50 John Bonde 50	6:15.74
M60 Dick Olson 60	6:10.13
1500m M30 Scott Brink 34 M40 Gary Westlund 42 M50 John Bonde 50 M60 Dick Olson 60 M30 Kim Kopp 34 5000m	3:40.82
M30 Scott Brink 34 M40 Gary Westlund42 M50 Sev Blenkush 50	15:46.27
M40 Gary Westlund42	20:41.24
	20:24.03
Short Hurdles	CAN PROPERTY OF THE PARTY OF TH
M30 Cole Nelson 37 M40 Jeff Ryan 40	16.09
M50 George LaBelle 54	21.90 18.7
300mH	
M30 Cole Nelson 37 M40 Doug Holmberg 41	42.2
M40 Doug Holmberg 41	51.3
M50 Ron Ueland 50 W30 Cathy Gorecki 31	
4x100m Relay	31.93
4x100m Relay M30-39 Still Fast at	30 46.45
(Gang/Herda/Nevison/A	llen)
W30-39 Nameless	58.81
(Langlois/Wachutka/Kopp High Jump	p/Jackson)
M30 John Payne 32	5-4
M40 Pat Boulay 40 M50 Tom Langenfeld 57 W30 Joan Johnson 34	5-2
M50 Tom Langenfeld 57	4-10
Pole Vault	
M30 Jim Wolter 35 M50 Jim Noonan 53	13-6 10-0
	10-0
Long Jump	19-4
M30 Paul Herda 31 M40 Doug Holmberg 41	16-7
M50 Mike Merriman 50 W30 J A Jackson 30 W40 Deb Vestal 41	15-7
W30 J A Jackson 30	4.85
W40 Deb Vestal 41	2.37
ti thre panh	36-7
M30 John Allen 31 M50 Mike Merriman 50	33-9
W40 Deb Vestal 41	4.80
Shot Put	40.0
M30 Jeff Kemink 33	49-8
M40 Terry Bentele 40	
MSO Cooper 1 - D-11	42-6
M50 George LaBelle 54	37-3
M60 Delmar Benesh 61 W30 Darcy Eidem 34	37-3 10.64
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45	37-3
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus	37-3 10.64 6.58 5.94
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35	37-3 10.64 6.58 5.94
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43	37-3 10.64 6.58 5.94 118-4 123-2
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64	37-3 10.64 6.58 5.94 118-4 123-2 144-4
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45 W50 Trudy Dubois 56	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jaue Sweet 45 W50 Trudy Dubois 56 Javelin	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 H40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45 W50 Trudy Dubois 56 Javelin M30 Joe Rodriquez 34	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jaue Sweet 45 W50 Trudy Dubois 56 Javelin	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45 W50 Trudy Dubois 56 Javelin M30 Joe Rodriquez 34 M40 Jim Rosamilia 42 M50 Mike Holler 51 M60 Emmett Edwards 64	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36 157-1 152-11 142-11 30.84
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45 W50 Trudy Dubois 56 Javelin M30 Joe Rodriquez 34 M40 Jim Rosamilia 42 M50 Mike Holler 51 M60 Emmett Edwards 64 W30 Darcy Eidem 34	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36 157-1 152-11 142-11 30.84 15.34
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jaue Sweet 45 W50 Trudy Dubois 56 Javelin M30 Joe Rodriquez 34 M40 Jim Rosamilia 42 M50 Mike Holler 51 M60 Emmett Edwards 64 W30 Darcy Eidem 34 W50 Trudy Dubois 56	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36 157-1 152-11 142-11 30.84
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45 W50 Trudy Dubois 56 Javelin M30 Joe Rodriquez 34 M40 Jim Rosamilia 42 M50 Mike Holler 51 M60 Emmett Edwards 64 W30 Darcy Eidem 34 W50 Trudy Dubois 56 5000m Racewalk	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36 157-1 152-11 142-11 30.84 15.34 10.36
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45 W50 Trudy Dubois 56 Javelin M30 Joe Rodriquez 34 M40 Jim Rosamilia 42 M50 Mike Holler 51 M60 Emmett Edwards 64 W30 Darcy Eidem 34 W50 Trudy Dubois 56 5000m Racewalk M40 Gary Westlund 42 H50 DeWayne Walker 50	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36 157-1 152-11 142-11 30.84 10.36 25:55.12 28:07.62
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45 W50 Trudy Dubois 56 Javelin M30 Joe Rodriquez 34 M40 Jim Rosamilia 42 M50 Mike Holler 51 M60 Emmett Edwards 64 W30 Darcy Eidem 34 W50 Trudy Dubois 56 5000m Racewalk M40 Gary Westlund 42 M50 DeWayne Walker 50 W30 Kathy Finch 38	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36 157-1 152-11 142-11 30.84 15.34 10.36 25:55.12 28:07.62 30:02.71
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45 W50 Trudy Dubois 56 Javelin M30 Joe Rodriquez 34 M40 Jim Rosamilia 42 M50 Mike Holler 51 M60 Emmett Edwards 64 W30 Darcy Eidem 34 W50 Trudy Dubois 56 5000m Racewalk M40 Gary Westlund 42 M50 DeWayne Walker 50	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36 157-1 152-11 142-11 30.84 10.36 25:55.12 28:07.62
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45 W50 Trudy Dubois 56 Javelin M30 Joe Rodriquez 34 M40 Jim Rosamilia 42 M50 Mike Holler 51 M60 Emmett Edwards 64 W30 Darcy Eidem 34 W50 Trudy Dubois 56 5000m Racewalk M40 Gary Westlund 42 M50 DeWayne Walker 50 W30 Kathy Finch 38	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36 157-1 152-11 142-11 30.84 15.34 10.36 25:55.12 28:07.62 30:02.71
M60 Delmar Benesh 61 W30 Darcy Eidem 34 W40 Jane Sweet 45 Discus M30 Paul Zabee 35 M40 Howard Mather 43 M50 Carl Mooney 52 M60 Emmett Edwards 64 W40 Jane Sweet 45 W50 Trudy Dubois 56 Javelin M30 Joe Rodriquez 34 M40 Jim Rosamilia 42 M50 Mike Holler 51 M60 Emmett Edwards 64 W30 Darcy Eidem 34 W50 Trudy Dubois 56 5000m Racewalk M40 Gary Westlund 42 M50 DeWayne Walker 50 M30 Kathy Finch 38	37-3 10.64 6.58 5.94 118-4 123-2 144-4 29.62 16.15 13.36 157-1 152-11 142-11 30.84 15.34 10.36 25:55.12 28:07.62 30:02.71

#### 4th Annual Senior Games Kerrville, TX; May 1

50m		
M50	Richard Pomrenke	7.30
M55	Jimmy Weaver	6.75
MGO	Bill Wareham	7.24
M65	Bill Bowers	7.17
M70	Tim Murphy	7.35
M75	Hert Mitchell	8.89
W55	Helen Cox	10.16
W60	Eda Gore	9.26
	Ruth Seeger	9.93
W70	Margaret Hinton	9.35
W75	Kathryn Dixon	15.78
100m		
M50	Elias Mendiola, Jr.	13.63
	Jimmy Weaver	12.44
	Norman Wells	13.06
	Bill Bowers	14.16
MZO	Tim Mumber	12 04

asters i tems	
M75 Bert Mitchell	17.28
M80 Ed Bost	18.48
M85 Jack Fournier	24.49
W55 Helen Cox	20.49
W60 Eda Gore W65 Marie Blackwell	17.70 20.05
W70 Margaret Hinton	19.24
W75 Kathryn Dixon	31.99
200m	CHALLE.
M50 Richard Pomrenke	28.56
M55 Wayne Bennett	26.30
M60 Norman Wells M65 Bill Bowers	29.09 28.97
M70 Roy Worack	37.36
M70 Roy Womack M75 J.C. Byers	37.36 41.70
M80 Ed Bost	38.49
W55 Helen Cox W70 Eda Gore	44.91
W70 Eda Gore W65 Marie Blackwell	38.74 44.27
W70 Margaret Hinton	44.34
400m	
M55 Wayne Bennett	1:03.56
MGO Norman Wells MG5 Jack Gilbert W55 Helen Cox	1:07.23
W55 Helen Cox	1:55.34
W65 Marie Blackwell	1:46.83
W70 Margaret Hinton	2:16.78
800m	2:29.36
M50 Richard Pomrenke	3:14.33
M55 Hugh Hamlyn M60 Norman Wells	2:53.64
M65 Jack Pasly	3:12.07
M70 J.B. Outlaw W55 Jane Hamlyn	3:13.74
With Jane Hamlyn	4:07.99 5:22.52
W60 Evelyn Taylor W65 Marie Blackwell	3:50.62
W70 Fay Mitchell	4:27.43
1500m	
M50 Troy Scoggins M55 Hugh Hamlyn M60 Chas. Redpenning	5:51.48
M55 Hugh Hamlyn	6:43.65
M65 Jack Pasly	6:10.03 6:36.61
M65 Jack Pasly M70 John Alvey	7:43.34
was same namityn	8:23.12
W65 Marie Blackwell	7:47.12
W70 Margaret Hinton High Jump	10:48.24
M50 Bufe Morrison	4-6
M55 Dick Katenberger	4-4
M60 Dick Scott	4-6
M60 Dick Scott M65 Louis Youngblood M70 John Feldman	4-2 3-10
M75 Andrew Jackson M80 Everett Williams W60 Sarah Jackson	2-10
M80 Everett Williams	2-10
W60 Sarah Jackson	3-9
woo kuth Seeger	3-2
W70 Margaret Hinton Long Jump	3-4
MOU wayne Pemberton	14-10
M55 Ray Bourgeois M60 Val Mora	12-84
M60 Val Mora M65 Jack Gilbert	14-5%
M70 Bill Cartor	13-7½
M75 Andrew Jackson	7-11
M80 Everett Williams W55 Jean Stewart	7-61/2
W60 Sarah Jackson	7-3 9-8
W65 Ruth Seeger	9-814
W70 Margaret Hinton	10-6
W75 Kathryn Dixon	3-1
Shot Put M50 Steve Dehler	35-7
M55 Myles Spurlock	41-1
M60 James Gearhardt	36-9
M65 Doug Cochran	28-2½ 35-0
M70 Bill Carter M75 Wade Alexander M80 John Pearce	28-4
M80 John Pearce	28-14
Was Matte Spirtock	23-3%
W60 Evelyn Taylor	23-10
W65 Ruth Seeger W70 Margaret Hinton	24-½ 24-2
Discus	
M50 Bufe Morrison	86-54
M55 Nyles Spurlock	120-12
M60 William Smith M65 Edward Hooker	135-6½ 149
M70 Bill Carter	123-9
M75 Bert Mitchell	69-6
M80 John Pearce	74-2
Javelin	
M50 Bufe Morrison	107-2
M55 John Lindsay M60 Dick Scott	114 108-4
M65 Doug Cochran	110-8
MG5 Doug Cochran M70 Bill Carter	110-11
M75 Andrew Jackson	52-6
W55 Katie Spurlock W60 Evelyn Taylor	51-2 42-85
W60 Evelyn Taylor W65 Ruth Seeger	47-3
woo kuth seeger	11 3
M70 Margaret Hinton	46-4

#### **USATF Southwestern** Championships Dallas; June 5

	100	STATE OF THE STATE OF	
	100m		W40 S Williams
	M30 J Mathis	12.03	800m
	M35 D McBay	12.64	M35 Fred Mills
Ž.	N40 R Hahn	12.70	M50 Larry Toothaker
2	M45 J McGough	14.60	1500m
1	M50 D Ellis	14.42	M60 Ira Mallory
Ž.	M55 J Mathis	12.84	5000m
0	M60 B Alexander	13.83	M60 Ira Mallory
9	M65 O Maldauady	14.20	
in a	M70 T Murphy	14.03	High Jump
	200m	14.03	M35 Allen Blaylock
Ö,	M30 D McClure	25.03	M40 Jim Dolezel
	M35 D Curry	24.81	M45 Tim McGough
8	M40 J Dolezel	26.90	M60 Bill Boyce
E	M45 J McGough	31.27	M70 Factorial
3	M50 J Markas	The second secon	M70 Foster Johnson
à		28.31	Pole Vault
2	M55 J Hathis	25.25	M35 Jim Fountain
2	M60 B Alexander	28.47	M40 Jim Dolezel
9	M65 B Bowers	29.66	M60 Bill Boyce
Sup.	M70 T Murphy	28.84	Long Jump
180	400m		M35 Allen Blaylock
1	M30 P Hudson	52.27	M40 Jim Dolezel
100	N35 R Fasley	53,26	M45 Tim McGough

M50 T Scoggins	62.26
M55 J Mathis	54.81
M65 W Tallley	74.0
M70 B Wingo	nt
800m M35 R Easley	2:00.4
M40 R Iles	2:06
M50 J Kagander	2:19.29
M55 M Herring	2:55.53
M65 R Widener	2:52
M70 M Hager	3:10.1
1500m	4 00 15
M40 M Mccracken	4:00.15 5:48.05
M50 G Brown M55 M Herring	6:22.80
M65 R Widener	6:02.6
M65 R Widener M70 M Hagan	6:32.3
Short Hurdles	
M40 J Dolezel	21.4
M50 D Ellis	16.38
M55 Charles Hiller	15.28
(ties age-group	WK)
M45 R Burrus	65.23
M50 D Ellis	71.35
High Jump	L
M30 G Wright	6-8
M35 A Blaylock	6-0
M4U J Dolezel	4-10
M45 G Brooks	5-8
M50 T Morris	4-8
MOD (; Jageman	4-4 4-10
M60 R Hein M70 D Bennett	3-9
Pole Vault	2 2 3 3
M40 D Jones	12-6
M55 G Jageman	9-3
M55 G Jageman M60 J Thomas	nma
Long Jump	State Tel
M35 A Blaylock N40 J Dolezel M50 L Powell M55 T Deathrage	18-64
MSO I Povel1	17-14 10-55
M55 T Deathrage	16-6
M60 R Hein	14-75
170 D Bennett	10-9 3/4
'riple Jümp	
135 A Blaylock	42-91/2
M40 J Dolezel	nma
M50 L Powell M70 D Bennett	20-10½ 22-4
Shot Put	22-4
M35 K Ellis	36-612
M40 B Workman	28-104
M45 J McGough	32-85
MSO I, Powell	31-34
M55 J Steitle	34-10
M60 W Palmer	45-64
Discus M30 K Ellis	116-4
M40 M McDonald	107-0
M45 J McGough	47-2
M50 L Powell	98-5
M55 J Steitle	99-1
M60 W Palmer	187-6
M60 W Palmer M70 D Bennett	
M60 W Palmer M70 D Bennett Hammer	187-6 73-1
M60 W Palmer M70 D Bennett	187-6
M60 W Palmer M70 D Bennett Hammer M60 W Palmer Javelin M35 K Ellis	187-6 73-1
M60 W Palmer M70 D Bennett Hammer M60 W Palmer Javelin M35 K Ellis M40 M McDonald	187-6 73-1 133-0 159-9 152-9
M60 W Palmer M70 D Bennett Hammer M60 W Palmer Javelin M35 K Ellis M40 M McDonald M50 G Brown	187-6 73-1 133-0 159-9 152-9 112-6
M60 W Palmer M70 D Bennett Hammer M60 W Palmer Javelin M35 K Ellis M40 M McDonald	187-6 73-1 133-0 159-9 152-9

M45 W Smith

## Ponca City Classic Ponca City, OK; June 12 Ponca City, OK; Jun 100m N30 Ronnie Jones M35 Fred Mills M40 Jim Dolezel N45 Mike Steinmetz N50 Thornton Shelton N55 Glen Stone N60 Bill Boyce M70 Foster Johnson

100m	8
M30 Ronnie Jones 11.68	3
M35 Fred Mills 11.77	C
M40 Jim Dolezel 12.54	
N45 Mike Steinmetz 12.49	3
M50 Thornton Shelton 12.29	3
M55 Glen Stone 12.56	
M60 Bill Boyce 14.94	
M70 Foster Johnson 16.59	E
W40 Suzanne Williams 14.34	
200m	
M30 Kyle Kirby 23.93	
M35 Fred Mills 23.08	
M40 Jim Dolezel 26.01	
M45 Mike Steinmetz 26.59	
M50 Gary Oliphant 25.89	
M55 Glen Stone 27.33	
M60 Bill Boyce 32.91	
W40 Suzanne Williams 30.47	
400m	
M35 Fred Mills 52.16	1
M40 Gary Martin 61.99	
M50 T Shelton 62.08	
W40 S Williams 70.78	
800m	1
M35 Fred Mills 2:13.59	18
M50 Larry Toothaker 3:01.32	
1500m	
M60 Ira Mallory 6:16.44	
5000m	
M60 Ira Mallory 24:22.50	T.
High Jump	0.0
THE RESIDENCE OF THE PARTY OF T	
M35 Allen Blaylock 5-4	1
M40 Jim Dolezel 4-8	
M45 Tim McGough 4-8	1
M60 Bill Boyce 4-1	
M70 Foster Johnson 3-6	N.
Pole Vault	1
M35 Jim Fountain 14-0	
M40 Jim Dolezel 13-6	
M60 Bill Boyce 7-0	
Long Jump	
M35 Allen Blaulock 6.09	

Sand in the Darling of the Control o	
M55 Glen Stone	4.74
M60 Bill Boyce	3.11
M70 Foster Johnson	3.34
Shot Put	
M35 Ken Ellis	11.28
M40 Ed Forester	11.31
M45 Dan Dewelt	11.16
M50 Sheppard Meirs	13.56
M55 Tom Wesselowski	12.35
Commence of the second second	
M60 Bill Boyce	7.36
M70 Scott Herman	12.34
Discus	
M35 Ken Ellis	32.52
M40 Ed Forester	33.54
M45 Don Dewelt	34.76
M50 S Miers	37.16
M55 Tom Wesselowski	34.28
M60 Bill Boyce	26.52
M70 Scott Herman	32.34
Javelin	
M35 Ken Ellis	52.62
M40 Mike McDonald	52.62
M45 R Fitzgerald	36.64
M60 Bill Boyce	15.00
not bill boyce	

#### The Runner Summer Track Series Oklahoma City; June 23

100m	A Company of the Comp
M35 Brooks Wright	12.75
M40 Jim Dolezel	12.38
M45 Ron Gay	13.70
M55 Roy Kelley	14.94
M75 Jim Smith	17.00
400m	
M35 Norm Roper	56.19
M55 Roy Kelly	85.00
W35 Melissa Johnson	84.01
1500m	
M30 Gary Doty	5:21.56
M35 Norm Roper	4:14.28
M40 Nels Bentson	6:05.33
M50 Curt Ransom	5:26.00
M55 Roy Kelly	7:52.23
W35 Melissa Johnson	6:25.82
3000m	
M30 Gary Doty	12:14
M35 Norm Roper	10:03
W35 Melissa Johnson	
transfer to the second second second	11120
High Jump	
M35 Ken Ellis	6-2
M40 Jim Dolezel	4-10
Pole Vault	
M30 Mark Betterton	13-0
M35 Ken Ellis	13-0
M45 Jim Dolezel	10-6
Shot Put	PARTY STATE
M30 Ken Flowers	35-4
M45 Ken Hogan	38-3
Discus	Constant of
M30 Ken Flowers	90-2
M35 Gary Boxly	92-1
M45 Ken Hogan	117-8
M55 Roy Kelly	46-1
	MICHER NO. TO P.
WEST	

#### **Bruce Jenner Meet Masters** Events

San Jose, CA; M	ay 29
100m M60+	
Marion Sanchez	12.54
Bernie Stevens	13.41
Fred Gunther	13.92
100m M70+	
Frank Toner	15.23
Clarence Killion	15.67
Don Anhorn	16:53
100m W40+	
Judy Ace	14.83
Janie Duff	15.70
Rita Kerr	16.35
200 M50+	
Martyn Adamson	25.16
Marion Sanchez	25.59
Dennis Duffy	25.82
400m M40+	
Matt Pruitt	53.77
Ed Washington	56.86
Gary Patterson 1500m M40+	58.09
Rick Govi	211
David Salazar	4:18.20
John Christtanson	4:19.70
Jim Gorman	4:20.37
Tim Shannon	4:20.40
Tam Singuloti	4:21.40

#### Stanford Throws Series #16 Stanford U; June 5

	Commond of Salic 2
:13.59	Shot Put.
:01.32	M30 Ron McKee 59-5 3/4
A PART	M35 Greg Tafralis 63-4
:16.44	Eric Hodgdon 42-91
	M40 Gary Kelmenson 36-3
:22.50	M55 Joe Keshmiri AR47-11 3/4
	W30 Peggy Pollack 52-5
5-4	Discus
4=8	M30 Mike Buncic 192-1
4-8	M40 Gary Kelmenson 120-4
4-0	M55 Gary Dawson 97-4
3-6	W30 Peggy Pollack 147-6
3-6	Hammer
14-0	M30 Dave Debus 211-5
13-6	Dave Swan 181-7
7-0	M40 Gary Kelmenson 125-4
7-0	M55 Gary Dawson 110-9
6.09	Don Hughes 81-9
5.12	M70 Bob Stone 81-10
4.10	Continued on next page
	THE RESIDENCE OF THE PROPERTY

Continued from previous page		41.50	M60 B Feaster 40-4	SCA/USATF District Pentathlon/Weight M45 Tony Qu	
M40 Gary Kelmenson 106-4	1500m	00.00	M65 E Chynoweth 35-8 J Silsdorf 27-10\frac{1}{2}	Pentathion Championships; Los Angeles, Julie 19 M60 Mel Sch	nultz 22:06.11
Weight Throw M35 Eric Hodgdon 38-1		39.4 27.7	M70+R Carter 79 36-11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1st line=actual mark/2nd line=age-factored mark/3rd line=points Ray Arc	
M40 Gary Kelmenson 38-92	N Mourtos 4:	31.0	B Boucke 79 30-21	80mH HJ SP LJ 800m TOTALS W40 Marina 3000m	Jones 18:55.12
M55 Don Hughes 27-0 Gary Dawson 23-61/2		12.5 17.3	W40 J Stratton 35-9 Discus	Annelies 45-49 19.94 1.78m 8.94m 5.18m 2:55.35 M35 Joe Ste	
M70 Bob Stone 26-11		18.2 18.8	M30 J Garvey 43.06 M40 G Kelmenson 34.42	STOUGH, 17.54 1.18m 7.12m 4.51m 2.44.31 M40 Steve F	etersen 12:22.2
USATF/Pacific Championships	M45 G Brock 4:	19.3	M50 M Parker 34.04	274 460 419 603 676 2431 MOURAY ALC	chibald 14:00.7 Roth'e 20:39.1
Los Gatos, CA; June 12		22.8 26.3	D Nuttall 32.10 M55 J Hart 43.74	LJ JT 200m DT 1500m TOTALS Short Hurd	les
M30 J Smith 11.31 A Tucker 11.68		46.8	J Ross 41.46 M60 A Brenda 36.58	CARNINE, 2.51m 21.94m 44.52 24.92m DNF M30 Lavel1 Ken 85-59 5.38m 59.00m 27.21 50.28m WR Mike St	treeter 19.25
E Hall - 12.39	M60 C Ellsworth 5:	13.5	J Cauldwell 27.14 M65 W Atcheson 24.46	457 723 432 876 0 2488 M45 Sherida	
M35 F Lagula 12.30 M Quinlan 12.70		43.6	J Silsdorf 21.78	Armando 70-74 5.91m 43.62m 28.74 39.81m M60 Will R	obinson 18.12
M40 R Yeck 12.14 F Deniby 12.35		12.0 50.40	M70+R Carter 79 35.36 B Stone 73 23.74	ARCHIBALD. 3.23m 18.88m 35.29 20.94m 6:32.20 M70 Burl G	ist 15.94
E Washington 12.48 M45 P Raymond 12.25	W30 T McCourt 4:5	55.7	H Cronkhite 75 22.80 W40 J Stratton 35.88	Raymond 60-64 4.73m 28.68m 28.64 23.45m 4:24.14 George 332 281 334 337 784 2068 Long Hurdle	
W Emert 12.31		01.8	W65 S Dietderich 17.30	OVIATT, 3.68m 23.60m 30.25 28.52m 5:25.80 M30 Mike St	treeter 79.61
G Patterson 12.62 M50 B Probst 13.64		)2.7 35.4	M35 E Hodgdon 128-6	388 389 563 548 731 2619 M45 Sherida	on Groves 300m46.85
M Wasserman 14.00 M55 G LaTorre 12.82	5000m	36.5	M40 B McKay 134-9 M55 J Hart 124-11		Birnbaum 53.16 nocke 300m 46.03
R Fuller 13.89 M Cote 14.07	M40 D Amster 17:	04.7	M65 J Silsdorf 67-11 M70+B Stone 73 79-9	552 578 515 561 0 2206 Bob Mo ROWAN, 4.33m 25384m 28.12 34.36m 6:04.21 M60 Will R	
M60 M Sanchez 13.04		41.2	B Boucke 79 62-9 W40 J Stratton 127-8	Terry 50-54 5.54m 35.40m 24.58 38.65m 5:17.20 Dave D	ouglass 55.15
B Feaster 13.49 B Stevens 13.50		17.9 22.9	Javelin	490 376 642 637 466 2611 Steepelcha REILLY, 5.88m 49.28m 25.47 47.54m 4:58.70 M35 Neil B	ojko 11:21.5
M65 V Regier 13.42 B Jordan 14.45	M50 T Mann 20:	58.6	M40 B Powers 51.10 M50 J Burns 51.00	Frank 45-49 6.70m 62.58m 23.00 56.09m 4:29.61 M50 Luigi 743 777 785 998 747 4050 M55 Jim Be	
C Orndoff 14.68		27.8 11.5	D Nuttall 36.00 M55 P Conley 45.50	WEINSTOCK, 5.58m 34.42m 25.03 26.10m 6:13.70 M65 Avery	Bryant 8:51.2
A Fairchild 76 17.19	M65 D King 22: Short Hurdles	57.6	W50 F Conley 31.24	Wm. 45-49 6.70m 43.71m 22.60 30.79m 5:37.31 4x100m Rel 743 395 824 480 364 2806 M45 Monsoo	
W Bigelow 82 18.59 W30 J Margerum 13.27	M40 S Pardi 20.		W65 S Dietderich 19.34 5000m Racewalk	SIART, 4.95m 32.62m 30.64 27.68m 6.48.30 High Jump Wm. 45-49 5.94m 41.42m 27.67 32.66m 6.08.54 M35 Mel Em	bree 5-10 3/4
W35 M Lewis 14.16 L McCarthy 18.67	M45 F Johnston 16. M Holzgang 20.		M40 S Bockoven 28:32 A Klein 31:45	574 463 400 517 231 2185 M45 Chas R	Rader 6-3/4
M40 B Mason 14.25	M60 M Sanchez 17. J Martel 17.		A Klein 31:45 M45 D Wong 34:34	KILROY, 4.93m 29.40m 25.00 19.36m 4:51.20 Robert Jon 40-44 5.58m 35.27m 23.27 21.48m 4:31.61 M55 Milt N	co Pozzi 5-3 kewton 5-5
W45 J Duff 15.45 W65 s Dietdrich 19.69	M70+W Dahlin 72 15. Long Hurdles		M50 K De Ford 26:35 C Woods 31:51	498 374 760 300 734 2666 Phil F ROOK, 4.20m 40.44m 29.16 21.82m 4:57.00 M60 Dave D	
200m	M35 S Vegar 64.	14	M55 J Fisher 31:27	Ron 40-44 4.75m 48.52m 27.14 24.22m 4:37.02 M75 Jim Ve	ernon 3-5½
M30 J Smith 22.54 A Tucker 22.91	M40 S Jones 67. M55 O Legend 88.		M60 D Petruzzi 28:42 D Kobrin 34:15		Johnston 3-1% beekelenburg 4-9
c Hughes 23.75 M35 M Qualls 23.34	M60 M Sanchez 44.	85	M70+D Cotner 70 35:02 G de Petra 82 35:09	Al 40-44 4.31m 29.52m 26.67 27.75m 5:29.81 W55 Christ 257 292 472 420 400 1841 Pole Vault	rel Miller 3-11%
W Stokes 23.62	M65 C Orndoff 58. M70+W Dahlin 72 57.		S Sorensen 71 37:45	HECKER, 5.29m 23.38m 26.75 20.72m 5:14.20 M40 Wm Sta	imper 13-0
R Trudeau 24.75 M40 R Sims 24.75	4x100m Relay M30-34 Jaguar TC 43.	0	W35 T Iknoian 26:33 L Leiker 31:34	516 249 555 306 547 2173 Wayne	
F Malone 24.95 R Yeck 25.19	4x400m Relay		W45 C Nash 36:33	STREETER, 5.03m 34.56m 28.15 23.82m 6:48.00 M55 Hal Sm Mike 30-34 5.13m 36.63m 27.70 23.84m 6:43.67 M75 Jim Ve	
M45 P Raymond 24.72	M30-34 Run West TC 3:4 High Jump	2.9	W50 J Nedelco 27:03 H Rigney 34:59	407 393 397 345 114 1656 M80 Carol	Johnston 6-6
L Lettieris 25.42 G Mader 25.87	M30 D Kolakowski 6-0		W55 P Graves 37:50 G Selle 37:53	WEIGHT PENTATHLON W60 Shirle HT SP DT JT WT TOTALS Long Jump	y Kinsey 4-0
M50 M Adamson 24.79 D Duffy 24.80	C Johnston 4-1	0	W65 J Cotner 41:31	HUFF, 13.88m 9.19m 18.50m 26.48m 5.00m M40 Don Be	
B Knocke 26.10	M45 B Wood 4-1 M Holzgang 4-8		Stanford Throws Series #17	17.24 17.24 17.30 24.22 39.72 6.33 Vinson	Nobles 14-0
M55 G LaTorre 26.10 R Fuller 28.20	M50 J Burns 5-0 H Pettegrove 5-0		Stanford U; June 26	Hugh 70-74 46 60m 14 33m 45 10m 54 98m 13 74m	
M Cote 29.11 M60 M Sanchez 26.10	D Stempel 4-6		M35 Eric Hodgdon 43-14	612 714 721 726 678 3451 M55 Roget C	
B Stevens 27.66	M Newton 5-4		M40 Davie McKenzie 50-25 Gary Kelmenson 37-85	MINAH, 38.88m 10.65m 28.36m 21.84m 12.11m W40 Deby S Jim 70-74 55.20m 14.59m 38.84m 40.40m 12.11m W40 Deby S Tina S	
B Feaster 27.89 M65 V Reigier 29.02	M60 M Sanchez 5-0 M65 J Silsdorf 3-1		Discus M40 Gary Kelmenson 112-6	5MIT 33.36m 10.04m 38.70m 34.80m 10.20m W45 Ann St	eekelenburg 13-35
b Jordan 31.12 C Orndoff 31.25	M70+W Dahlin 72 4-4 W Bigelow 82 3-6		M55 Joe Keshmiri 164-2	Jan 60-64 42.70m 13.51m 43.34m 37.68m 12.70m W60 Magdal	el Miller 10-11 3/4 ena Kuehnel0-9%
M70+F Toner 73 31.54	B Boucke 79 3-6		Hammer M30 Torre Gustafson18# 225-2	551 664 689 581 615 3100 Triple Jun  DEVLIN, 30.24m 11.43m 35.50m 35.98m 9.11m	
P Spangler 94 nta W35 M Lewis 29.00	W45 B Stratton 3-0 Pole Vault		Dave Swan 190-2 M35 Eric Hodgdon 123-1	Mike 60-64 38.70m 14.11m 39.76m 54.68m 11.25m M30 Lev Da 489 701 620 722 564 3096 M35 Tcm St	cuthard 38-4 3/4
W40 B Mason 29.27 J Ace 30.14	M30 B Olsen 4.5 M40 J Williams 14-		M40 Dave McKenzie 208-0	DOUGLASS, 31.66m 9.64m 34.42m 31.14m 9.60m Andy P	
W45 J Duff 32.27	E Seese 13-	11/4	M70 Bob Stone 78-9	517 568 597 606 565 2853 W60 Magdal	lena Kuehne24-6%
400m M30 C Hughes 52.49	B Cerono 12- M45 P Heglar 13-		Javelin M40 Tony Grant 167-4	Luigi 50-54 25 96m 8 11m 30 74m 33 44m 8 49m M35 Val Ol	
A Tucker 53.23 J Shepardson 53.75	B Hotaling 13- R Werne 12-	11	Gary Kelmenson 124-2 Weight Throw	299 350 454 397 371 1871 Scott WOODWARD, 36.06m 10.03m 44.04m 37.14m DNS MM Pen	
M35 M Qualls 50.90	M50 D Stempel 8-	14	M35 Eric Hodgdon 40-65	Mike 50-54 45.78m 11.48m 57.68m 55.70m Russ R	Reabold 39-8 Hells 45-4
R Fisher 54.30 R Trudeau 54.90		-1 <del>1</del>	M40 Gary Kelmenson 40-9 M70 Bob Stone 26-8	STARBUCK. 20.24m 9.18m 28.14m 42.22m 7.34m Dan Bo	orrey 37-11
M40 R Sims 54.60 E Washington 56.10	M65 D Grosh 8	-7 <del>1</del> -71	USATF So. Cal.		tshiller 32-5½ Schiavo 24-5
R McHugh 56.30	Long Jump		Championships	DELLER, 46.04m 12.71m 42.74m 40.50m 13.17m M55 Hal Sm	
M45 d Pogue 56.10 S Barnett 57.10	M40 S Pardi 18 R Holmes 18	-1	Norwalk; June 27	695 712 766 626 744 3543 Walt D	eRothn'e 25-15
P Raymond 57.30 M50 M Adamson 57.52	C Johnston 17 M45 B Wood 16	-3 -7 <del>\</del>	M30 Mike Streeter 14.00	IVORY, 29.20m 13.99m 36.60m 40.64m 9.10m M65 Bill B Roosevelt 30-34 29.54m 14.15m 36.62m 43.08m 9.20m M70 Wilbur	langert 36-11 Thompson 37-5
M55 R Fuller 65.75 M60 M Sanchez 61.59	M Holzgang 16 C Clipps 15	-5	M40 Eugene Driver 11.69 Glenn Johnson 11.99	351 703 562 541 411 2568 Tom Pi	∞ 33–6½
B Stevens 63.46	M50 D Stempel 16	A STATE OF THE STA	M45 Frank Little 12.14	Kinsey 6.68/JT MSS 40 32/MSS Clarence Treat 10 22/MS2 M30 Mike S	
F Gunther 65.25 M65 W Atcheson 76.14	M55 O Legend 15 M60 A Brenda 12		M50 Stephen Robbins 11.60	Janet Wilson 43.30 M40 Russ R	eabold 132-2
B Jordan 79.11 M70+P Spangler 94 3:14.60	M65 J Silsdorf 9	-4½	Don Parker 12.26 M55 Milt Newton 12.71	W35 Wendy Jacob 29.04 M40 Jon Kilroy 2:04.77 Like Sci	ells 135-7
W30 J Case 68.10	W30 J Margerum 17	-2 -114	Richard Glasgow 13.13 M60 Frank Kishi 14.36	W45 Suzanne Schweitzer 40.65 M45 Rob Russell 2:08.35 M50 Dave N	uttall 104-6
W40 D Grafius 61.01 J Ace 67.40		-6½ -8½	M65 Jock Jocoy 14.53	W50 Jeanne Carter 32.81 M50 George Cohen 2:09.63 M55 Ed Mar	tin 102-4
W55 R Kerr 76.80	Triple Jump	25 A. F.	Joe Welch 18.02 M70 Tom Pico 16.41	400m M50 Jesse Carrington 2:29.13 Walt n	ouglass 111-9 eRothn'e 78-2
M30 A Pacheco 2:20.30	M40 D Behrens 37	$-3\frac{1}{2}$	George Simon 16.44	M35 Peter Moor 53.56 Mel Sacks 3:31.57 M65 Bill B	angert 113-11
M35 R Kushman 2:03.40 J Fabris 2:03.70		-8½ -1	W35 Wendy Jacob 13.8	M40 Eugene Driver 53.07 465 Louis Beadle 2:47.45 MikeLo	Thompson 128-6 gan 88-9
K McMillan 2:07.90 M45 S Barnett 2:07.70	M45 B Wood 34	-101 -51	W55 Bulie Lopp 17.9 W60 Magdalena Kuehne 16.5	Herman Castille 54.08 W30 Joan Case 2:33.3 W55 Christ	
D Duffy 2:09.20	M55 O Legend 29	-91	200m M30 Mike Streeter 28.80	M50 Don Parker 52.7 W55 Jeane Hoagland 2:49:29 Hammer	What has been a second
M50 W McMillen 2:16.20 T Nelson 2:17.60	M60 A Brenda 30	-6 -4 <del>1</del>	M35 Wm Harry 24.73	M55 Jesse Carrington 64.4 M60 Ride Corried M4:35.9 M40 Ed Arc.	aro 145-6
M55 J Bevins 2:21.70 P Richardson 2:22.30		+	Pete Takematsu 26.21 M40 Eugene Driver 23.33	M60 Ross Dunton 66.7 M45 Otto Petersen 5:44.5 M50 Abe Sh	dleton 123-5
N Saucedo 2:25.60	M30 J Garvey 44	-0.	Glenn Johnson 24.46 M45 Frank Little 25.08	M65 Louis Beadle 67 18 M50 Rich Jones 5:00.51 Luigi 1	Schiavo 72-8
M60 F Gunther 2:37.60 J Metzgar 2:45.10		-11 -9½	M50 Charley Loftis 26.88	W40 Tina Stough 6'.65 M60 Ray Archibald 6:44.75 M60 Dave D	ouglass 108-4
M65 A Bryant 2:44.40 D King 2:54.50	M40 - McKay 42	-5 -3½	Bob Morgan 27.30 M55 Milt Newton 26.42	W45 Suz Schweitzer 95.89 W30 Carolyn Beck 5:06.04 M65 Bill B	angert 105-1
M70+P Spangler 94 6:30.40	M45 J Woods 45	-0	Roget Tsuda 26.93 M60 Frank Kishi 30.28	W65 Sumiye Onodera 85.75 W45 Bonnie Frankel 5:54.53 Javelin	
W30 F Nunley 2:23.00 J Case 2:31.00	M Garrett 31 M50 M Parker 41	-0	M65 Jock Jocoy 30.67	M30 Joe Gilboy 2:05.55 M30 Gil Guzman 16:19.61 M40 Ron Ro	ok 40.30
W40 D Grafius 2:22.20 M Villar 2:27.10	D Faler 35 M55 J Hart 44	-8 -1⅓	M70 Tom Pico 35.60	Mark Cleary 2:06.66 James Reed 16:41.66 M45 Tom Sta M35 William Harry 2:00.29 M35 Joe Steinman 19:42.61 Wm Sia	arbuck 41.46 rt 36.44
L Mantynen 2:28.00		-2	George Simon 35.99		nued on next page

August, 1993		National N	lasters News		
Continued from previous page	Bob Holmes 69.68	Everett Murdock 4'3	JAVELIN	M55 Bill Iffrig 5:05.57	M60 Jack Coy 14.19 W45 Joanne Stewart 15.73
M50 Dave Nuttall 36.08	Phillip Williams 1:11.70	M55 Phil Fehlen 5' 5 Nick Newton 5' 5	M30 Mike Streeter 100' 2 Tom Wendler 98' 4	M60 Mel Preedy 5:32.71 M65 Louie Miovski 6:18.86	W50 Rose Schlewitz 17.84
Luigi Schiavo 24.58	Louis Simms 1:15.03 Walter Atcheson 1:16.16	Hal Smith 4'5	M35 Mike Bailey 163'11	M70 Norm Hansen 6:34.50	W55 Ginny Baker 17.85
M55 Hal Smith 37.94	M70 Bob Hunt 1:30.06	M60 Marion Snachez 4' 11	M40 Ron Rook 123' 8	M75 Fred Sandoy 6:50.99 W35 Viviana Odwin 6:27.47	W60 Nikki Ryan 16.36
Ed Martin 35.14 M60 Dave Douglass 32.48	M75 Pete Ganahl 1:23.99 Andy Collins 1:42.96	Dave Douglass 4' 5 Ray Archibald 3' 9	M45 Richard Rook 121'11 Tom Starbuck 119'11	W35 Viviana Odwin 6:27.47 W45 Avril Douglas 5:13.79	M35 Wayne Franklin 25.06
M65 Del Pickarts 48.82	Julian Myers 1:55.54	M65 John Cleveland 4' 1	M50 Steve Wordell 118'10	W50 Renate Rogers 7:44.76	M40 Steve Brown 26.43
M70 Mike Logan 18.24 W40 Tina Stough 24.20	W40 Tina Stough 65.43	M70 Walter Dahlin 4' 3 Burl Gist 4' 3	Dave Nuttall 114' 7 Luigi Schiavo 79' 9	5000m M40 Alfred Gress 20:54.27	Frank Lulich 27.69
THE STATE OF THE S	W50 Jeanne Carter 1:12.73 W55 Patricia Willis 1:55.09	M75 Pete Ganahl 3' 9	M55 LarryStuart 190'10	M55 David Pitkethly 17:44.56	M50 Joe Johnson 26.60 Emil Torquato 27.93
5000m Racewalk M50 John DeNoon 22:02.3	W65 S.Onodera-Leonard 1:26.05	John Damskl 3' 7 Jim Vernon 3' 3	Phil Fehlen 154' 2 Hal Smith 124' 5	M60 Robert Reed 20:42.27 M65 Don Bernitt 23:19.89	MS5 Theron Nelson 28.92
Ray Stuart 31:56.3	800	M80 Carol Johnston 3'5	Tom Kenster 81' 1	M65 Don Bernitt 23:19.89 M70 Norm Hansen 23:38.53	Jim Schlewitz 29.38 Paul Stepan 29.89
M60 Mel Schultz 29:33.0 M70 Jorge Newberry 35:36.4	M30 Stephen Taggart 2:13.51	W40 Tina Stough 4' 1	Leon Barette 64' 3 M60 Dave Douglass 107' 3	M75 Fred Sandoy 23:38.3	M60 Jack Coy 29.00
	M35 Peter Mogg 2:02.23		M60 Dave Douglass 107' 3 M65 Del Pickarts 154'10	W45 Carol Ann Castel 20:33.07 W50 Renate Rogers 27:46.8	M75 Dan Bulkley 33.57 W50 Rose Schlewitz 38.18
Trojan Masters Track Classic	Neal Bojko 2:07.00 Kirby McMillan 2:07.64	Many Harna 210	Donald Grey 84'10	W60 Jan Kavadas 40:58.4	Laura Stepan 42.29
Los Angeles, CA	Milton Qualls 2:08.57		M70 Harry Yu 42' 7 M75 Jerry Siefert 96'10	110mH M40 Russell Acea 17.76	M35 Wayne Franklin 56.62
luly 11	M40 Fred Sowerby 2.02.21 lan Cumming 2:07.24	M30 Robert Gonzalez 9'6	Mira sarry stellart 30 10	W45 K H Troy 17.34	Marty Downs 56.62 M40 William Hughey 55.99
M30 Luis Morales 11.18	Jonathon Kilroy 2:08.50	M35 Mike Hogan 15' 0	NORTHWEST	High Jump	Jim Hiebert 57.80
"J" Smith 11.65 Kloperr Bell 11.73	Steve Christiano 2:09.04			M30 Jeff Smoot 1.52 M40 Rich Teller 1.92	M45 Wayne Gripp 54.01 Frank Lulich 1:00.79
Kipperr Bell 11,73 M35 James Bonilla 11.65	Wayne Morris 2:18.48 M50 Don Parker 2:02.55	M40 Steve Morris 14' 0	Tom Gage Classic Bozeman, MT; May 16	M45 Jim Lockard 1.32	M55 Joe Hoffman 1:02.86
Milton Qualls 11.67	Dennis Duffy 2:12.83	Bill Stamper 12' 0	Shot Put	M50 Bob Sheedy 1.47 M60 Jack Fischer 1.42	Paul Stepan 1:06.72 M60 Don Kane 1:05.50
Barry Caldwell 12.41 John Arbogast 13.62	George Cohen 2:14.40 Bob McAlpine 2:21.79	Wayne Shaul 10' 6	M45 Bob Sager 38-5	M65 Ed Failor 1.22	M75 Dan Bulkley 1:15.00
M40 Eugene Driver 11.71	Roy Gardner 2:27.50	M50 Dennis Stempel 9'6	M50 Tom Gage 52-6 Discus	M70 Gil Spain 1.27	800 Meters M35 Marty Downs 2:05.44
Warren Spikes 11.81 George Weston 13.02	M55 Jesse Carrington 2:30.76 M60 Sid Wing 2:20.69		M45 Bob Sager 104-10	W30 Martha Mendenhall 1.47 Pole Vault	Scott Kesler 2:24.85 M40 Gordon Valiant 2:06.44
Steve Wathen 15.84	Roes Dunton 2:31.84	Hal Smith 7 6	Hammer	M40 Rich Teller 12-0	William Hughey 2:08.12
M45 FrankLittle 12.35 Bill Weinstock 12.38	M65 Louis Beadle 2:39.74 Harold Willis 2:57.12		M45 Bob Sager 112-5 M50 Tom Gage WR209-2	M45 Jerry Ceis 11-6	Jim Hiebert 2:09.75 M45 Steve Boyer 2:05.83
Sheridon Groves 12.79	Harold Willis 2:57.12 Avery Bryant 3:37.18	M75 Jim Vernon 8'0	(Hans Potsch/208-6/1987)	M50 Larry Holmes 12-6 Long Jump	M50 Don McMillan 2:17.30
Leroy Clipps 12.86	M75 Julian Myers 4:31.77		Athletics East/Insport Street	M30 Gerald Edwards 6.87	M55 Ken Ogden 2:30.83 M60 Don Kane 2:46.90
Rob Farber 13.26 Lance Pierce 13.53	W45 Joni Shirley 2:34.73 W55 Vickl Bigelow 2:41.68	LONG JUMP	Mile	M35 Dave Graves 5.27 M40 David Ortman 5.91	M75 Dan Bulkley 3:04.71 W35 Mary Russell 2:33.09
Mac McCormick 13.76	The state of the s	M30 Lavell Davenport 20' 9	Gresham, OR; June 5	M45 K H Troy 5.76	Katey Angel 2:35.37
M50 Steve Robbins 11.56 Marion Sanchez 12.66	M35 Lee Johnson 4:44.27	Mike Streeter 14' 5 M35 Andrew Hecker 16'10	Elite M40+ Eric Ojala 40 4:24.65	Oron Lott 5.41	1500 Meters M35 Marty Downs 4:13.64
Robert Simmons 12.88	M40 lan Cumming 4:16.36 Ron Rook 5:00.75	M40 Don Perkins 13' 6	Allen Boyce 42 4:34.46	M50 Robert Sheedy 4.85 Robert Gent 4.80	Scott Kesler 4:58.14
Ron McKnight 14.16 Paul Gilbert 14.23	M45 Tony Qunitero 6:08.18	M45 Rob Farber 17' 7 Bill Weinstock 17' 1	Alan Beck 46 4:36.77 Elite W40+	M65 Ed Failor 3.89	M40 Erik Ojala 4:14.79 Gordon Valiant 4:21.11
M55 Roger Tsuda 13.49	M50 Everett Murdock 5:21.22 M55 Cliff Bedell 4:49.85	Leroy Clipps 15' 4	Ingrid Clancy 35 5:05.19	M70 Gil Splaine 3.75 M80 Henry Schumacher 1.44	Jim Hiebert 4:24.84
M60 Sam Flory 13.70	Ted Oviatt 5:52.78	M50 Dennis Stempel 15' 6 Richard Imperiale 14' 8	Laura Caldwell 40 5:18.66	W30 Martha Mendenhall 4.44	William Hughey 4:30.89 M45 Al Beck 4:25.25
Hugh Cobb 14.20 Tony Nasralla 14.22	M60 Robert Culling 5:34.04 Louis Simms 6:00.93	M55 Roger Tsuda 17'11	Janet Jordan 44 5:21.26 M40 Ed Moore 5:57.83	Triple Jump M30 Jeff Smoot 11.76	David Gonzales 4:56.13 M65 Tom Brinton 5:41.04
FrankKishi 14.51	Ray Archibald 6:23.02	M70 Tom Pico 11' 3 1/2	M45 John Larsen 5:12.84	M40 Rich Teller 10.26	M70 Joe Mallon 6:37.42
M65 Jock Jocoy 14.34 Al Escobosa 14.56	M65 Louis Beadle 5:35.56 Harold Willis 6:04.09	Harry Yu 7' 4 M75 Julian Myers 10' 2	M50 Kelley Slayton 5:34.33 M55 John Carpenter 5:42.32	M45 Ken Troy 10.50	W35 Katey Angel 5:11.96 5000 M
Tom Miller 15.87	Harold Willis 6:04.09 Avery Bryant 7:41.72	W40 Deby Sweezey 16' 4	M60 Jack Keener 5:33.41	M50 Robert Sheedy 9.31 M65 Bob Gevers 7.63	M30 Tim Swietlik 16:30.99
John Cleveland 15.97 Joe Welch 17.12	M75 Julian Myers 8:42.9 h	t WEE Christal Affles 11' 5	M65 John Keston 5:21.14	W35 Theresa Haynes 8.97	10000 M M35 Jim Ney 34:05.10
M70 Tom Pico 15.97	W35 Barbara Carpenter 5:41.45 W55 Vicki Bigelow 5:18.97	W60 Magdalena Kuehne 11' 4	W35 Theresa Caspell 5:36.27 W40 Andrea St Claire 6:06.58	Shot Put M30 Doug Porter 11.30	Chris Marks 35:15.80 Joe Sherry 35:24.20
George Simon 16.27 M75 Andy Collins 17.28	7 wallstate and account of the latter of the	TRIPLE JUMP	W50 Sandy Noragon 6:34.32	M40 Bob Cox 8.43	M45 Scott Taylor 35:40.60
Julian Myers 21.07	M30 Gil Guzman 16:27	M35 Tom Stuthard 40' 6 17	W55 Lois O'Brien 11:18.17	M45 George Mathews 11.44 M50 Bob Roy 10.10	M50 Roy Reisinger 36:14.70 Fritz Ingram 45:20.20
M80 Bert Morrow 17.49 W30 Robyne Moore 14.28	Stephen Taggart 16:34	John Arbogast 30' 8 M40 Joel Whitfield 36' 5	Senior Sports Festival	M60 Bob Flaherty 10.63	W55 Shirley Ingram 48:40.00
April Thomas 16.50	Frank Ebiner 16:50 M40 Irwin Merien 18:16	Al Cain 28' 7 M45 Rufus Morris 37' 5	Seattle; June 5	M65 Harvey Williams 9.73 M70 Ken Gorshkow 9.53	High Hurdles M35 Wayne Franklin 17.12
W40 Deby Sweezey 13.44 W60 Magdalena Kuehne 16.86	M50 Nelson Crader 18:39	M50 Dennis Stempel 32' 3	M30 Gerald Edwards 11.96	M75 Gerald Cysewski 10.34	M50 Al Phillips 17.95
W65 S.Onodera-Leonard 18.07	Roy Gardner 20:05 Gary Stephens 21:00	M60 Tony Nasralla 28' 3 1/2 M65 Dewey Vroom 27'11 1/2		M80 Leon Joslin 8.95	Steeplechase M35 Scott Kesler 12:10.41
200 M30 Luis Morales 22.21	Luigi Schiavo 22:57	M70 Harry Yu 15' 5	M45 Jeff Schaller 12.66	Discus M45 George Mathews 33.64	5000 M Racewalk M50 Edgar Kousky 26:21.10
"J" Smith 22.94	M55 Ted Oviatt 20:50 M60 Louis Simms 22:48	W60 Magdalena Kuehne 24'10	M50 Ron Jensen 13.03	M50 Robert Roy 43.44	Bob Brewer 26:42.10
M35 Denny Scott 23.99	M75 Julian Myers 31:03	Woo Magdalena Nderine 24 10	M55 Bob Miller 13.24 M60 Jack Fischer 13.71	M55 Turk Markishtum 35.50 M60 Darrold Skartvedt 41.48	John Hanan II 31:23.90 M60 Dick Vaughn 32:02.90
Milton Qualls 23.24	W50 Atsuko Fujimoto 24:50 W65 Helen Dick 23:53	SHOT PUT	Jack Coy 13.91	M65 Harvey Williams 35.80	William Kinder 36:26.90 M70 Don Jacobs 45:03.10
James Bonilla 23.85 Neal Bojko 25.12	A STATE THE PROPERTY OF THE STATE OF THE STA	M35 Mike Balley 50' 0 1/2 Scott West 42' 4 1/2	M65 Tom Norwood 15.35 M75 Al Klier 18.49	M70 Ken Gorshkow 23.58 M75 Gerald Cysewski 30.84	W35 Louann Snowley 35:56.40
Barry Caldwell 25.67	110 HIGH HUNDLES	M40 Bill Pendleton 45' 3	M80 Henry Schumacher 29.96	M80 Leon Joslin 28.46	W45 Judy Heller 31:33.10 W50 Betsy Packer 34:23.20
John Arbogast 29.06	Mike Streeter 18.83	Mike Deller 42' 3 M45 D.B. Fulbright 36' 3 1/2	W30 Martha Mendenhall 14.92 W35 Theresa Haynes 13.11	Hammer M30 Doug Porter 21.56	WS5 Anne Whitaker 36:45.50
M40 Eugene Driver 24.70 George Weston 27.21	M45 Sheridon Groves 18.70	Mac McCormick 36' 1 3/4	W35 Theresa Haynes 13.11 W40 Catherine Gruye 16.40	M45 George Mathews 45.74	M35 Bill McKinney 1.78
Don Perkins 27.83	100 HURDLES	M50 Luigi Schiavo 24' 4 3/4	W50 Renate Rogers 26.49	M50 Brad Wilson 21.28	M40 Jerry Cash 1.68 M45 Jack Casey 1.58
Steve Wathen 33.45 M45 FrankLittle 24.84	M50 Walt Butler 14.05	M55 Hal Smith 44 4 4 Ron Wade 37 2	W55 Louise Reed 16.56 W70 Helen Jensen 21.65	M55 Turk Markishtum 22.38 M65 Ken Weinbel 33.06	M50 Al Phillips 1.58
Bill Weinstock 25.51	Larry Sallinger 15.59 Fred Niedermeyer 16.03	M60 Harry Hawke 39' 6 3/4	200m	M70 Ken Gorshkow 22.36	Joe Johnson 1.45 Ora Bannister 1.30
M50 Steve Robbins 23.33	M55 Alvin Henry 15.50	Allan Barry 36' 5 1/2	M30 Gerald Edwards 24.01 M35 Gordon Monk 32.66	M75 Gerald Cysewski 25.72 M80 Leon Joslin 24.84	M60 Harvey Lewellen 1.40 M65 Ward Church 1.17
Paul Gilbert 29.40	Dave lackson 17 23	Dave Douglass 31' 4 1/2 Walter deRothné 23' 3 1/2	M40 David Ortman 24.94	Javelin	Phil Walden 1.17
M55 Roger Tsuda 27.44	Will Robinson 18.73	M65 Bill Bangert 36' 7	M45 Jeff Schaller 26.36	M30 Doug Porter 51.64 M50 Bob Sheedy 35.66	M70 Gil Young 1.17 Les Hintz 1.14
M60 Marion Sanchez 27.59 Hugh Cobb 28.66	Bill Adler 19.08	Donald Grey 27' 9 M70 Tom Pico 34' 0	M50 Ron Jensen 26.59 M55 Bob Miller 27.33	M55 Turk Markishtum 42.38	M75 Dan Bulkley 1.17
Tony Nasralla 28.96	5410 Cooglass 15.00	M75 Jerry Siefert 31' 4 1/4	M60 Jack Coy 29.15	M60 Bob Flaherty 40.50 M65 Harvey Williams 31.74	W55 Ginny Baker 1.07 Pole Vault
FrankKishi 30.54 Ray Archibald 36.65	M70 Walter Dahlin 15.16	W40 Janet Wilson 34' 9 W55 Christel Miller 27' 8	W40 Catherine Gruye 35.48	M70 Ken Gorshkow 17.38	M35 Ron Cox 3.66 M40 Jerry Cash 4.29
M65 Jock Jocoy 30.05	Burl Gist 15.79	Mary Herse 22' 5 1/2	W45 Avril Douglas 30.01	M75 Gerald Cysewski 23.60 M80 Leon Joslin 19.94	John Patterson 3.35
Al Escobosa 30.05 Harold Willis 36.20	George Simon 17 83	W60 Shirley Kinsey 21' 4	W55 Louise Reed 35.63 W70 Helen Jensen 49.26	1500m Racewalk	M60 Harvey Lewellen 2.92
M70 Tom Pico 34.06	W40 Deby Sweezey 12.06 (AP	DISCUS M35 Mike Bailey 137' 3	400m	M30 Demetrius Bryant 8:46.67	M70 Les Hintz 1.52 Long Jump
M75 Al Guidet 35.42		M40 Mike Deller 140' 0	M30 Tim Douglas 64.96 M40 Dennis Creson 58.03	M40 Bob Huppe 8:49.90 M60 Oscar Werner 8:49.21	M50 Al Phillips 5.28
Julian Myers 44.07	M30 Robbie Birdwell 62.1 ht	Russ Reabold 125' 0 Bill Pendleton 117' 0	M50 Ron Jensen 59.15	M65 Paul Kaald 8:47.47	M70 Andrew Holden 2.62 Triple Jump
W30 April Thomas 36.82 W50 Jeanne Carter 32.37	M35 Andrew Heckker 1:11.04	Ron Rook 73' 3	M55 Bill Mitchell 66.80 M60 Ralph Miller 63.28	W35 Therese Iknoian 8:06.26	M35 Billy McKinney 12.15 M40 Wing Man 10.10
W60 Magdalena Kuehne 36.74	M45 Sheridon Groves 66.93 Jorge Birnbaum 1:14.69	M45 Lee Schwartz 121' 2 D.B. Fulbright 118' 7	M65 Tom Norwood 77.00	3000m Racewalk	W55 Ginny Baker 6.42
400	200 INTERMEDIATES	Mac McCormick 116' 8	W35 Theresa Haynes 59.55	M30 Demetrius Bryant18:38.59 M40 Bob Novak 15:09.59	M60 Hiran Crane 39.76 M65 Cal Hersey 29.68
M30 C. Stephenson 50.31 Andre Frazier 57.45	M50 Fred Neidermeyer 46.73	Bill Weinstock 89' 6 Tom Starbuck 89' 5	W40 Catherine Gruye 82.04	M45 Stan Chraminski 14:57.47	Ward Church 23.24 M70 Joe Mallon 22.56
M35 William Harry 51.46	M60 Marion Sanchez 45.51	Tony Quintero 70' 3	W45 Avril Douglas 62.88 W50 Renate Rogers 1:51.21	M60 Oscar Werner 18:54.07 M65 Hugh Degler 19:15.99	M75 Alvin Becker 12.76
George Mehale 52.65 Peter Mogg 52.78	Al Sheahen 53.81	M50 Dave Nuttall 100' 7	W55 Louise Reed 78.82	M70 Warren Wilson 25:13.26	<u>Piscus</u> M30 Martin Jaqua 43.01
Kirby McMillan 54.97	M70 Walter Dahlin 58.0 h	Abe Sheinker 97'10 Luigi Schiavo 90' 8	800m M30 Mike McCluskey 2:02.04	W30 Sarah Klaudt 18:31.54 W35 Therese Iknoian 15:49.57	M40 Dennis Rabe 32.82
M40 Fred Sowerby 50.14 Eugene Driver 52.68	M75 Pete Ganahl 1:14.77	M55 Hal Smith 128'10	M35 Greg Beyerlein 2:04.49	W55 Bev LaVeck 17:27.20	Patrick Elsberg 28.22
Jonathon Kilroy 54.37	M80 Bert Morrow 1:15.89	Ed Oleata 118' 6 Ron Wade 113' 8	M40 Robert Walker 2:06.60	USATF of Oregon	M45 Allen Huffstutter 26.04 M50 John Gambill 36.83
Warren Spikes 55.29	4 X 100 RELAY	Leon Barette 73' 2	M50 Jay Newkirk 2:25.39	Masters Championships	Al Phillips 32.84
Wayne Morris 59.14 Steve Wathen 3.91		M60 Harry Hawke 137' 2 Dave Douglass 103' 4	M55 Stephen Odwin 2:18.37	Portland; June 6	Kelly Timm 32.10 Tony Fadilla 26.31
M45 Art Martinez 66.25	4 X 400 RELAY	Allan Barry 92' 9	M60 Ralph Miller 2:30.96 M70 Norman Hansen 3:22.4	100 Meter	MSS Neil Saling 39.96
M50 Dennis Duffy 55.37 Alan Olson 56.32		Walter de Rothné 77' 1	M75 Joe Carey 3:52.4	M35 Dennis Carline 12.42 M40 Wing Man 13.07	M60 Harvey Lewellen 37.98 M65 Ward Church 31.00
Willie Clarke 60.09	M35 Jason Meisler 6' 2	Dewey Vroom 112' 1	W55 Gail Everett 3:23.9 W60 Peggy Ainslie 3:21.4	M45 Wayne Gripp 12.63 Richard Ying 13.69	Cal Hersey 30.66
Nelson Crader 63.40	Mel Embree 6' 0	Donald Grey 85' 9	1500m	Michael Stewart 13.79	Dan Bulkley 23.32
Jesse Carrington 63.52	Jorge Birnbaum 5'3	M70 Wilbur Thompson 126' 7	M30 Mike McCluskey 4:19.0 M35 Gordon Monk 5:51.7	Allen Huf(stutter 14.38 M50 Joe Johnson 13.13	M80 Ray Moe 19.18 Shotput
Mel Sacks 63 99	Ken Carpenter 4'0	Tom Pico PENO	M40 Robert Walker 4:24.6	Emil Torquato 13.45	M30 Martin Jaqua 12.63 M35 Dennis Carline 12.70
Tony Nasralla 63.73	M50 Herman Pettigrove 5' 1 Dennis Stempel 4' 9	W40 Janet Wilson 136'10	M45 Joe Henry 4:40.1 M50 Des O'Rourke 4:46.77	Theron Nelson 14.11	Forrest Brouillard 9.57
A THE RESERVE			10.11	Jim Schlewitz 14.23	Continued on next page
			A STATE OF THE PARTY OF THE PAR		

page 32		and the second second	
Continued from monday	s page	LANGUED AL ACEL	
M40 Craig Bonnarens	13.88		
Dennis Rabe Patrick Elsberg	11.32	Natal Champion Durban, South Africa	
May rogg Dennis Rabe Patrick Elsberg M45 Huffstutter M50 John Gambill M55 Neil Saling M60 Harvey Lewellen M65 Cal Hersey Phil Walden Ward Church M70 Jim Minah Andrew Holden M75 Ross Carter Dan Bulkley W50 Sandra Fruin Jayelin	8.73 12.73	100m	
M55 Neil Saling M60 Harvey Lewellen	11.19 10.81	M30 T Mogane M35 E Tshabalala	11.3
M65 Cal Hersey Phil Walden	9.43 9.07	M40 L Claassen M45 G Breytenbach	11.4
Ward Church M70 Jim Minah	8.13 10.85	M50 D Augustyn M55 G Pistorius	12.3
M75 Ross Carter	11.48	M65 L Nel	14.2
W50 Sandra Fruin	6.39	M65 L Nel M70 C Beetar M75 T Shipton W30 L Brits	19.8
Mad beilits kains	41.20	W35 R Koekemoer	
Patrick Elsherg M45 Allen Huffstutter M50 Gary Stenlund Gary Reddaway Al Phillips Ora Bannister Kelly Timm Tony Padilla	35.54 55.30	W35 R Koekemoer W40 S v Rooyen W45 G Viljoen W50 P England	13.3 13.1
Gary Reddaway Al Phillips	48.58	W60 V Welgemoed	15 3
Ora Bannister Kelly Timm	34.14	200m	17.9
W40 Sue Evans	22.56	M30 T Mogane M35 J Slippers	23.1 25.5
W50 Rose Schlewit	16.42 13.42	M40 P Bezuidenhout M45 G Breytenbach	23 1
Hammer		M50 D Augustyn M55 G Pistorius	25.4 25.8
M50 Tony Padilla M55 WardChurch	19.47 19.96	W30 L Brits	26.5
M70 Jim Minah	38.70	W35 R Koekemoer W40 S v Rooyen	25.5 27.6
Volcano Classic St. Helens, OR	Aller Han	W45 G Vilioen	28.1 30.6
A STATE OF THE REAL PROPERTY AND ADDRESS OF THE PROPERTY AND ADDRESS OF THE REAL PROPERTY AND ADDRESS OF THE PROPERTY ADDRESS OF THE PROPERTY ADDRESS OF THE PROPERTY AND ADDRESS OF THE PROPERTY AND ADDRESS OF THE PROPERTY AND ADDRESS OF THE PROPERTY ADDRESS OF THE PROPER		W50 A v Niekerk W60 V Welgemoed 400m	32.6
June 12  100 Meters M35 John Six M40 Wing Man M45 Richard Ying M50 Joe Johnson Ron Jensen Joe Thielman M60 Jack Coy M70 Bill Bronson W50 Laura Stepan W55 Marti Thielman W75 Jene Crane 200 Meters	12.5	M30 D Matsinye	50.2
M40 Wing Man M45 Richard Ying	12.7 13.3	M35 V C Xulu M40 L Claassen	52.3 52.3
M50 Joe Johnson Ron Jensen	12.5 12.8	M45 G Breytenbach M50 E Mkhomole	58.4
M60 Jack Coy	12.9	M65 L Nel W30 K Williamson	64.4 58.2
W50 Laura Stepan	14.7	W35 R Koekemoer W40 S v Rooyen	58.3 64.4
W/S Irene Crane	23.4	W45 G Viljoen W50 A v Niekerk	70.1
W/5 Irene Crane  200 Meters  Mis John Six  M50 Joe Johnson Joe Thielman Ron Jensen  M55 Paul Stepan M60 Jack Coy  M70 Bill Bronson W50 Laura Stepan W55 Marti Thielman W75 Irene Crane	26.3	00011	
Joe Thiclman	25.8	M40 L Claassen	2:00.0
M55 Paul Stepan	30.6	M50 E Mkhamole	2:11.8
M/O Bill Bronson	30.1	M65 L Nel W40 S v Rooyen	2:31.4 2:38.4
W55 Marti Thielman W75 Irene Crane	36.9 52.3	W40 S v Rooyen W50 M Kleynhans W60 O du Toit	2:51.5
400 Meters M35 Marty Downs	58.9	M30 N Greyling	4:16.4
M35 Marty Downs M50 Ron Jensen M55 Paul Stepan M60 Don Kane W75 Irene Clane	58.9	M30 N Greyling M40 J Sauermann M45 H Sliep M50 B Faber	5:20.0 4:29.7
W75 Irene Crane	1:55.4	M65 G Loedolff W30 P Miller	4:52.2 5:04.8
M50 Don McMillan	2:12.4	W35 M Ceronio	4:52.6
M35 Marty Downs	4:21.4	W50 W Smuts	5:15.5 5:52.3
110M High Hurdles M35 Wayne Franklin	17.2	W65 M Hutchison 5000m	7:41.4
5000 Meters W45 Linda Folkestad		M30 C van Wyk M35 W van Wyk	17:23.1 19:00.0
3000M Racewalk		M40 J Sauermann M45 P Badenhorst	19:31.7 17:36.5
M50 Bob Brewer M60 Dick Vaughn M70 Joe Mallon M75 Don Jacobs	14:49.1 18:14.9	M50 N Steyn M55 J Cappa	17:23.7 19:48.1
M70 Joe Mallon M75 Don Jacobs	19:37.5 26:33.8	M65 G Loedolff M75 T Shipton	18:25.7 27:44.6
Management of the control of the con		10,000m	
Kelly Timm M65 Vince Sempronio	1.27	M30 C van Wyk M40 A Olivier	38:02.8 35:07.1
M50 Joe Johnson Kelly Timm M65 Vince Sempronio Ward Church M70 Les Hintz	1.40 1.40	M40 A Olivier M45 P Badenhorst M50 A Burgess	37:10.4 39:26.0
Long Jump M40 Mike Lariza M65 Vince Sempronio	5.87	M50 A Burgess M55 J Cappa M65 G Loedolff W40 A Wedon	42:01.9 39:43.7
			40:56.7
Fred Miyashiro Andrew Holden	2.86	M40 B Carnie M45 R Rossouw	20.3
Triple Jump M40 Mike Lariza		W45 A Poletti 300mH	15.9
Discus		M50 A v Niekerk M70 A Van Zyl	58.2
M40 Steve Schuttpel: M50 Rob Roy	2 36.28 42.89	400mH M30 W Bezuidenhout	62.2
M55 Neil Saling	37.33	M35 V C Xulu	62.3 56.8
W50 Sandy Fruin W55 Melissa Buchan	16.01	M35 V C Xulu M40 B Carnie M45 R Rossouw	70.2 63.8
M50 Rob Roy Kelly Timm M55 Neil Saling M65 Ward Church W50 Sandy Fruin W55 Melissa Buchan W65 Pat Osman	14.61	Steeplechase M30 P Bezuidenhout	9:17.2
BHULDUL		1713 I SHILLI	12:04.7
Robert Roy	10.06	M30 A van Staden M40 M Scheepers	1.73 1.73
M40 Steve Schuttpela M50 Joe Johnson Robert Roy Kelly Timm M55 Neil Saling M65 Vince Sempronio Ward Church M70 Andrew Holden Les Hintz W50 Sandy Fruin W55 Melissa Buchan W65 Pat Osman	10.86	M45 E Stamps M50 R van Woerkom	1.45
Ward Church M70 Andrew Holden	7.93	M55 L Lawson M70 K van Zyl	1.20
Les Hintz W50 Sandy Fruin	6.29	M55 L Lawson M70 K van Zyl W35 E Crous W50 P England W60 A Kruper	1.25
W55 Melissa Buchan W65 Pat Osman	5.72 6.00	W60 A Kruger	1.18
Javelin M40 Sam Strickland	51.66	M30 A van Stadne	5.92
M40 Sam Strickland M45 Rob Burkholder M50 Gary Stenlund	46.96	M30 A van Stadne M40 B Carnie M45 J van Rooyen M55 G Pistorius	5.45 6.25
Kelly Timm M65 Ward Church	34.43	W30 P Miller	5.01 4.33
M50 Gary Stenlund Kelly Timm M65 Ward Church M70 Bill Bronson Joe Mallon W45 Sue Evans W50 Sandy Fluin	33.23 22.56	W30 P Miller W50 P England W60 G Theron Triple Jump	3.62 3.41
W45 Sue Evans W50 Sandy Fiuin	21.93 13.26	Triple Jump M30 A van Staden	11.57
W65 Pat Osmon	14.89	M45 J van Rooyen	12.64

van Landerska Na	nonai
M55 G Pistorius	10.39
M70 K van Zyl W60 A Kruger	9.36
Shot Put	6.94
M35 D Liebenberg	12.12
M45 J Roehr US M50 H Rhode	12.26 12.54
M55 A Rzepecki	12.12
M60 D v Jaarsveld M65 J Jordaan	11.25
M70 A Carnie	8.22 9.55
M75 L Wale	9.44
W30 Y Botes W35 W Bolton	10.61
W40 H du Plessis	11.14 10.57
W50 A van Niekerk W55 J Janeke	9.38
W55 J Janeke W60 G Theron	7.79 7.15
Discus	
M35 D Liebenberg M45 J Roehr US	37.58
M50 H Rhode	39.92 33.86
M55 A Rzepecki	38.04
M60 D v Jaarsveld M70 K van Zyl	36.98 34.32
M75 L Wale	27.14
W30 A Hennop	33.96 35.44
M70 K van Zyl M75 L Wale W30 A Hennop W35 W Bolton W40 H du Plessis	32.58
W55 J Janeke	19.24
W75 E Paveley	12.90
Hammer M45 M Roodt	51.28
M50 H Rhode	28.32
M55 A Rzepecki M60 D v Jaarsveld	44.16 31.32
M70 A Carnie	24.60
M75 L Wale W40 V Clayton	19.66 29.96
Javelin	29.90
M30 W Bezuidenhout	43.14
M35 D Liebenberg M40 E Ludick	63.58 44.98
M45 E Stamps	27.60
M50 K vd Merwe M55 A Coetzee	37.80
M60 F van Praag	28.86 29.06
M65 J Jordaan	25.20
M70 A Carnie M75 L Wale	20.88
W30 O Dinkelman	33.34
W40 H du Plessis	29.66
W55 J Janeke 5000m Racewalk	15.36
M30 S Wolmarans	30:38.1
M45 J Leonard M50 J Spencer	27:43.4
M55 L Lawson	24:24.5 30:44.2
M60 N Goodes M65 J Jordaan	32:28.1 31:28.8
M70 J Rogers	34:46.8
W30 N Potgieter W35 W McGuigan	34:13.2 28:18.8
W40 J Pretorius	32:01.1
W45 P Clemmans	27:48.2 30:38.2
W50 H du Toit W55 D Mare	30:38.
W60 M Landman	36:19.0
W65 M Hutchison	35:25.8
Dutch Nation	al la l
Championship	
7ierikzee: lune 1	2.13

12.64

Zierikzee; June 12-	13
100m	
M40 Arie Sluimer	11.93
M45 Wim Scholtes	12.09
M50 Gerard Sengers	12.68
M55 Pieter Schouten	13.38
M60 Boy van Heemstele	13.60
M65 Jan Derlemans	14.11
W35 Tilly Verhoef	12.71
W40 Riny Hagenaars	12.88
W45 Ellie Willemsen	13.98
W50 Rietje van Walree	14.96
W55 Corrie Roovers	14.32
200m	14.32
M40 Martin Overmars	24.11
M45 Wim Scholtes	24.07
M50 Gerard Sengers	25.51
M55 Pieter Schouten	26.91
M60 B van Heemstede	27.61
M65 Jan Derlemans	28.85
W35 Tilly Verhoef	25.86
W40 Mariet Thomas	26.9
400m	20.5
M40 M Overmars	53.38
M45 W Scholtes	53.49
M50 Ton Peters	57.94
M55 Kees van Loom	
M60 B van Heemstede	61.40
M65 Joep Dorsman	62.77
W35 T Verhoef	82.57
W40 Lena Jansen	60.76
	61.73
	68.00
800m	
M40 Theo van Grevenhof	
	:59.45
M50 Ton Peters 2	:12.76
M60 Siem Herlaar 2	:16.18
M65 Anton de Kok 3	:26.79
W35 Janny Kuper 2	:23.34
	:24.72
	:42.93
W50 Corrie Keysers 2	:31.04
1500m	
M40 Rien van der Wilt4	:13.57
	:34.90
	:27.06
M60 Siem Herlaar 4	:38.84
M65 Anton de Kok 7	:00.57
W35 Cia Smulders 5	:04.00

W40 Henne Zantinga 4:44.2	22
W45 Els Raap 5:00.1	8
W50 Corrie Keysers 5:05.6	
W65 Sophie Wisman 6:41.0	
5000m	3
M40 Martin v d Hoorn15:25.9	8
M45 Jaap Vallentgoed15:27.4	
MSO Jan wandon Boech16:44 2	7
M55 Pim v d Lek 17:16.2	27
M60 Siem Herlaar 17:32.4	13
M55 Pim v d Lek 17:16.2 M60 Siem Herlaar 17:32.4 M65 Jan Lekkerkerk 27:16.0 M75 Jan Verloop 22:18.0 W35 A v d Tholen 17:52.7	)1
M75 Jan Verloop 22:18.0	)6
W35 A v d Tholen 17:52.7	12
national definite balleting 17:01.5	"
W45 Els Raap 17:43.5	55
W50 Gre Warnaar 18:52.6	51
W45 Els Raap 17:43.5 W50 Gre Warnaar 18:52.6 W65 Sophie Wisman 22:57.0	00
Short nurdles	
M40 Jan Huybers 19.3	
M45 Cees Berg 19.1	
W35 Marian Runcianu 16.6	53
W40 Riny Hagenaars 12.6	
W45 Ellie Willemsen 13.7	78
W40 Riny Hagenaars 12.6 W45 Ellie Willemsen 13. W50 Rietje Dykman 14.2 W55 Corrie Roovers 13.9	
W55 Corrie Roovers 13.9	95
200mH	
300mH	40
M50 Chris Mettrop 53.4 M55 Pieter Schouten 50.5	56
W50 Rietje Dyknan 57.2	77
M50 Chris Mettrop 53. M55 Pieter Schouten 50. W50 Rietje Dyknan 57. W55 Corrie Roovers 54.	
400mH	03
M40 Aad Kortekaas 60.	72
M45 Rinus Polderman 76.	
3000m SC	33
M40 D ten Bruggencate9:20.	20
M45 Aad Vink 11:28.	18
High Jump	. 0
M40 Hennie van Wyk 1.79	
MAE Thee Mach 1 CO	
MEO Coop Topone 1 CC	
M55 Nol v d Zalm 1.25 M60 Cor Braak 1.35 W35 Jenny Vermond 1.55 W40 Janine Kortbeek 1.47	
M60 Cor Braak 1 35	
W35 Jenny Vermond 1 55	
W40 Janine Kortbeek 1.47	
W45 Annie van Anholt 1.39	
W50 Rietje Dykman 1.28	
Pole Vault	
M40 Marc van Vliet 3.70	
M45 Peter v d Ham 3.20	
M50 Henk de Leeuw 3.10	
M50 Henk de Leeuw 3.10 M55 Kees van Giezen 2.80	

LONG

DISTANCE

RESULTS

NATIONAL

**USATF National Masters** Half-Marathon Championships

Fairfield, CT; June 27
M 40 - 44
DOUG KURTIS 1:07
ALAN OMAN 1:13

JOHN ZUPANC

ANN DAVIES CHERYL RALYA JENNIFER CALDER

F 50 - 54 ZOFIA TUROSZ

WEN-SHI YU

F 60 - 64 GLORIA BROWN

M 75 - 79 DUDLEY HEALY

ARNOLD EARL

JUDY SAVITT 1:34:06
JUDY SAVITT 1:37:57
MARILYN RICHARDSON 1:44:40
F 55 - 59

BERTHA BELLINGHAUSE 1:51:58

M 45 - 49 FRANK LEWIS

25-3		The Manhaman
22 1	Long Jump	S. 600 P
	M40 Theo Brussche	5.93
8	M45 Max Bruinsma	5.52
0	M50 Ton Peters	5.07
)4	M55 Jan Kemper	
-		4.42
8	M60 Cor Braak	4.25
12	M65 Jan Oerlemans	3.99
27	W35 Anja Akkerman	5.02
27	W40 Riny Hagenaars	5.06
13	W45 Ellie Willemsen	4.51
01	W50 Rietje Dykman	4.22
06	Shot Put	
72	M40 Martin Regtop	13.78
97	M45 Piet Klaassen	12.35
55	M45 Piet Klaassen M55 Jan Pronk	11.93
51	M60 Sjaak de Bruyne	10.02
00	M65 Jan Oerlemans	10.06
	W35 Jopie Baart	11.26
30	W40 Lida Berkhout	11.72
14	W45 Jolanda Brasser	8.67
53	W50 Mia Linskens	9.54
60	W55 Corrie Roovers	10.11
78	Discus	
29	M40 Hans Schouten	47.62
95	M45 Wim de Graaff	43.26
	M50 Fritz Martens	41.40
7.41	M55 Jan Pronk	41.68
40	M55 Jan Pronk M65 Jan Oerlemans	36.76
56	W35 Jopie Baart W40 Lida Berkhout	41.36
27	W40 Lida Berkhout	41.18
09	W45 Annie van Anholt	37.14
	W50 Mia Linskens	19.70
72	W55 Corrie Roovers	32.02
93	Hammer	
	M45 Gosse v d Velden	40.64
20	M55 Jan Pronk	39.88
18	M60 Sjaak de Bruyne	31.90
	Javelin	
	M40 Dick Kooreman	57.28
	M45 Fred v d Steenhover	45-80
	M50 Henk Kruit	40.26
	M55 Wm Fokker	32.48
	M60 Cor Braak	35.28
	M65 Jan Derlemans	27.90
	M70 Joop Bakker	31.82
	W35 Ingrid Zuydervliet	34 72
	W40 Lida Berkhout	
		47.20
	5000m Racewalk	No.
		:24.78
		:52.95
		:23.67
	M55 Klaas Bakker 26	:10.58
100	AND THE RESERVE AND DESCRIPTION	1989
Ple	ase send results to: National Mas	iters
Nev	vs, P.O. Box 2372, Van Nuys,	CA.
914	04. To keep information current,	we I
gen	erally do not publish results of	1010

# Long Island, NY; May 26 W65 Margie Munro

#### Overall Vinny Markorina 19:39 22:51 Jeanne Peterson M40 Bob Armstrong 20:27 Paul Mascali M45 John Ferraro Charlie Bailey 20:50 22:41 22:56 Charlie Bailey M50 Maury Dean Dan Badalament M55 Joe Cordero Hilton Goring 23:16 M60 Ray Fletcher M65 Mike Reedy 27:23 27:52 M65 Mike Reedy M70 Mel Friedel M75 Walter Moritz W40 Diane O'Donnell Cindy Bermudez W45 Maddy Harmeling Betty Horstman W50 Marion Stanjones 42:18 26:10 27:05 Annette Frich 30:16 W55 Jean Bongionne Barbara Flores W60 Cecile Miller 29:36 34:19 37:27

Ronkokoma 4 Mile

#### Ridgewood Master's Mile Ridgewood, NJ; May 31

37:39

M40	Robt Anastasio	4:30
	John Serrao	4:34
	Roger Gutzwille	r4:41
M45	Salih Talib	4:45
	Michael Wilson	4:55
	Atlaw Belilone	5: 45
M'50	Tom McDonnell	6:48
1160	Ross Grasso	6:42
M65	John Mumanus	6121
M75	George Jaffe	8:11
-75		
W40	Judy Anker	6:02
W50	Madeline Bost	6:16
3000	Joan Bondell	7:12
WGU	Melva Murray	
	HELVE HUITAY	9:01

#### The Ridgewood Run 5K Ridgewood, NJ; May 31

3,053,012	-Bernesa, ma, may	
1140	Rolando Castro	16:25
	Roger Frice	16:33
	Bob Hermesch	16:55
1145	Hugh Sweeny	16:42
	Geo Desharnais	18:23
	Thomas Winner	18:38
M50	Pat Cosgrove	17:32
	Victor Cruz	17:42
	Richard Sinko	18:15
M55	Rob Ford	17:10
14764	Ruedder Einhort	20:10
1100	George Lauck	20:30
1760	Hans Hunziker	20:10
	Stan Chodnicki	
Mo5	Joe Burns John McHanus	20:54
riog	John Fichanus	201:27
	Mayne Holmes	
11/0	Waltace Cutler	
M75	Charles Fledman	
11/3	unaries Fledman	129105
- W10	Janet Fiez	20:53
	Elsa Gonzalez	21:20
	Loretta Tarino	22:26
W45	Trene Jackson	21:53
	Earyn Petersen	24:58
	Susan Spear	25:45
W50	Lynne Lauck	21:21
	Madeline Bost	21:42
	Robin Villa	22:38
W55	Sandie Troyer	23:16
	Esther Marcus	29:14
	Billie Moten	31:50
MOD	Joann Frentzel	37:27
W65	Betty Struse	25:56

## Team Results: M40+Hartford TC 6:23:11 Yale Co-op 6:41:39 Mohegan Strdrs6:44:36 Libba AA 6:50:11 Housatonic RR 6:57:11 M50+Hartford TC 7:03:43 Syracuse Charg7:09:28 Wolfpit RC 8:02:07 M60+Syracuse Charg4:25:42 Hillrose 4:57:44 W40+Hartford TC 4:46:43 Syracuse Charg4:48:54 1:10:00 1:13:26 1:13:50 TIM SMITH ATLAW BELILGNE Syracuse Charg4:48:54

1:13:19

1:13:50	
	1-6
1:15:50	100
1:19:53	The same of
1:21:40	57.2
	-
1:21:24	
1:22:06	500
1:23:02	1
	Ove
1:26:48	Don
	Bark
1:29:55	M40
	M50
1:31:53	INDU
1:39:54	M60-
1:43:23	MOU
12"	W40
1:44:20	W40
1:50:26	1,150
2:32:03	W50
1.22.27	
	Nev
	-
1:24:49	M40
	1:15:50 1:19:53 1:21:24 1:22:06 1:23:02 1:26:48 1:27:01 1:29:55 1:31:53 1:39:54 1:44:20 1:50:26 2:32:03 1:22:27 1:23:02 1:24:49

1:35:38

1:50:09

1:42:29

1:51:41

1:58:26

New	England AC Gran	d Prix 23
	arry Olsen 46	25:08
E	Butterworth 40	25:37
	Bob Colantuono 41	25:46
	Cliff Matthews 41	25:58
	Bob Ruel 40	26:09
	Phil Riley 41	26:09
	Doug MacGregor 53	26:57
	huck Keating 51	27:45
	Ernie Dumas 52	28:00
	Sabriel Bernal 53	28:05
	has Pratt 51	28:45
W40 F	StockdaleWooley4	228:52
	Susan Maslowski 40	
	Eleonora Mendonca4	
N	Mary Ryczek 47	31:33

#### Southampton 8K Long Island, NY; May 5

EAST

Libra AA 4:50:35 Wolfpit RC 4:52:11

generally do not publish results more than 4 months old. Results that are typed

(maximum 28 spaces/21/4" wide) in our

format receive preference. Deadline is

the 10th of the month prior to issue date.

	B	-, -
Ove	rall	
Don	DiDonato 35	24:36
Bark	para Gubbins	28:54
M40	Bob Anastasio	25:31
	Dan Brach	25:45
M50	Maury Dean	27:54
	Joe Di Iorio	31:14
M60-	-Warren Elmslie	34:50
	Americo Fiore	37:14
W40	Christine Selby	30:56
	Maddy Harmeling	31:43
W50	Harriet Oster	37:44
	Pat Burrows	40:38
_		

New England AC Grand Prix Agawam, MA; May 23		
M40	Larry Olsen 46	25:08
	B Butterworth 40	25:37
	Bob Colantuono 41	25:46
	Cliff Matthews 41	25:58
	Bob Ruel 40	26:09
	Phil Riley 41	26:09
M50-	Doug MacGregor 53	26:57
	Chuck Keating 51	27:45
	Ernie Dumas 52	28:00
	Gabriel Bernal 53	28:05
	Chas Pratt 51	28:45
W40	R StockdaleWooley42	
	Susan Maslowski 40	30.37
	Eleonora Mendonca4	
	Mary Ryczek 47	31:33
W50-		34:02
	Regina Wright 51	35:11
	Marlena Yanetti 55	35:11
	rattera ranetti 55	30:08

#### The Ridgewood Run 10K. Ridgewood, NJ; May 31

1078 Finishers

M40.	David Dunne	33:21
	Ed O'Connell	33:49
	Bob Hermesch	33:54
M45	John Corcoran	35:03
	Hike Gallasso	37:28
		37:57
1150	Victor Cruz	35:27
	Joseph Salerno	34:44
	Larry Katz	36:53
1155	Hichael Goldman	37:26
	Ken Baker	40:16
	Um. Balgord	42:11
MON	Guenter Erich	41:11
	Herb Milchmeier	41:47
	Patrick Doolan	42:51
1165	Geo Thomoson	43: 10
	Sab Koide	47:13
	Walter Politzer	55:26
11170	Wallace Cutler	49:19
1175	Santee Tallia	49:25
11/5	Dudley Healy	48:51
พาก	Charles Fledman	56:06
145161	Gloria Averbuch	42:53
	Kuniko Hurley	44:46
W45	Muriel Shearer	45:35
	Inge Weisshaupt	43:52
	Ann Gillespie	46:39
พรด	Jean Perrelli Marisa Harris	43:26
-	Miriam Kaminer	49:45
	Carolyn Cornell	53:10
W55	Marie Killeen	00:09
	Billie Moten	56137
	Continued on next -	20124
Continued on next page		

#### Freddie Mac Run for Shelter 5K Washington, DC; June 6

Overall	
Andrew Flood	15:38
Jennifer Clarkin	18:54
M40 Thomas Skelly	18:26
Jay Jacob	18:29
Rick Loughery	18:31
M45 Bob Oberti	16:41
Paul Quinn	17:20
James Medas	17:43
M50 Edward Doheny	17:35
Leland Brendsel	21:09
George Cushmac	21:11
M55 Al Marcy	21:23
Roger Bunkhart	23:53
Albert Green	25:09
M60 David Branch	21:19
Keith Olson	21:52
Roger Lowen	21:08
M65 George Robertson	26:09
Ray Blue	27:25
Harold Jones	35:43
M70 Alvin Guttag	32:40
Henry Heymann	32:54
M80 Harold Howard	65:14
W40 Katherine Molesky	23:42
Betty Schultz	24:35
Susanne Furman	24:48
W45 Chris Stockdale	19:49
Elizabeth Rodriguez	21:47
Evelyn Holst	24:02
W50 Susan Bollerer	25:40
Karen Lovelace	28:32
Carol Stich	31:10
W55 Charlotte Edwards	23:26
Tommi Ford	28:45
Ann Ball	37:53
W60 Frances Salatino	43:28
Laurette Kramer	44:02
Doreen Strahler	44:25

4:38 4:34 4:41 4:45 4:55 5:85 6:48 6:42 6:21 8:11

6:82 6:16 7:12 9:81

5K 31

16:25

#### Westchester Half-Marathon

New Rochelle, NT; June 6		
Overall		
Jaime Palacios 33	1:11:16	
Eileen Barnes Corley	1:21:21	
M40 Lawrence Torella	1:13:18	
Robert Briglio	1:19:26	
Michael Dougherty	1:19:35	
M45 Salih Talib	1:15:18	
llector Vargas	1:15:29	
Adolf Lawrowski	1:21:58	
M50 Samuel Skinner	1:19:01	
llarvey Weisberg	1:19:18	
L A. Flores	1:20:27	
M55 Alan Fairbrother	1:28:01	
Philmore Brewer	1:31:05	
G. Kirschner	1:37:54	
M60 Arnie Green	1:30:41	
Frank Lorey	1:46:25	
Bill Horowitz	1:47:50	
M65 John Corrigan	1:37:38	
Frank Mortillo	1:45:59	
Dominick Morea	2:11:17	
M70 Francis Kwaku	1:52:57	
Wallace Cutler	1:54:55	
M75 Wilfredo Rios	2:13:23	
Charles Feldman	2:14:39	
Frank Brownstein	3:16:47	
W40 Amy Bohrt	1:36:26	
Laura Osorio	1:39:43	
Carol Gellman	1:42:59	
W45 Flora Flores	1:36:40	
L. Dariusz	1:40:24	
Laurie Baker	1:43:16	
W50 P.L. Parmalee	1:38:43	
Sura Herz	1:55:27	
Ruth Greher	1:56:40	
W55 Wen-Shi Yu	1:39:18	
Lynn Sherman	1:54:00	
Naomi Vogel	2:07:59	
W60 Cassie Bazar	2:11:06	
G. Ballesteros	2:44:12	
Finishers: 675m/165w	28 18 19	
Weather: 60°/h78%/wNW15mph		

#### Johnson & Higgins Twilight Classic 5K. Parsippany, NJ; June 9

M40	David Dunne	16:27
	Roger Price	16:37
	Rolando Castro	16:54
M50	Victor Cruz	
	Jan Kristianser	10:52
1	Scott Marsh	17:46
1160	Stan Chodnicki	21:06
	Joseph Labruno	22:57
	Joseph Schuli	23:31
M70	Santee Tallia	24:36
	Dudley Healy	24:45
	Roland Mueser	39:09
MVO	Jane Parks	21:15
	Wendy Kovacs	21:54
Lucia	Fran Drymon	23:24
W50	Madeline Bost	21:00
	Joan Saltz	21:31
Luca.	Ann Gillespie	23:23
MP0	Lois Filreis	25:05
	Joyce Kuschke	26:30
	Phyllis Gorman	29:14

1,080 Finishers

#### Jeff & Kay's Excellent Adventure 5K Waynesburg, PA; June 9

Overall	
John Campbell	14:44
Sandra Fischer	18:36
M40 John Campbell	14:44
Glenn Tucy	16:30
Ron Calissie	17:15
M45 Carl Hatfield	16:48
Joe Jannotta	19:33
Larry Hines	19:42
M50 Raymond Renaud	18:33
Jan Kikta	18:42
Rick Thistlewaite	19:15
M55 Joseph Silvaggio	23:36
Neal Sheridan	26:32
M60 Donald Zenner	20:40
Gehrett Smith	22:08
W40 Joan Hines	21:40
Rence Proden	23:04
Sue Blevins	23:56
W45 Sandy Miller	31:22
W50 Dolores Clarke	26:25
Margie Renaud	27:55
Fay Kikta	29:38

#### Mike Eruzione 5/10K Winthrop, MA; June 12

5K	
Overall	
Jose Rocha	14:49
Barbara Remners	17:44
M40 Lou Ruggiero	16:13
Bob Hudd	17:40
M45 J. Roger Brown	17:32
Paul McCarthy	18:45
M50 Richard Auger	18:37
Jack Dobbyn	22:39
M55 Leonard Efron	18:10
Richard Sides	23:55
M60 John Booras	31:03
Nelson LeClair	34:46
MG5 Thomas Gustenhoden	32:52
M70 Jim Boudreau	34:03
W40 Elizabeth Quinn	21:35
Sharon Dobbyn	22:39
W-15 Doris Cate	31:19
Mary Guffey	32:57
W55 Jeanne Shepardson	33:31
10K	
Overall	
Larry Matthews	28:55
Lisa Senatore	33:47
M40 Philip Riley	32:32
Thomas Carroll	32.41

Mary Guffey	32:57
W55 Jeanne Shepardson	33:31
10K	
Overall	
Larry Matthews	28:55
Lisa Senatore	33:47
M40 Philip Riley	32:32
Thomas Carroll	32:41
Bruce Butterworth	32:49
M45 Larry Olsen	31:27
Bob Hall	33:16
Stoddard Melahado	33:27
M50 Douglas MacGregor	33:44
Chuck Keating	34:54
Gabriel Bernal	35:21
M60 Don Ross	40:40
John Kick	42:05
Richard Sullivan	44:40
W40 R. Stockdale-Woolle	
Moira Dunin	38:10
Susan Maglowski	38:30
W45 Mary Ryczek	39:46
Susan Branley	41:43
W50 Carrie Parsi	41:16
Wendy Burbank	44:43
Regina Wright	45:03
W55 Shusuke Minami	46:21
Delores Sullivan	51:16
Elsa Murphy	53:45
W60 Betsy Page	57:26
Janet Newell	63:49
W70 Louise Russetti	68:56

#### Shelter Island 10K Shelter Island, NY

- June 12	
Overall	
Kevin Ruch	30:2
Jeanne Peterson	35:2
M40 Paul Mascali	32:4
M50 Maury Dean	36:0
M60 Louis Joline	41:1
M70+Mel Freidel	64:3
W40 Lindsey Folsom	41:3
W50 Harriet Oster	48:1
W60 Joan Gillen	75:1

#### Run For the Roses 10K Denville; NJ

	June 19	N. Carrier	
DF'EN	MASTERS Men	1.40	
42	Gary Fanelli	32:33	l
40	David Dunne	34:12	
48	Atlaw Belilone	34:23	ı
OFEN	MASTERS Women		
53	Madeline Bost	44:08	ì
40	Pam Schottnfld	44:15	ı
42			ı
M40	Roger Price		ı
	Walt Wisniewski	37:16	ı
	George Cleffi		ı
M45	Jack Cubbison		ı
	John Corcoran		ı
	Radames Acosta		ı
M30	Geo Wittman		ı
	Wojtkbobrzanski		ı
	Scott Marsh Mike Evans	41:47	ı
M55	Mike Evans	35:28	ı
	Eugene Chase	39:46	ı
	Jim Miller	47:49	
M60	Bill Engle	44:32	ı
	Stan Chodnicki		
	Doug Dickerson		
1165	Lester Ridings		
	Leonard Morgan	52:34	

#### 22nd Vestal 20K Vestal, NY; June 19

RESULTS GRADED BY AGE AND SEX BASED ON NATIONAL MASTERS NEWS TABLES
This listing is produced by adjusting each finisher's time based on tables
produced by The National Masters News and the World Amsociation of Veteran
Athletes. The resulting time is theoretically what each runner should be
able to run at about age 27. In addition, female runners' times are
adjusted further so that male and female times can be listed together on
an even footing.
Awards are given to the first 27 on this list after removing the overall
3 male and 2 female winners of the race.

************	******************	e.	
1 Ed Stabler	64 H 1:25:53 1:06:10	41 Paul Natelli	
2 Margret Betz	56 F 1:34:06 1:07:06		49 H 1:32:03 1:21:40
3 Charlene Lyford	27 F 1:19:19 1:09:00	42 Grover Cook	45 H 1:29:49 1:21:57
4 Timothy Wunsch	30 H 1:09:04 1:09:04	43 Andy Carling	14 H 1:29:13 1:21:58
5 Charles Woidt	39 H 1:14:42 1:10:53	44 Lisa Gallagher	28 F 1:34:20 1:22:04
6 Bob Pulz	34 H 1:13:24 1:11:46	45 Alan Jones	56 H 1:39:07 1:22:52
7 Kathaleen Bechard	23 F 1:22:30 1:11:46	46 Gail Rozboril	50 H 1:34:13 1:22:56
8 Gary Fancher	32 H 1:12:43 1:11:55	47 Andy Hill 48 Steven H. Thesier	25 H 1:23:07 1:23:07
9 Ronald Hulslander	36 H 1:15:19 1:12:48	49 David Arcangeli	25 H 1:23:18 1:23:18 37 H 1:26:50 1:23:25
10 Rob Vieyra	52 H 1:25:04 1:13:42	50 Hark Jordy	33 H 1:25:01 1:23:36
11 Ron Herreid	27 H 1:13:53 1:13:53	51 Christa Winslow	30 F 1:36:07 1:23:37
12 Gabe Yankowitz	43 H 1:19:55 1:13:54	52 Dale Palmer	34 H 1:25:40 1:23:46
13 Michael Hudyncia	34 H 1:15:44 1:14:03	53 Scott HacDonald	33 H 1:25:12 1:23:47
14 George Groome	53 H 1:28:42 1:16:12	54 Phoeby Van Scoy	19 F 1:38:20 1:23:55
15 Eric Eaton	33 H 1:17:57 1:16:39	55 Anthony LoTempio	51 H 1:36:34 1:24:21
16 Ron Findley	54 H 1:30:35 1:17:08	56 Al Thurston	57 H 1:42:01 1:24:29
17 Robert Somerville	40 H 1:21:59 1:17:18	57 Jeff Hanna	15 H 1:30:43 1:24:37
18 Kathy Kroft	39 F 1:34:41 1:17:44	58 Linda Frasca	37 F 1:41:42 1:24:39
19 Kim Collaro	36 F 1:32:55 1:17:51	59 Kevin Bishop	36 H 1:27:46 1:24:50
20 Fran Fitch	42 H 1:23:53 1:18:05	60 Larry Claudia	39 H 1:29:32 1:24:58
21 Tim Rent	36 H 1:20:56 1:18:13	61 Dale Smith	60 H 1:45:58 1:25:10
22 Fred Bostrom	55 H 1:32:54 1:18:25	62 Keith Martens	38 H 1:29:17 1:25:15
23 Mark Smith	28 H 1:18:34 1:18:34	63 Brendon Handzuk	16 M 1:30:11 1:25:24
24 Rich DeFeo	45 H 1:26:13 1:18:40	64 Earl Steinbrecher	52 H 1:38:52 1:25:39
25 Karen Kemmis Stopyr	32 F 1:32:03 1:19:06	65 Lee Ann Holub	27 F 1:38:33 1:25:44
26 Harland Bigelow	46 H 1:27:21 1:19:10	66 Mark Harrison	29 H 1:25:45 1:25:45
27 Barbara Ann Horrisa	45 F 1:41:00 1:19:24	67 Tom Bond	48 H 1:35:57 1:25:45
28 Greg Amend	28 H 1:19:44 1:19:44	68 Lisa Nesta	17 F 1:43:33 1:25:45
29 Drew Wasko	40 H 1:24:34 1:19:44	69 Lynn Skinner	41 H 1:31:41 1:25:54
30 Jerry Patton	58 H 1:37:18 1:19:47	70 Steven Hoover	32 H 1:27:01 1:26:03
31 Paul McMahon	44 H 1:27:04 1:19:59	71 Thomas Gadziala	38 H 1:30:11 1:26:06
32 Tom Povlock	59 H 1:38:36 1:20:03	72 Mike Richey	14 H 1:33:55 1:26:18
33 Graham Upton	38 H 1:24:08 1:20:20	73 Benita Auge	45 F 1:50:24 1:26:47
34 Dennis Uhlig	39 H 1:24:52 1:20:32	74 Hichael Putney	50 H 1:38:51 1:27:01
35 Brian Killkelly	29 H 1:20:38 1:20:38	75 Rick Chilson	44 H 1:34:45 1:27:02
36 Markus J. Smith	29 H 1:21:04 1:21:04	76 Kim Kraebel	24 F 1:40:12 1:27:10
37 David Gerrer	27 H 1:21:07 1:21:07	77 Tom Scala	47 H 1:37:08 1:27:26
38 Tony Fulgieri	41 H 1:26:35 1:21:07	78 George Verwys	60 H 1:48:51 1:27:29
39 Richard Clements	50 H 1:32:24 1:21:20	79 Karen Koscianski	30 F 1:40:42 1:27:36
40 Paul Dunham	51 H 1:33:14 1:21:26	80 David Soltis	34 H 1:30:17 1:28:17

M70	Dudley Healy	52:12
1,300	Vernon Collins	57:37
	Bob Mason	61:33
W40	Mary McGrath	46:57
	Denise Sikora	47:35
	Muriel Shearer	47:44
W45	Dilys Goodwin	48:37
	Jean Perrelli	49:16
	Arlene Decker	51:46
WSØ	Ann Gillespie	48:19
	HeleneSamuelso	n50:35
	Kathy Engle	53:04
W55	Nancy Patron	53:03
MPA	1sbellMcConnel	164:19
	Melva Murray	67:25
W65	Janine Maltas	55:57
	656 Finishers	

#### Family Fun 4 mile Central Park, NYC; June 20

90 degrees

Central Faik, NTC, Jul	16 20
Overall	
Jaime Palacios 33	20:36
Gordon Bakoulis 32	21:40
M40 Bob Hermesch	21:58
Chip Carey	22:36
Larry D'Ippolito	23:19
M45 Phil Toma	25:09
George Kovacs	25:45
Kiyoshi Tagami	26:05
M50 Sam Skinner	21:58
Sid Howard	23:21
Manred Konrad	23:25
M55 James Fillis	24:59
	25:14
Dan Jacobs	28:23
M60 Eric Seiff	27:12
Joe Burns	27:29
M65 John McManus	27:20
Jack Haar	27:58
M70 Wallace Cutler	31:22
'rom Gibbons	36:30
M75+Jim Keeney 77	35:09
Wilfredo Rios 76	36:49
Chas Feldman 77	36:50
W40 Maria Havrilak	33:38
Ellen Halperin	34:21
Andrea Talmud	34:23
W45 Ann Makoske	26:43
Bonnie Dietrich	30:32
Rita LaBar	32:02
W50 Ruth Greher	35:08
Ann Fahy	35:12
Barbara Bulow	35:47
W55 May Chou	30:36
W60 C G Goldblatt	39:37
Finishers: 556m/179w	
Weather: 76°/h76%/w7mpl	hNE

Lesbian & Gay Pride ! Central Park, NYC; Ju	
Overall	
Jerode King 27	26:14
Stacy Creamer 33	32:52
M40 Alden Clark	29:58
M45 Ed Barry	32:18
M50 Bill Loughran	31:40
M55 Jim Irvine	30:36
M60+Joe Burns 64	34:11
W40 Dorothy Fuscaldo	37:13
W45 Bonnie Dietrich	38:55
W50 Edith Jones	38:48

W55 Edrie Ferdun 51: W60+Daisy Klein 67 51: Finishers: 425m/207w Weather: 74°/h76%/w9mphSW 51:15

#### NYRRC Brooklyn Greenway Prospect Park; June 27 Overal1

	Blaine Backus 29	31:19
	Adah Akor 18	37:15
	M40 Mike Daugherty	35:17
	Juan Cespedes	36:47
	Larry Smith	37:32
	M45 Vince Gaines	35:27
	Adolf Lawrowski	36:39
	Enrique Urrea	37:04
.	M50 Sam Skinner	35:15
	Luis Flores	36:00
	Manfred Konrad	36:36
	M55 Murray Schader	43:06
	Dario Deleon	45:20
3	M60 Al Puma	46:17
	Georges Maurel	46:35
	N65 Art Kalb	50:48
	M75+George Jaffe 78	56:15
	Wilfredo Rios 76	56:24
	Chas Feldman 77	57:23
1	W40 Ellen Friedman	44:29
	Carolyn Moore	45:54
	Jacqueline Seltzer	
	W45 K Turowska	48:59
Š	Sylvia Magdael	49:33
	Pat Oleszko	50:20
	W50 Pat O'Hanlon	50:39
	Ruth Greher	52:04
	Irene Sherbet	57:32
	W55 Lynn Sherman	52:10
3	Anne Perzeszty	63:33
1	W60 Thelma Wilson	52:20
	W70+Althea Jureidini 7	579:29
	Finishers: 344m/97w	
	Weather: 780/humid/rai	n
1		

Firecracker 5K (.1 mile long) Southampton, NY; July 3			
Overall			
Kevin Corliss	16:00		
Barbara Gubbins	17:54		
M40 Ed Nolan	18:04		
Phil Toths	18:14		
M50 Maury Dean	17:49		
Tony Nemesina	18:58		
M60 Martin Smith	22:41		
Ed Batcheller	23:48		
M65 Warren Elmslie	21:45		
M75+Andy Neidnig	28:39		
W40 Diane O'Donnell	20:14		
Barbara Seidnes	22:15		
W50 Harriet Oster	22:23		
W60 Lea Killian	27:01		
W70+Loretta Sheehan	27:12		

#### Long Island Women's 5K Jericho, NY; July 3

		-	
W40	Maddy Harmeling	48	19:14
W50	Janice McGeary		25:38
W55	Wen-Shi Yu		22:07
W60	Cecele Miller		26:47
W65	Margie Munro		27:36
W70-	Erna Frank 76		44:00

#### Cazenovia 10 Mile/5K Cazenovia, NY; July 4

10 Mile	
Overall	
Bill Khan 20	53:51
Marian Teitsch 30	62:09
M40 Rich Rima	58:35
M45 Tom Lamme	58:43
M50 Lorne Runge	71:46
M55 Al Hummel	67:12
M60 Don Field	73:34
M65 Tom Walnut	80:00
M70 L R More	93:46
W40 Joan Butler	66:04
W45 Jennifer Calder	69:21
W50 Yvonne Tasker	80:44
W60 Lois Bell	90:37
5K	
Overall	
John Trowse-26	15:02
Ann Nicholson 17	18:35
M40Jeff Johnson	17:05
M45 Steve Murphy	18:23
M50 Ray Kneer	16:55
M55 Kermit Cadrette	19:56
M60 David Ianuzzi	21:37
M65 Howard MacMillan	23:13
M70 Vince Sabino	28:35
M75 Chas Jorgensen	31:58
W40 Diane Sherrer	21:49
W45 Diane Ward	28:05
W50 Jean Aldrich	31:59
W55 Shirley Pollay	33:57
W60 Anne Teitsch	33:54
COUTUE	_
	CLAR

#### SOUTHEAST

#### Heritage 5K DeLand, FL; May 14 Age-Actual Graded

M10 1	D.	Dees	17:25	16:06
-EN-VE	C.	Harms	17:57	16:42
	G.	Kenny	18:22	17:05
	K.	Booth	18:40	17:36
15.00	M.	Michaud	19:03	17:57
101	M.	Huck	21:55	20:24
M15	J.	Bryant	18:47	16:47
Act to	II.	Shoff	18:53	17:06
- 73	P.	Vernon	19:51	17:36
M50 1	R.		20:03	17:04
	P.	Little	20:13	17:47
M60 .	J.	Blount	18:46	14.27
M65	E.	Taylor	38:32	29:22
		Tucker	35:33	24:01
W40 I	В.	Davis	26:46	22:07
1.37	P.	Barnard	27:38	23:00
		Lefko	28:52	23:40
W50 1			31:48	24:25
		Scales	41:25	33:29
W55		Downs	40:09	29:19
W70			29:03	17:50
W75	E.	Pecoraro	35:16	19:31
TANK T		6	٠.10	10.01
		ES		

#### Ft. Lauderdale 5K Racewalk Plantation, FL; July 4

I Militarion II . mi on y	Sant Laboratory
Overall	
Eric Schmook 28	24:39
Linda Stein 45	28:23
M40 Willis Ross 46	34:33
M50 Jay Caplan 50	36:01
M60 Murray Glaser 63	32:45
M70 Chris Lorenzo 74	36:16
W40 Pat Baran 49	36:58
W50 Mary King 54	35:40
	36:55
W70 Mabel Rapplean 74	40:35
Age-Grading	
Miriam Gorden 3rdW 67	
32:52/83.92	
Robert Fine 2ndM 62	
28:10/81.9%	
Linda Stein 1stW 45	
28:23/80.52	

#### MID AMERICA

#### Bolder Boulder 10K Boulder, CO; May 31

	ro Barrios	29:01
	Pippig	33:39
	Manuel Vera	30:48
	Pierre Levisse	31:01
	Rodolfo Gomez	31:22
	Wilson Waigwa Joseph Nzau	31:33
	Pablo Vigil	31:51
	Doug Bell	32:22
	Domingo Tibaduiza	32:43
	Chuck Snead	
	Ric Rojas	32:55 33:29
M15	Dave Daoley	31:58
	Dave Dooley John Swartz	35:15
	Bill Smitham	35:40
	Charley Perez	35:90
	Kent Oglesby	36:00
	Sandy Dunlap	36:10
	James Elsing	37:00
	Fred Romkema	37:05
	Greg Owings	37:08
	Pete Ybarra	35:39
	Bill Stewart	36:17
	Robert McAndrews	37:22
	Eddie Schneider	38:17
	Hector Isais	38:37
	Abe Valdez	38:40
	Bo Rodriguez	39:31
	Dennis Kavanaugh	39:45
	Ken Randall	38:25
	Philip Mann	39:37
	Ross Westley	40:12
	Rich Romero	40:12
William .	Ken Simons	41:54
1	Arch Harvey	41:56
Line	Richard Sanderson	42:05
MGO	Ken Luff	40:21
1:00	Verne Carlson	40:51
1888	Bill Fortune	42:02
	Bill Fortune Bill Turley	43:23
DEL	Richard Nagler	41.90
10000		71.00
M65	Ken Bodine	49:07
M65		49:07
M65	Ken Bodine	
M65	Ken Bodine Jack Townshend	49:07 49:39
M65	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss	49:07 49:39 51:31 51:54 54:09
	Ken Bodine Jack Townshend Gerald Puls Dick Gardner	49:07 49:39 51:31 51:54 54:09 55:36
M70	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers	49:07 49:39 51:31 51:54 54:09
M70	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittempre	49:07 49:39 51:31 51:54 54:09 55:36 56:04 1:02:32
M70 M75 M80	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodep Rodgers Leslie Whittemore Walter Johnson	49:07 49:39 51:31 51:54 54:09 55:36 56:04 1:02:32 1:33:19
M70 M75 M80 M85	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal	49:07 49:39 51:31 51:54 54:09 55:36 56:04 1:02:32 1:33:19 1:52:07
M70 M75 M80 M85 M90	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche	49:07 49:39 51:31 51:54 54:09 55:36 56:04 1:02:32 1:33:19
M70 M75 M80 M85	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Dmil Demarche Carol McLatchie	49:07 49:39 51:31 51:54 54:09 55:36 56:04 1:02:32 1:33:19 1:52:07
M70 M75 M80 M85 M90	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol Mclatchie Jacqueline Careau	49:07 49:39 51:31 51:54 54:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46
M70 M75 M80 M85 M90	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax	49:07 49:39 51:31 51:54 54:09 55:36 6:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58
M70 M75 M80 M85 M90	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Dmil Demarche Carol McLatchie Jacqueline Careau Louise Phirfax Sheri Hall	49:07 49:39 51:31 51:54 54:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15
M70 M75 M80 M85 M90	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell	49:07 49:39 51:31 51:54 54:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:47
M70 M75 M80 M85 M90	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent	49:07 49:39 51:31 51:54 54:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:47
M70 M75 M80 M85 M90	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Dmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Daxborger	49:07 49:39 51:31 51:54 54:09 55:36 56:04 1:02:32 1:33:19 2:41:46 36:12 37:27 37:58 38:15 38:47 39:09 40:58
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxberger Nathalie McCoy	49:07 49:39 51:31 51:54 55:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:47 39:09 40:58 41:05
M70 M75 M80 M85 M90	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchie Jacqueline Gareau Louise Fairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Daxbenger Nathalie McCoy Laurie Binder	49:07 49:39 51:31 51:54 55:09 55:36 56:04 1:02:32 1:33:19 2:41:46 36:12 37:27 37:58 38:15 38:15 38:99 40:58 41:58
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Dmil Demarche Carol McLatchie Jacqueline Careau Louise Phirfax Sheri Hall Lorraine Caldwell Sally Brent Ann Daxborger Nathalie McCoy Laurie Binder Manna Lukkien	49:07 49:39 51:31 51:54 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:47 39:09 40:58 41:06 38:40 40:25
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxberger Nathalie McCoy Laurie Binder Manna Lukkien Murilyn Stapleton	49:07 49:39 51:31 51:54 55:36 56:04 1:02:31 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:17 39:09 40:58 41:05 38:40 40:25 42:23
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxberger Nathalie McCoy Laurie Binder Marna Lukkien Marilyn Stapleton Gail Hunter	49:07 49:37 51:31 51:54 55:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:15 38:41 36:06 40:58 41:06 40:25 42:23 43:06
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Daxborger Nathalie McCoy Laurie Binder Marilyn Stapleton Gail Hunter Bogie Bogner	49:07 49:39 51:31 51:54 55:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:47 39:09 40:58 41:06 38:40 40:25 42:23 43:06 44:27
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchic Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxberger Nathalie McCoy Laurie Binder Manna Lukkien Murilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein	49:07 49:39 51:31 51:51 51:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:127 37:58 38:157 39:09 40:58 41:05 42:23 43:06 44:29 44:29
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol Mclatchie Jacqueline Careau Louise Fairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxberger Nathalie McCoy Laurie Binder Manna Lukkien Marilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix	49:07 49:37 51:31 51:54 55:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:40 40:25 42:23 43:06 44:27 44:27 44:47
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Daxberger Nathalie McCoy Laurie Binder Marilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas	49:07 49:39 51:31 51:54 55:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:47 39:09 40:58 41:06 38:40 40:25 42:23 43:06 44:27 44:27 44:29 44:47 45:52
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol McLatchic Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxberger Nathalie McCoy Laurie Binder Manna Lukkien Murilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers	49:07 49:39 51:31 51:51 55:09 55:36 56:04 1:02:31 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:47 39:09 40:58 42:23 43:06 44:29 44:47 45:52 46:06
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxborger Nathalie McCoy Laurie Binder Marna Lukkien Marilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear	49:07 49:39 51:31 51:54 55:09 55:36 56:04 1:02:32 1:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:40 40:58 41:06 44:27 44:27 44:47 45:52 46:06 47:37
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Dmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Daxberger Nathalie McCoy Laurie Binder Manna Lukkien Marrilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear Fay DoZercga	49:07 49:39 51:31 51:51 55:09 55:36 56:04 1:02:33 1:33:19 1:52:07 2:41:63 36:12 37:27 37:58 38:15 38:47 39:09 40:58 41:06 38:40 40:25 42:23 43:06 44:27 44:29 44:47 45:52 46:05 47:37 48:16
M770 M755 M80 M850 M90 W410	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol McLatchie Jacqueline Gareau Louise Pairfax Shori Hall Lorraine Caldwell Sally Brent Ann Daxberger Nathalie McCoy Laurie Binder Manna Lukkien Marilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear Fay DeZercya Caroline Luttrull	49:07 49:39 51:31 51:51 55:09 55:36 56:04 1:02:31 1:33:32 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:47 39:09 40:58 42:23 43:06 44:27 44:47 45:52 46:06 47:37 48:16 48:27
M70 M75 M80 M85 M90 W40	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxborger Nathalie McCoy Laurie Binder Marna Lukkien Marilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear Pay DoZerega Caroline Luttrull Diane Palmuson	49:07 49:37 51:31 51:51 51:09 55:36 56:04 1:02:32 1:33:19 2:41:46 36:12 37:27 37:58 38:15 38:40 40:58 41:05 42:23 43:06 44:27 44:47 45:52 46:05 47:37 48:16 48:27 45:02
M70 M75 M80 M85 M90 W10 W45	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Daxbenger Nathalie McCoy Laurie Binder Manna Lukkien Marilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Rappas Bette Poppers Betty O'Lear Pay DcZercga Caroline Luttrull Diane Palmason Libby James	49:07 49:39 51:31 51:51 55:36 56:04 1:02:33 1:33:19 1:52:07 2:41:6 36:12 37:27 37:58 38:17 39:09 40:58 41:05 42:23 43:06 44:29 44:47 45:52 46:05 47:37 48:16 48:27 45:02 48:27 45:02 46:26 47:37 48:16 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:27 48:28 48:27 48:27 48:27 48:27 48:28 48:27 48:28 48:27 48:27 48:28 48:27 48:28 48:27 48:28 48:27 48:28 48:27 48:28 48:27 48:28 48:27 48:28 48:27 48:28 48:27 48:28 48:27 48:28 48:27 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48:28 48
M70 M75 M80 M85 M90 W10 W45	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxberger Nathalie McCoy Laurie Binder Manna Lukkien Murilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear Pay DeZercga Caroline Luttrull Diane Palmason Libby James Grace Rome Kuhn	49:07 49:39 51:31 51:51 55:09 55:36 56:04 1:02:37 2:41:46 36:12 37:27 37:58 38:15 38:15 39:09 40:58 41:06 44:27 44:47 45:52 46:06 47:37 48:16 48:27 45:02 49:36 50:50
M70 M75 M80 M85 M90 W10 W45	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxborger Nathalie McCoy Laurie Binder Marrilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear Pay DoZerega Caroline Luttrull Diane Palmuson Libby James Grace Rome Kuhn Matilee Christman	49:07 49:39 51:31 51:51 51:51 51:52 55:36 56:04 1:02:32 33:19 1:52:07 2:41:63 38:47 39:09 40:58 41:05 38:47 39:09 40:58 41:05 42:23 43:06 44:27 44:29 44:29 46:05 47:37 48:16 48:27 45:52 46:05 50:50 55:50
M70 M75 M80 M85 M90 W10 W45 W50	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Daxberger Nathalie McCoy Laurie Binder Marilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear Pay DeZercga Caroline Luttrull Diane Palmason Libby James Grace Rome Kuhn Matilee Curistman Gloria Siekmeier	49:07 49:39 51:31 51:51 55:09 55:36 56:04 1:02:33 1:33:19 1:52:07 2:41:63 36:12 37:27 37:58 38:47 39:09 40:58 41:06 38:40 40:25 42:23 43:06 44:27 44:29 44:47 45:52 46:05 47:37 45:52 46:05 47:37 45:52 46:05 56:50 56:50 56:50 56:50 56:50 56:50 56:50 56:50 56:50 56:50 56:50 56:50
M70 M75 M80 M85 M90 W10 W45 W50	Ken Bodine Jack Townshend Gerald Puls Dick Gardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittenore Walter Johnson William Royal Emil Demarche Carol McLatchie Jacqueline Gareau Louise Pairfax Shori Hall Lorraine Caldwell Sally Brent Ann Daxberger Nathalie McCoy Laurie Binder Manna Lukkien Marilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear Fay DeZercya Caroline Luttrull Diane Palmason Libby James Grace Rome Kuhn Matilee Christman Gloria Siekmeier Nancy Smalley	49:07 49:39 51:31 51:51 55:09 55:36 56:04 1:02:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:15 38:47 39:09 40:58 41:06 44:27 44:47 45:52 46:06 47:37 48:16 48:27 45:02 49:25 50:50 50:50 50:50 55:50
M70 M75 M80 M85 M90 W10 W45 W50	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxborger Nathalie McCoy Laurie Binder Marilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear Pay DeZeroga Caroline Luttrull Diane Palmason Libby James Grace Rome Kuhn Matilee Christman Gloria Siekmeier Nancy Smalley Kaye Jean	49:07 49:39 51:31 51:51 51:51 51:52 55:36 56:04 1:02:32 33:19 1:52:07 2:41:62 36:12 37:27 37:58 38:47 39:09 40:58 41:05 38:40 42:23 43:06 44:27 44:29 44:29 44:29 44:29 45:52 46:05 47:37 48:16 48:27 45:52 46:05 50:50 51:50 55:51 56:00 1:05:06
M70 M75 M80 M85 M90 W10 W45 W50 W60 W65 W60 W75	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Bmil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Daxberger Nathalie McCoy Laurie Binder Manna Lukkien Marrilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear Pay DcZercya Caroline Luttrull Diane Palmason Libby James Grace Rome Kuhn Matilee Curistman Gloria Siekmeier Nancy Smalley Kaye Jean Velma Jacobs	49:07 49:39 51:31 51:54 55:09 55:36 56:04 1:02:33:19 1:52:07 2:41:63 36:12 37:27 37:58 38:47 39:09 40:58 41:06 38:40 40:25 42:23 43:06 44:27 41:29 44:47 45:52 46:05 47:37 45:52 46:05 56:00 1:05:06 55:51 56:00 1:05:06
M70 M75 M80 M85 M90 W10 W45 W50 W60 W65 W60 W75	Ken Bodine Jack Townshend Gerald Puls Dick Cardner Irving Weiss Joseph Rheault Rodge Rodgers Leslie Whittemore Walter Johnson William Royal Emil Demarche Carol McLatchie Jacqueline Careau Louise Pairfax Sheri Hall Lorraine Caldwell Sally Brent Ann Duxborger Nathalie McCoy Laurie Binder Marilyn Stapleton Gail Hunter Bogie Bogner Laurie Rugenstein Mary Lee Lacroix Rosanne Pappas Bette Poppers Betty O'Lear Pay DeZeroga Caroline Luttrull Diane Palmason Libby James Grace Rome Kuhn Matilee Christman Gloria Siekmeier Nancy Smalley Kaye Jean	49:07 49:39 51:31 51:54 55:09 55:36 56:04 1:02:33:19 1:52:07 2:41:46 36:12 37:27 37:58 38:47 39:09 40:58 41:06 38:40 40:25 42:23 43:06 44:27 41:29 44:49 45:52 46:05 47:37 48:16 48:27 45:52 56:00 51:51 55:51 56:00 1:33:03 1:52:27

## Trinity Hospital Hill Half-Marathon Insas City, MO; June

June 6
1:05:33
1:16:52
1:07:53
1:14:49
1:20:52
1:21:39
1:21:51
1:22:01
1:22:40
1:23:39
AR1:08:05
1:23:40
1:23:59
1:24:45

Continued on next page

Committee to the committee of the	Service August	
Continued from previo	us page	
the state of the s	and the same of th	
Leonard Kupersmith F. Brink		
	1:24:57	
Mike Little	1:27:37	
M50 Charles Mabry	1:24:09	
Nick Mercer	1:24:38	
Denton Coffman	1:25:14	
Ron Grauer	1:26:49	
Wally Brawner	1:27:21	
M55 Gerald Glass	1:26:32	
Mel Yoder	1:26:50	
David Whitten	1:26:53	
Ted Tetzlaff	1:29:15	
M60 Louis Joline	1:29:20	
Geo. Verschelden	1:43:51	
Rod Veit	1:44:21	
M65 Bill Kephart	2:02:38	
Ben Tippins	2:06:44	
M70 John Burton	1:41:58	
Lu Larson	1:53:47	
W40 Nancy Grayson	1:20:45	
Louise Fairfax	1:22:09	
Marcia Dowling	1:27:31	
Kay McVey	1:35:37	
W45 Jane Hutchison	1:24:18	
Suzi Kilbride	1:30:45	
Dorris Hill	1:36:05	
Brenda Davidson	1:38:35	
W50 Judy McMullen Suzie Turner	1:46:36	
Nancy Moore	1:47:01	
W55 Fritzi Hazelrigg	2:05:40	
Ann Nelson	2:09:42	
W60 Mary Specking	2:09:36	
Ann Williams	2:21:40	
	2:30:07	
may out		
Garden of the Gods 15K		

#### Manitou Springs, CO; June 13

Manitou Springs, CO; J	une 13
Overall	
Matt Carpenter	47:46
Kathryn Evans M40 Walt Seibert	58:20
M40 Walt Seibert	55:29
Ton Burnett	55:31
Larry Miller	56:27
Al Grime	56:39
Rich Kinney	56:59
Rick Reimer	57:25
Frank Kunkel	58:37
Thomas Groves	58:47
Jeffery Byrne	59:05
Jim Frost	59:21
M45 John Swartz	56:14
Barry Roth	59:28
	1:01:01
J. Ben Chavez	1:01:22
Carry Kryszak	1:02:05
Bim Beebe	1:03:49
Stephen llatfield	1:01:00
Bill Kennedy	1:01:29
M50 Robert McAndrews	1:00:06
Ron Wisner	1:01:14
Arnie Willems	1:01:54
Arnie Willems Larry Von Thon	1:06:02
- Charles Keck	1:06:36
William Slaughter	1:08:06
M55 Phil Mann	1:01:34
Eldon Cornish	1:09:35
Robert Greene	1:11:08
Glen Ash M60 Dale Goering	1:11:28
M60 Dale Goering	1:09:32
Bill Turley	1:11:29
Bob Winters	1:12:04
M65 Ralph Hall	1:34:28
M70 Rodge Rodgers	1:26:03
M76 Carl Mapps	1:53:16
W40 Cheryl Beckwith	1:09:25
M. Loyd-Allison	1:12:31
Kathy Kirsling	1:14:32
B. Zurcher-McBride	1:14:42
Eileen Cram	1:14:55
Peg Roddy-Reeg	1:15:23
Jenine Ebersohl	1:16:02
Cayle Hurlburt	1:17:37
W45 Marilyn Stapleton	1:07:38
Carol Stewart	1:13:13
Joyce McKelvey	1:13:59
Lorraine Hoyle	1:15:07
Rita Schooler	1:16:12
Charlene Aldridge	1:16:53
W50 Vivian Reinikainen	
Linda Knudsen	1:22:34
Sue Statzer	1:24:46
Celeste Callahan	1:25:12
W55 Grace Rome-Kuhn Prudy Hilger	1:22:18
	1:22:44
Kay Duplichan	1:23:40
W60 Arlene Ruark	1:36:12
W70 Mary Kirsling	2:06:31
A Transmitted and a beautiful of the	Managara

#### Grandma's Marathon Duluth, MN; June 19

	Dulutti, Mir, June 19
Ove	rall
	Kurtis 41 2:16:38
	raine Hochella 29 2:34:46
M40	Doug Kurtis 41 2:16:38
	Luis Lopez 43 2:19:51
TO THE	Kassa Balcha 41 2:22:48
	Artemio Navarro432:23:46
-	Barney Klecker 412:28:42
M50	Jared Mondry 51 2:41:57
	Dick Hartshorn 502:52:30
	George Tini 58 2:52:55
	David Whitten 55 2:57:42
M60	Jim Schleisman 603:10:15
	Greg Prom 62 3:12:18
	Wm Hollihan 63 3:26:12
M70-	+John Burton 70 3:45:55
	Leo Hardung 74 4:14:26
and the same	Frank Dabney 78 4:18:55
W40	Karen Blackford422:44:32
1.4	Janet Skaalen 40 2:53:01
	Gloria Jansen 46 2:59:30
W50	A C Schroeder 53 3:24:09
	Wen-Shu Y1 58 3:27:27
	Susan Peters 50 3:29:44

W60	Beverly Lampe 61	3:45:32
	Joy Johnson 66	3:55:33
	Mary Bonstrom 62	3:58:02

#### VP Fair 10K/3K St. Louis, MO; July 4

Eddie Hellebuyck	29:55
Heather Lucas	34:03
M40 Doug Kurtis	31:55
Pablo Vigil	32:18
M45 Jerry Kurfman	36:44
M50 Jon Eber	38:46
M55 Vern Bradshaw	42:53
M60 Leon Fennell	40:26
M65 Ernie Hirschfeld	44:53
M70+Bill Schmitt	47:57
W40 Charlene Soby	39:18
W45 Carol Bellora	43:04
W50 Jackie Corn	48:45
W55 Joy Gilbert	44:13
W60 Dorothy Null	78:04
W65 Dottie Gray	58:30
W70+P Bailey-McCarthy	79:42
3K	
Overall	Acres .
Taff Dian	0.53

Overall	
Jeff Pigg	8:52
Melissa Sapa	10:38
M40 Dan Sebben	9:57
M45 Jack Meyer	9:34
M50 Tony Murray	11:04
M55 Bob Tarrant	11:25
M60 Russ Johnson	12:01
M65 Joe Bell	12:28
M70+Ralph Brindley	14:52
W40 Karen Kokesh	12:13
W45 Margo Mainer	13:27
W50 Carol Peluso	13:37
W55 Joan Warrington	15:39
W60 Jackie Kountzman	35:00
W65+Edith James	22:39

#### WEST Fontana 5K

20 34 38 38 58 05
38 38 58
38 58
58
05
04
38
39
44
54
51
23
:51
20
26
07
55
57
47
24
27
28
40
39
21
:26
:32
: 47
: 05

#### Gardena 5K Gardena, CA; June 6

Overa	11	No. of Lot of Lo
	Hussein	13:51
	a Sommers	16:26
	Nolan Smith	15:31
2707	Ron Gee	15:37
	Bill McDermott	15:47
	Barry Schaeffer	15:53
	Ed Avol	15:55
	Ron Jensen	16:19
	Byrle Smallen	16:22
	Ron Ogilvie	16:22
	Mike Scott	16:44
	C Gonzalez	
	Jim Chenoweth	16:38
		17:11
MOD	Carlos Valle	17:39
	Andre Tocco	19:42
	Jim O'Neil	19:45
W40	Diana Tracy	17:31
	Loi Coker	18:36
	Sherri Hall	18:48

#### Palos Verdes Marathon

Palos Verdes, CA;	June 12
Overall	
Jaimie Ortiz 30	2:32:32
Mary Blish 45	3:19:01
M40 Steve Radigan	2:56:16
Joel Greene	3:04:25
Rick Delanty	3:07:24
M45 Steve Notaro	3:03:22
Jesse Rassen	3:08:02
Wm Harns	3:11:00
M50 Simon Rubin	3:02:40
Ron Hardesty	3:07:11
Ian Malcolm	3:14:56
M55 Andre Tocco	3:04:44
Fred Kiddy	3:06:39
Leroy Kim	3:17:30
M60 Russ Peltz	3:47:37
Lew Hankins	3:53:52
Bob Perry	4:00:24

M65	Dan Sheeran	3:47:43
	Randy Schachtili	4:04:55
	Blair Filler	4:09:41
M70	Bill Wallace	4:42:50
	Jim Conrad	5:12:23
W40	Merle Heimberg	3:21:30
	Fran Rushie	3:34:53
	Debra Schrotz	3:46:12
W45	Mary Blish	3:19:01
	Wendy Watson	3:32:10
	Tonya Mauldin	3:44:25
W50	Diane Eastman	3:24:38
	Polly Goodman	4:15:29
	Wendy Tucker	4:21:37
W55	Sandra Kiddy	3:22:41
	Shirley Blush	3:41:48
	Marianna McMuller	13:49:10
W60	Hazel Phillips	4:50:37

	Sonora, CA; June 2	
	M40 Dom Tibaduiza 43	
	James Tracy 43	
	David Amster 42	4:40.
	Richard Govi 41	
	Jim Roberts 40	4:46.0
		4:46.0
	M50+Harvey Franklin50	
	Stephen Lyons 52	
		5:02.9
	Tim Rostege 53	
	Tyrone Nelson 51	
	J MacPherson 52	5:12.
		5:29.1
	Melinda Villar41	
	Robin Cadmus 40	
	Linda Mantynen44	
	Sue Francis 40	
	Barb Miller 53	5:59.
	NODTHINE	The same
- 19	BBATFATINI M BATTAT	M W M

#### Northwest Natural Gas Spring Classic 8K Portland, OR; April 25

Fortialia, Ort, Apr	
M40 Douglas Kurtis	24:49
Henry Rono	24:56
Bob G. Ray	26:00
Allen Boyce	27:13
Eric Belden	28:20
Michael Delisle	28:31
Patrick Carey	28:36
Vince Engel	
	28:56
M45 Wes Wessely Scott Taylor	26:44
Scott laylor	28:14
Erik Sten Bill Donnelly	28:25
Bill Donnelly	28:38
Allan Morgan	30:33
Enrique Pina	30:59
John McCloud Frank Phillips	31:02
M50 Michael Heffernan	31:03 27:33
Kollow Slatuton	
Kelley Slatyton Larry Snider	30:33
John Boyle	30:56
David Heller James Scheer	31:32
	31:36
M55 Ken Ogden	31:29
Part Haggin	31:40
Dick Stones	32:23
Mike Barrett	33:00
Dave Jeans	33:30
M60 John Reaston	31:55
Hal Higdon	32:07
Jerry Crockett	33:40
M65 Alan Rosenfeld	43:46
M70 Nathaniel White	38:10
Al Nakata	40:15
Joseph Mallon	41:05
W10 Carol McLatchie	
Judy Pickett	28:51
	30:57
Diame Sullivan	31:10
Flaine Triplett	31:24
Patti Koehler	32:25
Katie Carvie	32:50
Darlene Vigil	34:06
Susan Helzer	34:07
W15 Jane Serues	32:38
Yvonne Lee	33:02
Nina Kemp	31:08
Janet Fallon	37:40
Janet Fallon Nancy Gronowski Joyce Albro	38:48
Joyce Albro	39:03
W50 Mimi Oliveira	37:21
Karen Rivera	37:40
Sandy Moragon	38:35
Karen Denko	39:18
Jayne Ichikawa	42:06
W55 Frances Ard	35:03
Mary Anne Wehrum	35:46
Joan Williams	36:59
Rose Nichols	40:51
W60 Joan Klopfer	44:31
Helen Laceman	49:59
to the second	51:25
Irmgard Dunn	53:25
W70 Jane Brown W75 Irene Crane	52:06
W75 Irene Crane	57:16

#### Wyoming Marathon Laramie, WY; May 30

		-
1 Clay Shaw	41	3:32:16
2 Doug Laufer	40	3:40:00
3 Mark Roccabruna		3:41:10
4 Curtis Lintzedt	45	4:01:27
5 Danny Jones	35	4:01:52
6 Hal Darr	45	4:02:04
7 Ion Eilers	33	4:02:32
8 Ralph Thompson	46	4:05:18
9 Michael Olson	36	4:10:30
10 Chris Gardner	F37	4:17:22
11 George Rathbun	53	4:23:41
12 Milton Taylor	60	4:25:45
13 Jim Grisamer	45	4:38:49
14 Mary Brown	F33	4:38:57

- 1	-			Start St
ŀ	15	Hu Goldstrin	64	4:43:22
ı	16	Richard Brown	52	4:58:27
ı	17	Susan Zavorka	F24	4:59:58
1	18	Frank Bartocci	45	5:01:14
١	19	Ron Jetton	57	5:17:02
ı	20	Roy Langston	47	5:37:08
ı	21	Norm Frank	62	5:39:09
١	22	Lois Brown	F47	5:46:44
1	23	Don McNelly	72	6:36:19
١	24	Ed Buckalew	48	6:36:20
١	R	ocky Mountain	50-N	lile Run

Laramie, WY	; Ma	y 30
1 Randi Bromka	F41	7:03:19
2 Roger Frans	47	7:17:08
3 Rex Metcalf	31	7:26:49
4 Doug Johnson	35	7:27:44
5 John Ooley	48	7:38:55
6 Alene Nitzky	F29	:43:22
7 Philip Kahn	40	8:09:36
8 Fiona Winkler	F37	8:32:35
9 Terry Smith	39	8:34:22
10 John Wallin	32	8:41:09
11 Nick Bassett	48	8:52:44
12 Tom Towe	41	8:51:4
13 Steve Kozachik	39	8:51:5
14 Cynthia Daniel	sF43	9:19:1
15 Alvin Strait	40	9:22:4
16 Mary Bradley	51	9:35:3
17 Chris Erickson	30	9:43:1
18 Valerie Kahn	F32	9:55:2
19 Russ Allen	49	10:01:1
20 Duane Grigg	42	10:30:2
21 Jean Hillery	F48	11:44:1

#### Oregon RRC Summer 5K Hillsboro; June 17

M40	Geo Riemer	18:4
	John Timoney	19:3
M45	John Larsen	18:3
	David Gonzales	19:0
M50	Mike Heffernan	16:2
	Bill Fallon	19:3
M55	Tom O'Brien	22:3
	Fred Hasle	22:4
M60	Jack Keener	21:5
M654	John Keston 68	18:5
W40	Janet Jordan	18:5
	Wanda Lakeman	20:4
W45	Janet Pallon	23:3
W50	Evelyn Nicklaus	31:4
	Jane Cameron	31:0
_		

Cascade Run Off 15K Portland, OR; June 27  Overall Sammy Lelei 28 Carolyn Schuwalow 27 Top Masters Men Nigel Gates 40 Artemio Navarro 43 Pierre Levisse 41 Tom Birnie 40 Brian Kirkwood 40 M40 Bob Ray Craig Moore Allen Boyce Joavid Shafer Matt Henderson Larry Ingram Larry Ingram John Jordeth Hal Jackson Scott Taylor M50 Mike Heffernan Jim Chenoweth Roy Reisinger M50 Mike Heffernan Jim Chenoweth S6:43 Tom Burnham M55 Dave Pitkethly Tom Bob Dolphin Bob Bob S8:29 John Cahill 69 Lane Walton Top Masters Women Carla Beurskens 42 Carol McLatchie 40 S3:19 Shirley Matson 52 Judith Hine 44 Shirley Matson 52 Judith Hine 44 Shirley Matson 52 Shirley Martson 52 Shirley Martson 52 Shirley Martson 52 Shirley Martson 66:45 Ryan Bonazzola Charlotte Hartwig W50 Patti Donley Elaine Tober Karen Rivera Joan Williams Shirley Ingram W60 Colleen Mershon Jo Sullivan Bishirley Ingram W60 Colleen Mershon Jo Sullivan Bish	W55 Jane Cameron	31:07
Overall   Sammy Lelei 28	Cascade Run Off 15	5K
Sammy Lelei 28	Portland, OR; June	27
Carolyn Schuwalow 27		42.15
Top Masters Men Nigel Gates 40 Artemio Navarro 43 Pierre Levisse 41 Pierre Levisse 41 According to Markenso 40 Artemio Navarro 43 Pierre Levisse 41 According More 40 Artemio Navarro 43 Artemio Navarro 40 Artemio Navarro 40 Artemio Navarro 50:57 Allen Boyce 50:57 Allen Boyce 51:43 David Shafer 52:16 Matt Henderson 53:05 M45 Robert Wagner 51:30 Larry Ingram 51:38 John Jordeth 53:01 Hal Jackson 53:07 Scott Taylor 54:29 M50 Mike Heffernan 51:30 Jim Chenoweth 54:34 Roy Reisinger 56:02 Dan Tennant 57:13 M55 Dave Pitkethly 56:43 Tom Burnham 62:15 Ken Ogden 62:47 Don Gorham 62:52 M60 Keith Fitch 63:18 Bob Dolphin 66:03 Buz Masters 67:49 M65+John Keston 68 58:29 John Cahill 69 Lane Walton 52 John Cahill 69 Carla Beurskens 42 Carol McLatchie 40 Shirley Matson 52 Judith Hine 44 Shirley Matson 52 Judith Hine 44 Shirley Matson 52 Lavie Binder 45 Ken Godman 63:21 Marilyn Nippold 64:36 W45 Karan Godman 66:45 Levi Query 66:45 Ryan Bonazzola Charlotte Hartwig 68:07 W50 Patti Donley 66:58 Karen Rivera 72:25 W55 Nancy Hellver 70:38 Karen Rivera 72:25 W55 Nancy Hellver 71:36 Josullivan 74:15 Shirley Ingram 75:33 W60 Colleen Mershon 74:56 Josullivan 74:56 Josullivan 77:46		
Nigel Gates 40		47.10
Pierre Levisse 41 Tom Birnie 40 Tom Birnie 40 Brian Kirkwood 40 M47:32 M40 Bob Ray Craig Moore Allen Boyce David Shafer Matt Henderson M45 Robert Wagner Larry Ingram Larry Ingram John Jordeth Hal Jackson Scott Taylor M50 Mike Heffernan Jim Chenoweth Roy Reisinger M50 Mike Heffernan M51:30 M55 Dave Pitkethly M50 Michenoweth M60 Keith Fitch M60 Keith Fitch M60 Keith Fitch M65+John Keston 68 M65+John Keston 68 M65+John Keston 52 M60 Keith Fitch M60 Keith Fitch M60 Keith Fitch M60 Keith Fitch M6111 69 M62:12 M60 Keith Fitch M65+John Keston 68 M65-Karan Godman M65-Karan Go	Nigel Gates 40	
Tom Birnie 40 Brian Kirkwood 40 Brian Kirkwood 40 Brian Kirkwood 40 A7:32 M40 Bob Ray Craig Moore Allen Boyce 50:57 Allen Boyce 51:43 David Shafer Field Matt Henderson M45 Robert Wagner Larry Ingram Joln Jordeth 53:01 Hal Jackson Scott Taylor M50 Mike Heffernan Jim Chenoweth 54:34 Roy Reisinger Dan Tennant M55 Dave Pitkethly 56:43 Tom Burnham 62:15 Ken Ogden Don Gorham 62:52 M60 Keith Fitch Bob Dolphin Buz Masters M65+John Keston 68 S8:29 John Cahill 69 Lane Walton Top Masters Women Carla Beurskens 42 Carol McLatchie 40 Shirley Matson 52 Judith Hine 44 Laurie Binder 45 W40 Diane Sullivan Patti Koehler Wanda Lakeman Marilyn Nippold W45 Karan Godman Levi Query Elaine Tober Karen Rivera W50 Patti Donley Elaine Tober Karen Rivera T2:25 W60 Colleen Mershon Joa Williams Shirley Ingram W60 Colleen Mershon Joa Willians Shirley Ingram W65+Billie Murphy 77:46		
## ## ## ## ## ## ## ## ## ## ## ## ##		
M40 Bob Ray		
Allen Boyce     David Shafer     David Shafer     David Shafer     Matt Henderson     Sicot     M45 Robert Wagner     Larry Ingram     Join Jordeth     Sicot     Taylor     Scott     S	M40 Bob Ray	
Matt Henderson   53:05	Craig Moore	
Matt Henderson   53:05	Allen Boyce	
M45 Robert Wagner	Matt Henderson	
Larry Ingram 51:38 John Jordeth 53:01 Hal Jackson 53:07 Scott Taylor 54:29 M50 Mike Heffernan 51:30 Jim Chenoweth 54:34 Roy Reisinger 56:02 Dan Tennant 57:13 M55 Dave Pitkethly 56:43 Tom Burnham 62:15 Ken Ogden 62:47 Don Gorham 62:52 M60 Keith Fitch 63:18 Bob Dolphin 66:03 Buz Masters 67:49 M65+John Keston 68 58:29 John Cahill 69 65:12 Lane Walton 65:16 Top Masters Women Carla Beurskens 42 51:06 Carol McLatchie 40 53:19 Shirley Matson 52 55:49 Judith Hine 44 57:05 Laurie Binder 45 77:25 W40 Diane Sullivan 61:51 Patti Koehler 63:08 W45 Karan Godman 66:45 Levi Query 66:45 Ryan Bonazzola Charlotte Hartwig 68:07 W50 Patti Donley 66:58 Charlotte Hartwig 68:07 W50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 Nancy Hellver 71:36 Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon Jo Sullivan 74:56 Jo Sullivan 71:36	M45 Robert Wagner	
Hal Jackson 53:07 Scott Taylor 54:29 M50 Mike Heffernan 51:30 Jim Chenoweth 54:34 Roy Reisinger 56:02 Dan Tennant 57:13 M55 Dave Pitkethly 56:43 Tom Burnham 62:15 Ken Ogden 62:47 Don Gorham 62:52 M60 Keith Fitch 63:18 Bob Dolphin 66:03 Buz Masters 67:49 M65+John Keston 68 58:29 John Cahill 69 65:12 Lane Walton 65:16 Top Masters Women Carla Beurskens 42 51:06 Carol McLatchie 40 53:19 Shirley Matson 52 55:49 Judith Hine 44 57:05 Laurie Binder 45 57:25 W40 Diane Sullivan 63:21 Marilyn Nippold 64:36 W45 Karan Godman 66:45 Levi Query 66:45 Ryan Bonazzola 66:58 Charlotte Hartwig 68:07 W50 Patti Donley 66:58 Charlotte Hartwig 66:58 Charlotte Hartwig 66:70 W50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 W55 Nancy Hellver 71:36 Josullivan 74:15 Shirley Ingram 75:33 W65+Billie Murphy 77:46	Larry Ingram	
Scott Taylor   54:29	John Jordeth	53:01
M50 Mike Heffernan		
Jim Chenoweth Roy Reisinger 66:02 Dan Tennant 77:13 M55 Dave Pitkethly G6:43 Tom Burnham 62:15 Ken Ogden Don Gorham 62:52 M60 Keith Fitch Bob Dolphin Buz Masters 67:49 M65+John Keston 68 58:29 John Cahill 69 Lane Walton Top Masters Women Carla Beurskens 42 Carol McLatchie 40 Shirley Matson 52 Judith Hine 44 Shirley Matson 52 Judith Hine 44 Laurie Binder 45 W40 Diane Sullivan Patti Koehler Wanda Lakeman Marilyn Nippold W45 Karan Godman Levi Query Ryan Bonazzola Charlotte Hartwig M50 Charlotte Hartwig M50 W50 Patti Donley Elaine Tober Karen Rivera T2:25 M55 Nancy Hellver Joan Williams Shirley Ingram W65+Billie Murphy 77:46 M65+Billie Murphy 77:46 M50 M65+Billie Murphy 77:46 M50 M65+Billie Murphy 77:46		
Roy Reisinger   56:02		
Dan Tennant 57:13 M55 Dave Pitkethly 56:43 Tom Burnham 62:15 Ken Ogden 62:47 Don Gorham 62:52 M60 Keith Fitch 63:18 Bob Dolphin 66:03 Buz Masters 67:49 M65+John Keston 68 58:29 John Cahill 69 65:12 Lane Walton 65:16 Top Masters Women Carla Beurskens 42 51:06 Carol McLatchie 40 53:19 Shirley Matson 52 55:49 Judith Hine 44 57:05 Laurie Binder 45 77:25 W40 Diane Sullivan 61:51 Patti Koehler 63:08 W45 Karan Godman 64:36 W45 Karan Godman 66:45 Levi Query 66:45 Ryan Bonazzola 66:58 Charlotte Hartwig 68:07 W50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 Nancy Hellyer 71:36 Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon Jo Sullivan 13:34 W65+Billie Murphy 77:46		
Tom Burnham 62:15 Ken Ogden 62:47 Don Gorham 62:52 M60 Keith Fitch 63:18 Bob Dolphin 66:03 Buz Masters 67:49 M65+John Keston 68 58:29 John Cahill 69 65:12 Lane Walton 65:16 Top Masters Women Carla Beurskens 42 51:06 Carol McLatchie 40 53:19 Shirley Matson 52 55:49 Judith Hine 44 57:05 Laurie Binder 45 57:25 W40 Diane Sullivan 61:51 Patti Koehler 63:08 Wanda Lakeman 63:21 Marilyn Nippold 64:36 W45 Karan Godman 66:45 Levi Query 66:45 Ryan Bonazzola 66:58 Charlotte Hartwig 68:07 W50 Patti Donley 66:57 Elaine Tober 70:38 Karen Rivera 72:25 W55 Nancy Hellver 71:36 Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon Jo Sullivan 101:34 W65+Billie Murphy 77:46		
Ken Ogden   62:47	the state of the s	56:43
Don Gorham   62:52		
M60 Keith Fitch   63:18		
Bob Dolphin   66:03		
Buz Masters 67:49 M65+John Keston 68 58:29 John Cahill 69 65:12 Lane Walton 65:16 Top Masters Women Carla Beurskens 42 51:06 Carol McLatchie 40 53:19 Shirley Matson 52 55:49 Judith Hine 44 57:05 Laurie Binder 45 77:25 W40 Diane Sullivan 61:51 Patti Koehler 63:08 Wanda Lakeman 63:21 Marilyn Nippold 64:36 W45 Karan Godman 66:45 Levi Query 66:45 Ryan Bonazzola 66:58 Charlotte Hartwig 68:07 W50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 Nancy Hellver 71:36 Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon Jo Sullivan 01:34 W65+Billie Murphy 77:46		
John Cahill 69 65:12 Lane Walton 65:16 Top Masters Women Carla Beurskens 42 51:06 Carol McLatchie 40 53:19 Shirley Matson 52 55:49 Judith Hine 44 57:05 Laurie Binder 45 57:25 W40 Diane Sullivan 63:01 Patti Koehler 63:08 Wanda Lakeman 63:21 Marilyn Nippold 64:36 W45 Karan Godman 66:45 Levi Query 66:45 Ryan Bonazzola 66:58 Charlotte Hartwig 68:07 M50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 W55 Nancy Hellver 71:36 Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon Jo Sullivan 01:34 W65+Billie Murphy 77:46		
Lane Walton Top Masters Women Carla Beurskens 42 Carol McLatchie 40 Shirley Matson 52 Judith Hine 44 S7:05 Laurie Binder 45 W40 Diane Sullivan Patti Koehler Wanda Lakeman Marilyn Nippold 64:36 Levi Query Ryan Bonazzola Charlotte Hartwig 66:58 Charlotte Hartwig 66:05 Elaine Tober Karen Rivera M55 Nancy Hellver Joan Williams Shirley Ingram W60 Colleen Mershon Jo Sullivan W65+Billie Murphy 77:46	M65+John Keston 68	
Top Masters Women Carla Beurskens 42 51:06 Carol McLatchie 40 53:19 Shirley Matson 52 55:49 Judith Hine 44 57:05 Laurie Binder 45 77:25 W40 Diane Sullivan 61:51 Patti Koehler 63:08 Wanda Lakeman 63:21 Marilyn Nippold 64:36 M45 Karan Godman 66:45 Levi Query 66:45 Ryan Bonazzola 66:58 Charlotte Hartwig 68:07 W50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 Nancy Hellver 71:36 Joan Williams 74:15 Shirley Ingram W60 Colleen Mershon Jo Sullivan 01:34 W65+Billie Murphy 77:46	John Cahill 69	
Carla Beurskens 42 Carol McLatchie 40 Carol McLatchie 40 Si:19 Shirley Matson 52 Judith Hine 44 Judith Hine 44 S7:05 Laurie Binder 45 Fr:25 W40 Diane Sullivan Patti Koehler Wanda Lakeman Harilyn Nippold W45 Karan Godman Levi Query Ryan Bonazzola Charlotte Hartwig M50 Patti Donley Elaine Tober Karen Rivera Joan Williams Shirley Ingram W60 Colleen Mershon Jo Sullivan W65+Billie Murphy 77:46		65:16
Carol McLatchie 40   53:19		51:06
Shirley Matson 52   55:49	Carol McLatchie 40	
Laurie Binder 45 57:25 W40 Diane Sullivan 61:51 Patti Koehler 63:08 Wanda Lakeman 63:21 Marilyn Nippold 64:36 W45 Karan Godman 66:45 Ryan Bonazzola 66:58 Charlotte Hartwig 68:07 W50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 W55 Nancy Hellyer 71:36 Shirley Ingram 75:33 W60 Colleen Mershon Jo Sullivan W65+Billie Murphy 77:46	Shirley Matson 52	
W40 Diane Sullivan	Judith Hine 44	
Patti Koehler 63:08 Wanda Lakeman 63:21 Marilyn Nippold 64:36 W45 Karan Godman 66:45 Levi Query 66:45 Ryan Bonazzola 66:58 Charlotte Hartwig 68:07 W50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 Nancy Hellver 71:36 Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon 76:56 Jo Sullivan 01:34 W65+Billie Murphy 77:46		
Wanda Lakeman   63:21     Marilyn Nippold   64:36     W45 Karan Godman   66:45     Levi Query   66:45     Ryan Bonazzola   66:58     Charlotte Hartwig   68:07     W50 Patti Donley   60:57     Elaine Tober   70:38     Karen Rivera   72:25     Nancy Hellver   71:36     Joan Williams   74:15     Shirley Ingram   75:33     W60 Colleen Mershon   Jo Sullivan   W1:34     W65+Billie Murphy   77:46     W65+Billie Murphy   77:46     W436   W436   W436   W436     W436   W436   W436   W436     W437   W436   W436     W438   W436   W436     W438   W436   W436     W438	Patti Koehler	
Marilyn Nippold 64:36 W45 Karan Godman 66:45 Levi Query 66:45 Ryan Bonazzola 66:58 Charlotte Hartwig 68:07 W50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 W55 Nancy Hellver 71:36 Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon Jo Sullivan 81:34 W65+Billie Murphy 77:46	Wanda Lakeman	
Levi Query  Ryan Bonazzola  Charlotte Hartwig  66:58  Charlotte Hartwig  68:07  W50 Patti Donley  Elaine Tober  Karen Rivera  70:38  Karen Rivera  71:36  Joan Williams  Shirley Ingram  W60 Colleen Mershon  Jo Sullivan  W65+Billie Murphy  77:46		
Ryan Bonazzola 66:58 Charlotte Hartwig 68:07 W50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 W55 Nancy Hellver 71:36 Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon Jo Sullivan 81:34 W65+Billie Murphy 77:46		
Charlotte Hartwig 68:07 W50 Patti Donley 60:57 Elaine Tober 70:38 Karen Rivera 72:25 W55 Nancy Hellyer 71:36 Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon Jo Sullivan 81:34 W65+Billie Murphy 77:46	Levi Query	
W50 Patti Donley		
Elaine Tober 70:38 Karen Rivera 72:25 W55 Nancy Hellver 71:36 Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon Jo Sullivan 81:34 W65+Billie Murphy 77:46		
Karen Rivera   72:25		
Joan Williams 74:15 Shirley Ingram 75:33 W60 Colleen Mershon 74:56 Jo Sullivan 81:34 W65+Billie Murphy 77:46		
Shirley Ingram 75:33 W60 Colleen Mershon 74:56 Jo Sullivan 81:34 W65+Billie Murphy 77:46	mee maney morryer	71:36
W65+Billie Murphy 77:46	Joan Williams	
W65+Billie Murphy 77:46	Shirley Ingram	
W65+Billie Murphy 77:46	Jo Sullivan	
1 1 W-11	W65+Billie Murphy	
	Luci Wells	

#### Luci Wells Butte To Butte 10K

Eugene, OR; July	y 4
Overall	
Matt McGuirk 28	30:1
Nicole Woodward 22	34:2
M40 Robert Towne	36:2
Dan Neal	36:3
Daniel Best	37:4
Larry Thompson	38:1
Dan Stevens	38:1

John Courtnage 39	:07 :37 :43
	:43
Mika Matthewa 20	7.55
	-
	:01
M50 Mike Manley 35	:43
John Hirons 39	:33
	:17
	:43
	:44
	:40
John-Erik Nilsson 44	:02
Paul Slovic 46	:06
	:22
Harry Fariel 47	:51
	:20
	:40
Fred Masarie 51	:32
John Downey 51	:47
M70 Linn Spaulding 57	:35
	:40
	:55
	:25
	:35
	:11
	:23
	:37
	:24
	:25
Bonnie Jo Nay 47	:31
	:08
	:09
	:16
	:57
	:12
	:12
	1:34
W65 Dawn Russell 60	:40

#### INTERNATIONAL

INTERNA	
Brugge Veterans	
10K/2	m; June 20
STATE OF THE PARTY OF	m; June 20
10K M40	
Andrew Catton	GBR 31:32
Karel Hovorka Kirill Kousmin	TCH 32:09
Vlad Varmuza	RUS 32:29 TCH 33:00
Frantisec Houska	TCH 33:01
M45 Alan Roper	GBR 31:49
Martin Malcolm	GBR 32:14
Owen Phipps Ron Bell	GBR 34:37 GBR 35:29
Philippe Smith	GBR 35:38
M50 Frans VandenDrie	s BFI 34:30
Geoff Harrold	GBR 34:54
Alistair Matson Ron Abuys	GBR 35:17 HOL 36:31
Bernhrd Kreinbau	m GER 36:54
M55 James Stephen	GBR 33:50
Edgard Knockaert	BEL 35:28
Derek Surrey Warren Roe	GBR 36:02 GBR 36:08
Brian Fernee	USA 36:54
M60	
Maurice Morrell Ron Higgs	GBR 35:55 GDR 35:56
James Hogan	GBR 36:10
Douglas Linton	GBR 38:05
M65 Remi Boterberg	BEL 41:21
Ron Franklin	GBR 42:23
Milos Elis Bohumil Neuman	TCH 44:51 TCH 45:15
M70 .	
Emiel Pauwels Paul Faude	BEL 45:53 CH 46:45
Choko Amuro	JAP 51:52
M75 Harold Wilson	GBR 48:53
R Matsusaka	JAP 93:37
M80	NZI FOLOF
Basil Nielsen Bryan Doughty	NZL 52:25 GBR 83:40
W35	
Greet DeWolf Hazel Imeson	BEL 38:59 GBR 39:25
Adele Jansegers	BEL 41:30
Jeannette Whyte	GBR 43:00
Diane Marsh	GBR 37:18
Jopie Daane	HOL 37:48
Michele Sodrberg Carol Wright	USA 39:55 GBR 40:01
Christine Segaer	
W45 Felicity Garland	GRR 37:57
Eliz Gilchrist Heidi Metlzer	GBR 38:00
Heidi Metlzer	GER 45:09
Alicia Mitchell Mary Chantler	GBR 45:58 GBR 46:28
W50	
Jean Hann Helene Schnichel	SA 40:19 Is GER 42:11
R Bergmannova	TCH 42:59
W55 Pamela Jones	GBR 43:36
D Ellingerova	TCH 45:22
Molly Warren W60	GBR 45:41
Betty Forster	GBR 51:21
Betty Norrish Jaroslava Hlinky	GBR 51:58
W65	
Joselyn Ross Christne Descamp	GBR 45:25
ALice Smith	GBR 79:35
**********	

Au	gust, 1993
w70	page 200 has been
W70 Johanna Luther	GER 58:26
Maki Sato	JAP 93:36
Tadako Sato	JAP 95:55
W80	JAF 43.33
Alice Bilson	GBR 74:29
Men's Team-Count	
CRD 1:35:35/TCU	1:38:10/
DIS 1:42:02/REI	1:45:31/
HOL 1:45:45/USA	1:54:10
GBR 1:35:35/TCH RUS 1:42:02/BEL HOL 1:45:45/USA FRA 1:54:20/GER	2:04:14
Men's Team-Club	2.01.1
GBR Bradford Air	dale1:44:26
HOL AV Dynamo Mi	dd1b1:45:45
GDR Barnet & Dis	t AC1:48:30
USA San Vincente	LA 1:54:10
FRA COR Dammarti	in 1:54:41
25K	
M40	
Goldammer Klaus	
Johan Hoppe	BEL 1:23:04
Jozef Misplon	BEL 1:24:43
Guy Demol	BEL 1:24:48
Colin Cartland	GBR 1:26:36
M45	
Omer Van Noten	
Jozef VanderWate	rBEL 1:24:36
Colon Youngson	GBR 1:25:10
James Bell Chris Hughes	GDR 1:25:36
	GBR 1:27:37
M50	
Josef Podmolik	TCH 1:29:12 BEL 1:31:15
Maurice Vervaet	BEL 1:31:15
Terrence Hair	GBR 1:35:05 BEL 1:35:41
J Vanrenterghem	BEL 1:35:41
M55	
Edmond VanRanst	BEL 1:34:11
John Wright	GBR 1:35:21
Phil Hampton	GBR 1:40:58
Rom Jansen	HOL 1:41:02
Yvon Bore M60	FRA 1:44:50
Leo Hohmann	GER 1:40:24
Ivanivich Komaro Jean Mafille	DVKUS 1:42:26
John D Wood	FRA 1:43:44
John Standring	GBR 1:45:42 GBR 1:50:29
M65	OUR 1:50:29
Georges Deschach	+BFI 1.47.17
John Trotter	GBR 2:04:24

	Colin Cartland	GBR 1:26:36
1	Omer Van Noten	BEL 1:23:31
н	Jozef VanderWate	rBEL 1:24:36
	Jozef VanderWate Colon Youngson James Dell	GBR 1:25:10
١	James Bell Chris Hughes	GBR 1:25:36
1		GBR 1:27:37
ı	M50 Josef Podmolik	TCH 1:29:12
	Josef Podmolik Maurice Vervaet Terrence Hair J Vanrenterghem	BEL 1:31:15
	Terrence Hair	GBR 1:35:05
	J Vanrenterghem	BEL 1:35:41
	M55 Edmond VanRaust	DEL 1.24.11
-	Phil Hampton	GBR 1:40:58
1	Rom Jansen	HOL 1:41:02
	Yvon Bore M60	FRA 1:44:50
		GER 1:40:24
	Ivanivich Komaro Jean Mafille John D Wood	VRUS 1:42:26
	Jean Mafille	FRA 1:43:44
	John D Wood	GBR 1:45:42
	John Standring M65	GBR 1:50:29
	Georges Deschach	tBEL 1:47:17
	John Trotter Piet Ettema	GBR 2:04:24
	James William	HOL 2:05:56
	James Whiteaker	GBR 2:08:45
	AND DESCRIPTION OF THE PARTY OF	GBR 2:04:29
	Norman Jordan	GBR 2:08:43
	Jack Fitzgerald	GBR 2:09:25
	M75 George Scutts	GBD 2:07:02
-	Andre Osselaer Cecil Bailey	BEL 2:11:23
ı	Cecil Bailey	GBR 3:14:45
ı	N80	the second
١	Takayoshi Sato W35	JAP 2:28:14
١	Marie Christiaen	sBEL 1:35:50
ı	Elaine Nicholson	GBR 1:40:28
١	Magda Van Mol Diana Brunton	BEL 1:41:39
۱	W40	
١	Jeannet Hardwick	GBR 1:48:37
١	Marge Swinthenby J Bekkenk-Taber	GBR 1:52:15
ı	J Bekkenk-Taber Annemarie Patist	HOL 2:00:00
١	W45	
۱	Lisette Devoogt	DEL 1.42.EE
1		DEL 1:42:55
ı	Maggie Govender	GBR 1:47:51
I	M Chippendale	GBR 1:47:51 GBR 1:49:14
	Lisette Devoogt Maggie Govender M Chippendale Eva Novotna W50	GBR 1:47:51 GBR 1:49:14 TCH 1:51:16
	M Chippendale Eva Novotna W50 Anne Bland	GBR 1:47:51 GBR 1:49:14 TCH 1:51:16 GBR 1:52:46
	Anne Bland Genenieve Proot	GBR 1:52:46 BEL 2:06:22
	Anne Bland Genenieve Proot Corrie Wolffers	GBR 1:52:46 BEL 2:06:22
	Anne Bland Genenieve Proot Corrie Wolffers W55	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48
	Anne Bland Genenieve Proot Corrie Wolffers W55 Detty Machin Marlene Wood	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32
	Anne Bland Genenieve Proot Corrie Wolffers W55 Detty Machin Marlene Wood Monica Darlingto	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marleue Wood Monica Darlingto W60	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18 GBR 2:02:45
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18 GBR 2:02:45 BEL 2:06:20
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GDR 2:09:32 nGBR 2:13:18 GBR 2:02:45
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18 GBR 2:02:45 BEL 2:06:20 USA 2:24:23 GBR 2:27:48
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marlene Wood Monica Darlington W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GUR 2:09:32 nGBR 2:13:18 GBR 2:02:45 BEL 2:06:20 USA 2:24:23
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18 GBR 2:06:20 USA 2:24:23 GBR 2:27:48 GBR 2:41:58
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18 GBR 2:02:45 BEL 2:06:20 USA 2:24:23 GBR 2:27:48 GBR 2:41:58
	Anne Bland Genenieve Proot Corrie Wolffers W55  Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Counti	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18 GBR 2:02:45 BEL 2:06:20 USA 2:24:23 GBR 2:41:58 GBR 2:41:58
	Anne Bland Genenieve Proot Corrie Wolffers W55 Detty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Count BEL 4:11:11/GBR	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18 GBR 2:06:20 USA 2:24:23 GBR 2:27:48 GBR 2:41:58 GBR 2:05:11 GBR 2:46:52 CY
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Countr BEL 4:11:11/GBR TCH 4:38:17/GBR	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48  GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18  GBR 2:02:45 BEL 2:06:20 USA 2:24:23  GBR 2:27:48 GBR 2:41:58  GBR 2:46:52  CY GBR 2:46:52  GBR 2:46:52  GBR 2:46:52
	Anne Bland Genenieve Proot Corrie Wolffers W55  Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Count BEL 4:11:11/GBR TCH 4:38:17/GER	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18 GBR 2:02:45 BEL 2:06:20 USA 2:24:23 GBR 2:27:48 GBR 2:41:58 GBR 2:46:52 CY GBR 2:46:52 CY GBR 2:46:52 GBR 2:46:52
	Anne Bland Genenieve Proot Corrie Wolffers W55 Detty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Count BEL 4:11:11/GBR 4 HOL 4:46:50/FRA Men's Team-Club GBR Thames H6II	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48  GBR 2:02:45 GUR 2:09:32 nGBR 2:13:18  GBR 2:06:20 USA 2:24:23  GBR 2:27:48 GDR 2:41:58  GBR 2:41:58  GBR 2:46:52  TY 4:17:22/ 4:46:19/ 4:48:31
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Countr BEL 4:11:11/GBR TCH 4:38:17/GBR HOL 4:46:50/FRA Men's Team-Club GBR Thames H6H BEL Alg Brugse An	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48  GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18  GBR 2:02:45 BEL 2:06:20 USA 2:24:23  GBR 2:27:48 GBR 2:41:58  GBR 2:05:11 GER 2:46:52  Ty 4:46:19/ 4:48:31  4:35:54 4:38:46
	Anne Bland Genenieve Proot Corrie Wolffers W55 Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Count BEL 4:11:11/GDR 4:38:17/GER HOL 4:46:50/FRA Men's Team-Club GBR Thames Höll BEL Alg Brugse As HOL AC Meetjeslm	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GUR 2:09:32 nGBR 2:13:18 GBR 2:02:45 BEL 2:06:20 USA 2:24:23 GBR 2:27:48 GBR 2:27:48 GBR 2:41:58 GBR 2:41:58 GBR 2:41:58 GBR 2:46:52 Ty 4:17:22/ 4:46:19/ 4:48:31 4:35:54 4:38:46 4:39:54
	Anne Bland Genenieve Proot Genenieve Proot Corrie Wolffers W55  Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Counti BEL 4:11:11/GDR TCH 4:38:17/GER HOL 4:46:50/FRA Men's Team-Club GBR Thames H6H BEL Alg Brugse At HOL AC Meetjeslne BEL Reebok Racing BEL Reebok Racing	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48  GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18  GBR 2:06:20 USA 2:24:23  GBR 2:41:58  GBR 2:41:58  GBR 2:41:58  GBR 2:46:52  Ty  4:17:22/ 4:46:19/ 4:48:31  4:35:54  4:38:46 4:39:54 g 4:40:46
	Anne Bland Genenieve Proot Genenieve Proot Corrie Wolffers W55  Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Counti BEL 4:11:11/GDR TCH 4:38:17/GER HOL 4:46:50/FRA Men's Team-Club GBR Thames H6H BEL Alg Brugse At HOL AC Meetjeslne BEL Reebok Racing BEL Reebok Racing	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48 GBR 2:02:45 GUR 2:09:32 nGBR 2:13:18 GBR 2:02:45 BEL 2:06:20 USA 2:24:23 GBR 2:27:48 GBR 2:27:48 GBR 2:41:58 GBR 2:41:58 GBR 2:41:58 GBR 2:46:52 Ty 4:17:22/ 4:46:19/ 4:48:31 4:35:54 4:38:46 4:39:54
	Anne Bland Genenieve Proot Genenieve Proot Corrie Wolffers W55  Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Counti BEL 4:11:11/GDR TCH 4:38:17/GER HOL 4:46:50/FRA Men's Team-Club GBR Thames H6H BEL Alg Brugse At HOL AC Meetjeslne BEL Reebok Racing BEL Reebok Racing	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48  GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18  GBR 2:06:20 USA 2:24:23  GBR 2:41:58  GBR 2:41:58  GBR 2:41:58  GBR 2:46:52  Ty  4:17:22/ 4:46:19/ 4:48:31  4:35:54  4:38:46 4:39:54 g 4:40:46
	Anne Bland Genenieve Proot Genenieve Proot Corrie Wolffers W55  Betty Machin Marlene Wood Monica Darlingto W60 Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Counti BEL 4:11:11/GDR TCH 4:38:17/GER HOL 4:46:50/FRA Men's Team-Club GBR Thames H6H BEL Alg Brugse At HOL AC Meetjeslne BEL Reebok Racing BEL Reebok Racing	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48  GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18  GBR 2:06:20 USA 2:24:23  GBR 2:41:58  GBR 2:41:58  GBR 2:41:58  GBR 2:46:52  Ty  4:17:22/ 4:46:19/ 4:48:31  4:35:54  4:38:46 4:39:54 g 4:40:46
	Anne Bland Genenieve Proot Genenieve Proot Corrie Wolffers W55  Betty Machin Marlene Wood Monica Darlingto W60  Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Counti BEL 4:11:11/GDR TCH 4:36:17/GER HOL 4:46:50/FRA Men's Team-Club GBR Thames H6H BEL Alg Brugse At HOL AC Meetjeslne BEL Reebok Racing BEL Reebok Racing	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48  GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18  GBR 2:06:20 USA 2:24:23  GBR 2:41:58  GBR 2:41:58  GBR 2:41:58  GBR 2:46:52  Ty  4:17:22/ 4:46:19/ 4:48:31  4:35:54  4:38:46 4:39:54 g 4:40:46
	Anne Bland Genenieve Proot Genenieve Proot Corrie Wolffers W55  Betty Machin Marlene Wood Monica Darlingto W60  Eileen Quinton B De Preter Ruth Anderson W65 S Richardson Irene Clarke W70 Jose Waller Elfriede Falke Men's Team-Counti BEL 4:11:11/GDR TCH 4:36:17/GER HOL 4:46:50/FRA Men's Team-Club GBR Thames H6H BEL Alg Brugse At HOL AC Meetjeslne BEL Reebok Racing BEL Reebok Racing	GBR 1:52:46 BEL 2:06:22 HOL 2:08:48  GBR 2:02:45 GBR 2:09:32 nGBR 2:13:18  GBR 2:06:20 USA 2:24:23  GBR 2:41:58  GBR 2:41:58  GBR 2:41:58  GBR 2:46:52  Ty  4:17:22/ 4:46:19/ 4:48:31  4:35:54  4:38:46 4:39:54 g 4:40:46



Continued from previous page

#### RACE WALKING

20K RW Championships Eastern Regional Championships ral Park, NYC; May 30

Central Fark,	NIC,	May 30
Doug Fournier	26	1:33:25
Nick Bdera	44	1:48:47
Takao Amano	43	1:50:26
Herb Zydek	54	1:52:35
E. Richardson	F54	1:59:14
Erroll Edwards	51	2:07:55
A. Fernandez	40	2:13:03
S. Shechter	60	2:15:59
Suzanne Burke	F43	2:18:58
Richard Lann	58	2:19:37
Per Hollander	51	2:22:47
Kint Shah	47	2:23:37
Larry Mishkind	64	2:24:42
Eligene Hobgood	56	2:34:30
Sol Tanenbaum	76	2:47:56
Elaine Leonard	F46	2:54:52
Steven Rogh	48	3:06:48
C. Narcisco	54	2:48:03

#### Western Regional 10K Racewalk Championships Van Nuys, CA; June 13

M45 Peter Armstrong	56:32
Steve Leitner	58:30
Ernest Ramos	66:47
M50 Larry Walker	47:08

	Wayne Wurzburger	56:52
	John Schulz	59:21
M55	Carl Acosta	58:34
	Richard Oliver	59:46
	Arvid Rolle	64:50
M60	Jack Bray	54:01
	Mel Schultz	62:48
	Paul Sutherland	63:19
M65	Mel Grantham	70:40
	Jorge Newbery	72:32
	Lorraine Miller	60:49
	Helen Hoover	64:54
W50	Jaye Hanley	60:03
	Vangie Campos	64:08
W55	Carol Ferris	72:14
	Pat Willis	78:07
W60	Ria Marsh	66:54
	Alice Garcia	78:01
-103	KIICC GAIGIE	

#### **USATF Southeastern Regional** Masters 8K Racewalk Championships Taylors, SC; June 26

Overall	
Ian Whatley	36:13.3
Cheryl Rellinger	41:55.4
M40 David Hale	46:14.5
M45 Paul Alvord	48:53.7
M50 Doug Brown	51:02.4
M60 Joe Rogers	51:29.0
M65 Bhag Sidhu	54:30.5
M70 L A Sloan	57:34.6
M80 Al Nellis	65:18.6

#### Trojan Masters 5K Racewalk USC Cromwell Track; Los Angeles, CA

LOS Aligeles, CA	
July 11	
M45 Steve Leitner	27:3
Rob McMillon	29:2
Ernie Ramos	30:0
M50 Wayne Wurzburger	26:4
Bill Neder	27:3
Jesus Orendain	28:5
M55 Carl Acosta	27:5
Bob Meador	29:2
Arvid Rolle	30:4
M60 Mel Schultz	29:2
Paul Sutherland	29:5
John Gallagher	33:1
M65 Dick Underwood	34:0
Mac Noritake	34:3
M70 Jorge Newbery	34:0
W40 Helen Hoover	30:3
W45 Donna Cunningham	27:2

M65	Dick Underwood	34:0
	Mac Noritake	34:3
M70	Jorge Newbery	34:0
W40	Helen Hoover	30:3
W45	Donna Cunningham	27:2
	Barbara Kowalski	31:2
	Yoshi Mitoma	32:1
W50	Jaye Hanley	29:4
	Helena Gerundo	30:2
	Tammy Kiernan	30:5
W55	Shirley Capps	32:
	Carol Ferris	34:0
	Pat Willis	37:3
W60	Ria Marsh	32:
W65	Joann Beers	34:
	Alice Garcia	37:
	five judges	

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.

#### DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

#### **FAX-A-SUB**

A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 818-782-1135. We'll start your subscription immediately.

Please start my one-year subscription to the National Masters News. Bill me later for the \$24 subscription price.

Address \_State \_\_\_\_

## NATIONAL MASTERS NEWS Subscription Form

The National Masters News is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The National Masters News gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best - if not the only - source of world, national, regional and local Masters information.

The National Masters News is only \$24 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$45 — a 22% savings off the single-copy price. A 3-year subscription saves 24%.

USA rates:    6 months   \$13	☐ 1 Year ☐ 2 years	s 39 \$ 75	Foreign rates (Air mail)  1 year 2 years 3 years	Payment enclosed □ Bill me later □ \$ 43 □ \$as a contribution to your work
Circle applicable	sports: T L	R	(T=T&F L=	
NameAddress				and the second
City			_State	Zip
Send to: N	ational Masters	News		to rather the
	bscription Dep	t.		Or Call:
	O. Box 16597			818/760-8983
	orth Hollywood			
(Canadian checks accept weeks in advance.)	ted; add 15% to co	over exch	ange. Please notif	y us of address changes four

CZZMN

( C			
Continued	from	page	25

Rankings

3:31 4:36 25:10 25:36 27:37

1:34:11 1:35:21 1:40:58

1:41:02

R 1:40:24 IS 1:42:26 IPA 1:43:44 GBR 1:45:42 GBR 1:50:29

BEL 1:47:17 GBR 2:04:24 BUL 2:05:56 GBR 1:08:45

GBR 2:04:29 IN 2:08:43 GBL 1:09:25

3:14:45

1 1:35:50 R 1:40:28

> 1:52:15 1. 2:04:09

1:49:14

1:51:16

R 1:52:46

2:02:45 2:09:32 2:13:18

2:02:45

2:24:23

2:41:58

2:46:52

:22/ :19/ ::31

Continued from page 2	.5
Men's 60-64	
1-10	
James Stookey	5.29
Thil Mulkey	5.18
Clarence Trinkner	4.45
Ted Swanson	4.38
Hank Perry	4.25
Bill Butterworth	4.17
Stan Giles	4.17
Gordon Seifert	4.17
Harvey Lewellen	4.16
Bob Graham	4.08
11-20	4.00
Bill Wright	4.08
Richard Greiwe	3.95
Jack Lance	3.81
FrancisLaPointe	3.78
Alan Maxwell	3.74
Don Sibigtroth	3.55
Russ McDaniels	3.51
Russ McDaniels Paul Soraparu	3.44
Walter Diggs	3.39
George Taylor	3.35
Men's 65-69	
1-10	
Jim Gillcrest	4.87
Mel Larsen	4.80
Denver Smith	4.72
Jim Gilcrist	4.70
Chuck Sochor	4.54
Oscar Harris	4.50
Buck Bradberry	4.49
Frank Hayes	4.43
Ken Yahiro	4.41
Bill Daprano	4.26
11-20	
Bob Higgibotham	4.26
Tom Delany	4.24
Bill Townsend	4.23
Fred Hirsimaki	4.09
Helmut Lange	4.08
Jim Moorhead	3.75
Ed Failor	3.70
Eugene Hess	3.68

Don Brown Don Grey

Men's 70-74	
1-10	
Ed Lukens	4.66
Tom Patsalis	4.45
Boo Morcom	4.41
Vern Mattson	3.97
Mel Buschman	3.96
Tom Kennell	3.72
Ed Matthews	3.68
Arnold Scott	3.65
George Rajcevich	3.56
Art Holland	3.51
11-16	
Armando Ricciardi	3.47
Dick Bennett	3.34
Bud McGarvey	3.21
Bud McGarvey Bob Warwick	3.15
Ed Coyle	2.57
Cameron Hutcheson	2.50
And the state of t	
Men's 75-79	
Sparks Sorlien	3.68
Mel Flachs	3.37
Hans Warwas	3.17
Ham Morningstar	2.77
Men's 80-84	
Karl Trei CAN	3.27
Claude Hills	3.23
Virg McIntyre	2.87
Jeremiah Gaines	1.86
M Bartels	1.51
- Clark	1.23
Men's 85-89	
Russ Randall	2.66
Women's 30-34	
L Waltemate	2 06
Angela Nealy	3.86
Julie Wiedis	3.41
Marcia Wallace	4.04
Becky DeLass	3.89
Section 19	3.03
Women's 35-39	
Pamela King	4.38
Maria Mallia	4.32

Women's 40-44	
Deb Vestal	2.59
Women's 45-49	
Phil Raschker	5.53
Lorraine Tucker	4.42
Liz McBlain CAN	4.41
Michael Marie Hill	
Penny Danielson	3.91
Mary Lou Platis	3.04
Women's 50-54	
Joann Grissom	3.47
Barbara Stewart	3.42
Ann Carter	2.97
Judy Willmott	2.97
- Ramsden	1.90
Essie Kea	3.47
- 1 - 1	
Women's 55-59	
Christel Miller	3.07
Dortha Swanson	2.64
Women's 60-64	
Leonore McDaniels	3.63
Joyce Finley	2.01
- Ruben	1.75
A STATE OF THE STA	1.75
Women's 65-69	
Leonore McDaniels	
Mavis Lorenz	3.44
Mary Holland	3.12
Mary Norckauer	2.88
Josephine Sulliva	
	2.80
Mary Boe	
Patricia Peterson	2.73
	2.73

Women's 70-74

Libby Hagemann Doris Berlepsch

1.50

weeks in advance.)

#### **MOVING???**

Place address label here.

New address:.

Mail to: NMN P.O. Box 16597 North Hollywood, CA 91615



## CALIFORNIA STATE SENIOR OLYMPICS



**SEPTEMBER 17-26, 1993** 

#### **CHAMPIONSHIP GAMES**

AIR PISTOL AIR RIFLE ARCHERY BADMINTON BASKETBALL FREE THROW BASKETBALL (3X3) BOWLING (10 PIN) X-COUNTRY 5Km RUN

CYCLING
EXECUTIVE GOLF
GOLF - REGULATION
HORSESHOES LAWN BOWLING MT.BIKE CYCLO-X5Km RACE WALKING RACQUETBALL ROWING

SOCCER SOFTBALL SWIMMING TABLE TENNIS T'ENNIS TRACK & FIELD TRIATHLON VOLLEYBALL

#### GENERAL INFORMATION

Written requests for refunds will be considered on a case by case basis by the SDSSF subject to a \$10.00 service charge. No refunds will be given on requests made after August 16, 1993.

#### APPLICATION DEADLINE AND PENALTY SURCHARGE:

APPLICATIONS MUST BE POSTMARKED BY MIDNIGHT, MONDAY, AUGUST 16, 1993. Applications received after August 16, 1993 and BEFORE Wednesday, September 1, 1993, are subject to a \$10.00 surcharge. THE DEADLINE FOR ALL ENTRIES IS WEDNESDAY, SETPEMBER 1, 1993. No day of event entries or

If you wish a copy of the results book, include an additional \$10.00 in the entry application. The results will be mailed to you within 90 days of the conclusion of the competition.

#### REGISTRATION:

You may sign in and pick up your information packet at the registration desk, Town and Country Hotel Convention Center, Presidio Room beginning 12:00 noon to 9:00 p.m. on Friday, September 17th. After that the registration desk will be open from 9:00 a.m. to 5:00 p.m. each day. There will be a reception with refreshments for all athletes and guests at the Town and Country Hotel from 5:00 p.m. to 7:00 p.m. on Friday, September 17th. Note reservation on entry application.

#### GUEST SPECTATORS:

Your spouse and friends are welcome to attend all events as spectators.

#### HOUSING AND HEADQUARTERS HOTEL:

The Town and Country Hotel, Hotel Circle North, San Diego, California, Telephone (619) 291-7131 is the official headquarters hotel for the California State Senior Games. A special reduced room rate of \$55.00 double occupancy is available to competitors and their guests. Various social and educational events are also planned at the headquarters hotel.

#### T-SHIRTS:

Each registered participant is entitled to one free commemorative T-shirt. Additional shirts may be ordered (see entry form) at a cost of \$10.00 each. T-shirts will be available at the registration area and at some sports venues.

#### FOR COMPLETE ENTRY INFO, CALL 619-543-9046 or 800-246-9077; FAX 619-543-9239

TRACK & FIELD Age 30+ in 5 year age groups. Entry fee \$15.00 1st event, \$10.00 each additional event.

Relay team entry \$35.00. Grandparent/Grandchild shuttle relay no entry fee, medals, or T-shirts. Sept. 18, 19 & 21, 9:00 a.m.. University of California San Diego-La Jolla. X-country course at UCSD-La Jolla

Oldest to youngest. Consult final schedule at Town & Country Headquarters.

#### TENTATIVE SCHEDULE

SATURDAY SEPT 18 (9:00 a.m.) SUNDAY SI; PT.19 (9:00 a.m.) 1500m (trials) 64 2000/3000 Steeplechase (final) 65 300/400 Int. Hurdle (trials) short hurdles (trials) short hurdles (finals) short hurdles (finals) 100 m (trials) 400m (trials) 1500m (finals) 66 200m (trials) 67 800m (trials) 300/400 Int. Hurdle (finals) 200m (finals) 800m (finals) 68 4x100 relays (finals) 69 4x400 relays (finals) 400m (finals) Trials & Finals Trinls & Finals

long jump discus 72 javelin 73 pole vault high jump

TUESDAY, SEPT. 21 (9:00 a.m.) X-country run-UCSD start on track



#### SATURDAY, SEPT. 18

...8 a.m. open water 1500m swim ...10 a.m. 200 meter Freestyle (warm-up at 9:00 a.m.) ...50 meter Breaststroke . 100 meter Butterfly 100 meter Backstroke

#### SUNDAY, SEPT. 19 (warm-up 8:00 am, swim 9:00 am)

.. 200 meter Backstroke ... 50 meter Butterfly ... 100 meter Freestyle ... 50 meter Backstroke

...200 meter Individual Mediey

CYCLING Age 30+ in 5 year age groups. Entry fee \$15.00 lst event, \$10 each additional event.
...Mt. Bike Cyclo-Cross, Sept. 21, 11:00 a.m., UCSD x-country course
...Time Trials-1 ml, 5km, 10km, 5ept. 24, 9:00 a.m., Rancho San Diego, El Cajon
...Criterium-20Km (age 65+) Sept. 25, 9:00 a.m Rancho San Diego, El Cajon
...Criterium-40Km (ages 30-64), Sept 25, 9:00 a.m. Rancho San Diego, El Cajon
...28 mile road race-Sept 26, 9:00 a.m., Jamacha Elementary School, Steele Canyon Rd & Janual (El Cajon)
....Awards plenie/barbecue-Sept. 26 following road race (12 noon) \$15.00 per person-food and drink. Emerald Oaks on Lyons Valley Rd. (private property)

#### AGE 30 AND UP

Medals will be awarded to the 1st, 2nd, and 3rd place winners in each division and event. Medals will be available at completion of the event and must be picked up day of event.

#### CONFIRMATION:

Confirmation of entry notices will be mailed to participants. This will include your individual schedule, special social and other events and a map of your sport venue(s). Confirmations will not be sent out on late entries.

#### EQUIPMENT:

Each participant is expected to provide his or her own equipment.

#### SCHEDULING OF COMPETITION:

Those planning to enter multiple sports must note the competition schedule for possible conflicts. No competition will be delayed to convenience a conflicting schedule. Late arrivals will be disqualified. The schedule of events is TENTATIVE. UPON ARRIVAL TO COMPETE, CHECK FINAL EVENT SCHEDULE FOR CHANGES.

#### DONATIONS

Your tax-deductible donation is greatly appreciated. A contribution of \$100 or more qualifies you as a SENIOR PARTNER.

#### CALIFORNIA STATE SENIOR GAMES OFFICIAL ENTRY APPLICATION

Please print)		
	Birthdate M/D/Y Age as of 9/17/93	Male Female
irst name Initial Last name	Birthdate M/D/Y Age as of 9/1//93	Circle one
treet address City	State Zip	A boot from the
elephone (h) Telephone (w)	EMERGENCY CONTACT: Name & To	elephone
	RY APPLICATION. MAKE CHECK PAYABLE TO ry & Liability Waiver form to: CALIFORNIA STATE 306 J-K, San Diego, CA 92108	
Average		
Event time/handicap	Sport	Fee
Number (if applicable)	Short .	\$
The second secon	and the state of t	THE SHOWEN
- Inches		
and and a total and a	THE STATE OF THE PARTY OF THE STATE OF THE S	The Nymertant
	A STATE OF THE PARTY OF THE PAR	All alternation
	The Total State of the State of	Sections
and a man a grant	The second second second second second second	The State of the
PECIFIC SPORT ASSESSMENT		
RESULTS BOOK (\$10.00)		5
ATE ENTRY FEE (\$10.00 after August 1)	6, 1993, absolute entry deadline Sept. 1, 1993)	A CONTRACTOR
HENERAL DONATION to SDSSF (Tax do	eductible)	\$
our T-shirt size: Sm Mcd Lg_	XLgXXLg	
10.00 for extra T-shirt(s) x # (please	mark size(s)	
m Med Lg XLg XX	LgOR GAMES FOUNDATION	\$ 2.00
Conation to UNITED STATES OLYMPIC	COMMITTEE	\$ 1.00
Medical Insurance Surcharge		\$ 3.00
TOTAL FEES AND DONATIONS:		S
VISAMASTERCHARGE	PARTNERS & TEAM MEMBERS NOTE: All partners and each team member must comform.	plete this applicati
CARD#	Team captains must also complete team roster form.	
EXPIRATION DATE	My doubles partner is:	
	My mixed doubles partner is:	Age(
Signature	My crew is/are:	Age(
	- Company of the second	Agc(

#### LIABILITY WAIVER

I, the undersigned participant, hereby agree to indemnify and hold harmless the organizers of the California State Senior Games here and after sometimes referred to as sponsors, their agent employees and representatives and assigns from any and all actions, or claims of whatsoever kind or nature which I my representatives or assigns may have or at auditors in the forms. at anytime in the future have of any injury arising out of my participation in the California State Senior Games. I warrant and represent to the organizers that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the California State Senior Games. I warrant and represent that I am in good physical health and condition, and I am physically able to condition, and I am physically able to compete in the events that I have selected. I know of no physical restriction whatsoever which would prohibit my participation in the events that I have selected. I have been advised by the organizers that it would be in my best interest to consult a physician prior to my preparation in regard to my participation in the California State Senior Games. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate any unrecognized pre-existing ardiovascular or other disorder which I may have, thereby resulting in serious or life-threatening physical harm to me a physician treat me if needed during my participation in the California S are stated on the California S are stated on the California S are stated on the California State Senior State Games.

Signature		Date	, 1993
(please sign legibly)			