# NATIONAL MASTERS NEWS

USA Masters Track & Field News

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

192nd Issue | August,1994 | $2.50





Doug Kurtis, 42, of Northville, Mich., captures 3rd place overall and 1st master (2:19:46) in the 1994 Grandma's Marathon.

Jeff Frey & Associates Photography

## Kurtis Third in Grandma's Marathon; Gilbert Qualifies for Olympic Trials

Doug Kurtis, top masters marathoner in the U.S., almost retained his title in Grandma's Marathon, Duluth, Minn., on June 18, staying with the leaders until mile 23, when the eventual winner Don Johns (2:18:19) and runner-up Jose Ramirez broke away. With third place and the masters win assured, Kurtis decided to run 5:20 miles to finish under 2:20, which he did by 14 seconds in 2:19:46.

Kurtis, 42, Northville, Mich., won $2000 for third place, $1000 for the masters first, and $500 for breaking 2:20. With temperatures in the 70s, humidity at 90%, and sunny skies, weather was a factor. "It was muggy and hot at the starting line, and I knew we'd be a little slower," said Kurtis, who has run 155 marathons, and holds world records for most wins (37) and

Continued on page 11

## Age-Graded Tables Revised

The 1994 revision of the Masters Age-Graded Tables has, at long last, been completed. The five-year tables have been approved by the World Association of Veteran Athletes (WAVA), and single-age factors and standards have been computer-prepared.

A book containing the new tables and simplified method: of use may be ready in time for the Nationals, August 11. An order from is printed on page 9.

**What are Age-Graded Tables?**

Age-graded tables are a series of "age factors" and "age standards" which can be used to compare performances at different ages in track and field, long distance running, and racewalking events.

Age-graded tables show how much a typical person's athletic performance improves during youth and declines during aging. The performances vary by event.

Continued on page 8

## 1300 to Compete in 27th Annual Nationals in Eugene

More than 1300 athletes from most of the 50 states and at least six foreign nations will participate in the 27th annual USA National Masters Track and Field Championships on August 11-14 in Eugene, Oregon.

The Nationals will be a homecoming, of sorts, for the many U.S. (and some foreign) competitors who participated in the WAVA World Veterans Championships in Eugene in 1989.

Entries have been received from Canada, France, Germany, Britain, Australia, South Africa, and nearly every state in the United States. Along with these returning athletes is a surprisingly large number of first-time nationals' entrants, who are attracted by a combination of Eugene's track reputation and a vacation in the Pacific Northwest.

As in 1989, the meet will be the focus of the Eugene-Springfield community during the four-day time period. Free entry for spectators will be offered on the first two days, with a $3 charge each day for Saturday and Sunday. Memories of the World Games are still fresh in the minds of Eugeneans, and they are eager to experience the flavor

Continued on page 15

## Record 231 at Hayward Classic

by JERRY WOJCIK

The 231 entrants, the most ever, in the 11th annual Hayward Classic masters track and field meet in Eugene, Ore., on June 25-26, had a chance to check out the site of the USATF National Masters Championships to be held on August 11-14. The weather was near-perfect, the facility excellent, and the hospitality and officials plentiful.

Two world and two U.S. records were broken, and 43 meet records established. The meet also served as the USATF Oregon Masters Championships, and the first eligible finisher in each event was awarded an Oregon Association championship patch.

The first world record of the meet went to Canada's Harold Morioka, who reduced his record of 51.76 for the M50-54 400 to 51.70. He broke quickly from the blocks, never lost stride, and glided to the finish. Earlier, Morioka had lost to Paul Edens in the 100, both timed in 11.90, but defeated Edens in

Continued on page 3




Paul Edens (lane 4) edged Harold Morioka for the M50 100 win, both timed in 11.90, Hayward Classic, Eugene, Ore., June 25. Ron Jensen took the bronze. Morioka later broke his world record of 51.76 for the 400, with a 51.70.

Photo by Jerry Wojcik

## CONTENTS

### DEPARTMENTS


USATF Officers .....2
Letters to the Editor .....4
NMN Sustainers .....4
Third Wind .....6
New Age-Group Athletes .....7
The Foot Beat .....8
Five Years Ago .....8
Racewalking .....10
The Weight Room .....12
Track & Field Report .....14
Training Advice .....16
Ten Years Ago .....16
International Scene .....18
WAVA Officers .....19
Fifteen Years Ago .....19
WAVA/USATF Specs .....20
Masters Scene .....21
Schedule .....22
All-American Standards .....24
Results .....25


### FEATURES


Preview of Nationals .....1
Hayward Classic .....1
Grandma's Marathon .....1
Age-Graded Tables .....1
Dan Aldrich Meet .....3
Garden of the Gods 10 Mile .....4
Gay Games IV .....5
Long Island 5K .....7
Mother Lode Mile .....7
Run for the Roses .....11
Prize Money Leaders .....12
Indoor Rankings Update .....12
Fontana Half-Marathon .....13
Shelter Island 10K .....17
European Championships .....19
Veterans Grand Prix 10/25K .....19
African Championships .....20
Mexico City Meet .....20


### ENTRY FORMS/RACE & PRODUCT INFO


San Juan Meet .....3
The First Three .....6
Gookinaid E.R.G. .....7
Hy-Tek .....8
TimeMaster Calculator .....9
Age-Graded Tables Book .....9
KELfield .....12
Publications Order Form .....13
Classifieds .....13
Mac Wilkins Video Tapes .....14
Sri Chinmoy Meet .....15
Excel Sports Science .....17
Age-Records Book .....21
Juan in a Million 5K .....23
All-American Application .....24
T&F Rankings Book .....39
California Senior Games .....39
Elite Health Products .....40



# NATIONAL MASTERS NEWS

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
**Assistant Editor:** Jane Dods
**Circulation Manager:** Stark Services
**Advertising Manager:** Will Decker
**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 Wojcik
**Contributing Editors:** Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward

**Correspondents:** Ruth Anderson (CA), John Boyle (FL), Bob Fine (FL), Carl Hammen (RI), Carol Langenbach (WA), Marilyn Mitchell (NY), Phil Mulkey (GA), Tim Murphy (TX), Pete Taylor (VA), Mike Tymn (HI), John White (OH), Maury Dean (NY), Phil Raschker (GA).

**International Correspondents:** 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).

**Photographers:** Vic Sailer (NY), Tesh Teshima (HI), Jerry Wojcik (OR), Hank Kiesel (MO), George Banker (MD), Charlie Kluttz (NC).

**Creative Art:** Eugene Paasinen, Herb Parsons

The *National Masters News* (IDDN-07442416) is published monthly, with an annual subscription rate of $24.00. Main office address: 6200 Hazeltine Ave., #R, 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 competition.

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 opinions. 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 desired.

**Subscriptions:** 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 818/786-1981 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 91615.

**National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/786-1981. Temporary Fax: 818/989-7118.**


## NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

### TRACK & FIELD

**Chairman:**
Barbara Kousky
5319 Donald St.
Eugene, OR 97405
(503) 687-1989

**Outdoor and 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 (H)
(216) 531-3000 X3366
(216) 531-0038 (Fax)

**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) 786-1981

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

**Rankings:**
Jerry Wojcik
186 Brookside Dr.
Eugene, OR 97405

**Site Selection:**
Max Goldsmith
481 Marcus
Lewisville, TX 75067
(214) 436-6658

**Weight Events:**
Ken Weinbel
4103 Hillcrest Ave. S.W.
Seattle, WA 98116

**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
(919) 436-7696

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

**Awards:**
Don Austin
3703 Electra Drive
San Antonio TX 78218
(210) 826-7538

**Law Chairman:**
Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
(407) 499-3370

**WAVA Delegates:**
Barbara Kousky,
Jerry Donley,
Marilyn Mitchell
Alternates:
1) Sandy Pashkin
2) Christel Miller
3) Pete Mundle

### LONG DISTANCE RUNNING

**Chairman:**
Charles Des Jardins
P.O. Box 2281
Carson, NV 89702-2281
(702) 884-9448

**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
(215) 768-2480 (w)

**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

**IAAF Veterans Committee:**
Bob Boal
121 Sycamore
Wake Forest, NC 27587

# *Record 231 at Hayward Classic*

Continued from page 1

the 200 and 400, and ran the 400H in 59.46, bettering his 61.03 gold-medal performance at the WAVA World Championships in Miyazaki, Japan, in 1993.

Ross Carter, a Eugene resident, thrilled his fans by upping his M80-84 shot put world record of 11.81/38-9 to 12.27/40-3 on Saturday. On Sunday, he broke the U.S. discus record of 31.20/102-4, by Leon Joslin in 1992, with a 37.08/121-5.

John Keston, McMinnville, Ore., shaved over seven seconds off Norman Bright's M65-69 U.S. record of 38:38.0, set back in 1976, with an outstanding 38:30.55.

In the *National Masters News* Mile, Bill Maier, 40, was the overall winner (4:59.40), but Boyce Jacques, 67, Reno, Nev., took the $25 award from the NMN with the best age-graded performance of 83.2%.

Judy Heller, W45, topped all women in the 5000 racewalk, with a 29:20.50, as did Ed Kousky, M50, among the men, with a 25:21.96.

Sam Strickland, M40, had the meet's best javelin throw with a 49.20/161-5. George Mathews, M50, added eight feet on his final throw in the hammer to end with 49.76/163-3.

On Saturday, competitors were invited to attend a free reception hosted by the Valley River Inn, one of the main sponsors of the meet. The Inn provided free light snacks at poolside. Additional major sponsors were the Valley River Center, Pacific Continental Bank, Oregon Photocopy Company, and Sacred Heart Health System.



John Keston, running to a U.S. M65-69 10,000 record of 38:30.55, Hayward Classic, Eugene, Ore., June 25.

Photo by Jerry Wojcik



George Lynn, Denver, Colo., second (5:10.17) in the M50 1500, Hayward Classic, Eugene, Ore., June 25.

Photo by Jerry Wojcik

Support was also provided by businesses and individuals who paid $50 to sponsor an event.

The Oregon Track Club Masters T&F Committee furnished most of the meet management and volunteers. The officials were coordinated by Eric Zemper of the USATF Oregon Association.

For next year, changing the meet date to some time in August is under consideration to take advantage of the University of Oregon's available dormitory space, thus reducing housing and food expenses for visiting athletes. The event was directed by Northwest Event Management, Inc., of Eugene. □

## Aldrich Meet Draws 200

The Anteaters Masters "Dan Aldrich Memorial" Track Meet drew 200 athletes to the excellent facility at the University of California-Irvine, southeast of Los Angeles, on May 29. The meet is named in honor of Dan Aldrich, former Chancellor of UC-Irvine and an outstanding masters thrower, who passed away several years ago.

Javelin throwers Del Pickarts, 67, with a 163-7, and Ken Carnine, 86, with a 77-9, broke single-age world records.

Good early season performances on the track included W40 Deby Sweezey's 27.60 in the 200, M40 Nolan Smith's 2:01.82 in the 800, and M70 Avery Bryant's 9:14 for the 2000m steeplechase. □

## SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS

PARQUE CENTRAL, SAN JUAN, P.R. September 10-11, 1994

SPONSOPED BY THE PUERTO RICO MASTERS ASSOCIATION

AGE DIVISIONS: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69
70-74; 75-79; 80 AND OVER.

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 8, 1993.

RELAYS: BY COUNTRIES OR CLUBS WITH DIVISIONS IN 10 YEARS INCREMENTS.
ENTRIES FOR RELAYS MUST BE TURNED IN BY 6:00 P. M. SATURDAY AND SUNDAY.

ENTRIES: SEND THE ENTRY FORM BELOW WITH CHECK TO:
PUERTO RICO MASTERS ASSOCIATION
MR. 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 10.

HOTELS: ACCOMODATIONS SHOULD BE ARRANGED BY INDIVIDUALS PARTICIPANT.

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 |

SCHEDULE OF EVENTS:

| TIME | SATURDAY SEPT. 10 | SUNDAY SEPT. 11 |
|---|---|---|
| 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-M) |
| | 3. POLE VAULT | 16. LONG JUMP (W-M) |
| | 4. HAMMER THROW | 17. 200 M. (W-M) |
| 4:30 P.M. | 5. 110 M. HURDLES (M) | 18. 800 M. (W-M) |
| | 6. 100 M. HURDLES (W-M) | 19. JAVELIN THROW (W-M) |
| | 7. 80 M. HURDLES (M) | 20. HIGH JUMP (W-M) |
| 5:00 P.M. | 8. DISCUS THROW (W-M) | 21. 5000 M. (W-M) |
| 6:00 P.M. | 9. 3000 M. STEEPLECHASE | 22. TRIPLE JUMP (M) |
| | 10. 2000 M. STEEPLECHASE | 23. WEIGHT THROW |
| 7.00 P.M. | 11. 100 M. (W-M) | 24. 5K WALK (W-M) |
| 7:30 P.M. | 12. 1500 M. (W-M) | AFTER 5K WALK |
| 8.00 P.M. | 13. 10000 M. (W-M) | 4 X 400 RELAY (W-M) |
| | AFTER 10000 M. | |
| | 4 X 100 RELAY (W-M) | |

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 MASTERS TRACK & FIELD CHAMPIONSHIPS, I DO HEREBY, FOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR WHICH MAY HEREAFTER 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.

NAME_____PHONE_____

ADDRESS_____

_____

AGE (AS OF SEPTEMBER 11, 1993)_____DIVISION_____F OR M_____

PLEASE ENTER ME:

1._____5._____

2._____6._____

3._____7._____




### THE WEIGHT ROOM

I disagree with Jerry Wojcik's premise (Weight Room, July NMN) where he espouses bending the rules of competition.




Mary Specking, 63, St. Charles, Mo., second W60-64 in the 10,000 (56:39), St. Louis Senior Games, June 1.

Photo by Hank Kiesel

These rules have been carefully developed over the years to best suit the needs of the majority of masters athletes.

Wojcik says the hammer throwers at the 1993 Nationals should have been allowed to videotape themselves as a training aid. The time to train and be coached is prior to the meet. The time to step up in the ring and show what you know is during the meet.

Sure, we're also there to have fun and enjoy the company of our peers. No, it's not the Olympics, but it is a structured competition and should remain such. If you want to just throw any old thing, then do it in practice.

Wojcik states Jim Minah was "livid and freaked out" because his hammer was rejected for a "minuscule" problem. Also, by inference, Wojcik suggests a champion should have received special treatment from the officials.

I know Minah and was at that meet. In fact, I was the referee and, in prior years, have competed as a thrower. The Jim I know was not livid and freaked out. Unhappy, yes. Disgusted, perhaps. But still a competitor.

Although I have not discussed this with Jim, I believe he is the type of person and competitor who would not ask for special favors. That, in fact, is what makes him a champion, in and out of the ring.

Furthermore, to suggest the officials should not be so strict is to compromise their integrity. Wojcik stated the competitors come to these meets at their own expense and without benefit of a subsidy. So do the officials. Personally, I have never been paid a dime to officiate or compete.

So far as records, distances, and times are concerned, I suggest that Wojcik demeans the volunteers who spend countless hours putting together meets, making sure the time schedules are fair and reasonable, that there are sufficient personnel to staff the events, and that the athletes are all given a fair and equal opportunity to compete to the best of their abilities.

*Richard Lee*
*Eugene, Oregon*

### FRED PRAEGER REMEMBERED

I was saddened to learn Fred Praeger died in May. Fred was 78, and we had been old jocks together, with great delight.

We knew early that we were kindred spirits because we shared a strong embrace of the Olympic motto — Citius, Altius, Fortius (Swifter, Higher, Stronger) and of the primacy of track and field, from which other sports derived.

Over time, he became my mentor and a treasured friend. He was a serious student of track and field, and established an easy rapport with many different kinds of people.

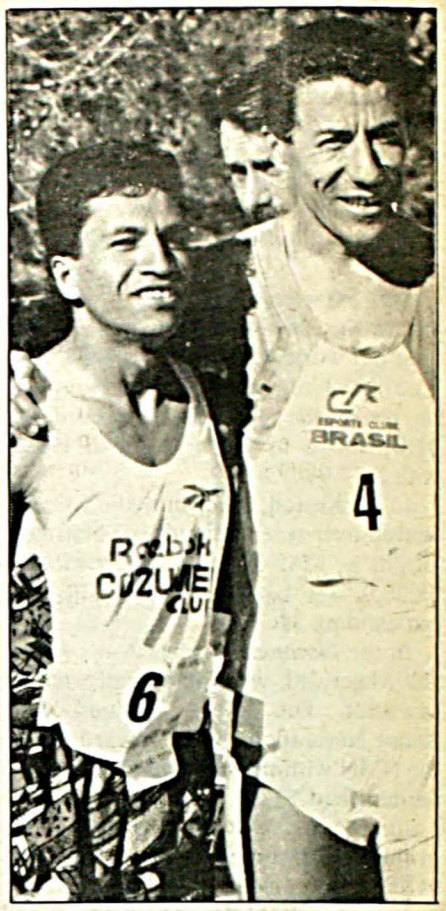
He won and lost graciously, and shared his abdundant knowledge freely. He was great to be around. He lifted his colleagues' spirits and was really good for masters track and field.

*Jim Law*
*Charlotte, North Carolina*

### A THANK YOU FROM AUSTRALIA

Thank you to all the U.S. masters who made me feel so welcome and comfortable while I was in Missouri for the 1994 National Masters Indoor Championships. I look forward to visiting your country again in '95.

*Neil MacDonald*
*Bendigo, Victoria, Australia*




Jose Da Silva (#4), 40, masters winner (55:11), with overall winner Silvio Guerra (49:24), Garden of the Gods 10 Mile.

Photo by Nancy Hobbs

## Garden of the Gods 10 Mile

Masters firsts in the Garden of the Gods 10 Mile were Jose Da Silva, 40, Boulder, Colo., in 55:11, and Lorraine Caldwell, 41, Colorado Springs, Colo., with a 67:52.

Tom Burnett, 45, Durango, Colo., was second M40+ with a 59:38. Dale Goering, 63, Santa Fe, N.M., won the M60-64 race by seven minutes in 74:57.

The race, over a hilly course on June 12 was the first event of the KRDO Triple Crown of Running in the Colorado Springs area, and started and finished in Manitou Springs.

After several years as a 15K, this year the run reverted to a 10-mile format, which had a field of 1560 runners.□

*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.

| USA rates: | | 1st Class rates: (USA, Canada, Mexico) | | Foreign rates: (Air mail) | | ☐ Payment enclosed |
|---|---|---|---|---|---|---|
| ☐ 6 months | $13 | | | | | ☐ Bill me later |
| ☐ 1 Year | $24 | ☐ 1 Year | $ 39 | ☐ 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 applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name _____

Address _____

City_____State_____Zip _____

Send to: National Masters News
Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597

Or Call:
818/760-8983

CZZMN

## Ten 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:

| | |
|---|---|
| Matthew J. Byrnes | Dekalb, Illinois |
| Edward B. Curran | Vienna, Virginia |
| Engle E. Grow | Edmond, Oklahoma |
| Joseph Hemler | Baltimore, Maryland |
| James M. Hilton | Seattle, Washington |
| Alfreda P. Iglehart | Los Angeles, California |
| Allen P. McDaniel | Atlanta, Georgia |
| Nancy S. McMullen | Rochester, New York |
| Ruth P. Van Sandt | Pacific Grove, California |
| Don Sibigtroth | Dekalb, Illinois |

# Gay Games IV Draw 10,700 to New York City

by MARILYN J. MITCHELL

Gay Games IV, held in New York City, June 18-25, drew 10,700 participants from every state and 43 countries who competed in 31 sports.

Mayor Rudolph Giuliani attended the opening ceremony of the quadrennial event, which stresses participation and the development of self-esteem and self-confidence in a population that is so often denigrated by the general public.

The games have grown from a 1700-person event in 1982 (San Francisco) to 3700 in 1986 (San Francisco) to 7500 in 1990 (Vancouver, B.C.)

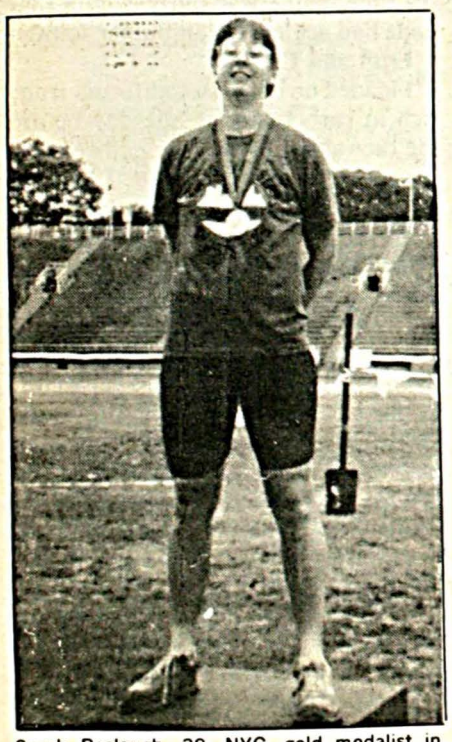
More than 1500 athletes took part in the road races, marathon, and track and field events. All events were open to anyone, age 18 and up.

Phil Raschker (47, GA) set a new W45 world record in the 200, posting a 25.56 to eclipse Australian Jan Hynes' mark of 26.0.

NMN's own Jane Dods (58, OR) established a new U.S. W55 long jump record of 3.9 meters, erasing Christel Miller's previous mark of 3.89. Dods had not jumped for nearly 40 years, made no conscious record attempt, and had no idea she set a record until typing her own results two weeks later for this article. Needless to say, she was thrilled.

Sub-masters Keith Turner (34, NY, 2:37:22) and Sandra Levine (36, NY, 3:26:24) were the first male and female among the 360 marathon finishers (276 men, 84 women).

Patricia Nell Warren, author of *The Front Runner* and *Harlan's Race,* was among the notables handing out marathon awards. *The Front Runner* is a poignant tale of a gay Olympian who is shot during his Olympic race by a disapproving spectator. More than 60 gay and lesbian running clubs around the world now bear the name "Front Runners" from the title of her book. Warren is, herself, a runner.



Sarah Boslaugh, 38, NYC, gold medalist in discus, long jump, shot put & triple jump at Gay Games IV.

Photo by Marilyn Mitchell

**Dream Lives On**

The games were affirmation that Dr. Thomas Waddell's dream lives on.

A physician who specialized in communicable diseases and a decathlete who finished 6th in the 1968 Olympic Games in Mexico City, Dr. Waddell founded the games in 1982 to create a favorable environment for athletic accomplishment by gay people and to foster understanding of gay people by the outside world.

Originally called "the Gay Olympics," the event held every four years is now called "the Gay Games" because the U.S. Olympic Committee obtained a 1982 temporary restraining order barring the use of the term "Olympics" by the group, even though other groups were allowed to use the name, including the Special Olympics, the Police Olympics, and — get this — the Canine Olympics!

The original injunction was upheld in a 1987 U.S. Supreme Court ruling, a source of particular anguish to Dr. Waddell only weeks before he died of the complications of AIDS. He is survived by a wife and daughter, who continue to support the games.

The 1994 games were held in New York City in order to move the games to the East Coast and to coincide with the commemoration of the 25th anniversary of the Stonewall Uprising, the acknowledged first instance of the gay community resisting en masse what was viewed as arbitrary police harassment and brutality.

The Stonewall Inn was a gay bar. The uprising is considered the turning point in the gay rights movement, much as the Birmingham bus rides are considered a turning point in the black civil rights movement.

The 1998 games will be going to Amsterdam, in a deliberate effort to make the games truly international by taking them off the North American continent.

**Spectator Attendance**

Spectator attendance for the games varied, with most ticketed events such as swimming, diving and wrestling sold out.

Track and field attendance was about as it is for the USATF National Championships, but the same number of athletes outdid USATF athletes in being loud and enthusiastic and vocal by a factor of 10 or 20. Or more. The cheering went on..and on...and on. The last competitor in any event got cheers that were as loud as — or even louder than — the winner of the event.

No medal count by country was available, as it is against the games' philosophy.

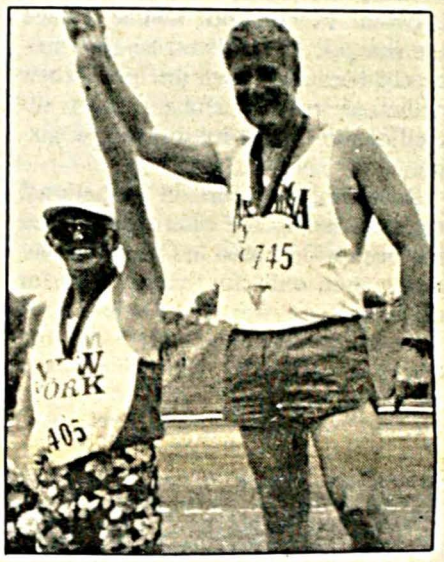
**Sponsorship**

The games were successful in obtaining sponsorship with such well-known national brand names as AT&T, American Preferred Plan, Continental Airlines, Hiram Walker, Miller Brewing, Naya Spring Water, Out Magazine, Pharmacia, the Village Voice, Visa USA, and United Colors of Benetton.




W55 5000m winners at Gay Games IV: 1) Jane Dods, Eugene (24:59), 2) Jody Gates, New Orleans (28:09), 3) Joyce Wendell, NYC (43:13).

Photo by Marilyn Mitchell




M50 winners in 400 at Gay Games IV: 1) Gary Smith, Phoenix (#745, 71.89) & 2) Martin King, NYC (#405, 73.56).

Photo by Marilyn Mitchell

Even though several tobacco companies indicated interest, none was accepted as a sponsor. Alcohol manufacturers and distributors were considered inappropriate for track & field, but were used for sponsoring the opening and closing ceremonies.

**HIV/AIDS**

Approximately 100 athletes self-declared they were HIV positive or had AIDS, but the feeling was that the actual number was much higher. The HIV/AIDS status of athletes did not appear to result in any unusual level of injuries or medical problems.

**Gay versus Straight Athletes**

Games organizers estimate that approximately 5 to 6% of the competitors were heterosexual, but they have no firm figures because the games were open to all and there was no requirement for self-declaration of status.

Organizers said straight athletes competed for several reasons, including love of competition, support of competing friends or relatives who were gay, and solidarity with the idea that gay and lesbian people deserve human rights considerations.

There were some athletes who felt straight competitors should not be allowed, because they were taking medals away from gay athletes.

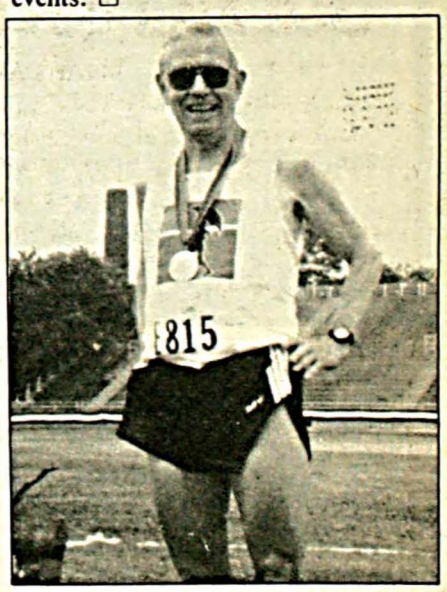
**Results**

Track and field and road racing results appear in this issue of NMN. However, obtaining results was one of the weaknesses of the event. Consequently, with the exception of coverage of Olympians Greg Louganis (diving) and Bruce Hayes (swimming), there was little coverage of the games in the print media as a sporting event. Most coverage was human interest stories. The daily TV news broadcasts usually showed a few seconds of the games.

Tracy Sundlun and Ian Brooks did tremendous jobs on the mike, which contributed greatly to the meet's success. Malcolm Robinson did a real stand-up job of keeping everyone happy and keeping things moving. The USATF Metropolitan Association did an excellent job of conducting the meet on only six-weeks notice.

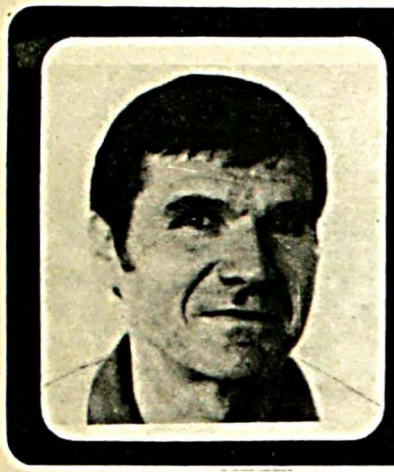
The estimated economic impact of the games was $316 million, far exceeding the $189 million of the 1992 Democratic National Convention, the $112 million of the 1993 U.S. Open Tennis Championships, and the $25 million of the 1993 Southern Baptist Convention.

A spectacular closing ceremony at Yankee Stadium with 53,000 spectators capped the week of sports and cultural events. □



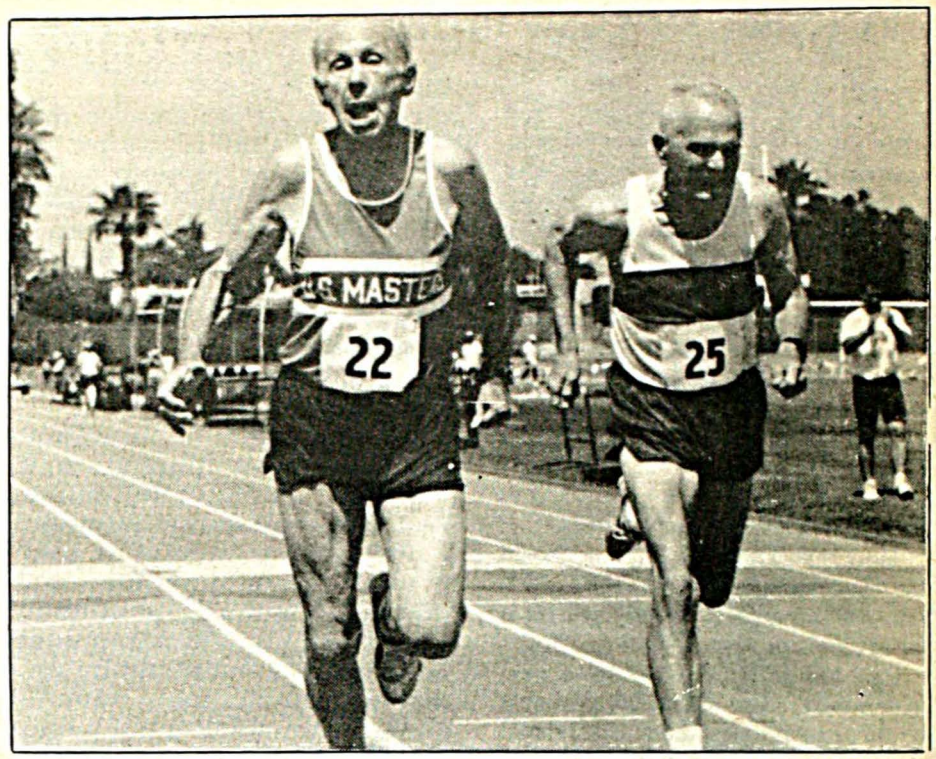

Len Tritsch, 69, of Seattle wins gold medal in 400 (74.17) at Gay Games IV.

Photo by Marilyn Mitchell



# Third Wind

by MIKE TYMN



Clarence Killion (22, M75) and Charles Mercurio (25, M70) in the 100-meter dash at the Visalia, Calif., meet, May 21.

## Elixirs That Work?

If you're an endurance athlete looking for a significant improvement in performance, you should consider a visit to your nearest Chinatown to pick up a substance called *dong chong xia cao,* otherwise known as caterpillar fungus.

If you're a woman, you might also want to buy some soft-shell turtle soup.

As many readers probably know, these two delicacies have been credited, along with hard training, for the emergence of Chinese women in the distance running arena over the past year or two. Not only have the Chinese women *emerged,* they have destroyed world records from 1500 meters to 10,000 meters, while also taking aim on the marathon record.

Their performances were so shocking — about what might be expected if four or five members of the same major league baseball team each were to hit 65-70 home runs in one season — that many observers of the track scene immediately suspected illegal drugs.

**Charges Denied**

Ma Junren, who then coached 18 female distance runners in Liaoning Province in northeast China, denied the charges. His athletes, he said, succeeded because of their discipline, their dedicated training, and their diet, including the two above-mentioned elixirs.

According to reports in the national running media, the caterpillar fungus has been widely used in China for centuries, not only for energy but for medicinal purposes. The turtle soup is said to contain an ingredient that regulates female hormones and menstruation.

Many coaches, competitors, and fans still suspect drugs. Few, if any, believe that the worms and the soup are significant factors in the performance of the Chinese women.

I'm not a scientist, but I disagree with the doubters. Back in 1959, while driving from Quantico, Virginia to Camp Pendleton in California for a new duty assigment with the Marines, I stopped overnight in a small New Mexico town. I left my motel for a five-mile run. Midway into the run, a bicyclist rode up next to me and asked if I was in trouble. Runners were not all that common in 1959. The young man introduced himself as Carlos and continued to pedal along next to me. I told him that I was planning to enter a road race in California the next month. He then told me that he had a special food that would make me run much faster. I had strong doubts but curiosity got the best of me and I followed Carlos to his small adobe dwelling to see what he had to offer.

**Gila Monster Intestines**

Carlos brought out a jar from an old-fashioned ice box. When he opened it and showed it to me, I nearly vomited. However, he downed a spoonful and then insisted that I try it. I closed my eyes, swallowed, and gagged it down. It was only after it was in my stomach that I learned the ingredients: desiccated Gila monster intestines, a non-toxic potion of rattlesnake venom, and extract of mushroom.

On the two-mile run back to my motel, I ran like I had never run before. I flew. I soared.

Several years later, while passing through the same town, I tried to find Carlos, but was told by the new resident of the adobe hut that "Senor Castenada" had moved to Mexico.

Truth be told, I have tried just about every ergogenic aid — the term given to performance boosters — except the Chinese products. My first experience was back in 1956, when I came across a promotional pamphlet put out by the manufacturer of wheat germ oil. It told of some amazing laboratory results at the University of Illinois.

The experiment involved 30 guinea pigs divided into three groups. Group A was put on a diet of rabbit pellets only. Group B was given rabbit pellets and cottonseed oil. Group C got rabbit pellets and wheat germ oil. After a month, they were all thrown into a tank of water. All the guinea pigs in groups A and B drowned within three minutes, but most of those in group C were still swimming after a half hour.

I reacted to those results with great enthusiasm and anticipation. I invested five dollars in a pint of Viobin Wheat Germ Oil and fully expected in a matter of a month or so to chop more than a half-minute off my mile time and become the first American to run a sub-4 mile.

**Promotes Fur Growth**

It didn't happen. I think I dropped a few seconds during that month, but that was probably more the result of training. Nevertheless, I continued using wheat germ oil. Some time during that first year of taking the oil, I found that it was available at pet foot stores at only a fraction of the cost in health food stores. It apparently is given to animals to promote fur growth. I purchased a bottle from a pet food store but a teaspoon of it nearly burned a hole in my stomach. I returned to the health food store brand for several years and eventually to straight vitamin E, the essential ingredient of wheat germ oil.

I have been taking vitamin E supplements of one kind or another for 38 years, but I have no idea whether they have helped my running. This I do know — my father, brothers, both grandfathers, and uncles on both sides of my family were all balding in their 30s. At 57, I still pretty much have a full head of hair.

in 1978, I conducted an experiment with two common aids — caffeine and carbohydrate loading — which were being widely written about at the time. The event was the national masters marathon championship in Orange County, Calif. Our three-man Hawaii team had won the national championship in New York City the year before. I was looking for a top-three individual finish and, since my daughter had given birth a few days earlier, to become the first grandfather to break 2:30 in the marathon. (There were only a half-dozen or so sub-2:30 marathoners of grandfatherly age at the time, and I was fairly certain that none had achieved grandfather status.)

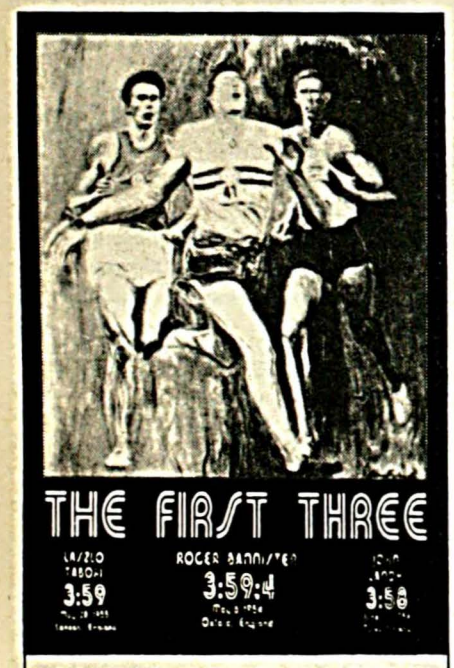
**Fruit and Coffee**

I loaded up on fresh California fruit, rich in carbohydrates, the day before the race and downed four cups of coffee the morning of the race. Ten miles into the race, while running second or third, my run turned into *the runs* and I had to leave the course for a pit stop behind a tree in an orange grove.

I rejoined the race, but wound up fourth. Based upon the cumulative time, our Hawaii team came in second, losing by less than the time I spent behind the tree. I did, however, manage to finish under 2:30 by eight seconds and claim the grandfather distinction. Perhaps if no one out there will contest that claim, I can still ask Guinness to take note.

After that experience, I stuck to my favorite pre-race energy snack — half a banana with peanut butter. □

*(Editors's note: Mike Tymn says he began this column to appear in our April 1 issue but didn't make it past the New Mexico experience before setting it aside for a few months.)*




A poster was recently designed to honor Roger Bannister, John Landy and Laszlo Tabori, the first men to venture into that unknown territory beneath the four-minute barrier. Titled "The First Three," it measures 24"x36" in full color. To order, send $16.95 plus $3 postage and handling to Barry Schaeffer, 309 Avenue H, Suite D, S. Redondo Beach, CA 90277 or call 310/285-6708. T-shirts are available for $13.95 (plus $3 postage & handling).

# Mother Lode Mile Held in Gold Country

by MARK WINITZ

Talented Northern California and Nevada runners from the roads and track alike participated in the 3rd Annual Class 5 Fitness Mother Lode Mile in the historic Gold Country town of Sonora on June 26. The race is one part of the USATF Pacific Association Long Distance Running Grand Prix.

The distinguishing feature of this out-and-back course in downtown Sonora is that the out leg is all uphill. June in Sonora is always hot, contributing to the challenge of this race.

The event includes six separate age division heats, plus a Fun Run Mile and a 2 x 1 Mile Couples Relay. The first heat for Pacific Association athletes — for 50-and-over men — had West Valley Track Club's Harvey Franklin, 51, sprinting for the finish with Jim Gibbons, 50, on his heels. Gibbons caught Franklin with a few yards to go, and the two crossed the finish in a virtual tie. Gibbons got the nod from the official scorer (no photo finish systems here), 4:59.2 to 4:59.6. Carl Ellsworth, 63, topped the M60-69 in 5:52.1 and Stan DeMartinis, 71, headed the 70-and-overs in 7:06.5.

Tamalpa's Leslie Hampton (formerly McMullen), 43, has obviously improved her middle distance abilities after marrying talented masters miler Jim Hampton. She easily placed first in the W40-and-over heat, recording a 5:21.4. Joan Ottaway, 50, demonstrated her world-class 50+ status by heading that age group in a fine 5:37.0. Margarethe Styskel, 64, was the first 60-69 finisher, recording 7:12.0.

The next heat, for 40-49 men, was marked by the conspicuous absence of retired Domingo Tibaduiza, the former Colombian Olympian, who trounced this division last year. Without a swift Tibaduiza to chase, the lead pack went out conservatively, and it became a tactical affair. At the conclusion, Excelsior Track Club's Jim Tracy, 44, and Gustavo Figueroa, 43, of the Silver State Striders almost dead-heated. Tracy got the nod at 4:41.78, a mere 2/100's of a second over Figueroa. Tibaduiza's masters course record of 4:34.9 remained intact.

The Mother Lode Mile offered $2,000 in Pacific Association prize funds; half went to top masters individuals and clubs. The Pacific Association LDR Grand Prix has been in existence since 1983. This year's circuit consisted of 13 events at various distances from one mile to the marathon. Only USATF members who are residents of the Pacific Association, and Pacific Association clubs, are eligible to earn Grand Prix points and prize money. It is considered the top local USATF developmental circuit for long distance runners in the nation, and includes competition in 10-year age divisions through 70-plus. □



Race Director Barry Saltsberg presents award plaques to W50-54 leaders (from left): Wendy Burns, Rosemary Riccardi, Annette Frisch, Melanie Benvenue, and winner (20:06) Meeri Bodelid, Long Island Women's 5K, Jericho, N.Y., July 2.

Photo by Mike Polansky

# Masters Shine in Long Island Women's 5K

by MIKE POLANSKY

Masters runners made some noteworthy showings in the Long Island Women's 5K which attracted top female runners from all over the Northeast to run the roads of Brookville and Jericho on July 2.

The first masters finisher was Kathy Gribbon, 40, of the Bronx, in 19:04, followed by Kathy Martin, 42, Northport, N.Y., in 19:34. The third master was 50-year-old Meeri Bodelid, a native of Sweden, who presently makes her home in Oyster Bay, L.I. She crossed the line in an exceptional time of 20:06.

Marion Stanjones, 55, Northport, N.Y., won the W55 race in 21:11, with 59-year-old Wen-Shi Yu, NYC, finishing in 22:07, serving notice that she is going to be a major force in the 60-plus bracket when she celebrates her birthday later this year.

The oldest finishers were Althea Wetherbee, 75, Huntington Station, N.Y., and Erna Frank, 77, West Hempstead, N.Y., who finished 1-2 in the W70+ group.

The run was conducted by the Plainview-Old Bethpage RRC, with financial sponsorship from The Runner's Edge of Farmingdale, Hope Physical Therapy of Plainview, and East Hills Chevrolet and Chrysler-Plymouth. POBRRC's Barry Saltsberg served as race director. □

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUG. 1994

| ATHLETE(RESIDENCE) | BIRTHDATE | AGE GROUP |
|---|---|---|
| MARK BODLEY(LOS BANOS,CA) | 8-15-34 | 60-64 |
| JIM BROWN(SAN FRANCISCO,CA) | 8- 4-39 | 55-59 |
| GEORGE BUCK(AUS) | 8-18-14 | 80-84 |
| NEEL BUELL(VILLA PARK,CA) | 8-23-14 | 80-84 |
| ANTHONY CASTRO(LA CANADA,CA) | 8- 3- 9 | 85-89 |
| WILLIAM COCKE(NASHVILLE,TN) | 8- 2-34 | 60-64 |
| PHILIP CONLEY(WOODSIDE,CA) | 8-17-34 | 60-64 |
| RAFAEL FORTUN(CUBA) | 8- 5-19 | 75-79 |
| ERKKI HAAPALAINEN(FIN) | 8-11- 9 | 85-89 |
| AL HALL(US) | 8- 2-34 | 60-64 |
| DARREL HORN(LAFAYETTE,CA) | 8- 5-39 | 55-59 |
| IAN HUME(CAN) | 8-20-14 | 80-84 |
| RON JONES(GB) | 8-19-34 | 60-64 |
| TOM KEMPF(BARTLESVILLE,OKLA) | 8-16-24 | 70-74 |
| MARTIN LEGETT(AUSTIN,TX) | 8-26-24 | 70-74 |
| WALTER LONG(EAST LANSING,MICH) | 8- 3-19 | 75-79 |
| K. F. MAIER(WG) | 8-30-19 | 75-79 |
| KENNETH MCCONNELL(US) | 8-30-24 | 70-74 |
| MOHAMMED NAWAZ(PAKISTAN) | 8-15-24 | 70-74 |
| HAROLD NIEBEL(KENSINGTON,MD) | 8-21-14 | 80-84 |
| LEIF ONSHUS(NOR) | 8-11-29 | 65-69 |
| HANS OVERLAND(NOR) | 8- 3-24 | 70-74 |
| CLIFFORD PAULING(BRONX,NY) | 8-26-34 | 60-64 |
| GORDON POWELL(HOLLY HILL,FL) | 8- 1- 9 | 85-89 |
| ED REINER(SAN DIEGO,CA) | 8-18-19 | 75-79 |
| TOM VON RUDEN(CA) | 8-22-44 | 50-54 |
| CHRISTOPHER THOMPKINS(US) | 8- 1- 9 | 85-89 |
| HOMER VANGELDER(SANTA ROSA,CA) | 8- 9- 4 | 90-94 |
| AIMO VIROLAINEN(FIN) | 8-24-19 | 75-79 |
| W.J.SELDON(SAN ANTONIO,TEX) | 8- 8-14 | 80-84 |
| JOAN ARSENAULT(ELKTON,OR) | 8-17-29 | 65-69 |
| MADELINE BOST(EUGENE,OR) | 8- 7-39 | 55-59 |
| RUDY BURR(HONOLULU) | 8-12-14 | 80-84 |
| HELEN DICK(LOS ANGELES) | 8- 4-24 | 70-74 |
| SYLVIA DOUGLAS(COLLEGE PLACE,WA) | 8-20-19 | 75-79 |
| REIKO DUBA(GLENDALE,CA) | 8-10-44 | 50-54 |
| JANICE GERVAIS(SAN DIEGO,CA) | 8- 5-44 | 50-54 |
| MARY HAINES(NEWINGTON,CT) | 8- 3-14 | 80-84 |
| ANN KAHL(ORLANDO,FL) | 8- 3-29 | 65-69 |
| HELENE LAURENT(SAN DIEGO,CA) | 8- 9-34 | 60-64 |
| PAT MARTIN(TUCSON,AZ) | 8- 5-29 | 65-69 |
| CINDY MCELWAIN(HARVARD,MA) | 8- 3-39 | 55-59 |
| BEVERLY NOLAN(BRUNSWICK,ME) | 8-22-34 | 60-64 |
| BLANCH PAINE(WATERTOWN,MA) | 8-29-29 | 65-69 |
| DAWN RUSSELL(SPRINGFIELD,OR) | 8-12-24 | 70-74 |
| MARY SMITH(PORTLAND,OR) | 8-18-49 | 45-49 |
| SANDRA STEPP(ARCATA,CA) | 8-24-49 | 45-49 |
| DOROTHY THOMAS(FRESNO,CA) | 8- 7-24 | 70-74 |
| ANGELINE TRANTHAM(HALTON CITY,TEX) | 8-22-24 | 70-74 |
| SILVANA ACQUARONE(ITA) | 8-18-44 | 50-54 |
| GISELA BLADH(SWE) | 8-10-24 | 70-74 |
| DORLY BRECHBUEHL(CAN) | 8-24-24 | 70-74 |
| LAUREL FRAWLEY(AUS) | 8-28-24 | 70-74 |
| RUTH FRITH(AUS) | 8-23- 9 | 85-89 |
| ELIZABETH HAULE(WG) | 8- 9-19 | 75-79 |
| BRUNHILDE HOFFMANN(WG) | 8-17-39 | 55-59 |
| INGERLISE JENSEN(DEN) | 8-28-49 | 45-49 |
| CARMEN KARG(URS) | 8-19-54 | 40-44 |
| ANNELT LAAJOKI(AUS) | 8-28-44 | 50-54 |
| ROSEMARIE WENZELER(WG) | 8- 3-34 | 60-64 |
| JEAN WILLS(GB) | 8-26-49 | 45-49 |
| MARFARET YATES(NZ) | 8-30-44 | 50-54 |




You're finishing a tough race or a hard workout – you know the feeling. Bone-tired. Weary. ... and a thirst that won't quit.

But not any more. You've found *Gookinaid E.R.G.*, the balanced activity drink that replaces just what you need ... ***fast***.

Whatever you do that makes you fatigued ... an all-out effort that leaves you exhausted and muscles cramped or just a drawn-out activity that has you weary and bone-tired ... and stiff and sore the next day ... you need to replace what your body needs ***fast***, in the proportions you need them. And you don't need a lot of tartness to upset your stomach, loads of sweeteners to coat your mouth and take an hour to digest ... or strong flavors to give you an aftertaste that won't go away.

- biochemically balanced to replace just what you're losing for the fastest possible absorption
- no digestive discomfort even during events
- no distracting aftertaste
- proven in 25 years of testing and use to be the most effective replacement drink available!



***Gookinaid E.R.G.***
"Electrolyte Replacement with Glucose"

... in 3 convenient package sizes and 4 refreshing flavors
call or write for nearest dealer, more info or to order:
*Gookinaid E.R.G.*, 8525-L Arjons Drive, San Diego, CA 92126
(619) 689-1959 (800) 283-6505 TOLL FREE



# The Foot Beat

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

## Heat Exhaustion

With the recent heat waves throughout the country, it is prudent that we discuss one of the most common long distance running injuries: heat exhaustion — the inability of the body to keep body temperature from rising during activity.

These recent hot days are really not ones in which the masters runner should compete. The danger of heat exhaustion and cardiovascular collapse is just too great.

Essentially, the body produces heat during a run, usually at a rate at which it is unable to reduce that heat. At races past the 10K distance, increased body heat or hyperthermia occurs along with a feeling of exhaustion or dizziness. These are warning signs and should be heeded by terminating the run and seeking aid immediately.

If you *are* to run in the heat, the American College of Sports Medicine recommends the wearing of correct clothing to help keep the body cool. White or light-colored jerseys of natural fibers such as cotton to promote air cooling are preferred over a heavier-weight dark garment which may absorb heat.

In longer races, the loss of body fluids from heating can cause weight loss and dehydration. Once the body stops sweating, its heat regulatory mechanism is no longer working. Heat stroke, heat exhaustion, and muscle cramping may then occur. Body temperatures of 105 degrees have been reported.

The ACSM also recommends cool water prior to and during a race or long workout. This is superior to sugar solutions or soft drinks.

Hyperthermia is a serious medical condition which can be fatal. So make sure the race organizers have provided for proper fluid replacement prior, during, and after the run. Avoid running on hot days or start your runs earlier in the morning. Replace lost body fluids by drinking before and during the run. Most of all, recognize the symptoms of dehydration and seek aid immediately. You can always return and run another day. □

*(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.)*

### FIVE YEARS AGO
### August, 1989

- Waigwa, Drake Win in Utica 15K
- National Senior Olympics Draws 3396 to St. Louis
- Sekerak, Burleson Win National 15K
- Stahl Top Master (2:18:43) at Grandma's

TRACK & FIELD SOFTWARE

HY·TEK ltd

*Written for Track & Field People*
*. . . . . NOT computer people!*



- **MEET MANAGER runs any kind of Meet. Includes special features like Age Graded results for MASTERS!**
- **TEAM MANAGER tracks best times/marks and records, generates graphs rosters, mailing lists, award labels and much, much more!**
- **COMMLINK allows entries/results by *DISK!***

**FREE DEMO - (919) 633-5111**



Entrants in the National Masters News Age-Graded Mile, Hayward Classic, Eugene, Ore., June 26, from left: Susan Means, 61, Douglas Winter, 37, Jim Archer, 49, Jim Yost, 49, William Maier, 40, Boyce Jacques, 67, and Laurie Ticknor, 31. Maier was the overall winner (4:59.40). Jacques had the best age-graded performance of 5:59.99 (83.2%), and won a $25 first prize.

Photo by Jerry Wojcik

## *Age-Graded Tables Revised*

Continued from page 1

The new book features factors and standards for both sexes for each age from 8 to 100 for most common track & field, long distance running, and racewalking events.

**What's the Purpose of Age-Graded Tables?**

The purpose of age-graded tables is twofold:

1) To correct a person's performance, no matter what his/her age, to what it would have been (or will be) in their prime years. By so doing, all kinds of interesting comparisons can be made. You can compare back to your best performances. You can compare your performances to other people of any age, such as open-class athletes, etc.

2) To provide each individual with a percentage value which enables them to judge their performance in any event without bias to age or sex. No matter how old one gets, this performance percentage will always be judged against the standard for one's age. As your performances get slower with age, so do the world standards that the tables use to calculate your percentage, giving a true measure of your performance.

The standards correspond approximately to world-record marks for a person of that age and sex in that event.

**Achievement Levels**

100% = Approximate World-Record Level
Over 90% = World Class
Over 80% = National Class
Over 70% = Regional Class
Over 60% = Local Class

**What are the Advantages of Age-Graded Tables?**

Age-graded tables can be used to:

1) Keep track of your progress over the years.

2) Compare your performance in different events.

3) Set goals for the current year and future years.

4) Compare your performance to people of any age.

5) Estimate your performance in new events.

6) Select the best performance in an event among all age groups.

7) Select outstanding athletes.

8) Give recognition to good performances in the older age groups.

9) Make awards more meaningful.

10) Score multi-events (decathlon, pentathlon, etc.) using IAAF scoring tables.

**Aid to Medical Research**

Some remarkable data can be gleaned from the factors which could be beneficial to the medical community.

For example, how much do the abilities of 40-year-olds decline from their prime years? Not as much as most people think — only about 6% (in the 400) to 2% (in the marathon).

How about 50-year-olds? It's 12% (in the 400) to 9% (in the marathon).

Continued on page 9

### Why Are Age-Graded Tables Needed?

For years, masters meets and races have awarded prizes in 5- or 10-year age groups. That works well when there are a lot of competitors. But in smaller meets, there are often so few participants that several age-groups must be combined to avoid a one- or two-person walkover. If three awards are given in each age/sex group in every event in such a meet, they can become meaningless.

Using age-grading, "full fields" are virtually assured in every event, because everyone can mathematically compete in the same "division." In a track meet, three quality medals can be awarded per event, just as in open competition, rather than three mediocre medals for each five-year age group per event.

In a road race, medals and recognition can go to the best performers, regardless of age or sex. First place may go to a 41-year-old man or to a 76-year-old woman. Age-graded competition can also include open-class and youth competitors as young as age 8.

Note: Many road races use age-grading *in addition* to the traditional five-year scoring to award prizes. They offer modest ribbons or medals to the first three in each five-year age group, and then award prize money to the top age-graded competitors.

# Age-Graded Tables Revised

Continued from page 8

For 60-year-olds: 20% to 16%; at 70, 28% to 25%; at 80, about 35%; and at 90, about 50%.

In the jumps, the decline is greater. It varies for 40-year-olds from 12% in the pole vault to 7% in the triple jump. For 50s, it's 24% (javelin) to 20% (TJ). For 60s, between 34% (PV) and 28% (HJ). For 70s, 43% (PV) to 36% (HJ). For 80s, 50% (PV) to 42% (HJ).

Decline for throwers varies at age 40 from 15% (javelin) to 0% (discus). After age 49, the rate of decline in the throws is harder to measure because the weight of the implements changes.

Many medical research studies have been and are being done to determine how aging affects human performance. The age-graded tables, based on actual performances over 30 years, offer, perhaps, as comprehensive a study of the subject as is possible.

**Background**

The original tables were compiled in 1989 by WAVA and the *National Masters News*. The tables were a good first effort to evaluate performances regardless of age or sex. They have been used at the WAVA World Veterans Championships, the USA Masters T&F Championships, at local track meets, and at many road races, primarily in the USA and England.

**Revision**

A mandate to update the tables was given by WAVA to the WAVA Age-Graded Sub-Committee, chaired by Al Sheahen. The committee was composed of Chuck Phillips, Pete Mundle, Norm Green, and Beverly LaVeck. Co-opted members were B. Lecaillon-Thibon, Ivar Soderlind, Mike Tymn, and Phil Mulkey.

**Multi-Events**

Age-grading is the essential element of masters multi-event scoring. So the WAVA Multi-Event Sub-Committee, chaired by Rex Harvey, worked very closely with the Age-Graded Sub-Committee on the 1994 update. The members of the Multi-Event Sub-Committee were Rodney Charnock, Wilhelm Koster and Gary Miller. Co-opted members were Adolf Koch and Brian Oxley.

**Youth**

Youth tables — from age 8 to 19 — were compiled for most events by Chuck Phillips of the Age-Graded Sub-Committee. While less data was available on a worldwide level for youth performances than for masters performances, the tables should be considered a good first effort to try to provide age-grading across the entire age spectrum.

**Commitment**

Most of the committee members individually spent many hundreds of hours working on these tables. The level of commitment to turn out an accurate product was considerable. Under the leadership of Bill Taylor, WAVA Vice-President (Stadia), much constructive debate, hundreds of telephone calls and faxes, and thousands of pages of information went back and forth all over the world between all of the above committee members and many others who have had input into the process.

The 1994 tables are improved from 1989 for three primary reasons:

1) More performance data were available and used, especially in the newer events.

2) Every aspect of every event was examined in a much more exhaustive analysis than before.

3) Comparisons and cross-over analysis were extensively done to ensure that all elements of the tables were compatible and that the package as a whole was logical and continuous.

**Comparison to 1989 Tables**

Compared to the 1989 Age-Graded Tables, the age 30-49 factors are generally more difficult and the 70+ age factors generally easier in the 1994 revision. This was not done on purpose, but was the result of the independent and systematic approach taken to produce the 1994 tables. It is mainly due to athletes posting world-class performances well into their 30s, and the fact that the older athletes are not improving as much as some theories say they should.

**Basis**

The 1994 Age-Graded Tables confirm that after a certain age (which varies from approximately 30 to 40), performances always get weaker and weaker in an ever-increasing manner. For example, the loss in performance from age 49 to 50 is greater (percentage-wise) than the loss from 48 to 49.

**The Book**

In addition to the tables, the Age-Graded Tables Book includes copy which helps to simplify and de-

Continued on page 11

## HOW IT WORKS

**Example 1:** A woman of 53 runs 10K in 45:18.

The 10K factor for a woman, age 53, is .8545. We multiply 45:18 (or 2718 seconds) by .8545 = 38:43 as her age-graded time.

The 10K standard for women, age 53, is 35:01. We divide 35:01 by 45:18 and get 77.3% as her age-graded performance.

**Example 2:** A man of 40 runs 100 meters in 12.07 seconds.

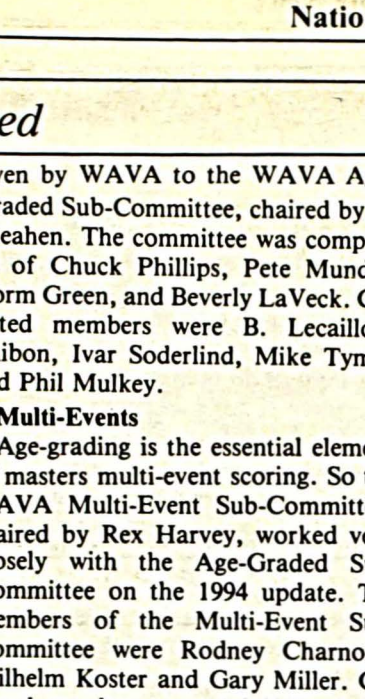
The 100m factor for men, age 40, is .9542. Multiply 12.07 by .9542 = 11.52 as his age-graded time.

The 100m standard for men, age 40, is 10.33. Divide 10.33 by 12.07 and get 85.6% as his age-graded performance.


**Now Solve Time Problems with the Push of a Button!**

Introducing the all-new Time Master™ Calculator

- Works Directly In:
  - ✓ Hours: Minutes: Seconds
  - ✓ Hours: Minutes
  - ✓ Minutes: Seconds
  - ✓ Hours
  - ✓ Minutes
  - ✓ Seconds
  - ✓ 12-Hour/24-Hour Time
- Converts To & From All Time Formats
- Built-in Timer with Lap-Function
- Includes Hourly Rates/Costs
- Works as a Math Calculator with Percent, Memory & Auto Shut-Off
- Simple to Use Key Entry
- Complete with Sturdy Vinyl Case, Long-Life Batteries, 1-Yr. Warranty
- Converts into minutes per mile




Simple To Use For All Your Time Problems!

**Time Master™**
**TIME CALCULATOR**

*Now Only* **$29.95**

*AUTHORIZED DISTRIBUTOR*
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404
Mfg. by ***Calculated Industries, Inc.***



**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 8 to 100 for men and women for every common track & field, long distance running, and racewalking event.
- Shows how to conduct an age-graded track & field meet, road race or racewalk.

□

- 60 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes.

□

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

*NEW! (Available August 15)*

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

*1994 Edition*

Name _____

Address _____

City _____ State _____ Zip _____



# Masters Racewalking

by ELAINE WARD

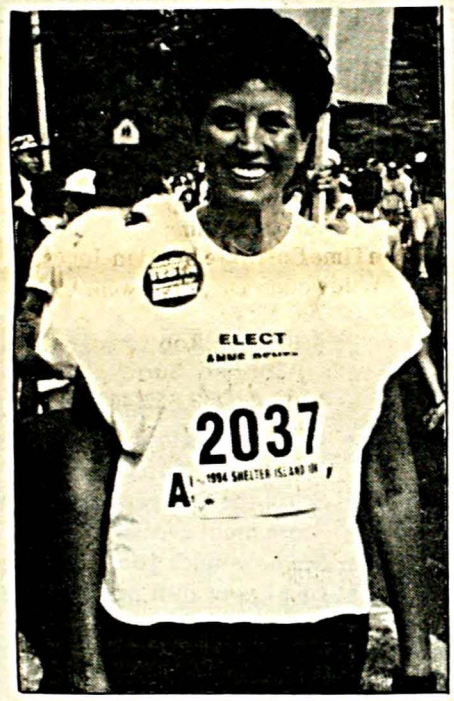
## Training Masters (Part Four)
## Coach Gwen Robertson

*(This is the fourth part in a series by Gwen Robertson on coaching. Gwen was a member of the United States Women's National Racewalking team until an injury cut short her competitive career. Acting as the National Women's Team coordinator for several years, she presently coaches high school running as well as racewalking. Two of her best known masters athletes are her mother, Ruth Eberle, and Bev LaVeck. Both hold handfuls of gold medals and records.)*

**EW:** Let's go back to the coaches' role in helping athletes deal with stress situations. What do you say to them?

**GR:** It is hard for athletes with job and family stresses. Some days there simply are things that have to be done. I tell my athletes to relax a little and not to worry about missing a workout to do what they need to do. Then they can come back the next day and be ready to focus on their training.

I want my athletes to be mentally relaxed so they can really benefit from their workouts. The same is true before a race. Athletes who are performing at the top level are very relaxed. They simply won't train well or race well if they are thinking about what they should be doing, rather than what they are doing. If skipping a workout means an athlete will sleep better and won't feel rushed or behind the eight ball trying to get 15 hours of activity into 12 hours, it is best they tend to their overload.




Anne Renee Testa, 52, NYC, before racewalking to a 70:08, Shelter Island 10K, Shelter Island, N.Y., June 11.

Photo by Jerry Wojcik

In other words, I give my athletes permission to take time off as there are times when life just gets in the way of training. My mother (Ruth Eberle) is a prime example. She doesn't train like a lot of people do. But she does the right things. Maybe her mileage isn't where it could be, but it doesn't matter. She is a teacher, a wife, mother, and grandmother, and she has many important things to do in a day. If that part of her life is working well, the amount of training she gets in will be done well and she will race well.

There is another side to this, however. If an athlete has had a stressful week and has taken two or three days off, it is important for the coach to say, "This week we are not going to do anything new. We are going to stick to last week's plan." This way athletes won't overdo and get into a situation where they get tired because they are trying to make up for lost training. An athlete should not do 20 extra miles because of missing 20 miles the week before.

**EW:** What about over-training?

**GR:** Many times the best conditioned athlete isn't the one who wins. There is no way of proving that. But if you know athletes and what they have been doing in their training, many times you think, "How did that person win that race? They shouldn't have been able to do that on the training they were doing." The answer may be that they were relaxed and had done enough of what was needed to race well.

**Pacing**

**EW:** Do your athletes have race plans when they get to the start line?

**GR:** My athletes set time goals so they have an idea of what their pace should be per lap or per mile. I am a firm believer in feel. You train and you learn to feel how your body is moving. That is how you learn pace. You get the feedback from a watch to tell you what you are feeling in terms of pace/time. You get to know the feeling at the level of intensity that you want to race. If you really know what it feels like, then you can do that any day of the week. Intensity is a perceived thing. Pace is critical in any endurance event.

**EW:** Your mom made a point that when she enters a race, she hits the planned pace and tries to hold it throughout the race.

**GR:** So many athletes want to go out hard the first mile to get a 15 or 20 second cushion. Then they blow up. They can't hold on to the pace. If a walker puts 15 seconds in the bank at the beginning, but is 30 seconds slower at the end, what has he/she gained? Why not go 10 seconds slower at the beginning and 30 seconds faster at the end? You learn this by training. You do the tempo work; you do the VO2 Max work; you learn how to pace. You do the reps and you learn how to pace. If you do those things, you should develop an inner clock that tells you how fast you are going.




Elton Richardson, 55, NYC, the first racewalker overall (28:04), Long Island Women's 5K, Jericho, N.Y., July 2.

Photo by Mike Polansky

**EW:** Do you frown on getting too wedded to a watch, a beeper or a heart monitor?

**GR:** In terms of racing, I would never use a heart monitor. I think racing is a physical contest on a particular day. In other words, athletes should be trained and able to sense how fast they are going and whether they can keep up their pace for 5K or 10K. Maybe they won't, but it does not mean the heart monitor is going to change anything. I think competition should be head-on-head competition on a specific day at given altitude, temperature and humidity. Competition is what two athletes can do in a moment of time.

The long-term process of training is very important to success, especially in endurance events. If you don't have a plan, it is hit and miss. You get what you put in. There are no secrets. There is no magic. It is planning and hard, consistent work. It is getting your whole life to fit into that plan which is another element in training. If you know where you are going and where you want to be, you have a much better chance of getting there. □

## Training Principles

by GWEN ROBERTSON

1. If you are an experienced walker with a good training background, you can expect only a 1-3% improvement each year.
2. Master athletes may want to focus on going as fast as they did last year.
3. Studies have shown that as athletes age, muscle strength decreases at a much faster rate than cardiovascular ability diminishes.
4. Specificity of training is important to walking fast.
5. Plan to do only 2-3 days of hard or long days per week.
6. Seven to ten races are usually needed to reach a peak.
7. It takes at least 10 days for the "training effect" to take place. It may also take as long as 21-28 days.
8. When in doubt, do less rather than more.
9. Rest is as important as training.

You decided to be an organ and tissue donor.

But you didn't tell your family.

Then you haven't really decided to be a donor.

Right now, thousands of people are dying, waiting for transplants. If you've decided to be an organ and tissue donor, you must tell your family *now* so they can carry out your decision later. To learn more about donation and how to talk to your family call 1-800-355-SHARE.

Organ & Tissue DONATION
Share your life. Share your decision.

Ad Council A Public Service of This Publication

Coalition On Donation

# *Kurtis Third in Grandma's Marathon*

Continued from page 1

most sub-2:20s (75).

Rob Whetham, 42, Stillwater, Minn., was second master in 2:31:36, with Allen Choma, 40, Westerville, Ohio, third in 2:31:52. Mel Williams, Virginia Beach, Va., won the M55 race with a 2:58:33.

The USATF Women's National Marathon Championships were held along with the marathon but as a separate race, with a 45-minute prior starting time. Sharlet Gilbert, 43, Richmond, Calif., was 17th overall in 2:44:51, under the 1996 U.S. Olympic Marathon Trials qualifying time of 2:50:00. Carol Virga, W40, Delray Beach, Fla., was second in 2:56:22. Thirty-three of the 70 finishers qualified for the Olympic Trials.

In the regular marathon, Sandra Mewett, of Bermuda, was first W40-and-over in 3:05:36. Nancy Stevenson, Denver, Colo., took second with a 3:08:58. Peggy Cooper of Bermuda won the W50 race easily with a 3:18:44.

Nearly 4400 finished the race, which offered $4000 in masters prize money. Scott Keenan was the race director. □




Sharlet Gilbert #20, 43, shown here with a pack of elite women runners in the USATF Women's National Marathon Championships (Grandma's Marathon), Duluth, Minn., June 18, finished 17th overall and 1st female 40+ in 2:44:51 to qualify for the 1996 Olympic Marathon Trials.
Jeff Frey & Associates Photography

# Run for the Roses and Spanish Moss

by MAURY DEAN

On the road from Long Island to Alaska via New Orleans, I found my nomadic feet flumping through the suburban streets of western Chicago in La Grange Park, May 14. My first impression was that runners are basically the same good folks everywhere. Bopping to the pre-race aerobics workout, La Grange Park harriers psyched up for their annual 5K.

Little did the kids know that the masters were feeling fast today. When the dust (corn starch aroma from the Argo mill nearby) had cleared, the gold medal was won by silver-haired Mel Daib, 44, whose 16:43 edged submaster Bill Flynn, 37, by five seconds. A 30-year-old copped the bronze, but masters won the fourth and fifth in the 312-runner field, with local speedster Mike Barrett, 40, out-kicking a peripatetic grandmaster, 17:12 to 17:14.

Women's times were a little less noteworthy, with the best masters race run by Sandie Troyer, who won the 55-59 division by nearly nine minutes.

The race featured a top-notch awards ceremony, groovy grub, and first-rate camaraderie.

After touring Graceland, some Civil War sites, and the Mississippi Delta, we found ourselves in New Orleans (some guys will drive anywhere to find a fast course). Big race — the Community Bankers' Run For Children's Hospital 5K, May 22. Over 1300 of Louisiana's fastest (and the race director an ardent NMN subscriber).

Basking in sultry bayou country, you don't have to ask New Orleans TC members, "Is the course flat?" However, the heat and humidity shuffle in, zapping would-be PRs in a swamp-stomp slowdown.

New Orleans sports some swift masters, like champs Jeff Cole (15:51) and Susanne Pierce (19:24), and 50-54 winners Ruth Baehr (23:00) and Angela Dufour (23:53).

The real story, however, was the run at the U.S. 5K record by 70-year-old Elisabeth Van Battum in 24:44. The Holland native began running at 53, and while her competition faded, she kept on. Her time would win the W40+ gold at many local races. She was just four seconds off the 5K record — and perky Van Battum ran under conditions most of us would call HOT. All in all, the best run I've seen in half a month and a thousand miles.

All over America, the barriers which said "Slow down — you're getting older" are crashing down. Hooray for Van Battum, Diab, and all masters runners — including the most important one — you. □




Suanne Shocket, 40, first masters woman (38:12), Patroit's Cup Corporate 8K, Fairfax, Va.
Photo by George Banker

# *Age-Graded Tables Revised*

Continued from page 9

mystify the subject. There are plenty of examples and personal performance charts to help you chart your own progress — or lack thereof — over the years.

**Easy to Use**

To use the tables, all you need is a simple calculator. Remember that calculations must always be made in seconds or meters.

However, a *TimeMaster* calculator makes it even easier — conversion isn't necessary. The *TimeMaster* adds, subtracts, multiplies and divides in hours, minutes, and seconds. The *TimeMaster* is available for $29.95 from the *National Masters News*, PO Box 2372, Van Nuys CA 91404.

**Computer Software**

For meet and race directors, several companies offer computer software which includes the age-graded tables. Among them are:

**Track & Field**

• **Meet Manager** by Hy-Tek, Ltd. runs any kind of meet and offers a free demo. 919-633-5111.

• **Clerk of the Course** by Bob Podkaminer, PO Box 160, Menlo Park, CA 94026. 415-326-3827.

• **Apple Raceberry Jam** by Jack Moran, 5429 Wooddale, Edina, MN 55424. 612-920-0558.

**Long Distance Running**

• **RunTime Software** by Alan Jones, 3717 Wildwood Dr., Endwell, NY 13760. 607-786-5866.

• **Sport Systems** by Rob Champion, PO Box 234, Epsom, Surrey, KT17 3PG, England. 44-737-352-462. Fax: 44-737-812-794.

• **CompuScore** by Dave Siconolfi, 1579 Springfield Ave., New Providence, NJ 07974. 908-464-6569 (h) 908-582-7493 (o).

**Racewalking**

• Louise Tolson uses software to age-grade racewalks in Florida, but does not offer it for sale. 1080 N.W. 78th Ave., Plantation, FL 33322. 305-474-2528.

**Seminars at Nationals**

On Thursday evening, August 11, after completion of the first day's competition at the USATF National Masters Championships in Eugene, a special age-graded seminar will be held for anyone interested in learning more about the subject. Sheahen, Harvey, Mulkey and others will be on hand to answer your questions.

**Summary**

The age-graded tables are but a small bit of the overall responsibilities of WAVA as the sport's world governing body. However, they are very important to a significant portion of its constituency. Bill Taylor and his applicable sub-committees have treated the subject with the respect it deserves and have turned out the best product attainable at this time. Please feel free to contact anyone involved in the 1994 update if you have questions about any aspect of the revision. □

*—Al Sheahen and Rex Harvey*

## What They are Saying About Age-Grading

*"One of the ten greatest improvements in Oklahoma road racing in the last 10 years is WAVA age-graded scoring for masters prize money, team scoring and Clydesdales. This offers a reasonable and equitable way to score runners of various ages and both sexes and is used by both the Tulsa Run and Redbud Classic."*

*—Oklahoma Runner Magazine*

*"Most of the leading road race organizers in the U.K. are now committed users of age-graded programs and are also advertising their events as giving 'Age-Graded' prizes."*

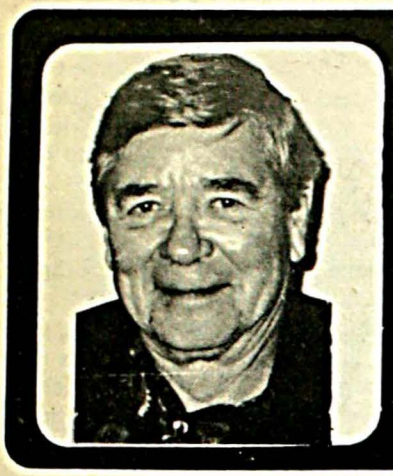
*—Rob Champion, Banstead, England*

*"To create fairness for runners of all ages, we have incorporated age-graded tables for scoring runners' performances. The tables allow for a top performer of 50 or 60 to be as eligible to win prize money as someone 40 years of age."*

*—Kathrine Switzer, Coordinator, Central Fidelity Women's 8K, Alexandria, Virginia*

*"Twenty months of work by a dedicated team has culminated in the production of age-graded tables which, I feel, will withstand any test."*

*—Bill Taylor, Vice-President World Association of Veteran Athletes Oxford, England*



# The Weight Room

by JERRY WOJCIK

## Sites and Sounds

Throwers, especially the hammer people, in the USATF National Masters Championships in Eugene this month should be happy with the competition areas at Hayward Field. The infield contains two shot put rings, one at the south end and another about midfield. The javelin run-up starts at the south end, so throws head northerly. The discus sector overlaps the javelin sector, with the throwing ring slightly northeast of the javelin run-up. Covered stands are on the east and west flanks of the straightaways.

While not in the infield, the hammer area is an integral part of Hayward Field, unlike some recent championships, where hammer areas were far enough away that a participant felt like a persona non grata. The area adjoins the infield and has its own large, separate stands for spectators, who usually fill it to watch the event. The announcers in their aerie in the west stands have a view of the hammer area and can comment on the action down there, if they so choose.

With this facility and an expected turnout of hip USATF officials and volunteers, throwers will have no excuse for bad performances unless they spend too much time in one of the several micro-breweries in town.

In the September issue, I'll focus on the competition in a different age-group division in each of the four throws at the Nationals, as selected by the degree of competition, interesting characters, whim, and schedule (not too early in the morning).

Throwers who attend the Nationals in Eugene have the rare opportunity of participating in another national championship just a week later in Seattle, about a five-hour drive from Eugene, in the USATF Weight & Superweight Throw Championships, Saturday, Aug. 20, at a fine facility at the U. of Washington. Ken Weinbel, meet director, plans on including the 100-, 200-, and 300-pound super-mega-macro weights as non-championship events.

**Sounds**

Some of the terminology in masters t&f should be re-examined for clarity. How did the "high hurdles" become the "short hurdles" or sometimes the "straight hurdles"? Because they aren't very high as they are lowered for older athletes? To an 80-year-old, a cement block must seem relatively high. Why do some of us (including Pete Mundle in his age-group records) refer to the "long hurdles," while others call them the "intermediate hurdles" or occasionally the "curved hurdles," especially if they've been left out in the rain and sun too long?

One nomenclature change that should be made soon is the elimination of the word "heavyweight." It should be replaced with the more precise term "weight" when referring to the weight throw event and its implements (35-lb./25-lb./20-lb./16-lb.). Heavyweight parallels too closely "superweight" and makes me think of Rocky Marciano every time I hear it. To uninformed tracksters and jumpers, it must sound synonymous with "superweight" (56-lb./35-lb./25-lb.).

And while we're dealing with linguistic purity, how can so many track meets and road races be "classics"? □



Stew Thompson, M60, heaves 157-2 to win at KELfield Meet, Santa Cruz, CA, May 28.

Photo by Gary Kelmenson



Ross Carter, Eugene, Ore., broke the world record for the shot put with a 12.27/40-3, and the U.S. record in the discus with a 37.08/121-7, Hayward Classic, June 25-26, Eugene, Ore.

Photo by Jerry Wojcik

**ALL TIME MASTERS ROAD RACING PRIZE MONEY LEADERS**

| | | |
|---|---|---|
| MEN | | |
| John Campbell | NZL | $201,550 |
| Doug Kurtis | MI | 166,270 |
| Joe Nzau | KEN | 157,000 |
| Paul Cummings | UT | 105,750 |
| Domingo Tibaduiza | COL | 94,784 |
| Bill Rodgers | MA | 87,085 |
| Bob Schlau | SC | 67,230 |
| Wilson Waigwa | KEN | 50,825 |
| Artemio Navarro | MEX | 59,250 |
| Gary Romesser | IN | 26,150 |
| Larry Olsen | MA | 16,750 |
| Earl Owens | GA | 13,825 |
| Doug Bell | CO | 13,025 |
| WOMEN | | |
| Francie Larrieu-Smith | | $282,113 |
| Priscilla Welch | GBR | 245,727 |
| Carla Beurskens | HOL | 164,955 |
| Laurie Binder | CA | 137,105 |
| Gabriele Andersen | ID | 89,455 |
| Barbara Filutze | PA | 87,365 |
| Evy Palm | SWE | 64,000 |
| Graziella Striuli | ITA | 60,300 |
| Nancy Grayson | SC | 60,090 |
| Carol McLatchie | TX | 58,139 |
| Sharlet Gilbert | CA | 53,800 |
| Jane Hutchison | MO | 46,525 |
| Nancy Oshier | NY | 31,475 |
| Claudia Ciavarella | DC | 18,800 |

Compiled by the Competitive Road Racer, Waltham, MA

## Indoor Rankings

The remainder of the 1994 indoor rankings — 60m, 3000, long jump, and shot put — will appear in the September issue.

The rankers for the 1994 outdoor season will also be published next month; hold off sending your best marks until that information has appeared.


Attn: Throwers

KEL FIELD

5601 EMPIRE GRADE · SANTA CRUZ CA 95060 · (408) 458-0202

Write or Call for Entry Form, Barbecue and T-Shirt Information

September 17
First Anniversary Meet

TWO WORLD RECORDS AND TWO AMERICAN RECORDS BROKEN AT GRAND OPENING MEET, SEPT. 1993. MAKE HISTORY AGAIN THIS YEAR.

HAMMER · DISCUS · JAVELIN · SHOT

& WEIGHT THROWS

## 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.

●

**Books for Runners,** 250 titles. Free catalog. Masters, Youth, Women in Sports, Training, Injuries, Distance, Track & Field, Nutrition. The CAVU Company, 386 Portlock Rd., Dept. NM, Honolulu HI 96825-2027.

●

Rachel's bag of lightweight USMSO/Ageless hurdles are excellent for training future hurdlers, ages 4-94. Needed: reputable manufacturer to duplicate these originals. Please contact: USMSO, c/o Rachel Lyga, 122-63½ Way NE, Mpls. MN 55432. 612/574-9661.

# Carter, Jones First in Fontana; Heckler Breaks 5K Record

by JERRY WOJCIK

Ian Carter, 43, New Zealand, and Marina Jones, 42, Rancho Santa Margarita, sped to masters wins in the Fontana Days Half-Marathon, billed as the fastest in the world, in Fontana, Calif., on June 4. Carter, on a 5:25 pace, finished 10th of 507 finishers in 1:10:56. Jones, running 5:50s, was third female in 1:16:29.

In the adjunct 5K, Vick Heckler, Chicago, Ill., top-ranked M50-54 miler (4:43.86) in 1993, ran a 15:32, shaving six seconds off Sal Vasquez' U.S. age-group record of 1991. Sandy Robbins, 42, Apple Valley, Calif., was third female in 17:04. Larry Banuelos, 70, Pico Rivera, Calif., won the M70 race in 19:19.

Top age 40-and-over racewalkers in the 5K were Raymond Archibald (61, 25:15) and Janice Zinniker (54, 32:24).

The fields in the three events included competitors from Russia, New Zealand, Mexico, and throughout the U.S., and ranged in age from 9 to 86.

Meet director for the 39th annual event was Barbara Smith. Cash prizes totaled $5200. □

## COMING NEXT MONTH

- Results of Nationals
- Results of WAVA World Road Race Championships
- Results of North American Championships
- Final Indoor Rankings
- And much more

# PUBLICATIONS ORDER FORM

Quantity — Total (US$)

_____ **Masters Age Records**
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, 1993. 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's 1992 U.S. outdoor track & field 5-year age group rankings. 52 pages. Over 100-deep in some events. All T&F events, including mile, weight, relays, and walks (5000, 10K, 20K). Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman, and the National Masters News. $6.00. $ _____

_____ **Masters Age-Graded Tables (1994)**
Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00. Available August 15. $ _____

_____ **Time Master Calculator**
Ideal for use in age-graded scoring. Works directly in hours, minutes, seconds. Acts as stop watch and calculator. $29.95 $ _____

_____ **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, 1994; 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 January 31, 1994. 4 pages. $1.50. $ _____

_____ **Competition Rules for Athletics (1994)**
U.S. rules of competition for men and women for track & field, long distance running and racewalking — youth, open and masters. $12.00. $ _____

_____ **IAAF Scoring Tables (1985)**
Official world scoring tables for men's and women's combined-event competitions. $12.00. $ _____

_____ **Guide to Prize Money Races and Elite Athletes 1994**
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 to over 400 prize money events, plus much more. $52.00. $ _____

_____ **Fastest Old Man in the World**
22-minute video of New Zealand's great Derek Turnbull. He ran a 2:41 marathon at age 65, and currently holds ten world five-year age-group records from the 800 to the marathon. $29.95. $ _____

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

_____ **USATF Race Walking Patch.** 3-color embroidered 4" x 3" with gold trim. $5.50. $ _____

_____ **USATF Cross Country Patch.** 3-color embroidered 4" x 3" with gold trim. $5.50. $ _____

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

_____ **USATF Decal.** 3-color. 3" x 2½" $1.50. $ _____

_____ **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, enchance fun, build strength, achieve endurance and run faster. $14.95. $ _____

_____ **Marathon by Hal Higdon**
The ultimate training and racing guide. $14.95 $ _____

_____ **Running Research News**
Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $16.00 per year. $ _____

_____ **Back Issues** of National Masters News
Issues: _____ _____ _____ $2.50 each. $ _____

**Postage and Handling** $ 1.25

**Overseas Air Mail (add $5.00 per book)** $ _____

**TOTAL** $ _____

**Send to:**
National Masters News Order Dept.
P.O. Box 2372
Van Nuys, CA 91404

Name _____

Address _____

City _____ State _____ Zip _____



# Track & Field Report

by BARBARA KOUSKY
Masters T&F Chairman

## Uniforms, Buffalo, Rules and Drugs

**USA Official Masters Uniforms,** including singlets, shorts, unitards, and warm-ups, will be available for purchase at the National Outdoor Championships in Eugene. While we try to maintain items in all sizes (Women XS through XL; Men S through XXL), purchases will be on a first come, first served basis.

**XI World Veteran Championships.** Entry booklets for the XI World Veterans Championships, which will be held in Buffalo, N.Y., July 13-23, 1995, will also be available at our Outdoor Championships. In addition to distributing the booklets at the Championships, our Secretary Marilyn Mitchell and all Regional Coordinators will have a supply. The following travel agents will also dispense the booklets: Bill Adler Masters Tours, Northwest Event Management, Ski & Travel International, Small World Travel, and Sports Travel International.

**Masters Athletes Included in USA Track & Field's Who's Who.** As a sign of our increasing visibility, a limited number of masters athletes (most of whom do not compete in the open class) were included in the 1994 edition of *Who's Who in U.S. Track & Field.* The men and women athletes who were included represent a cross-section of events and ages. Their marks and achievements for 1993 were also taken into consideration. *Who's Who* is slated for publication in August.

**Athletes Meeting at Outdoor Championships.** Together with the Oregon Track Club Masters, I look forward to welcoming the athletes to our championships in Eugene. The Athletes Meeting, open to all interested persons, will be held on Friday evening following the competition. During the meeting the Outstanding Athlete and Age Group Awards will be presented. Since most of the work of your masters track and field committee is done during the annual convention in early December, this meeting is an excellent opportunity for the athletes to have a dialogue with the committee members who will be making program decisions.



Stephen Robbins, Del Mar, Calif, top-ranked 1993 M50 in the 100 (10.83), winning the M50 100 (11.37), Hayward Field, Eugene, Ore., site of the USATF National Masters Championships, Aug. 11-14. The Bowerman Building, a new addition to the field, serves as the backdrop.

Photo by Jerry Wojcik

**1994 Is A Rule Change Year.** Any athlete interested in submitting a suggested rule change must do so no later than August 15. Submissions must be made in writing and should reference the current rule. Please send the submissions to our Rules Coordinator, Graeme Shirley, 11212 Via Carroza, San Diego, CA 92124.

**The Question of Drug Testing.** In February the WAVA Council met in Buffalo and I was in attendance as the USA Track & Field Liaison to the Buffalo Organizing Committee. There was candid discussion among the Council members and with the Buffalo organizers regarding drug testing for masters at the national and international level. I conveyed to them the USA Masters Committee's strong condemnation of the use of performance enhancing drugs. They then asked why we didn't have a drug testing program for our U.S. masters.

My response and my concerns centered around several areas including current lack of knowledge by masters athletes of what they can and cannot take. For example, can an athlete with exercise induced asthma take Primatine Mist? The answer is no - it contains a banned substance. Diuretics, another class of common drugs taken by many master athletes for high blood pressure, are also banned.

The lack of finances to fund drug testing is another concern. The USOC, which underwrites the cost of in-competition testing of USATF open athletes, estimates the average cost per test at $400.00. This does not include the costs of administration and legal fees. It is generally agreed that the most effective doping control program must include out-of-competition testing which is an even greater expense. Much of the concern among master athletes has been with the use of steroids. The truth of the matter is that these steroid abusers will only be caught in out-of-competition testing. Currently USATF spends $200,000+ per year on out-of-competition testing for the open athletes. At the present time, there is no additional money available from USATF for drug testing of master athletes.

Questions relating to procedural guidelines is also a concern: which competitions would be tested, who would be tested in those competitions, who would make the selection of those athletes to be tested, and who would administer the tests?

Our budget for masters track and field is currently $34,000. This enables us to maintain records and rankings for our sport; provide assistance to meets at local, regional and national level; assist with funding a team manager for our international competitions; participate at the national level of our National Governing Body; and to respond to those interested in our program. The cost of a minimal drug testing program would be greater than our entire budget for these services.

***"The truth of the matter is that steroid abusers will only be caught in out-of-competition testing."***

I believe a solution will only come about after careful and deliberate examination by informed persons who have experience with doping control and procedural guidelines, including legalities. This group must also be informed about the medical needs of master athletes, as well as the financial constraints under which we currently operate. Therefore, at our Convention in December at St. Louis, I will be appointing a Drug Testing Sub-Committee to formulate recommendations on how we should proceed from here. We all want a clean sport. The only question remaining is how we can achieve that without eliminating the necessary program services of USA masters. □


TRAIN WITH THE
**CHAMPIONS**
*"Still the best teaching videos on the market..."*

*Shipping Included in Prices*

| | | |
|---|---|---|
| MAC WILKINS | GOLD MEDAL DISCUS | $42.45 |
| AL FEUERBACH | BASIC 70' SHOT PUTTING | $42.45 |
| COMBINATION | SHOT PUT/DISCUS | $73.50 |
| YURIY SYDIHK | HAMMER THROW | $52.45 |
| WILLIE BANKS | BANKS ON TRIPLE JUMP | $52.45 |

**PRICE INCLUDES 2 DAY DELIVERY**
VHS only - Washington residents add 8.2% sales tax

Name_____

Address_____

_____

Order_____Total Amount_____

Send check or money order to: MAC WILKINS PRODUCTIONS
P.O. BOX 5571
BELLEVUE WA 98006

# 1300 to Compete in Nationals in Eugene

Continued from page 1

of masters competition once again.

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

The entry deadline was July 20 with the final deadline July 31. No late entries will be accepted in Eugene, 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. All competitors will receive a Certificate of Participation.

Free shuttles from the airport to the hotel and dorm areas will be available, and welcome tables will be staffed at the airport. As before, the dorms at the University of Oregon, located directly across the street from Hayward Field, will house a large number of the athletes and will be a focus of social activity.

At Hayward Field, itself, a number of displays will keep athletes up-to-date on the latest in exercise gear and equipment. Official National Masters Championships t-shirts and pins will also be sold.

**Age-Graded Seminar**

On Thursday evening, following the day's competition, Al Sheahen, editor of the *National Masters News* and Chairman of WAVA's Age-Graded Sub-committee, will lead a seminar on the use of age-graded tables. The meeting is open to all interested athletes and meet administrators.

The general athletes' meeting will be held on Friday following competition, and is open to all. Age-group awards will be presented, and an open discussion will follow. Details of time and place will be in the competitors' packets.

On Saturday, a barbecue will provide an opportunity to renew old friendships and make new ones. Cost is $12.50 and pre-purchase is highly recommended (call 503-687-1989). A limited number of tickets will be on sale at the registration site on Wednesday and Thursday.

**Transportation**

Transportation into Eugene can be difficult. United Airlines is the prime carrier, but its flights from San Francisco are often sold out. An option is to fly to Portland, rent a car, and drive two hours south to Eugene.

Another option is to take the train. Amtrak stops in Eugene daily from both the north and the south.

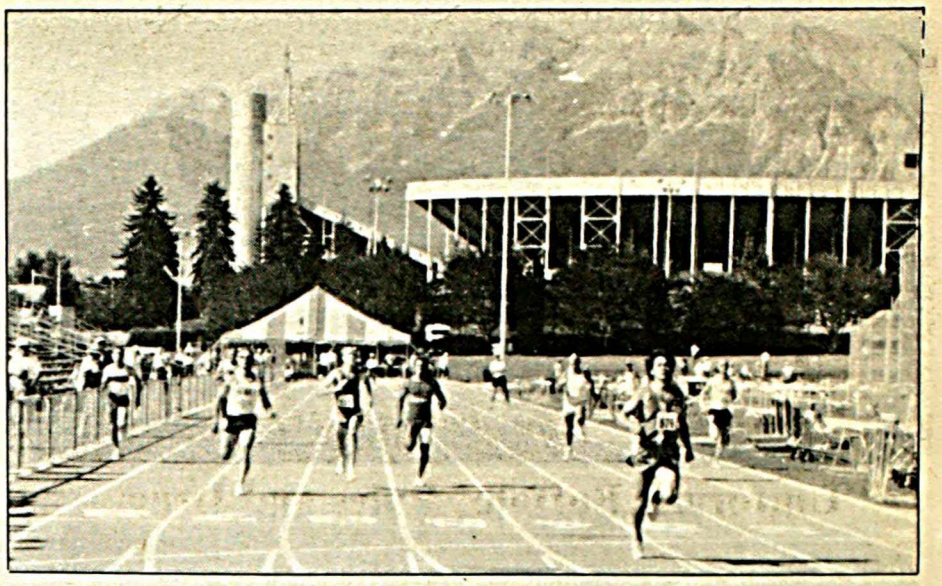
For a five percent discount on United excursion fares to either Eugene or Portland, contact Wilcox Travel (1-800-234-1605). Ask for the "Masters Desk."

**Declarations**

The declaration procedure used in 1989 and in Miyazaki will be used again; namely, all athletes must check in 45-to-60 minutes before the start. The computer will then assign heats based on the signed-in athletes.

Massages will be available at the stadium for a nominal donation. Results will be posted promptly. Local newspaper and TV coverage will probably be the best of any nationals to date.

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



The Wasatch Mountains serve as a backdrop to the finals of the M50-54 200m in the 1993 USATF National Masters Track & Field Championships, Brigham Young University, Provo, Utah. This year's championships will be held in Eugene, Ore., Aug. 11-14.

Photo by Jerry Wojcik

**Special Events**

The popular, annual age-graded 100-meter races for men and women will again be staged. Based on the new, revised 1994 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 Sunday afternoon and are sponsored by the *National Masters News*, with $200 prize money of $50 (first), $30 (second) and $20 (third) for each race.

The USATF National Championship relays (4x100, 4x400, 4x800) will be held Sunday following the age-graded 100s. Teams may be composed of members of a single club or a single region. For a state-by-state breakdown of each region, see the schedule pages.

**Sightseeing**

In Eugene and the surrounding area are some of the most outstanding vacation spots in the USA. Within driving distance are Crater Lake, the Cascade

Continued on page 17

## SITES OF NATIONAL MASTERS TRACK & FIELD 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 |
| 28 | 1995 | E. Lansing, MI |

## DISTANCES TO BE RUN IN AGE-GRADED RACES

| Age | Men | Women | Age | Men | Women |
|---|---|---|---|---|---|
| 30 | 100.0 | 91.6 | 65 | 80.4 | 71.0 |
| 31 | 100.0 | 91.6 | 66 | 79.7 | 70.3 |
| 32 | 100.0 | 91.6 | 67 | 79.0 | 69.6 |
| 33 | 100.0 | 91.4 | 68 | 78.3 | 68.9 |
| 34 | 99.3 | 90.7 | 69 | 77.6 | 68.1 |
| 35 | 98.6 | 90.0 | 70 | 76.9 | 67.4 |
| 36 | 98.0 | 89.3 | 71 | 76.1 | 66.6 |
| 37 | 97.4 | 88.7 | 72 | 75.3 | 65.8 |
| 38 | 96.7 | 88.0 | 73 | 74.5 | 65.0 |
| 39 | 96.1 | 87.3 | 74 | 73.7 | 64.2 |
| 40 | 95.4 | 86.6 | 75 | 73.0 | 63.4 |
| 41 | 94.8 | 86.0 | 76 | 72.1 | 62.6 |
| 42 | 94.2 | 85.4 | 77 | 71.2 | 61.7 |
| 43 | 93.6 | 84.7 | 78 | 70.4 | 60.8 |
| 44 | 92.9 | 84.1 | 79 | 69.5 | 60.0 |
| 45 | 92.3 | 83.4 | 80 | 68.6 | 59.1 |
| 46 | 91.7 | 82.9 | 81 | 67.7 | 58.2 |
| 47 | 91.1 | 82.2 | 82 | 66.7 | 57.2 |
| 48 | 90.5 | 81.6 | 83 | 65.8 | 56.3 |
| 49 | 89.9 | 81.0 | 84 | 64.9 | 55.3 |
| 50 | 89.3 | 80.3 | 85 | 63.9 | 54.4 |
| 51 | 88.7 | 79.7 | 86 | 62.9 | 53.4 |
| 52 | 88.1 | 79.1 | 87 | 61.8 | 52.3 |
| 53 | 87.6 | 78.5 | 88 | 60.8 | 51.3 |
| 54 | 87.0 | 77.9 | 89 | 59.7 | 50.1 |
| 55 | 86.4 | 77.3 | 90 | 58.7 | 49.3 |
| 56 | 85.8 | 76.7 | 91 | 57.6 | 48.1 |
| 57 | 85.2 | 76.1 | 92 | 56.5 | 47.0 |
| 58 | 84.7 | 75.4 | 93 | 55.3 | 45.9 |
| 59 | 84.1 | 74.9 | 94 | 54.2 | 44.8 |
| 60 | 83.5 | 74.2 | 95 | 53.0 | 43.7 |
| 61 | 82.9 | 73.4 | 96 | 51.8 | 42.5 |
| 62 | 82.3 | 72.9 | 97 | 50.6 | 41.3 |
| 63 | 81.6 | 72.3 | 98 | 49.4 | 40.1 |
| 64 | 81.0 | 71.7 | 99 | 48.2 | 38.9 |
| | | | 100 | 47.0 | 37.7 |


Seventh Annual

SRI CHINMOY MASTERS TRACK & FIELD 40 AND OVER

Sunday, September 11, 1994 CSU Long Beach

TAC SANCTIONED

DATE: Sunday, September 11, 1994

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); straight ahead, after small bridge turn left into parking lot A, 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 1, or phoned-in no later than Sept. 4. Late/day-of-race entries add $2.00.

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.

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

NOTE: 1994 TAC registration required (available at meet for $12).

TRACK EVENTS

| | |
|---|---|
| 9:30 am | 5000m Race Walk |
| 10:15 am | 2000m Steeplechase (women) |
| 10:30 am | 3000m Steeplechase (men) |
| 11:00 am | 3000m Run |
| 11:45 am | 80/100/110 Hurdles |
| 12:20 pm | 800m Run |
| 12:40 pm | 100m Sprint |
| 1:20 pm | 400m Sprint |
| 1:40 pm | 1500m Run |
| 2:00 pm | 200m Sprint |
| 2:30 pm | 300/400 Hurdles |
| 2:45 pm | 4 x 100m Team Relay |

FIELD EVENTS

| | |
|---|---|
| 9:00 am | Hammer |
| 10:30 am | Long Jump |
| 10:30 am | Discus |
| 11:30 am | Triple Jump |
| 12:00 noon | High Jump |
| 12:30 pm | Shot Put |
| 1:15 pm | Pole Vault |
| 2:00 pm | Javelin |

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.

NAME (Last)_____ (First)_____ AGE_____ SEX_____

DATE OF BIRTH_____ TAC #_____ TELEPHONE_____

ADDRESS_____ CITY_____ STATE_____ ZIP_____

T-SHIRT SIZE: SMALL_____ MEDIUM_____ LARGE_____ X-LARGE_____ AMOUNT ENCLOSED_____

PLEASE ENTER ME: 1)_____ 2)_____ 3)_____

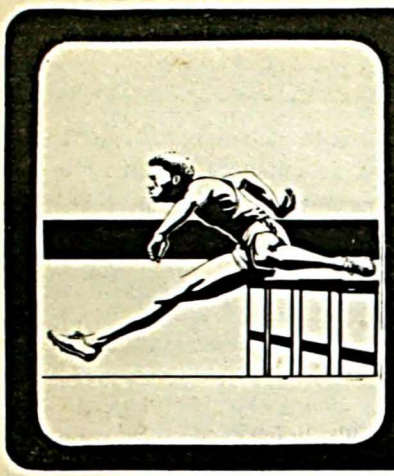
4)_____ 5)_____ 6)_____

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition and will do so if directed.

Athlete's Signature_____ Date_____

SRI CHINMOY MARATHON TEAM

BTU Stoker



# Training Advice

by DAVE BRENNAN

## Precision Pool Running

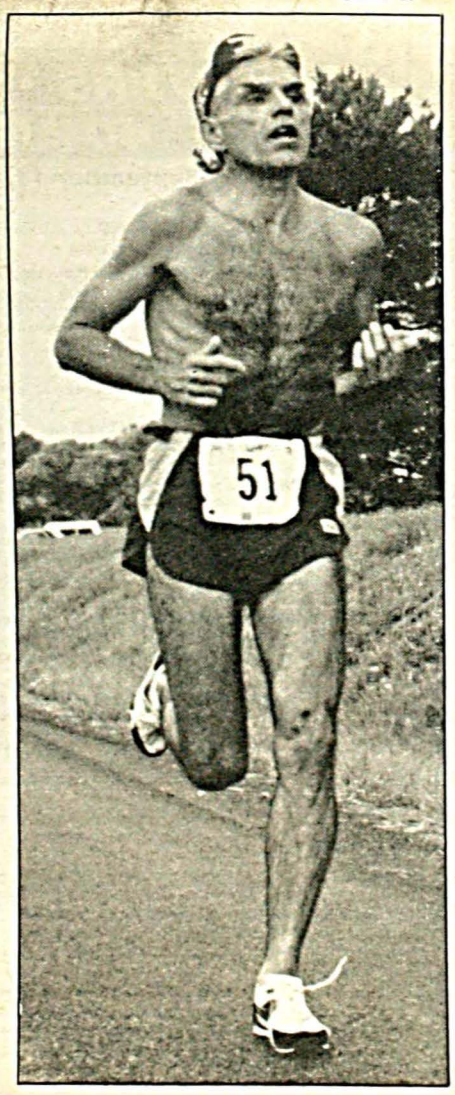
**Equipment** - Wear a flotation device (AquaJogger). It is next to impossible to maintain the correct movement patterns without one. The water line should be shoulder level with your mouth comfortably out of the water. Zero impact exercise can be accomplished in most pools that are 5-6 feet deep.

- **Posture** - Your head should be looking out and not down. Your spine should be close to vertical or about 2-3 degrees forward of vertical.
- **Form** - Your arms should move close to your body. For running, the primary movements are at the shoulder, elbows bent and hands lightly clenched with the thumbs on top. Using the hands as a guide, bring the hand forward to just below the water line 6-8 inches in front of the chest. Move the hand back and down so that the elbow, wrist and thumb all pass the hip close to the body. Avoid any cross-over or swimming-like motions with the arms.
- **Cycles** - The running action requires the hips to be flexed to approximately 70-80 degrees. On the downward and backward swing of the leg, pretend you are trying to "squash grapes" with your feet by keeping them flat and pushing them straight down below your "belly button."
- **Turnover** - Imagine yourself running a treadmill. Leg turnover is more important than forward speed.
- **Tether** - Try using a tether line (AquaHitch) to keep you in place. If possible use two hitches (one for each hip) and have them attached sub surface to a pool ladder or swim lane line for greater stability and less vertical "hike" or displacement. The AquaJogger has small holes at the back that work great. Tethers are ideal if your deep water space is limited or you are utilizing a crowded pool.
- **Safety** - Before embarking on any exercise program you should be examined by a physician, particularly if you have any known heart or blood pressure problem, any metabolic disorders, or have previously been inactive.

**How Hard are you Working in the Pool?**
Brennan Rate of Perceived Exertion -RPE

| Rate of Perceived Exertion | 1 Very Light | 2 Light | 3 Somewhat Hard | 4 Hard | 5 Very hard |
|---|---|---|---|---|---|
| Cadence (cycles/min.) | 60 | 60-70 | 70-80 | 80-90 | 90+ |
| Dry-land Equivalent | Brisk Walk | Easy Jog | Brisk Jog | 10k Race | Track Interval |

Table 1.



Ray Kneer, M50, Summer Hill, N.Y., first M40+ (1:11:51), Phelps Sauerkraut 20K, N.Y.
Photo by Tim Matthews



Women's masters 100m entrants, Bruce Jenner Games, May 28, San Jose, Calif., from left: Judy Ace, 42, Marj Moore, 61, Fei-Mei Chou, 59, Irene Obera, 60 (1st in 13.89), Jutta McCormick, 53, Martie Behrens, 45, Rita Kerr, 58.

Photo by Shirley Dietderich

### Workouts

- **Continuous Low Intensity**
  - 20-40 minutes of deep water walking or running at a steady pace.
  - RPE level at 1-2.
  - You should be able to hold a conversation and breathing should be moderate.
  - Try this workout 3-4 times per week.
  - If you are just starting, stick with this one for the first 4-6 weeks and build a nice endurance base.
- **Medium Intensity Interval Training**
  - Try bursts of activity for 3-5 minutes at somewhat hard (not all out) pace.
  - Take a 30-60 second recovery period to catch your breath.
  - Repeat the burst of activity 10-15 times depending on your fitness level.
  - Total workout time 25-45 minutes.
- **High Intensity Interval Training**
  - Short hard burst of activity ranging from 30 seconds to 2 minutes duration.
  - Recovery periods of 15-30 seconds.
  - Repeat 15-20 times.
  - Only try this one if you are in good shape.
  - One of these high intensity workouts each week would be enough.

- **WarmUp/Cool Down** - Before and after each workout session warm up or cool down for 4-5 minutes with some very light activity followed by some gentle stretching. Keep all movements smooth and stay relaxed. Take your pulse periodically during the workout and try to use the RPE scale to monitor your workout intensity (see box). □

*(David Brennan, M.Ed., is President of the Houston International Running Center and founder of the Aquarunning Deep Water Exercise and Rehabilitation Program. He is assistant professor at the Baylor College of Medicine, Department of Physical Medicine and Rehabilitation. Presently he directs the Water Exercise Therapy program for Medifit of America and the Human Performance and Rehabilitation Center in Houston. For more information on AquaJogger, call 1-800-922-9544.)*

## Monitoring

A structured program in the pool is more likely to yield results. The following are three variables to use when monitoring a training session.

**1. Heart Rate (HR)**

Usually measured by waterproof monitor or palpations (10 second count). HR values in the water are usually 10-15% lower than land values.

**2. Rating of Perceived Exertion (RPE)**

A subjective scale measuring effort with 5 verbal descriptors ranging from very light to very hard.

**3. Cadence**

Leg turnover or stride frequency, generally expressed as the number of times the right leg cycles through in one complete minute or cycles per minute (cpm).

## TEN YEARS AGO
## August, 1984

- Ed Burke, 44, Makes Olympics, But Al Oerter, 47, Doesn't
- Shirley Matson Ends Cindy Dalrymple's 75-race Masters Winning Streak in Peachtree 10K (35:59 to 36:05)
- Parry O'Brien Sets Two World M50 Shot Records
- Irene Obera Sets Two W50 World Sprint Records

# Mascali, Given Win on Shelter Island

by JERRY WOJCIK

Paul Mascali, 42, Manhasset, N.Y., and Susan Given, 41, Roanoke, Va., were masters firsts in the Shelter Island 10K, Long Island, N.Y., on June 11. The race, with its late-afternoon start, was run in near-perfect conditions under cloudy skies.

Mascali, a top master runner on the Long Island race circuit, finished seventh overall of 1530 competitors with a 32:46.

Daniel Badalament, 51, Glen Cove, N.Y., won the M50-59 race in 38:14. Richard Opsahl, 62, Huntington, N.Y., was the M60-69 winner with a 46:21. Andrew Neidnig, 74, Sag Harbor, N.Y., took the M70-79 contest in 56:18.

Given was 13th female, with a 40:05. Carolyn Langford, 52, East Patchogue, N.Y., won the W50-59 division race in 52:42. The first woman in the W60-69 division was Cynthia Murphy, of Shelter Island, in 59:56. Althea Wetherbee, 75, Huntington Station, N.Y., won the W70-79 gold medal in 65:44.

Khaled Khannouchi (22, 29:43), of Morocco, and Jeanne Peterson (24, 35:29), Massapequa, N.Y., were the overall winners.

The race is run on Shelter Island, which is serviced by ferry from either the North or South Fork of eastern Long Island. Over 200 volunteers, 90% of them island residents, helped make the race a success.

Proceeds from the event help fund the Suffolk County Special Olympics. Kathy Waldner served as meet director for the first time in this 15th annual race. □



Dan Badalament, Glen Cove, N.Y., 51, M50-59 winner (38:14), Shelter Island 10K, Shelter Island, N.Y., June 11.

Photo by Jerry Wojcik



John Walsh (#790), 43, Plainview, N.Y., ran a 38:23; Mario Conti, 37, Shirley, N.Y., closed in 46:42, Shelter Island 10K, Shelter Island, N.Y., June 11.

Photo by Jerry Wojcik

# *1300 to Compete in Nationals in Eugene*

Continued from page 15

Mountains, the Oregon desert, the Pacific Ocean beaches, the Ashland Shakespeare Festival, the McKenzie River, the Sun River Music Festival, and the Junction City Scandinavian Festival.

Eugene, itself, offers the famous Pre Jogging Trail, the Hult Performing Arts Center, bike paths, unique dining, concerts in the park (on Thursday and Saturday), the musical "Fame" at the downtown Cabaret, "Death of a Salesman" at the Theatre Annex, shopping, and, mainly, the friendliness and ambiance of a small (120,000) university town.

The average high temperature in Eugene in August is 80°F (28°C). The average low is a cool 51°F (10°C). The average rainfall in August is 0.8 inches.

**Results**

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


AQUAJOGGER® WATER WORKOUT GEAR

Catch The New Wave In Fitness

The Leading Edge of No Impact Exercise



- Cross Training
- Fitness/ Weight Loss
- Building Endurance And Strength
- Speed Recovery

Visit our booth at the 1994 Track & Field Championships in Eugene Aug11-14th

Nutritional Supplements

from Excel Sports Science

Only the finest pharmaceutical-grade raw materials are used in Excel's products to ensure potency, purity, and effectiveness. Each ingredient is carefully balanced, nutrient against nutrient, for maximum absorption, utilization, and metabolic performance. We do the legwork to save you the guesswork, and sell direct to give the quality you need and at an affordable price.

- **The Foundation™** - This Vitamin-Mineral-Herb combination is the cornerstone of a sound nutritional program.
- **Ultra-Cal™** - A superior profile of nutrients essential for muscle/nerve response and strong, healthy bones.
- **Bio-C™** - Easily-absorbed, it provides full-spectrum mineral ascorbates and the amino-acid taurine to maximize effectiveness.
- **Excelleration™** - An advanced blend of carbohydrates and protein to replenish vital energy stores quickly and speed recovery.

EXCEL SPORTS SCIENCE EUGENE, OREGON, USA®

For a FREE Water Workout Handbook and More Information About Our Products, Contact:

Excel Sports Science, Inc.

450 West 5th Avenue • Eugene, Oregon 97401

1-800-922-9544 • 503-484-2454

# International Scene

by REX HARVEY, Chairman,
WAVA Multi-Event Sub-Committee

## WAVA Standardizes the Weight Pentathlon

The Weight Pentathlon is now an official WAVA event. No longer will athletes be surprised at each competition by different sizes of implements, different order of events, and different scoring systems.

**Standardization**

The way to standardization has not been easy. Only three years ago, even though the event was well-known and popular in the throwing community, a proposal to make the weight pentathlon a WAVA championship event did not even receive a second at the WAVA General Assembly in Turku, Finland.

Since that time, progressive-thinking throwers have integrated their people and their ideas into the rest of the track and field community, working with existing administrative bodies and educating other athletes about the event.

In short, they worked within the system rather than complain about the system as had happened too much in the past.

In a dramatic turnaround, at the WAVA General Assembly in Miyazaki, Japan, a proposal to make the weight pentathlon a WAVA Championship event was overwhelmingly passed, 104 to 8.

**Specifications**

The actual detailing of the rules and specifications for the weight pentathlon has been difficult. This is a new event and, therefore, is another case where WAVA is out in front of the IAAF, just as in the women's steeplechase, pole vault, etc. There will soon be more people participating in the weight pentathlon than in any other WAVA multi-event. I predict the IAAF will follow WAVA's lead, and incorporate the weight pentathlon.

**Endless Possibilities**

Since the event is new, with little IAAF precedence as in other events, the possibilities for rules and specifications were endless. Fortunately, many people around the world have been conducting weight pentathlons for years. Unfortunately, they all felt their way was the only right way. And, believe me, throwers have strong opinions.

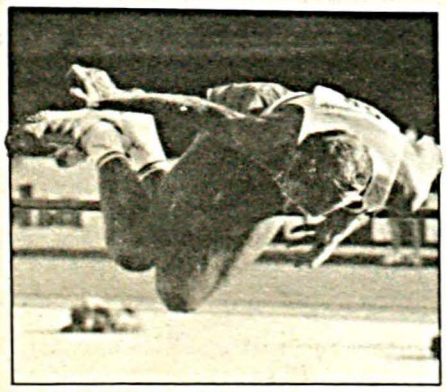
Some people's opinions were in direct conflict with others, even within the WAVA Multi-event Sub-committee. It was not easy to sort out what was logical and fair.

In general, two principles were followed. First, if there was an IAAF precedence, we tried to follow it. For example, if the IAAF specified a limit of three throws in a multi-event, we did not propose more, although there was a lot of pressure in that direction. We wanted credibility. As with other events, we follow IAAF rules and only introduce WAVA changes when dictated by the aging process.

Second, when there was a WAVA precedence, we followed it. For instance, all WAVA throwing implements for the weight pentathlon are now exactly as thrown in the corresponding WAVA individual events, except for the weight, which, as an individual event, has not been approved by WAVA. To decrease the size of implements would have been to belittle the multi-event athletes. Throwers are as intensively competitive as any other track and field athlete and deserve a standardized event in which to compete well.

**Throwers Club**

The WAVA weight pentathlon, as it exists today, has been developed over the last 10 or 15 years throughout the world. In addition to the many meets held in the USA each year, there is a "World Veterans Weight Pentathlon and Throwers Club," formed in 1991. Its member countries are Austria, Germany, South Africa, New Zealand, and Australia, with participation from Denmark, England, Hungary, Poland, and Italy. From that club, 94 people competed this year in a postal competition. An annual weight pentathlon in Oberwart, Austria, gets over 100 competitors.



Leo Benning, Cape Town, S.A., misses here at 1.53, but won the M60 high jump at 1.48, WAVA African Regional Championships, Durban, S.A., May 13-14.




After the first lap in the W1500, Marietjie Ceronia, W35, leads and goes on to win (4:53.5). Juriana Lane (W40, #247) won that section in 5:10.1. Stef Badenhorst (#225) was third W40 (5:20.4), while Anne Weedon (#207) was second W40 (5:12.1), Africa Regional Championships, Durban, S.A., May 13-14.

Photo by Leo Benning

**WAVA Championships**

There has been a weight pentathlon held in conjunction with the last four WAVA World Championships. The last one, in Miyazaki, was held during the competition period itself. In Eugene, USA, 1989, 75 people competed, 35 from the USA. In Turku, Finland, 1991, 79 participated, 23 from Finland, 15 from the USA, and the rest from all over the world. The U.S. has strong representation, but by no means is the event "alien" to the rest of the world.

**Origin**

Who "invented" the weight pentathlon? Many countries claim credit, but it really doesn't matter. One certain thing is that no one person, group, or country should dictate the event heedless of the rest of the world. So the best points of everyone's ideas have been combined into the best event possible. Any individual meet director, or any country, can, of course, specify whatever rules and specifications they please, but the marks won't mean much, and any records set will not be approved. It would be like the U.S. deciding to run the 100 yards, again, instead of the internationally-accepted 100 meters.

**Second-Class Citizens**

Throwers, in general, have not been in the limelight as much as other track and field athletes. They tend to be consigned to the outlying stadia areas, out of sight and out of mind. This is due in part to the real physical dangers of their events, but there is a "second class" attitude that goes further than that. This leads to a terrific amount of frustration among throwers who, by their very nature, tend to be powerful, explosive people. It's understandable when this frustration boils over into organizational meetings and editorials. But boiling over, locally, only temporarily relieves the frustration. It was cool-headed, logical, long-term positive action that was needed, and now has been done in the case of the weight pentathlon.

**Implements**

There is a continuous and ongoing debate about the size of WAVA implements. Much study, throughout the world, is being done to determine "correct" sizes for the various age groups. There is some worry that older athletes will be throwing lighter implements farther than their open compatriots, who throw heavier implements. This is unfounded. The closest a masters (veteran) thrower has ever come to an open world record is in the discus where four-time Olympic winner, Al Oerter, has thrown the 1.5k discus 94% as far as the 2.0k open world record.

**World Record**

There has been some concern that the weight throw, which is the last event of the weight pentathlon, has not been sized correctly and that older throwers will be "rocketing" their lighter weights too far. Again, this concern is unfounded. No matter what we think will happen, our strength and agility decrease markedly as we age.

For instance, Gerhard Schepe, 82, of Germany, won the weight throw as well as the overall M80+ weight pentathlon in Miyazaki. He is no slouch as a thrower, having also set a new world M80 record in the javelin earlier in that week. He "rocketed" the 12-pound (5.45kg) weight 13.40 meters (44 feet), a fine throw, but certainly not out of sight. In fact, 20 younger men in that same competition threw their own heavier weights farther than that, up to 19.72 meters (65 feet). With the open world weight-throw best being 24.84 (81 feet), the WAVA weight specifications look very reasonable for now.

**Here at Last**

In true WAVA tradition, the weight pentathlon shows no discrimination

Continued on page 20

# IX European Veterans T&F Championships Draw 3300 to Athens

by BRIDGET CUSHEN

Sizzling performances from the sprinters and field event athletes in equally sizzling temperatures is how the IX WAVA European Regional Veterans T&F Championships, Athens, June 2-12, will long be remembered.

Temperatures fluctuated between 82 and 90 degrees as 3304 athletes, representing 38 European countries, arrived in the ancient city.

The European constitution specifically states that entries from non-Europeans are not accepted and the inclusion of eight athletes from the USA raised questions.

No programs were available and none of the EVAA council members understood the Greek language; few of the organizing committee were fluent in English or French and there was the familiar story of no television coverage and no sponsorship. One sympathized with the organizers — lack of money, little experience in organizing a major veteran competition — but better communication from the EVAA Council would have helped. For example, the press officer was handed the WAVA and European lists of record holders. Some European records were superior to the world, i.e., W40 long jump, European 6.21, set in 1985; world, 5.90, listed as 1991.

Organizational shortcomings were soon forgotten, however, as competition got under way. Ron Taylor, GBR, who turned 60 last December, set the stadium ablaze as he blasted out of his blocks in the 100 semis. Flowing beautifully with that characteristically high knee lift, he smashed the world M60 record in a breathtaking 11.70. A swirling wind in the final ruled out any chance of a fast time. Perhaps his 23.99 in the 200 final (later rounded up to 24.00) was even more awe-inspiring.



Norway's Ase Nyland (center), winner of the W60 200 in 31.01, flanked by Germany's Lilo Rollfing (2nd), and Sweden's Asta Larssen (3rd), waving their beautifully-designed diplomas.

Photo from Bridget Cushen

What a shame he was unable to get to the World Championships last year.

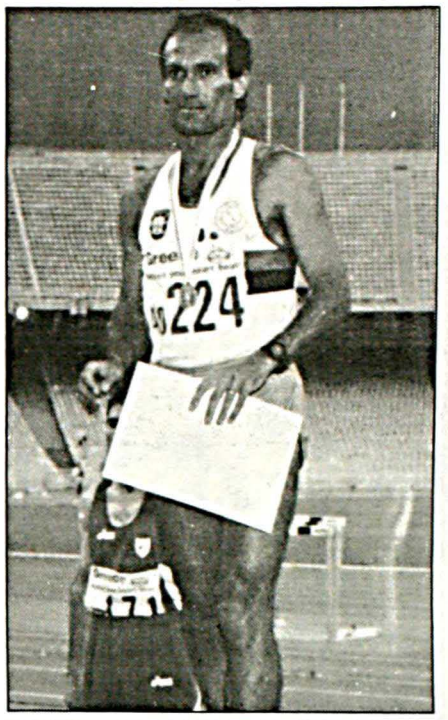
Thirteen world and 21 European records were broken, subject to ratification.

As expected, with the inclusion of so many Eastern European countries, the field events were all of high standard with 10 competitors in the M80 shot, 27 in the M60 discus, and 22 entries in the W50 discus.

Four stadiums, all within a short walk, were in use and with an 8:30 a.m. start, followed by a five-hour midday break, the officials coped remarkably well.

The marathon followed the classic route from the site on the Marathon plain where 600 invading Persian ships landed 60,000 men in 490 B.C. After the historic battle, a warrior named Pheidippidis, ran back to Athens in full armour and shouted, "We won" before collapsing at the spot where the marble stadium now stands and where the race was to finish. Of the 572 who had entered, approximately 400 started. The 366 who completed the tough course in the sweltering heat, after an 8:30 a.m. start, certainly deserved the applause.

The largest number of entries (457 men, 209 women) came from Germany. Of the new countries, the Czech Republic sent the largest number (75 men and 33 women), followed by Estonia (55 men and 33 women). Malta and Moldova had one male athlete each; San Marino sent one female representative. □



Portugal's Carlos Cabral, world M40 800 and 1500 champion in Miyazaki, receives his M40 1500 gold medal in the 1994 WAVA European Regional T&F Championships in Athens.

Photo from Bridget Cushen

## NEW WORLD RECORDS SET AT EUROPEAN CHAMPIONSHIPS
### Athens, Greece — June 2-13, 1994

| Event | Age | Mark | Name | Res | Old Mark | Set by |
|---|---|---|---|---|---|---|
| 100 | M60 | 11.70 | Ron Taylor | GBR | 11.8 | Payton Jordan |
| 200 | M60 | 23.99 | Ron Taylor | GBR | 24.9 | Payton Jordan |
| 200 | W70 | 32.94 | Paula Schneiderhan | GER | 34.2 | Polly Clarke |
| 300H | W50 | 48.43 | Marjorie Hocknell | GBR | 49.78 | Brenda Parkinson |
| LJ | W50 | 5.10 | Silke Mattelson | GER | 5.04 | Maeve Kyle |
| LJ | W70 | 4.15 | Paula Schneiderhan | GER | 3.58 | Paula Schneiderhan |
| LJ | W75 | 2.72 | Elisabeth Mighofer | GER | 2.64 | Tama Nakashima |
| TJ | W55 | 9.93 | Christi Schmalbruch | GER | 9.82 | Christiane Schmalbruch |
| DT | W60 | 37.64 | Zsuzsanna Wissinger | GER | 37.56 | Rosemary Chrimes |
| DT | W65 | 29.10 | Nina Ponomariova | UKR | 28.90 | Annchen Reile |
| DT | W75 | 21.24 | Annchen Reile | GER | 21.22 | Annchen Reile |
| JT | M80 | 32.58 | Gerhard Schepe | GER | 32.50 | Gerhard Schepe |
| HT | W55 | 45.02 | Evaun Williams | GBR | 43.88 | Evaun Williams |

# Veterans Grand Prix 10/25K

by MARTIN DUFF

Many fine performances took place at the Veterans Grand Prix 10K and 25K races held in Brugge, Belgium, on June 26. Briton Andy Catton retained his M40 10K title in 31:28, over half a minute clear of the Russian Valerie Aristov, as Malcolm Martin, 4th overall, took the M45 title in 32:31. Belgium's Dick Beeuwsaert was the best M50 in 33:43, as Briton Ron Higgs' 36:27 topped the M60s.

Janice Moorekite was the women's 10K winner in 37:13, and Felicity Garland was very impressive as the W45 winner in 37:29.

In the 25K, Dave Hill regained his title in 1:23:46, with Belgian Johan Hoppe second in 1:24:24 and former East German translator Klaus Goldammer third in 1:25:11. Hugh Arnold was the M50 winner in 1:28:07, confirming his good London Marathon.

Among the women, Beigium's Marie-Christine Christiaens (1:36:03) raced to a fourteen minute lead over second place finisher Magda Roelandt (1:51:07) with Eva Van Tulden taking third in 1:53:17. Denise Alfvoet, W55, ran a strong 1:48:52 to win her division, and it was good to see Jose' Waller, W70, back after injury (2:18:11). □

## FIFTEEN YEARS AGO
### August, 1979

- South Africans Banned from 3rd World Veterans Championships
- Billups, Hatton, Obera, Mundle Set Records
- 413 Compete in 12th National Masters T&F Championships in Gresham, Oregon

WORLD ASSOCIATION OF VETERAN ATHLETES

**PRESIDENT:**
Cesare Beccalli
P.O. Box 76
37010 Assenza di Brenzone
(Vr) Italy
Fax: 39-45-742-0661

**EXECUTIVE VICE PRESIDENT:**
Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
USA
Fax: 1-407-495-5054

**VICE-PRESIDENT (Stadia):**
Bill Taylor
17 Poplar Farm Close
Milton-under-Wychwood
Oxford, OX7-6LX
Great Britain
Fax: 44-993-831-204

**VICE-PRESIDENT (Non-Stadia):**
Jacques Serruys
Korte Zilverstraat, 5
B - 8000 Brugge, Belgium
Fax: 32-50-334-325

**SECRETARY:**
Torsten Carlius
Smalandsgatan 25
S-25276 Helsingborg, Sweden
Fax: 46-42-128-956

**TREASURER:**
Al Sheahen
P.O. Box 2372
Van Nuys, CA 91404
USA
Fax: 1-818-989-7118

**WOMEN'S Delegate:**
Hannelore Guschmann
Sint Andriesdreef, 9
B - 8200 Brugge - St Michiels
Phone: 050/38 76 12

**IAAF Delegate:**
Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F.
Mexico

**DELEGATE OF:**
**NORTH AMERICA**
Rex Harvey
160 Chatham Way
Mayfield Heights, OH 44124
USA
Home Phone: 216-446-0559
Business: 216-531-3000 x3366
Fax: 216-531-0038

**SOUTH AMERICA**
Jorge Alzamora
P.O. Box 685
Santiago, Chile
Fax: 56-2-696-5006
Phone: 56-2-621-1417

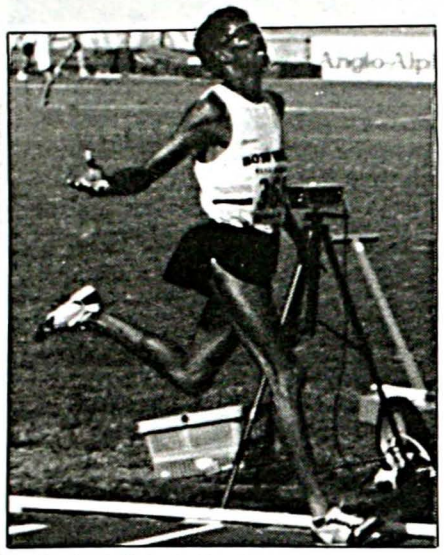
**ASIA:**
Hari Chandra
15 C Palm Tree Nines
Jalan Haji Salam
Singapore 1646
Tel: 65-2424967
Fax: 65-2420934

**EUROPE:**
Dr. Hans Axmann
Eichendorffstrasse 2
D-91522 Ansbach
Germany
Phone: 0981/86172
Fax: 49-981-53206

**OCEANIA:**
Jim Blair
43 Emslie Road
Pinehaven, Upper Hutt
New Zealand
Fax: 64-4-528-0115

**AFRICA:**
Col. Pascal Mackonguy
BP 1222 Brazzaville
Republic of Congo

# WAVA African Regional Championships Held in Durban, South Africa



Raj Rathedi, M35, of Botswana, won the 1500 (4:00.0) and took second in the 800 (1:52.9), WAVA Africa Regional Championships, Durban, S.A., May 13-14.

Photo by Leo Benning

by LEO BENNING

The first WAVA African Regional T&F Championships took place in Durban, S.A., on May 13-14. However, they were that in name only because just 11 athletes came from Namibia, three from Botswana, and the rest from South Africa. There were also about ten visitors from Austria and Germany, which pushed the total entry list up to 380.

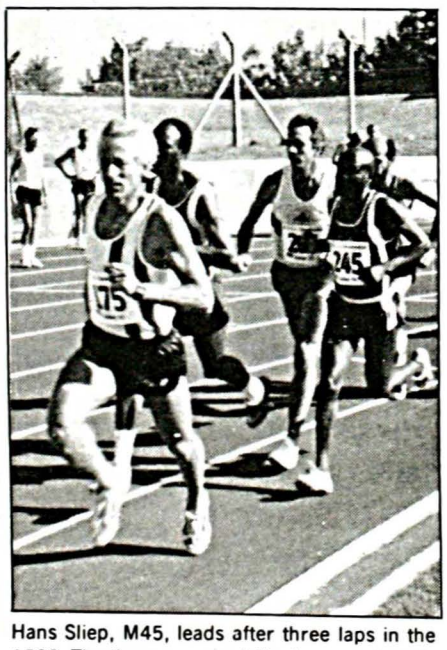
A number of S.A. records were improved as well as dozens of Natal domestic and open records. Unfortunately, the electronic timing mechanism proved to be faulty which may jeopardize record applications.

Some of the top men performers include the following: M35 Deon Brummer just missed the 800 record with a 1:50.9; second was Raj Rathedi of Botswana in 1:52.9. Rathedi won the 1500 in 4:00.0. M40 Len Claassen (third in the 400 in Miyazaki) won the 100 (11.4), 200 (23.2), 400 (52.2), and 800 (2:04.6). M55 Monty Hacker took golds in the 100 (12.5) and 200 (25.4).

Albertos (Kalie) van Zyl, 71, broke his own M70 300H WR of 50.4 with a fast 50.0, and also won the 80H (14.0), HJ (1.43), LJ (4.40), TJ (8.72), and JT (33.58).

M55 Richard Rzehak of Germany, gold medalist in the shot put/weight pentathlon in Miyazaki, won the hammer (43.90) and weight pentathlon, both S.A. open records, and the javelin.

Among the women: W35 Marietjie Ceronio, winner of three golds and a silver in Miyazaki, won the 1500 (4:53.5), 2000 SC (7:46.1), 5000 (17:31.9), and 10,000 (36:34). W50 Hella Kuppe of Namibia won three jumps and the 80H (14.6). W70 Lena Grobler (four golds and one silver in Miyazaki) won all four throws. □



Hans Sliep, M45, leads after three laps in the 1500. The three runners following are all M40: Vincent Lentsoenyane (#245), P.P. Tselanyane and Danie Nienaber. Sliep won the race in 4:27.5, while Nienaber won the M40 section in 4:29.2, at the WAVA Africa Regional T&F Championships in Durban, S.A., May 13-14.

Photo by Leo Benning

# Mexico City Meet

by BILL ADLER

The renewal of the track and field competition between Mexican and U.S. masters took place in Mexico City, June 25-26, at the Villa Olympica, a housing and training facility used for the 1964 Olympic Games.

The meet was well-organized and officiated by our Mexican hosts, and although the T&F areas were not up to most international standards for a major meet, there were come excellent marks. Two U.S. athletes, Dr. Robert Bowen, 42, West Virginia, and Larry Colbert, 57, Maryland, set Mexican national age-group records in the 100, with 11.01 and 11.81, respectively.

Armando Ricciardi, 74, Nevada, was presented the "Iron Man" trophy for competing in the most events and winning the most medals, but might have lost the award to Margaret Hinton, 74, Texas, who entered eight events but had to scratch the 200 because of illness.

World-record-holder Joe Keshmiri, 56, Nevada, won the shot put and discus. Johnnye Valien, 68, California, was outstanding as usual with medals in five events. Janet Baumann, 55, New York, took medals in the 1500 and 5000, both difficult events at the Mexico City 5000-foot altitude.

Those of us who went to Mexico will not soon forget the hospitality of the Contreras family. Bernie Contreras met us at the airport and was our constant guide, chauffeur, and interpreter. Marcelino and Hilda made all the T&F arrangements. The Contreras catered and pampered us to the extent that we all went home a little bit spoiled from all the attention. As we left their home to return to the hotel, either by plan or coincidence, we could hear the melody of the song "Adios" coming from the stereo. It was a fitting ending to a delightful evening and a great trip. □

*(Complete results of the meet will be published in a future issue.)*




At the WAVA Africa Regional Championships in Durban, S.A., May 13-14, several women from Western Province (Cape Town area) support their team. L to r, back row: Carnie Jnr, Vee Carnie, Bonni Kosmas, Marie Benning, Koba Bellingan. Front row: Delicia Nicholson, Gail Allers, Marie-Louise Uys, Isabel Hofmeyr, Anna Villet, and Yvonne oe Wit.

Photo by Leo Benning

# *The International Scene*

Continued from page 18

between men and women. Both do the same events in the same order. This cannot be said about any of the other multi-events (decathlon/heptathlon, indoor pentathlon, outdoor pentathlon), each of which has different events and event-orders for men and women.

I am very happy to see the weight pentathlon now in place. We all know it is already a popular event, and will become even more so, now that it is standardized so that interested athletes are no longer shooting at an unsure, moving target.

I thank many people for their tireless effort on this worthwhile project. A forthcoming issue of NMN will contain all of the information needed to correctly score a weight pentathlon. □

## WAVA/USATF Hurdles and Implements Specifications

**HURDLES**

**WOMEN**

| Age | Race Distance | Hurdle Height | To 1st Hurdle | Between Hurdles | To Finish | No. of Hurdles |
|---|---|---|---|---|---|---|
| 30-39 | 100m | .840m 33" | 13.00m 42'8½" | 8.5m 27'10½" | 10.5m 34'5" | 10 |
| 40-49 | 80m | .762m 30" | 12.00m 39'4" | 8.0m 26'3" | 12.00m 39'4" | 8 |
| 50-59 60-69 70 Plus | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11½" | 19.00m 62'4" | 8 |
| 30-39 40-49 | 400m | .762m 30" | 45.00m 147'7¾" | 35.00m 114'9½" | 40.00m 131'2½" | 10 |
| 50-59 60-69 70 plus | 300m | .762m 30" | 50.00m 164'0½" | 35.00m 114'9½" | 40.00m 131'2½" | 7 |

**MEN**

| | | | | | | |
|---|---|---|---|---|---|---|
| 30-39 40-49 | 110m | .991m 39" | 13.72m 45' | 9.14m 30' | 14.02m 46' | 10 |
| 50-59 | 100m | .914m 36" | 13.00m 42'8" | 8.50m 27'10½" | 10.50m 34.5" | 10 |
| 60-69 | 100m | .840m 33" | 13.00m 42'8" | 8.50m 27'10½" | 10.50m 34'5" | 10 |
| 70 plus | 80m | .762m 30" | 12.00m 39'4" | 7.0m 22'11½" | 19.0m 62'4" | 8 |
| 30-49 | 400m | .914m 36" | 45.00m 147'7½" | 35.00m 114'9½" | 40.00m 131'2½" | 10 |
| 50-59 | 400m | .840m 33" | | | | |
| 60 + | 300m | .762m 30" | 50.00m 164'0½" | 35.00m 114'9½" | 40.00m 131'2¾" | 7 |

**IMPLEMENTS**

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

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

# Masters Scene

## NATIONAL

• **Road Race Management,** Inc., publisher of the Guide to Prize Money Races and Elite Athletes, will publish a new directory, **The Running Industry Resource Directory,** Sept. 15. Designed to aid race directors and club officials, it will include major shoe and apparel companies; national running organizations; running clubs; event management, race consultants, and finish line services; speakers; etc. Road Race Management, 4904 Glen Cove Pkwy., Bethesda, MD 20816. 301/320-6865.

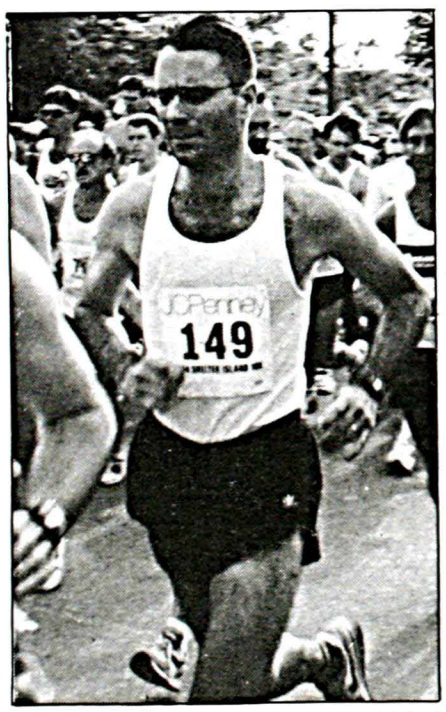
• On July 1, Fitness Publishing, Inc., a privately-owned company, acquired *Running Times* magazine from Air Age Fitness Group Inc. of Wilton, CT. The 17-year-old monthly magazine — aimed at serious runners — has a reported paid circulation of 55,000. Masters runner **Carol Lasseter,** who has been Associate Publisher of the magazine, was named Publisher effective with the sale. **Scott Douglas** will continue as Editor.

## EAST

• **Karl Johnson** won the discus and shot put (48-2) in the Golden Master division (M40-44), New York Police Olympics, Syracuse, June 10.

• Thirty-five athletes, ages 58 to 87, gathered in Montpelier for the **Vermont Senior Sports** Qualifying T&F Meet, June 25. Five attained times or distances in 11 events that would have won either medals or ribbons at last year's USNSO Nationals in Baton Rouge. Not bad for a small rural state with less than half a million people. **George Brown** was the Vermont T&F cordinator.

• **Jacqueline Gareau,** 41, St. Bruno, Canada, was first woman overall in the 34th Mount Washington 7.6 Mile Race from the base to the summit, Pinkham Notch, Gorham, NH, June 18, with a W40+ course record 76:16. First M40+ was **Keith Woodward,** 43, East Corinth, VT, in 70:03. **Sumner Brown,** 50, Belmont, MA, and Gareau were the best age-graded performers; Brown with a 72:37 (AG63:55) M50-54 course record; Gareau with an AG70:58. The 1000 entrants included 204 women, the first time there have been more than 200 in the field; 884 finished.




James Wojcik, 35, NYC photographer, finished as third Shelter Island resident (41:12), Shelter Island 10K, N.Y., June 11.
Photo by Jerry Wojcik

• **Road Race Management** will conduct its 12th Race Director's Meeting and Trade Show November 11-13, in Washington, D.C. Over 200 race directors, race officials, corporate sponsors, advertising and public relations executives, and others interested in road running are expected to attend. For a detailed program and registration form, send SASE to RRM, 2300 Ninth St. South, #300B, Arlington, VA 22204 (703-685-7181).

• In an unprecedented move, the executive committee of USA Track & Field voted to induct **Fred LeBow** in July into the National Track and Field Hall of Fame, bypassing the usual late fall/early winter timetable for nomination, election and induction, due to LeBow's bout with brain cancer. Chairman of the 28,000-member New York Road Runners Club, LeBow is known as the father of the modern international marathon, having taken the original 1970 New York City marathon from a race contained within Central Park to a race spanning the five boroughs of New York City with live worldwide television coverage, large appearance fees, and huge purses. Sixty-one-year-old LeBow has run more than 70 marathons in his career.

• **Paul Ryan** (43, 4:37.4) and **Chris Stockdale** (50, 5:25.7) were top masters in the first McLean, VA, Street Mile, May 30. Nearly 150 competed in the point-to-point course in what is hoped will be an annual event organized by the McLean Fleet Feet Sports store.

• Beautiful, bubbly **Susan Kearns** succumbed to cancer at age 37 on June 1. A marathoner and long-time member of Millrose AA in New York City, she participated in numerous local USATF Association and New York Road Runner events. Susan will be missed not only by her immediate family, friends and work colleagues but as well by her larger, extended family of roadrunners and competitors.

## SOUTHEAST

• **Becky Demott,** 45, Moultrie, GA, was sixth overall in 28:26 of 714 walkers in the Rose City 5K, Thomasville, GA, April 16.

• Racewalking star **Don de Noon,** M50, competing in the open division of the 20K racewalk at the USA Mobil Outdoor Championships in Knoxville, TN, June 14-18, came in 13th overall in a time of 1:35:26.

## MIDWEST

• At the May 26 Elby's Distance Classic 20K in Wheeling, WV, **Jim** (M60) and **Georgette** (W55) **Lacey** won their respective age divisions. For Georgette, this was her 7th straight division title, an all-time Elby's record.

## SOUTH WEST

• **Dr. Pat,** 44, was second in 15:42 of 1200 participants in the Greek Festival Olympic 5K, New Orleans, May 27. **Lesley Marley,** 40, was eighth female with a 21:55. **Mike Witkin** (55, 18:02) and **Polly Blanchard** (50, 24:34) were first 50+s.

• The Hill Country Classic Masters T&F Meet drew 130 men and 20 women from 58 cities and five states to Mason, TX, June 25. Next year's meet is tentatively set for June 25.

• **Larry Jessee,** 42, El Paso, TX, equaled his pending masters PV WR of 17-2½ (5.25) in a meet at the University of Texas-El Paso, June 25.

• **Jim Dolezel,** M40, performed brilliantly at the Oklahoma State Age Group T&F Championships in Tulsa, May 28. He took home gold in the 100, 200, high jump, long jump and pole vault, and silver in the 400. In the same meet **Dale Lance,** M55, was most impressive, setting meet records in the 100 hurdles, 100, high jump, javelin, long jump and pole vault.

## WEST

• The **Crown Valley Senior Games** drew large numbers of sprinters to Occidental College, Los Angeles, April 24, necessitating heats in the M60-64 50m and 100. **Walt Butler** won the M50 races in 6.5 and 12.1. **Walt Badorek,** M60, topped all discus throwers with a 158-0. The T&F portion of the games was one segment of a multi-sport program sponsored by the Pasadena Senior Center, and coordinated by **Cynthia Vaughan. Christel Miller** was meet director.

• In the 100-mile mountain trek from Squaw Valley to Auburn, CA, otherwise known as the Western States Endurance Run, June 24-25, masters placed in the top three overall in both the men's and women's divisions. **Joe Schlereth,** 44, of Fresno, CA, ran a strong 17:57:06 to place second overall, and **Helga Backhaus,** 41, from Berlin, Germany, was third overall woman in 21:20:07.

• **Barry Molony,** 43, doubled in the Westlake Florist Flower 5K & 10K runs held June 5 in Westlake Village, CA, winning the 5K in 15:10 and coming back for a 34:39 in the 10K. Also in the 5K, **Bill Foulk,** 61, won his division with a very strong 18:57.

• **Jack Karbens,** director of the recently-held Aloha State Games, where he was first M50 in the discus (110-7), plans to bring a dozen or so athletes from Hawaii to compete in the Outdoor Nationals in Eugene. Karbens was recently elected T&F chairman of the USATF-Hawaii Association.

• About 200 athletes enjoyed the volunteer services of 26 officials at **Christel Miller's** annual USATF Southern California Association Masters Championships at Occidental College, Los Angeles, June 18. Newcomer **Kathy Bergen,** 54, raced to fine times in the 100 (14.33) and 200 (30.09). **Rocky McPherson** won the M65 100 (13.96) and 200 (28.79). **C. Kirkby** took the M55 400 (57.03). **George Cohen,** M50, ran the fastest 800 of the day (2:09.84). **Neil Doherty** prevailed in the M50 1500 (4:41.16). **N. Shaheed** impressed with an M40 1500 of 4:06.85. **Johnnye Valien** captured the W65 shot (5.37) and javelin (11.14).

## NORTHWEST

• At the Clackamas River Canyon Marathon in Estacada, OR, May 28, masters runners took top spots overall in both the men's and women's divisions. **Steve Campagna,** 47, led the men in 2:44:32, and **Katey Angel,** 40, was the ladies' leader in 3:03:18.




M65+ winner (20:05), Colin Harris, Maccabiah 5K, Plainview, L.I., N.Y.
Photo from Mike Polansky

## CANADA

• **Art Meaney,** St. John's Newfoundland, was credited with an M50 Canadian record of 75:46 for the half-marathon in a past issue. His time is a provincial record; the national record is 74:00, held by Allan Kerr. **Ken Inglis** has a pending 73:52.


# Masters Age Records 1993

**(1994 Edition)**

Compiled by WAVA and USATF 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, 1993.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1993.
- 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**

**Name**_____

**Address**_____

**City**_____ **State**_____ **Zip**_____

# 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 NATIONAL

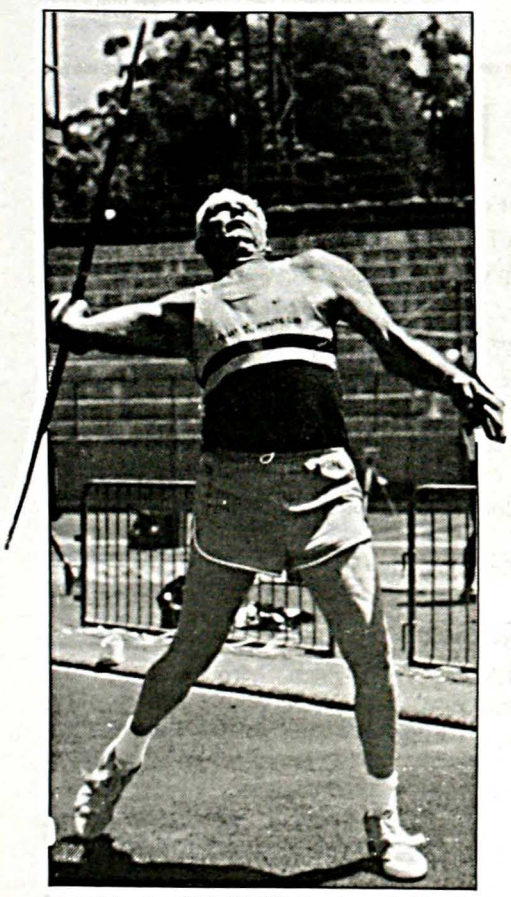
**August 11-14.** 27th USATF National Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/687-1989.

**August 20.** USATF National Outdoor Weight & Superweight Throw Championships, U. of Washington. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-3923.

**September 3.** USATF National Masters Weight Pentathlon Championships, Michigan State U., E. Lansing. Judi Brown, Track Office, MSU, 214 Jenison Fieldhouse, E. Lansing, MI 48824. 517/353-9299.

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

**August 7, 21.** Potomac Valley TC Developmental Meets, Williams HS, Alexandria. John Martin, 703/352-3057.



Del Pickarts, M65, USATF Southern California Association Masters Championships, Occidental College, Los Angeles, June 18.
Photo by Paul McGuffin

**August 28.** Phila. Masters Summer Championships, Swarthmore College, Pa. 9 am. SASE to Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215/441-8584.

**September 4.** Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N., Arlington, VA 22207. 703/243-1290.

**September 11.** NY Masters Fall Mini-Meet, throws & jumps only. Merchant Marine Academy, Kings Point, L.I., N.Y. 10:30 am. SASE to Jai Singh, 254-24 75th Ave., Glen Oaks, NY 11004. Info: Roz Katz, 718/358-6233 (7-9 pm EDST); Eric Weissbrot, 516/487-1417 (7-9 pm EDST).

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

**August 20.** Hot Feet Series, Francis Marion U. Florence TC, PO Box 1476, Florence, SC 29503.

**October 8-9.** Thomasville Fall Masters Decathlon/Heptathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910/476-1228.

### MIDWEST
**Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.**

**September 11.** Wolfpack Throwing Classic, Thomas Worthington HS, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

### MID-AMERICA
**Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota**

**August 3-7.** New Mexico Senior Olympics. 55+. Cecilia Acosta, PO Box J, Roswell, NM 88201. 505/623-5777. Residents only.

**August 9-14.** Rocky Mountain Senior Games. 55+. Don Shedd, Greeley Senior Activity Center, 1010 Sixth St., Greeley, CO 80931. 303/350-9433. Open to out-state.

**August 19-21.** Nebraska Senior Games. 55+. Roger Jasnach, PO Box 607, Kearney, NE 68847. Open to out-state. 800/652-9435 (in-state); 800/227-8340 (out-state).

**August 21.** U.S. Masters — Senior Olympic EM "R" Meet, U. of Minnesota. Pre-register SASE to Rachel Lyga, 122 NE 63½ Way, Minneapolis, MN 55432. 612/574-9661.

**September 3-4.** Rocky Mountain Masters Games, Potts Field, U. of Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

### SOUTHWEST
**Louisiana, Mississippi, Texas. Arkansas, Oklahoma**

**August 17-20.** UMC West Texas Senior Sports Classic, Texas Tech U., Lubbock. 50+. Open to out-state. Peter Laverty, 2001-19th St., Lubbock TX 79401. 806/767-2710.

### WEST
**Arizona, California, Hawaii, Nevada**

**August 4, 20.** Timber Wolf TC Summer Series, Encina HS, Sacramento, Calif. TWTC, PO Box 19142, Sacramento, CA 95819. 916/489-2708.

**August 4.** All-Comers Meet, Santa Barbara CC. R. Paulson, 805/965-0581; 2275.

**August 5.** All-Comers Meet, Santa Monica CC. C. Shropshire, 213/291-2376.

**August 6.** All-Comers Meet, Los Angeles CC. Marv Thompson, 213/953-4000; 260.

**August 6.** Sky Jumpers Age-Group Pole Vaulting Championships. 4:30 pm. SJVC, 6505 Santa Cruz, Atascadero, CA 93422. Jan Johnson, 805/466-8119.

**August 14.** Bay Area Senior Games, Edwards Stadium, Berkeley. 50+. Bay Area SG, PO Box 10385, Oakland, CA 94610.

**September 10.** No. Cal. Seniors Classic, UC-Berkeley. Mark Grubi, director, PO Box 424512, San Francisco, CA 94142-4512.

**September 10.** California State Senior Games Championships, San Diego. 50+. Senior Sports Festival, 5384 Linda Vista Rd., Suite 200, San Diego CA 92110. 619/543-9046. Fax: 619/543-9239.

**September 11.** Sri Chinmoy Masters Games, CSU-Long Beach. 40+. Bigalita Egger, 310/645-0271.

**September 17.** KELfield First Anniversary Meet. Meet followed by all-you-can-eat/drink. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

**October 8.** 22nd Annual Club West Masters Meet, Santa Barbara City College, Santa Barbara, Calif. 9 a.m. Beverly Lewis, 805/969-5851.

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

**August 4-8.** Idaho Senior Games. Nancy Jensen, PO Box 2048, Boise, ID 83701. 208/386-2120. Open to out-state.

**August 25-28.** Wyoming Senior Olympics. 55+. Bonny Fitch, 1000 Douglas Highway, Gillette, WY 82716. 307/682-7406. Open to out-state.

**October 1.** Fall Helena Throws Festival/Weight Pentathlon, White's Field, Helena, Mont. Manuel/Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

**October 19-21.** Huntsman Senior Games, St. George, Utah. 1-hour drive north of Las Vegas. 50+. Sylvia Wunderli, Huntsman Games, 1355 South Foothill Drive, #103, Salt Lake City, UT 84108. 801/583-6231. Fax: 801/583-5231.

## CANADA

**August 4-7.** WAVA North American Regional Championships, Edmonton, Alberta, Canada. Liz McBlain, 10427 21st Avenue, Edmonton, Alberta, Canada, TJ6 5E9. 409/438-2911.

**September 10.** Canadian Masters 1994 Inter-Club T&F Championships. York Univ., Toronto. Jim Flowers, CMAA, 479 Drewry Ave., Willowdale, Ontario M2R 2K9. 416/495-4059.

## INTERNATIONAL

**September 10-11.** San Juan International Masters Meet, San Juan, Puerto Rico. Puerto Rico Masters Assn., PO Box 31300, 65th Infantry Station, Rio Piedras, PR 00929-0300. G. Gonzalez Julia, 1-809/765-5702; Jesus Galvez, 1-809/789-7436.

**September 25.** Throwing Decathlon, Muhlheim (near Frankfurt), Germany. 10 throws in 1 day, including stone throw (SP with a run up); schocking the SP with one hand like discus. Erwin Kollmar, Lerchenberg 7, 6348 Herborn 5, Germany. 02772/54701.

## ON TAP FOR AUGUST

**TRACK AND FIELD**

The USATF National Masters Championships at legendary Hayward Field, Eugene, Ore., 11th-14th, get top billing, followed by the National Weight & Superweight Throw Championships, Seattle, on the 20th. These are preceded by the WAVA North American Regional Championships, Edmonton, Alberta, Canada, 4th-7th.

**LONG DISTANCE RUNNING**

Races of note include the Falmouth 7 Mile, Mass.; Parkersburg Half-Marathon, W. Va.; America's Finest City Half-Marathon, San Diego; and the Pikes Peak Ascent/Marathon, all on the weekend of the 20th-21st. A week later, runners can select from the Maggie Valley Moonlight 8K, N.C., and Crim 10 Mile, Flint, Mich., on the 27th, or the Annapolis 10 Mile, Md., on the 28th.

**RACEWALKING**

The Nationals in Eugene offer the 5000 track and men's 20K and women's 10K road championships. On the 28th, the MAC/Eastern Regional 10K Relay is set for Central Park, NYC.

**September 26-October 8.** Third International Masters Games, Brisbane, Australia. Sports Travel International, 800-466-6004. Deadline July 15.

**September 30-October 2.** WAVA Asian Regional Championships, Jakarta, Indonesia. Asians only.

**July 13-23, 1995.** XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. WVC, PO Box 150, Niagara Square Station, Buffalo, NY 14201-0150. Phone: 1-716/852-2765; 230. Fax: 1-716/852-0131.

## LONG DISTANCE RUNNING NATIONAL

**September 17-18.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

**October 2.** USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/673-0778.

**October 2.** USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

**October 16.** USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

**November 6.** USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

**November 13.** USATF National Masters 15K Championships, Schenectady, N.Y. Ed

Continued on page 23

Continued from page 22

Neiles, 17 Norwood St., Albany, NY 12203. 518/482-9032.

**November 19.** USATF National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

**December 4.** USATF National Masters 10K Championships, St. Louis, Mo. Tom Eckelman, 7140 Waterman, St. Louis, MO 63130. 314/727-7582.

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

**August 6.** Phelps Sauerkraut 20K, Phelps, N.Y. 28th Annual, George Tillson, Wiborn Rd., Shortsville, NY 14548, 716/289-4250.

**August 7.** Green Mountain Road Race 10K. The Summit Lodge, Box 119, Killington, VT 05751. 802/422-3535 or 800/635-6343 (out-of-state).

**August 21.** Falmouth 7 Mile. Jon Carroll & Rich Sherman, Box 732, Falmouth, MA 02541. 508/540-7000.

**August 28.** Annapolis 10 Mile. Annapolis Striders, PO Box 187, Annapolis, MD 21404. 410/268-1165.

**August 28.** NYRRC Back To Work 4 Mile, Central Park. 212/860-9754.

**September 5.** New Haven 20K. John Bysiewicz, PO Box 1893, New Haven, CT 06508. 203/481-5933.

**September 17.** Civil War Relay, Alexandria, Va. to Richmond, Va. 120 miles/11-person teams. Relays of America, PO Box 17086, Seattle, WA 98107. 206/782-6547.

**September 18.** Philadelphia Half-Marathon. SASE to PDR, PO Box 43111, Philadelphia, PA 19129. 215/293-0786.

**September 18.** Eriesistible Marathon, Erie, Pa. Pete Ogden, PO Box 1906, Erie, PA 16507. 814/946-4974.

**September 25.** 12th Annual Yankee Runner 5K X-C Race, South Byfield, Mass. David Abusamra 508/462-8672 (7-9 pm); 508/465-1763 X83.

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

**August 13.** Full Moon Frolic Run, Sperling Center, DeLand. 6 pm. John Boyle, PO Box 1824, DeLand, FL 32721. 904/736-0002.

**August 27.** Maggie Valley Moonlight 8K. Chamber of Commerce, PO Box 87, Maggie Valley, NC 28751. 704/926-1686.

**September 5.** Cobb 10K Classic, Atlanta. 404/438-810K; 432-0100. $18,000 for masters.

## MIDWEST
**Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.**

**August 4.** Chemical Bank Corporate Challenge Series, 5K, Chicago. The Eventors, Inc., Jane Canepa/Shelby Cunningham. 312/944-6667.

**August 20.** Parkersburg Half-Marathon (USATF Open Men's Championship). Half-Marathon, PO Box 718, Parkersburg, WV 27102. 304/424-2786.

**August 27.** Crim 10 Mile. Crim Festival of Races, PO Box 981, Flint, MI 48501. 313/235-3396.

**October 30.** Chicago Marathon/5K. Marathon, PO Box 10597, Chicago, IL 60610-0597. 1-800-527-3214.

## MID-AMERICA
**Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota**

**August 20-21.** Pikes Peak Ascent (20th) & Marathon (21st), Manitou Springs, Colo. Triple Crown of Running, PO Box 38235, Colorado Springs, CO 80937. Limited entries.

**September 11.** Duke City Marathon, Albuquerque. Tico Navarro, PO Box 14903, Albuquerque, NM 87191. 505/888-2448.

## SOUTHWEST
**Arkansas, Louisiana, Mississippi, Oklahoma, Texas**

**August 21.** Zephyrs Grand Slam Run/Walk, New Orleans. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504/482-6682; 468-1488.

**October 22.** Cherry Street Road Mile, Tulsa, Okla. $10,000 prize money and incentives for masters. Fred Ebrahimi, PO Box 4246, Tulsa OK 74159-0246. 918/744-4222; Fax: 918/749-2444.

## WEST
**Arizona, California, Hawaii, Nevada**

**August 21.** America's Finest City Half-Marathon. Neil Finn, PO Box 3879, San Diego, CA 92163. 619/297-3901.

**August 27.** Las Vegas Forest Challenge. Cool 18K, 8K, 4K runs. Mike Naylor, 702/383-1276.

**September 10.** California State Senior Games Championships, UCSD, San Diego. 5K/10K. (50+). Open to out-state. Roger Martin 619/543-9046.

**September 11.** Run Through The Hangars II, 5K/10K Run, Marine Corps Air Station, Tustin, Calif. Gunnery Sgt. Mike Gonzales, 714/726-7531.

**September 17.** Juan In A Million 5K, Las Vegas. Ed Preciado, 700 E. Charleston Blvd., Las Vegas, NV 89104. 702/366-7289.

**October 1.** 18th annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). 2560 feet descent. St. George Marathon, 86 S. Main St., St. George UT 84770.

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

**August 6.** Homer's Classic 10K/2 Mile Fun Run. Mike or Joanne Stewart, 540 Edgwood, Silverton, OR 97381.

**September 17.** Prefontaine Memorial 10K. Pre Memorial Run, PO Box 1380, Coos Bay, OR 97420. 503/269-1103.

**October 1.** St. George Marathon. 13th largest in US, 2800 runners last year. Kent Perkins, Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850.

## CANADA

**September 17.** Ontario Masters 5K Championships, Toronto. M&W 35+; 5-yr. age groups. Bob Wilson, 53 Donside Dr., Scarborough, Ont., M1L 1P7. 416/288-0953.

## 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 12-14.** USATF National Masters 5000m/M20K & W10K Racewalk Championships, Eugene, Ore. See National T&F.

**August 17-21.** Racewalking Boot Camp, U. of Maine, Orono. Dave McGovern, 240 Donnington Dr., Greenville, SC 29615. 803/268-5222.

**August 28.** MAC/Eastern Regional 10K Relay (2x5K) Championships, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, New York, NY 10028. 212/628-1317.

**September 4.** North American 15K Championships, Washington, D.C. Sal Corrallo, 703/243-1290.

**September 4.** Western Regional 15K Open and Masters Racewalk Championships/5K Ladder and 5K Mayor's Cup Racewalk. Gene Dix, 2301 El Nido Court NW, Albuquerque, NM 87104. 505/242-3713.

**September 11.** USATF National Masters 40K Racewalk Championships, Ft. Monmouth, N.J. Elliott Denman, 28 No. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

**September 11.** California State Senior Games Championships, UCSD, San Diego. (50+) 1500m/5000m Racewalk. Open to out-state. Ed Ricci 619/569-5205.

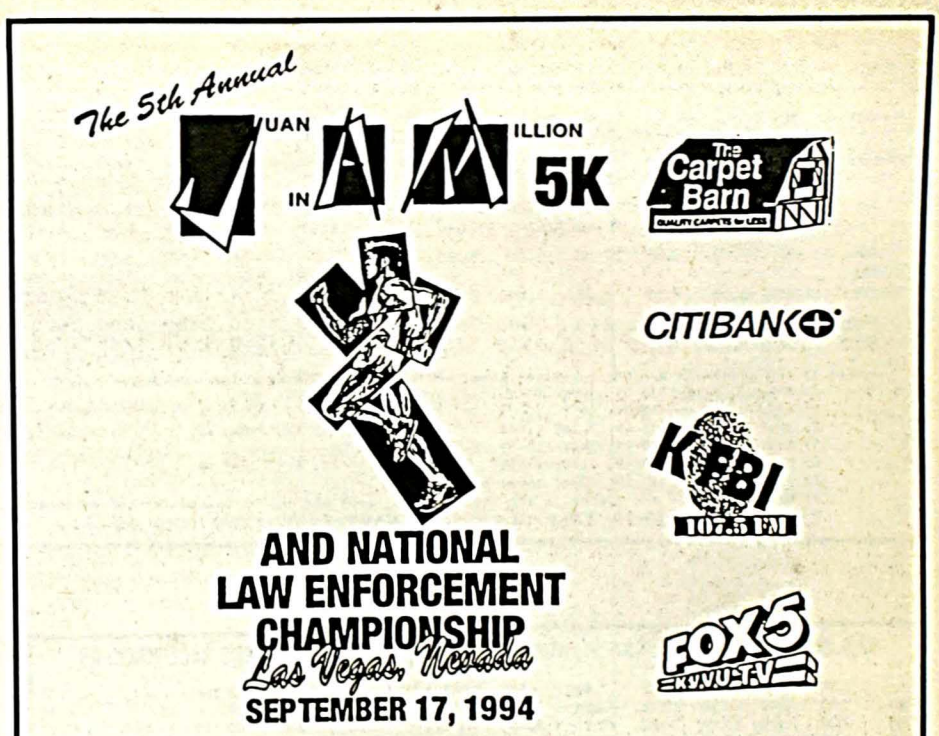
**October 1.** Alongi International Racewalk Classic, Dearborn, Mich. "Premier walking event in North America." 20K, 10K, 5K, 3K. Separate masters 5K and 10K. Ross Barranco, 3235 Musson Rd., Howell, MI 48843-9057.

**October 9.** USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617/731-9889; 734-6322.



Top three W50-59, Glenn Brenner 5K, Washington, D.C., May 8 (from left): Dee Nelson, 50, 22:00; Elizabeth Rodrique, 50, 22:47; and Charlotte Edwards, 50, 23:06.

Photo by George Banker

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

| | | | |
|---|---|---|---|
| **W40-45** | | | |
| Linda Lowery | 80H | 15.02 | 5-21-94 |
| | 400H | 1:22.2 | 6-11-94 |
| | High Jump | 4-4 | 5-28-94 |
| | Long Jump | 4.65 | 6-11-94 |
| **M30-34** | | | |
| Chris Leeuwenburgh | Pole Vault | 15-6 | 6-27-94 |
| Kerry Lynn Sloan | 110H | 15.3 | 5-21-94 |
| | 400H | 53.8 | 5-21-94 |
| **M35-39** | | | |
| Joe Lafferty | Long Jump | 6.35 | 3-25-94 |
| **M50-54** | | | |
| Charles Fennelle | Shot Put | 12.56 | 5-21-94 |
| Gene Miller | 5K RW | 24:43 | 5-14-94 |
| Michael Malloy | 800M | 2:18.9 | 6-01-94 |
| Michael D. Parker | Shot Put | 41-9 | 6-11-94 |
| **M55-59** | | | |
| Jim Clark | 800M | 2:26.38 | 3-27-94 |
| Fred Pamenter | Javelin | 48.04 | 7-02-94 |
| **M60-64** | | | |
| Lowell Bonifield | Long Jump | 4.58 | 3-25-94 |
| | Long Jump | 15-7½ | 5-25-92 |
| Bill Boyce | Pole Vault | 9-3 | 2-13-94 |
| Floyd J. Riddle | Discus | 134-5 | 5-28-94 |
| Dr. John Simms | Pole Vault | 9-6 | 6-18-94 |
| **M65-69** | | | |
| Albert Rieke | Long Jump | 13-8 | 4-23-94 |
| **M70-74** | | | |
| A.T. Richeson | Shot Put | 41-3 | 9-29-93 |
| | Discus | 112-10½ | 9-29-93 |

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

| Event | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 100 | 11.0 | 11.33 | 11.67 | 12.0 | 12.5 | 13.0 | 13.5 | 14.0 | 15.0 | 16.5 | 18.0 | 20.0 |
| 200 | 22.4 | 23.3 | 24.2 | 25.1 | 26.0 | 27.2 | 28.5 | 29.8 | 32.4 | 35.8 | 39.8 | 44.0 |
| 400 | 51.0 | 52.5 | 54.0 | 56.0 | 58.5 | 61.5 | 65.0 | 70.0 | 76.5 | 84.5 | 94.0 | 105.0 |
| 800 | 2:01 | 2:04 | 2:08 | 2:13 | 2:19 | 2:27 | 2:37 | 2:49 | 3:06 | 3:27 | 3:54 | 4:24 |
| 1500 | 4:11 | 4:15 | 4:22 | 4:32 | 4:45 | 5:02 | 5:24 | 5:47 | 6:22 | 7:03 | 7:59 | 9:15 |
| Mile | 4:31 | 4:35 | 4:42 | 4:53 | 5:07 | 5:25 | 5:49 | 6:14 | 6:51 | 7:38 | 8:42 | 10:18 |
| 5000 | 15:30 | 15:42 | 16:06 | 16:44 | 17:30 | 18:24 | 19:36 | 21:08 | 23:30 | 26:00 | 29:00 | 32:30 |
| 10000 | 32:11 | 32:35 | 33:30 | 34:45 | 36:15 | 38:10 | 40:30 | 44:15 | 48:30 | 54:30 | 61:15 | 68:30 |
| 110H | 15.3 | 16.4 | 17.75 | 18.75 | | | | | | | | |
| 100H | | | | | 18.0 | 19.0 | 20.0 | 21.3 | | | | |
| 80H | | | | | | | | | 18.0 | 21.0 | 25.0 | 30.0 |
| 400H | 57.6 | 59.7 | 62.0 | 64.4 | 67.2 | 70.6 | | | | | | |
| 300H | | | | | 48.0 | 51.0 | 55.0 | 60.0 | 66.5 | 74.5 | 84.0 | 95.0 |
| 3K-SC | 10:00 | 10:20 | 10:55 | 11:40 | 12:30 | 13:20 | | | | | | |
| 2K-SC | | | | | | | 9:30 | 10:30 | 12:00 | 14:00 | 16:30 | 19:30 |
| HJ | 1.94 | 1.85 | 1.76 | 1.68 | 1.59 | 1.50 | 1.41 | 1.32 | 1.23 | 1.13 | 1.02 | .92 |
| | 6-4½ | 6-3/4 | 5-9¼ | 5-6 | 5-2½ | 4-11 | 4-7½ | 4-4 | 4-½ | 3-8 | 3-4 | 3-1 |
| PV | 4.40 | 4.15 | 3.90 | 3.60 | 3.30 | 3.05 | 2.80 | 2.55 | 2.30 | 2.05 | 1.80 | 1.50 |
| | 14-5¼ | 13-7¼ | 12-9½ | 11-9½ | 10-10 | 10-0 | 9-2¼ | 8-4¼ | 7-6½ | 6-8½ | 5-11 | 4-11 |
| LJ | 6.55 | 6.20 | 5.85 | 5.45 | 5.10 | 4.75 | 4.40 | 4.00 | 3.65 | 3.35 | 3.00 | 2.65 |
| | 21-6 | 20-4¼ | 19-2¼ | 17-10½ | 16-9 | 15-7 | 14-5¼ | 13-1½ | 11-11½ | 11-0 | 9-10 | 8-8¼ |
| TJ | 13.35 | 12.65 | 11.90 | 11.15 | 10.40 | 9.65 | 8.90 | 8.20 | 7.50 | 6.80 | 6.10 | 5.50 |
| | 43-9½ | 41-6 | 39-½ | 36-7 | 34-1½ | 31-8 | 29-2½ | 26-11 | 24-7¼ | 22-4 | 20-¼ | 18-½ |
| Shot | 15.20 | 14.10 | 13.00 | 12.00 | 12.40 | 11.20 | 12.00 | 10.80 | 10.00 | 8.80 | 7.65 | 6.50 |
| | 49-10½ | 46-3¼ | 42-8 | 39-4½ | 40-8¼ | 36-9 | 39-4½ | 35-5¼ | 33-0 | 28-10½ | 25-1¼ | 21-4 |
| Discus | 44.80 | 42.60 | 40.60 | 38.00 | 40.00 | 36.40 | 40.00 | 36.80 | 31.60 | 26.40 | 21.40 | 16.20 |
| | 147-0 | 139-9 | 133-2 | 124-8 | 131-3 | 119-5 | 131-3 | 120-9 | 103-8 | 86-7 | 70-2½ | 53-2 |
| Hammer | 47.24 | 44.20 | 41.14 | 38.10 | 38.40 | 36.00 | 36.00 | 33.00 | 29.00 | 25.00 | 22.50 | 18.00 |
| | 155-0 | 145-0 | 135-0 | 125-0 | 126-0 | 118-1 | 118-1 | 108-3 | 95-2 | 82-0 | 73-10 | 60-0 |
| Jav | 62.00 | 57.00 | 52.00 | 48.00 | 43.00 | 38.50 | 40.00 | 35.00 | 29.00 | 24.00 | 19.00 | 15.00 |
| | 203-5 | 187-0 | 170-7 | 157-6 | 141-1 | 126-4 | 131-3 | 114-10 | 95-2 | 78-9 | 62-4 | 49-2 |
| 35#Wt. | 15.00 | 14.00 | 13.00 | 12.00 | 10.00 | 9.00 | 8.00 | 7.00 | 6.00 | 5.00 | 4.00 | 3.00 |
| 25#Wt. | | | | | | | 11.00 | 10.00 | 9.00 | 8.00 | 7.00 | 6.00 |
| 56#Wt. | 9.50 | 9.00 | 8.50 | 8.00 | 6.00 | 5.00 | 4.50 | 4.00 | 3.50 | 3.00 | 2.50 | 2.00 |
| Pen | 2800 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 | 2600 |
| Dec | 5500 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 | 5250 |

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
7) Javelin: 30-59: 800g; 60+: 600g.
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 100 | 13.8 | 14.2 | 14.6 | 15.0 | 15.6 | 16.2 | 16.9 | 17.8 | 18.8 | 20.0 | 21.2 |
| 200 | 28.0 | 29.2 | 30.3 | 31.4 | 32.5 | 34.0 | 35.7 | 37.5 | 40.0 | 43.5 | 47.0 |
| 400 | 63.5 | 65.5 | 67.5 | 69.5 | 71.5 | 73.5 | 78.5 | 83.7 | 90.0 | 96.5 | 103.3 |
| 800 | 2:32 | 2:35 | 2:40 | 2:46 | 2:54 | 3:05 | 3:19 | 3:36 | 3:56 | 4:09 | 4:35 |
| 1500 | 5:10 | 5:19 | 5:29 | 5:40 | 5:58 | 6:20 | 6:48 | 7:23 | 8:04 | 8:52 | 9:48 |
| Mile | 5:34 | 5:44 | 5:55 | 6:07 | 6:26 | 6:49 | 7:19 | 7:46 | 8:47 | 9:39 | 10:45 |
| 5000 | 19:45 | 20:30 | 21:20 | 22:16 | 23:12 | 24:16 | 26:08 | 28:08 | 30:08 | 32:21 | 34:26 |
| 10000 | 41:00 | 42:40 | 44:40 | 47:00 | 49:30 | 52:00 | 56:00 | 60:00 | 66:00 | 76:00 | 86:00 |
| 100H | 17.2 | 18.2 | | | | | | | | | |
| 80H | | | 15.0 | 15.8 | 16.5 | 17.6 | 18.7 | 20.2 | 22.2 | 25.0 | 28.0 |
| 400H | 75.5 | 79.9 | 84.4 | 88.8 | | | | | | | |
| 300H | | | | | 66.0 | 72.0 | 79.0 | 87.0 | 96.0 | | |
| HJ | 1.42 | 1.35 | 1.27 | 1.19 | 1.12 | 1.07 | 1.02 | .97 | .92 | .89 | .84 |
| | 4-8 | 4-5¼ | 4-2 | 3-11 | 3-8 | 3-6¼ | 3-4¼ | 3-2¼ | 3-0¼ | 2-11 | 2-9 |
| PV | 2.70 | 2.40 | 2.10 | 1.80 | 1.50 | 1.20 | 1.10 | 1.00 | 0.90 | 0.80 | 0.70 |
| | 8-10½ | 7-10½ | 6-11 | 5-11 | 4-11 | 3-11 | 3-7¼ | 3-3¼ | 2-11 | 2-7½ | 2-3½ |
| LJ | 5.00 | 4.60 | 4.25 | 3.90 | 3.55 | 3.20 | 2.85 | 2.60 | 2.35 | 2.10 | 2.00 |
| | 16-5 | 15-1 | 13-11½ | 12-9½ | 11-8 | 10-6 | 9-4¼ | 8-6¼ | 7-8½ | 6-11 | 6-7 |
| TJ | 10.00 | 9.20 | 8.60 | 7.80 | 7.18 | 6.40 | 5.70 | 5.20 | 4.70 | 4.20 | 3.80 |
| | 32-10 | 30-2½ | 28-2½ | 25-7½ | 23-7 | 21-0 | 18-8¼ | 17-1 | 15-5 | 13-9¼ | 12-5½ |
| Shot | 10.30 | 9.30 | 8.40 | 7.70 | 7.95 | 7.20 | 6.50 | 5.80 | 5.25 | 4.70 | 4.25 |
| | 33-9½ | 30-6¼ | 27-7 | 25-3¼ | 26-1 | 23-7½ | 21-4 | 19-0¼ | 17-3 | 15-5 | 13-11¼ |
| Jav | 39.50 | 33.50 | 27.50 | 21.50 | 25.00 | 19.00 | 18.00 | 16.00 | 15.00 | 14.00 | 13.50 |
| | 129-7 | 109-11 | 93-6 | 70-6½ | 82-0 | 62-4 | 59-1 | 52-6 | 49-2 | 45-11 | 44-4 |
| Discus | 30.0 | 27.8 | 26.0 | 24.0 | 22.0 | 20.0 | 18.0 | 16.0 | 15.0 | 14.0 | 13.5 |
| | 98-5 | 91-2 | 85-4 | 78-9 | 72-2 | 65-8 | 59-1 | 52-6 | 49-2 | 45-11 | 44-4 |
| Hammer | 35.0 | 32.5 | 30.0 | 25.0 | 23.0 | 22.0 | 20.0 | 18.0 | 14.0 | 12.0 | 9.0 |
| | 131-3 | 114-10 | 98-5 | 82-0 | 75-6 | 72-2 | 65-8 | 59-1 | 45-11 | 39-5 | 29-7 |
| 20#Wt. | 10.00 | 9.00 | 8.00 | 7.00 | 6.00 | 5.00 | 4.00 | 3.50 | 3.25 | 3.00 | 2.75 |
| 16#Wt. | | | | | 8.00 | 7.00 | 6.00 | 5.50 | 5.25 | 5.00 | 4.75 |

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) Javelin: 30-49: 600gm; 50+: 400gm.
5) Hammer: 30-49: 4k; 50+: 3k.
6) Metric heights and distances are the standard; feet and inches listed for convenience.

## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

| | 1.5K | mile | 3k | 5k | 8k | 10k | 15k | 20k | 25K | 30k | 40k | 50k |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **WOMEN** | | | | | | | | | | | | |
| F30 | 7:13 | 7:47 | 14:50 | 25:38 | 42:04 | 52:43 | 1:21:56 | 1:52:06 | 2:24:43 | 2:59:15 | 4:08:45 | 5:37:30 |
| F35 | 7:22 | 8:03 | 15:18 | 26:27 | 43:11 | 53:56 | 1:23:29 | 1:53:32 | 2:26:51 | 3:01:53 | 4:12:21 | 5:42:23 |
| F40 | 7:37 | 8:21 | 15:53 | 27:26 | 44:47 | 55:56 | 1:26:37 | 1:58:06 | 2:32:33 | 3:08:56 | 4:22:13 | 5:56:48 |
| F45 | 8:03 | 8:41 | 16:32 | 28:33 | 46:35 | 58:10 | 1:30:08 | 2:03:00 | 2:38:56 | 3:17:00 | 4:33:31 | 6:11:25 |
| F50 | 8:25 | 9:05 | 17:15 | 29:49 | 48:36 | 1:00:41 | 1:34:08 | 2:08:30 | 2:46:11 | 3:26:08 | 4:46:23 | 6:29:09 |
| F55 | 8:55 | 9:31 | 18:05 | 31:14 | 50:54 | 1:03:33 | 1:38:40 | 2:14:48 | 2:54:26 | 3:36:33 | 5:01:03 | 6:49:24 |
| F60 | 9:17 | 10:01 | 19:01 | 32:51 | 53:32 | 1:06:50 | 1:43:51 | 2:21:54 | 3:03:54 | 3:48:29 | 5:17:54 | 7:12:43 |
| F65 | 9:48 | 10:35 | 20:06 | 34:43 | 56:33 | 1:10:37 | 1:49:50 | 2:30:12 | 3:14:51 | 4:02:20 | 5:37:25 | 7:39:46 |
| F70 | 10:26 | 11:15 | 21:22 | 36:54 | 1:00:02 | 1:15:01 | 1:56:49 | 2:39:54 | 3:27:38 | 4:18:30 | 6:00:18 | 8:11:30 |
| F75 | 11:10 | 12:01 | 22:51 | 39:28 | 1:04:10 | 1:20:14 | 2:05:05 | 2:51:18 | 3:42:50 | 4:37:46 | 6:27:35 | 8:49:28 |
| F80 | 12:03 | 12:58 | 24:41 | 42:37 | 1:09:13 | 1:26:38 | 2:15:15 | 3:05:24 | 4:01:36 | 5:01:39 | 7:01:26 | 9:47:35 |
| F85 | 13:13 | 14:15 | 27:05 | 46:45 | 1:15:50 | 1:35:01 | 2:28:37 | 3:24:00 | 4:26:20 | 5:33:10 | 7:46:16 | 10:39:15 |
| F90 | 14:56 | 16:06 | 30:36 | 42:14 | 1:25:30 | 1:47:18 | 2:48:13 | 3:51:12 | | | | |
| **MEN** | | | | | | | | | | | | |
| M30 | 6:31 | 7:01 | 13:21 | 23:05 | 37:57 | 47:49 | 1:13:10 | 1:38:18 | 2:05:12 | 2:32:17 | 3:27:30 | 4:31:00 |
| M35 | 6:43 | 7:14 | 13:47 | 23:46 | 38:55 | 48:53 | 1:14:28 | 1:39:43 | 2:06:56 | 2:34:14 | 3:30:17 | 4:34:53 |
| M40 | 6:58 | 7:29 | 14:16 | 24:24 | 40:15 | 50:32 | 1:17:03 | 1:43:13 | 2:11:29 | 2:39:47 | 3:37:53 | 4:44:49 |
| M45 | 7:13 | 7:46 | 14:47 | 25:31 | 41:44 | 52:25 | 1:19:58 | 1:47:10 | 2:16:35 | 2:46:05 | 3:46:36 | 4:56:24 |
| M50 | 7:33 | 8:05 | 15:23 | 26:33 | 43:25 | 54:32 | 1:23:14 | 1:51:37 | 2:22:20 | 2:53:13 | 3:56:29 | 5:09:29 |
| M55 | 7:50 | 8:26 | 16:04 | 27:43 | 45:19 | 56:55 | 1:26:56 | 1:56:38 | 2:28:52 | 3:01:19 | 4:07:41 | 5:24:22 |
| M60 | 8:13 | 8:51 | 16:50 | 29:02 | 47:28 | 59:38 | 1:31:10 | 2:02:23 | 2:36:20 | 3:10:33 | 4:20:30 | 5:41:23 |
| M65 | 8:38 | 9:19 | 17:43 | 30:33 | 49:56 | 1:02:45 | 1:36:01 | 2:08:58 | 2:44:53 | 3:21:11 | 4:35:15 | 6:01:01 |
| M70 | 9:08 | 9:50 | 18:44 | 32:18 | 52:46 | 1:06:21 | 1:41:37 | 2:16:35 | 2:53:56 | 3:33:31 | 4:52:23 | 6:23:51 |
| M75 | 9:43 | 10:28 | 19:55 | 34:20 | 56:04 | 1:10:35 | 1:48:13 | 2:25:34 | 3:05:02 | 3:48:05 | 5:12:40 | 6:50:54 |
| M80 | 10:26 | 11:14 | 21:22 | 36:50 | 60:06 | 1:15:44 | 1:56:15 | 2:36:31 | 3:20:50 | 4:05:57 | 5:37:34 | 7:24:11 |
| M85 | 11:21 | 12:13 | 23:14 | 40:04 | 65:20 | 1:22:26 | 2:06:43 | 2:50:48 | 3:39:31 | 4:29:18 | 6:10:11 | 8:07:50 |
| M90 | 12:41 | 13:39 | 25:58 | 44:45 | 72:52 | 1:32:08 | 2:21:52 | 3:11:28 | 4:06:38 | 5:03:17 | 6:57:43 | 9:11:37 |

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

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME_____ AGE-GROUP _____

ADDRESS_____ SEX: M_____ F _____

CITY_____ STATE_____ ZIP _____

MEET_____ DATE OF MEET _____

MEET SITE _____

EVENT:_____ MARK: _____

HURDLE HEIGHT_____ WEIGHT OF IMPLEMENT_____

☐ CERTIFICATE ☐ PATCH ☐ PATCH TAG

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. Send to: All-American, *National Masters News*, P.O. Box 2372, Van Nuys, CA 91404.
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

# 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/2¼" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

### MAC Coors Masters Championship St. John's University New York City; June 4

100M
M30 Val Barnwell 11.6
M35 Julio Rodriguez 13.65
M40 Edward Gonera 11.64
M45 Joe Johnson 11.95
M50 Rich Jones 12.39
M60 John Darrell 14.31
M65 Manny Herscher 16.61
W30 Sharon Mason 13.61
W35 Louise Clark 13.40
W45 Lorraine Tucker 15.11
200M
M30 Val Barnwell 23.13
M35 Ed O'Brien 28.80
M40 Edward Gonera 23.08
M45 Joe Johnson 24.40
M50 Rich Jones 25.27
M55 Edward Small 25.90
M60 John Darrell 29.35
M65 Manny Herscher 34.09
W30 Kelly Etheridge 27.09
W35 Louise Clark 26.30
400M
M30 Sal Allah 50.23
M35 David Cherry 51.51
M40 Errol Lee 53.23
M45 Salih Talib 65.93
M50 Walter Thorne 58.15
M55 Edward Small 58.35
M60 John Darrell 66.56
M70 John McManus 74.63
W30 Kelly Etheridge 62.16
W35 Louise Clark 62.42
800M
M30 Sal Allah 1:57.52
M35 A. Sterrett 2:00.30
M40 Duane Green 2:01.72
M45 Salih Talib 2:14.26
M50 Richard Kaye 3:50.39
M60 Tom Talbott 3:50.35
1500M
M35 Richard Hanson 4:17.15
M45 Salih Talib 4:45.96
M50 Seth Kaminsky 4:56.81
M70 John McManus 5:44.73
M75 George Jaffe 8:10.38
3000M
M35 Anthony Watson 9:39.30
M45 Salih Talib 10:34.45
5000M
M35 Dhanu Alaimo 17:39.52
2000M STEEPLECHASE
M45 Kevin Smith 7:53.91
3K RACEWALK
M35 Seth Shermin 17:51.09
M40 Rudra Tamm 16:08.70
M50 James McGrath 16:25.28
M60 Bob Barrett 16:11.55
M65 Walter Hawrys 20:22.56
W30 H.Carter-Rouge 21:41.70
W55 E. Richardson 16:57.11
100M HURDLES
M45 Mike MiLove 18.48
300M HURDLES
M65 Manny Herscher 72.67
400M HURDLES
M40 Jesse Norman 66.40
M45 Ivan Black 69.17
HIGH JUMP
M45 Ivan Black 5-0
POLE VAULT
M35 Duncan Littlefield 15-0
M45 Rudra Tamm 8-0
M60 Mort Malkin 8-0
W30 L. Black 7-0
LONG JUMP
M45 Mike MiLove 17-4½
M50 Richard Kaye 12-10
M60 Tom Talbott 19-1¾
SHOT PUT
M45 Ivan Black 22-5½
M50 Edward Fox 35-10¾
M60 Thomas Brooks 28-5½
W30 H. Carter-Rouge 30-10¾
W35 Sarah Boslaugh 37-11½
W45 Lorraine Tucker 29-10
W50 Roslyn Katz 26-9½
W55 Anne Cirulnick 28-4½
DISCUS
M35 Rob Doran 34.33
M45 Ivan Black 22.74
M50 Harry Schwarze 39.72
W35 Sarah Boslaugh 28.72
W50 Roslyn Katz 22.25
W55 Anne Cirulnick 19.89
JAVELIN
M35 Rob Doran 38.16
M45 Ivan Black 32.92
M50 Edward Fox 38.22
W35 Sarah Boslaugh 19.80
W50 Roslyn Katz 17.48
HAMMER
M30 Mike Bersch 43.06
M45 Ivan Black 14.04
W35 Sarah Boslaugh 27.88
W50 Roslyn Katz 29.44
W55 Anne Cirulnick 23.54

### Philadelphia Masters Track Association, Germantown Academy, Ft. Washington, PA; June 11

100M Dash
M30 Bob Murphy 13.1
M40 Tony Natale 12.3
M45 Phil Felton 12.4
M50 Tom Miller 13.9
M55 Dick Ocker 13.2
M60 Earl Mege 14.3
M70 Oscar Harris 15.0
M75 Gar Schoener 16.7
200M
M30 Linnie Elmarc 23.6
M35 Earl D. Lee 27.2
M40 Bill Krieger 24.7
M45 Phil Felton 25.3
M50 Rab Hagin 35.4
M55 Dick Ocker 28.3
M75 Gar Schoener 37.5
400M
M30 Bob Murphy 1:02.0
M35 Carl Price 60.5
M40 Bill Krieger 54.0
M45 Phil Felton 55.0
M50 Rab Hagin 1:03.2
M60 Bill Johnson 1:08.2
M70 Oscar Harris 1:14.6
W40 Liz Goldberg 1:34.0
800M
M35 Bob Hill 2:26.8
M40 Dennis Mellish 2:17.5
M45 Carl Grossman 2:30.5
SPRINT MEDLEY
M40 (Krieger, Felton, Natale, Bixler) 3:59.0
MILE
M35 Carl Price 5:03.8
M45 Gary Gordon 5:11.1
M50 Joel Dubow 5:27.4
3 MILE
M35 Stanley Cohen 16:15.3
M40 Gary Papazian 17:37.5
M45 Mike Owens 18:35.7
MILE RACEWALK
M55 Bill Murphy 12:11.8
M65 Ed Gawinski 8:57.5
M80 Geo. Braceland 11:33.0
W55 Selma Felman 12:00.6
HIGH JUMP
M40 Steve Harkins 6-2
M60 Earl Mege 3-9
LONG JUMP
M40 Bob Beale 5.40
M45 Tom Taft 4.83
M55 Kevin Murphy 3.61
M60 Earl Mege 4.09
M65 Jack Doorlay 3.48
M80 Geo. Braceland 2.29
TRIPLE JUMP
M40 Steve Harkins 10.20
M45 Tom Taft 10.50
M65 Jack Doorlay 6.44
SHOT PUT
M30 Chris Henderson 8.10
M40 Steve Harkins 9.86
M50 Gus Giviskar 10.69
M55 Kevin Murphy 8.43
M60 T.Henderson(6k) 10.20
M75 Champion Goldy 7.54
M80 Geo. Braceland 7.54
JAVELIN
M40 Bob Beale 66-11
M65 Jack Doorlay 82-7
M80 Geo. Braceland 66-11

### Maryland Masters Weight Meet Catonsville, MD; June 18

DISCUS
M35 S. Bull 121-2
M55 J. Hoppenstein 105-0
H. Cohen 80-3
M60 E. McComas 154-4
M65 R. Leishear 107-6
SHOT PUT
M35 S. Bull 39-7½
P. Collins 37-10½
M55 J. Hoppenstein 32-9
H. Cohen 27-1½
M65 R. Leishear 27-5
HAMMER
M35 P. Collins 149-9
S. Bull 98-7
M55 J. Hoppenstein 75-3
H. Cohen 75-3
M60 E. McComas 131-10
M65 R. Leishear 96-1
25LB. WEIGHT
M35 P. Collins 47-7
S. Bull 43-6
M60 E. McComas 51-7
M65 R. Leishear 26-5

### Gay Games IV New York, NY; June 20-26

Unoffical results
100m
M30 Monte Perigault 11.37
Anthony Brown 11.56
Richard Bray 11.88
M35 Lafe Fowler 11.53
Ken Wun 12.12
Jon O'Neal 12.56
M40 Lewis Baskerville 12.51
Carlos Ferreira 12.66
Rick Thoman 12.71
M45 Michael Lutteral 12.66
Paul Chaplain 13.64
Jeffrey Jerome 13.94
M50 Alex Robinson 14.07
Erik Graff 14.66
Marty King 16.44
M55 Walter Burns 14.82
Jesse Tigner-Hayden 16.03
M60 Donald Alexander 16.51
Patrick Moriarty 18.38
W30 Annette Spoerl 13.79
Mariam Wozniak 15.79
Christina Willings 16.18
W35 Carmen Morrison 13.40
Jennifer Stary 13.63
Dawn Collins 13.68
W40 Kris Kleindienst 14.51
Orphelia Weeks 14.95
Lucille Gecewicz 15.25
W45 Phil Raschker 12.69
Dorothy Fuscaldo 16.16
Deidre Palik 16.60
W50 Marilyn Mitchell 14.93
200m
M30 Anthony Brown 22.99
Monte Perigault 23.09
Richard Schmutzler 23.99
M35 Lafe Fowler 23.53
Ken Wun 24.98
Jon O'Neal 26.06
M40 Rick Thoman 26.56
Lewis Baskerville 26.58
Carlos Ferreira 26.67
M45 Michael Lutteral 26.88
Paul Chaplain 27.93
Jeffrey Jerome 29.68
M50 Duane Gabrielson 29.81
Erik Graff 30.62
Norman Heiserman 35.67
M55 Walter Burns 32.71
Jesse Tigner-Hayden 34.04
Carlo Ramirez 34.54
M60 Donald Alexander 36.64
Patrick Moriarty 39.04
W30 Nimah Walsh 27.43
Annette Spoerl 30.15
Page Warren 33.17
W35 Carman Morrison 29.20
Vicki Hames-Frazier 31.37
Sarah Relyea 32.46
W40 Kris Kleindienst 30.70
Nancy Frost 31.29
Lucille Gecewicz 32.91
W45 Phil Raschker 26.87
Deidre Pakik 34.74
Karen Blanchard 37.55
W50 Marilyn Mitchell 32.14
400m
M30 Anthony Brown 49.85
Richard Schmutzler 52.92
Richard Bray 54.75
M35 Lafe Fowler 51.45
Ken Wun 54.88
Brian Mutert 55.97
M40 Rick Thomaa 56.38
Frank Demby 59.48
Michael Moorefield 61.46
M45 William Etnyre 59.21
James Estes 1:01.11
Paul Chaplain 1:02.02
M50 Gerry Smith 1:11.89
Marty King 1:13.56
M55 Dave Ekelund 1:17.42
Carlo Ramirez 1:18.17
M60 Patrick Moriarty 1:25.73
M65+ Leonard Trutsch 1:14.17
W30 Niamh Walsh 59.96
W35 Carman Morrison 1:05.31
Norma Lopez 1:10.45
Sarah Relyea 1:11.21
W40 Nancy Frost 1:07.90
Carol Rice 1:09.07
Michele d'Amours 1:24.01
W45 Deidre Palik 1:15.17
800m
M30 Cameron Stracher 1:57.65
Anthony Brown 1:57.70
Eric Sabourin 2:01.30
M30 G Carscadden 2:02.26
David Holtzman 2:08.46
Wayne Morgan 2:12.30
M40 Anthony Lymburn 2:16.28
Dean Koga 2:17.79
Gilbert Castillo 2:22.89
M45 Jim Box 2:19.18
William Etnyre 2:19.18
Frank Hamper 2:22.52
M50 Bruce Nickerson 3:00.25
M55 Robert Latham 3:07.85
Carlo Ramirez 3:15.59
M60 Jim Byrd 3:20.27
Patrick Moriarty 3:21.99
M65+ Leonard Tritsch 2:53.57
W30 Annii Shiels 2:37.14
Lee Sharmat 2:57.37
Margaret Correale 3:08.88
W35 Beth Collins 2:56.16
W40 Shelly Keeling 2:39.13
Nancy Frost 2:39.51
Michele d'Amours 3:15.45
W45 Midge Maroni 3:22.82
Lenore Beaky 3:38.68
Kathy Wolfe 4:07.88
W50 Laura Collins 3:30.79
Inger-Joha Berger 3:48.86
W55 Jane Dods 3:26.29
1500m
M30 Eric Sabourin 4:10.45
Todd Henry 4:15.15
Wayne Guest 4:16.03
M35 G Carscadden 4:17.21
Detlev Matzen 4:20.03
William Toepper 4:44.29
M40 Anthony Lymburn 4:48.97
Dean Koga 4:49.40
Alden Clark 4:56.14
M45 Jim Box 4:32.52
Edgar Sandoval 4:48.33
Frank Hamper 4:58.82
M50 Marty King 6:18.60
James Butler 7:41.75
M65+ Leonard Trutsch 6:29.44
W30 Khy Buguey 5:03.47
Nancy Pokorny 5:07.44
Donna Checkan 5:14.51
W35 Beth Collins 6:00.41
Emily Allen 6:15.01
Fran Denardo 6:17.00
W40 Carol Rice 5:38.80
Nancy Frost 5:54.79
Michele d'Amours 6:32.86
W45 Dorothy Fuscaldo 5:54.58
Patricia Bates 6:19.81
Midge Maroni 6:43.66
W50 Laura Collins 6:43.14
Inger-Joha Berger 7:06.07
Mary Richards 8:03.56
W55 Jane Dods 6:54.80
Short Hurdles
M30 Dale Dmitrak 17.36
Michael LeBlanc 19.99
M35 Mike Phipps 16.29
Jon O'Neal 21.42
M40 Rusty Lamar 17.98
James Luisi 27.95
M45 Paul Tandy 25.98
M50 Duane Gabrielson 17.58
Alex Robinson 20.43
W30 Lauren McGuire 25.48
W35 Linda Villarosa 20.33
Long Hurdles
M30 Dale Dmitrazak 1:01.87
Michael LeBlanc 1:08.88
M35 Ken Rupel 1:09.62
D Chamberlain 1:11.26
Kevin Cadotte 1:16.50
M40 Rusty Lamar 1:00.83
James Luisi 1:34.87
4x100 Relay
M30 Team SF 45.85
Team LA 48.80
Philadelphia Front-runners 55.62
M45 Team Sydney 53.65
M50 Survivors 1:06.35
W30 Team West 55.03
Bad Cats 1:11.21
W35 Team Great Lakes 1:01.35
W40 Scratch Cats 1:21.58
4x200 Relay
M30 Team SF 1:36.29
Newark 1:40.71
Team LA 1:41.71
M35 Team Chicago 1:52.99
Last Night's Satisfaction 1:57.47
Front Runners NY 1:59.16
M40 Team SF 1:45.06
Front Runners 2:04.89
Boston
Front Runners NY 2:19.49
M45 Team Sydney 1:57.13
M55 Survivors 2:31.26
W30 Team West 1:55.34
Yo Brooklyn 2:03.34
Front Runners NY 2:06.08
4x400 Relay
M35 Aus Berlin 4:14.53
Time to Party 4:14.64
Front Runners NY 4:25.27
M40 Team Seattle 4:04.31
Team SF 4:09.26
Front Runners NY 4:26.95
M55 Seasoned Vets 5:43.63
W30 Yo Brooklyn 4:44.84
Front Runners NY 5:23.31
Bad Cats 5:58:54
W35 Leaping Lezzies 5:29.54
W40 Flying Forties 5:23.26
W45 Front Runners NY 6:30.32
Mixed 4x100 Relay
M/W30
Team SF 52.10
Whomp There it Goes 53.18
Front Runners NY 1:08.57
M/W35
Team California 51.67
M/W40
Instant Replay 1:00.25
Mixed 4x200 Relay
M/W30
ST Nucs 1:56.51
Team Chicago 1:57.52
M/W 35
Front Runners Ann Arbor 1:55.81
Tigers 2:15.61
M/W40
Front Runners NY 2:10.52
The Chicago Flames 2:23.86
M/W45
Front Runners NY 2:42.45
M/W50
Front Runners NY 2:33.81
Mixed 50 2:43.44
Front Runners NY 3:28.88
Mixed 4x400
M/W 35
Team SF 4:20.97
Northeast Aloha 4:33.91
Front Runners NY 4:44.60
M/W 50
Front Runners NY 5:42.80
(Reach for the Sky)
Front Runners NY 8:06.44
(Oldies but Goodies)
High Jump
M30 Markus Caspers 5-5.25
Lyle Whitaker 5-1
M35 Erik Rollenberg 6-4.75
Ulf Siebert 5-7
Pole Vault
M30 Tino Calderon 10-6
M35 Scott Cantrill 7-6
M40 Rusty Lamar 11-2
M60 Phil Mulkey 11-2
W45 Phil Raschker 10-6
Long Jump
M40 Lawrence Baca 14-0.25
James Luisi 12-5
M45 Ray Stetson 13-0
M50 Norman Heiserman 9-9.50
M55 Walter Burns 11-7
Jesse Tigner-Hayden 11-6.75
W30 Annii Shiels 14-3
Diane O'Donnell 12-5
W35 Sarah Boslaugh 14-5.75
Fran Denardo 10-5.75
W40 Lucille Gecewicz 13-1.50
Michele Buchanan 10-5
W55 Jane Dods 12-9.50
Triple Jump
M30 Chuck Martin 38-4.25
Oliver Volz 38-1.50
Michael LeBlanc 33-10
M35 Erik Rollenberg 39-7.75
Brian Mutert 37-8
Scott Cantrill 33-5.25
M45 Denis Lamia 22-6
M50 Alex Robinson 26-1.50
Norman Heiserman 20-4.5
M55 Norman Heiserman 20-4.50
M60 Phil Mulkey 27-6.75
W30 Diane O'Donnell 23-4.75
W35 Sarah Boslaugh 29-10.75
Shot Put
M30 Lyle Whitaker 36-7.50
G Knapp-Duncon 25-10.75
Michael Tuma 25-3.25
M35 Brian Beardslee 25-11
M40 J J Garcia 30-2
Jim Rosskopf 29-4
M45 Joseph Spack 21-0.50
M60 Phil Mulkey 43-7.25
Donald Alexander 28-5
M65+ Jack Lasner 21-5.25
W30 Lisa Mitchell 39-8.50
Julie Hoching 38-6.75
Esther Dillman 37-1
W35 Sarah Boslaugh 35-6.75
Anne Brown 31-6
Emily Sims 19-9.75
W45 Judith Rawcliffe 22-6.50
Carol Saft 16-1.50
W55 Virginia Maulfair 21-3.50
W60 Barbara Racine 22-2.50
Decathlon (all ages)
Mike Phipps 5778
Martin Kuitert 5769
Rusty Lamar 4713
Heptathlon (al l ages)
Phil Raschker 4223
Diane O'Donnell 1693
5000m RW
M30 Edward Salvato 27:47.77
William Wolf 29:15.86
Fabrizio Andreoni 29:17.01
M35 David Reithoffer 31:46.59
Allen Templeton 35:08.50
Marvin West 36:51.81
M40 J J Garcia 28:01.03
Larry Cohen 30:53.39
Michael Saya 32:03.25
M45 Daniel Dorohoy 26:24.86
James Gaynor 31:58.35
M55 Russell Reish 33:20.60
James Relihan 35:03.39
Gerald Faris 46:03.16
M65+ John Kiley 31:43.57
Frank Chesek 33:09.05
Jon Borset 35:09.18
W30 Kelly Gardiner 39:58.91
W35 Cheryl Embry 28:02.74
Blessing Joao 31:40.02
Amy Tonsits 35:05.90
W40 Patricia Whitlock 28:27.95
Joanne Davis 32:58.50
TeresaYodice 33:01.94
W45 Carol Pierce 32:59.82
Patricia Bates 35:13.04
Sue Bergmeier 37:14.76
5000m
M30 Todd Henry 15:54
Carl Maravilla 16:00
Dave Widmer 16:11
M35 Detlev Matzen 16:15
Wolfgang Klare 16:41
David Edelen 16:41
M40 Alden Clark 17:27
Ray Bisson 17:35
Anthony Anderson 17:42
M45 Jim Box 16:57
Edgar Sandoval 17:05
Richard Nelson 18:30
M50 Richard Emerson 18:51
Steven Bloomfield 18.59
Erik Graff 19:18
M55 Jerry Lewis 22:46
Edward Pyle 23:30
Robert Latham 24:39
M60 Jim Byrd 24:26
M Harshbarger 27:26
M65 Eugene Silbert 22:57
John Kiley 31:17

Continued on next page

Continued from previous page

| | | |
|---|---|---|
| W30 | Diane Swick | 19:15 |
| | Chris Marko | 20:12 |
| | Joyce Howard | 20:42 |
| W35 | Susan Foster | 18:29 |
| | Susana Walker | 20:26 |
| | Christine Ireland | 20:30 |
| W40 | Carol Rice | 21:07 |
| | Marilyn Gelish | 22:06 |
| | Nina Stark | 22:57 |
| W45 | Dorothy Fuscaldo | 21:55 |
| | Patricia Bates | 23:35 |
| | Midge Maroni | 24:49 |
| W50 | Laura Colins | 24:28 |
| | Inger-Joha Berger | 24:44 |
| | Norma Sandowski | 29:18 |
| W55 | Jane Dods | 24:59 |
| | Joanne Gates | 28:09 |
| | Joyce Wendell | 43:13 |
| W60 | Marilyn McConnell | 29:55 |
| | Louise McFarland | 34:24 |
| | Lillian Wolf | 39:26 |

10,000m

| | | |
|---|---|---|
| M30 | Todd Henry | 34:08 |
| | Dave Widmer | 34:19 |
| | Carl Maravilla | 34:41 |
| M35 | Detley Matzen | 33:39 |
| | David Edelen | 35:19 |
| | Scott Gove | 35:37 |
| M40 | Alsen Clark | 36:53 |
| | Ray Bisson | 37:11 |
| | Howell Tiller | 37:41 |
| M45 | Jim Stuve | 35:51 |
| | Edgar Sandoval | 36:16 |
| | Jim Box | 36:26 |
| M50 | Stevan Bloomfield | 39:38 |
| | Paul Goes | 41:03 |
| | Mark Morris | 41:35 |
| M55 | Michael Duffy | 46:59 |
| | Robert Latham | 50:38 |
| | Edward Pyle | 51:25 |
| M60 | Jim Byrd | 53:44 |
| | Marcus Harshbarger | 60:06 |
| M65 | Eugene Silbert | 49:31 |
| W30 | Gayle Gajus | 39:27 |
| | Diane Swick | 41:47 |
| | Veronica Cavallaro | 43:26 |
| W35 | Susan Foster | 39:18 |
| | Susana Walker | 42:26 |
| | Christine Ireland | 43:45 |
| W40 | Nina Stark | 48:16 |
| | Patricia Keporos | 48:17 |
| | Marilyn Gelish | 49:16 |
| W45 | Barbara Cirami | 52:04 |
| | Debbie Bell | 53:38 |
| | Sandra Rovira | 54:50 |
| W50 | Dorothy Tanner | 45:51 |
| | Inger-Joha Berger | 52:06 |
| | Marjorie Sherwin | 59:12 |
| W55 | Joanne Gates | 58:50 |
| | Joyce Wendell | 68:45 |
| W60 | Marilyn McConnell | 63:35 |
| W65 | Lya Kilian | 55:46 |

Marathon

Overall

| | | |
|---|---|---|
| Keith Turner 34 | | 2:37:22 |
| Sandra Levine 36 | | 3:26:24 |
| M30 | Keith Turner | 2:37:22 |
| | Thomas Hunt | 2:42:35 |
| | Richard Peoples | 2:46:15 |
| M35 | Harold Dion | 2:43:49 |
| | Ian Griffin | 2:45:43 |
| | Giles Boucher | 2:48:38 |
| M40 | Ray Bisson | 2:55:33 |
| | David McGillivray | 2:56:15 |
| | Gregory Pohl | 3:05:31 |
| M45 | Jim Struve | 2:54:15 |
| | Charles Farrington | 3:15:44 |
| | Joseph Franko | 3:15:49 |
| M50 | John Roccabello | 3:36:40 |
| | Garret Demarest | 3:44:14 |
| | Richard Strange | 4:07:23 |
| M55 | Joseph Publisi | 3:29:06 |
| | Robert Fredericks | 3:37:32 |
| | Bud Veliquette | 4:25:42 |
| M60 | John Lockhart | 4:10:41 |
| | Throng Midbrod | 4:54:09 |
| M65 | Joe Burns | 3:46:29 |
| | Jim Genasci | 4:12:30 |
| | Tom Pait | 4:47:34 |
| W30 | Wendee Pratt | 3:28:14 |
| | Elizabeth Hartshorn | 3:31:41 |
| | Pamela Connelly | 3:32:09 |
| W35 | Sandra Levine | 3:26:24 |
| | Bertie Lozano | 3:35:34 |
| | Betsy Tanner | 3:49:14 |
| W40 | Janey Gordon | 3:31:01 |
| | Becky Brinkman | 3:45:54 |
| | Catherine Verry | 3:59:20 |
| W45 | Ellen Wade | 3:53:11 |
| | Loan Lockwood | 3:57:48 |
| | Dusty Rhodes | 4:06:47 |
| W50 | Dorothy Tanner | 3:40:06 |
| | Valdene Ranum | 4:06:54 |
| | Patricia Robinson | 4:08:36 |
| W55 | Wen-Shi Yu | 3:52:43 |
| | Vikki Friedman | 4:22:19 |
| W65 | Lya Kilian | 3:49:39 |

## Vermont Seniors Meet
## Montpelier; June 25

100m

| | | |
|---|---|---|
| M55 | Conrad Rowell | 13.9 |
| M60 | Dudley Bell | 15.5 |
| M65 | Jon Tobey | 14.1 |
| M75 | John Ragone | 19.3 |
| W55 | Barbara Jordon | 16.7 |
| W60 | Flo Meiler | 19.0 |
| W65 | Jeannine Casey | 19.6 |
| W70 | Ardis Smith | 23.9 |
| W85 | Arlene Weitzel | 35.2 |

200m

| | | |
|---|---|---|
| M55 | Conrad Rowell | 29.8 |
| M60 | Dudley Bell | 34.2 |
| M65 | Jon Tobey | 29.7 |
| M75 | John Ragone | 44.6 |
| W55 | Barbara Jordon | 38.9 |
| W60 | Flo Meiler | 46.0 |
| W65 | Jeannine Casey | 43.1 |

400m

| | | |
|---|---|---|
| M55 | Larry McIntosh | 1:41.2 |
| M65 | Leon Beverley | 1:22.9 |
| M75 | Bob Matteson | 1:31.5 |
| W60 | Janet Perrett | 1:46 |
| W65 | Jeannine Casey | 1:51 |

800m

| | | |
|---|---|---|
| M65 | Leon Beverley | 3:16.8 |
| M70 | Dan Geer | 3:39 |
| M75 | Bob Matteson | 3:32.1 |
| W60 | Janet Perrett | 4:14.4 |
| W65 | Jeannine Casey | 5:07.6 |

1500m

| | | |
|---|---|---|
| M65 | Leon Beverley | 6:26.7 |
| M70 | Dan Geer | 7:21.9 |
| M75 | Bob Matteson | 7:16.5 |
| W60 | Janet Perrett | 7:58.9 |

High Jump

| | | |
|---|---|---|
| M60 | Dudley Bell | 4-2 |
| M65 | Jon Tobey | 4-2 |
| M70 | George Brown | 3-8 |
| M75 | John Ragone | 3-0 |
| W55 | Barbara Jordon | 3-6 |
| W60 | Flo Meiler | 3-6 |

Pole Vault

| | | |
|---|---|---|
| M60 | Dudley Bell | 6-0 |
| M65 | Jon Tobey | 7-0 |
| M70 | George Brown | 6-0 |

Long Jump

| | | |
|---|---|---|
| M55 | Conrad Rowell | 13-9 |
| M60 | Dudley Bell | 10-9 |
| M65 | Jon Tobey | 14-8 |
| M75 | John Ragone | 7-7 |
| W55 | Barbara Jordon | 10-4 |
| W60 | Flo Meiler | 9-10 |

Shot Put

| | | |
|---|---|---|
| M55 | Conrad Rowell | 31-4 |
| M60 | Dudley Bell | 25-11 |
| M65 | Peter Yankowski | 31-4 |
| M70 | George Brown | 31-3 |
| M75 | John Ragone | 26-7 |
| W55 | Elsa Dahl | 19-10 |
| W60 | Flo Meiler | 18-1 |

Discus

| | | |
|---|---|---|
| M55 | Conrad Rowell | 80-7 |
| M60 | Dudley Bell | 86-8 |
| M65 | Jon Tobey | 95-6 |
| M70 | George Brown | 95-3 |
| M75 | John Ragone | 68-8 |
| W55 | Elsa Dahl | 48-9 |
| W70 | Harmony Hammond | 46-9 |

Javelin

| | | |
|---|---|---|
| M55 | Conrad Rowell | 91-6 |
| M60 | Dudley Bell | 81-6 |
| M65 | Jon Tobey | 111-2 |
| M75 | John Ragone | 56-8 |

Racewalk

| | | |
|---|---|---|
| M65 | Peter Yankowski | 12:06 |
| M75 | Al Reyes | 13:40 |
| W60 | Flo Meiler | 12:06 |
| W70 | Margaret Tiso | 12:21 |
| W85 | Arlene Weitzel | 16:18 |

## 9th Annual Garden State International Track Festival
## Randolph, NJ; June 26

100m

| | | |
|---|---|---|
| M30 | Fred Feaster | 11.3 |
| | Brian Corrigan | 11.7 |
| | Kevin Dee | 11.8 |
| | Demetrius Miller | 11.8 |
| | David Lewis | 12.9 |
| M35 | John Brooks | 11.2 |
| | James Easter | 11.3 |
| | Stan Lam | 12.6 |
| | Art Rubin | 12.9 |
| | Kevin Matkosky | 13.1 |
| | Rick Short | 20.0 |
| M40 | Edward Gouera | 11.2 |
| | Kenrick Smith | 11.3 |
| | Thomas Jones | 11.4 |
| | Ezra Abdullah | 11.7 |
| | Rockdale Hudson | 12.5 |
| | Jess Norman | 12.9 |
| | Charles Pleasant | 13.1 |
| | C.D. Cook | 13.9 |
| M45 | S.W. Flowers | 12.1 |
| | Phil Felton | 12.1 |
| | Paul Henry | 12.3 |
| | Jim Shea | 13.4 |
| M50 | Bhashwar Hart | 12.0 |
| | Bob Williams | 12.2 |
| | Gene Ballard | 12.9 |
| | Dave Connolly | 13.4 |
| | Vito DiCesare | 14.0 |
| | Rab Hagin | 17.7 |
| M55 | Ken Baker | 13.3 |
| | J. MacDonald | 13.3 |
| M60 | Rich Barretta | 12.9 |
| | Alex Johnson | 13.2 |
| | Matt Brown | 13.2 |
| M65 | Ross Mitchell | 13.1 |
| | Ed Cox | 13.1 |
| | Bob Naylor | 14.5 |
| | William Bergen | 14.8 |
| | Louis DiGesu | 15.2 |
| | Jack Doorlay | 15.6 |
| M70 | Oscar Harris | 14.4 |
| | Jim Manno | 14.5 |
| W30 | Kelly Etheridge | 13.5 |
| | Denise Jones | 13.9 |
| | Beth Barry | 14.5 |
| | Iris Clyburn | 14.6 |
| | Ruvinia Kelly | 14.7 |
| W35 | Louise Clark | 13.0 |
| W40 | Carol Long | 17.2 |
| W45 | J. Hill-Hudgins | 14.8 |
| W60 | Nancy Ammermuller | 16.5 |

200m

| | | |
|---|---|---|
| M30 | Fred Feaster | 22.6 |
| | Sal Allah | 22.8 |
| | Jim Fox | 25.1 |
| M35 | Payton Hines | 22.3 |
| | John Brooks | 22.7 |
| | Jim Easter | 23.4 |
| | Stan Lam | 26.7 |
| M40 | Thomas Jones | 22.2 |
| | Edward Gouera | 22.4 |
| | Ezra Abdullah | 23.4 |
| | Jesse Norman | 23.9 |
| | Don Hodge | 24.5 |
| | Rockdale Hudson | 25.6 |
| | Charles Pleasant | 26.5 |
| | Louis Miller | 33.4 |
| M45 | Phil Felton | 24.1 |
| | S.W. Flowers | 24.3 |
| | Paul Henry | 24.8 |
| M50 | Bhashwar Hart | 24.5 |
| | Gene Ballard | 26.0 |
| | Glenn Schmehl | 26.3 |
| | Vito Cesare | 28.2 |
| M55 | Ken Baker | 26.4 |
| | Cliff Pauling | 26.6 |
| | J. Macdonald | 27.2 |
| | Dave Connolly | 28.2 |
| M60 | Rich Barretta | 26.3 |
| | Alexander Johnson | 26.8 |
| | Jim Stookey | 26.9 |
| M65 | Ed Cox | 27.6 |
| | Ross Mitchell | 28.5 |
| | William Bergen | 29.7 |
| | Bob Naylor | 29.8 |
| | Clem Fields | 32.9 |
| | Manny Herscher | 33.8 |
| M70 | Jim Manno | 31.1 |
| | Oscar Harris | 31.2 |
| W30 | Kelly Etheridge | 27.1 |
| | Caryl Senn | 27.9 |
| | Denise Jones | 28.9 |
| W35 | Louise Clark | 26.6 |
| W60 | Nancy Ammermuller | 32.5 |

400m

| | | |
|---|---|---|
| M30 | Sal Allah | 49.3 |
| | Fred Feaster | 51.8 |
| | Rich Alexander | 53.5 |
| | Kevin Matkoski | 58.2 |
| M35 | Payton Hines | 49.3 |
| | James Easter | 53.3 |
| | Gary Gorman | 56.2 |
| M40 | Edward Gouera | 50.6 |
| | Thomas Jones | 52.9 |
| | Don Hodge | 53.5 |
| | Duane Green | 54.3 |
| | Alex Constantino | 55.3 |
| | Larry Zwick | 58.3 |
| | Charles Pleasant | 60.0 |
| M45 | Phil Felton | 54.2 |
| | Paul Henry | 55.1 |
| | S.W. Flowers | 56.4 |
| | Michael Billman | 59.4 |
| M50 | Bhashwar Hart | 54.7 |
| | Bob Williams | 59.5 |
| | Vito Cesare | 63.4 |
| | Tom Hartman | 63.7 |
| M55 | Ken Baker | 59.2 |
| | Cliff Pauling | 61.1 |
| | J. MacDonald | 62.0 |
| M60 | Matt Brown | 62.1 |
| | Hans Hunziker | 65.9 |
| | Bob Gerlough | 67.7 |
| | Jim Moran | 72.2 |
| M65 | Clem Fields | 68.2 |
| | Bob Naylor | 68.7 |
| | William Bergen | 73.0 |
| | Manny Herscher | 80.5 |
| M70 | Jim Manno | 75.5 |
| | Oscar Harris | 78.8 |
| | John McCarthy | 82.3 |
| W30 | Kelly Etheridge | 60.4 |
| | Denise Jones | 67.4 |
| | Iris Clayburn | 70.3 |
| W35 | Joan Sterrett | 61.2 |
| | Louise Clark | 62.2 |
| W40 | Donna Settles | 62.6 |
| W60 | Nancy Ammermuller | 80.5 |

800m

| | | |
|---|---|---|
| M30 | Lewis Jefferson | 2:02.5 |
| | Chris Lewis | 2:07.4 |
| | Paul Peacock | 2:09.8 |
| | Mitchell Lovett | 2:13.0 |
| | Peter Allen | 2:13.3 |
| | Les Kankini | 2:24.1 |
| | Conor Gaynor | 2:27.8 |
| M35 | Annan Sterrett | 2:02.1 |
| | William Abrams | 2:12.3 |
| | Frankie Darden | 2:33/6 |
| M40 | Rob Jackson | 2:11.3 |
| | Mike Blake | 2:14.3 |
| | Chris Monroe | 2:14.6 |
| | Winston Stiltin | 2:19.7 |
| | Joe Sikora | 2:29.8 |
| | Dave Faris | 2:31.9 |
| M45 | Salih Talib | 2:05.6 |
| | Bruce Carter | 2:09.1 |
| | Richard Hamner | 2:14.5 |
| | Bob Burke | 2:15.5 |
| | Roger Price | 2:24.2 |
| | John Searle | 2:40.5 |
| M50 | John Saarnan | 2:27.3 |
| | Thomas Gannon | 2:29.5 |
| | Daniel Kirsch | 2:32.5 |
| | John Orr | 3:27.6 |
| M55 | Paul Roedell | 3:18.1 |
| M60 | Burr Grim | 2:30.4 |
| | Irwin Bernstein | 2:38.0 |
| | Hans Hunziker | 2:39.4 |
| M65 | Clem Fields | 3:09.6 |
| M70 | Jim McGilvery | 3:40.1 |
| W30 | Tish Hamilton | 2:38.0 |
| | Alicia Johnson | 2:47.8 |
| W35 | Edna Crawley | 2:41.9 |
| W40 | P. Dickson-Taylor | 2:29.7 |
| | Celeste Bey | 3:20.3 |
| W50 | Madeline Bost | 2:55.9 |
| W60 | Lois Filreis | 3:23.8 |

Mile

| | | |
|---|---|---|
| M30 | Conor Gaynor | 5:13.5 |
| M35 | Miles Vaughn | 4:38.8 |
| | William Roemer | 5:02.3 |
| | Frankie Darden | 5:13.2 |
| | George Moore | 5:44.2 |
| M40 | Winston St. Hill | 5:10.8 |
| | Joe Sikora | 5:21.2 |
| | Tom Allen | 5:33.9 |
| M45 | Roger Price | 4:54.1 |
| | Richard Hamner | 4:59.3 |
| | John Searle | 6:04.5 |
| M50 | Dan Kirsch | 5:35.9 |
| M55 | Gene Chase | 5:46.5 |
| | John Orr | 7:02.1 |
| | Paul Roedell | 7:27.0 |
| M60 | Burr Grim | 5:31.1 |
| | Hans Hunziker | 5:48.1 |
| | Donald Teague | 6:51.8 |
| M65 | Clem Fields | 6:39.3 |
| M70 | Jim McGilvray | 8:03.8 |
| W30 | Tish Hamilton | 6:00.7 |
| | Alicia Johnson | 6:26.8 |
| W35 | Edna Crawley | 5:59.1 |
| W40 | P. Dickson-Taylor | 5:37.4 |
| | Celeste Bey | 7:43.5 |
| W50 | Madeline Bost | 6:12.9 |
| W60 | Lois Filreis | 7:14.6 |

5000m

| | | |
|---|---|---|
| M30 | Steve Bigota | 16:33.0 |
| M35 | William Abrams | 17:01.2 |
| | William Roemer | 17:11.2 |
| | Frankie Darden | 18:59.1 |
| M40 | Winston St. Hill | 18:29.1 |
| M45 | John Searle | 21:28.2 |
| | Thomas Miller | 21:50.9 |
| M50 | Armando Oliviera | 19:12.5 |
| | Bill Cooper | 19:47.4 |
| M55 | Gene Chase | 18:58.9 |
| M60 | Burr Grim | 18:27.2 |
| | Don Teague | 21:53.4 |
| | Walt McConnell | 21:55.2 |
| M65 | Clem Fields | 21:49.8 |

High Hurdles

| | | |
|---|---|---|
| M30 | Brian Corrigan | 16.4 |
| | Kevin Dee | 17.0 |
| M35 | Tony Ciccone | 16.5 |
| M45 | Ivan Black | 20.9 |
| M50 | John Sloan | 21.4 |
| M65 | Tom Delany | 19.4 |
| W30 | Ruvinia Kelly | 20.4 |
| W45 | Michael Hill | 14.8 |

High Jump

| | | |
|---|---|---|
| M30 | Cristo Vrcy | 6-8 |
| | Richard Alexander | 6-8 |
| | Brian Corrigan | 6-2 |
| M35 | Dan Goia | 5-6 |
| M40 | Steve Harkins | 6-4 |
| | Mark Gershon | 5-0 |
| M45 | Ron Salvio | 5-0 |
| | Ivan Black | 4-10 |
| M50 | Dave Connolly | 4-0 |
| M55 | Sam Rumford | 4-10 |
| | John Orr | 3-8 |
| M60 | James Stookey | 4-8 |
| | Arthur Kearney | 4-4 |
| | Paul Soraparu | 4-0 |
| M65 | *Bill Bergen | 4-0 |
| | *Tom Delany | 4-0 |
| M75 | Charlie Irwin | 3-10 |
| W30 | Caryl Senn | 5-0 |
| | Leslie Duncan | 4-6 |
| W35 | Julie Weidis | 4-0 |
| W45 | Michael Hill | 4-3 |
| | J. Hill-Hudgins | 4-3 |

* Tie

Pole Vault

| | | |
|---|---|---|
| M30 | Duncan Littlefield | 14-6 |
| | Gary Roberts | 11-6 |
| M35 | Bob Ayling | 10-6 |
| | Rob Doran | 10-0 |
| M45 | Jan Decker | 9-9 |
| | Ron Salvio | 8-0 |
| M50 | John Sloan | 6-0 |
| M60 | Mort Malkin | 8-0 |
| M65 | Jack Doorlay | 7-0 |
| W30 | Laurie Black | 7-6 |
| W50 | Madeline Bost | 6-0 |

Long Jump

| | | |
|---|---|---|
| M30 | Brian Corrigan | 20-4½ |
| M35 | Richard Choppa | 17-5 |
| | Dan Goia | 16-11¾ |
| M40 | Ezra Abdullah | 19-3 |
| | Desmond Marshall | 18-8½ |
| | Mark Gershon | 17-1 |
| | Kenrick Smith | 16-9½ |
| | Steve Harkins | 16-0 |
| M45 | Jim Shea | 16-4¼ |
| | Mike Billman | 16-1½ |
| | Ivan Black | 15-8¾ |
| | Jan Decker | 14-10 |
| M50 | Dave Connolly | 14-6 |
| | John Sloan | 13-1¼ |
| | Richard Kaye | 12-0¼ |
| M60 | James Stookey | 15-9 |
| | Paul Soraparu | 12-0¼ |
| | Jack Lance | 11-10½ |
| M65 | Tom Delany | 13-8½ |
| | Jack Doorlay | 11-11 |
| | Manny Herscher | 10-11 |
| M70 | Oscar Harris | 12-8 |
| W30 | Ruvinia Kelly | 13-3½ |
| W35 | Edna Crawley | 13-2¼ |
| | Julie Weidis | 11-8 |
| W40 | Nancy Klepack | 15-7¾ |
| W45 | Michael Hill | 13-8½ |

Triple Jump

| | | |
|---|---|---|
| M30 | Brian Corrigan | 44-11½ |
| M40 | Mark Gershon | 31-2½ |
| M45 | Ivan Black | 34-5 |
| | Mike Billman | 33-3¼ |
| | Jim Shea | 30-¾ |
| | Ron Salvio | 29-9½ |
| M50 | Richard Kaye | 26-6 |
| M60 | James Stookey | 34-1¼ |
| | JackLance | 24-2½ |
| M65 | Jack Doorlay | 24-3 |
| M70 | Ed Coyle | 19-9 |
| M75 | Charlie Irwin | 23-5 |
| W35 | Julie Weidis | 24-5 |
| W45 | Michael Hill | 27-10½ |

Shot Put

| | | |
|---|---|---|
| M30 | Warren Taylor | 15.48 |
| | Jim Passanante | 13.21 |
| | Kevin Dee | 12.12 |
| | Kevin Szott | 12.0 |
| | Chris Henderson | 8.13 |
| M35 | Dennis VonLinden | 13.25 |
| | Tony Ciccone | 12.36 |
| M40 | Henry Kalnas | 12.09 |
| | Richard McMullin | 11.4 |
| | Rich Ruffalo | 11.14 |
| | Richard Smith | 10.42 |
| | Michael Kalnas | 9.93 |
| M45 | Craig Shumaker | 12.56 |
| | Kenneth Straley | 11.99 |
| | Dennis Chandler | 11.34 |
| | Terry Shuman | 10.91 |
| M50 | Larry Pratt | 13.32 |
| | Joe Kalnas | 12.35 |
| | Jimmy Jones | 11.41 |
| | Gus Giviskos | 10.70 |
| | George Reynolds | 9.74 |
| | Jai Singh | 9.41 |
| M55 | Sam Rumford | 11.15 |
| | Lew Overbeck | 9.51 |
| M60 | Ed McCombs | 13.38 |
| | Len Olson | 13.20 |
| | Ray Feick | 12.20 |
| | Tom Henderson | 11.58 |
| | Meemo Maasik | 11.37 |
| | Martin Kintish | 10.58 |
| | Paul Soraparu | 9.57 |
| | John Adams | 7.62 |
| M75 | Charlie Irwin | 7.6 |
| W30 | Lesley Duncan | 10.24 |
| | Denise Jones | 7.71 |
| | Ida James | 7.21 |
| W35 | Edna Crawley | 6.72 |
| | Julie Wiedis | 5.70 |
| W40 | Carol Long | 6.70 |
| W45 | J. Hill-Hudgins | 9.42 |
| W50 | Roslyn Katz | 8.16 |
| W55 | Ann Cirulnick | 8.18 |

Discus

| | | |
|---|---|---|
| M30 | Warren Taylor | 46.73 |
| | Kevin Dee | 37.45 |
| | Kevin Szott | 36.09 |
| | Jim Passanante | 34.30 |
| | Eric Schad | 31.58 |
| | Chris Henderson | 25.71 |
| M35 | Dennis VonLinden | 41.87 |
| | Tony Ciccone | 40.09 |
| | John Kalnas | 38.22 |
| | Peter VanAken | 36.36 |
| M40 | Henry Kalnas | 35.80 |
| | Richard McMullin | 35.49 |
| | Rich Ruffalo | 30.46 |
| | Richard Smith | 29.37 |
| | Bob Palermo | 18.96 |
| M45 | Terry Shulman | 37.75 |
| | Glenn Weaver | 33.80 |
| | *Frank Monroe | 33.15 |
| | *Dennis Chandler | 33.15 |
| | Kenneth Straley | 32.82 |
| | Jim Shea | 27.30 |
| M50 | Larry Pratt | 46.85 |
| | Jimmy Jones | 39.96 |
| | Lloyd Long | 35.79 |
| | Gus Giviskos | 33.96 |
| | George Reynolds | 32.74 |
| | John Lang | 29.62 |
| M55 | Sam Rumford | 33.96 |
| | Lew Overbeck | 29.83 |
| M60 | *Ed McCombs | 48.45 |
| | *Len Olson | 48.45 |
| | Martin Kintish | 41.59 |
| | Tom Henderson | 40.60 |
| | Meemo Maasik | 38.31 |
| | Ray Feick | 34.43 |
| | Donald Teague | 16.37 |
| M70 | John McCarthy | 29.34 |
| M75 | Charlie Irwin | 26.29 |
| W30 | Kathy Kean | 36.17 |
| | Ida James | 18.30 |
| | Iris Clyburn | 17.51 |
| W40 | Carol Long | 16.13 |
| W45 | Marie Lake | 19.06 |
| W50 | Roslyn Katz | 21.10 |
| W55 | Ann Cirulnick | 19.89 |

*tie

Javelin

| | | |
|---|---|---|
| M30 | Rich Cetlin | 181-10½ |
| | Brian Corrigan | 178-8½ |
| | Eric Schad | 157-7 |
| | Kevin Dee | 137-8 |
| M35 | Peter Van Aken | 143-8½ |
| M40 | Thomas Nielson | 188-3 |
| | Richard McMullin | 174-10 |
| | Rich Ruffalo | 138-7½ |
| | Dave Faris | 133-11½ |
| M45 | Dennis Chandler | 172-10 |
| | Glenn Weaver | 161-11 |
| | Ivan Black | 117-4 |
| | Michael Billman | 114-2 |
| | Jim Shea | 112-8½ |
| | Jan Decker | 108-11 |
| M50 | George Reynolds | 165-8 |
| | John Lang | 130-11 |
| | Jimmy Jones | 128-5 |
| | John Sloan | 125-6½ |
| | Richard Kaye | 95 |
| | Dave Connoily | 68-2 |
| M55 | Frank Illuzzi | 124-3½ |
| | Sam Rumford | 116-7½ |
| | Lew Overbeck | 99-4 |
| M60 | Robert Youngs | 155-2 |
| | Ray Feick | 128-10½ |
| | Len Olson | 126-11 |
| | Meemo Maasik | 109-5 |
| | Martin Kintish | 100-0 |
| | John Adams | 99-0 |
| M70 | John McCarthy | 88-4 |
| M75 | Charlie Irwin | 62-8 |
| W30 | Caryl Senn | 120-6 |
| | Lesley Duncan | 120-2 |
| W35 | Julie Wiedis | 76-7½ |
| W40 | P. Dickson-Taylor | 75-4 |
| W45 | J. Hill-Hudgins | 88-11 |
| | Marie Lake | 61-8½ |
| W50 | Roslyn Katz | 55-11 |

Weights

| | | |
|---|---|---|
| M30 | Kevin Szott | 12.03 |
| | Chris Henderson | 9.80 |
| M35 | Dennis VonLinden | 12.68 |
| M40 | Richard Smith | 12.53 |
| | Rich Ruffalo | 10.03 |
| M60 | Ed McCombs | 15.60 |
| | Len Olson | 13.20 |
| | Ray Feick | 12.46 |
| | Martin Kintish | 12.17 |
| | Tom Henderson | 11.38 |
| W30 | Lesley Duncan | 7.69 |
| W50 | Roslyn Katz | 9.26 |
| W55 | Ann Cirulnick | 7.87 |

1500 Racewalk

| | | |
|---|---|---|
| M35 | Frankie Darden | 8:01.0 |
| M45 | Ron Salvio | 7:20.7 |
| M50 | Jai Singh | 11:33.6 |
| M55 | John Orr | 11:17.9 |
| M60 | Mort Malkin | 8:34.4 |
| M65 | John Nervetti | 8:42.6 |
| | Clem Fields | 9:45.7 |
| W35 | Gloria Rawls | 7:10.6 |
| | Juneann Beresford | 10:46.5 |
| | Barbara Strunguski | 11:29.7 |
| | Elisa Dominsky | 13:27.0 |

4X400m Relay

| | | |
|---|---|---|
| M35 | R. Short, A.Rubin, Markoff, G.Gorman | 4:02.8 |
| M40 | Central Park | 3:53.8 |
| M50 | New York Masters | 4:28.4 |
| W30 | Westchester (Sterrett, Clark, Ethridge, Sterrett) | 4:11.9 |
| | Achievement Unlimited | 4:34.4 |

Continued on next page



Continued from previous page

### Maryland Masters TC Weight: Throw Series
### Baltimore, MD; July 2

**SP**

| | | |
|---|---|---|
| Pete Collins | (37) | 40'- 6" |
| Jimmy Jones | (50) | 34'- 1" |
| Jack Hoppenstein | (55) | 34'- 1/2" |
| Ed McComas | (60) | 44'- 3 1/2" |
| Dick Burton | (59) | 28'- 9" |
| Bob Leishear | (65) | 27'- 4" |
| Howard Cohen | (58) | 20'-10" |

**Discus**

| | | |
|---|---|---|
| Jimmy Jones | (50) | 135'- 8" |
| Jack Hoppenstein | (55) | 113'- 8" |
| Dick Burton | (59) | 98' |
| Howard Cohen | (58) | 75'- 7" |
| Ed McComas | (60) | 137'- 3" |
| Bob Leishear | (65) | 108'- 2" |

**Javelin**

| | | |
|---|---|---|
| Jimmy Jones | (50) | 127'- 3 1/2 |
| Bob Leishear | (65) | 88'- 7" |
| Jack Hoppenstein | (55) | 86'- 2" |
| Dick Burton | (59) | 81'- 3" |
| Howard Cohen | (58) | 69' |

**Hammer**

| | | |
|---|---|---|
| Pete Collins | (37) | 143'-10" |
| Ed McComas | (60) | 137'- 3" |
| Bob Leishear | (65) | 98'- 1/2" |

**25# Weight**

| | | |
|---|---|---|
| Ed McComas | (60) | 52'- 8" |
| Bob Leishear | (65) | 26'-11" |

### Niagara USATF Championships
### Buffalo, NY; July 2

**100 METERS**

| | | |
|---|---|---|
| M35 | Jesse Thomas | 10.9 |
| | Chris Best | 11.6 |
| | Gordon Miller | 11.7 |
| M40 | Johnnie Thomas | 11.3 |
| | Michael Walker | 12.8 |
| M45 | Smokey Santillo | 11.2 |
| | Robert Zimmerman | 11.7 |
| | Mike Nedd | 11.8 |
| | Armond LaFramboise | 12.3 |
| | Gary Crawford | 13.6 |
| M50 | Chuck LaChlusa | 11.6 |
| | Norman Chambliss | 13.9 |
| M55 | Harvey Boles | 14.2 |
| M60 | Thomas Callender | 12.5 |
| M65 | Ed Cox | 13.0 |
| | Howard MacMillan | 13.0 |
| | George LaCava | 17.7 |
| W30 | Marcia Wallace | 13.8 |
| | Karen Pyle | 14.6 |
| W40 | Darbie Maccubbin | 14.5 |
| W45 | Pamela Duncan | 14.0 |
| | Josephine Cross | 14.3 |
| W50 | Barbara Stewart | 14.9 |
| W60 | Janet Holmes | 16.8 |
| | Edna Hyer | 18.9 |

**200 METERS**

| | | |
|---|---|---|
| M30 | Michael Lee Foon | 23.2 |
| | Kenneth Switnicki | 26.0 |
| | Duncan Payne | 26.4 |
| M35 | Jesse Thomas | 24.1 |
| | Chris Best | 24.7 |
| | Gordon Miller | 26.1 |
| M40 | Johnnie Thomas | 23.9 |
| | Horace Hudson | 24.9 |
| | Michael Walker | 27.3 |
| M45 | Smokey Santillo | 24.5 |
| | Mike Nedd | 24.6 |
| | Robert Zimmerman | 24.7 |
| | Armond LaFramboise | 27.0 |
| | Gary Crawford | 28.5 |
| M50 | Chuck La Chlusa | 25.4 |
| | Ralph O'Neal | 30.2 |
| M60 | Thomas Collender | 27.5 |
| M65 | Howard MacMillan | 32.4 |
| W30 | Marcia Wallace | 30.4 |
| | Karen Pyle | 32.6 |
| W40 | Darbie Maccubbin | 31.1 |
| | Carolyn DeWitt | 36.2 |
| W45 | Pamela Duncan | 30.2 |
| | Josephine Cross | 30.9 |
| W60 | Janet Holmes | 36.7 |
| | Edna Hyer | 41.7 |

**400 METERS**

| | | |
|---|---|---|
| M30 | Michael Lee Foon | 52.9 |
| | Kenneth Switnicki | 57.7 |
| M40 | Horace Hudson | 54.5 |
| | Steven Izzo | 61.5 |
| M45 | Mike Nedd | 55.6 |
| | Gary Crawford | 64.8 |
| | Ted Sauer | 66.8 |
| M50 | Ralph O'Neal | 63.2 |
| M60 | Thomas Callender | 62.3 |
| M65 | Earl Fee | 60.7 |
| | Howard MacMillan | 74.7 |
| W40 | Darby Maccubbin | 69.0 |
| W60 | Janet Holmes | 86.7 |
| | Edna Hyer | 97.1 |

**800 METERS**

| | | |
|---|---|---|
| M30 | Kenneth Switnicki | 2:32.2 |
| M45 | Gary Crawford | 3:21.7 |
| M50 | Ralph O'Neal | 2:32.9 |
| W40 | Cathy Tedford | 3:30.4 |

**1500 METERS**

| | | |
|---|---|---|
| M30 | Kenneth Switnicki | 4:53.8 |
| M40 | Stephen Izzo | 4:41.6 |
| M45 | Ted Sauer | 5:21.1 |
| M65 | Earl Fee | 4:58.8 |
| W35 | Marilyn Brandt | 5:16.7 |
| W40 | Cookie O'Neal | 5:47.3 |
| | Carolyn Dewitt | 5:59.3 |
| | Cathy Tedford | 7:03.3 |
| W45 | Mary Casey | 6:15.1 |
| W60 | Edna Hyer | 7:29.7 |

**110/100 METER HURDLES**

| | | |
|---|---|---|
| M30 | Duncan Payne | 18.8 |
| M40 | Horace Hudson | 17.7 |
| | Bob Duran | 18.0 |

**400 METER HURDLES**

| | | |
|---|---|---|
| M40 | Horace Hudson | 60.1 |
| | Charles Swanekamp | 70.7 |
| M65 | Earl Fee | 68.5 |

**3000 METER RACEWALK**

| | | |
|---|---|---|
| M35 | David Lawrence | 13:51.3 |
| M50 | Robert Lubekski | 17:42.9 |
| W30 | Sue Hoadley | 18:47.0 |
| W40 | Eileen Lawrence | 16:55.6 |
| W60 | Edna Hyer | 21:29.3 |

**4X100 METER RELAY**

| | | |
|---|---|---|
| M30 | Jets | 53.6 |

**LONG JUMP**

| | | |
|---|---|---|
| M30 | Kenneth Switnicki | 5.35 |
| | Duncan Payne | 4.58 |
| M40 | Johnnie Thomas | 5.63 |
| | Jim Kelly | 4.75 |
| M45 | Armond LaFramboise | 5.08 |
| M50 | Norman Chambliss | 5.13 |
| M55 | Harvey Boles | 3.87 |
| W30 | Marcia Wallace | 4.51 |
| W50 | Barbara Stewart | 3.50 |

**TRIPLE JUMP**

| | | |
|---|---|---|
| M30 | Kenneth Switnicki | 10.88 |
| M45 | Armond LaFramboise | 10.21 |
| M50 | Norman Chambliss | 11.72 |
| M55 | Harvey Boles | 7.50 |
| W30 | Marcia Wallace | 9.08 |
| W50 | Barbara Stewart | 7.38 |

**HIGH JUMP**

| | | |
|---|---|---|
| M30 | Duncan Payne | 1.53 |
| M40 | Bob Doran | 1.68 |
| M45 | Gary Crawford | 1.32 |
| M50 | Norm Chambliss | 1.43 |
| | Arnie Harting | 1.27 |
| M55 | David Morris | 1.27 |
| | Harvey Boles | 1.17 |
| W30 | Marcia Wallace | 1.32 |

**POLE VAULT**

| | | |
|---|---|---|
| M30 | Duncan Payne | 10'0" |
| M35 | Jim Beatty | 12'5" |
| M40 | Jim Kelly | 9'6" |
| M45 | Doug Perrine | 10'6" |
| M50 | Arnnie Harting | 8'6" |
| M55 | Harvey Boles | 7'0" |
| W50 | Barbara Stewart | 7'0" |

**SHOT PUT**

| | | |
|---|---|---|
| M30 | Duncan Payne | 8.52 |
| M40 | Raymond Bzibziak | 10.28 |
| M45 | Arlie Schwan | 9.41 |
| M50 | John Kasperski | 11.80 |
| | Arnie Harting | 9.03 |
| M55 | Chuck Yost | 10.47 |
| | Harvey Boles | 8.02 |
| M65 | Jim Flowers | 7.95 |
| M70 | Gary Bachman | 11.87 |
| | William Russo | 8.05 |
| W30 | Deborah Eckhardt | 7.52 |
| W35 | Nancy LaChlusa | 6.28 |
| W40 | Judith DiGiacomo | 6.11 |
| W50 | Barbara Stewart | 6.44 |

**DISCUS**

| | | |
|---|---|---|
| M30 | Kenneth Switnicki | 29.78 |
| | Duncan Payne | 23.20 |
| M35 | Gerry Diaz | 33.6 |
| M40 | Raymond Bzibziak | 32.20 |
| | Charles Swanekamp | 25.01 |
| M45 | Fred Brostmeyer | 33.55 |
| | Armond LaFramboise | 28.87 |
| | Arlie Schwan | 26.99 |
| M50 | John Kasperski | 40.53 |
| | Arnie Harting | 27.49 |
| M55 | David Morris | 34.36 |
| | Chuck Yost | 32.62 |
| | Harvey Boles | 29.76 |
| M60 | Jim Flowers | 27.23 |
| M70 | Garry Bachman | 30.40 |
| | William Russo | 24.91 |
| W30 | Deborah Eckhardt | 22.55 |
| W35 | Nancy LaChlusa | 16.75 |
| W40 | Kim Kasperski | 21.39 |
| | Judith DiGiacomo | 12.44 |
| W60 | Edna Hyer | 20.07 |

**Heavy Weight**

| | | |
|---|---|---|
| M35 | Gerry Diaz | 12.42 |
| M40 | Vic DiGiacomo | 7.02 |
| M50 | John Kasperski | 10.92 |
| W30 | Deborah Eckhardt | 7.40 |
| W35 | Nancy LaChlusa | 7.52 |
| W40 | Kim Kasperski | 8.30 |
| W50 | Barbara Stewart | 2.64 |

**Javelin**

| | | |
|---|---|---|
| M30 | Ken Switnicki | 40.82 |
| | Duncan Payne | 28.02 |
| M45 | Armond LaFramboise | 44.92 |
| M55 | Fred Pamenter | 48.04 |
| | Chuck Yost | 30.00 |
| | Harvey Boles | 20.68 |
| M65 | Jim Flowers | 22.22 |
| M70 | Gary Bachman | 21.98 |
| W30 | Deborah Eckhardt | 19.74 |
| W60 | Edna Hyer | 20.08 |

### Masters Showcase Track Mile
### Sugarloaf Mountain A.C.
### All Comers Track Meet
### Northampton, MA; July 7

| | | |
|---|---|---|
| 1) | Chris Farmer (40) | 4:37.4 |
| 2) | Bob Weiner (47) | 4:56.9 |
| | (S.M.A.C. single age record) | |
| 3) | Mike McCusker (45) | 4:58.4 |
| 4) | Stu Dickson (40) | 5:02.4 |
| 5) | Seth Roberts (42) | 5:11.4 |
| 6) | Richard Clark (40) | 5:19.0 |
| 7) | Dave Hosmer (49) | 5:20.5 |
| 8) | Jeffrey Paskman (46) | 5:27.1 |
| 9) | U.R. | 5:39.1 |
| 10) | Fred Wellman (53) | 5:51.0 |
| 11) | Margo Perreault (45) | 8:09.0 |

## SOUTHEAST

### Florence TC Hot Feet Series
### Florence, SC; May 5

**Shot Put**

| | | |
|---|---|---|
| M40 | Bob Gunn | 43-½ |
| M60 | William Patrick | 33-4 |
| M65 | John Snaden | 24-6 3/4 |

**Discus**

| | | |
|---|---|---|
| M40 | Bob Gunn | 98-2 |
| M60 | William Patrick | 118-11 |
| M65 | John Snaden | 76-5 |

**35# Weight**

| | | |
|---|---|---|
| M35 | David Vandergriff | 51-8 |
| M40 | Bob Gunn | 39-2½ |
| M60 | W Patrick | 22-½ |

**56# Weight**

| | | |
|---|---|---|
| M35 | David Vandergriff | 33-1 |
| M40 | B Gunn | 26-3½ |
| M60 | W Patrick | 12-10 |

**5000m Racewalk**

| | | |
|---|---|---|
| M65 | John Snaden | 35:51.8 |
| W35 | Nina Cowan | 49:19.1 |

### Florence TC Hot Feet Series
### Florence, SC; May 18

**100m**

| | | |
|---|---|---|
| M70 | Clip Clippinger | 23.4 |

**400m**

| | | |
|---|---|---|
| M70 | Clip Clippinger | 2:25 |

**1500m**

| | | |
|---|---|---|
| M70 | Clip Clippinger | 13:37.7 |

**Long Jump**

| | | |
|---|---|---|
| M70 | C Clippinger | 3-10½ |

**5000m**

| | | |
|---|---|---|
| M45 | David Bayne | 21:52 |

**Shot Put**

| | | |
|---|---|---|
| M40 | Peter Farmer | 33-7½ |
| M65 | Darwin Newton | 32-8 |
| | John Snaden | 22-10½ |
| M70 | C Clippinger | 16-8 |

**Discus**

| | | |
|---|---|---|
| M40 | Peter Farmer | 107-7 |
| M65 | Darwin Newton | 102-1 |
| | John Snaden | 73-5 |
| M70 | C Clippinger | 37-7 |

**Hammer**

| | | |
|---|---|---|
| M35 | David Vandergriff | 161-0 |
| M40 | Peter Farmer | 194-3 |
| M70 | Clip Clippinger | 12-3 |

**35# Weight**

| | | |
|---|---|---|
| M35 | David Vandergriff | 50-5 |
| M40 | Peter Farmer | 53-9½ |
| M65 | Darwin Newton | 21-0 |

**56# Weight**

| | | |
|---|---|---|
| M35 | David Vandergriff | 33-7½ |
| M40 | Peter Farmer | 32-6½ |
| M45 | Frank Kiefer | 23-3½ |

**5000m Racewalk**

| | | |
|---|---|---|
| M40 | David Hale | 28:24 |
| M60 | Mike Michel | 30:15 |
| M65 | John Snaden | 38:05 |

### Tennessee Western Regional Seniors Meet
### Memphis; May 21

**100m**

| | | |
|---|---|---|
| M55 | Jim McElroy | 14.44 |
| | Jerry Phillips | 14.45 |
| M60 | Jim Mathis | 11.94 |
| | John Hurd | 13.69 |
| M65 | Bob Alexander | 13.48 |
| | Albert Powers | 15.09 |
| M70 | Tom Nash | 16.99 |
| M75 | Don McCune | 19.02 |
| | Harold Swanton | 19.75 |
| M80 | Archie Fondren | 24.78 |
| W55 | Betty Donald | 27.31 |
| W65 | Sarah Overton | 19.15 |
| | Flo Seward | 19.72 |
| W70 | Mary Wilkerson | 23.39 |
| | Mary Truax | 27.91 |
| W80 | Estella James | 38.52 |

**200m**

| | | |
|---|---|---|
| M55 | Jerry Phillips | 30.84 |
| | John Colton | 32.08 |
| M60 | Jim Mathis | 24.98 |
| | John Hurd | 29.96 |
| M65 | John Alexander | 28.28 |
| | Albert Powers | 32.09 |
| M70 | Tom Nash | 38.97 |
| M75 | Don McCune | 43.95 |
| W65 | Flo Seward | 52.90 |
| W70 | Mary Wilkerson | 51.84 |
| | Mary Truax | 69.16 |

**400m**

| | | |
|---|---|---|
| M55 | Jim McElroy | 72.65 |
| | William Burrell | 80.70 |
| M60 | Jim Mathis | 55.46 |
| M65 | Albert Powers | 81.62 |
| | Anthony Dalton | 91.41 |
| M70 | Tom Nash | 1:51.44 |
| M75 | Don McCune | 1:51.50 |
| | Orlie Parker | 2:03.11 |
| W55 | Betty Donald | 3:58.00 |
| W65 | Flo Seward | 2:43.00 |
| W70 | Mary Truax | 3:17.00 |

**800m**

| | | |
|---|---|---|
| M55 | Herman Crisler | 2:32.86 |
| | Jim McElroy | 2:45.00 |
| | Ed Murphey | 2:55.38 |
| M65 | Anthony Dalton | 3:14.25 |
| | Herb Moriarty | 3:58.97 |
| M75 | Don McCune | 3:56.00 |
| | Orlie Parker | 4:05.74 |
| W55 | Betty Donald | 7:39.08 |
| W65 | Flo Seward | 5:58.72 |
| | Sarah Overton | 6:31.18 |
| W70 | Olive Bird | 6:52 |

**1500m**

| | | |
|---|---|---|
| M55 | Herman Crisler | 5:30.00 |
| | Jim McElroy | 6:13.56 |
| M65 | Anthony Dalton | 7:48.75 |
| | Herbert Moriarty | 8:14.00 |
| M70 | Tom Nash | 8:56.12 |
| M75 | Don McCune | 10:00.51 |
| | Orlie Parker | 10:32.92 |

**High Jump**

| | | |
|---|---|---|
| M55 | Charles Lanza | 4-6 |
| | Harold Herrington | 4-0 |
| M60 | Plato Touliatos | 4-2 |
| | Bruce Hale | 4-0 |
| | Buford McCalman | 4-0 |
| M65 | Carl Mays | 3-2 |
| | Tom Moxley | 3-0 |
| M70 | Jim Harmon | 3-8 |
| | Tom Nash | 3-6 |
| M75 | Harold Swanton | 3-8 |
| | Orlie Parker | 3-6 |
| W60 | Janet Branson | 3-1 |
| W65 | Sarah Overton | 3-3 |
| | Flo Seward | 3-2 |
| W70 | Olive Bird | 2-9 |
| | Mary Truax | 2-7 |

**Long Jump**

| | | |
|---|---|---|
| M55 | Charles Lanza | 13-0 |
| | Jim McElroy | 12-6 |
| M60 | Plato Touliatos | 11-10 |
| | Buford McCalman | 10-9½ |
| M65 | Albert Powers | 11-10 |
| | Carl Mays | 8-2½ |
| M70 | Tom Nash | 9-9 |
| | Jim Harmon | 9-7 |
| M75 | Orlie Parker | 9-3 |
| | Harold Swanton | 8-11 |
| M80 | B J Bailey | 4-8 |
| W60 | Janet Branson | 9-3 |
| W65 | Sarah Overton | 9-1 |
| | Flo Seward | 9-1 |
| W70 | Olive Bird | 4-9 |
| | Mary Truax | 3-0 |

**Shot Put**

| | | |
|---|---|---|
| M55 | Charles Lanza | 33-5 |
| | Herbert Kesick | 28-8 |
| M60 | Plato Touliatos | 28-3½ |
| M65 | William Brazelton | 32-2½ |
| | Robert Hewitt | 29-9 |
| M70 | Jim Harmon | 21-3 |
| M75 | Harold Swanton | 31-6 |
| | Orlie Parker | 26-4½ |
| M80 | Archie Fondren | 26-2 |
| | Victor Neville | 21-11 |
| | B J Bailey | 21-0 |
| W55 | Betty Donald | 17-4 |
| W65 | Flo Seward | 24-0 |
| | Sarah Overton | 22-10 |
| W70 | Olive Bird | 15-6 |

**Discus**

| | | |
|---|---|---|
| M55 | Charles Lanza | 81-2 |
| | Harold Herrington | 79-6 |
| M60 | Plato Touliatos | 85-1 |
| M65 | William Brazelton | 109-6 |
| | Robert Hewitt | 108-6 |
| M70 | Jim Harmon | 58-0 |
| M75 | Harold Swanton | 79-4 |
| | Orlie Parker | 60-5 |
| M80 | Victor Neville | 58-6 |
| | Archie Fondren | 54-2 |
| | B J Bailey | 49-8 |
| W65 | Sarah Overton | 49-6 |
| | Dot Taylor | 39-1 |
| W70 | Mary Truax | 25-8 |

**Javelin**

| | | |
|---|---|---|
| M55 | Charles Lanza | 92-4 |
| | William Burrell | 76-2 |
| M60 | Buford McCalman | 99-0 |
| M65 | William Brazelton | 112-0 |
| M70 | Jim Harmon | 36-10 |
| M75 | Harold Swanton | 58-1 |
| M80 | Victor Neville | 54-0 |
| | Archie Fondren | 43-0 |
| | B J Bailey | 35-5 |
| W65 | Sarah Overton | 55-5 |
| W70 | Olive Bird | 16-3 |

**1500m Racewalk**

| | | |
|---|---|---|
| M55 | Bruce Logan | 8:58.42 |
| | John Colton | 11:42.71 |
| M65 | Anthony Dalton | 10:29.52 |
| | Albert Powers | 11:52.02 |
| | Carl Mays | 11:52.02 |
| M70 | Charles Finney | 10:09.36 |
| | Tom Nash | 10:56.08 |
| M75 | Don McCune | 10:54.24 |
| | Orlie Parker | 11:08.00 |
| W60 | June Smith | 11:02.00 |
| W65 | Sarah Overton | 13:35.53 |
| | Flo Seward | 13:38.81 |
| W70 | Mary Wilkerson | 14:00.14 |
| | Olive Bird | 14:35.91 |

### Atlanta Track Club T&F Meet
### Emory University
### Decatur, GA; June 11

**100M**

| | | |
|---|---|---|
| M30 | Marco Balizaire | 11.0 |
| M35 | Glenn Reid | 11.9 |
| M40 | Billy Johnson | 11.0 |
| M45 | Greg Marshall | 11.9 |
| M50 | Ralph McCay | 12.9 |
| M55 | Emil Pawlik | 12.3 |
| W45 | Phil Raschker | 12.3 |
| W50 | Barbara Stewart | 15.2 |

**200M**

| | | |
|---|---|---|
| M30 | Marco Balizaire | 22.31 |
| M35 | Craig Simmons | 24.0 |
| M40 | Billy Johnson | 23.0 |
| M45 | Ceasar Austin | 25.2 |
| M50 | Ralph McCay | 25.7 |
| M55 | Emil Pawlik | 25.5 |
| M65 | Gordon Seifert | 31.4 |
| W30 | Rachel Blaha | 30.3 |
| W40 | Donna Settles | 27.5 |
| W45 | Phil Raschker | 25.8 |

**400M**

| | | |
|---|---|---|
| M30 | Jim Eckenrode | 51.3 |
| M35 | Ray Blackwell | 50.4 |
| M40 | Charles Smith | 52.8 |
| M50 | Ralph McCay | 59.2 |
| M55 | Edward Small | 58.2 |
| W40 | Donna Settles | 1:02.9 |

**800M**

| | | |
|---|---|---|
| M30 | Anthony Cole | 2:10.9 |
| M35 | Steve Keith | 2:02.1 |
| M40 | Michael Baird | 2:08.7 |
| M45 | Tom O'Connor | 2:10.8 |
| M50 | Anson Clapcott | 2:16.0 |
| M55 | Bobby Hollis | 2:32.1 |
| M60 | Casey Jones | 2:29.9 |
| W30 | Rachel Blaha | 2:28.2 |
| W40 | M.Trenice Mullis | 2:49.5 |
| W45 | Susan Houlton | 2:39.5 |

**1500M**

| | | |
|---|---|---|
| M30 | C. Jensrud | 4:32.8 |
| M35 | Keith Johnson | 4:27.4 |
| M40 | Tom O'Connor | 4:21.4 |
| M50 | Anson Clapcott | 4:49.5 |
| M60 | Charles Williams | 5:07.5 |
| W35 | Mimi Ney | 5:09.5 |
| W40 | M.Trenice Mullis | 5:37.4 |
| W45 | Birgit Horn | 5:29.6 |

**5000M**

| | | |
|---|---|---|
| M30 | Mark Coughlin | 17:01.5 |
| M35 | Keith Johnson | 16:44.0 |
| M40 | Earl Owens | 15:34.1 |
| M45 | Lee Fidler | 16:46.5 |
| M50 | James Watkins | 18:21.2 |
| M55 | Jim Duguay | 19:51.1 |
| M60 | Charles Williams | 18:58.0 |
| W30 | Sylvia Martin | 20:45.1 |
| W35 | E. Unislawski | 22:29.0 |
| W45 | Holly York | 22:36.2 |
| W50 | Eddy Bay | 23:43.4 |
| W55 | Nancy Parker | 21:53.7 |

**5000M RACEWALK**

| | | |
|---|---|---|
| M35 | Ronald McCrary | 35:25.4 |
| M40 | Mark Danford | 26:30.9 |
| M45 | Dan Strohl | 30:07.7 |
| M50 | Jim Norvill | 31:07.7 |
| M60 | Charles Cohn | 35:32.4 |
| M65 | Carl Pirkle | 37:48.1 |
| W30 | C. Chapple | 36:26.2 |
| W40 | Arlette Berlin | 31:20.1 |
| W45 | Sandra Culver | 36:44.6 |

**80M HURDLES**

| | | |
|---|---|---|
| W40 | Linda Lowery | 15.2 |
| W50 | Ann Carter | 17.8 |

**110M HURDLES**

| | | |
|---|---|---|
| M30 | B. Harris | 15.4 |
| M40 | Thomas Gilliard | 14.9 |
| M55 | Emil Pawlik | 14.8 |
| M60 | Phil Mulkey | 15.7 |

**300M HURDLES**

| | | |
|---|---|---|
| M60 | Phil Mulkey | 50.0 |
| M65 | William Daprano | 54.5 |

**400M HURDLES**

| | | |
|---|---|---|
| M30 | B. Harris | 57.4 |
| M40 | Lamar Beckom | 1:03.7 |
| M55 | Emil Pawlik | 1:12.0 |
| W40 | Linda Lowery | 1:22.2 |

**3000M STEEPLECHASE**

| | | |
|---|---|---|
| M30 | C. Jensrud | 12:19.6 |
| M40 | Billy Collins | 11:20.5 |
| M45 | William Kelch | 17:02.0 |

**4x100 RELAY**

| | | |
|---|---|---|
| M30 | Chiro | 44.0 |
| M35 | Striders | 50.1 |
| M40 | ATC-B | 43.6 |

**4x400 RELAY**

| | | |
|---|---|---|
| | Cubs | 4:14.6 |

**HIGH JUMP**

| | | |
|---|---|---|
| M35 | Glenn Reid | 4-4 |
| M40 | Johnnie Dye | 4-8 |
| M45 | James Sauers | 5-8 |
| M50 | Mike Valle | 4-6 |
| M55 | Emil Pawlik | 5-2 |
| M60 | Phil Mulkey | 4-10 |
| M65 | Gordon Seifert | 5-0 |
| W40 | Linda Lowery | 4-2 |
| W50 | Brenda Bloomfield | 3-10 |

**POLE VAULT**

| | | |
|---|---|---|
| M30 | Thomas Bynum | 12-0 |
| M35 | Michael McGinnis | 13-0 |
| M40 | Johnnie Dye | 6-0 |
| M55 | Jerry Rouse | 8-6 |
| M60 | Phil Mulkey | 10-0 |
| M65 | Gordon Seifert | 7-0 |
| W50 | Barbara Stewart | 7-4½ |

**LONG JUMP**

| | | |
|---|---|---|
| M30 | Jim Eckenrode | 6.42 |
| M35 | Thomas Krebes | 4.77 |
| M40 | Anthony Santos | 6.03 |
| M50 | Mike Valle | 4.44 |
| M55 | Emil Pawlik | 5.56 |
| M60 | Phil Mulkey | 4.70 |
| M65 | Buck Bradberry | 4.62 |
| W40 | Linda Lowery | 4.65 |
| W50 | Barbara Stewart | 3.42 |
| W60 | Lucy Anne Brobst | 3.20 |

**TRIPLE JUMP**

| | | |
|---|---|---|
| M40 | Anthony Santos | 11.91 |
| M50 | Mike Valle | 9.43 |
| M60 | Phil Mulkey | 8.90 |
| M65 | Buck Bradberry | 9.21 |

**SHOT PUT**

| | | |
|---|---|---|
| M35 | William Stanley | 10.18 |
| M40 | Bob Gunn | 13.35 |
| M45 | James Sauers | 10.96 |
| M50 | Larry Pratt | 14.26 |
| M55 | Leon Combs | 9.80 |
| M60 | Phil Mulkey | 13.88 |
| M65 | Buck Bradberry | 9.39 |
| M75 | Gordon Nordgren | 8.73 |
| M80 | Gordon Powell | 6.35 |
| W40 | Rachel Scammon | 4.86 |
| W50 | Brenda Bloomfield | 8.00 |

**DISCUS**

| | | |
|---|---|---|
| M35 | William Stanley | 31.16 |
| M50 | Larry Pratt | 47.75 |
| M55 | Jerry Rouse | 31.52 |
| M60 | Phil Mulkey | 45.72 |
| M65 | Buck Bradberry | 34.10 |
| W40 | Linda Lowery | 21.98 |
| W70 | A. Bergenback | 10.43 |

**HAMMER**

| | | |
|---|---|---|
| M30 | Mike Salvidio | 28.02 |
| M35 | D.Von Vandergriff | 48.02 |
| M40 | Bob Gunn | 32.14 |
| M50 | Dick Bloomfield | 40.90 |
| M55 | Jack Hunter | 20.50 |
| M65 | R. Bergenback | 32.90 |
| M75 | Gordon Nordgren | 18.40 |
| M80 | Gordon Powell | 12.66 |
| W50 | Brenda Bloomfield | 34.60 |

**35LB. WEIGHT**

| | | |
|---|---|---|
| M35 | D.Von Vandergriff | 14.62 |
| M40 | Bob Gunn | 10.82 |
| M45 | Frank Kiefer | 10.11 |
| M50 | Dick Bloomfield | 11.35 |
| M65 | R. Bergenback | 10.02 |
| M80 | Gordon Powell | 4.54 |
| W50 | Brenda Bloomfield | 9.90 |

**56LB. WEIGHT**

| | | |
|---|---|---|
| M35 | D.Von Vandergriff | 9.65 |
| M40 | Bob Gunn | 7.29 |
| M45 | Frank Kiefer | 6.89 |
| M50 | Dick Bloomfield | 7.11 |

**JAVELIN**

| | | |
|---|---|---|
| M35 | Thomas Krebes | 28.90 |
| M40 | Jeff Stevens | 30.48 |
| M55 | Jack Hunter | 25.42 |
| M60 | Jack Shields | 45.78 |
| M65 | William Daprano | 30.20 |
| M75 | Gordon Nordgren | 25.12 |
| W50 | Joy MacDonald | 13.60 |
| W70 | A. Bergenback | 8.02 |

## MIDWEST

### Athlete's Foot Masters Outdoor Meet
### Augustana College
### Rock Island, IL; June 4

**50M**

| | | |
|---|---|---|
| F45-49 | P.DANIELSON | 8.4 |
| F50-54 | K.HUFF | 9.2 |
| F55-59 | M.BURGAR | 9.4 |
| | J.AMERY | 11.4 |
| M35-39 | N.ALBRITTON | 6.4 |
| | S.WINKEL | 6.8 |
| M40-44 | M.SKOFLANC | 6.4 |
| M45-49 | D.HILL | 7.0 |
| | M.OLIVER | 7.2 |
| | N.SCHUSTER | 7.9 |
| | J.HESS | 11.6 |
| M55-59 | M.MURPHY | 7.1 |
| | G.LABELLE | 7.2 |
| | D.AMERY | 7.2 |
| M60-64 | P.DOBROLOVNY | 6.8 |
| | B.SOBOLESKI | 7.1 |
| | C.HOWARD | 7.5 |
| | R.RICHARDSON | 8.0 |
| | M.BERTOLANI | 8.4 |
| | R.EFFERDING | 8.9 |
| M65-69 | M.LARSEN | 6.9 |
| | C.SOCHAR | 7.3 |
| M75-79 | M.FLACHS | 10.4 |

**100M**

| | | |
|---|---|---|
| F45-49 | P.DANIELSON | 15.9 |
| F55-59 | M.BURGAR | 18.8 |
| | J.AMERY | 23.0 |
| M30-34 | N.WILLIAMS | 11.2 |
| | B.FELLER | 11.9 |
| | S.THOMS | 12.2 |
| M35-39 | N.ALBRITTON | 12.3 |
| M40-44 | G.KRAINIK | 12.3 |
| | M.SKOFLANC | 12.5 |
| M45-49 | B.SCHOOLAR | 12.9 |
| | D.HILL | 13.5 |
| | M.OLIVER | 13.7 |
| | F.BEALE | 14.4 |
| M50-54 | R.PHILLIPS | 12.8 |
| | L.COREY | 13.8 |
| M55-59 | D.AMERY | 13.2 |
| | M.MURPHY | 13.4 |
| | J.MADDEN | 14.3 |
| | J.ROBINSON | 17.5 |
| M60-64 | P.DOBROVOLNY | 12.7 |
| | H.BROWN | 13.5 |
| | B.SOBOLEWSKI | 13.7 |
| | C.HOWARD | 17.1 |
| | M.BERTOLANI | 17.2 |
| | R.EFFERDING | 17.3 |
| M65-69 | M.LARSEN | 14.6 |
| | C.SOCHAR | 15.7 |
| M70-74 | M.BUSCHMAN | 16.2 |
| M75-79 | M.FLACHS | 18.9 |
| | W.RAGLAND | 19.4 |

**200M**

| | | |
|---|---|---|
| F55-59 | M.BURGAR | 42.9 |
| M30-34 | T.LOWE | 23.3 |
| M35-39 | M.MCDOWELL | 22.6 |
| | J.WATRY | 25.1 |
| | S.WINKEL | 25.5 |
| | D.LANGER | 26.5 |
| | J.ROME | 27.7 |
| M40-44 | G.KRAINIK | 23.6 |
| M45-49 | M.OLIVER | 30.3 |
| M50-54 | K.CLARKE | 26.8 |
| | D.EIDAHL | 27.4 |
| M55-59 | D.AMERY | 28.5 |
| | G.LABELLE | 31.6 |
| | M.BERTOLANI | 35.3 |
| | J.ROBINSON | 37.1 |
| M60-64 | B.SOBOLEWSKI | 27.7 |
| | C.HOWARD | 31.6 |
| | R.EFFERDING | 37.2 |
| M65-69 | C.SOCHAR | 27.4 |
| | M.LARSEN | 28.4 |
| M70-74 | G.RAJCEVICH | 38.6 |

**400M**

| | | |
|---|---|---|
| M30-34 | T.LOWE | 51.1 |
| | M.STYVAERT | 57.7 |
| M35-39 | M.MCDOWELL | 50.1 |
| | S.WINKEL | 55.4 |
| | D.KENNEDY | 57.1 |
| | M.CAMBELL | 1:04.3 |

Continued on next page

Continued from previous page

M40-44 D.MILLER 56.5
M50-54 K.CLARKE 57.6
M55-59 J.MADDEN 1:11.8
J.ROBINSON 1:17.1
M65-69 C.SOCHAR 1:01.9
E.MCCULLOUGH 1:19.7
M70-74 G.RAJCEVICH 1:45.5

800M
F60-64 D.GULLEY 3:29.3

M35-39 D.LANGER 2:08.9
M40-44 D.MILLER 2:09.8
M45-49 P.PERRY 2:09.7
M55-59 J.MADDEN 2:44.9
J.ROBINSON 2:56.6
M60-64 C.TRINKNER 2:59.9
M65-69 E.MCCULLOUGH 3:02.4

3000M RACEWALK
F35-39 R.HARRIS 19:27.5
F40-44 A.WINKLER 20:46.6
F65-69 J.MCCLARAN 19:56.7

M30-34 B.HANEY 18:35.1
M40-44 R.WINKLER 17:41.4
M45-49 B.JORDAN 17:54.3
M55-59 D.BRUGGAR 18:47.2
M60-64 F.BROWN 18:23.6 DQ
M65-69 B.MCCLARAN 19:28.1

GREGG NEWELL MILE
F30-34 C.SPARKMAN 5:42.7
F35-39 M.NAUMANN 5:19.1
F60-64 D.GULLEY 7:22.8

M30-34 B.GUSTAFSON 4:31.1
M35-39 J.LOPEZ 4:32.9
J.ANDERSON 4:41.7
M40-44 D.MILLER 4:46.3
R.WINKLER 5:51.7
M50-54 D.WERLING 5:25.9
M55-59 J.ROBINSON 5:57.3
M60-64 F.BROWN 5:58.2
M70-74 G.RAJCEVICH 7:57.5

3000M
F30-34 C.SPARKMAN 11:32.5
F35-39 M.NAUMANN 10:34.5

M30-34 B.GUSTAFSON 9:25.0
M40-44 B.SCOTT 9:49.4
S.TERRONEZ 10:27.2
M50-54 D.WERLING 10:55.5
M55-59 J.ROBINSON 12:33.1
M60-64 P.AUSHERMAN 16:09.3

80M HURDLES
M70-74 30" M.BUSCHMAN 17.4

100M HURDLES
M50-54 36" D.EIDAHL 17.0
M55-59 36" G.LABELLE 18.6
B.MILLS 17.0
M60-64 33" C.TRINKNER DNF
M65-69 33" C.SOCHAR 18.5

110M HURDLES
M35-39 39" J.WATRY 16.6
M45-49 39" B.SCHOOLAR 20.2

1500M RACEWALK
F35-39 R.HARRIS 9:11.3
F45-49 A.WINKLER 9:46.6
F65-69 J.MCCLARAN 9:45.1

M30-34 B.HANEY 9:02.5
M45-49 B.JORDAN 8:19.8
M55-59 D.BRUGGER 8:52.9
M60-64 F.BROWN 8:38.9
D.SIBIGTROTH 10:07.5
M65-69 B.MCCLARAN 9:04.7

4 X 100 METER RELAY
M45-49 D.HILL,M.OLIVER, J.ROBINSON, C.HOWARD 56.1
M55-59 D.AMERY,M.MURPHY, G.LABELLE, P.STOPOULOS 53.7
M60-64 M.LARSEN,C.SOCHAR, B.SOBOLEWSKI, C.TRINKNER 52.1

4 X 400M RELAY
M60-64 P.AUSCHERMAN, E.MCCILLOUGH,F.BROWN C.TRINKNER 5:31.3

1500M STEEPLECHASE
M65-69 C.SOCHAR 6:50.9

HIGH JUMP
M30-34 S.THOMS 5' 2"
M35-39 J.WATRY 5'10"
J.VALISKA 5' 6"
J.SMITH 4' 8"
M40-44 B.KNOEDEL 5' 8"
T.FUEHRER 4' 0"
M45-49 B.SCHOOLER 5' 4"
N.SCHUSTER 4' 2"
M55-59 C.DANNER 5' 2"
B.MILLS 4' 8"
M.MURPHY 4' 4"
D.AMERY 4' 4"
G.LABELLE 4' 2"
M60-64 R.RICHARDSON 4'10"
C.TRINKNER 4' 8"
J.HANER 4' 0"
D. SIBIGTROTH 4' 0"
M65-69 C.SOCHAR 4' 2"
E.HESS 4' 2"
E.FAILOR 4' 2"
M70-74 M.BUSCHMAN 4' 2"
G.RAJCEVICH 3' 6"
M75-79 W.RAGLAND 3' 8"
D.HULL 3' 6"

POLE VAULT
M30-34 K.PAVELONIS 12' 0"
M35-39 K.PETRANEK 13' 6"
J.ROHN 13' 0"
S.WINKEL 11' 0"
J.WATRY 11' 0"
M45-49 M.NORBERG 9' 0"
D.HILL 8' 6"
M50-54 C.DANNER 8' 6"

LONG JUMP
F40-44 D.VESTOL 8' 4"
F45-49 P.DANIELSON 13'3 1/2"
F55-59 J.AMERY 6' 3"

M30-34 B.FELLER 20' 8"
S.THOMS 18'9 1/2"
M35-39 J.WATRY 19' 3/4"
S.WINKEL 17'9 1/4"
M.CAMPBELL 14'8 3/4"
J.SMITH 11' 0"
M40-44 M.SKOFLANC 18'9 3/4"
M45-49 D.HILL 15' 11"
M50-54 D.EIDAHL 16' 7"
M55-59 P.STOPOULOS 16' 6"
D.AMERY 13'10 3/4"
G.LABELLE 13'10"
B.MILLS 13'5 1/4"
M60-64 C.TRINKNER 14'6 1/2"
D.SIBIGTROTH 11' 9"
M65-69 M.LARSEN 16'3 1/2"
C.SOCHAR 15'4 1/2"
E.FAILOR 12'11 1/2"
E.HESS 12'8 1/2"
M70-74 M.BUSCHMAN 11'10 3/4"
M75-79 D.HULL 8'3 1/2"
M.FLACHS 8'1 3/4"

STANDING LONG JUMP
F50-54 K.HUFF 5'2 1/2"
M35-39 J.VALISKA 8' 9"
N.ALBRITTON 8' 8"
M40-44 M.SKOFLANC 8' 11"
G.KRAINIK 8'4 1/4"
M45-49 D.HILL 8' 0"
M.OLIVER 6' 9"
N.SCHUSTER 6' 1"
M55-59 P.STOPOILOS 8' 2"
B.WARREN 8' 1"
G.LABELLE 7' 6"
D.AMERY 7' 2"
F.CARL 6' 9"
D.BRUGGAR 4' 8"
M60-64 D.SIBIGTROTH 6' 9"
M.BERTOLANI 6'7 1/2"
C.TRINKNER 6' 7"
M65-69 E.FAILOR 7' 1"
P.BRUSCA 6'10 1/2"
M.LARSEN 6' 7 1/4"
M70-74 M.BUSCHMAN 7' 1/2"
G.RAJCEVICH 5' 8 1/2"

TRIPLE JUMP
F40-44 D.VESTOL 18' 1/2"
M35-39 N.ALBRITTON 33'3 1/4"
M40-44 M.SKOFLANC 36'8 1/2"
M50-54 D.EIDAHL 32' 10"
M55-59 G.LABELLE 26'9 3/4"
M60-64 R.RICHARDSON 26'8 1/4"
D.SIBIGTROTH 24'9 1/4"
H.BROWN 22' 1/2"
M65-69 E.FAILOR 26'10 3/4"
E.HESS 26' 4"
M70-74 M.BUSCHMAN 22' 1"
M75-79 D.HULL 17'7 3/4"

SHOT PUT
F50-54 K.HUFF 30'1 3/4"
F70-74 F.BERRY 15'1 1/2"

M30-34 S.THOMS 33'8 3/4"
M40-44 R.GERTS 43'8 1/2"
L.REDMAN 34'2 3/4"
T.FUEHERER 27'5 3/4"
M45-49 J.HESS 33'10 3/4"
B.SCHOOLAR 32'4 3/4"
N.SCHUSTER 21' 9"
M50-54 S.BERRY 43'2 1/2"
M55-59 F.CARL 36' 3/4"
G.LABELLE 32' 5"
M60-64 J.HAMER 37' 2"
R.RICHARDSON 32'10 1/2
M65-69 P.BRUSCA 40' 3/4"
M70-74 G.RAJCEVICH 26'6 3/4"
M75-79 K.BARE 27' 3/4"
D.HULL 21'2 3/4"

DISCUS THROW
F40-44 D.VESTAL 43' 6"
F50-54 K.HUFF 66' 1"
F55-59 J.AMERY 40' 1"
F70-74 F.BERRY 33' 4"

M30-34 J.BEADLE 163' 3"
M35-39 T.JOHNSON 108' 0"
S.WINKEL 95'11"
M40-44 L.REDMAN 106' 2"
T.FUEHRER 86' 5"
M45-49 J.HESS 104' 9"
B.SCHOOLER 89' 7"
N.SCHUSTER 73' 3"
M50-54 S.BERRY 135' 5"
T.SIMONS 113' 6"
C.DANNER 102' 8"
M55-59 E.HARDY 122' 2"
F.CARL 117' 0"
E.SCHMIDT 112' 8"
D.AMERY 111' 4"
M60-64 D.MATHER 131' 2"
J.HAMER 121' 3"
M65-69 P.BRUSCA 129' 5"
E.FAILOR 106' 5"
M70-74 M.BUSCHMAN 88' 6"
M75-79 D.HULL 62' 6"
K.BARE 61' 8"

JAVELIN
F50-54 K.HUFF 92' 3"
F70-74 F.BERRY 33'11"

M35-39 J.VALISKA 163' 5"
S.WINKEL 150' 5"
J.WATRY 125'10"
M40-44 L.REDMAN 109'10"
M45-49 B.SCHOOLAR 136' 5"
J.HESS 116'10"
M50-54 C.DANNER 111' 1"
D.EIDAHL 102' 6"
M55-59 P.STOPOULOS 111' 8"
G.LABELLE 110' 8"
B.WARREN 95' 9"
D.AMERY 70' 3"
M60-64 R.RICHARDSON 102' 0"
F.BROWN 92' 7"
J.HAMER 76' 6"
M65-69 P.BRUSCA 121' 5"
E.FAILOR 79' 2"
M70-74 M.BUSCHMAN 93' 6"
M75-79 K.BARE 65'11"
D.HULL 54' 5"



## USATF Illinois Championships
### Wilde Field, Lisle; June 11

100m
M30 Nathaniel Williams 11.30
James Birgans 11.36
Rick Schmutzler 12.04
M35 Tom Rewolinski 12.29
M40 Tom Jones 11.49
Robert Zahn 12.06
Mike Skoflanc 12.53
M50 Roger Phillips 12.49
Hans Gordon 12.64
Tim Butts 12.83
M55 Don Amery 13.73
M60 Bob Bradley 14.55
M70 Jack Hipple 15.01
W30 Karen Johnson 13.48
Angela Nealy 13.99
W35 Lynn Latoria 14.09
W40 Leah Rewolinski 16.24

200m
M30 James Birgans 22.85
Nathaniel Williams 22.95
Cal Stanke 27.77
M40 Tom Jones 23.79
Gerry Krainik 25.15
N Z Bryant 26.54
M50 Roger Phillips 25.24
Hans Gordon 26.60
Kingsley Clarke 27.27
M55 Don Amery 29.05
M70 Jack Hipple 31.14
W30 Angela Nealy 30.18
W35 Lynn Latoria 29.40
W40 Leah Rewolinski 33.83

400m
M30 Rick Schmutzler 57.86
John Stoner 59.88
Cal Stanke 61.03
M40 Tom Jones 55.32
N Z Bryant 59.82
Warren Jacobsen 61.91
M50 Kingsley Clarke 58.27
M70 Jack Hipple 69.49

800m
M30 Cal Stanke 2:30.88
M35 Jim Nehls 2:08.40
Lloyd Kuliske 2:13.35
S Schellenberger 2;16.95
M40 Jerry Feldhausen 2:13.5
Stephen McElroy 2:24.1
M45 Stan Mathes 2:12.2
Lee Jampol 2:21.4
M70 Jack Hipple 3:11.8
W30 Imelda March 2:41.1
W60 Alex White 2:58.0

1500m
M30 Cal Stanke 5:25.3
M45 Paul Perry 4:36.4
Lee Jampol 4:48.9
M35 Lloyd Kulisek 4:35.1
D Ramanalikas 5:00.2
M50 Carroll DeWeese 4:49.2
Tom Sullivan 4:58.6

High Hurdles
M40 Robert Zahn 16.02
M45 Neal Schuster 21.68
M55 Bruce Mills 18.66
Don Amery 21.52

Intermediate Hurdles
M35 Jeff Brazier 66.96
D Ramanaliska 71.34

High Jump
M30 Rob Robinson 5-10
M35 Jeff Watry 6-0
John Valiska 5-6
M40 Ken Rowe 5-10
Warren Jacobsen 5-0
M45 Kent Hall 4-6
M50 Chuck Danner 4-10
M55 Don Amery 4-2
M65 Eugene Hess 4-4
M75 Ham Morningstar 3-9

Pole Vault
M40 Tim Leuer 12-6
M45 Kent Hall 11-0
Neal Schuster 8-0
M50 Chuck Danner 8-0
M55 Joseph Griffin 9-0
M60 Jerry Welbourn 10-0
M75 Ham Morningstar 6-6

Long Jump
M30 Alfred Lovelace 21-6½
M35 Jeff Watry 18-5
M40 Mike Skoflanc 18-5 3/4
M45 Neal Schuster 14-2¼
M50 Hans Gordon 16-5
M55 Dick Otzman 16-7½
Don Amery 13-9½
Joe Griffin 11-11½
M60 Bob Bradley 14-5¼
M65 Ken Yahiro 13-4¼
M70 Jack Hipple 11-9
M75 Ham Morningstar 9-5 3/4

Triple Jump
M40 Mike Skoflanc 37-7½
Ken Rowe 34-6
M60 Bob Bradley 29-1¼
M65 Eugene Hess 24-10¼
M75 Ham Morningstar 17-0

Shot Put
M30 Chuck Truax 31-4 3/4
M35 Robert Kushner 34-9½
M45 Tim Seifert 42-9½
M50 Scott Berry 44-1¼
Edgar Evans 35-2
Charles Buchholz 34-4¼
M55 Tom Christensen 36-7
Don Amery 35-9
Frank Carl 34-4½
M60 Bob Kemp 37-9½
M65 Phil Brusca 39-8
M70 Jack Hipple 26-5
M75 Ham Morningstar 27-2 3/4
W35 Ruth Welding 33-1
W50 Carol Young 26-4½
W70 Gertrude Antonjevic 14-2

Discus
M30 Chuck Truax 108-0
M45 Tim Seifert 127-4
Neal Schuster 72-10
M50 Scott Berry 133-9
Virgil Johnson 115-6
Edgar Evans 114-11
M55 Everett Hardy 124-7
Frank Carl 114-3
Don Amery 105-11
M60 Don Mather 131-10
Bob Kemp 105-0
M65 Phil Brusca 124-10
M75 Ham Morningstar 83-6

Hammer
M30 Gary Benes 131-10
M75 Ham Morningstar 47-11

Javelin
M30 Chuck Truax 146-7
M35 John Valiska 142-9
Richard Nayer 105-11
M45 Neal Schuster 118-8
M50 Chuck Danner 103-4
M55 Don Amery 59-11
W30 Angela Nealy 67-7
W35 Ruth Welding 92-9
W50 Karen Huff 81-0
Carol Young 67-4

Weight
W50 Carol Young 28-9

(3000 & 5000 results not available)

## Byron Masters Meet
### Byron, IL; June 25

50m
M35 Matt Schmitt 6.79
M40 Mike Skoflanc 6.35
Mike McCammack 6.65
M45 Mike Oliver 7.39
M50 Hans Gordon 6.75
M55 Mike Murphy 7.08
Don Amery 8.4
M60 Pierre Dobrovolny 6.88
Mario Bertolani 8.62
M65 Ken Yahiro 8.45
M70 Mel Larsen 6.92
W70 Lorma Bauer 10.28
Gert Antonijevic 15.59
W75 Millie Crews 11.09

100m
M29-under
Ryan Bratt 11.07
M35 Matt Schmitt 12.63
M40 Mike Skoflanc 12.1
Mike McCammack 12.6
M45 Mike Oliver 13.49
M50 Hans Gordon 12.45
M55 Don Amery 13.4
Mike Murphy 13.59
M60 Pierre Dobrovolny 12.7
Harry Brown 13.04
Mario Bertolani 16.16
M70 Mel Larsen 13.27
W35 Lynn Latoria 14.32
W55 Janet Amery 23.58
W70 Lorma Bauer 21.85
Gert Antonijevic 31.9
W75 Millie Crews 21.5

200m
M35 Joe Schweiterman 24.62
M40 Mike McCammack 26.48
M45 John Hess 28.14
Mike Oliver 30.96
M60 Pierre Dobrovolny 26.61
Harry Brown 26.67
Mario Bertolani 27.87
M70 Mel Larsen 27.1
W35 Lynn Latoria 26.49

400m
M29-under
Jeff Havens 59.82
M35 Joe Schweiterman 55.57
M60 Harry Brown 1:01.9
C. Trinkner 1:16.26
M70 Henry Kuric 1:30.68

800m
M29-under
Jeff Jackson 2:14.3
Jeff Havens 2:17.9
M35 Terry Nicola 2:29.84
M60 Harry Brown 2:52.33
M70 Henry Kuric 3:35.92
W75 Millie Crews 5:15.43

1500m
M29-under
Brian Rasmossen 4:31.8
Jeff Havens 4:40.7
M35 Terry Nicola 4:58.2
M40 Kenneth Stevens 4:47.6
M45 Paul Perry 4:33.2
M70 Henry Kuric 7:33.8

Mile RW
M40 Garland Moore 9:38.1
W35 Terri Krentz 8:30.3

3000m RW
M40 Garland Moore 20:46.9
M60 Steve Messenger 20:36.5
M85 Martin Bartels 26:10.8

110m H
M30 Joe Schweiterman 14.73
M55 Bruce Mills 18.4
M60 Clarence Trinkner 21.6

Long Jump
M35 Matt Schmitt 17-7¼
M40 Mike Skoflanc 18-7
M45 Ed Greene 14-4
M50 Hans Gordon 18-7½
M55 Pete Stopoulos 15-4½
Don Amery 12-11¼
Bruce Mills 12-3¼
Joe Griffin 11-10
Floyd Smith 9-10
M65 Ken Yahiro 13-4¼
Ed Failor 13-3
M70 Mel Larsen 16-2¼
Henry Kuric 9-10¼
M85 Martin Bartels 4-7½
W55 Janet Amery 6-9¾

Triple Jump
M30 Chuck Truax 31-5¼
M40 Mike Skoflanc 37-6½
M45 Ed Greene 24-6½
M55 Floyd Smith 21-10½
M65 Ed Failor 27-4

High Jump
M45 Kent Hall 4-10
Ed Greene 4-9
M55 Floyd Smith 4-11
Mike Murphy 4-3
Don Amery 4-3
M60 C. Trinkner 4-3
Bob Kemp 4-3
M65 Ed Failor 3-10
M70 Henry Kuric 3-4
M75 Wilbur Ragland 3-8

Pole Vault
M45 Kent Hall 11-0
Ed Greene 9-0
M55 Joe Griffin 8-9
M70 Henry Kuric 4-6

Shot Put
M30 Kevin Wood 35-10
Chuck Truax 34-10
M40 Matt Byrnes 45-5
M45 Jerry Senters 43-9
Tim Seifert 42-6
John Hess 33-8
M50 Scott Berry 43-10½
M55 Ed Schmidt 37-4
Don Amery 35-4
Bob Warren 33-8
Floyd Smith 31-3½
Bruce Mills 25-4½
Lee Slick 23-11
M60 Bob Kemp 39-8
M65 Ken Yahiro 29-0
Ed Failor 28-1½
M70 Ernest Bauer 35-11

Discus
M30 Kevin Wood 120-10
Chuck Truax 116-6½
M45 Jerry Senters 136-9
Tim Seifert 132-8
John Hess 105-9
M50 Scott Berry 142-10
John Schultz 94-0
Ed Fennelly 72-10
M55 Don Amery 115-7
Ed Schmidt 113-5
Bob Warren 106-1½
Lee Slick 73-0
M60 Bob Kemp 108-2
M65 Ed Failor 107-7½
Ken Yahiro 83-½
M70 Ernest Bauer 92-0
Henry Kuric 58-0
W55 Janet Amery 33-4
W70 Lorma Bauer 37-4
Gert Antonijevic 24-6

Javelin
M30 Kevin Wood 47.10
Chuck Truax 43.10
M35 Richard Nayer 26.35
M45 John Hess 33.10
M50 John Schultz 24.30
M55 Pete Stopoulos 27.50
Ed Schmidt 24.10
M60 Bob Kemp 25.20
M65 Ken Yahiro 27.20
Ed Failor 26.58
M70 Henry Kuric 15.50

Hammer Throw
M55 Lee Slick 82-5
Don Amery 81-0
M60 Bob Kemp 84-7

25# Weight Throw
M55 Don Amery 41-11½
Bob Warren 37-2
M60 Bob Kemp 43-7

35# Weight Throw
M30 Chuck Truax 32-6
M35 Richard Nayer 22-1
M45 Jerry Senters 36-6
M55 Don Amery 32-6
Bob Warren 30-6

56# Weight Throw
M30 Chuck Truax 20-11
M55 Don Amery 20-3
Bob Warren 18-7

## MID AMERICA
### USATF Iowa Association Championships
### Ames, IA; June 25

100M
M50 Bery Engebretsen 13.24
M55 Bill Joslyn 13.73

200M
M30 Tom Lowe 23.70
M40 Mike Kitchell 25.60
M50 Bery Engebretsen 28.19
M55 Bill Joslyn 28.84

400M
M30 Tom Lowe 51.06
M50 Kingsley Clarke 58.17

800M
M35 Paul Brees 2:12.71
M40 David Miller 2:04.48
M45 Bob Franzese 2:10.98
M55 Bill Joslyn 2:52.31

1500M
M30 Mike Carney 4:06.59
M45 Bob Franzese 4:43.54

100M HURDLES
M50 Davis Eidahl 18.08

400M HURDLES
M40 Mike Kitchell 1:06.79
M50 Davis Eidahl 1:08.63

1500M RACEWALK
M50 G. O'Daniels 7:43.18
M60 Frank Brown 7:43.17
M65 Bob McClaran 9:04.92
W65 Jean McClaran 9:36.94

3000M RACEWALK
M50 G. O'Daniels 16:55.73

LONG JUMP
M45 C. Eberspacher 11-6½
M50 Davis Eidahl 17-0
M55 Bill Joslyn 13-1
W40 Deb Vestal 8-7½

TRIPLE JUMP
M50 Davis Eidahl 33-0
W40 Deb Vestal 18-½

SHOT PUT
M40 Tim Fuehrer 29-3
M45 C. Eberspacher 34-11

DISCUS
M40 Tim Fuehrer 81-8
M45 C. Eberspacher 103-7½
W40 Deb Vestal 50-10
W45 Rosanne Water 45-4

## SOUTHWEST
### USATF Oklahoma Championships
### Tulsa; May 28

100m
M35 Danny Coe 15.53
M40 Jim Dolezel 11.82
M45 Mike Steinmetz 11.93
M50 Thornton Shelton 12.44
M55 Dale Lance 12.36
M60 Bob Santine 13.25
M70 Foster Johnson 14.79

200m
M35 Danny Coe 28.47
M40 Jim Dolezel 25.02
M45 Mike Steinmetz 25.73
M50 Thornton Shelton 26.01
M60 Bob Santine 28.52
M70 Foster Johnson 31.96

400m
M40 L W Dennis 61.64
M45 Steve Smith 61.03

800m
M40 Gene Goodell 2:24.77
M45 Steve Smith 2:19.61
M50 Jim McFadden 2:26.52

5000m
M50 Jim McFadden 18:29.60

High Hurdles
M35 Ken Ellis 15.32
M55 Dale Lance 17.76

4x100m Relay
M40 Steinmetz/Howard/Dolezel/Shelton 48.87

4x400m Relay
M40 Goodell/Hall/McFadden/Smith 4:17.03

High Jump
M35 Ken Ellis 1.87
M40 Jim Dolezel 1.52
M55 Dale Lance 1.57
M60 Bill Boyce 1.27
M65 Floyd Jack 1.07
M70 Foster Johnson 1.06

Pole Vault
M35 Dave Sweezey 4.57
Ken Ellis 4.41
M40 Jim Dolezel 3.35
M55 Dale Lance 3.35

Long Jump
M40 Jim Dolezel 5.13
M45 Willie Moore 3.03
M55 Dale Lance 5.32
M60 Bill Boyce 3.70

Triple Jump
M40 Jim Dolezel 10.49
M60 Bill Boyce 6.75

Shot Put
M40 Ed Forester 11.79
M45 Ron Cambrano 10.61
M50 Sheppard Miers 12.75
M55 Gary Collins 11.88
M60 Engel Grow 11.77
M65 Floyd Jack 11.97
W60 Wanda Jack 5.75

Discus
M40 Ed Forester 34.13
M45 Ron Cambrano 29.08
M50 Dan Dewelt 43.66
M60 Bill Boyce 34.03
M65 Ed Hooker 42.57
W60 Wanda Jack 12.42

Javelin
M35 Ken Ellis 49.07
M40 Mike McDonald 48.36
M55 Dale Lance 37.97
M60 Engel Grow 30.48
M65 Floyd Jack 27.48
W60 Wanda Jack 12.31

1500m Racewalk
W35 Denise Dees 11:10.10

Continued on next page

Continued from previous page

### Tulsa Spikes Mini-Meet
### Tulsa, OK

**June 14**

100m
M40 Jim Dolezel 12.14
M45 Mike Steinmetz 12.11
M55 Dale Lance 12.78
M60 Bob Santine 13.23
W45 Suzanne Williams 14.64

800m
M35 Mike Barber 2:21.24
M45 Gary Madison 2:18.20
M50 Jim McFadden 2:27.87
W45 Suzanne Williams 2:53.56

1500m
M50 Jim McFadden 8:06.04

110mH
M35 Ken Ellis 15.12

Shot Put
M45 Willy Moore 25-7½

Discus
M45 Willy Moore 70-11
M60 Billy Boyce 114-11

**June 28**

200m
M30 Joe Dial 24.27
M35 David Sweezey 26.23
M40 Jim Dolezel 25.42
M60 Glen Stone 27.72

High Jump
M40 Jim Dolezel 5-0
M50 Jim Ratzlaff 4-7
M60 Bill Boyce 4-0

Pole Vault
M35 David Sweezey 13-6
M40 Jim Dolezel 11-0
M60 Bill Boyce 8-6

Triple Jump
M40 Jim Dolezel 33-10

Shot Put
M35 Ken Ellis 37-5
M50 Phil Hower 41-6½
M65 Floyd Jack 34-9

Discus
M35 Ken Ellis 35.12m
M50 Phil Hower 42.64
M60 Bill Boyce 34.43
M65 Floyd Jack 39.94

**July 5**

100m
M30 Joe Dial 11.26
M35 Ken Ellis 11.59
M40 Jom Dolezel 12.11

400m
M40 Jim Dolezel 59.54
George Hall 60.63
M60 Glen Stone 65.32

High Jump
M40 Jim Dolezel 5-2
M60 Bill Boyce 4-5

Pole Vault
M35 Dave Sweezy 15-0
Ken Ellis 14-6
M40 Jim Dolezel 10-6

Shot Put
M65 Floyd Jack 10.52m

Discus
M35 Ken Ellis 121-6
M60 Bill Boyce 112-0
M65 Floyd Jack 139-5

### Hill Country Masters Classic
### Mason, TX; June 25

100m
M30 Henry Landry 11.13
Alan Sims 11.70
Rod Johnson 11.91
M35 Daniel Staggs 11.34
Lindy Raney 11.51
Andrew Mason 11.72
M40 T J Lester 11.20
Larry Vollmer 11.47
Sergio Angulo 12.50
M45 Ed Jones 11.68
T H Wilson 12.94
M50 Courtland Gray 11.68
Jim Cawley 12.79
Mack Hruska 13.58
M55 Tomas Ramirez Jr 12.25
Tony Deatherage 12.74
Jay Arnette 13.68
M60 Bill Pardue 13.64
Norman Wells 13.88
Hector Cisneros 16.00
M65 Andy Anderson 13.17
Bill Bowers 13.76
M70 John Alexander 13.89
Bob Wingo 15.08
W30 Hermin Joseph 11.09
Diane Edge 13.83
W40 Barbara Martin 15.44
W50 Marion Coffee 16.46

200m
M30 Henry Landry 23.05
Alan Sims 25.03
Van Eisenbach 26.50
M35 Dan Staggs 24.07
Lindy Raney 24.34
Andrew Mason 25.27
M40 T J Lester 23.81
Larry Vollmer 24.86
Lorenzo Cyrs 27.01
M45 T H Wilson 27.58
M50 Courtland Gray 26.52
John Morris 27.31
Gordon Peterson 28.34
M55 Tomas Ramirez Jr 25.91
Tony Deatherage 27.20
M60 Norman Wells 29.34
Bill Pardue 29.82
M65 Andy Anderson 28.20
Bill Bowers 29.77
M70 Bob Wingo 33.35
W30 Diane Edge 30.27
Kay Schmidt 34.90
W40 Barbara Martin 33.81
W50 Marion Coffee 39.40

400m
M30 David Smith 50.41
Scott Pugsley 68.31
M35 Julio Reyes 52.51
Orlando Rangel 57.49
M40 Mike McCracken 59.34
Bob Schwartz 61.23
M45 Ray Burrus 57.86
Clint Harris 59.42
M50 Troy Scoggins 65.01
Loyd Patrick 69.92
M60 Charles Hornbeak 67.89
Chas Pluenneke 69.24
M65 Andy Anderson 67.47
M70 John Alexander 70.95
Bob Wingo 85.13
W30 Margo Braud 68.03
W40 Barbara Martin 77.70
W50 Marion Coffee 87.79

800m
M30 Scott Pugsley 2:46.39
M35 Bill Hrncir 2:00.00
Julio Reyes 2:00.72
Orlando Rangel 2:16.95
M40 Jesse Sturgeon 2:08.50
Mike McCracken 2:11.58
M50 Troy Scoggins 2:34.65
M55 Gary Schmidt 2:31.94
Marv Herring 2:39.36
M60 Chas Pluenneke 2:46.16
M70 Mike Kagan 3:03.68
W30 Margo Braud 2:38.86
W50 Diane Gregg 3:54.85

1600m
M35 Orlando Rangel 5:44.80
M40 Jesse Sturgeon 4:47.00
Al Guevara 4:55.13
M55 Gary Schmidt 5:48.41
Marv Herring 6:27.07
M70 Mike Kagan 6:47.38
W30 Teresa Pugsley 6:55.12
W40 Dory Babi 6:42.82

5000m
M40 Mike McCracken 19:07.77
M45 Dwight Spaeth 20:16.77
M70 Mike Kagan 24:16.69
W30 Teresa Pugsley 22:26.35

300m Intermediate Hurdles
M30 Rick Cawley 49.02
M40 Sergio Angulo 46.06
Richard Watson 53.11
M45 Ray Burrus 45.17
John Hartfield 46.69
M50 John Morris 48.06
Jim Cawley 51.71
M60 Norman Wells 53.37
Hector Cisneros 56.22
W40 Charlotte Carter 56.19

4x100m Relay
M50-54 Waterloo 55.47
(Hruska/Cawley/Goodwin/Conniff)
M60-64 Southwest Masters 55.11
(Bowers/Pardue/Anderson/Cisneros)
W30-39 Waterloo 58.48
(Martin/Coffee/Carter/Joseph)

4x400m Relay
M60-64 Ft. Worth Runrs 4:38.48

110mH
M30 Dan Cook 16.98
M40 Sergio Angulo 18.19
Richard Watson 21.41
M45 John Hartsfield 16.37
M50 Courtland Gray 15.02
Jim Cawley 17.52
M55 Max Yates 17.88
M60 Hector Cisneros 20.70

High Jump
M30 Henry Landry 5-6
Rodney Johnson 5-4
M35 Dan Stagg 5-10
M40 Larry Vollmer 5-4
Richard Watson 4-8
M45 William DuBose 5-0
M50 Chuck Nolan 4-4
Troy Scoggins 4-4
John Morris 4-2
M55 Jay Arnette 5-0
Cliff Davis 4-6
John Cantrell 4-2
M60 Richard Hein 4-6
Roy Morgan 4-4
Hector Cisneros 4-2
M70 Adolph Hoffman 3-9
John Alexander 3-3
W70+Ruth Seeger 3-3

Pole Vault
M30 Rodney Johnson 13-0
Brian Elmore 12-0
M40 Richard Watson 9-0
M45 McIntyre 12-0
M50 Steven Warr 9-6
Troy Scoggins 7-0
M60 Roy Morgan 8-0
M70 Adolph Hoffman 8-6

Long Jump
M30 Van Eisenbach 15-1½
M35 Dan Staggs 2-8½
Gary Dzuris 13-1
M40 Larry Vollmer 20-3½
T J Lester 18-3
Sergio Angulo 16-2¼
M45 Ed Jones 20-1
M50 James Cawley 17-9½
Mack Hruska 14-5½
M55 Max Yates 15-7½
Bufe Morrison 13-1
M60 Richard Hein 14-5½
M70 Adolph Hoffman 12-3
W70+Ruth Seeger 8-10

Triple Jump
M35 David Bolles 31-5
Steve Bolles 30-8½
M40 Sergio Angulo 34-2½
M50 Jim Cawley 37-1¼
Mack Hruska 31-1
M55 Bufe Morrison 24-7½
John Cantrell 20-8¼
M60 Richard Hein 28-11
W40 Charlotte Carver 25-7¼
W70+Ruth Seeger 19-10

Shot Put 16#
M35 Steve Partridge 47-8
David Bolles 33-11
Gary Dzuris 32-2½
M45 Henry Bussey 38-0
Jerry Poulson 32-6½
M50 John Conniff 35-6½
Monroe Ashworth 28-6½
M60 Wendell Palmer 6k 37-9¼

12#
M35 Steve Partridge 53-11½
M40 Richard Watson 38-4 3/4
M45 Henry Bussey 44-4½
M50 John Conniff 43-7 3/4
M55 John Cantrell 41-0
M60 Bohn Hilliard 35-1

5k
M60 Wendell Palmer 42-10
Richard Hein 39-7
Bohn Hilliard 35-5¼
M65 Bill Brazelton 30-11

4k
M70 Les Frisk 26-8 3/4
M80+Jack Pearce 25-7½
W50 Diane Gregg 19-9½
W70+Ruth Seeger 22-9½

Discus
College Wt
M35 Steve Partridge 186-5
David Bolles 92-9
M45 Jerry Poulson 102-7
William DuBose 102-2
M50 John Conniff 123-1

High School Wt
M30 Steve Partridge 202-1
M40 Greg Risse 118-0
M50 John Conniff 140-10
M60 Wendell Palmer 1.5k 174-0

1k
M55 John Cantrell 119-2
M60 Wendell Palmer 153-1
Roy Morgan 123-2
Richard Hein 109-2
M65 Bill Brazelton 112-11
M70 John Alexander 99-0
Les Prisk 67-0
M80+Jack Pearce 70-0
W50 Diane Gregg 37-0
W70+Ruth Seeger 57-5

Hammer
16#
M35 Steve Partridge 149-6
Dave Bolles 108-10
Steve Bolles 104-11

12#
M50 John Conniff 86-10
M55 Bufe Morrison 95-3
M60 Wendell Palmer 128-6

35# Weight
M35 Steve Partridge 42-7
David Bolles 30-11
Steve Bolles 28-8½
M50 John Conniff 29-5
Monroe Ashworth 21-0
M60 Wendell Palmer 28-7

25#
M35 Steve Partridge 50-9
M50 Monroe Ashworth 27-6½
M55 John Cantrell 35-5
M60 Wendell Palmer 44-1½
Bohn Hilliard 24-4

Javelin
M30 Rick Cawley 114-4
M35 Gary Dzuris 117-3
M40 Richard Watson 129-0
M45 Jerry Poulson 138-8
Wm DuBose 131-11
Henry Bussey 99-0
M50 Monroe Ashworth 71-0
M55 John Cantrell 113-9
Bufe Morrison 109-9
M60 Zbyszek Przewodek 140-10
Wendell Palmer 111-1
Roy Morgan 95-1
M65 Bill Brazelton 125-0
M70 John Alexander 78-3
Les Frisk 62-7
M80+Jack Pearce 49-0
W70+Ruth Seeger 55-2

## WEST

### Crown Valley Senior Games
### Occidental College
### Los Angeles; April 24

50m
M50 Walt Butler 6.5
Ron McKnight 7.3
Patricio Villanueva 7.3
Willie Lipkins 7.3
Ken Ng 8.3
M55 Ken Dennis 7.6
Roger Tsuda 7.0
Dick Glasgow 7.0
Robert Newberger 7.1
Larry Tiffin 8.3
M60 Heat 1
Rad Mladenovic 7.6
Roger Porter 7.8
Frank Merino 7.9
Heat 2
Archie Vickers 7.5
Cande Lopez 8.0
Michael Szotyk 8.1
Bill Vaughn 8.1
M65 Ted Leonard 7.4
Bob Higginbotham 7.8
Taki Nagao 7.8
George Butchko 8.3
David Ward 9.5
M70 Tom Patsalis 7.7
Tom Pico 8.5
John Roderiquez 8.5
Ray Crawford 8.7
Tom Lockridge 9.1
M75 Clarence Trahan 8.7
Al Guidet 8.8
Art Sherman 9.5
M80 Tom Terada 9.5
M85 David Marcus 10.8
W50 Kathy Bergen 7.6
W55 Christel Miller 8.4
Fei-Mei Chou 9.1
W60 Ellen Brannigan 9.2
Marianne McManus 10.8
W65 Johnnye Valien 8.8
W75 Helen Robinson 12.9
Natalie Gammey 17.8

100m
M50 Walt Butler 12.1
Don Parker 12.2
Charley Loftis 12.8
Roger Sprockett 13.7
M55 Ken Dennis 12.2
Roger Tsuda 12.8
Dick Glasgow 13.0
Carlos Calderon 13.2
M60 Heat 1
Archie Vickers 14.7
Johnnie Perea 14.7
Roger Porter 15.4
Mike Shotyk 15.6
Heat 2
Tony Nasralla 14.3
Walter Turner 14.3
Cande Lopez 15.0
M65 Ted Leonard 14.4
Paul Bambrook 14.5
Bob Higginbotham 14.8
Gene Harte 14.9
M70 Tom Patsalis 14.9
J F Benedict 15.1
Tom Pico 16.4
John Roderiquez 16.5
M75 Clarence Trahan 16.1
Art Sherman 18.8
M80 Tom Terada 20.4
W50 Kathy Bergen 14.9
Jeanne Carter 15.6
W55 Fei-Mei Chou 18.3
W60 Ellen Brannigan 17.1
Marianne McManus 21.1
W65 Johnnie Valien 16.4
W75 Helen Robinson 25.6
Natalie Gammey 32.0

200m
M50 Don Parker 24.4
Charley Loftis 26.5
Roger Sprockett 28.0
Terry Rowan 28.6
M55 Roger Tsuda 26.6
Fred Hartman 31.1
M60 Tony Nasralla 29.5
Joe Huen 37.2
M65 Louis Beadle 29.8
Paul Bambrook 30.7
Ted Leonard 30.8
Bob Higginbotham 31.1
M70 Felix Jumonville 31.3
J F Benedict 32.8
John Roderiquez 37.7
W50 Jeanne Carter 31.7
W55 Fei-Mei Chou 38.2
W75 Helen Robinson 66.3

400m
M50 Ken Ng 73.4
M55 Michael Dunn 70.5
M60 Tony Nasralla 65.0
Will Robinson 65.4
Bill Anderson 68.4
Dick George 73.6
M65 Jim Selby 73.1
Harry Hirakawa 98.3
M70 Felix Jumonville 78.8
John Roderiquez 95.8

800m
M50 Fred Mascorro 2:24.6
Ed Boyer 2;37.9
M55 Jim Bevins 2:26.2
Mike Dunn 2:46.8
Fred Hartman 2:55.8
M60 Louis Simms 2:49.2
Bill Anderson 2:54.1
M65 Jim Selby 2:50.7
Avery Bryant 2:52
M70 John Roderiquez 3:57

1500m
M50 Everett Murdock 5:25
Luigi Schiavo 5:38.6
M55 Jim Bevins 5:12.1
Ron Pattinson 5:13.9
Bill O'Donnell 5:20.3
M60 Louis Simms 5:46.3
O'Neal Varner nta
M65 Avery Bryant 5:42.1
M70 John Roderiquez 8:00.8
W55 Carol Varner 8:24.2
W60 Carol Roberts 9:27.1
W65 S Onodero-Leonard 7:14.3
Lois Tandy 9:25

5000m
M50 Rico Contreros 21:03.5
P Villanueva 25:55.7
M55 Ron Pattinson 18:54.9
Mike Dunn 19:51.8
Bill O'Donnell 19:52.9
M60 Louis Simms 22:42
Van Aposhian 23:54.5
O'Neal Varner 27:46.1
M65 Avery Bryant 21:39.44
James Franks 29:31.2
Dean Johnson 30:11.2
M70 John Roderiquez 35:59.8
M75 Norton Jacobs 25:13.6
W50 Lorraine Silver 30:13.4
W55 Carol Varner 31:13.2
W65 Betty White 35:35.6

High Jump
M50 Terry Rowan 4-10
Joe Durrenberger 3-6
M55 Bert Bergen 4-6
Ray Fitzhugh 4-6
Larry Tiffin 3-10
M60 Sam Teaford 4-0
Robert Harms 3-6
M65 Charlie Sarver 3-4
M70 David Brown 3-10
Don Roser nha
M75 Robert Wells 3-10
Clarence Trahan 3-4
M85 David Marcus 3-2
W50 Evelyn Pickering 3-2
W55 Christel Miller 4-0
Fei-Mei Chou 3-2
Mary Herse 3-2
W65 Johnnye Valien 3-4

Pole Vault
M55 Ray Fitzhugh 9-0
M60 Robert Harms 7-0
M70 Dave Brown 8-0
Don Roser 7-0
M75 James Vernon 7-6
M80 Carol Johnston 7-0
W60 Shirley Kinsey 5-4

Long Jump
M50 Terry Rowan 15-1 3/4
Joe Velasquez 10-8½
M55 Roger Tsuda 17-2
Larry Knudsen 12-10½
Fred Newman 12-8¼
M60 Johnnie Perea 15-1¼
Walter Turner 12-11¼
Archie Vickers 12-7¼
Robert Harms 12-2½
M65 Paul Bambrook 13-11¼
Bob Higginbotham 12-5 3/4
Taki Nagao 10-10
George Butchko 10-9¼
M70 Tom Patsalis 13-5½
J F Benedict 10-4¼
Tom Pico 10-3
M75 Clarence Trahan 10-11 3/4
Robert Wells 10-9
M80 Tom Terada 8-2
M85 David Marcus 8-6¼
W50 Evelyn Pickering 9-2
W55 Fei-Mei Chou 8-½
W60 Ellen Brannigan 7-2¼
W65 Johnney Valien 10-11¼

Shot Put
M50 Dennis McCraven 41-9
Jim Meeks 32-6¼
Art Altshiller 31-9
Joe Durrenberger 29-11
M55 Hal Smith 42-10 3/4
Jim Hart 40-5
Wayne Cassity 32-8½
Joe Marino 30-½
M60 Sam Adams 41-10½
Allan Barry 33-8 3/4
Vic Vartoughian 32-11½
Joe Sutowski 27-4
M65 Bob Bonnell 33-2
Charlie Sarver 32-10
Dewey Vroom 31-¼
M70 Wilbur Thompson 35-1
Tom Pico 30-5
Clay Hadlock 26-2
M75 Robert Wells 26-6¼
Art Sherman 24-10½
Gordon Dillinger 23-4½
M80 Art Vesco 15-4
M90+John Whittemore 15-2¼
W50 Penny Gudel 21-¼
Pat Knudsen 17-2½
W55 Mary Herse 26-2
Joann Bally 18-10½
Neatsa Foster 17-6½
W65 Muriel Rozell 14-2½
W70 Jean Bishop 17-2½

Javelin
M50 Terry Rowan 95-7
Luigi Schiavo 79-8
Ed Boyer 69-6
M55 Hal Smith 128-7
Larry Tiffin 88-7
Don Starler 78-6
Wayne Cassity 76-0
W60 Grant Cotter 76-1
Bill Anderson 52-11
Moti Gurbaxani 46-3
M65 George Butchko 93-1
Joe Benintende 49-9
M70 Don Roser 102-1
Mike Logan 60-0
Clay Hadlock 59-4
M75 Art Sherman 57-8
Wayne Robinson 52-2
M80 Art Vesco 37-10
M90+John Whittemore 28-1
W50 Evelyn Pickering 44-8
Pat Knudsen 25-6
W55 Christel Miller 95-2
Neatsa Foster 34-3
W60 Ellen Brannigan 44-8
W65 Muriel Rozell 25-10

Discus
M50 Luigi Schiavo 91-11
Terry Rowan 91-10
M55 James Hart 132-0
Hal Smith 124-2
Joe Marino 119-2
Don Hegberg 107-7
Ray Fitzhugh 91-11
M60 Walt Badorek 158-0
Sam Adams 125-5
Vic Vartoughian 84-0
Walt deRothn'e 75-0
M65 Charley Sarver 120-5
Dewey Vroom 112-4
George Butchko 91-10
M70 Wilbur Thompson 116-7
Donald Roser 106-1
Clay Hadlock 84-9
Mike Logan 68-6
M75 Art Sherman 69-6
Gordon Dillinger 66-7
W80 Art Vesco 39-8
M90+John Whittemore 38-0
W50 Evelyn Pickering 36-9
W55 Fei-Mei Chou 57-7
Neatsa Foster 37-1
W60 Alice Chambers 38-10
W65 Muriel Rozell 35-5
W70 Jeanne Bishop 43-4
W75 Natalie Gammey 25-3

1500m Racewalk
M50 Jesus Orendain 7:40.4
M60 Carl Acosta 7:40.6
Mel Schultz 7:52.8
Bob Meador 8:30.5
M70 Masashi Noritake 9:51.4
Jorge Newberry 10:10.0
Ray Crawford 11:54.5
M75 Robert Wells 10:27.9
W50 Vangie Campos 9:16.5
W55 Carol Ferris 9:36.5
JoAnn Bally 10:02.3
W60 Connie Kurzenknb 11:34.0
Ellen Brannigan 11:35.8
W65 Alice Garcia 10:28.9

5000m Racewalk
M50 Stuart Ray 31:07.3
M55 Richard Oliver 28:55.4
M60 Carl Acosta 27:54.1
Mel Schultz 28:40.6
Bob Meador 31:45.6
M65 Jim Selby 34:12.7
M70 Masashi Noritake 33:58.9
W50 Vangie Campos 33:19.0
W55 Caro Ferris 34:37.7
W65 Alice Garcia 36:43.1

### Anteaters Masters Dan Aldrich Memorial Meet
### UC-Irvine, CA; May 29

100m
M30 Ted Jeurs 11.37
Ray Bordeaux 12.20
M35 Kevin Morning 11.13
James Bonilla 11.46
M40 Glenn Johnson 12.04
Joe Germano 12.47
Jesse Whitmire 12.66
M45 Sheridon Grove 12.63
Leroy Clipps 12.72
M50 Walt Butler 11.92
Charley Loftis 12.66
Diethart Reichard 12.73
M55 Roger Tsuda 13.00
Dick Glasgow 13.14
Dwaine Horton 13.44
M60 Ted Vick 14.33
Frank Kishi 14.86
Bill Hessel 14.90
M65 Al Escobosa 14.39
Louis Beadle 14.89
Joseph Welch 17.60
M70 Tom Patsalis 15.25
Bob Hunt 16.48
M75 Clarence Trahan 16.18
Al Guidet 16.54
M80+Bert Morrow 17.73
W30 Robyne Moore 13.88
Jackie Milan 16.70
W35 Carmen Morrison 13.60
Wendy Jacobs 14.17
Karen Vaughn 15.52
W40 Deby Sweezey 13.55
W45 Mellie Clark 15.84
W50 Jeanne Carter 15.51
W65 Johnnye Valien 17.40
Sumi Leonard 17.46

200m
M30 K Berry 22.09
Aaron Gray 22.91
M35 James Bonilla 23.72
Steve Cummings 24.70
K Morning 24.87
M40 Eugene Driver 23.63
Lyndon Herzberg 24.60
Joe Germano 25.50
M50 D Reichard 25.62
Bill Knocke 25.67
Charley Loftis 26.61
M55 Roger Tsuda 26.68
Dick Glasgow 27.09
M60 Ted Vick 29.17
Frank Merino 30.73

Continued on next page

Continued from previous page

| | | |
|---|---|---|
| | Frank Kishi | 30.86 |
| M65 | Louis Beadle | 29.43 |
| | Al Escobosa | 29.55 |
| M70 | Bob Hunt | 32.98 |
| M75 | Al Guidet | 34.19 |
| | Charles Mercurio | 34.20 |
| W30 | Robyne Moore | 28.55 |
| | Linda Cummings | 33.58 |
| W35 | Carmen Morrison | 28.25 |
| | Wendy Jacobs | 30.01 |
| W40 | Deby Sweezey | 27.60 |
| | Tina Stough | 29.02 |
| W50 | Jeanne Carter | 32.02 |
| W60 | Sumi Leonard | 37.83 |

400m

| | | |
|---|---|---|
| M30 | K Berry | 49.32 |
| M35 | Steve Cummings | 55.75 |
| | Danny Goldman | 57.05 |
| M40 | Eugene Driver | 53.32 |
| | Jon Kilroy | 55.70 |
| | Steve Christiano | 56.11 |
| M45 | Herman Castille | 53.65 |
| | Anthony Turnbull | 63.51 |
| | Thomas Ryan | 68.4 |
| M50 | Alan Olson | 58.2 |
| | Terence Keeney | 59.8 |
| | Glen Odell | 63.6 |
| M55 | Charles Kirby | 58.5 |
| M60 | Will Robinson | 66.9 |
| M65 | Al Escobosa | 69.26 |
| M75 | Pete Ganahl | 90.3 |
| W30 | Megan Chaudford | 61.14 |
| | Joan Gallagher | 62.45 |
| W35 | Carmen Morrison | 62.4 |
| W40 | Tina Stough | 62.2 |
| W65 | Sumi Leonard | 86.2 |

800m

| | | |
|---|---|---|
| M35 | -- Rozenek | 2:08.64 |
| | Danny Goldman | 2:10.73 |
| | Kim Kelly | 2:29.15 |
| M40 | Nolan Smith | 2:01.82 |
| | Steve Christiano | 2:09.22 |
| | Jonathan Kilroy | 2:11.44 |
| M45 | Anthony Turnbull | 2:35.6 |
| | Lee Fitzgerald | 2:15.0 |
| M65 | Louis Beadle | 2:41 |
| | Bob Holms | 2:45.6 |
| M70 | Avery Bryant | 3:04 |
| W35 | Kim Kelley | 2:29.15 |

Mile

| | | |
|---|---|---|
| M30 | Richard Paris | 4:34.53 |
| | Jim Reed | 5:02.95 |
| M35 | Mark Cleary | 4:48.84 |
| M45 | Steven Clark | 7:49.0 |
| M50 | Jerry Hackett | 5:10.8 |
| | Luigi Schiavo | 6:21.9 |
| M65 | Stanley Coben | 6:22.0 |
| M70 | Avery Bryant | 6:41.3 |
| W30 | Jennifer Heaton | 5:28.3 |
| W35 | Kim Kelley | 6:19.5 |

3000m

| | | |
|---|---|---|
| M35 | Mitch Jacobs | 13:13.6 |
| M40 | Gary Shapiro | 9:20.82 |
| | Steve Kellmyer | 10:09.21 |
| M45 | Steven Clark | 15:33.3 |
| M50 | Neal Doherty | 10:10.44 |
| | Harry Hunt | 11:16.4 |
| M60 | Ray Archibald | 14:24.0 |
| M70 | Avery Bryant | 13:01.01 |
| M75 | Norton Jacobs | 14:36.9 |
| W60 | Rachel Sandoval | 23:34.0 |

High Hurdles

| | | |
|---|---|---|
| M40 | David Perrin | 17.8 |
| M45 | Sheridon Grove | 18.83 |
| | Jorge Birnbaum | 22.16 |
| M50 | Walt Butler | 14.05 |
| | Fred Niedermeyer | 15.85 |
| M55 | Hal Smith | 20.37 |
| M60 | Doug McFetters | 16.24 |
| | Dave Douglass | 19.46 |
| M70 | Tom Patsalis | 14.86 |
| M80+ | Bert Morrow | 23.49 |
| W35 | Carmen Morrison | 18.4 |
| W40 | Modupe Oshikoya | 14.83 |

300m Intermediate Hurdles

| | | |
|---|---|---|
| M45 | Sheridon Groves | 46.65 |
| | Thomas Ryan | 56.03 |
| | Harold Dixon | 66.45 |
| M70 | Bob Hunt | 72.79 |
| M75 | Pete Ganahl | 81.54 |

Steeplechase

(M30-59 3000m/M60+ & W30+ 2000)

| | | |
|---|---|---|
| M50 | Luigi Schiavo | 13:56.10 |
| M60 | Ted Oviatt | 8:47.5 |
| | Mel Schultz | 10:14.6 |
| M70 | Avery Bryant | 9:14 |

4x100m Relay

| | | |
|---|---|---|
| M30 | Law Enforcement | 45.12 |
| | Alpha Omega | 47.70 |

High Jump

| | | |
|---|---|---|
| M30 | Doug Dreibelbis | 6-6 |
| | Derek Brown | 5-6 |
| M40 | David Perrin | 5-0 |
| M45 | Charley Rader | 5-10 |
| | Roberto Pozzi | 5-6 |
| | Jorge Birnbaum | 5-0 |
| M50 | Herman Petegrove | 4-10 |
| M55 | Dwaine Horton | 5-0 |
| | Ray Fitzhugh | 4-6 |
| M60 | Sam Teaford | 4-2 |
| | Ray Archibald | 3-10 |
| | Bob Perry | 3-8 |
| M65 | John Cleveland | 4-2 |
| M70 | Burl Gist | 4-2 |
| | Jack Chesmire | 3-8 |
| | Tom DeVaughn | 3-6 |
| M75 | Pete Ganahl | 3-6 |
| | Jim Vernon | 3-4 |
| M80+ | Carol Johnson | 3-4 |
| | David Marcus | 3-2 |
| W40 | M Oshikoya | 4-1 |
| W45 | Ann Steekelenburg | 4-10 |
| W50 | Barbara Stratton | 3-6 |
| W55 | Mary Herse | 3-0 |
| W65 | Johnnye Valien | 3-4 |

Pole Vault

| | | |
|---|---|---|
| M30 | Greg Charles | 12-0 |
| M35 | Brian DeRoo | 13-0 |
| | Matt Wagner | 12-6 |
| | Doug Davidge | 10-6 |
| M40 | Mike Hogan | 14-6 |
| | Doug Sparks | 13-0 |
| M45 | Greg Miguel | 14-6 |
| | Dan Borre | 13-0 |
| | John Stringer | 11-0 |
| M55 | T Cannon | 11-6 |
| | Ray Fitzhugh | 9-6 |
| | Hal Smith | 8-0 |
| M60 | Doug McFetters | 10-0 |
| | Jack Sims | 9-0 |
| M65 | John Cleveland | 9-0 |
| M70 | Tom DeVaughn | 7-6 |
| M80+ | Carol Johnson | 7-0 |
| W60 | Shirley Kinsey | 5-6 |

Long Jump

| | | |
|---|---|---|
| M30 | Derek Brown | 21-2½ |
| M35 | Don Welch | 19-8½ |
| | Steve Cummings | 18-½ |
| M40 | John Kuechle | 18-8 |
| M45 | Bill Wood | 16-3½ |
| | Jorge Birnbaum | 15-6½ |
| M50 | Luigi Schiavo | 12-10 |
| M55 | Roger Tsuda | 17-5 3/4 |
| | Ray Fitzhugh | 13-7 |
| M70 | Tom Patsalis | 14-11½ |
| | Clarence Odell | 8-9 3/4 |
| M75 | Clarence Tarhan | 12-1½ |
| M80+ | David Marcus | 8-10¼ |
| W30 | Linda Cummings | 12-1 3/4 |
| | Karen Vaughn | 11-5 |
| W35 | Barbara Stratton | 10-9½ |
| W40 | M Oshikoya | 16-8 |
| W60 | Shirley Kinsey | 9-4¼ |
| | Rachel Sardaval | 3-5 |
| W65 | Johnnye Valien | 10-4 |

Triple Jump

| | | |
|---|---|---|
| M40 | K Jokela | 36-7 |
| M45 | Bill Wood | 34-10 |
| M50 | Glen Odell | 28-3 |
| M70 | Tom Patsalis | 31-2 |
| | Charles Mercurio | 26-8 |
| M75 | Clarence Odell | 17-8 |
| W45 | Barbara Stratton | 24-6 |
| W65 | Johnnye Valien | 21-4 3/4 |

Shot Put

| | | |
|---|---|---|
| M30 | Mike Hall | 32-8 3/4 |
| M35 | Scott West | 42-11 |
| M40 | William Gardner | 42-9½ |
| | D Greene | 36-10 |
| M45 | Bruce Fulbright | 35-11½ |
| M50 | Hal Smith | 41-5 |
| | Art Altshiller | 32-5¼ |
| M55 | -- Cassity | 32-4 3/4 |
| | Bob Eldridge | 31-11½ |
| M60 | Allan Barry | 34-8 |
| | Doug McFetters | 34-3¼ |
| M65 | Arnie Gaynor | 40-7 |
| M75 | Clarence Odell | 27-8¼ |
| M80+ | Ken Carnine | 18-9½ |
| W35 | Karen Vaughn | 24-9 |
| W55 | Mary Herse | 25-2 3/4 |

Discus

| | | |
|---|---|---|
| M40 | Russ Reabold | 128-6 |
| | Alfred Cain | 105-5 |
| | W Gardner | 95-8 |
| M45 | Bruce Fulbright | 124-4 |
| M50 | Lee Schartz | 135-8 |
| | Luigi Schiavo | 97-3 |
| M55 | Hal Smith | 122-8 |
| | Fred Hunter | 100-7 |
| | Bob Eldridge | 90-7 |
| M60 | Ted Oviatt | 120-4 |
| | Dave Douglass | 120-1 |
| M65 | Arnie Gaynor | 135-7 |
| | Doug McFetters | 120-1 |
| M70 | Bob Hunt | 94-10 |
| W40 | Janet Wilson | 136-5 |
| W45 | Mellie Clark | 80-9 |

Hammer

| | | |
|---|---|---|
| M30 | Scott West | 118-11 |
| M40 | Abe Sheinker | 96-1 |
| M45 | Wayne Cassity | 55-1 |
| M55 | Bob Perry | 65-6 |
| M60 | Dave Douglass | 111-9 |
| W30 | Donna Beard | 144-8 |

Javelin

| | | |
|---|---|---|
| M30 | Mike Hall | 131-0 |
| M40 | William Gardner | 148-10 |
| M45 | Richard Rook | 116-2 |
| M50 | Luigi Schiavo | 78-10 |
| M55 | Hal Smith | 127-1 |
| | Ray Fitzhugh | 107-0 |
| | Fred Hunter | 95-0 |
| M60 | Dave Douglass | 97-2 |
| M65 | Del Pickarts 67 (single-age WR) | 163-7 |
| M75 | Clarence Odell | 84-11 |
| M85 | Ken Carnine 86 (single-age WR) | 77-9 |
| W35 | Donna Bread | 138-8 |
| | Jennifer Stary | 130-4 |
| | Karen Vaughn | 67-11 |
| W40 | Tina Stough | 94-7 |

5000m Racewalk

| | | |
|---|---|---|
| M60 | Mel Schultz | 29:12 |
| | Bob Meador | 29:24.8 |
| | Ray Archibald | 32:35.06 |
| M70 | Don Cotner | 32:35.05 |
| W70 | Jean Cotner | 40:55.2 |

## Los Gatos T&F Classic
## Los Gatos, CA; June 11

100M

| | | |
|---|---|---|
| M30 | Alan Tucker | 11.44 |
| M35 | Ben Rosales | 11.45 |
| M40 | Riley McHugh | 12.4 |
| M45 | Paul Raymond | 12.31 |
| M50 | Win Emert | 12.55 |
| M55 | Phil Maresca | 13.40 |
| M60 | Marion Sanchez | 12.75 |
| M65 | Vernon Regier | 13.38 |
| M75 | Rod Parker | 14.65 |
| W30 | Jackie Milan | 16.75 |
| W35 | Valerie Scott | 13.88 |
| W45 | Avril Naylor | 15.28 |
| W50 | Jutta McCormick | 14.52 |
| W55 | Fei-Mei Chon | 17.01 |
| W60 | Marjorie Moore | 18.25 |

200M

| | | |
|---|---|---|
| M30 | Alan Tucker | 23.06 |
| M35 | Ben Rosales | 23.20 |
| M40 | Floyd Malone | 25.25 |
| M45 | Paul Raymond | 25.45 |
| M50 | Bill Knocke | 26.46 |
| M55 | Phil Maresca | 28.93 |
| M60 | Marion Sanchez | 27.24 |
| M65 | Vernon Regier | 29.48 |
| M75 | Rod Parker | 31.11 |
| W30 | Jackie Milan | 40.2 |
| W35 | Michelle Lewis | 29.23 |
| W45 | Jane Duff | 33.49 |
| W50 | Jutta McCormick | 30.11 |
| W55 | Rita Kerr | 33.95 |

400M

| | | |
|---|---|---|
| M30 | Alan Tucker | 53.26 |
| M35 | Ken Wun | 55.90 |
| M40 | Ronald Fisher | 56.0 |
| M45 | Luis Pannarale | 57.6 |
| M50 | Ben Miller | 59.2 |
| M65 | Bob Jordan | 1:15.9 |
| M70 | Rod Parker | 1:11.1 |
| W35 | Valerie Scott | 1:06.80 |
| W40 | Nancy Frost | 1:07.29 |
| W45 | Dee Dee Grafius | 1:01.85 |
| W50 | J. McCormick | 1:05.79 |

800M

| | | |
|---|---|---|
| M30 | John Alaniz | 2:13.9 |
| M35 | William Miles | 2:06.2 |
| M40 | Bruce Anderson | 2:07.8 |
| M45 | Luis Pannarale | 2:11.2 |
| M50 | Searcy Barnett | 2:08.9 |
| M55 | Jim Bevins | 2:22.6 |
| M65 | Walter Atcheson | 2:55.1 |
| W40 | Sharlet Gilbert | 2:28.7 |
| W50 | Rusty Barnett | 2:59.8 |
| W55 | Rita Kerr | 2:58.5 |

1500M

| | | |
|---|---|---|
| M30 | Paul DeMeester | 5:11.4 |
| M35 | Rick Kushman | 4:23.7 |
| M40 | Tom Cushman | 4:17.8 |
| M45 | Jim Garman | 4:19.9 |
| M50 | HM Franklin | 4:30.7 |
| M55 | Jim Bevins | 5:12.7 |
| M60 | C. Wimberley | 4:56.3 |
| M65 | Boyce Jacques | 5:29.8 |
| W30 | Billy Boles | 6:27.6 |
| W40 | Judy Ace | 5:27.9 |
| W45 | Dee Dee Grafius | 4:50.4 |
| W50 | Rusty Barnett | 6:04.4 |

5000M

| | | |
|---|---|---|
| M40 | Tom Cushman | 16:16.3 |
| M45 | Mike Dove | 16:54.6 |
| M55 | Bill Clark | 18:04.8 |
| M60 | John Gregson | 22:30.6 |
| M75 | Norton Jacobs | 24:07.7 |
| W40 | Sharlet Gilbert | 18:06.1 |
| W45 | Ellen Clark | 22:51.5 |

5000M RACEWALK

| | | |
|---|---|---|
| M65 | Jon Borset | 36:25.69 |
| M75 | Troy Grove | 36:37.06 |
| W30 | Therese Iknoian | 25:58.24 |
| W40 | Marie McNulty | 36:23.60 |
| W70 | Jean Cotner | 43:30.78 |

4 x 100

| | | |
|---|---|---|
| M30 | San Francisco Track Club | 46.59 |
| M35 | Brown, Jones, Robinson, Johnson | 47.19 |

INTERMEDIATE HURDLES

| | | |
|---|---|---|
| M30 | Derek Brown | 1:05.3 |
| M40 | Paul Armstrong | 1:14.2 |
| M45 | Thomas Ryan | 1:23.2 |
| M50 | O. Legend | 1:28.9 |
| M60 | Marion Sanchez | 48.9 |

HURDLES

| | | |
|---|---|---|
| M30 | Derek Brown | 17.25 |
| M40 | Don Roberts | 17.81 |
| M60 | Marvin Smoller | 13.6 |
| M65 | Vernon Regier | 18.7 |

HIGH JUMP

| | | |
|---|---|---|
| M30 | Robert Bergbower | 6-4 |
| M35 | Mark Hoenig | 5-10 |
| M40 | Ed Baskaustas | 5-6 |
| M45 | Jim Gorman | 5-0 |
| M50 | Donald Dvorak | 5-0 |
| M55 | Phil Fehler | 5-8 |
| M60 | Marion Sanchez | 5-2 |
| M70 | Jim Johnson | 3-8 |
| M75 | James Vernon | 3-2 |
| W45 | Barbara Stratton | 3-5 |
| W55 | Fei-Mei Chon | 3-5 |
| W60 | Marjorie Moore | 3-5 |

POLE VAULT

| | | |
|---|---|---|
| M45 | Joe Miyoshi | 11-0 |
| M50 | Bruce Hotaling | 12-10 |
| M55 | John Parks | 8-0 |
| M60 | Tom Harney | 8-0 |
| M65 | Vernon Regier | 8-0 |
| M70 | James Vernon | 7-6 |
| W30 | Kathy Costello | 7-6 |

LONG JUMP

| | | |
|---|---|---|
| M30 | Derek Brown | 20-11 |
| M35 | Ben Rosales | 19-4 |
| M45 | Roger Parnell | 18-3 |
| M50 | Donald Dvorak | 16-6 |
| M55 | Steve Richmond | 16-¾ |
| M65 | Al Brenda | 14-1 |
| M70 | Jim Johnson | 11-1 |
| W45 | Barbara Stratton | 11-¾ |
| W55 | Fei-Mei Chon | 9-5½ |
| W60 | Marjorie Moore | 11-0 |

TRIPLE JUMP

| | | |
|---|---|---|
| M30 | Derek Brown | 39-10½ |
| M35 | Brian Mutert | 36-4¾ |
| M45 | James Manor | 33-8 |
| M50 | Donald Dvorak | 34-1 |
| M55 | Steve Richmond | 29-4 |
| M65 | Al Brenda | 30-3 |
| W45 | Barbara Stratton | 24-5 |

SHOT PUT

| | | |
|---|---|---|
| M30 | John Morris | 50-8½ |
| M35 | Eric Hodgdon | 46-6 |
| M40 | Gary Kelmenson | 36-10 |
| M50 | Michael Parker | 41-4 |
| M55 | Joe Keshmiri | 50-9 |
| M60 | Stewart Thomson | 41-10½ |
| M65 | Michael Orlich | 38-1 |
| M80 | Ross Carter | 39-6 |
| M70 | Don Cumley | 39-2½ |
| W55 | Cherrie Sherrard | 32-4 |

DISCUS

| | | |
|---|---|---|
| M30 | John Morris | 143-5 |
| M35 | Richard Ulrich | 84-8 |
| M40 | Gary Kelmenson | 106-8 |
| M50 | Michael Parker | 117-9 |
| M55 | Joe Keshmiri | 162-10 |
| M60 | Stewart Thomson | 169-8 |
| M65 | Michael Orlich | 125-7 |
| M70 | Don Cumley | 104-2 |
| M75 | Richard Mack | 68-8 |
| M80 | Ross Carter | 116-10 |
| W55 | Gerri Sherrard | 71-1 |
| W60 | Shirley Dietderich | 59-7 |

JAVELIN

| | | |
|---|---|---|
| M30 | Mike Hall | 121-5 |
| M35 | John Hang | 169-6 |
| M70 | Bob Stone | 52-4 |
| M75 | Dick Mack | 75-6 |

## Aloha State Games
## University of Hawaii
## Honolulu, HI; June 11-17

100m

| | | |
|---|---|---|
| M30 | Forika McDougals | 11.33 |
| | Randall Barnes | 11.67 |
| | Stuart Nago | 12.44 |
| M35 | Dacre Bowen | 11.80 |
| | Elijah Thomas | 11.91 |
| | Bill Thomas | 12.91 |
| M40 | Joe Keil | 12.35 |
| | Bill Blair | 12.49 |
| | Henry Dutro | 12.57 |
| M45 | Absalon Amodo | 13.04 |
| | Roger Larson | 13.21 |
| | Courtland Pang | 13:26 |
| M50 | Robert Taylor | 13:39 |
| | Clement Chun | 13.75 |
| | Michael Dudock | 13.79 |
| M55 | Stanford Kuroda | 14.50 |
| | Robert Molyneux | 19.90 |
| M60 | Bill Cunningham | 15.25 |
| | Bruce McCullough | 16.76 |
| M65 | Robert Voege | 17.88 |
| M70 | Johnson Lau | 19.40 |
| | Chuck Yogi | 19.40 |
| W30 | Joy Margerum | 12.89 |
| | Donna Spaddy | 14.11 |
| | Renee Hendon | 14.18 |
| W35 | Carol Lum | 16.10 |
| | Lillian Rodriguez | 16.14 |
| | Ethel Guerrero | 16.38 |
| W40 | Robyn Calhoun | 14.49 |
| | Maureen Jones | 17.56 |
| W45 | Susan Taylor | 16.93 |
| W55 | Irene Au | 21.10 |
| W65 | Helen Iwamoto | 25.70 |

200m

| | | |
|---|---|---|
| M30 | Forika McDougald | 23.20 |
| | Willie Childs | 24.20 |
| | Randall Barnes | 24.30 |
| M35 | Calvin Carter | 24.30 |
| | John Rosa | 27.00 |
| | Mark Pantohan | 27.10 |
| M40 | Vince Costello | 25.50 |
| | Bill Blair | 26.20 |
| | David White | 28.80 |
| M45 | Walter Ritte | 26.65 |
| | Robert Larson | 27.75 |
| | Courtland Pang | 27.83 |
| M50 | Clement Chung | 28.60 |
| | Richard Taylor | 29.40 |
| M55 | Stanford Kuroda | 30.36 |
| | Frank Suenaga | 34.40 |
| M60 | Bill Cunningham | 31.80 |
| | Bruce Mc Cullough | 37.10 |
| M65 | George Ishiki | 37.93 |
| | Robert Voege | 40.85 |
| M70 | Johnson Lau | 41.24 |
| | Chuck Yogi | 48.10 |
| W30 | Joy Margerum | 26.70 |
| | Tonya Givens | 33.00 |
| | Melody Hudson | 33.30 |
| W35 | Lillian Rodriguez | 33.70 |
| | Carolyn Lum | 34.30 |
| | Ethel Guerrero | 35.10 |
| W40 | Robyn Calhoun | 31.40 |
| W45 | Roki McMillian | 34.80 |
| | Susan Taylor | 36.80 |
| W65 | Helen Iwamoto | 58.60 |

400m

| | | |
|---|---|---|
| W30 | Anthony Clarks | 53.32 |
| | Stacy Hokama | 1.01.12 |
| | Sean Pagett | 1:04.70 |
| M35 | Calvin Carter | 53.58 |
| | Elijah Thomas | 57.66 |
| | Joel Peck | 59.92 |
| M40 | Vince Costello | 57.27 |
| | Bill Blair | 1:02.29 |
| | David White | 1:03.21 |
| M45 | Walter Ritte | 1:00.90 |
| | Dennis Shigeoka | 1:07.22 |
| | Joseph Wayne | 1:07.60 |
| M50 | Robert Taylor | 1:01.68 |
| | Jack Karbens | 1:01.68 |
| | John Kunitake | 1:07.30 |
| M55 | Ken Mohica | 1:07.94 |
| | Stanford Kuroda | 1:08.13 |
| | Dick Sullivan | 1:09.72 |
| M60 | Bill Cunningham | 1:12.80 |
| | Gordon Dugan | 1:24.30 |
| M65 | George Ishiki | 1:25.20 |
| M70 | Bob Terukina | 1:56.90 |
| W30 | Kate Jennings | 1:15.17 |
| | Linda Jane Kelley | 1:23.22 |
| W35 | Lillian Rodriguez | 1:15.21 |
| | Ethel Guerrero | 1:15.54 |
| | Karen Rott | 1:20.57 |
| W40 | Charlene Wilson | 1:13.07 |
| | Nellie Lee | 1:30.80 |
| | Lucy McCurdy | 1:32.50 |
| W45 | Roki McMillian | 1:17.20 |
| W60 | Barbara Zamparelli | 1:39.00 |
| W65 | Wakae Spencer | 2:04.60 |
| W75 | Faye Potter | 3:00.20 |

800m

| | | |
|---|---|---|
| M30 | Sean Pagett | 2:23.10 |
| M35 | James Youngquest | 2:11.60 |
| | Joel Peck | 2:16.70 |
| | Stuart Miyashiro | 2:15.50 |
| M40 | James Gustafson | 2:18.70 |
| | Marvin Jones | 2:16.20 |
| | Derek Goudge | 2:30.40 |
| M45 | Joseph Wayne | 2:39.50 |
| | Ronald Cabaise | 3:00.30 |
| M50 | Jon Kunitake | 2:33.40 |
| | Howard Wiig | 2:45.70 |
| M55 | Lenny Katz | 2:49.40 |
| | Dick Sullivan | 2:43.40 |
| | Frank Suenaga | 3:03.40 |
| M60 | Gordon Dugan | 3:19.70 |
| M65 | George Ishiki | 3:28.50 |
| M70 | Naoto Inada | 3:25.00 |
| | Martin Sherman | 4:02.60 |
| W30 | Kate Jennings | 2:51.70 |
| W35 | Lillian Rodriguez | 2:58.30 |
| | Ethel Guerrero | 2:58.80 |
| W40 | Cion anderson | 3:08.30 |
| W50 | Judy Mc Mullen | 3:18.60 |
| | Joann Robinson | 3.27.30 |
| W55 | Christa Obarra | 3:30.00 |
| | Sharon Calligan | 3:39.20 |

1500m

| | | |
|---|---|---|
| M30 | Sean Pagett | 4:46.30 |
| M35 | James Younquist | 4:27.90 |
| | Joel Peck | 4:31.30 |
| | Joe Laturnau | 4:35.10 |
| M40 | Marvin Jones | 4:45.20 |
| | Derek Goudge | 5:07.50 |
| | Kevin Krisciunas | 5:19.10 |
| M45 | Ron Pate | 4:50.30 |
| | Karl Kunz | 4:53.70 |
| | Josph Wayne | 5:09.40 |
| M50 | Jon Kunitake | 5:06.00 |
| | Howard Wiig | 5:25.60 |
| M55 | Ken Mohica | 5:24.00 |
| | Lenny Katz | 5:32.80 |
| | Dick Sullivan | 5:43.60 |
| M60 | Gordon Dugan | 6:31.50 |
| M65 | George Ishiki | 6:42.40 |
| M70 | Martin Sherman | 7:45.50 |
| W55 | Christa Obara | 6:27.90 |
| | Sharon Calligan | 7:13.30 |
| W60 | Barbara Zamparelli | 7:05.90 |
| | Shizuko Miyashiro | 7:10.70 |
| W65 | Wakae Spencer | 9:19.80 |

3000m

| | | |
|---|---|---|
| M40 | Derek Goudge | 11:21 |
| M45 | Karl Lunz | 10:45 |
| M50 | Jon Kunitake | 11:10 |
| | Howard Wiig | 11:37 |
| M60 | Gordon Dugan | 13:46 |
| M70 | Naoto Inada | 14:23 |
| W35 | Ethel Guerrero | 13:12 |
| W40 | Charlene Wilson | 12:16 |
| | Nellie Lee | 14:05 |
| W60 | Shizuko Kiyashiro | 15:12 |

Short Hurdles

| | | |
|---|---|---|
| M30 | Edwin Alfaro | 19:23 |
| | Derek Bolds | 20:08 |
| M40 | Vince Costello | 18:81 |
| | Larry Luehrs | 19:83 |
| M45 | Absalon Amodo | 19:15 |
| | Ronald Schaedel | 20:68 |
| M50 | Martin Hee | 20:09 |
| | Martin Dudock | 22:47 |
| | Bob Dawson | 22:62 |
| W30 | Joy Margerum | 15.40 |

Long Hurdles

| | | |
|---|---|---|
| M30 | Edwin Alfaro | 1:09.70 |
| | Derek Bolds | 1:11.30 |
| M35 | Robert Ferrigno | 1:07.30 |
| M45 | Robert Larson | 1:12.10 |
| | Absalon Amodo | 1:12.80 |

4x100 Relay

M30-39

| | |
|---|---|
| Not Sure | 48.80 |

M50-59

| | |
|---|---|
| Hawaii Kai Masters TC | 55.65 |
| Koa Kai | 1:01.23 |
| Hurt | 1:05.43 |

M70-79

| | |
|---|---|
| Shermans | 1:23.20 |
| W30-39 | |
| Screaming Eagles | 58.58 |
| Faerbers Fliers Dirty 30s | 1:04.80 |
| Faerbers Fliers Silver | 1:18.20 |
| W40-49 | |
| Hawaii Kai | 53.59 |
| Lokahi | 57.03 |
| Freds Maui | 58.10 |

4x400 Relay

M30-39

| | |
|---|---|
| Frozen Peas | 4:34.30 |

M40-49

| | |
|---|---|
| Pate | 4:04.90 |
| Marine Corps Base Hawaii | 4:08.00 |
| Marvin Jones Hilo | 4:13.30 |

M50-59

| | |
|---|---|
| Hawaii Kai Masters | 4:55.00 |
| Kona Faster Masters | 5:08.00 |
| Hurt | 5:35.70 |

M60-69

| | |
|---|---|
| Hawaii Masters | 5:47.20 |

M70-79

| | |
|---|---|
| Shermans | 7:24.00 |
| W30-39 | |
| Faerbers Fliers | 5:12.60 |
| Screaming Eagles | 5:23.40 |
| Faerbers Fliers Silver | 5:55.60 |
| W40-49 | |
| Faerbers Fliers 40s | 5:28.10 |
| Fabulous 40s | 5:38.20 |
| W50-59 | |
| Nifty Fifty Plus | 6:29.80 |
| Roaring 50s | 6:47.80 |

High Jump

| | | |
|---|---|---|
| M40 | Larry Luehrs | 5 |
| | Steven Benson | 4-10 |
| | Scott Brooks | 4-4 |
| M45 | Gary Austin | 5 |
| | Ronald Schaedel | 4-8 |
| | Vic Coopeland | 4 |
| M50 | Nathan Alwohi | 4-6 |
| | Clement Chun | 4-6 |
| | Harvey Urakawa | 3-4 |
| M55 | Ray Ritzhugh | 4-6 |
| | Lloyd Watarai | 3-0 |
| M65 | Robert Voege | 3-6 |
| M70 | Roger Lee | 3-2 |

Pole Vault

| | | |
|---|---|---|
| M30 | Bill Rothmeier | 14 |
| | Jay Marumoto (height not available) | |
| | Dallas Mills | 10 |
| M40 | Larry Luehrs | 10 |
| | Steven Benson | 10 |
| M45 | Ronald Schaedel | 9 |
| | Gary Austin | 9 |
| M50 | Nathan Aiwohi | 10-6 |

Long Jump

| | | |
|---|---|---|
| M30 | Forika McDougald | 21-2.75 |
| | Laurence Marsh | 18-0.25 |
| | Gary Houghton | 16-8.75 |
| M35 | John Rosa | 17-5.25 |
| | Elijah Thomas | 17-0.75 |
| | Taras Chepurny | 16-10 |
| M40 | Steven Benson | 18-3 |
| | Henry Dutro | 17-11.75 |
| | Larry Luehrs | 16-10.75 |
| M45 | Ronald Schaedel | 16-2 |
| | Courtland Pang | 13-11.75 |
| | Ron Cabalse | 12-5.50 |
| M50 | Clement Chung | 16-11.50 |
| | Lionel Low | 15-9.75 |
| | Michael Dudock | 15-6.25 |
| M55 | Ray Fitzhugh | 12-6.25 |
| | Lloyd Watari | 10-11.75 |
| M60 | Robert Voege | 12-2.75 |
| W30 | Arlene Wolfe | 12-6.25 |
| W35 | Renee Hendon | 13-4.25 |
| | Carolyn Lum | 12-6.75 |

Triple Jump

| | | |
|---|---|---|
| M30 | Forika McDougald | 43-0.50 |
| | Edwin Alfaro | 38-1.50 |
| | David Oride | 32-5.50 |
| M35 | Taras Chepurny | 33-8.50 |
| | Karl Sakamoto | 31-3.50 |
| M40 | Steven Benson | 34-8 |
| | Henry Dutro | 33-7 |
| M50 | Clement Chung | 33-11 |
| | Lionel Low | 32-2.75 |

Shot Put

| | | |
|---|---|---|
| M30 | Julius Hudson | 33-3.50 |
| M40 | Scott Brooks | 34-5 |
| M45 | Ron Cabalse | 22-10 |
| M55 | Robert Monyneux | 23-10.50 |
| M70 | Roger Lee | 25-9.75 |
| W55 | Patricia McLachlan | 28-9.75 |

Discus

| | | |
|---|---|---|
| M30 | Joseph Bustillos | 130-7 |
| | Juliua Hudson | 120-2 |
| M40 | Greg Smith | 105-10 |
| | Scott Brooks | 83-2 |
| M50 | Jack Karbens | 110-7 |
| | Richard Witte | 98-11 |
| M55 | Ray Fitzhugh | 95-5 |
| | Robert Molyneux | 61-5 |
| M60 | Edward Van Pelt | 155-9 |

3000m RW

| | | |
|---|---|---|
| M35 | Bradley Lau | 17:36 |
| M45 | Gordon Chang | 17:49 |
| M70 | Chuck Yogi | 28:01 |
| W35 | Mokia Dubois | 18:26 |
| | Blessing Joao | 18:43 |
| W50 | Joan Davis | 23:42 |
| | Gerry DeBenedetti | 23:34 |

Continued on next page

Continued from previous page

### KELfield Throws Series #29
### Santa Cruz, CA; June 18

Shot Put
M40 Gary Kelmenson 36-9
M45 Wayne Shaffer 30-4
M55 Don Hughes 16# 25-11
Discus
M40 G Kelmenson 114-7
M45 Wayne Shaffer 106-10
M55 Don Hughes 93-10
Hammer
M30 Tor Gustafson 249-5
Dave Swan 183-6
M40 G Kelmenson 132-11
M45 Bob Pryor 138-7
M55 Don Hughes 20# 55-9
Javelin
M35 John Hanson 171-9
Lou Vasu 118-1
M40 G Kelmenson 108-8
M45 Bob Powers 174-11
M50 Leon Olson 123-10
M55 Phil Conley 149-11
Don Hughes 68-1
Weight Throw
M40 G Kelmenson 42-2½
M45 Bob Pryor 37-10
M55 Don Hughes 28-6¼
56#
M40 G Kelmenson 27-11½
M45 Bob Pryor 25-4½
M55 Don Hughes 17-9½

### So. Calif. District Championships
### Occidental College
### Los Angeles, CA; June 18

**Men**

100 METERS
80-84 1. B. Morrow 17.29
75-79 1. A. Guidet 15.76
2. C. Killion 15.99
70-74 1. C. Taggart 16.76
65-69 1. C. McPheerson 13.96
2. T. Vick 14.60
3. L. Beadle 14.83
4. T. Miller 15.63
5. J. Welch 17.53
60-64 1. J. Pedevilla 15.77
55-59 1. R. Tsuda 13.18
2. R. Sprockett 13.72
50-54 3. W. Butler 12.03
45-49 1. C. Smith 12.43
2. S. Groves 12.47
3. L. Clipps 12.67
4. W. Gelbart 12.77
5. G. Wong 12.99
40-44 1. E. Driver 12.02
2. M. Block 12.18
3. V. Dale 12.40
4. G. Weston 12.73
35-39 1. J. Bonilla 11.55
2. M. Owen 11.63
30-34 1. K. Berry * 11.02
2. A. Ros 11.21
3. F. Strong 11.36

200 METERS
75-79 1. A. Guidet 33.83
2. C. Killion 34.44
70-74 1. B. Hunt 32.89
65-69 1. C. McPheerson 28.79
2. T. Vick 29.89
3. J. Selby 30.95
4. T. Miller 33.5
5. J. Welch 37.1
60-64 1. F. Kishi 30.73
2. J. Pedevilla 33.14
55-59 1. R. Tsuda 27.16
2. R. Sprockett 27.46
50-54 1. W. Butler 24.73
2. H. Adams 24.87
45-49 1. S. Whitley 22.48
2. W. Gelbart 26.05
3. T. McMullen * 28.9
40-44 1. E. Driver 23.43
2. M. Black 24.45
3. G. Weston 26.25
4. N. Fields 27.44
5. E. McColley 28.4
35-39 1. K. Morning 21.94
2. J. Bonilla 23.27
3. S. Cummings 24.64
4. G. Brewer 28.19
30-34 1. K. Berry * 21.54
2. A. Ros 22.52

400 METERS
70-74 1. B. Hunt 1:21.16
65-69 1. J. Selby 1:10.37
55-59 1. C. Kirkby 57.03
50-54 1. T. Keeney 59.19
45-49 1. B. Russell 57.85
2. T. McMullen * 1:05.16
40-44 1. D. Parker 55.26
2. P. Gnesin 1:01.05
3. E. McCalley 1:01.89
35-39 1. T. Krainik 52.26
2. B. Henderson 53.87
3. S. Cummings 54.86
4. J. Garza 55.73
5. B. Koel 55.92
6. H. Henderson 1:00.71
30-34 1. K. Berry * 49.17

800 METERS
70-74 1. A. Bryant 2:48.95
65-69 1. J. Selby 2:36.09
2. L. Beadle 2:39.62
3. E. Sanchez 2:40.03
60-64 1. S. Wing 2:22.06
2. R. Archibald 3:21.0
55-59 1. R. McAlpine 2:21.06
50-54 1. G. Cohen 2:09.84
2. J. Hackett 2:12.96
3. J. Cabeza 2:16.03
45-49 1. R. Russell 2:11.35
2. W. Douglas 2:13.49
3. R. Rook 2:26.4
40-44 # N. Shaheed 1:58.19
1. D. Parker 2:04.77
2. C. Tziantzis 2:08.77
3. G. Lash 2:12.86
4. E. Anderson 2:13.69
5. M. Tipping 2:13.9
35-39 1. D. Barry 2:00.17
2. P. Mogg 2:01.09
3. B. Henderson 2:01.86
4. M. Cleary 2:06.38
5. B. Koel 2:11.05
30-34 1. R. Kendall 2:11.7

1500 METERS
70-74 1. A. Bryant 6:03.4
65-69 1. G. Linde 5:18.07
2. E. Sanchez 5:37.8
3. H. Willis 6:18.6
60-64 1. T. Oviatt 5:25.56
2. R. Archibald 6:50.6
3. W. De Roth'ne 9:40.1
55-59 1. W. O'Donnell 5:25.98
50-54 1. N. Doherty 4:41.16
2. E. Murdock 5:31.78
3. L. Schiavo 5:42.1
40-44 1. N. Shaheed 4:06.85
2. E. Anderson 4:39.7
35-39 1. T. Geraghty 4:18.08
2. M. Cleary 4:25.19
3. A. Tobar * 4:33.66
30-34 1. S. Flynn 4:07.07
2. D. Norwood 4:26.26
3. J. Reed 4:36.1
4. R. Kendall 4:46.7

5000 METERS
75-79 1. N. Jacobs * 26:14.5
65-69 1. P. Mundle 27:02.1
2. D. Johnson * 30:21.2
60-64 1. R. Archibald 23:24.1
50-54 1. M. McCaffery 22:24.2
40-44 1. E. Anderson 17:41.1
2. G. McClester 18:07.8
3. S. Tomasini 19:00.5
4. M. Jacobs 23:19.7

80 METER HURDLES
80-84 1. B. Morrow 17.84
70-74 1. B. Hunt 15.78

100 METER HURDLES
50-54 1. W. Butler 13.84
2. H. Adams 14.24

110 METER HURDLES
45-49 1. S. Groves 18.03
30-34 1. M. Streeter 18.52

300 METER HURDLES
70-74 1. B. Hunt 1:04.09
60-64 1. W. Robinson 50.76
50-54 1. H. Adams 42.69

400 METER HURDLES
45-49 1. S. Groves 1:05.84
2. T. McMullen * 1:12.78
40-44 1. J. Kilroy 1:03.14
35-39 1. A. Hecker 1:11.98
30-34 1. M. Streeter 1:10.82

5000 METER WALK
70-74 1. D. Cotner 36:03.1
60-64 1. R. Archibald 31:44.8
50-54 1. L. Walker 22:49.6

LONG JUMP
80-84 1. C. Johnston 2.10
75-79 1. C. Odell 2.56
70-74 1. T. Patsalis 4.54
60-64 1. E. Martin 4.11
2. B. Harms 3.41
55-59 1. R. Tsuda 5.15
50-54 1. T. Rowan * 4.93
2. P. Villanueva 4.12
45-49 1. B. Wood * 4.59
30-34 1. S. Selvidge 6.07

TRIPLE JUMP
75-79 1. C. Odell 5.93
70-74 1. T. Patsalis 9.40
2. C. Mercurio 7.85
50-54 1. G. Odell 9.35
45-49 1. B. Wood * 9.71
35-39 1. J. Arbogast 10.46
30-34 1. S. Selvidge 12.26

HIGH JUMP
80-84 1. C. Johnston 1.04
75-79 1. J. Vernon 0.99
65-69 1. J. Cleveland * 1.29
2. B. Perry 1.04
60-64 1. R. Archibald 1.19
55-59 1. B. Bergen 1.44
2. R. Fitzhugh 1.39
50-54 1. T. Rowan * 1.39
2. P. Villanueva 1.24
45-49 1. B. Wood * 1.44
30-34 1. M. Streeter 1.44

POLE VAULT
80-84 1. C. Johnston 7'0
75-79 1. J. Vernon 8'0
65-69 1. J. Cleveland * 8'6
60-64 1. J. Simms 9'6
2. B. Harms 7'0
55-59 1. M. Connoly 11'0
2. R. Fitzhugh 9'6
3. H. Smith 8'6
45-49 1. G. Miguel 14'6
2. S. Morris 13'0
40-44 1. D. Sparks 13'6
35-39 1. M. Wagner 12'6

SHOT PUT
80-84 1. A. Vesco 4.81
75-79 1. C. Odell 8.55
70-74 1. B. Bangert 12.03
2. A. Levenson * 9.78
65-69 1. A. Gaynor 11.36
60-64 1. S. Adams 12.93
2. W. De Roth'ne 6.63
55-59 1. H. Smith 12.81
2. W. Cassity 9.91
50-54 1. D. Wells 14.57
2. D. McCraven 13.50
40-44 1. W. Gardner * 12.92
2. D. Greene 11.09
35-39 1. V. Olotoa 12.84
30-34 1. M. Hall 9.85

DISCUS THROW
80-84 1. Art Vesco 12.26
70-74 1. W. Thompson 37.68
2. A. Levenson * 25.58
65-69 1. A. Gaynor 39.68
2. W. Atcheson 22.64
3. B. Perry 21.72
60-64 1. W. Badorek 48.72
2. S. Adams 45.42
3. E. Martin 37.72
4. T. Oviatt 36.46
5. W. De Roth'ne 23.40
55-59 1. H. Smith 37.16
2. D. Hegberg 33.64
3. W. Cassity 22.60
50-54 1. D. Wells 45.46
2. T. Rowan * 33.12
3. L. Schiavo 29.78
4. A. Sheinker 28.06
40-44 1. R. Reabold 37.62
2. A. Cain 31.72
35-39 1. V. Olotoa 39.60
30-34 1. M. Hall 33.20
2. M. Streeter 23.03

JAVELIN THROW
80-84 1. A. Vesco 10.82
75-79 1. C. Odell 24.04
70-74 1. A. Levenson * 18.70
65-69 1. D. Pickarts 47.40
60-64 1. E. Martin 37.20
2. C. Coutts 33.16
45-49 1. W. Wilke * 49.24
2. R. Rook 37.44
40-44 1. W. Gardner * 45.66
30-34 1. M. Hall 35.28
2. M. Streeter 30.82

HAMMER THROW
55-59 1. W. Cassity 66'4
50-54 1. A. Sheinker 77'2

**Women**

100 METERS
60-64 1. E. Brannigan 17.54
50-54 1. K. Bergen 14.33
2. B. Stewart * 15.47
40-45 1. D. Sweezy 13.73
2. C. Norwood-Fields 18.94
35-39 1. K. Vaughn 15.66
30-34 1. L. Cummings 15.77

200 METERS
50-54 1. K. Bergen 30.09
40-44 1. D. Sweezy 28.18
2. T. Stough 29.05
3. C. Norwood-Fields 41.7
35-39 1. K. Vaughn 32.24
2. C. Norwood 39.92
30-34 1. L. Cummings 33.34

400 METERS
65-69 1. S. Onodero-Leonard 1:28.26
40-44 1. T. Stough 1:07.18
35-39 1. C. Norwood 1:38.16

800 METERS
65-69 1. S. Onodero-Leonard 3:25.8
45-49 1. B. Frenkel 2:43.4
35-39 1. D. Selby * 3:44.2

1500 METERS
55-59 1. H. Geoffrion 7:14.2

5000 METERS
45-49 1. A. McCaffery 30:50.4
35-37 1. D. Barraza 20:38.7

80 METER HURDLES
50-54 1. B. Stewart * 18.63

5000 METER WALK
70-74 1. J. Cotner 40:51.5

LONG JUMP
65-69 J. Valien 3.23
60-64 E. Brannigan 2.72
50-54 B. Stewart * 3.58
50-54 B. Stratton * 3.24
35-39 K. Vaughn 3.45

TRIPLE JUMP
60-64 1. M. Kuehne 7.63
50-54 1. B. Stewart * 7.33
45-49 1. B. Stratton * 7.43

HIGH JUMP
65-69 1. S. Kinsey 1.04
55-59 1. M. Herse 0.99
45-49 1. B. Stratton * 1.04
40-44 1. T. Stough 1.19

POLE VAULT
65-69 1. S. Kinsey 5'0
50-54 1. B. Stewart * 6'6

SHOT PUT
65-69 1. J. Valien 5.37
55-59 1. C. Miller 8.78
2. M. Herse 8.34
35-39 1. K. Vaughn 8.86

JAVELIN THROW
65-69 1. J. Valien 11.14
60-64 1. M. Kuehne 17.26
2. E. Brannigan 14.14
55-59 1. C. Miller 27.96
40-44 1. T. Stough 24.86

* - Out of district

### USATF West Regional Masters Championships
### Irvine, CA; July 2-3

100m
M30 Alberto Ross 10.7
Ted Jeung 11.2
Kent Wilson 11.4
M35 Kevin Morning 10.7
James Bonilla 11.2
Malcolm Owen 11.5
M40 Hedley Green 11.6
VanderDale 12.4
George Weston 13.0
M45 Stan Whitley 11.0
Raymond Yeck 12.0
Sheridan Groves 12.2
M50 Steve Robbins 11.1
Hugh Adams 12.1
M55 Kennis Dennis 12.3
Dick Glasgow 13.0
C Kirby 13.2
M60 Dick Richards 13.0
FredGunther 14.1
Tony Nasralla 14.3
M65 Al Escabosa 14.0
Pete Escobar 14.5
John Cleveland 15.4
M70 Tom Miller 15.5
C Mercurio 16.0
George Simon 16.3
M75 David Lawyer 15.4
Al Guidet 15.6
M80 Bert Morrow 17.4
W30 Bobyne Moore 14.1
Linda Cummings 15.3
W35 Valerie Scott 13.6
Wendy Jaconbs 13.8
April Thomas 15.7
W45 Martie Behrens 15.1
W50 Jeanne Carter 15.3
W55 Kay LKtibs 15.5
Fei-Mei Chou 16.4

200m
M30 K Berry 21.9
T Jeung 24.0
M Friedl 26.4
M35 K Morning 22.9
J Bonilla 23.9
R. Massey 39.4
M40 E Driver 23.9
H Green 24.3
E McCalley 26.8
M45 R Yeck 25.1
B Weinstock 25.7
L Clipps 26.5
M50 B Knocke 25.9
D Smith 26.1
F Weidemeyer 27.9
M55 K Dennis 25.0
D Glasgow 27.0
R Sprockett 27.3
M60 F Gunther 29.6
F Kishi 31.3
T Nasralla 34.8
M65 L Beadle 29.1
A Escabosa 29.3
M70 C Taggart 35.5
M75 A Guidet 33.9
W30 R Moore 29.0
L Wallace 32.1
W45 M Behems 31.5
W50 J Carter 32.5
W55 K Lyon 34.1
F Chou 36.7

400m
M30 Kettrel Berry 51.7
Ted Jeung 53.2
Mike Thomas 53.5
M35 Dan Goldman 55.5
Steve cummings 55.7
Andrew Hecker 61.5
M40 Eugene Driver 52.7
Mike Thomas 57.2
Edward McAlly 62.0
M45 Norm Cornwell 52.5
Herman Castille 55.0
Raymond Yeck 57.1
M50 Steve Robbins 54.1
Don Parker 55.9
Dennis Duffy 56.1
M55 Charles Kirkby 59.2
M60 Tony Nasralla 1:06.3
Fred Gunther 1:07.4
M65 AlEscabosa 1:09.5
M70 George Simon 1:30.4
W30 Linda Cummings 1:17.7
W35 Valerie Scott 1:05.8
W50 Tina Stough 1:05.1
Judy Ace 1:07.2
W45 Martie Behrens 1:11.3

800m
M30 Mike Friedl 2:08.6
C Tziantzis 2:09.1
M35 Paul Fragua 2:01.9
Mark Cleary 2:06.4
Dan Goldman 2:06.4
M40 Ralph Rozenck 2:08.6
Wayne Morris 2:09.6
M45 Norm Cornwell 2:00.1
Wayne Douglas 2:13.9
Ron Rook 2:28.9
M50 Jerry Hackett 2:17.0
Neil Doherty 2:24.5
M55 Robert McAlpine 2:21.0
M60 Ray Archibald 3:07.9
M65 Gunnar Linde 2:35.3
Louis Beadle 2:36.6
Efrian Sanchez 2:39.4
N70 Avery Bryant 2:54.5
W30 Jennifer Heaton 2:22.5
Linda Wallace 2:51.9
W40 Judy Ace 2:32.4
Tina Stough 2:38.9

1500m
M35 Paul Fragua 4:15.5
Mark Cleary 4:24.4
Angelo Tobar 4:32.1
M40 B Anderson 4:18.4
D Amster 4:18.8
T Williams 4:20.0
M50 D Jones 5:01.5
G Linn 5:13.2
L Schiavo 5:37.1
M60 T Oviatt 5:32.5
R Dunton 5:34.0
J Jacobs 6:11.3
M65 G Linde 5:15.5
E Sanchez 5:25.2
M70 A Bryant 5:49.9
W30 J Heaton 4:57.8

5000m
M40 Tim Williams 16:19.8
Bruce Anderson 16:46.8
Bruce Minard 16:49.7
M50 Dick Jones 18:46.2
Doug Sparks 24:57.3
M60 Jim Jacobs 23:16.0
Ray Archibald 23:16.0
M65 Pat Devine 20:44.4
Pete Mundle 24:40.1
W35 Debbie Barraza 21:39.1
W40 Marina Jones 19:08.8
Tracy Cox 21:37.6

10,000m
M30 Dositelo Bautista 35.57.1
M40 Roger Schwartz 42:04.2
M50 Harry Hunt 38:31.0
M60 Ted Oviatt 50:15.2
Jim Jacobs 50:25.9
M65 Pat Devine 42:13.4

Short Hurdles
M30 Kent Wilson 15.6
Derek Brown 16.1
M45 Sheridan Groves 18.0
M50 Walt Butler 13.9
Hugh Adams 14.6
Fred Neidermeyer 17.0
M55 Al Henry 16.3
M60 Dave Douglass 19.3
M70 George Simon 18.3
M80 Bert Morrow 22.5
W40 Tina Stough 15.5
W55 Chris Miller 16.3

Long Hurdles
M30 Derek Brown 1:02.8
Steve Selvidge 1:03.5
M70 Pete Ganahl 1:11.7
W35 Donna Nielson 1:12.6
W40 Tina Stough 1:14.5

2000m Steeplechase
M60 Ted Oviatt 9:05.4
M65 Efrain Sanchez 9:14.5
Bob Holmes 9:45.0
M70 Avery Bryant 9:11.6

3000m Steeplechase
M 30 Michael Friedl 10:43.1
M50 Rollie Cavaletto 12:19.4
George Linn 13:09.4
Luigi Schiavo 13:58.5

4x100 Relay
M40 Monsoon TC 47.4

4x200 Relay
M40 West Valley TC 1:43.9
Jagual TC 1:46.3

Distance Medley Relay
M50 11:39.2
(880y-Dennis Duffy, 2:12/440y-George Mason, 58:00/1320y-Ramsey Thomas, 43:32.1/Mile-Harvey Franklin, 4:57.1)

High Jump
M30 Derek Brown 5-8
M35 Doug Dreibelbis 6-6
M45 Charlie Rader 6-2
Jorge Birnbaum 5
William Wood 4-10
M50 Doug Sparks 4
M55 Ray Fitzhugh 4-4
M60 Dave Douglass 4-4
Ray Archibald 3-8
M65 Edward Failor 4
Bob Perry 3-6
M75 Pete Ganahl 3-10

Pole Vault
M30 Greg Charles 13
M35 Bill Halverson 15
Matt Wagner 13
Brian de Roo 12
M40 Bernard Juarez 14-6
Paul Perryman 13
M45 Greg Miguel 14
Steve Morris 13-6
Dan Borrey 13
M50 Mardon Connelly 11-6
M55 Ray Fitzhugh 9-6
Hal Smith 8-6
M65 John Cleveland 8-6
M70 Jim Johnson 7-6
Donald Roser 7-4
Tom Devaugn 7
M75 Jim Vernon 8-6
M80 Carol Johnson 7-6
W65 Shirley Kinsey 5

Long Jump
M30 Derek Brown 22-0.50
Steve Selvidge 20
M35 Andrew Hecker 17-1
M45 Carl Flowers 19-6.75
William Wood 16-0.75
M50 Terry Rowan 16-4
Luigi Schiavo 11-10.50
M55 Al Henry 16-7.75
Ray Fitzhugh 14-0.50
M60 Ed Martin 13-9.50
Dave Douglass 13-7.75
M65 Edward Failor 12-9
M70 Jim Johnson 11-6.50
M75 Clarence O'Dell 9-3
Art Veco 4-1
W45 Barbara Stratton 11-0
W55 Fei Mei Chou 9-5
W65 Shirley Kinsey 5

Triple Jump
M30 D Brown 40-10.50
S Selvedge 38-10
M35 J Arbogast 34-7
M40 K Jokela 36-2
M45 W Wood 35-1.50
M65 E Failor 26-6
M70 C Mercurio 26-10.50
W45 B Stratton 24-5.50

Shot Put
M30 M Hall 33-0.50
M35 S West 41-7.50
M40 B Gardner 42-11.50
M45 M Deller 41-3
B Fulbright 37-10
M50 C McCraven 43-0.50
C McCormick 39
W Cassity 32-9
M55 J Hart 39-11
M60 W de Rothine 21-10
M65 H Wallace 35-4.50
E Failor 27-3
M75 C O'Dell 29-3
M80 T Hatlen 25
W40 J Wilson 32-8.50
M55 M Herse 27-6

Discus
M30 Steve Barba 35.52
M Hall 33.22
M40 ACain 32.84
M45 J Price 41.92
B Fulbright 36.26

Continued on next page

Continued from previous page

| | | |
|---|---|---|
| M50 | L Swartz | 40.08 |
| | C MacCormick | 39.70 |
| | T Rowan | 31.22 |
| M55 | B Humphreys | 44.58 |
| | J Hart | 42.52 |
| | H Smith | 40.54 |
| M60 | S Adams | 44.70 |
| | T Oviatt | 36.78 |
| | E Martin | 36.69 |
| M65 | H Wallace | 39.20 |
| | D Hegnberg | 35.74 |
| | EFailor | 31.44 |
| M70 | W Thompson | 34.55 |
| | D Roser | 30.89 |
| | B Hunt | 27.25 |
| M75 | J Siefert | 22.72 |
| M80 | T Hatlen | 22.35 |
| | A Vesco | 12.07 |
| W40 | J Wilson | 41.08 |
| W45 | M Clark | 24.37 |
| W55 | F Chou | 16.53 |
| W65 | S. Dietdegrich | 15.79 |

Hammer

| | | |
|---|---|---|
| M35 | Scott West | 109-10 |
| M45 | Mike Dellar | 152-11 |
| M55 | Abe Sheinker | 102-11 |
| M55 | Jim Hart | 114-7 |
| | W Cassity | 70-7 |
| M60 | Dave Douglass | 113-10 |
| M65 | Bob Perry | 55-3 |
| M70 | T de Vaughn | 85-4 |

Javelin

| | | |
|---|---|---|
| M30 | Steve Barba | 166-8 |
| | M Hall | 120-11 |
| M40 | Bill Gardner | 139-3 |
| M45 | Ron Rook | 125-6 |
| | Rich Rook | 116-5 |
| M50 | L Schiavo | 85-9 |
| M55 | Hall Smith | 115-9 |
| | R Fitzhugh | 101-10 |
| | F Hunter | 97-9 |
| M60 | E Martin | 119-7 |
| | C Coutts | 115 |
| M65 | D Pickarts | 157-2 |
| M70 | D Roser | 95-9 |
| M75 | J Siefert | 90-4 |
| | C O'Dell | 77-7 |
| W40 | T Strough | 77-6 |
| W65 | S Dietderich | 65-7 |

## Trojan Masters Track Classic
U.S.C.; July 10
(all times F.A.T. unless noted)

100

| | | |
|---|---|---|
| M30 | Alberto Ross | 11.26 |
| | Rodney Carson | 11.65 |
| M35 | James Bonilla | 11.63 |
| | Cecil Noble | 14.47 |
| M40 | Glenn Johnson | 12.13 |
| | David Perrin | 12.69 |
| | George Weston | 12.7 |
| | Foots Williams | 13.59 |
| | Steve Wathen | 15.4 |
| M45 | Sheridan Groves | 12.55 |
| | W. M. Gelbart | 12.98 |
| | George Wong | 13.11 |
| | Lance Pierce | 13.3 |
| M50 | Steve Robbins | 12.17 |
| | Doug Smith | 13.08 |
| | Juan Bustamante | 14.16 |
| | Paul Gilbert | 14.2 |
| M55 | Roger Tsuda | 13.26 |
| | Roger Sprockett | 13.83 |
| M60 | Nick Newton | 13.02 |
| | Sam Flory | 13.95 |
| | Tony Nasralla | 14.47 |
| | Frank Kishi | 14.78 |
| M65 | Al Escobosa | 14.67 |
| | John Cleveland | 16.43 |
| M70 | Bob Hunt | 16.04 |
| | George Simon | 16.72 |
| | Claude Taggart | 16.74 |
| | Frank Mizuo | 19.84 |
| | Joe Welch | 35.05 |
| M75 | Al Guidet | 16.49 |
| | David Lawyer | DNF |
| W35 | Wendy Jacobs | 14.83 |
| | April Thomas | 16.32 |
| W40 | Deby Sweezey | 14.83 |
| W50 | Kathy Bergen | 14.66 |
| | Jeanne Carter | 16.03 |
| W60 | Ellen Brannigan | 18.15 |
| W65 | Johnnye Valien | 17.46 |

200

| | | |
|---|---|---|
| M30 | Rodney Carson | 24.21 |
| M35 | James Bonilla | 24.01 |
| | John Arbogast | 29.45 |
| M40 | Milton Qualls | 23.55 |
| | Glenn Johnson | 24.61 |
| | George Weston | 26.56 |
| | Steve Wathen | 33.01 |
| M45 | Ron Beadle | 24.63 |
| | W. M. Gelbart | 26.43 |
| M50 | Steve Robbins | 24.64 |
| | Bill Knocke | 26.06 |
| | Doug Smith | 26.99 |
| | Paul Gilbert | 29.52 |
| M55 | Chuck Kirkby | 26.21 |
| | Ed Oleata | 26.23 |
| | Roger Tsuda | 27.11 |
| | Roger Sprockett | 27.96 |
| | Ray Fitzhugh | 32.08 |
| M60 | Nick Newton | 27.19 |
| | Sam Flory | 29.13 |
| | Frank Kishi | 31.45 |
| | Ray Archibald | 36.39 |
| M65 | Al Escobosa | 30.03 |
| M70 | Tom Miller | 33.39 |
| | Claude Taggart | 35.19 |
| W35 | Donna Nielsen | 29.33 |
| W40 | Tina Stough | 29.85 |
| W50 | Kathy Bergen | 31.37 |
| W60 | M. Kuehne | 36.77 |

4 X 100 Relay

| | | |
|---|---|---|
| M40 | Monsoon TC | 49.66 |
| (Perkins, Weston, Dale, Clipps) | | |

400

| | | |
|---|---|---|
| M30 | C. Stephenson | 50.26 |
| | Rodney Carson | 53.26 |
| M35 | Dan Goldman | 55.29 |
| | Bruce Koel | 56.74 |
| M40 | Nolan Shaheed | 53.94 |
| | Thomas Mike | 57.19 |
| | Ed McCalley | 58.89 |
| | Foots Williams | 59.69 |
| | Phillip Gnesin | 60.88 |
| M45 | Stan Whitley | 50.64 |
| M50 | Terrence Keeney | 59.96 |
| | Robert Jones | 62.6 |
| M55 | Chuck Kirkby | 57.0 |
| | Cliff Bedell | 61.0 |
| | Roger Tsuda | 63.0 |
| M60 | Tony Nasralla | 65.6 |
| | Will Robinson | 65.8 |
| M65 | Louis Beadle | 64.89 |
| | Jim Selby | 72.83 |
| | Walter Atcheson | 79.34 |
| M70 | Bob Hunt | 77.31 |
| W30 | Erika Noble | 70.61 |
| W35 | Donna Nielsen | 62.7 |
| W55 | Patricia Willis | 2:00.15 |

800

| | | |
|---|---|---|
| M30 | Steve Flynn | 2:07.07 |
| M35 | Peter Mogg | 2:02.39 |
| | Mark Cleary | 2:07.29 |
| | Dan Goldman | 2:07.4 |
| | Bruce Koel | 2:12.8 |
| | John Garza | 2:19.0 |
| | Kim Kelly | 2:26.0 |
| M40 | Wayne Morris | 2:10.53 |
| M45 | Wayne Douglas | 2:13.38 |
| | Ron Rook | 2:28.17 |
| M50 | Bob McAlpine | 2:19.27 |
| M60 | Sid Wing | 2:19.64 |
| | Louis Simms | 3:01.15 |
| | Ray Archibald | 3:18.56 |
| M65 | Louis Beadle | 2:35.69 |
| | Efrain Sanchez | 2:38.29 |
| | Bill Fitzgerald | 2:44.58 |
| | Jim Selby | 2:59.28 |
| M70 | Avery Bryant | 2:49.58 |
| W30 | Erika Noble | 2:47.98 |
| W35 | Debbie Selby | 3:42.4 |
| W40 | Tracey Cox | 2:47.68 |

1500

| | | |
|---|---|---|
| M30 | Jim Reed | 4:33.18 |
| M35 | Mark Cleary | 4:22.78 |
| M40 | Nolan Shaheed | 4:14.29 |
| | Wayne Morris | 4:28.28 |
| | Lee Johnson | 4:35.08 |
| M50 | Neil Doherty | 4:35.26 |
| | "Doc" Murdock | 5:24.16 |
| | Luigi Schiavo | 5:35.77 |
| M55 | Cliff Bedell | 4:46.74 |
| M60 | Ted Oviatt | 5:22.58 |
| | Ross Dunton | 5:27.43 |
| | William O'Donnell | 5:27.66 |
| | Louis Simms | 6:03.7 |
| | Ray Archibald | 6:40.2 |
| M65 | Gunnar Linde | 5:12.66 |
| | Efrain Sanchez | 5:26.14 |
| | Bob Holmes | 5:39.58 |
| M70 | Avert Bryant | 5:40.37 |
| W55 | Patricia Willis | 8:51.1 |

5K (hand-times)

| | | |
|---|---|---|
| M40 | Mitch Jacobs | 22:36.5 |
| M50 | Rigo Contreras | 20:26.4 |
| | Jerry Daniels | 23:01.5 |
| M60 | Louis Simms | 22:37.1 |
| | Mel Schultz | 22:43.5 |
| | Ray Archibald | 23:45.5 |
| M65 | Walt Atcheson | 23:21.2 |
| M75 | Norton Jacobs | 26:12.1 |
| W35 | Debbie Barraza | 21:20.4 |

110 Hurdles

| | | |
|---|---|---|
| M40 | Dave Perrin | 17.27 |
| M45 | Sheridan Groves | 17.81 |

100 Hurdles

| | | |
|---|---|---|
| M50 | Walt Butler | 14.2 |
| | Hugh Adams | 14.4 |
| | Theo Viltz | 15.3 |
| | Fred Niedermeyer | 15.9 |
| M55 | Al Henry | 15.6 |

80 Hurdles

| | | |
|---|---|---|
| M70 | Tom Patsalis | 14.36 |
| | Walter Dahlin | 15.43 |
| | Bob Hunt | 15.45 |
| W40 | Debbie Sweezey | 11.88 |
| W65 | Johnny Valien | 20.58 |

400 Intermediates

| | | |
|---|---|---|
| M45 | Sheridan Groves | 65.84 |
| | Jorge Birnbaum | 73.87 |
| M50 | Hugh Adams | 62.46 |
| W35 | Donna Nielsen | 72.59 |
| W40 | Tina Stough | 73.99 |

300 Intermediates

| | | |
|---|---|---|
| M50 | Bill Knocke | 45.72 |
| | Fred Niedermeyer | 47.68 |
| M60 | Will Robinson | 52.06 |
| M70 | Bob Hunt | 67.11 |
| M75 | Pete Ganahl | 70.98 |

Pole Vault

| | | |
|---|---|---|
| M30 | Greg Charles | 13' 6 |
| M35 | Wilson Soohoo | 11' 6 |
| | Robert Gonzalez | 9' 6 |
| M45 | Greg Miguel | 14' 6 |
| | Steve Morris | 13' 6 |
| M55 | Ed Oleata | 11' 0 |
| | Ray Fitzhugh | 8' 6 |
| | Hal Smith | 7' 6 |
| M60 | Jack Simms | 8' 6 |
| M65 | John Cleveland | 8' 6 |
| M70 | Dave Brown | 6' 6 |
| M75 | Jim Vernon | 7' 6 |
| M80 | Carol Johnston | 7' 6 |
| W65 | Shirley Kinsey | 5' 5 |

High Jump

| | | |
|---|---|---|
| M35 | Jason Meisler | 6' 2 3/4 |
| M40 | David Perrin | 5' 0 |
| M45 | Charlie Radar | 6' 2 |
| | Jorge Birnbaum | 5' 0 |
| M55 | Phil Fehlen | 5' 6 |
| | Jerry Sullivan | 5' 0 |
| | Bert Bergen | 4' 10 |
| | Ray Fitzhugh | 4' 6 |
| | Hal Smith | 4' 6 |
| M60 | Nick Newton | 5' 0 |
| | Ray Archibald | 3' 10 |
| M65 | Richard Warren | 4' 0 |
| | John Cleveland | 4' 0 |
| | Bob Perry | 3' 6 |
| M70 | Walter Dahlin | 4' 2 |
| | Dave Brown | 3' 6 |
| M75 | Pete Ganahl | 3' 10 |
| | Jim Vernon | 3' 5 |
| W30 | Erika Noble | 4' 4 |
| W40 | Tina Stough | 4' 0 |
| W65 | Johnnye Valien | 3' 3 |
| | Shirley Kinsey | 3' 3 |

Shot Put

| | | |
|---|---|---|
| M30 | Rodney Carson | 30' 10 |
| M35 | Val Olotoa | 44' 1 |
| | Cecil Noble | 33' 9 |
| M40 | William Gardner | 42' 8 |
| | Dennis Greene | 37' 7 |
| | David Perrin | 33' 2 |
| M45 | Mike Deller | 40' 5 |
| | Tim Kearin | 38' 3 |
| M50 | Dennis McCraven | 43' 9 |
| | Mac McCormick | 35' 10 |
| | Dave Nuttall | 30' 2 |
| | Abe Sheinker | 25' 4 |
| M55 | Hal Smith | 42' 10 |
| | Rodger Mattson | 38' 2 |
| | Frank Carl | 35' 11 |
| | Ron Wade | 35' 9 |
| M60 | Bob Eldridge | 33' 4 |
| | Walt de Rothn'e | 24' 5 |
| M65 | Harry Hawke | 40' 9 |
| | Arnie Gaynor | 39' 5 |
| | Hal Wallace | 35' 2 |
| M70 | Ed Chynoweth | 38' 2 |
| M75 | Jerry Siefert | 31' 1 |
| | Jim Sullenger | 30' 8 |
| M80 | Art Vesco | 15' 3 |
| W40 | Janet Wilson | 30' 7 |

Discus

| | | |
|---|---|---|
| M35 | Mike Bailey | 140' 2 |
| | Val Olotoa | 130' 5 |
| M40 | Russ Reabold | 123' 6 |
| M45 | Mike Deller | 132' 8 |
| M50 | Lloyd Higgins | 175' 5 |
| | Lee Schwartz | 130' 5 |
| | Mac McCormick | 129' 7 |
| | Dave Nuttall | 115' 5 |
| | Luigi Schiavo | 98' 5 |
| | Abe Sheinker | 96' 3 |
| M55 | Hal Smith | 130' 0 |
| | Frank Carl | 124' 1 |
| | Joe Marino | 122' 0 |
| | Don Hegberg | 108' 4 |
| | Ron Wade | 102' 0 |
| | Rodger Mattson | 100' 8 |
| M60 | Ted Oviatt | 125' 4 |
| | Bob Eldridge | 100' 4 |
| | Walt de Rothn'e | 76' 8 |
| M65 | Harry Hawke | 150' 0 |
| | Hal Wallace | 129' 11 |
| | Arnie Gaynor | 129' 3 |
| | Bob Perry | 71' 0 |
| | Walter Atcheson | 70' 0 |
| M70 | Wilbur Thompson | 121' 9 |
| M75 | Jim Sullenger | 106' 9 |
| | Bill Morales | 106' 0 |
| | Jerry Siefert | 80' 5 |
| M80 | Art Vesco | 40' 9 |
| W40 | Janet Wilson | 134' 1 |
| W55 | Christel Miller | 68' 9 |

Javelin

| | | |
|---|---|---|
| M30 | Rodney Carson | 132' 10 |
| | Tom Wendler | 104' 11 |
| M35 | Mike Bailey | 173' 6 |
| | Cecil Noble | 128' 2 |
| M40 | William Gardner | 145' 9 |
| | Steve Wathen | 95' 1 |
| M45 | Ron Rook | 121' 2 |
| M50 | Dave Nuttall | 120' 5 |
| | Paul McGuffin | 106' 11 |
| | Robert Jones | 98' 9 |
| | Luigi Schiavo | 81' 5 |
| M55 | Phil Fehlen | 143' 5 |
| | Hal Smith | 115' 7 |
| | Ray Fitzhugh | 102' 8 |
| M60 | Chuck Coutts | 110' 4 |
| M65 | Del Pickarts | 161' 9 |
| M75 | Bill Morales | 118' 7 |
| | Jerry Siefert | 88' 8 |
| M80 | Art Vesco | 36' 6 |
| W55 | Christel Miller | 77' 5 |
| W60 | Ellen Brannigan | 59' 1 |

Long Jump

| | | |
|---|---|---|
| M30 | Derek Brown | 20' 8 |
| M35 | Andrew Hecker | 16' 0 |
| M40 | Steve Wathen | 12' 10 |
| M50 | Luigi Schiavo | 12' 11 |
| M55 | Roger Tsuda | 17' 0 |
| | Ray Fitzhugh | 13' 11 |
| M70 | Tom Patsalis | 14' 8 |
| M75 | Bill Morales | 11' 9 |
| M80 | Art Vesco | 3' 3 |
| W40 | Tina Stough | 14' 5 |
| W60 | Ellen Brannigan | 9' 10 |
| W65 | Johnnye Valien | 11' 3 |

Triple Jump

| | | |
|---|---|---|
| M30 | Derek Brown | 36' 8 |
| M35 | John Arbogast | 33' 3 |
| M50 | Robert Jones | 31' 2 |
| M55 | Al Henry | 35' 4 |
| M60 | Dave Jackson | 35' 1 |
| M70 | Chuck Mercurio | 26' 8 |
| | Frank Mizuo | 20' 5 |
| M75 | Bill Morales | 23' 5 |
| W60 | M. Kuehne | 25' 8 |
| W65 | Johnnye Valien | 20' 8 |

# NORTHWEST

## Seattle Masters Classic
Seattle, WA; June 11

100m

| | | |
|---|---|---|
| M30 | Gerald Edwards | 11.39 |
| M35 | Karry Cameron | 11.84 |
| M40 | Chas Rousseau | 13.46 |
| M45 | Greg Williams | 12.19 |
| | Jeff Schaller | 12.37 |
| M50 | Ron Jensen | 12.96 |
| M55 | Bob Miller | 12.98 |
| M60 | Jack Coy | 13.78 |
| M70+ | Al Klier | 18.05 |
| W35 | Denise Foreman | 13.01 |
| W50 | Renate Rogers | 27.34 |
| W55 | Nancy Peterson | 19.64 |
| W65 | Grace Michael | 20.54 |
| W70+ | Helen Jensen | 21.27 |

200m

| | | |
|---|---|---|
| M30 | Gerald Edwards | 24.12 |
| M40 | Rick Teller | 27.25 |
| M45 | Dave Walter | 27.16 |
| M50 | Ron Jensen | 26.7 |
| M55 | Roger Dean | 29.8 |
| M60 | Jack Coy | 28.7 |
| M65 | Dick Currie | 35.2 |
| M70+ | Al Klier | 41.17 |
| W35 | Denise Foreman | 27.37 |
| W50 | Renate Rogers | 62.28 |
| W70+ | Helen Jensen | 48.73 |

400m

| | | |
|---|---|---|
| M35 | Pat Talmadge | 55.01 |
| M40 | Robert Walker | 57.16 |
| | Dean Koga | 60.52 |
| M45 | Jeff Schaller | 58.43 |
| | Bill Entyre | 61.98 |
| M50 | Neal Stoddard | 70.64 |
| M55 | Jim Clay | 77.06 |
| M60 | Ralph Miller | 63.74 |
| | Jack Coy | 66.02 |
| W35 | Theresa Haynes | 61.68 |
| W50 | Renate Rogers | 2:00.13 |
| W55 | Nancy Peterson | 92.87 |

800m

| | | |
|---|---|---|
| M35 | Deter Alden | 2:03.19 |
| M40 | Robert Walker | 2:06.36 |
| | Dean Koga | 2:17.04 |
| M45 | Doug Sturn | 2:30.71 |
| M50 | Neal Stoddard | 2:50.91 |
| M55 | Bill Iffring | 2:30.08 |
| W35 | Theresa Haynes | 2:30.14 |
| W45 | Kate O'Neill | 2:46.36 |
| W50 | Doris Heritage | 2:35.62 |

1500m

| | | |
|---|---|---|
| M35 | Jeff Dean | 5:27.09 |
| M40 | Dennis Creson | 4:26.35 |
| | Dave Shogren | 4:47.63 |
| M45 | Bill Entyre | 5:07.45 |
| M55 | Reed Miller | 4:56.65 |
| | Bill Iffring | 5:01.98 |
| M60 | Ralph Riddick | 6:07.60 |
| W50 | Renate Rogers | 8:38.80 |
| W60 | Jan Kavadas | 12:04.39 |

5000m

| | | |
|---|---|---|
| M35 | Jeff Dean | 19:34.1 |
| M40 | Steve Berglund | 18:01.30 |
| M45 | Doug Sturm | 20:34.10 |
| M50 | Tim Joslin | 18:02.6 |
| M55 | David Pitkethy | 18:23.50 |
| | Jim Clay | 21:36.50 |
| W35 | Sue Grigsby | 19:07.6 |
| W45 | Carolyn Castel | 20:29.10 |
| W50 | Renate Rogers | 29:10.6 |
| W55 | Christine Curtis | 21:56.70 |
| W60 | Jan Kavadas | 41:14.60 |

High Jump

| | | |
|---|---|---|
| M35 | Mike Frang | 1.70 |
| M40 | Richard Teller | 1.90 |
| M45 | Jim Lockard | 1.30 |
| M50 | Bob Sheedy | 1.55 |
| | David Baldwin | 1.55 |
| M55 | Brad Wilson | 1.35 |
| M65 | Leo Nowetzki | 1.20 |
| M70 | Ken Gorschkow | 1.25 |
| W35 | Martha Mendenhall | 1.55 |
| W70 | Evelyn Lercher | 0.92 |

Pole Vault

| | | |
|---|---|---|
| M40 | Russ Jaquet | 3.30 |
| M45 | Mike Mikos | 4.26 |
| M50 | Larry Holmes | 3.78 |
| M60 | Chadwick Bolender | 2.50 |

Long Jump

| | | |
|---|---|---|
| M30 | Jeff Smoot | 5.86 |
| M40 | Richard Teller | 5.47 |
| M45 | Jeff Schaller | 5.17 |
| M50 | Bob Sheedy | 4.96 |
| M55 | Roger Dean | 4.34 |
| W70+ | Evelyn Lercher | 2.40 |

Triple Jump

| | | |
|---|---|---|
| M30 | Jeff Smoot | 11.57 |
| M45 | K H Troy | 10.76 |
| M50 | Bob Sheedy | 9.72 |
| M55 | Roger Dean | 7.85 |
| M60 | Chadwick Bolender | 7.97 |
| M65 | Ray Ryan | 5.58 |

Shot Put

| | | |
|---|---|---|
| M30 | Kevin Goudart | 10.30 |
| M45 | Ted Noel | 9.19 |
| M50 | Bob Sheedy | 10.74 |
| M55 | Neil Saling | 11.15 |
| | Turk Markishtun | 9.72 |
| M60 | Paul Kaald | 9.02 |
| M65 | Harvey Williams | 9.94 |
| M75 | Gerald Cysewski | 9.72 |
| M80 | Leon Joslin | 8.57 |
| W55 | Linda Ticknor | 8.05 |

Discus

| | | |
|---|---|---|
| M45 | Ted Noel | 28.78 |
| M50 | Jack Miller | 34.56 |
| M55 | Neil Saling | 32.68 |
| | Turk Markishtun | 33.90 |
| M60 | Claude Boland | 29.08 |
| M65 | Harvey Williams | 37.30 |
| M70 | Ken Gorshkow | 27.44 |
| M75 | Gerald Cysewski | 32.12 |
| M80 | Leon Joslin | 25.89 |

Javelin

| | | |
|---|---|---|
| M30 | Dan Scott | 46.32 |
| M40 | Russell Acea | 34.08 |
| M45 | Ted Noel | 32.96 |
| M50 | Bob Sheedy | 34.18 |
| M55 | Turk Markishtun | 41.66 |

1500m Racewalk

| | | |
|---|---|---|
| M40 | Bob Huppe | 8:37.63 |
| M60 | Paul Kaald | 8:55.56 |
| W50 | Judy Groombridge | 11:10.71 |

3000m Racewalk

| | | |
|---|---|---|
| M40 | Bob Huppe | 16:39.96 |
| M45 | Stan Chraminski | 14:26.25 |
| M60 | Paul Kaald | 18:33.63 |
| W50 | Judy Groombridge | 22:41.61 |
| W55 | Bev LaVeck | 16:47.78 |

National Masters News Mile
(actual time/age-graded %)

| | | |
|---|---|---|
| Boyce Jacques | 67 | 5:59.99/83.2% |
| Bill Maier | 40 | 4:59.40/79.0% |
| Jim Archer | 49 | 5:31.09/76.4% |
| Doug Winter | 37 | 5:28.14/70.5% |
| Susan Means | 61 | 7:49.86/69.0% |
| Laurie Ticknor | 31 | 6:19.29/65.6% |

## Hayward Classic
Eugene, OR; June 25-26

100 M DASH

| | | |
|---|---|---|
| M30 | ROBY ROOSEVELT | 10.97 |
| M35 | MCKINNEY BILLY | 11.54 |
| M40 | DICKSON TOM | 11.83 |
| | MCHUGH RILEY | 12.46 |
| | MAN WING | 13.05 |
| M45 | SCHALLER JEFF | 12.23 |
| | RAYMOND PAUL | 12.24 |
| | YING RICHARD | 12.99 |
| | HUGHES GEOFFREY | 13.51 |
| M50 | EDENS PAUL | 11.90 |
| | MORIOKA HAROLD | 11.90 |
| | JENSEN RON | 13.12 |
| M55 | EMERSON ORVILLE | 12.82 |
| | HOFFMAN JOE | 13.31 |
| | THORNE LEW | 13.44 |
| | NELSON THERON | 13.64 |
| | STEPAN PAUL | 13.90 |
| | GRAY DON | 15.34 |
| M60 | SPRINGBETT BRUCE | 13.21 |
| | HITT HAROLD | 13.74 |
| | COY JACK | 13.94 |
| | DAEHLER RALPH | 14.34 |
| | SWANSON LOREN | 15.93 |
| | SCHLEWITZ JIM | 33.13 |
| M65 | MOORHEAD JIM | 13.78 |
| | JORDAN BOB | 14.67 |
| | HARTE GENE | 15.17 |
| | ANHORN DON | 17.43 |
| | ROSSON LESLIE | 22.18 |
| M70 | ARONSON GUS | 16.34 |
| M75 | TRAHAN CLARENCE | 16.41 |
| W40 | LIBAL MARY | 13.62 |
| W50 | SCHLEWITZ ROSE | 17.49 |
| | TICKNOR LINDA | 17.65 |
| | STEPAN LAURA | 19.53 |
| W55 | SKAER MARTI | 17.34 |

200 M DASH

| | | |
|---|---|---|
| M30 | SCARLETT PAUL | 22.48 |
| | ROBY ROOSEVELT | 22.49 |
| | GIDEON STEVE | 25.61 |
| M40 | DICKSON TOM | 24.15 |
| | MCHUGH RILEY | 24.79 |
| | HIEBERT JIM | 25.83 |
| | MAN WING | 26.45 |
| M45 | GRIPP WAYNE | 24.78 |
| | RAYMOND PAUL | 25.01 |
| | SCHALLER JEFF | 25.08 |
| | YING RICHARD | 26.88 |
| | CAVAN JOE | 27.17 |
| | HUGHES GEOFFREY | 27.20 |
| | SHELLEY TIMOTHY | 27.25 |
| M50 | MORIOKA HAROLD | 23.72 |
| | EDENS PAUL | 24.27 |
| | JOHNSON JOE | 25.50 |
| | JENSEN RON | 26.36 |
| M55 | HOFFMAN JOE | 26.46 |
| | EMERSON ORVILLE | 26.52 |
| | THORNE LEW | 27.39 |
| | NELSON THERON | 28.39 |
| | STEPAN PAUL | 28.73 |
| | DEAN ROGER | 29.45 |
| M60 | SPRINGBETT BRUCE | 27.16 |
| | HITT HAROLD | 27.44 |
| | COY JACK | 28.40 |
| | DAEHLER RALPH | 29.08 |
| M65 | MOORHEAD JIM | 30.09 |
| | JORDAN BOB | 30.96 |
| | HARTE GENE | 31.84 |
| | ANHORN DON | 37.06 |
| M70 | ARONSON GUS | 34.22 |
| M75 | TRAHAN CLARENCE | 35.69 |
| W35 | HAYNES THERESA | 27.12 |
| W40 | LIBAL MARY | 27.59 |
| | COPELAND REBECCA | 38.08 |
| W45 | MOULE JEAN | 38.44 |
| W50 | SCHLEWITZ ROSE | 36.83 |
| | STEPAN LAURA | 41.26 |
| W55 | SISLEY BECKY | 34.80 |

400 M DASH

| | | |
|---|---|---|
| M30 | GIDEON STEVE | 55.77 |
| M35 | MCKINNEY BILLY | 55.46 |
| M40 | MCHUGH RILEY | 54.79 |
| M45 | GRIPP WAYNE | 54.33 |
| | TUCKER RICHARD | 55.80 |
| | RAYMOND PAUL | 57.18 |
| | LULICH FRANK | 59.10 |
| | SHELLEY TIMOTHY | 1:01.45 |
| M50 | MORIOKA HAROLD | *51.70 |
| | EDENS PAUL | 56.28 |
| | JENSEN RON | 59.07 |
| M55 | HOFFMAN JOE | 1:03.08 |
| | NELSON THERON | 1:04.26 |
| | STEPAN PAUL | 1:04.97 |
| M60 | HITT HAROLD | 1:03.46 |
| | KANE DONALD | 1:04.34 |
| | COY JACK | 1:04.63 |
| M65 | MOORHEAD JIM | 1:08.25 |
| | JORDAN BOB | 1:14.35 |
| M70 | ARONSON GUS | 1:18.00 |
| W35 | HAYNES THERESA | 59.94 |
| W40 | LIBAL MARY | 1:00.70 |

800 M RUN

| | | |
|---|---|---|
| M30 | MCCARTIN SEAN | 1:57.00 |
| | GIDEON STEVE | 2:08.95 |
| | SMITH MILES | 2:12.37 |
| M35 | DOWNS MARTY | 2:04.05 |
| | HOWARD JAMES | 2:05.90 |
| | STONKUS ARNY | 2:07.66 |
| | WINTER DOUGLAS | 2:22.93 |
| M40 | VALIANT GORDON | 2:04.50 |
| | HIEBERT JIM | 2:05.69 |
| | HAMMOND ROBERT | 2:16.52 |
| | LEE GARY | 2:20.53 |
| M45 | TUCKER RICHARD | 2:08.28 |
| | NEMIR PHIL | 2:31.18 |
| M50 | MCMILLAN DON | 2:12.49 |
| | GLASGOW DENNIS | 2:21.44 |
| | LINN GEORGE | 2:35.43 |
| M55 | BEVINS JIM | 2:27.68 |
| | OGDEN KEN | 2:36.75 |
| M60 | KANE DONALD | 2:44.09 |
| M65 | BOYCE JACQUES | 2:41.48 |

Continued on next page

Continued from previous page

M75 BULKLEY DAN 3:09.03
W30 GROSHAN DOREEN 2:24.42
W35 RUSSELL MARY 2:35.15
W40 POST SUSAN 2:31.38
MANLEY JACQUELINE 2:33.36
COPELAND REBECCA 3:20.28
W45 TRIGUEIRO JULES 2:34.94

1500 M RUN
M30 MACDERMOTT KEVIN 4:34.15
M35 DOWNS MARTY 4:09.43
BARCLAY KEVIN 4:10.95
KRETSINGER STEVE 4:11.42
STONKUS ARNY 4:30.66
M40 VALIANT GORDON 4:30.45
HAMMOND ROBERT 4:47.96
M45 BECK ALAN 4:26.02
MALONE ROD 4:29.36
NEMIR PHIL 5:03.41
HUFFSTUTTER ALLEN 5:56.1
M50 HANSON RON 4:49.50
LINN GEORGE 5:10.17
M55 BEVINS JIM 5:08.24
DEAN ROGER 5:19.32
BOWMAN JACQUE 5:24.74
M65 KESTON JOHN 5:15.68
M75 BULKLEY DAN 6:17.88
W30 GROSHAN DOREEN 5:00.84
W35 RUSSELL MARY 5:20.74
W40 MANLEY JACQUELINE 5:08.38
W45 TRIGUEIRO JULES 5:31.50
W60 MACLEOD SUZI 6:30.92

3000 M RUN
M35 DOWNS MARTY 9:28.16
M45 PIETRZAK FRED 9:57.79
NEMIR PHIL 10:52.75
M55 BEVINS JIM 11:34.04
M65 ANHORN DON 15:42.58

5000 M RUN
M30 WILLIAMS MIKE 15:57.73
M35 ANDERSON JERRY 18:21.80
M40 OJALA ERKKI 15:49.52
HENDERSON MATT 17:06.16
TOWNE ROBERT 17:15.32
HARTMAN GREG 17:34.30
ASMUTH PETER 18:36.43
DISRION TOM 20:16.25
ENGEL STEVEN 20:28.97
M45 SOLOMON GENE 16:17.32
BECK ALAN 16:37.16
JEFFERSON TOM 18:26.75
M50 REYNOLDS JERRY 18:31.73
GLIDDEN ALDEN 18:47.01
ANDERSON JACK 19:17.29
TERGESEN LARRY 19:35.43
GLASER PETER 20:42.05
M55 OGDEN KEN 19:44.15
BOWMAN JACQUE 20:00.81
NILSSON JOHN-ERIK 20:34.21
M65 KESTON JOHN 18:36.38
W30 SCHULZ JEAN 19:07.06
W35 JAMES JULIE 19:31.44
W40 TRIBBLE MANDI 19:49.25
W45 JACKSON CAROL 21:21.09
W60 MACLEOD SUZI 24:37.01

10,000 M RUN
M30 WILLIAMS MIKE 33:56.89
M35 ANDERSON JERRY 38:03.04
M40 MCLAIN MICHAEL 36:44.98
WILK RANDALL 37:25.52
GANGWER MIKE 37:25.82
SCHEFFEL ROBERT 38:14.00
M45 ACKERMAN RON 37:01.65
MOLLER DUSTY 41:06.92
M55 BOWMAN JACQUE 40:47.56
M65 KESTON JOHN ** 38:30.55

80 M HURDLE
W55 SISLEY BECKY 17.66

100 M HURDLE
M60 MAXWELL ALAN 20.33

300 M HURDLE
M75 BULKLEY DAN 58.33

400 M HURDLE
M30 SCHNEEBECK DOUG 57.07
M50 MORIOKA HAROLD 59.46
JOHNSON JOE 1:10.94
M55 EMERSON ORVILLE 1:17.58
W45 MOULE JEAN 1:54.91

2K STEEPLE
M60 HEPNER JOHN 7:48.99
M75 BULKLEY DAN 9:48.02

3K STEEPLE
M40 CLARK DEAN 11:13.63
SATTERFIELD JIM 11:14.12
KESSLER SCOTT 11:34.08
SCHEFFEL ROBERT 12:40.09
M55 BEVINS JIM 12:38.10

1 MILE WALK
M45 FORD JERRY 8:22.01
FEITH STEVE 9:10.40
M50 KOUSKY EDGAR 7:25.49
BREWER BOB 7:45.33
M75 GRAINGER GEORGE 12:54.65

W35 MARR SANDY 10:01.63
FEITH CINDIE 10:16.59
W50 DUNCAN KAYE 9:57.50
W55 HENNESSY MAUREEN 10:21.73
W60 PETERS PEG 11:07.74

5000 M WALK
M40 VERMEER DOUG 28:38.96
M45 FORD JERRY 29:09.58
FEITH STEVE 30:10.30
M50 KOUSKY EDGAR 25:21.96
BREWER BOB 25:57.76
M75 JACOBS DONALD 44:20.59
W35 MARR SANDY 33:49.61
FEITH CINDIE 35:24.60
W40 LAKS SUE 30:13.90
W45 HELLER JUDY 29:20.50
W50 CUTLER GEORGIA 30:08.72
KORTGE CAROLYN 30:15.17
DUNCAN KAYE 32:36.10
W55 WHITAKER ANNE 33:35.07
HENNESSY MAUREEN 34:14.02

POLE VAULT
M30 UMENHOFER DAN 4.60
M35 WEST DAN 4.42
M45 CASH JERRY 4.42
MIKOS MIKE 4.12
CLINTWORTH DICK 3.82
YING RICHARD 2.75
M50 HOLMES LARRY 3.66
M55 CANNON T 3.37
FLEMING RON 3.12
MATEJKA JAMES 3.09
GRAY DON 2.84
BRANDENFELS FRED 2.56
M60 SWANSON LOREN 2.44
M65 LEWELLEN HARVEY 2.74

HIGH JUMP
M30 MCKINNIS BRIAN 1.79
M35 FRANZ MIKE 1.87
MCKINNEY BILLY 1.75
M45 CASH JERRY 1.71
LULICH FRANK 1.52
M50 JOHNSON JOE 1.52
M55 NEWCOMB JERRY 1.38
WILSON BRAD 1.30
M65 LEWELLEN HARVEY 1.40
PROPST RAY 1.36
SEMPRONIO VINCE 1.36
M70 SILSDORF JERRY 1.16
M75 TRAHAN CLARENCE 1.00
M80 JOSLIN LEON 1.04
W35 MENDENHALL MARTHA 1.57
W55 SISLEY BECKY 1.24

LONG JUMP
M45 LOTT ORON 5.11
HUGHES GEOFFREY 4.54
M55 DEAN ROGER 4.20
NEWCOMB JERRY 3.82
WILSON BRAD 3.68
M60 GRIMM DARWIN 4.86
DAEHLER RALPH 4.50
M65 LEWELLEN HARVEY 4.60
MOORHEAD JIM 4.08
PROPST RAY 3.99
ROSSON LESLIE 2.55
M75 TRAHAN CLARENCE 3.56
W45 MOULE JEAN 2.77
W55 SISLEY BECKY 3.32

TRIPLE JUMP
M35 LARIZA MIKE 13.49
LACEY GARY 13.14
M40 MAN WING 8.83
M45 LOTT ORON 9.97
M55 DEAN ROGER 8.12
M55 WILSON BRAD 7.99
M65 MOORHEAD JIM 8.70
PROPST RAY 8.65
M75 TRAHAN CLARENCE 6.70
W45 MOULE JEAN 6.89
W55 SISLEY BECKY 7.44

SHOT PUT
M45 CROWE JERRY 9.96
M50 WILLIS JIMMY 11.63
PERKINS KENNETH 10.69
M55 SALING NEIL E. 11.44
MARKISHTUN TURK 10.18
PHELPS ED 8.71
M60 HITCHMAN JIM 10.66
SWANSON LOREN 9.00
M65 WALLACE HAL 11.10
SEMPRONIO VINCE 10.88
LEWELLEN HARVEY 10.50
HERSEY CAL 9.00
M70 CUMLEY DON 12.46
HOLLAND JAMES 10.74
JENKINS WALTER 9.23
SILSDORF JERRY 9.17
DOVER MYRON 8.95
M75 CRONKITE AARON 9.62
HUSTACE RICK 6.70
M80 CARTER ROSS *12.27
JOSLIN LEON 8.81
W30 TICKNOR LAURIE 8.26
W40 WOYAK CANDICE 8.40

W45 MOULE JEAN 7.01
LOTT LOIS 5.64
W50 TICKNOR LINDA 8.28
W55 SKAER MARTI 7.60
W65 OSMON PATRICIA 6.45
W70 RESKE MELANIE 6.25

DISCUS THROW
M35 BROUILLARD FORREST 28.92
M45 CROWE JERRY 31.68
HUFFSTUTTER ALLEN 29.18
HUGHES GEOFFREY 19.72
M50 MYERS JOE 40.28
M55 ROY ROBERT 43.20
SALING NEIL E. 36.78
MARKISHTUN TURK 33.80
DEAN ROGER 30.38
WILSON BRAD 29.08
M60 SEARS SHERRELL 36.98
ZAK STAN 36.36
SWANSON LOREN 31.76
M65 WALLACE HAL 38.84
LEWELLEN HARVEY 37.34
HERSEY CAL 32.00
HASSMAN RALPH 25.52
M70 DOVER MYRON 30.48
JENKINS WALTER 26.08
SILSDORF JERRY 22.64
RICE DUDE 21.40
M80 CARTER ROSS ** 37.08
JOSLIN LEON 28.34
W40 WOYAK CANDICE 30.40
W45 MOULE JEAN 20.40
W65 OSMON PATRICIA 14.54
W70 RESKE MELANIE 15.58

JAVELIN THROW
M40 STRICKLAND SAM 49.20
M45 HUFFSTUTTER ALLEN 33.24
HUGHES GEOFFREY 27.96
M50 REDDAWAY GARY 47.26
APPEL DOUG 46.40
M55 DARLING BOB 44.04
MARKISHTUN TURK 43.04
DEAN ROGER 31.22
WILSON BRAD 30.90
PHELPS ED 27.90
NEWCOMB JERRY 25.26
M60 SCHLEWITZ JIM 22.64
M65 WALLACE HAL 34.16
HERSEY CAL 32.16
PROPST RAY 30.30
M70 DOVER MYRON 22.74
M75 HUSTACE RICK 16.42
M80 JOSLIN LEON 20.14
W30 TICKNOR LAURIE 30.02
W45 MOULE JEAN 14.24
W50 TICKNOR LINDA 21.10
SCHLEWITZ ROSE 18.82
W55 SISLEY BECKY 28.72
W65 OSMON PATRICIA 15.40

HAMMER THROW
M35 BROUILLARD FORREST 40.08
M50 MATHEWS GEORGE 49.76
M55 WILSON BRAD 18.06
MARKISHTUN TURK 16.40
M60 WOJCIK JERRY 33.36
M65 WEINBEL KEN 31.32
SEMPRONIO VINCE 22.92
M70 MINAH JAMES 37.68
JENKINS WALTER 35.12
RICE DUDE 21.28
SILSDORF JERRY 20.32
M80 JOSLIN LEON 23.70
W50 HESS SUZY 20.46

WEIGHT THROW
M35 BROUILLARD FORREST 11.47
M50 MATHEWS GEORGE 13.55
M60 WOJCIK JERRY 9.94
M65 WEINBEL KEN 11.11
SEMPRONIO VINCE 9.23
M70 MINAH JAMES 9.01
JENKINS WALTER 6.03
M80 JOSLIN LEON 7.92
W50 HESS SUZY 6.83

*age-group WR
** age-group AR

## CANADA

### British Columbia Masters Championships
### Port Albernie, Canada; June 11

Hammer
M50 George Mathews 47.12
M60 Fred Shanahan 29.66
M65 Ken Weinbel 35.02
M70 Walter Jenkins CAN 35.19

### Ontario Masters Outdoor Championships, Oshawa, Ont; June 11-12

100M
M35 Jeff Therrien 12.0
M40 Michael Walker 12.7
M45 Mike Nedd 12.0
M50 Alan Slater 12.7
M55 Byron Henry 12.6
M60 John Weingust 14.3
M65 Chuck Sochor 13.1
M70 Art Obokata 15.3
M85 Karl Trei 18.8
W45 Pam Duncan 14.3
W50 A.M. Rosenitsch 14.6
W60 Janet Holmes 16.6
W80 Isobel Cunningham 22.8

200M
M35 Jeff Therrien 25.5
M40 Steve Bogatek 26.5
M45 Bob Zimmermann 24.9
M50 Lance Alcindor 28.4
M55 Clark Little 28.8
M60 John Weingust 30.4
M65 Chuck Sochor 28.9
M75 Art Obokata 34.0
W45 Rhona Trott 29.7
W50 A.M. Rosenitsch 31.2
W60 Janet Holmes 35.7
W80 Isobel Cunningham 53.1

400M
M35 Richard Earl 56.9
M40 Jim Geer 58.8
M45 Mike Nedd 56.7
M50 Charles Saxon 70.8
M55 Bill McIlwaine 62.0
M60 Ken Morris 77.1
M65 Earl Fee 61.4
M75 Ben Mackereth 90.3
W45 Rhona Trott 68.4
W50 A.M. Rosenitsch 72.6
W60 Janet Holmes 87.0

800M
M35 Dave Reed 2:07.2
M40 Murray Hale 2:15.2
M45 Dale Ladd 2:20.3
M50 Dan Anderson 2:31.3
M55 Bill McIlwaine 2:29.3
M65 Earl Fee 2:19.0
M70 Art Wilson 2:59.7
W40 Christine Guy 3:04.1
W60 Jean Horne 2:55.7
W65 Dorly Brechbuehl 3:48.8

1500M
M35 Dave Reed 4:12.7
M40 Doug Smith 5:01.1
M45 John Pickard 4:47.6
M50 Dan Anderson 5:09.7
M55 Jack Geddes 4:52.6
M65 Earl Fee 4:52.0
M70 Kurt Gelbhaar 5:49.8
W40 Cathy Tedford 7:41.1
W50 Judy Willmott 6:24.9
W60 Jean Horne 5:52.0
W65 Dorly Brechbuehl 17:27.6

5000M
M35 Rob Earl 15:32.2
M40 George Aitkin 16:45.0
M45 C. Upshall 18:18.8
M50 Brian Drewett 18:11.4
M55 Don Jones 20:37.0
M70 Kurt Gelbhaar 21:46.3
W40 Cathy Tedford 27:23.3
W50 Joan Stapleton 24:52.7
W65 D. Brechbuehl 26:46.1

5000M RACEWALK
M50 Mike Freeman 28:21.3
M60 S. Summerhays 27:49.7
M70 Uno Limit 33:22.3
M75 Les Brown 35:57.4
M80 Alfredo Cortes 47:47.6
W35 Susan Burnett 29:33.4
W40 Sherry Watts 29:04.3
W45 Marilyn Chute 30:14.8
W60 June Provost 29:23.6

10,000M
M35 Rob Earl 32:35.3
M45 Terry Graham 37:01.1
M50 Brian Drewett 38:24.0
M55 Lloyd Kehoe 40:30.6
M60 Peter Tink 50:55.4
M70 Kurt Gelbhaar 44:13.3
W40 Cathy Tedford 56:02.9

100M HURDLES
M65 Gordon Gilmore 21.3
M55 Bob Land 19.0

110M HURDLES
M40 Steve Bogatek 19.3

300M HURDLES
M60 Ken Morris 60.2
M65 Chuck Sochor 50.4
W60 Ruth Carrier 72.4

400M HURDLES
M40 Steve Bogatek 66.3
M45 A. LaFramboise 75.6
M50 Dan Anderson 77.6
M55 Bob Land 79.8

STEEPLECHASE
M35 Fred Robbins 10:13.1
M40 John Grace 11:21.9
M45 John Pickard 11:35.9
M50 Dan Anderson 12:20.1
M55 W. Cosgrove 13:38.8
M65 Chuck Sochor 9:46.1

HIGH JUMP
M35 Bill Mathers 1.68
M45 Gary Crawford 1.20
M55 Dave Morris 1.44
M60 Max Woerle 1.29
M65 Jim Mathers 1.26
M75 Ian Hume 1.17
M85 Karl Trei 1.05
W55 Edith Gray 1.20
W70 Helgi Pedal 1.14

POLE VAULT
M35 A. Courteau 3.80
M45 M. Kilpelainen 4.00
M55 Bob Land 2.80
M65 Jim Mathers 2.20
M75 Ian Hume 1.90
W50 A.M. Rosenitsch 2.10

LONG JUMP
M35 Ken Felepchuk 5.32
M40 Marek Nowicki 5.71
M45 Dave Treleaven 5.25
M50 Alan Slater 5.47
M55 Paul Kniivila 4.60
M60 Ken Morris 3.66
M65 Chuck Sochor 4.40
M75 Ian Hume 3.21
M85 Karl Trei 3.17
W55 Edith Gray 3.16
W70 Helgi Pedal 2.53

TRIPLE JUMP
M35 Bill Mathers 10.29
M45 A. LaFramboise 10.18
M50 Alan Slater 10.63
M55 Paul Kniivila 10.32
M65 Jim Mathers 7.35
M75 Ian Hume 6.79
M85 Karl Trei 6.59
W70 Helgi Pedal 6.05

SHOT PUT
M35 Mike Stevely 8.28
M50 John Kasperski 12.25
M55 Juhan Toomes 10.31
M60 Alf Sundin 10.76
M65 Helmut Lange 9.99
M70 Garry Bachman 11.96
M75 Aleks Upmalis 9.50
M85 Karl Trei 7.15
W55 Edith Gray 7.29
W65 Velta Tomsons 7.07
W70 Helgi Pedal 7.11

DISCUS
M40 C. Swanekamp 24.84
M45 Hugh Miller 25.24
M50 John Kasperski 38.00
M55 Dave Morris 37.50
M60 Max Woerle 37.60
M65 Evalds Viskers 35.62
M70 Peder Neilsen 32.06
M75 Ian Hume 26.44
M85 Karl Trei 18.98
W40 Kim Kasperski 20.48
W65 Velta Tomsons 17.00

HAMMER
M45 B. Poprawski 31.78
M50 John Kasperksi 33.84
M55 E. Yla-Outinen 36.08
M60 Max Woerle 37.82
M65 Gus Giagnoglou 31.88
M70 Peder Neilsen 29.36
M75 Aleks Upmalis 26.48
M90 Albert White 5.68
W35 Nancy LaChiusa 19.20
W40 Kim Kasperski 20.96

WEIGHT THROW
M35 Mike Stavely 7.59
M50 John Kasperski 10.75
M55 E. Yla-Outinen 9.97
M60 Max Woerle 11.39
M65 Helmut Lange 10.93
M70 Peder Neilsen 10.74
M75 Aleks Upmalis 9.20
W40 Kim Kasperski 8.07
W70 Helgi Pedal 6.73

JAVELIN
M35 Peter St. Pierre 44.30
M40 F. Dellavedova 51.40
M45 A. LaFramboise 41.42
M50 Fred Pamenter 43.12
M55 E. Yla-Outinen 38.30
M60 John Weingust 29.34
M65 Helmut Lange 29.76
M70 Peder Neilsen 22.24
M75 Ed Purgalis 29.30
M85 Karl Trei 19.54
W80 I. Cunningham 11.66

## INTERNATIONAL

### 1st Africa Regional Championships
### Durban, S.A.; May 13-14

100M
M30
1 C Herbst 11,3
2 E Molokwane 11,3
3 T Mogane 11,6
M35
1 TW Derbyshire 11,5
2 DN van Heerden 11,6
3 R Hillmann NAM 11,7
M40
1 L Claassen 11,4
2 A Claassen 11,4
3 PC Bezuidenhout 11,8
M45
1 GJ Breytenbach 11,7
2 DR Appollis 11,9
3 N Ford 12,3
M50
1 S Wald 11,3
2 TJ George 11,8
3 WJ Young 12,5
M55
1 M Hacker 12,5
2 PB Botha 13,0
3 J Ackerman 13,2
M60
1 M Grujic 12,8
2 A Heine 13,1
3 R Cross 13,4
M65
1 NL Sharpley 15,2
2 JH Schoeman 15,4
M70
1 L Nel 14,4
W30
1 D Esterhuizen 12,7
2 MF van Rooyen 13,0
3 A Salzwedel 13,2
W35
1 R Koekemoer 12,3
2 E Bronkhorst 12,9
3 M Steenkamp 13,1
W40
1 GM van Niekerk 12,9
2 A de Villiers 13,1
W45
1 A Poletti 14,3
2 ES Jordaan 14,4
3 J Botha 16,7
W50
1 Y de Wit 13,8
2 S Alberts 14,9
W60
1 V Welgemoed 15,7
2 C du Plooy 15,7
3 EF Nel 15,8
W65
1 H Hutchison 18,7
W70
1 S Campbell 16,3
W75
1 E Peveley 25,5

200M
M30
1 VE Madlala 22,6
2 E Molokwane 22,8
3 G Fitz 22,9
M35
1 DN van Heerden 23,3
2 M Khumalo 23,5
3 TW Derbyshire 23,6
M40
1 L Claassen 23,2
2 A Claassen 24,0
3 J Breytenbach 24,4
M45
1 GJ Breytenbach 23,9
2 DR Appollis 24,0
3 N Ford 25,9
M50
1 S Wald 23,4
2 TJ George 24,9
3 D Augustyn 25,7
M55
1 M Hacker 25,4
2 Ohene-Asare Kwame (BOT) 25,4
3 PB Botha 26,0
M60
1 M Grujic 25,9
2 A Heine 27,2
3 R Cross 27,3
M65
1 JH Schoeman 29,0
M70
1 L Nel 28,4
W30
1 K Williamson 25,5
2 M Botha 26,0
3 MF van Rooyen 26,5
W35
1 R Koekemoer 25,5
2 E Bronkhorst 26,6
3 M Steenkamp 27,9
W40
1 GM van Niekerk 27,0
2 A de Villiers 27,4
W45
1 ES Jordaan 30,2
2 A Poletti 30,2
3 S Cronje 31,8
W50
1 Y de Wit 28,5
2 A van Niekerk 31,5
3 S Alberts 31,6
W60
1 EF Nel 33,8
2 C du Plooy 36,2
W65
1 IM Hofmeyr 35,0
2 J Geldenhuys 37,6
W70
1 S Campbell 35,7

400M
M30
1 H Kotze 50.2
2 J Fokazi 50,8
3 PT J.v. Rensburg 51,1
M35
1 JW Nortje 52,0
2 M Khumalo 52,7
3 ME Sizani 53,0
M40
1 L Claassen 52,2
2 T Dixon 53,2
3 OPJ Smit 56,1
M45
1 DR Appollis 54,6
2 H Sliep 55,1
3 GJ Breytenbach 55,4
M50
1 F du Toit 60,1
2 JA Louw 1:03,1
3 G Dames 1:05,8
M55
1 Ohene-Asare Kwame (BOT) 57,0
2 PB Botha 1:01,1
3 E Mkomole 1:04,0
M60
1 M Grujic 56,4
2 DC Bawden 1:03,7
M70
1 L Nel 1:06,9
W30
1 K Williamson 57,7
2 MF van Rooyen 1:01,5
3 A Salzwedel 1:04,3
W35
1 R Koekemoer 59,4
2 K Bellingan 1:00,4
3 E Bronkhorst 1:00,5
W40
1 A de Villiers 1:03,1
2 A Engelbrecht 1:07,9
3 S van Rooyen 1:10,1
W45
1 ES Jordaan 1:09,3
2 S Cronje 1:12,2
W50
1 Y de Wit 1:07,5
2 A van Niekerk 1:14,3
W60
1 C du Plooy 1:27,9
W65
1 J Geldenhuys 1:23,0

800M
M30
1 WGC Miller 1:49,4
2 JP Bain 2:00,7
3 S Snyman 2:02,5

Continued on next page

Continued from previous page

M35
1 D Brummer 1:50,9
2 RAJ Rathedi BOT 1:52,9
3 H Landman 2:00,6
M40
1 L Claassen 2:04,6
2 T Dixon 2:06,1
3 V Lentsoenyane 2:07,9
M45
1 H Sliep 2:06,0
2 L Spies 2:09,0
3 DH Voogt 2:09,8
M50
1 F du Toit 2:1P,5
2 T Smith 2:28,4
3 J Mathers 2:28,6
M55
1 SA Hostert 2:22,7
M60
1 N Grujic 2:21,9
2 I Ackermann 2:40,3
M65
1 GW Loedolff 2:40,1
M70
1 L Nel 2:44,6
2 GJ Schachle 3:03,5
W30
1 K Williamson 2:19,6
2 C vd Westhuizen 2:22,4
3 P Miller 2:26,1
W35
1 K Bellingan 2:20,6
2 R Koekemoer 2:26,4
3 A Rust 2:37,1
W40
1 J Lane 2:26,1
2 S Badenhorst 2:38,1
3 S van Rooyen 2:47,8
W45
1 A Coetzee 2:53,8
W50
1 GA Tregenna 3:06,7
W65
1 J Geldenhuys 3:15,9
1500M
M30
1 S Snyman 4:09,6
2 JP Bain 4:11,1
3 M Fouche 4:13,8
M35
1 RAJ Rathedi BOT 4:00,0
2 PG Miller 4:10,0
3 F Myburgh 4:15,9
M40
1 D Niennber 4:29,2
2 PP Tselanyane 4:30,6
3 V Lentsoenyane 4:31,6
M45
1 H Sliep 4:27,5
2 DH Voogt 4:29,3
3 A Hattingh 4:33,5
M50
1 N Perrit 4:41,6
2 N Steyn 4:47,4
3 J Mathers 4:54,8
M55
1 SA Hostert 4:39,3
2 E Mkhomole 5:11,6
3 JHJ Jordaan 5:27,5
M60
1 RJA Bezuidenhout 5:13,2
2 I Ackermann 5:20,0
3 ML Dovale 5:33,2
M65
1 GW Loedolff 5:07,0
M70
1 JH Botha 6:05,7
W30
1 P Miller 5:01,8
2 M Montgomery 5:09,3
W35
1 M Ceronio 4:53,5
2 A Schlemmer GER 5:37,8
W40
1 J Lane 5:10,1
2 A Weedon 5:12,1
3 S Badenhorst 5:20,4
W45
1 A Coetzee 5:58,4
W50
1 A Lok 5:54,2
2 W Smuts 6:00,6
3 GA Tregenna 6:18,2
W55
1 M Wahl 7:17,4
W60
1 EM Slater 8:14,7
2 S van Dyk 8:16,6
W65
1 J Geldenhuys 6:31,4
5000M
M30
1 M Bekapi 15:03,1
2 W Wine 15:38,8
3 A Vermeulen 15:40,6
M35
1 B Chauke 15:05,3
2 T Silva 15:49,5
3 F Myburgh 17:00,9
M40
1 J Contente 16:33,7
2 D Mancaia 16:44,6
3 PP Tselanyane 16:50,8
M45
1 D Rountree 16:14,9
2 R Pearson 18:27,0
3 MA Calder 18:49,0
M50
1 N Perrit 17:48,0
2 N Steyn 18:16,0
3 J Mathers 18:33,0
M55
1 A Burgess 19:18,0
2 J Coppa 19:53,0
3 J Adams 20:31,0
M60
1 RJA Bezuidenhout 18:31,0
2 ML Dovale 20:55,0
3 VC Francis 21:31,0
M65
1 GW Loedolff 18:03,0
M70
1 JH Botha 21:18,0
W30
1 C vd Westhuizen 17:26,8
2 P Miller 19:03,6
3 B Gill 19:42,9
W35
1 M Ceronio 17:31,9
2 EA Swart 18:55,4
3 P Muller 20:36,4
W40
1 A Weedon 18:52,2
2 L Louw 19:06,5
3 V von Gordon 20:33,8
W45
1 A Coetzee 21:34,0
W50
1 GA Tregenna 22:34,0
W55
1 H Colborne 22:37,1
2 A Every 26:17,6
W65
1 J Foster 23:13,2
10000M
M30
1 M Bekapi 31:28,9
2 W Wine 32:30,5
3 A Vermeulen 33:08,4
M35
1 J Joubert 35:18,4
2 CP Wallace 35:31,7
M40
1 D Mancaia 33:26,1
2 J Contente 34:10,3
3 N Williamson 36:31,7
M45
1 D Rountree 33:37,1
2 R Pearson 37:05,4
3 EF Evans 37:39,5
M50
1 N Perrit 37:29,2
2 J Mathers 38:40,9
3 N Steyn 40:43,6
M55
1 SA Hostert 35:50,8
2 K Jolly 36:39,3
3 HW Roberts 44:04,0
M60
1 RJA Bezuidenhout 39:36,4
2 ML Dovale 44:03,4
3 C van Dyk 46:09,4
M65
1 GW Loedolff 38:43,4
2 J Broome 44:33,7
W30
1 C vd Westhuizen 37:01
2 M Montgomery 39:00
3 B Gill 44:08
W35
1 M Ceronio 36:34
2 EA Swart 39:42
3 P Muller
W40
1 L Louw 40:24
2 V von Gordon 44:26
W50
1 GA Tregenna
W60
1 S van Dyk
SHORT HURDLES
110M
M35
1 N Frylinck 16,2
M40
1 G Dingindlela 19,1
M45
1 L Freitag 18,7
100M
M50
1 D Heunis 18,7
2 P van Rensburg 20,2
3 F Meaker 21,6
M55
1 PB Botha 19,2
M60
1 R Cross 17,2
80M
M70
1 AHA van Zyl 14,0
100M
W30
1 MF van Rooyen 15,3
80M
W40
1 A de Villiers 12,8
W45
1 M Ferreira 15,2
W50
1 H Kuppe NAM 14,6
2 R Rossouw 18,6
W60
1 EF Nel 17,4
W65
1 IM Hofmeyr 19,2
LONG HURDLES
400M
M30
1 H Kotze 55,3
2 J Fokazi 57,3
M35
1 ME Sizani 59,0
2 VC Xulu 59,8
M40
1 G Dingindlela 64,1
300M
M50
1 F Meaker 59,6
M55
1 PB Botha 49,5
2 E Mkhomole 55,5
M60
1 R Cross 49,0
2 L Benning 49,3
3 I Ackermann 52,8
M70
1 AHA van Zyl 50,0
400M
W30
1 MF van Rooyen 1:06,3
W35
1 E Taljaard 1:14,2
W40
1 A Engelbrecht 1:14,1
300M
1 Y de Wit 52,7
2 R Rossouw 1:05,1
STEEPLECHASE
3000M
M30
1 P Bezuidenhout 9:36,9
2 P Beningfield 10:39,1
M35
1 PG Miller 10:26,9
2 F Myburgh 10:28,3
3 J Joubert 11:20,8
M40
1 D Nienaber 11:03,8
2 J Windt 11:20,3
M50
1 T Smith 11:52,3
2 JC Erasmus 13:55,0
M55
1 JHJ Jordaan 13:35,4
2000M
M60
1 RJA Bezuidenhout 8:24,9
M65
1 GW Loedolff 8:24,9
W30
1 B Gill 9:21,4
W35
1 M Ceronio 7:46,1
2 P Muller 9:35,9
W40
1 S Badenhorst 8:30,6
2 SH van den Berg 8:59,9
3 V von Gordon 9:21,4
5000M WALK
M35
1 SJ Wolmarams 33:36,9
M40
1 O Hundell 23:49,1
M45
1 GW Oosthuizen 26:47,8
2 WA de Klerk 27:50,7
3 WJ Ward 28:41,9
M50
1 J Spencer 23:38,8
M55
1 JC Muller 30:12,9
M60
1 SA van Sensie 29:34,3
2 NR Goodes 30:40,2
3 RH Slater 34:20,8
M65
1 J Jordaan 30:11,2
M70
1 RJ Rogers 34:45,4
M80
1 BWD Moodie 37:02,7
W30
1 N Potgieter 31:35,0
W35
1 D Beckley 29:09,1
2 W McGuigan 26:14,1
3 C Freyer 28:27,2
W40
1 J Pretorius 29:38,2
W45
1 P Clemmans 28:33,6
2 L Tregellas 31:19,1
3 ME Rossouw 32:50,1
W50
1 O du Toit 30:37,1
2 J Schafer 32:03,8
3 B Kosmas 32:52,6
W55
1 M Wahl 34:30,0
2 GD Mare 35:36,0
W60
1 MM Landman 36:31,7
2 EM Slater 37:35,8
W65
1 A Villet 34:31,7
2 M Hutchison 36:20,7
20000M WALK
M35
1 SJ Wolmarans 2:16:35,8
M40
1 O Mundell 1:43:28,5
M45
1 WA De Klerk 2:00:47,9
M50
1 J Spencer 1:43:16,7
2 BP Kelly 2:25:33,1
M55
1 JC Huller 2:09:17,3
M60
1 SA van Sensie 2:05:22,7
2 RH Slater 2:23:25,5
3 AJ Vermaas 2:31:25,8
M70
1 RJ Rogers 2:38:36,5
M80
1 BWD Moodie 2:34:20,3
10000M WALK
W35
1 D Beckley 55:04,1
2 W McGuigan 55:25,3
3 C Freyer 59:06,3
W40
1 J Pretorius 1:01:01,0
W45
1 P Clemmans 59:49,3
2 L Tregellas 1:04:06,3
3 ME Rossouw 1:07:05,8
W50
1 J Schafer 1:04:11,0
2 O du Toit 1:04:18,0
3 B Kosmas 1:09:18,3
W55
1 GD Mare 1:10:44,2
2 M Wahl 1:14:19,0
W60
1 EM Slater 1:14:19,9
2 MM Landman 1:15:50,1
W65
1 A Villet 1:09:29,3
2 J Geldenhuys 1:13:30,2
3 M Hutchison 1:15:05,3
HIGH JUMP
M30
1 C Vrey 1,98
2 A van Staden 1,85
3 WAJ Bezuidenhout 1,63
M35
1 R Hillmann NAM 1,63
M40
1 MJH Scheepers 1,68
2 J Oberholzer 1,48
2 B Carnie 1,48
M45
1 PGW Kruger 1,68
2 J Solms 1,53
3 LJ van der Merwe 1,53
M50
1 R van Woerkom 1,58
2 D Heunis 1,48
3 G du Preez 1,43
M55
1 LP Breedt 1,33
M60
1 L Benning 1,48
2 A Heine 1,38
M70
1 AHA van Zyl 1,43
2 P Frech GER 1,18
M80
1 C Nel 1,03
W30
1 H Kotze 1,74
2 L van Rensburg (NAM) 1,37
3 A Wallace 1,34
W35
1 L de Beer 1,40
2 AC Steenkamp 1,22
3 EA Crous 1,22
W40
1 HC Freitag 1,46
2 MM Kriel 1,31
W45
1 M Ferreira 1,40
2 VM Clayton 1,16
W50
1 H Küppe NAM 1,31
2 K van der Merwe 1,19
3 J Sharples 1,10
W55
1 N van Lill NAM 1,16
2 L Zimmerman 1,16
W60
1 A Kruger 1,13
2 G Theron 1,10
W65
1 IM Hofmeyr 1,10
LONG JUMP
M30
1 C Herbst 6,05
2 A van Staden 6,03
3 C Vrey 5,90
M35
1 DN van Heerden 6,72
2 R Hillmann NAM 6,50
3 JD Ellis 6,36
M40
1 A Claassen 5,73
2 B Carnie 5,67
3 PC Bezuidenhout 5,59
M45
1 M Ferris 5,55
2 GJ Breytenbach 5,50
3 N Hough 4,68
M50
1 JA Louw 4,88
2 F Meaker 4,00
M55
1 LP Breedt 4,16
M60
1 R Cross 5,16
2 A Heine 4,41
M70
1 AHA van Zyl 4,40
W30
1 M Botha 4,66
2 L van Rensburg (NAM) 4,25
3 S Combrinck 4,04
W35
1 AC Steenkamp 4,73
2 DA Loots 4,33
3 L de Beer 4,19
W40
1 T Kruger 4,32
W50
1 H Küppe NAM 4,16
2 K van der Merwe 3,86
3 PA England 3,51
W55
1 L Zimmerman 3,20
2 GA Schultz NAM 3,16
W60
1 G Theron 3,41
2 A Kruger 3,25
W70
1 S Campbell 3,11
W75
1 EM Paveley 1,91
TRIPLE JUMP
M30
1 C Herbst 12,39
2 A van Staden 12,30
M35
1 DN van Heerden 13,21
2 R Hillmann NAM 12,24
3 N Freylinch 11,69
M40
1 J Oberholzer 11,64
2 S Ndou 11,51
3 H Boshoff NAM 10,87
M45
1 M Ferris 10,81
2 J Solms 10,03
3 K van Rooyen 9,83
M50
1 P van Rensburg 8,55
M60
1 R Cross 10,46
2 A Heine 9,11
M70
1 AHA van Zyl 8,72
W30
1 L van Rensburg (NAM) 9,59
W35
1 AC Steenkamp 9,42
W40
1 A Engelbrecht 8,55
2 H de Villiers 8,32
W50
1 H Küppe NAM 8,72
2 P England 7,83
W55
1 GA Schultz NAM 6,25
W60
1 C du Plooy 6,62
2 A Kruger 6,57
W70
1 S Campbell 6,51
POLE VAULT
M35
1 HF Mostert 3,45
2 KS Joubert 3,25
M45
1 PGW Kruger 2,70
2 J Solms 2,50
W40
1 H de Villiers 2,10
SHOT PUT
M35
1 JJ van Zyl 14,00
2 T Liebenberg 12,23
3 SJ Wolmarans 6,38
M40
1 HW Storm 12,40
2 R Smit 11,01
3 J Nel 9,01
M45
1 J Roodt 11,41
2 LJ van der Merwe 11,00
3 N Hough 10,30
M50
1 P Mulaudzi 12,67
2 TJ Naude 11,46
3 GJ van der Merwe 11,07
M55
1 A Rzepecki 11,88
2 HW Rohde 11,75
3 J Eloff 10,30
M60
1 E Helf GER 12,71
2 R Rzehak GER 11,53
3 HG Naude 9,60
M65
1 D van Jaarsveld 9,96
2 TB Drummond 9,14
3 JL Visser 9,01
M70
1 P Frech GER 9,84
2 L Botha 9,59
3 AT Carnie 8,40
M75
1 L Wale 8,59
M80
1 C Sterley 7,35
W30
1 R White 12,34
2 A Hennop 11,06
3 Y Botes 10,83
W35
1 EA Crous 8,39
2 R Farkas AUT 8,28
3 H Zarka AUT 6,47
W40
1 HH du Plessis 10,40
2 MB Snyman 8,73
3 I Nicka AUT 6,17
W45
1 M Ferreira 9,74
2 W van der Merwe 9,57
3 SH du Bruyn 8,77
W50
1 ML Uys 10,93
2 J Sharples 8,82
3 V Carnie 6,75
W55
1 N van Lill NAM 8,50
2 JE Joneke 7,67
3 HB Jordaan 7,45
W60
1 S Malherbe 7,69
2 G Theron 7,25
3 E von Holtz NAM 6,03
W65
1 M du Plessis NAM 6,10
W70
1 L Grobler 7,85
W75
1 E Paveley 5,00
DISCUS
M35
1 JJ van Zyl 47,46
2 T Liebenberg 35,18
M40
1 J Allers 35,32
2 HW Storm 32,72
3 R Smit 28,36
M45
1 J Roodt 36,14
2 JM Williamson 32,04
3 DJ Pattendon 26,72
M50
1 WN Nwalwanda 44,36
2 R Bosch 34,78
3 TJ Naude 33,48
M55
1 A Rzepecki 36,20
2 J Eloff 27,08
3 O Willers 26,64
M60
1 E Helf GER 49,68
2 R Rzehak GER 42,78
3 HG Naude 36,88
M65
1 D van Jaarsveld 37,16
2 BF Stannius 34,48
3 JL Visser 31,02
M70
1 P Frech GER 35,54
2 L Botha 29,68
3 G Glöckner AUT 25,16
M75
1 L Wale 24,32
M80
1 C Sterley 21,84
2 CJ Nel 19,21
W30
1 R White 47,66
2 A Hennop 38,16
W35
1 R Farkas AUT 23,96
2 H Zarka AUT 19,64
W40
1 HH du Plessis 34,58
2 MB Snyman 27,30
3 I Nicka AUT 17,06
W45
1 SM du Bruyn 28,28
2 VM Clayton 26,94
3 W van der Merwe 23,06
W50
1 ML Uys 23,30
2 V Carnie 18,00
3 E Glöckner AUT 15,00
W55
1 L Zimmerman 26,94
2 HB Jordaan 20,44
3 J Bellingan NAM 19,80
W60
1 E von Holtz NAM 18,72
2 S Malherbe 15,12
W65
1 M du Plessis NAM 12,40
W70
1 L Grobler 20,54
W75
1 E Paveley 12,42
JAVELIN
M30
1 AJ Vegter 52,96
2 WAJ Bezuidenhout 51,04
3 G Botes NAM 46,20
M35
1 T Liebenberg 59,62
M40
1 EWS Ludick 44,98
2 HW Storm 41,00
3 KL Brown 34,94
M45
1 LJ van der Merwe 51,78
2 J Solms 46,68
3 DJ Pattendon 45,28
M50
1 WN Nwalwanda 52,34
2 P Mulaudzi 45,02
3 TJ Naude 37,16
M55
1 HW Rohde 35,08
2 J Eloff 33,14
3 O Willers 30,18
M60
1 R Rzehak GER 39,14
2 L Benning 33,58
M65
1 BF Stannius 32,22
2 JL Visser 29,54
M70
1 AHA van Zyl 33,58
2 G Glöckner AUT 26,20
3 L Botha 23,56
M75
1 L Wale 23,28
M80
1 CJ Nel 21,56
2 C Sterley 17,44
W30
1 V van der Walt 36,66
2 A Hennop 30,26
3 Y Botes 27,20
W35
1 R Farkas AUT 21,64
2 H Zarka AUT 16,68
W40
1 H du Plessis 31,58
2 M de Villiers 27,94
3 MB Snyman 18,46
W45
1 W van der Merwe 26,22
2 M Ferreira 23,26
3 VM Clayton 21,94
W50
1 P England 23,68
2 H Küppe NAM 22,64
3 R Rossouw 21,42
W55
1 L Zimmerman 25,16
2 N van Lill NAM 21,78
3 H Jordaan 18,98
W60
1 S Malherbe 18,74
2 E von Holtz NAM 10,72
W65
1 M du Plessis NAM 10,22
W70
1 L Grobler 17,42
HAMMER
M40
1 HW Storm 37,90
M45
1 J Roodt 50,02
2 J Solms 32,66
3 P van Rooyen 28,38
M50
1 R Bosch 26,08
2 GJ van der Merwe 22,02
M55
1 A Rzepecki 47,40
2 O Willers 26,20
3 J Eloff 23,92
M60
1 R Rzehak GER 43,90
2 E Helf GER 42,46
3 HG Naude 37,20
M65
1 JL Visser 31,38
2 D van Jaarsveld 31,34
M70
1 L Botha 29,32
2 AT Carnie 27,46
3 G Glöckner 26,14
M75
1 L Wale 20,52
M80
1 C Sterley 26,44
W30
1 R White 39,92
2 I Koen 38,86
3 Y Botes 30,98
W35
1 R Farkas AUT 31,28
2 H Zarka AUT 18,64
W40
1 H du Plessis 33,34
2 MB Snyman 26,18
3 I Nicka AUT 21,82
W45
1 VM Clayton 32,06
2 SM du Bruyn 29,02
3 L Hax AUT 19,78
W50
1 ML Uys 31,36
2 A van Niekerk 27,64
3 C Pongratz AUT 20,86
W55
1 H Jordaan 19,44
2 N van Lill NAM 19,18
3 J Bellingan NAM 17,96
W60
1 S Malherbe 20,10
W65
1 M du Plessis NAM 17,20
W70
1 L Grobler 21,52
PENTA THROWS
M35
1 T Liebenberg 3630
M40
1 HW Storm 3046
2 R Smit 2243

Continued on next page

Continued from previous page

M45
1 J Roodt 3616
2 J Solms 2890
3 AS Barnard 2420

M50
1 TJ Naude 2660
2 R Bosch 2506
3 G du Preez 2130

M55
1 A Rzepecki 3811
2 HW Rohde 3069
3 J Eloff 2576

M60
1 R Rzehak GER 4188
2 E Helf GER 4060
3 HG Naude 2891

M65
1 JL Visser 3124
2 BF Stannius 2992

M70
1 L Botha 3494
2 P Frech 3307
3 G Glöckner AUT 3021

M80
1 C Sterley 3545

W30
1 R White 3734
2 A Hennop 2704

W35
1 R Farkas AUT 2766
2 H Zarka AUT 1913

W40
1 H du Plessis 3475
2 HB Snyman 2649
3 I Nicka AUT 1760

W45
1 V Clayton 3425
2 S du Bruyn 3328
3 L Nax AUT 2523

W50
1 K van der Merwe 2497
2 E Glöckner AUT 2250
3 C Pongratz AUT 2163

W55
1 N van Lill NAM 2744
2 HB Jordaan 2517
3 J Bellingan NAM 2497

W60
1 S Malherbe

W65
1 M du Plessis NAM

W70
1 L Grobler

DECATHLON

M30
1 WAJ Bezuidenhout 5347

M35
1 HF Mostert 6180

M40
1 J Allers 5665

M45
1 J Solms 4292

M50
1 R Bosch 4806

HEPTATHLON

W40
1 M de Villiers 2507

W45
1 M Ferreira 3964
2 ES Jordaan 3122

W50
1 R Rossouw 3062

ABBREVIATIONS OF COUNTRIES

AUT = AUSTRIA
BOT = BOTSWANA
GER = GERMANY
NAM = NAMIBIA
All athletes are South Africa unless indicated

## 1st Africa Regional Championships, Durban; May 13-14
### Decathlon

| | BEZUIDENHOUT WAJ NTV 30-34 | | MOSTERT HF NTV 35-39 | | CARNIE BR WP 40-44 | |
|---|---|---|---|---|---|---|
| 100M | 12,6 | 531 | 12,2 | 643 | 12,0 | 744 |
| LJ | 5,68 | 544 | 6,10 | 707 | 5,61 | 664 |
| SP | 10,63 | 531 | 10,69 | 570 | 10,47 | 593 |
| HJ | 1,68 | 560 | 1,62 | 569 | 1,56 | 577 |
| 400M | 57,3 | 542 | 54,8 | 714 | 57,1 | 701 |
| S HUR | 18,21 | 492 | 17,7 | 579 | onttrek | |
| DIS | 31,44 | 493 | 34,80 | 597 | onttrek | |
| PV | 3,00 | 376 | 3,45 | 538 | onttrek | |
| JAV | 50,62 | 643 | 44,40 | 591 | onttrek | |
| 1500M | 4:50,4 | 635 | 4:52,0 | 672 | onttrek | |
| TOTAL: | | 5347 | | 6180 | | |

| | ALLERS J WP 40-44 | | SOLMS J TVL 45-49 | | BOSCH R WP 50-54 | |
|---|---|---|---|---|---|---|
| 100M | 12,6 | 624 | 14,0 | 444 | 13,8 | 531 |
| LJ | 4,97 | 508 | 4,66 | 502 | 4,45 | 521 |
| SP | 10,39 | 588 | 10,26 | 619 | 10,60 | 615 |
| HJ | 1,59 | 602 | 1,47 | 560 | 1,29 | 457 |
| 400M | 59,4 | 613 | - | 0 | 64,7 | 597 |
| S HUR | 20,69 | 378 | 20,81 | 438 | 21,0 | 323 |
| DIS | 37,62 | 700 | 29,84 | 568 | 33,12 | 609 |
| PV | 2,70 | 374 | 2,50 | 359 | 2,20 | 179 |
| JAV | 41,96 | 594 | 40,24 | 605 | 28,58 | 430 |
| 1500M | 4:58,5 | 684 | 6:52,5 | 197 | 5:47,7 | 544 |
| TOTAL: | | 5665 | | 4292 | | 4806 |

## European Championships
### Athens, Greece; June 2-12

100M
M40
1. S. Brodie, GBR 11.50
2. S. Peters, GBR 11.51
3. W. Franklyn, GBR 11.60
4. F. Pina, ESP 11.61
5. A. Ross, GBR 11.62
6. R. Michelchen, GER 11.81
M45
1. A. Basurko, ESP 11.72
2. W. Toscher, GER 11.80
3. V. Felicetti, ITA. 11.82
4. P. Colombo, ITA 12.03
5. A. Fortunato, POR 12.08
6. G. Houdreville, FRA 12.19
M50
1. E. Gustafsson, FIN 11.80
2. J. Manninen, FIN 11.96
3. S. Bolsinger, GER 12.10
4. I. Foster, GBR 12.20
5. H. Besant, GER 12.26
6. L. Andersson, SWE 12.36
M55
1. H-J Gasper, GER 12.45
2. I. Babos, HUN 12.51
3. A. Roca, ESP 12.53
4. R. Bockl, GER 12.70
5. H. Schumacher, GER 12.75
6. J. Volkert, GER 12.82
M60
1. R. Taylor, GBR 11.92
2. B. Neumann, GER 12.74
3. H. Schmid, GER 12.99
4. H. Frohlich, GER 13.16
5. I. Hosszu, HUN 13.30
6. G. Henriksson, SWE 13.48
M65
1. P. Mirkes, GER 12.99
2. A. Meddings, GBR 13.17
3. H. Schlegel, GER 13.32
4. E. Ritter, GER 13.48
5. V. Biagiotti, ITA 13.76
6. A. Cras, BEL 13.93
M70
1. R. Ahrenkiel, DEN 14.12
2. H. Albrecht, GER 14.28
3. E. Kleinmann, GER 14.30
4. W. Anweiler, GER 14.32
5. G. Herbst, GER 14.49
6. K-H Hoyer, GER 14.59
M75
1. W. Rennschuh, GER 14.37
2. U. Sansonetti, ITA 14.53
3. F. Muehle, GER 14.68
4. G. Marabotti, ITA 14.85
5. F. Meyer, GER 15.35
6. A. Lehtimaki, FIN 15.63
M80
1. V. Colo, ITA 16.11
2. H. Gehm, GER 16.25
3. F-E Mahlo, GER 16.49
4. V. Burgren, SWE 17.26
5. E. Bergqvist, SWE 19.04
6. A. Horzberg, GER 19.84
W35
1. S. Kuipers-Oost, HOL 12.93
2. P. Neugaerner, GER 13.07
3. R Renkone Reiler, HUN 13.17
4. D. Montgomery, GBR 13.33
5. K. Lonza, FRA 13.36
6. R. Frank, GER 13.61
W40
1. D. Fuhrmann, GER 12.95
2. G. Otto, GER 12.97
3. A-M Bayha, GER 13.09
4. J. Saunders, GBR 13.13
5. I. Dech, GER 13.35
6. B. Sander, GER 13.70
W45
1. V. Parsons, GBR 13.12
2. C. Pfeiffer, SUI 13.14
3. B. Schommler, GER 13.48
4. M. Lewington, GBR 13.50
5. M. Daehler, SUI 13.61
6. P Zoerner, GER 13.71
W50
1. M. Behrendt, GER 13.13
2. S. Mattelson, GER 13.52
3. M. Maier, AUT 13.72
4. G. Seibert, GER 14.04
5. F Nuemmerle-Valk, GER 14.15
6. E. Staehle, GER 14.23
W55
1. G. Reichert, GER 14.08
2. C. Roovers HOL 14.18
3. C. Schmalbruch, GER 14.40
4. U. Cass, GER 14.51
5. A. Micozzi, ITA 15.52
6. E. Bildstein, AUT 15.53
W60
1. A. Lapsson, SWE 15.31
2. C Kreuzwwiesser, GER 15.40
3. E. Schumacher. GER 15.46
4. L. Rollfing, GER 15.74
5. G. Guenther, GER 16.22
6. G. Zambotto, ITA 16.60
W65
1. C. Franzen, GER 15.24
2. U. Burmeister, GER 16.74
3. I. Lorenz, GER 16.79
4. M. Moikina, RUS. 17.67
5. A. Brielzke, GER 17.85
6. J. Schirmer, GER 19.54
W70
1. P. Schneiderhan, GER 15.42
2. A. Mangler, GER 16.19
3. G. Svensson, SWE 17.06
4. M. Wixey, GBR 17.40
5. L. Schuele, GER 17.68
6. E. Haule, GER 18.98
W75
1. N. Wedemo, SWE 19.72
2. M. Williams, GBR 23.09
3. G. Knyz, AUT 29.89

200m
M40
1. S. Peters, GBR 22.87
2. A. Ross, GBR 22.99
3. S. Brodie, GBR 23.14
4. W. Franklin, GBR 23.19
5. W. Meyer, GER 23.58
6. H. Brouwer, HOL 23.62
M45
1. V. Felicetti, ITA 23.87
2. A. Basurko, ESP 23.94
3. W. Scholtes, HOL 23.95
4. W. Toscher, GER 24.12
5. J. Charlton, GBR 24.32
6. A. Fortunato, POR 24.44
M50
1. S. Bolsinger, GER 24.14
2. J. Manninen, FIN 24.38
3. H. Besant, GER 24.58
4.
5. V. Peitzmeier, GER 24.69
6. T. Bissett, GBR 25.07
M55
1. H-J. Gasper, GER 25.09
2. R. Woodland, GBR 25.32
3. H. Schumacher, GER 25.45
4. J. Goody, GBR 25.72
5. J. Schwarer, GER 26.18
6. A. Nehren, GER 26.34
M60
1. R. Taylor, GBR 23.99
2. B. Neumann, GER 25.47
3. F. Horst, GER 26.46
4. I. Hesszu, HUN 26.79
5. G. Campana, ITA 26.99
6. O. Strombuns, SWE 27.17
M65
1. P. Mirkes, GER 26.38
2. A. Meddings, GB 27.03
3. E. Ritter, GER 27.56
4. H. Schlegel, GER 27.57
5. H. Stuelzel, GER 28.59
6. I. Dakitini, LAT 28.75
M70
1. G. Lindblad, SWE 28.51
2. G. Herbst, GER 28.93
3. W. Anweiler, GER 29.34
4. B. Sobrero, ITA 29.55
5. R. Ahrenkiel, DEN 30.02
6. T. Mihaly, HUN 30.91
M75
1. U. Sansonetti, ITA 30.10
2. W. Rennschuh, GER 30.24
3. G. Marabotti, ITA 30.66
4. F. Muehle, GER 31.45
5. F. Meyer, GER 32.94
6. A. Lehtimaki, FIN 33.05
M80
1. H. Gehm, GER 34.18
2. F-E Mahlo, GER 34.32
3. V. Colo, ITA 34.42
4. A. Anastasiadis, GRE 39.13
5. G. Theune, GER 40.07
6. E. Bergqvist, SWE 44.15
W35
1. A. Brown, GBR 26.12
W40
1. D. Fuhrmann, GER 25.85
2. A. Bayha, GER 26.52
3. G. Otto, GER 26.56
4. J. Saunders, GBR 26.72
5. B. Elliot, GBR 27.22
6. B. Sander, GER 27.42
W45
1. A-P. Knipping, BEL 26.12
W50
1. M. Behrendt, GER 27.63
2. M. Hocknell, GBR 28.63
3. E. Staehle, GER 29.50
4. G. Seibert, GER 29.53
5. H. Venn, GER 29.83
6. R. Rolack, GER 30.52
W55
1. G. Reichert, GER 28.89
2. U. Jabs, GER 29.50
3. A. Sedova, RUS 30.79
4. I. Stockhecke, GER 31.94
5. L. Vilpas, FIN 32.12
6. A. Micozzi, ITA 32.40
W60
1. A. Nyland, NOR 31.01
2. L. Rollfing, GER 32.10
3. A. Larsson, SWE 32.19
4. N. Gastaldi, ITA 33.68
5. G. Guenther, GER 34.46
6. H. Hundt, GER 35.97
W65
1. C. Franzen, GER 31.36
2. I. Lorenz, GER 35.84
W70
1. P. Schneiderhan, GER 32.94
2. A. Mangler, GER 33.23
3. G. Svensson, SWE 37.53
4. M. Wixey, GBR 38.26
5. E. Haule, GER 39.96
W75
1. N. Wedemo, SWE 46.47

400m
M40
1. S. Peters, GBR 50.91
2. D. Lucas, GBR 51.08
3. A. Ross, GBR 51.09
4. F. Van Gasteren, HOL 53.14
5. J. Unann, GER 53.66
6. D. Cocker, GBR 54.12
M45
1. E. Neyts, BEL 51.22
2. W. Scholtes, HOL 51.79
3. R. Brilin, RUS 54.00
4. D. Debonnaire, FRA 54.51
5. J. Romero, ESP 54.73
6. H. Wondra, GER 55.18
M50
1. W. Thomas, GBR 54.57
2. T. Bissett, GBR 55.07
3. V. Peilzmeier, GER 55.19
4. W. W. Riedel, GER 55.24
5. P. Adamek, Cz.Rep 56.48
6. P. Brillard, FRA 56.70
M55
1. G. Muller, GER 54.36
2. R. Woodland, GBR 55.65
3. H-J. Gasper, GER 57.06
4. H. Schumacher, GER 57.91
5. A. Nehren, GER 57.96
6. J. Schwarzer, GER 58.33
M60
1. B. Neumann, GER 56.90
2. F. Cornelis, BEL 60.09
3. H. Schmid, GER 60.22
4. M. Fox, GBR 60.62
5. O. Strandborg, SWE 60.66
6. J. Claessen, BEL 61.14
M65
1. W. Selzer, GER 60.41
2. S. Medelius, SWE 65.12
3. I. Dakitini, LAT 65.32
4. H. Krenzer, GER 66.42
5. H. Aanervd, NOR 68.08
6. A. Billard, FRA 68.14
M70
1. G. Lindblad, SWE 65.38
2. P. Darrot, FRA 69.82
3. T. Mihaly, HUN 71.97
4. G. Paulsson, SWE 74.57
5. F. Gil, ESP 75.94
6. E. Ress, GER 76.73
M75
1. C. Biliouris, GRE 79.22
2. A. Kautto, FIN 79.61
3. J. Konarik, Cz.Rep 80.58
4. E. Eble, GER 92.11
5. P. Gakis, GRE 96.61
6. B. Taylor, GBR 104.23
M80
1. F-E. Mahlo, GER 85.45
2. P. Mascre, FRA 89.21
3. E. Pfanzelt, GER 99.51
4. G. Theune, GER 105.61
W35
1. A. Brown, GBR 57.66
2. T. Colebrook, GBR 57.67
3. M. Oosterlinck, BEL 59.04
4. J. Brown, GBR 60.39
5. A. Koop, GER 60.56
6. J. Kerebel, FRA 60.75
W40
1. D. Fuhrmann, GER 58.79
2. J. Saunders, GBR 60.01
3. E-M Michalek, GER 61.80
4. D. Gocht, GER 62.82
5. B. Rahim, FRA 63.04
6. G. Armbruster, GER 63.10
W45
1. A-P. Knipping, BEL 60.33
2. C. Pfeiffer, SUI 61.74
3. M. Nantevil, FRA 62.77
4. J. Sundal, NOR 63.78
5. N. Afanasmeva, RUS 63.80
6. M. Mikotajczyk, POL 65.04
W50
1. M. Hocknell, GBR 65.55
2. G. Seibert, GER 67.43
3. I. Holzknecht, GER 68.05
4. K. Carlsson, SWE 68.14
5. H. Venn, GER 68.89
6. G. Eriksson, SWE 71.83
W55
1. J. Hulls, GB 67.63
2. W. Kloeckers, GER 69.59
3. V. Belbeze, FRA 70.61
4. U. Jabs, GER 71.12
5. H. Werner, GER 76.24
6. L. Plat, HOL 77.70
W60
1. A. Nyland, NOR 72.51
2. N. Gastaldi, ITA 76.19
3. E. Schumacher, GER 76.87
4. I. Poliakova, RUS 79.36
5. A. Larsson, SWE 80.37
6. L. Rollfing, GER 84.50
W65
1. C. Franzen, GER 75.77
2. M. Shone, GBR 79.02
3. H. Glet, FRA 85.73
4. G. Lundkvist, SWE 90.85
W70
1. A. Mangler, GER 84.62
2. E. Werner, GER 94.13
3. E. Haule, GER 106.24

800m
M40
1. C. Cabral, POR 1.55.14
2. I. Vansz, HUN 1.59.43
3. H. Eidenberger, AUT 1.59.61
4. Y. Karni, ISR 1.59.62
5. P. Kornieko, BLS 1.59.97
6. P. Allard, FRA 2.01.15
M45
1. E. Neyts, BEL 2.00.72
2. P. Malloy, GBR 2.01.26
3. A. Lindquist, SWE 2.03.47
4. J. Jaroshenko, UKR 2.05.12
5. C. Canaglia, ITA 2.06.57
6. P. Vlaarkamp, HOL 2.07.56
M50
1. V. Smith, GB 2.05.52
2. W. Worst, GER eq. 2.07.85
M. Smith, GBR eq. 2.07.85
4. F. Herns, IRE 2.09.39
5. L. Gisov, BLS 2.10.43
6. T. Peters, HOL 2.10.66
M55
1. A. Heijdens, HOL 2.15.02
2. M. Hirschfeld, GER 2.16.60
3. A. Shevchenko, RUS 2.16.86
4. J. Thoeming, GER 2.17.68
5. R. Schelfhaut, BEL 2.19.32
6. A. Engfer, GER 2.19.87
M60
1. B. Neumann, GER 2.15.62
2. M. Fox, GBR 2.17.75
3. C. Clementi, ITA 2.18.53
4. P. Blanchou, FRA 2.25.63
5. J. Claessen, BEL 2.26.67
6. H. Thieme, GER 2.28.48
M65
1. H. Hartung, GER 2.27.02
2. R. Marckx, BEL 2.29.06
3. H. Zethof, HOL 2.29.88
4. K. Matzner, Cz.Rep 2.35.04
5. A. Kant, SWE 2.37.46
6. R. Boutard, FRA 2.43.22
M70
1. D. Tamalciu, ROM 2.39.45
2. J. Todd, GBR 2.40.36
3. R. Roterberg, BEL 2.43.91
4. F. Gil. ESP 2.46.82
5. G. Paulsson, SWE 2.50.08
6. A. Gomes, POR 2.52.54
M75
1. H. Josefsson, SWE 2.51.88
2. E. Pauwels, BEL 2.53.77
3. O. Ludzuweit, GER 3.04.31
4. P. Gakis, GRE 3.20.18
5. C. Biliouris, GRE 3.26.16
6. A. Osselaer, BEL 3.35.40
M80
1. P. Mascre. FRA 3.39.52
2. A Anastasiadis GRE 4.35.88
W35
1. T. Colebrook, GBR 2.11.55
2. M. Oosterlinck, BEL 2.13.30
3. A. Koop, GER 2.13.86
4. S. Smith, GBR 2.17.50
5. M Escribano-Checa 2.17.83
6. N. Hansteen, NOR 2.18.08
W40
1. M. Eldridge, GBR 2.18.72
W45
1. R. Windbrake, GER 2.28.92
2. J. Sundal, NOR 2.31.34
3. R. Lang, GER 2.34.00
4. J. Schouppe, BEL 2.37.51
5. A. Sanchez-Alvarez 2.43.83
6. B. Flohr, GER 2.48.42
W50
1. R. Osterlund, DEN 2.32.29
2. K. Carlsson, SWE 2.35.02
3. A Katsikadelli, GRE 2.37.67
4. H. Sagor, EST 2.37.84
5. G. Eriksson, SWE 2.38.94
6. V. Bozhedarova, BLS 2.40.95
W55
1. G. Van Kooten, HOL 2.33.81
2. W. Kloeckers, GER 2.34.43
3. A. Chernova, RUS 2.37.47
4. J. Hulls, GBR 2.39.89
5. E. Pohl. GER 2.42.14
6. M. De Lavergne, FRA 2.51.92
W60
1. A. Nyland, NOR 2.53.65
2. V. Vitola, LAT 2.56.61
3. N. Gastaldi, ITA 2.56.66
4. L. Sunova, SVK 3.27.80
5. J. Jager, HUN 3.55.33
6. M-E Willinecker GER 4.18.27
W65
1. H. Glet, FRA 3.04.39
2. B. De Preter, BEL 3.06.18
3. M. Mettifogo, ITA 3.22.22
W70
1. E. Werner, GER 3.33.89

1,500m
M40
1. C. Cabral, POR 3.57.41
2. P. Corcoran, IRE 4.00.13
3. J. Pereira, POR 4.01.36
4. G. Fairley, GBR 4.04.14
5. P. Straatman, HOL 4.09.91
6. B. Christiansen DEN 4.10.20
M45
1. P. Molloy, GBR 4.09.37
2. B-E Franzen, SWE 4.14.08
3. R. Bell, GBR 4.17.62
4. C. Canaglia, ITA 4.19.71
5. R. Malinen, FIN 4.20.22
6. V. Vinofradov, RUS 4.20.24
M50
1. V. Smith, GBR 4.21.01
2. M. Smith, GBR 4.23.38
3. J. Hrach, Cz.Rep. 4.23.54
4. S. Jonsson, SWE 4.27.96
5. V. Raposo, POR 4.28.50
6. W. Worst, GER 4.30.42
M55
1. J. Kurz, GER 4.28.58
2. A. Heijdens, HOL 4.29.88
3. R. Schelfhaut, BEL 4.34.56
4. J. Thoeming, GER 4.34.75
5. H-A Still, GER 4.38.58
6. E. Wiberg, SWE 4.39.32
M60
1. A. Ida, GER 4.51.24
2. F. Helber, GER 4.57.95
3. G. Willinecker, GER 5.00.94
4. W. Havensbergen HOL 5.01.65
5. J. Gomond, FRA 5.15.03
6. M. Kunze, GER 5.42.98
M65
1. H. Hartung, GER 5.03.20
2. R. Marckx, BEL 5.05.33
3. H. Zethof, HOL 5.09.16
4. A. Kant, SWE 5.19.29
5. M. Sadoc, FRA 5.24.52
6. D. Cesarini, ITA 5.26.31
M70
1. F. Moskovits, ROM 5.28.33
2. D. D. Tamalciu, ROM 5.29.97
3. R. Roterberg, BEL 5.31.49
4. J. Todd, GBR 5.34.52
5. A. Gomes, POR 5.45.94
6. B. Davidson, GBR 5.47.11
M75
1. H. Josefsson, SWE 5.50.09
2. E. Pauwels, BEL 5.55.09
3. J. Verloop, HOL 6.07.18
4. O. Ludzuewit, GER 6.14.65
5. P. Gakis, GRE 6.34.88
6. A. Osselaer, BEL 6.56.19
M80
1. L-M Aellen, SUI 7.31.84
2. P. Mascre, FRA 8.00.96
3. A. Santos, POR 8.21.13
4. W. Dietrich, GER 8.24.47
5. J. Hannappel, GER 9.09.09
W35
1. T. Colebrook, GBR 4.41.60
2. A. Koop, GER 4.42.10
3. B. Brueckner, GER 4.42.15
4. D. Teygeman, BEL 4.46.96
5. N. Hansteen, NOR 4.48.13
6. M Escribano-Checa 4.52.20
W40
1. M. Eldridge, GBR 4.46.58
2. I. Jensen, DEN 4.48.83
3. D. Hoogesteger GBR 4.48.88
4. E. Chrzanowski, GER 4.53.63
5. D Garcia Perez, ESP 4.55.30
6. I. Korte, GER 4.56.04
W45
1. R. Windbrake, GER 4.53.62
2. C. Villoumsen, DEN 5.02.81
3. J. Schouppe, BEL 5.12.76
4. B. Moen, NOR 5.16.55
5. E. Novotna, Cz. R. 5.21.16
6. G. Golovinskaja RUS 5.25.35
W50
1. R. Osterlund, DEN 5.06.63
2. H. Sagor, EST 5.22.87
3. G. Eriksson, SWE 5.27.96
4. E. Bolsinger, GER 5.29.73
5. R. Sochorkova, Cz. 5.33.41
6. A. Nally, GBR 5.38.52
W55
1. W. Kloeckers, GER 5.11.72
2. G. Van Kooten, HOL 5.13.23
3. E. Pohl, GER 5.13.97
4. M. De Lavergne, FRA 5.38.51
5. B. Eklund, SWE 5.39.00
6. J. Somier, FRA 5.45.52
W60
1. N. Gastaldi, ITA 6.08.63
2. M. Helm, SWE 6.10.61
3. M. Klimenko, RUS 6.26.40
4. L. Sunova, SLO 7.00.73
5. S. Kataki, GRE 7.28.92
6. M-E Willnecker GER 8.27.27
W65
1. N. Naoukenko, RUS 6.07.78
2. B. De Preter, BEL 6.10.00
3. H. Glet, FRA 6.10.05
4. O. Meyer, GER 6.39.29
5. M. Mellifogo, ITA 6.46.15
6. E. Pagu, ROM 9.16.05
W70
1. A. Mangler, GER 7.05.10
2. E. Werner, GER 7.06.78

5000m
M40
1. G. Fairley, GBR 15.31.38
2. P. Corcoran, IRE 15.33.25
3. H. Nygard, NOR 15.37.82
4. F. Pechek, Cz.Rep 15.40.08
5. F Gravito Ribeiro 15.43.35
6. J. Pereira, POR 15.45.31
M45
1. O. Van Nolen, BEL 15.22.50
M50
1. L. Overskov, DEN 16.26.54
2. J. Trunec, Cz.Rep 16.29.34
3. A. Malyi, UKR 16.31.25
4. P. Vakkuri, FIN 16.34.57
5. G. Maesschalck, BEL 16.43.44
6. H. Ahedo Hernandez 17.03.12
M55
1. J. Kurz, GER 16.05.32
M65
1. H. Backhuss, GER 18.25.60
M70
1. R. Roterberg, BEL 20.09.49
M75
1. E. Pauwels, BEL 21.47.35
M80
1. L. Aellen, SUI 25.44.02
W35
1. N. Hansteen, NOR 17.51.66
2. M. Greenan, IRE 17.59.07
3. D. Teygeman, BEL 18.04.71
4. A. Trave, NOR 18.31.58
5. E. Gebauer, GER 18.55.47
6. E. Budinska, SVK 19.29.22
W40
1. E. Tsukilo, BLS 17.01.65
2. M. Edlridge, GBR 17.12.30
3. D Garcia Perez ESP 17.44.54
4. D. Hoogesteger GBR 17.56.82
5. I. Korte, GER 18.45.17
6. E. Chrzanqwski GER 18.56.45
W45
1. M Ketelslegers BEL 18.15.24
2. C. Villoumsen, DEN 18.23.38
3. R. Lang, GER 18.51.38
4. U. Harms, GER 18.57.13
5. J. Schouppe, BEL 19.45.80
6. B. Bradshaw, GBR 19.56.59
W50
1. R. Osterlund, DEN 19.15.46
2. B-F. Kamila, ESP 19.55.36
3. E. Bolsinger, GER 20.04.08
4. S. Pesando, ITA 20.12.40
5. R. Sochorkova, Cz 20.15.18
6. T. Bobycheva, RUS 20.24.10
W55
1. E. Pohl, GER 19.06.10
2. G. Van Kooten, HOL 19.37.34
3. W. Kloeckers, GER 20.28.85
4. A Severinkangas F. 20.54.44
5. B. Eklund, SWE 20.54.93
6. J. Somier, FRA 21.22.08
W60
1. D. Glaser, GER 23.04.2
2. M. Borovkova, RUS 23.26.2
3. J. Thome, GER 24.40.1
4. M. Helm, SWE 24.47.8
5. S. Kataki, GRE 26.26.7
6. M. Willnecker GER 30.19.2
W65
1. N. Naoumenko, RUS 23.50.0
2. H. Glet, FRA 24.26.2
3. B. De Preter, BEL 24.50.5
4. M. Mettifogo, ITA 26.12.2
5. H. Gunkel, GER 27.45.0
6. M. Dahinden, SUI 29.50.3
W70
1. E. Werner, GER 25.29.7
2. M. Hankova, Cz.Rep 27.17.4
W75
1. J. Luther, GER 31.26.4

10,000m
M40
1. H. Karkkainen, FIN 32.26.91
2. F Gravito Ribeiro POR 32.30.20
3. G. Fairley, GBR 32.33.45
4. H. Nygard, NOR 32.36.41
5. D. Wegner, GER 32.49.05
6. V. Zhukov, RUS 33.11.82
M45
1. O. Van Nolen, BEL 31.54.29
2. V. Ermolaev, RUS 33.10.90
3. M. Bergh, SWE 33.22.06
4. R. Lindermann, GER 34.03.65
5. L. Skotzke, GER 34.10.26
6. A. Bradshaw, GBR 34.22.52
M55
1. S. James, GBR 34.06.22
2. A. Aldegalega, POR 34.14.52
3. M. Rosales, ESP 36.19.60
4. S. Eriksen, SWE 36.20.84
5. J. U-Guerricabetia 36.30.35
6. V. Vesanen, FIN 37.00.56
M60
1. G. Van Nuffelen, BEL 35.06.48
2. H. Hun, GER 35.34.40
3. F. Vicente, POR 36.05.95
4. R. Lopez, ESP 36.40.61
5. C. Robic, FRA 37.11.25
6. H. Thieme, GER 38.57.95
M65
1. K. Urbanek, Cz. Rep 38.57.76
2. D. Cesarini, ITA 40.20.55
3. H. Backhuss, GER 40.59.70
4. M. SAdoc, FRA 42.10.80
5. I Rueda-Abdon, ESP 42.36.92
6. S. Sarukhanian, ARM 44.20.53
M70
1. A. Virolainen, FIN 49.44.71
2. B. Davidson, GBR 50.11.04
3. M. Parusinski, POL 51.38.39
4. A Rondrigues Da Silva 51.41.33
5. G. Andersson, SWE 53.24.90
6. H. Kantorzik, GER 54.38.58
M75
1. R. Nasi, ITA 49.39.9
2. A. Medvedev, RUS 50.32.12
3. T. Slale, SWE 51.46.50
4. C. Cardoso, POR 52.44.15
5. A. Osselaer, BEL 54.28.30
6. M. Paiva, POR 57.00.60
M80
1. L-M Aellen, SUI 54.59.92
2. A. Santos, POR 57.40.71
3. A. Cuomo, ITA 58.30.10
4. J. Hannappel, GER 58.59.46
5. H. Hoppen, GER 60.19.10
6. A. Althaus, GER 62.21.50
W35
1. M. Greenan, IRE 39.20.73
2. A-M. Trave, NOR 39.37.49
3. B. Brueckner, GER 39.51.79
4. E. Sobisch, GER 40.15.76
5. S. Velba, EST 41.11.50
6. T. Muursepp, EST 42.19.64
W40
1. N. Medvedeva, RUS 40.22.99
2. I. Korte, GER 41.26.86
3. A. Kapuscinska, POL 41.43.29
4. E. Chrzanowski, GER 41.52.63
5. I. Koal, GER 42.58.79
6. H. Sourkova, Cz. Rep 47.48.37
W45
1. M-P Ketelslegers, BEL 39.03.96
2. C. Villoumsen, DEN 39.08.55
3. U. Harms, GER 40.59.01
4. B. Bradshaw, GBR 43.39.35
5. E. Seidlova, SVK 44.12.51
6. J. Nilsen, DEN 46.03.42
W50
1. R. Osterlund, DEN 41.13.30
2. B-F Kamila, ESP 42.23.39
3. S. Pesando, ITA 42.38.12
4. T. Bobycheva, RUS 48.37.20
5. B. Cushen, GBR 50.57.30
6. A. Kessner, GER 51.20.58
W55
1. E. Pohl, GER 41.25.44
2. A. Severinkangas FIN 44.00.07
3. J. Somier, FRA 45.57.07
4. E. Kuehnert, AUT 47.05.31
5. D. Ellingerova, Cz. 47.52.99
6. J. Rosinska, POL 47.59.31
W70
1. M. Hanakova, Cz Rep 59.13.63
2. E. Falke, GER 66.14.19

110m Hurdles
M40
1. P McIlfatrick, GBR 15.69
2. J-J Moreau, FRA 15.83
3. M. Kapatos, GRE 16.50
4. A. Hopland, NOR 16.60
5. A. Meier, SUI 16.65
6. R. Anton, GER 17.31
M45
1. A. Wells, GBR 15.71
2. E. Longauer, SLO 16.38
3. D. Tisch, GER 17.07
4. H. Hanke, GER 17.27
5. A. Montaruli, ITA 17.31
6. B. Oback, SWE 18.86

100m Hurdles
M50
1. M. Malatidis, GRE 14.05
2. R. Geese, GER 14.24
3. B. Ferguson, GBR 14.58
4. W. Bauer, GER 15.80
5. J. Howe, GBR 16.45
6. N. Vietina, ITA 17.45
M55
1. W. Holder, GER 15.85
2. E. Lombardi, ITA 16.33
3. R. Bertram, GER 16.48
4. A. Romanov, RUS 16.49
5. I. Bellos, GRE 16.69
6. N. Habicht, GER 16.73
M60
1. I. Sopanen, FIN 16.45
2. H. Kandeydi, TUR 16.55
3. A. Joaniquet, ESP 17.03
4. P. Field, GBR 17.39
5. E. Azzoni, ITA 18.40
6. K. Van Giezen, HOL 18.99

next page

Continued from previous page

M65
1. H. Suoknuuti, FIN 18.34
2. S. Hoilo, NOR 18.54
3. A. Fernaeus, SWE 18.63
4. G. Soubbotin, RUS 19.24
5. A. Woods, GBR 19.99
6. S. Pierucci, ITA 20.05

80m Hurdles
M70
1. R. Taskinen, FIN 14.84
2. F. Ferreira, POR 14.87
3. W. Finnanger, NOR 18.60

100m Hurdles
W35
1. V. Knipping, BEL 15.21
2. M-J Sanguos, ESP 15.52
3. D. Joho, SUI 15.62
4. J. Brown, GBR 16.49
5. R. Bock, GER 16.74

80m Hurdles
W40
1. M-P Ocamica, FRA 12.20
2. T. Potapova, RUS 12.27
3. I. Dech, GER. 12.30
4. J. Wills, GBR 12.65
5. C. Corrales-Issac ESP 15.59
6. E. Kulvand, EST 17.68

W45
1. M. Daehler, SUI 13.30
2. G. Rivenes, NOR 13.35
3. M. Benz, SUI 14.13
4. C. Eames, GBR - -

W50
1. F. Valk-Kuemmerle GER 13.68
2. M. Hocknell, GBR 13.94
3. M. Maier, AUT 13.98
4. R. Dijkman, HOL 14.08
5. U. Stelling, GER 14.12
6. E. Staehle, GER 14.21

W55
1. C. Roovers, HOL 13.94
2. H. Werner, GER 14.70
3. L. Kaas, EST 15.58

W60
1. A. Larsson, SWE 15.22
2. G. Mjelde, NOR 17.17
3. M. Radacs, HUN 18.54
4. D. Cambruzzi, ITA 22.06

400m Hurdles
M40
1. A. Meier, SUI 58.35
2. A. Hopland, NOR 60.01
3. V. Andreadis, GRE 60.13
4. A. Mero, FIN 61.07
5. R. Raineri, ITA 61.40
6. R-M. Lawson, GBR 62.21

M45
1. A. Wells, GBR 59.06
2. E. Peterke, GER 59.24
3. A. Montaruli, ITA 62.88
4. H. Souminen, FIN 66.30
5. J. Marques, POR 66.98
6. V. Karabin, UKR 68.66

M50
1. W. Bauer, GER 61.86
2. G. Union, ESP 62.26
3. A. Hamaekers, GER 62.48
4. J. Steindl, HUN 66.25
5. J. Radacs, HUN 67.12
6. B. Karlsson, SWE 67.38

M55
1. W. Holder, GER 63.35
2. R. Bertram, GER 66.09
3. J. Baron, GBR 67.41
4. R. Pettersson, SWE 69.99
5. K. Vykydal, Cz. Rep 70.32
6. R. Merten, GER 73.03

300m Hurdles
M60
1. F. Cornelis, BEL 46.40
2. P. Field, GBR 48.50
3. H. Kandeydi, TUR 50.00
4. A. Vilpas, FIN 50.67
5. G. Ender, GER 51.51
6. K. Van Giezen, HOL 51.65

M65
1. H. Suoknuuti, FIN 50.28
2. S. Hoilo, NOR 51.12
3. G. Soubbotin, RUS 51.19
4. H. Krenzer, GER 51.44
5. S. Medellius, SWE 51.50
6. H. Stuelzel, GER 56.27

M70
1. L. Williams, GBR 59.43
2. J. Laczko, HUN 62.35
3. G. Lindgren, SWE 65.90

400m Hurdles
W35
1. M-J. Sanguos, ESP 63.02
2. A. Brown, GBR 64.66
3. P. Schmalfeld, GER 69.68
4. H. Fanturova, Cz. 70.53
5. D. Montegomery, GBR 72.89

W40
1. J. Wills, GBR 68.37
2. A. Edlinger, AUT 70.99
3. M. Otten, HOL 73.88
4. H. Carvalio, POR 74.93
5. A. Le Plongeon, GBR 79.51
6. L. De Roock, BEL 79.57

W45
1. J. Sundal, NOR 70.99
2. L. Pinna, ITA 99.41

300m Hurdles
W50
1. M. Hocknell, GBR 48.43
2. E. Wale, NOR 53.42
3. E. Sauer, GER 57.85
4. T. Rissanen, FIN 61.65

W55
1. C. Roovers, HOL 53.28
2. J. Hulls, GBR 55.97

3000m Steeplechase
M40
1. P. Allard, FRA 9.33.10
2. M. Claire, FRA 9.42.95
3. Y. Karni, 9.47.87
4. V. Aristov, RUS 10.08.69
5. S-O. Nice, GBR 10.17.36
6. V. Grinev, RUS 10.23.47

M45
1. S. Kyne, HOL 9.50.91
2. H. Odegard, NOR 9.57.10
3. P. Vlaarkamp, HOL 10.01.00
4. T. Skarpeteig, NOR 10.22.51
5. R. Jochem, GER 10.47.12
6. A. Sopin, RUS 10.54.20

M50
1. V. Smith, GBR 10.31.90
2. G. Gaulen, NOR 10.39.33
3. J. Stuczynski, POL 10.56.32
4. L. U-Samaniego ESP 11.01.49
5. E. Dorbe, GER 11.08.30
6. S. Mattsson, SWE 11.24.89

M55
1. M. Hirschfeld, GER 11.14.16
2. S. Eriksen, SWE 11.17.76
3. H. Konopka, SUI 11.49.96
4. F. Luis, POR 12.20.63
5. K. Martinsson, SWE 12.54.05

2000m Steeplechase
M60
1. P. Blanchou, FRA 7.44.07
2. F. Helber, GER 8.22.45
3. G. Ender, GER 8.31.19
4. S. Niwinski, POL 8.58.26

M65
1. K. Matzner, Cz. Rep 8.41.00
2. J-M. Garin, ESP 8.44.99
3. M. Guder, ITA 8.59.55
4. I. Rueda-Abdon, ESP 9.03.64
5. N. Ghiharsky, RUS 9.19.45
6. R. Blois, GBR 9.38.59

M70
1. E. Rees, GER 11.11.16
2. L. Del Priore, ITA 13.20.13

5000m Track Walk
M40.
1. N Aitmuhametov RUS 21.02.68
2. C. Karagiorgos GRE 21.04.60
3. F. Parys, Cz. Rep 21.06.40
4. F. Ruzzier, ITA 21.23.95
5. A.Karagiorgos GRE 21.47.27
6. K. Tysse, NOR 23.20.27

M45
1. J Saint Martin FR 23.08.10
2. R. Sultanov, RUS 23.22.40
3. J Vinuesa Mendez 24.06.50
4. P.Eisfeller, GER 24.22.02
5. J. Siegele, AUT 24.32.20
6. C. Ahrens, GER 24.37.83

M50
1. J. Fiala, Cz Rep 23.51.95
2. G. Bar, GER 24.05.94
3. P. Brennan, IRE 24.44.83
4. V. Dribincevs LAT 24.51.47
5. C. Briere, FRA 25.07.33
6. A. Palmar, EST 25.11.87

M55
1. R. Peliccia, ITA 24.34.85
2. A. Kuchumov, RUS 24.45.18
3. Z. Irbe, LAT 24.58.56
4. B. Caudron, FRA 25.10.08
5. G. Sisoev, RUS 25.22.61
6. M. Lucchini, ITA 25.28.18

M60
1. V. Lykov, UKR 25.46.65
2. M. Sciarretta, ITA 26.09.93
3. N. Andrjushin, RUS 27.07.56
4. M. Rutyna, POL 27.43.10
5. D Fotheringham GBR 27.50.81
6. I. Kuharenko, UKR 27.55.90

M70
1. C. Bomba, ITA 30.10.54
2. L. Creo, GBR 30.10.57
3. H. Gustavsson, SWE 33.03.68
4. G. Lindgren, SWE 33.50.10

M75
1. R. Jordell, NOR 32.50.71
2. P-G Malins, GBR 33.40.51
3. J. Boullion, FRA 34.19.15
4. A. Svensson, SWE 34.41.75
5. G. Enault, FRA 35.45.52

6. H. Mighofer, GER 39.16.10

M80
1. M. Brivio, ITA 37.46.35
2. J. Mueller, GER 39.27.61
3. J. Luther, GER 42.10.22
4. E. Bergqvist, SWE 43.41.60

W35
1. A. Kuukkanen, FIN 24.41.73
2. F. Fernanda, POR 26.25.88
3. G. Granados, ESP 26.37.70
4. M. Schwamtzer AUT 28.38.95
5. M. Gordon, ROM 29.12.59
6. L. Vishnakova UKR 29.34.72

W40
1. L Nityagovskaya R. 24.50.90
2. R. Sinjavina, UKR 25.48.83
3. R. Meinlschmidt G. 26.07.78
4. J. Briz, ESP 28.02.25
5. E. Tust, GER 31.22.13
6. H. Gruening, GER 34.01.11

W45
1. J. Bonnet, FRA 25.48.38
2. G. Goloub, UKR 29.55.10
3. M. Martine, SUI 30.07.17
4. N. Liim, EST 30.52.62
5. K. Navratilova Cz. 32.38.23
6. C. Eames, GBR 33.55.36

W50
1. W. Seiler, GER 26.25.65
2. M. Steiner, SUI 28.15.46
3. C. Goyenech, FRA 29.01.62
4. M. Hoernecke-Gil ESP 30.00.90
5. K. Lindgren, SWE 30.31.35
6. T. Knaeringer, GER 33.36.00

W55
1. G. Migliaso, ITA 27.24.30
2. L-M Kalweit-Marloth 30.33.50
3. R. Broders, CER 33.06.46
4. G. Coesfeld, GER 33.58.60
5. A. Maimbourg, FRA 36.29.60

W60
1. D. Leclerc, FRA 30.51.45

W65
1. O. Meyer, GER 30.04.28
2. A. Adumitresei, ROM 43.27.98

W70
1. E-V Wistrom, SWE 34.41.30
2. U. Theune, GER 34.54.38
3. M. Wixey, GBR 36.04.98
4. D. Cauvin, FRA 36.05.10

W75
1. A. Kaukinen, FIN 38.53.10
2. M. Nyberg, SWE 39.02.20
3. A. Reile, GER 39.20.15
4. N. Wedemo, SWE 39.24.20

4 x 100m Relay
M40-49
1. Great Britain 44.81
2. Germany 45.10
3. Italy 45.42
4. Greece 47.21
5. France 47.71
6. Russia 47.74

M50-59
1. Germany 46.45
2. Sweden 48.10
3. Great Britain 49.14
4. Russia 50.47
5. Greece 50.72
6. Switzerland 51.00

M60-69
1. Germany 49.55
2. Great Britain 51.80
3. Belgium 52.11
4. Finland 52.35
5. Sweden 52.89
6. Italy 52.90

M70+
1. Germany 55.40
2. Italy 57.92
3. Sweden 59.00
4. Finland 59.72
5. Greece 66.36
6. Great Britain 67.28

W35-39
1. Russia 51.26
2. Great Britain 51.51
3. Germany 51.79
4. Netherlands 52.07

W40-49
1. Germany 49.30
2. Great Britain 52.27
3. Switzerland 54.98

W50-59
1. Germany 53.74
2. Great Britain 56.34
3. Netherlands 56.65

W60+
1. Germany 59.39
2. Norway 66.92
3. Great Britain 72.74

4 x 400m Relay
M40-49
1. Great Britain 3.28.86
2. Portugal 3.33.20
3. Germany 3.33.23
4. Russia 3.35.06
5. France 3.37.91
6. Netherlands 3.40.31

M50-59
1. Germany 3.42.50
2. Great Britain 3.42.67
3. Sweden 4.00.59
4. Russia 4.03.12
5. Czech Republic 4.04.72

M60+
1. Germany 3.58.08
2. Great Britain 4.03.10
3. Finland 4.14.70
4. Sweden 4.20.34
5. Italy 4.24.92

W35-49
1. Great Britain 3.57.59
2. Germany 4.00.65
3. France 4.02.45
4. Belgium 4.03.33
5. Netherlands 4.07.41
6. Slovakia 4.46.42

W50+
1. Germany 4.39.77
2. Sweden 4.59.13

High Jump
M40
1. N. Savkin, BYL 1.95
2. V. Jelnov, RUS 1.90
3. R. Heidemann, GER 1.90
4. M. Pavlik, Cz. Rep 1.85
5. P. Lavrov, UKR 1.80
6. A. Grishaev, RUS 1.80

M45
1. D. Prezelj, SVK 1.90
2. A. Iljin, UKR 1.85
3. H. Hutti, GER 1.80
4. A. De Graaf, HOL 1.75
5. J. Fanning, IRL 1.70
6. J-F. Rollet, FRA 1.70

M50
1. M. Zhelmov, UKR 1.89
2. G. Spielvogel, GER eq 1.75
J. Hanus, Cz. Rep eq 1.75
4. F. Vivod, SVK 1.70
5. J. Chacon. ESP 1.65
6. K. Milleck, GER 1.60

M55
1. J. Volkert, GER 1.65
2. L-A. Vanderbosch, BEL 1.65
3. J. Danic, FRA 1.60
4. D. Fernandez, FRA 1.55
5. A. Lindqvist, SWE 1.55
6. N. Predrazenskij LAT 1.55

M60
1. H. Andersen, DEN 1.56
2. H. Kandeydi, TUR 1.53
3. O. Niemi, FIN 1.50
4. L. Marien, BEL 1.50
5. H. Hubert, GER 1.44
6. J. Paulus, GER 1.41

M65
1. N-B Nevrup, SWE 1.52
2. A. Fernaeus, SWE eq. 1.49
H Schuffenhauer GER 1.49
4. G. Dobriban, HUN 1.43
5. A. Pierpaoli, ITA 1.37
6. E. Hoeht, GER 1.37

M70
1. G. Windolf, GER 1.43
2. E. Zensch, AUT 1.40
3. H. Lund, NOR 1.31
4. E. Simola, FIN 1.31
5. R. Ahrenkiel, DEN eq 1.25
H. Heinonen, FIN 1.25

M75
1. R-A. Gustavson, SWE 1.24
2. T. Giesinger, AUT 1.21
3. R. Taskinen, FIN 1.21

M80
1. E. Kolhonen, FIN 1.27
2. T. Brandvold, NOR 1.18
3. A. Anastasiadis, GRE 1.05

W35
1. J. Brown, GBR 1.72

W50
1. E. Springmann, GER 1.40
2. U. Stelling, GER 1.35
3. E. Staehle, GER eq 1.35
M. Maier, AUT eq 1.35
5. R. Dijkman, HOL 1.30
6. K. Mathes, GER 1.25

W55
1. C. Schmabruch, GER 1.37
2. S. Schroepfer, GER 1.34
3. T. Chenchik, RUS 1.25
4. E. Raumann, GER eq 1.20
H. Werner, GER 1.20
L. Kaas, EST 1.20
G-L Perugini, ITA 1.20
8. A. Sillaots, EST 1.15

W65
1. C. Wippersteg, GER 1.13
2. K. Gomberaonze, RUS 1.13
3. H. Schneider, GER 1.10
4. U. Burmeister, GER eq 1.07
U. Foersler, GER 1.07
6. J. De Wilde, BEL 1.04

W70
1. M. Strueven, GER 1.05
2. I. Pleuger, GER 1.02
3. G. Svensson, SWE 1.02
4. K. Smildzina, LAT 1.02
5. M. Wixey, GBR .96
6. E. Haule, GER .96

Long Jump
M40
1. A. Dabrov, RUS 6.64

M45
1. S. Sauliak, RUS 6.67
2. B. Lejeune, FRA 6.64
3. J. Charlton, GBR 6.33
4. H. Wondra, GER 6.25
5. S. Beres, HUN 6.18
6. G. Joner, GER 6.13

M50
1. H. Besant, GER 6.14
2. J. Lamp, EST 6.05
3. L. Carvalho, POR 5.88
4. W. Kraatz, GER 5.80
5. E. Kalio, FIN 5.74
6. M. Sauer, GER 5.73

M55
1. P. Pinto, POR 5.97
2. R. Dahms, GER 5.69
3. J. Seiler, GER 5.66
4. W. Salberg, GER 5.63
5. E. Arnold, GER 5.58
6. E. Akkel, EST 5.55

M60
1. V. Popov, RUS 5.32
2. A. Joaniquet, ESP 5.18
3. I. Sopaanen, FIN 5.15
4. H. Amort, ITA 5.10
5. M. Pawlak, POL 4.97
6. W. Schneider, GER 4.58

M65
1. M. Jarvinen, FIN 4.89
2. G. Dobriban, HUN 4.80
3. V. Bartl. SWE 4.71
4. H. Klafki, GER 4.54
5. A. Billard, FRA 4.42
6. C. Vidal, FRA 4.40

M70
1. K-H. Hoyer, GER 4.48
2. H. Albrecht, GER 4.47
3. W. Anweiler, GER 4.39
4. G. Windolf, GER 4.39
5. L. Taiminen, FIN 4.21
6. I. Granitsas, GRE 4.17

M75
1. G. Marabotti, ITA 4.32
2. A. Lehtimaki, FIN 4.28
3. W. Rennschuh, GER 4.16
4. R. Taskinen, FIN 3.92
5. K. Langer, GER 3.85
6. J. Konarik, Cz Rep 3.70

M80
1. E. Kolhonen, FIN 3.75
2. V. Colo, ITA 3.66
3. H. Gehm, GER 3.54
4. V. Burgren, SWE 3.43
5. K. Hein, FIN 3.03
6. A. Herzberg, GER 2.79

W35
1. D. Joho, SUI 5.63
2. V. Knipping, BEL 5.47
3. J. Brown, GRB 5.30
4. P. Neugaerner, GER 5.29
5. K. Nitzsche, GER 5.23
6. A. Heidarsdottir ISL 4.96

W40
1. A. Pocamica, RUS 5.52

W45
1. M. Daehler, SUI 4.89
2. M. Benz, SUI 4.79
3. G. Rivenes, NOR 4.74
4. P. Zoerner, GER 4.73
5. B. Blank, GER 4.52
6. M. Zodzina, LAT 4.33

W50
1. S. Mattelson, GER 5.10
2. E. Staehle, GER 4.72
3. M. Maier, AUT 4.44
4. R. Dijkman, HOL 4.32
5. E. Sauer, GER 4.32
6. G. Morosanova, RUS 4.27

W55
1. C. Schmalbruch, GER 4.81
2. B. Bickel, GER 4.17
3. L. Kaas, EST 4.16
4. E. Baumann, GER 4.16
5. E. Heimann, GER 4.15
6. B. Schmitt, GER 4.02

W60
1. C. Kreuzwieser, GER 4.20
2. A. Forde, NOR 3.96
3. G. Mjelde, NOR 3.86
4. E. Enarsson, SWE 3.52
5. G. Zambotto, ITA 3.48

6. G. Guenther, GER 3.22

W65
1. C. Franzen, GER 3.91
2. U. Burmeister, GER 3.46
3. I. Lorenz, GER 3.31
4. A. Brietzke, GER 3.25
5. J. Schirmer, GER 2.74

W70
1. P. Schneiderhan, GER 4.15
2. M. Wixey, GBR 3.30
3. A. Magler, GER 3.25
4. L. Schuele, GER 3.18
5. M. Strueven, GER 3.03
6. Poluschinsky, GER 2.79

W75
1. E. Mighofer, GER 2.72
2. A. Kaukinen, FIN 2.29

Triple Jump
M40
1. M. Wenzke, GER 14.06
2. H-A. Kuppers, GER 13.85
3. M. Kapatos, GRE 13.63
4. E. Pudovnikov, RUS 13.34
5. J. Krzystek, Cz. Rep 13.21
6. J. Schuck, GER 13.10

M45
1. B. Lejeune, FRA 13.74
2. V. Chernyatevich, UKR 13.64
3. C-W. Kreft, GER 13.25
4. G. Mankowski, POL 13.07
5. R. Pynnonen, FIN 12.81
6. B. Camp, GBR 12.41

M50
1. J. Lamp, EST 13.49
2. M. Sauer, GER 12.52
3. L. Ounlo, EST 11.87
4. L. Carvalho, POR 11.86
5. W. Kraatz, GER 11.67
6. E. Kallio, FIN 11.65

M55
1. P. Pinto, POR 12.70
2. V. Mokry, Cz. Rep 11.66
3. V. Roitman, RUS 11.48
4. E. Akkel, EST 11.27
5. W. Salberg, GER 11.10
6. J. Carstensen, GER 10.85

M60
1. O. Niemi, FIN 11.09
2. H. Andersen, DEN 10.73
3. V. Popov, RUS 10.65
4. A. Joaniquet, ESP 10.60
5. W. Schneider, GER 10.58
6. J. Przyborowski, POL 10.55

M65
1. M. Jarvinen, FIN 10.55
2. G. Dobriban, HUN 9.98
3. V. Bartl, SWE 9.93
4. L. Lindberg, FIN 9.04
5. A. Fernaeus, SWE 8.86
6. A. Pierpaoli, ITA 7.84

M70
1. J. Lehmuskoski, FIN 9.19
2. O. Aura, FIN 9.10
3. I. Lindam, EST 8.81
4. N. Barth, GER 8.63
5. H. Albrecht, GER 8.57
6. O. Pietila, FIN 8.03

M75
1. E. Nurminen, FIN 8.64
2. R-A. Gustavson, SWE 8.50
3. A. Lehtimaki, FIN 7.89
4. E. Kolhonen, FIN 7.52
5. W. Finnanger, NOR 7.17

W35
1. H. Tchitcherova, RUS 12.81
2. D. Joho, SUI 11.45
3. M. Kalviste, EST 11.02
4. J. Brown, GBR 10.92
5. A. Heidarsdottir, ISL 10.01
6. D. Drakanska, LAT 9.57

W40
1. K. Lotova, RUS 11.37
2. S. Schwarz, GER 10.14
3. E Lencsesne Szalai H. 9.25

W45
1. M. Daehler, SUI 9.77
2. J. Sundal, NOR 9.20
3. D. Widmann, GER 8.29

W50
1. E. Springmann, GER 9.83
2. G. Morosanova, RUS 9.48
3. E. Sauer, GER 8.52
4. T. Triantafillaki, GRE 8.48

W55
1. C. Schmalbruch, GER 9.93
2. M. Zahn, GER 8.38
3. B. Schmitt, GER 8.22
4. B. Bickel, GER 7.90

W60
1. G. Mjelde, NOR 8.01
2. E. Enarsson, SWE 7.98
3. C. Kreuzwieser, GER 7.90
4. A. Peters, EST 7.72

Shot Putt
M40
1. V. Maganas, GRE 16.34
2. F. Novotny, Cz. Rep 14.98
3. P. Lendvai, HUN 14.83
4. J. Pries, GER 14.17
5. K. Truum, EST 13.66
6. K. Jankowski, POL 13.36

M45
1. V. Koca, Cz Rep 14.90
2. R. Krone, GER 14.76
3. J. Pink, AUT 14.02
4. A. Tammert, EST 13.88
5. H. Schouten, HOL 13.76
6. J. Rohr Von, GER 13.44

M50
1. K. Liedtke, GER 17.42
2. W. Hamel, GER 15.88
3. S. Holub, HUN 15.12
4. P. Spiller, GER 14.93
5. H. Harre, AUT 14.86
6. K-H Weimann, GER 14.83

M55
1. P. Speckens, GER 15.10
2. J. Hensse, GER 14.23
3. U. Puss, EST 14.22
4. K-H. Marg, GER 13.82
5. H. Janson, GER 13.30
6. K. Fossen, NOR 13.25

M60
1. A. Sather, NOR 13.72
2. H. Brandt, GER 13.57
3. H. Kaiser, GER 13.33
4. K. Lessell, FIN 13.19
5. H. Schulz, GER 13.15
6. R. Rzehak, GER 12.69

M65
1. T Von Wachenfeldt SWE 12.77
2. K. Oweger, GER 12.75
3. T. Suomela, FIN 12.24
4. J. Vyskovky, Cz. Rep 11.97
5. J. Nieminen, FIN 11.38
6. H. Vieweg, GER 10.95

M70
1. E. Eriksson, FIN 13.32
2. I. Liitia, FIN 12.56
3. E. Vicklund, SWE 12.45
4. E. Becker, GER 12.34
5. F. Mattner, GER 12.26
6. H-R. Sieder, GER 11.86

M75
1. F. Meier, SUI 11.52
2. R-A. Gustavson, SWE 10.54
3. E. Svennevik, NOR 10.45
4. T. Giesinger, AUT 9.64
5. W. Koppen, GER 9.48
6. K. Werner, GER 9.47

M80
1. G. Schepe, GER 10.31
2. E. Kolhonen, FIN 10.19
3. M. Riboni, ITA 9.62
4. T. Brandvold, NOR 8.88
5. A. Fleischhauer, GER 8.63
6. B. Porceddu, ITA 8.47

W35
1. K. Nitzsche, GER 13.05
2. G. Emmert, GER 11.10
3. C. Uthe, GER 10.95
4. T. Uibo, EST 10.64
5. I. Zuijdervliet, HOL 10.26
6. S. Karlstrom, FIN 10.05

W40
1. T. Boufetova, RUS 13.77
2. U. Hohenberg, GER 13.21
3. H. Matheussen, BEL 10.53
4. I. Tiitsaar, EST 9.82
5. R. Hofmann, GER 9.69
6. R. Lang, AUT 7.90

W45
1. S. Pallay, HUN 13.09
2. H. Haase, GER 11.16
3. S. Panzarou, ROM 11.05
4. A. Kotkas, EST 10.93
5. G. Rabich, GER 10.93
6. M. Magyar, HUN 10.50

W50
1. I. Miller, SWE 13.61
2. M. Jakobsone, LAT 12.29
3. K. Illgen, GER 11.73
4. R. Vogel, GER 11.59
5. G. Stecher, GER 11.44
6. M. Maier, AUT 11.22

W55
1. E. Williams, GBR 12.45
2. A. Kalnena, LAT 10.55
3. E. Strasdas, GER 10.23
4. A. Broemmel, GER 10.02
5. M. Bahn, GER 9.93
6. A. Satsi, EST 9.58

W60
1. G. Zibina, RUS 12.07
2. A. Gaile, LAT 10.30
3. A. Ivanova, RUS 10.26
4. Z. Wissinger, GER 9.86
5. F. Tsamparli, GRE 9.55
6. A. Scholten, GER 9.15

W65
1. M. Hamm, GER 9.69
2. C. Franzen, GER 9.04
3. R. Hanssens, BEL 8.60
4. K. Gomberaonze, RUS 8.24
5. M. Barth, GER 8.23
6. C. Wippersteg, GER 8.20

W70
1. K. Smildzina, LAT 8.20
2. K. Jortikka, FIN 7.85
3. I. Pleuger, GER 7.75
4. N. Kutti, EST 7.15
5. M. Strueven, GER 6.96
6. L. Poluschinsky, GER 6.19

W75
1. M. Ronni, FIN 6.06
2. A. Binder, GER 5.84
3. A. Reile, GER 5.83
4. J. Sik, HUN 5.81
5. A. Kaukinen, FIN 5.20
6. E. Mighofer, GER 5.18

Discus Throw
M50
1. K. Liedtke, GER 57.78
2. K. Goldschmidt, GER 52.00
3. H. Harre, AUT 51.36
4. D. Duca, ITA 44.60
5. P. Spiller, GER 44.60
6. K-H. Weimann, GER 43.70

M55
1. P. Speckens, GER 48.52
2. R. Heiler, GER 48.16
3. G. Bruckhaus, GER 44.76
4. W. Schallau, GER 43.10
5. R. Sindek, GER 40.42
6. H. Raml, GER 38.74

M60
1. H. Brandt, GER 49.00
2. G. Husson, FRA 48.52
3. S. Helminen, FIN 47.88
4. L. Jansen, GER 46.60
5. G. Zug, GER 44.72
6. H. Schulz, GER 43.42

M65
1. U. Hamminen, FIN 50.30
2. J. Vyskovky, Cz. Rep 41.90
3. H. Vieweg, GER 41.60
4. K. Oweger, GER 40.54
5. M. Jarvinen, FIN 39.24
6. V. Jonsson, SWE 38.68

M75
1. E. Svennevik, NOR 31.84
2. E. Ferrero, ITA 28.08
3. K. Langer, GER 26.64
4. K. Werner, GER 24.44
5. J. Konarik, Cz. Rep 23.72
6. O. Kiekkanen, FIN 22.96

M80
1. M. Riboni, ITA 32.08
2. A. Fleischhauer, GER 24.76
3. B. Wischmann, GER 24.60
4. T. Pohja, FIN 23.50
5. A. Amoretti, ITA 23.30
6. E. Weitz, GER 22.56

W35
1. W. Karsak, UKR 46.86
2. A. Jensen, DEN 38.36
3. V Panagiotopouloy GRE 37.22
4. T. Uibo, EST 37.08
5. G. Emmert, GER 35.18
6. I. Zuijdervliet, HOL 32.28

W40
1. U. Hohenberg, GER 41.52
2. K. Eichbaum, GER 39.34
3. R. Hofmann, GER 36.96
4. S. Lovgren, FIN 36.26
5. L. Busse, GER 34.78
6. R. Lang, AUT 24.26

W45
1. S. Pallay, HUN 48.08
2. B. Moeller, GER 38.82
3. J. Van Anholt, HOL 36.32
4. I. Faldager, DEN 35.84
5. J. Brasser, HOL 35.00
6. M. Magyar, HUN 34.54

W50
1. I. Miller, SWE 41.86
2. K. Illgen, GER 41.08
3. T. Danilova, RUS 39.50
4. L. Khmelevskaia, BLS 38.72
5. M. Jakobsone, LAT 36.28
6. E. Polakova, Cz Rep 31.72

W55
1. A. Broemmel, GER 32.36
2. A. Satsi, EST 32.00
3. C. Roovers, HOL 31.76
4. K. Jensen, DEN 29.30
5. M. Zahn, GER 28.36
6. E. Strasdas, GER 25.88

W60
1. Z. Wissinger, GER 37.64
2. A. Ivanova, RUS 32.90
3. A. Scholten, GER 25.08
4. D. Cambruzzi, ITA 20.96
5. H. Steinlechner, AUT 19.02
6. M. Gonzales-Ortiz ESP 14.88

#65
1. N. Fonomariova, UKR 29.10
2. M. Hamm, GER 29.00
3. M. Barth, GER 23.62
4. U. Foerster, GER 22.74
5. H. Schneider, GER 21.80
6. R. Hanssens, BEL 21.30

W70
1. K. Jortikka, FIN 24.30
2. I. Pleuger, GER 21.48
3. H. Groth, GER 20.52
4. N. Kutti, EST 18.54
5. M. Strueven, GER 16.70

W75
1. A. Reile, GER 21.24
2. J. Sik, HUN 16.00
3. M. Ronni, FIN 15.36
4. A. Binder, GER 13.96
5. G. Knyz, AUT 11.20
6. E. Puttice, GER 10.00

Javelin
M40
1. J. Markus, FIN 70.96
2. J. Damgren, SWE 62.44
3. S. Zabibnski, POL 60.72
4. K. Magi, EST 57.72
5. P. Muttanen, EST 54.28
6. I. Bollas, GRE 53.88

M45
1. J. Brandt, GER 59.00
2. N. Krasheninnikov RUS 55.82
3. J. Dannenberg, GER 54.06
4. W. Vogt, GER 53.00
5. S. Leroy, FRA 51.60
6. G. Dec. POL 49.32

M50
1. H. Noreborn, SWE 51.10
2. V. Javanainen, FIN 48.50
3. J. Klok, Cz. Rep 46.58
4. A. Rydstrom, SWE 42.06
5. H. Will, GER 41.82
6. M. Kamila, FIN 41.82

M70
1. E. Eriksson, FIN 45.58
2. A. Yli-Luopa, SWE 38.80
3. H. Lund, NOR 34.84
4. N. Barth, GER 33.80
5. A. Dreher, GER 33.60
6. H. Worthmann, GER 32.48

M75
1. W. Rennschuh, GER 33.36
2. K. Langer, GER 32.76
3. L. Sahlstrom, FIN 30.06
4. T. Giesinger, AUT 28.98
5. T. Presser, GER 25.82
6. E. Svennevik, NOR 20.44

M80
1. G. Schepe, GER 32.58
2. T. Brandvold, NOR 26.60
3. T. Pohja, FIN 22.72
4. B. Wischmann, GER 22.38
5. O. Renvall, FIN 20.78
6. F. Klempa, Cz. Rep 20.62

W35
1. M. Kalviste, EST 52.16

W40
1. R. Stange, GER 46.50
2. S. Sebrowski, GER 39.68
3. S. Fragoudi, GRE 31.00
4. V. Thompson, GBR 26.42
5. E Prohaska Atanassova Bulgaria 25.54

W45
1. H. Haase, GER 39.20
2. J. Klimesova, Cz Rep 36.70
3. B Svike Svitine, LAT 31.68
4. M Yordanova Yakovtcheva BUL 31.54
5. M. Stastna, Cz Rep 24.26

W50
1. E. Ozolina, LAT 43.40
2. R. Vogel, GER 40.30
3. I. Falt, FIN 35.68
4. G. Mellmann, GER 31.90
5. E Szentesi Kerteszne 31.14
6. T. Rissaanen, FIN 30.00

W55
1. E. Williams, GBR 37.78
2. A. Broemmel, GER 31.34
3. K. Jensen, DEN 28.88
4. C. Roovers, HOL 28.34
5. N. Soukhova, RUS 25.32
6. A-L. Lind, SWE 17.74

W60
1. L. Leiss, GER 33.42
2. A. Forde, NOR 26.22
3. M. Radacs, HUN 25.22
4. Z. Wissinger, GER 24.68
5. S. Esser, GER 22.18
6. A. Scholten, GER 20.90

W65
1. R. Hanssens, BEL 28.68
2. C. Wippersteg, GER 21.24
3. A. Flaibani, ITA 20.56
4. T. Vuorinen, FIN 19.00
5. J. De Wilde, BEL 18.88
6. H. Keckeis, AUT 18.44

W70
1. K. Jortikka, FIN 19.12
2. H. Groth, GER 16.42
3. E-K. Jacobsen, DEN 11.24

W75
1. M. Ronni, FIN 21.62
2. A. Cressi, ITA 16.51
3. A. Korkeila, FIN 14.44
4. G. Knyz, AUT 10.05

Continued on next page

Continued from previous page

Hammer
M40
1. V. Maganas, GRE 61.44
2. P. Dickenson, GBR 56.74
3. A. Eder, GER 52.38
4. J. Grave, POR 47.62
5. G. Menini, ITA 45.76
M45
1. R. Schneider, SUI 55.32
2. J. Dias Redroso, POR 53.70
3. A. Urn, FIN 50.56
4. P. Huber, GER 45.30
5. J. Myrvang, NOR 43.48
6. J. Pink, AUT 42.50
M50
1. H. Vierlbauer, AUT 50.90
2. F. Rasmussen, DEN 56.64
3. R. Krzesinski, POL 55.84
4. N-I. Nilsson, SWE 50.16
5. E. Marchionni, ITA 48.00
6. J. Kee, GBR 47.18
M55
1. G. Dedes, GRE 49.12
2. O. Tamminen, FIN 47.56
3. I. Tuomela, FIN 46.94
4. E. Podwysocki, POL 46.66
5. M. Losch, GER 45.64
6. P. Eerola, FIN 45.58
M60
1. G. Husson, FRA 55.26
2. R. Rzehak, GER 50.78
3. A. Sather, NOR 46.98
4. D-A, Bayes, GBR 46.34
5. M. Rehula, FIN 45.82
6. M. Litvindenko, UKR 45.52
M65
1. H. Vieweg, GER 35.52
M70
1. M. Batby, FRA 42.90
2. B. Vendelin, FIN 41.74
3. L. Tamminen, FIN 41.16
4. A. Dreher, GER 37.98
5. V. Makela, FIN 35.84
6. A. Surza, ITA 35.20
M75
1. K. Andersson, FIN 34.44
2. E. Svennevik, NOR 34.40
3. E. Ferrero, ITA 30.70
4. F. Meyer, GER 24.58
5. L-A. Byrne, GBR 21.80
M80
1. A. Fleischhauer, GER 30.86
2. O. Renvall, FIN 29.64
3. B. Wischmann, GER 28.62
4. M. Riboni, ITA 25.66
5. T Pohja, FIN 25.16
6. K. Jarvinen, FIN 23.52
W35
1. G. Emmert, GER 40.40
2. C. Uthe, GER 38.84
3. E. le Claire, GBR 33.50
4. A. Jensen, DEN 32.96
5. S. Karlstrom, FIN 32.14
W40
1. E. Gacs, ITA 38.56
2. U. Hohenberg, GER 37.38
3. H. Matheussen, BEL 37.08
4. M. Henriksson, FIN 35.24
5. R. Lang, AUT 33.92
6. R. Hofmann, GER 29.82
W45
1. I. Faldager, DEN 41.46
2. M. Gens, GER 29.04
3. S. Fahrion, GER 26.84
4. B. Moeller, GER 26.80
5. R. Alexander, GBR 26.68
6. U. Mackenroth, GER 25.94
W50
1. I. Kirchhofs, GER 37.76
2. S. Meili, SUI 36.16
3. H. Erikson, EST 35.90
4. B. Lange, GER 34.28
5. A. Kasparek, GER 32.36
6. G. Mellmann, GER 31.38
W55
1. E. Williams, GBR 45.02
2. C. Baum, GER 35.58
3. H. Rupp, GER 29.80
4. A. Broemmel, GER 29.28
5. C. Derien, GBR 27.98
6. I. Duerr, GER 26.44
W60
1. A. Ivanova, RUS 33.76
2. Z. Wissinger, GER 29.96
3. A. Scholten, GER 28.14
4. E. Poetsch, AUT 27.06
5. S. Esser, GER 24.72
6. H. Steinlecher, AUT 23.72
W65
1. M. Barth, GER 29.68
2. T. Vuorinen, FIN 24.38
3. B. Hestmann, NOR 22.88
4. M. Surza, ITA 22.80
5. J. De Wilde, BEL 22.54
6. H. Keckeis, AUT 21.74
W75
1. A. Kaukinen, FIN 18.34
2. A. Reile, GER 17.66
3. E. Schepe, GER 17.22
4. J. Sik, HUN 16.38
5. G. Knyz, AUT 13.64
6. E. Puttich, GER 11.92

Pole Vault
M40
1. B. Hooper, GBR 4.80
2. W. Kozakiewicz, GER 4.70
3. Z. Sarcevic, Yug. 4.50
4. K. Gissurarson, ICL 4.40
eq A. Hadinger, Cz. Rep. 4.40
6. T. Tongas, GRE 4.30
M45
1. F. Johansen, DEN 4.20
2. V. Makela, FIN 4.00
3. D. Borrey, BEL 4.00
4. J. Salminen, FIN 3.90
5. A. Linder, SUI 3.90
6. H. Brunner, SUI 3.90
M50
1. H. Lagerqvist, SWE 4.20
2. D. Kalo-Vasko, HUN 3.70
3. W. Riediger, GER 3.60
4. F. Eberle, SUI 3.60
5. P. Gabbett, GBR 3.60
6. H. Albrecht, GER 3.50
M55
1. P. Alajuuma, FIN 3.40
2. L. Sterckx, BEL 3.40
3. F. Moldvai, HUN 3.30
4. L. Svardsen, SWE 3.30
L. Visti, FIN, eq 3.30
6. V. Portakis, GRE 3.10
M60
1. I. Sopanen, FIN 3.50
2. B. Brown, GBR 3.50
3. R. Efstathiadis, GRE 3.30
4. H. Sell, DEN 3.10
5. R. Seidler, GER 3.00
6. M. Kirm, EST 2.80
M65
1. A. Woods, GBR 2.60
2. W. Fachmann, GER 2.50
3. A. Compri, ITA 2.40
M70
1. P. Penttila, FIN 2.50
M75
1. W. Finnanger, NOR 2.20

Pentathlon
M40
1. V. Gruzenkin, RUS 3505
2. K. Adamski, NOR 3237
3. P. Zeniou, GBR 3187
4. A. Pina Florit, ESP 2909
5. V. Plotnikov, RUS 2880
6. P. McIlfatrick, GBR 2825
M45
1. J. Charlton, GBR 3745
2. R. Bruhnke, GER 3718
3. W. Kikowski, POL 3481
4. J. Dannenberg, GER 3340
5. H. Hanke, GER 3332
6. A. Wolf, GER 3295
M50
1. R. Geese, GER 4022
2. W. Kraatz, GER 3999
3. B. Hasieber, GER 3838
4. W. Lotz, GER 3570
5. L. Carvalho, POR 3400
6. J. Bartoschik, GER 3192
M55
1. W. Schallau, GER 4000
2. J. Hudowenz, GER 3843
3. R. Dahms, GER 3701
4. W. Salberg, GER 3556
5. H. Janson, GER 3445
6. L. Vanderbosch, BEL 3340
M60
1. J. Kalis, TCH 3763
2. G. Gartner, GER 3684
3. I. Sopanen, FIN 3678
4. H. Schmid, GER 3647
5. A. Kanerva, FIN 3418
6. P. Naughton, IRL 3323
M65
1. M. Kamila, FIN 3567
2. F. Morgenroth, GER 3201
3. N. Metelkin, RUS 3113
4. H. Klafki, GER 3081
5. A. Marques Blanko ESP 3080
6. E. Hoeht, GER 2925
M75
1. A. Kautto, FIN 3287
2. J. Konarik, TCH 3017
3. E. Eble, GER 2114
M80
1. F-E Mahlo, GER 2850
2. V. Colo, ITA 2791
3. H. Busch, GER 1900
W35
1. J. Brown, GBR 3702
2. V. Knipping, BEL 3532
3. A. Jensen, DEN 3378
4. T. Dremina, RUS 3240
5. R. Bock, GER 3204
6. M. Lejeune-Fabardine 2793
W40
1. T. Potapova, RUS 3994
2. S. Schwarz, GER 3468
3. A Schumichrastova SVK 3149
4. E. Groot, HOL 2154
5. E. Kulvand, EST 2146
W50
1. F Kuemmerle-Valk GER 4192
2. M Maier, AUT 4058
3. E. Staehle, GER 3873
4. R. Van Walree, HOL 3416
5. R. Dijkman, HOL 3331
6. A. Kalsikadelli, GRE 3023
W55
1. L. Kaas, EST 3879
2. H. Werner, GER 3817
3. S. Schroepfer, GER 3608
4. C. Eschenbach, GER 3041
W60
1. A. Larsson, SWE 4130
2. G. Mjelde, NOR 3990
3. C. Kreuzwieser, GER 3441

20km Road Walk
M40
1. C. Karagiorgos, GRE 1.32.31
2. N. Aitmuhametov, RUS 1.34.32
3. F. Ruzzier, ITA 1.34.49
4. A. Karagiorgos, GRE 1.35.12
5. F. Parys, Cz Rep 1.35.54
6. K. Kabas, GRE 1.36.24
M45
1. J-P Saint Martin FRA 1.40.15
2. J. Siegele, AUT 1.46.16
3. P. Eisfeller, GER 1.46.22
4. J. Plak, Cz. Rep 1.48.32
5. E. Straka, SLV 1.49.42
6. G. Kiss, HUN 1.51.11
M50
1. N. Shparaga, BYL 1.41.41
2. P. Brennan, IRE 1.44.49
3. J. Fiala, Cz Rep 1.44.53
4. G. Bar, GER 1.47.17
5. R. Lerme, LAT 1.48.40
6. P. Andreotti, ITA 1.50.24
M55
1. R. Pelliccia, ITA 1.41.05
2. B. Caudron, FRA 1.45.20
3. S. Dukala, POL 1.45.41
4. E. Ivtchenko, BYL 1.47.18
5. A. Kuchumov, RUS 1.52.09
6. F. Knaringer, GER 1.52.20
M60
1. V. Lykov, UKR 1.52.40
2. M. Sciarbetta, ITA 1.54.03
3. D. Fotheringham, GBR 2.01.56
4. B. Viirandi, EST 2.04.10
5. V. Kapitonov, RUS 2.04.11
6. R. Weidmann, FRA 2.06.12
M65
1. D. Withers, GBR 2.04.34
2. T-J. Simons, GBR 2.07.00
3. B. Neuman, Cz Rep 2.07.14
4. A. Arena, ITA 2.14.54
5. R. Austermuehle, GER 2.18.45
6. R. Hockauf, GER 2.21.06
M70
1. C. Bomba, ITA 2.04.44
2. L. Creo, GBR 2.08.30
3. H. Gustavsson, SWE 2.20.35
M75
1. R. Jordell, NOR 2.19.39
2. P-G. Malins, GBR 2.25.23
3. A. Svensson, SWE 2.28.01
4. J. Bouillon, FRA 2.35.24
5. G. Enault, FRA 2.39.16
6. F. Cauvin, FRA 2.51.55
M80
1. F. Scimone, ITA 2.21.53
2. M. Brivio, ITA 2.45.40
3. H. Hanckel, GER 2.55.07
4. J. Luther, GER 3.04.00

10km Road Walk
W35
1. A. Kuukkanen, FIN 50.35.1
2. M Fernanda Ferreira 55.48.6
3. G. Granados, ESP 56.49.7
4. M. Schwantzer, AUT 59.32.0
5. L. Vishnakova, UKR 61.25.0
W40
1. L. Nityagovskya RUS 50.26.1
2. R. Meinlschmidt, GER 58.11.4
3. J. Briz, ESP 58.56.5
4. E. Tust, GER 67.59.1
5. A. Mukranyi, HUN 75.13.9
W45
1. J. Bonnet, FRA 59.00.8
2. M. Martine, SUI 64.50.6
3. N. Liim, EST 65.35.6
4. R. Alexander, GBR 67.10.3
5. K. Navratilova, Cz 68.38.0
6. G. Prigotskaia, BYL 71.38.4
W50
1. W. Seiler, GER 54.33.3
2. M. Steiner, SUI 57.46.7
3. C. Goyenech, FRA 60.27.3
4. M. Hoernecke-Gil ESP 62.00.1
5. K. Lindgren, SWE 62.51.4
6. T. Knaeringer, GER 68.51.5
W55
1. G. Migliaso, ITA 57.04.7
2. L-M Kalweit-Marloth 62.40.3
3. G. Coesfeld, GER 67.14.3
4. R. Broders, GER 68.36.7
5. A. Maimbourg, FRA 72.42.0
W60
1. D. Leclerc, FRA 62.39.6
2. I. Hoecq, FRA 71.50.6
3. A M. Biorgman, SWE 73.37.3
W65
1. O. Meyer, GER 63.11.0
W70
1. E-V. Wistrom, SWE 70.01.0
2. U. Theune, GER 70.26.0
3. D. Cauvin, FRA 76.02.0
W75
1. M. Nyberg, SWE 82.32.0

Marathon
M40
1. F. Pechek, TCH 2.32.54
2. I. Gomes Silva, POR 2.34.48
3. A Tcherednichenko RU 2.34.52
4. D. Wegner, GER 2.36.32
5. Z. Lunski, POL 2.36.50
6. M. Gallo, ITA 2.37.54
M45
1. N. Hernando, ESP 2.33.09
2. J. Van De Water, BEL 2.35.02
3. P. Wechler, GER 2.35.49
4. I. Bogdanov, RUS 2.37.20
5. M. Pavlovic, YUG 2.43.38
6. L. Skotzke, GER 2.45.16
M50
1. J. Adomeit, GER 2.38.24
2. P. Lessing, GER 2.43.27
3. V. Kun, RUS 2.44.06
4. K. Hugentobler, SUI 2.47.20
5. M. Bassi, ITA 2.49.19
6. S. Buseltto, ITA 2.54.54
M55
1. M. Rosales, ESP 2.51.03
2. J. Gendrot, FRA 3.02.05
3. J-C. Prigent, FRA 3.04.58
4. I. Zorzos, GRE 3.05.55
5. A. Vihersalo, FIN 3.06.25
6. G. Schaefers, GER 3.09.43
M60
1. H. Hun, GER 2.53.02
2. F. Vicente, POR 2.57.54
3. P. Dubocs, FRA 2.57.56
4. T. Herkert, GER 3.05.18
5. G. Sicky, RUS 3.06.49
6. K. Linder, SWE 3.07.45
M65
1. J. Tuska, SVK 3.48.35
2. R. Blois, GBR 3.52.33
3. R. Fichtner, GER 3.59.46
4. R. Iten, SUI 4.00.34
5. E. Rathgeb, GER 4.03.13
6. E. Nisula, FIN 4.23.00
M70
1. K. Skarsvag, NOR 3.35.49
2. H. Gutbier, GER 3.48.48
3. T. Raevaara, FIN 3.53.18
4. A. Souhard, FRA 4.07.49
5. A. Virolainen, FIN 4.21.53
6. G. Andersson, SWE 4.30.31
M75
1. A. Osselaer, BEL 4.07.48
2. A. Bucher, SUI 4.52.19
3. R. Jordell, NOR 5.32.26
M80
1. L-M Aellen, SUI 4.42.43
2. W. Dietrich, GER 4.53.13
W35
1. E. Gebauer, GER 3.16.02
2. E. Budinska, SVK 3.29.42
3. B. Brueckner, GER 3.32.31
4. H. Stuart, IRL 3.38.55
5. N. Bluma, LAT 3.46.04
6. R Dimitrova-A, BUL 3.46.53
W40
1. A. Sturm, GER 3.21.57
2. N. Medvedeva, RUS 3.23.16
3. I. Koal, GER 3.38.51
4. R. Bertola, FRA 3.48.17
5. H. Sourkova, TCH 3.51.59
6. I. Arsova, BUL 4.33.00
W45
1. G. Wettstein, SUI 3.17.45
2. E. Novotna, TCH 3.23.00
3. J. Souniarova, SVK 3.27.26
4. G. Mueller, GER 3.31.07
5. E. Seidlova, SVK 3.34.29
6. L. Cazes, FRA 3.41.23
W50
1. V. Rulcova, TCH 3.29.32
2. L. Nomikou, GRE 4.14.20
3. P. Chiurlea, ROM 4.28.09
4. K. Gueorguieva, BUL 4.35.18
5. I. Zink, GER 4.47.21
6. A-G. Karlsson, SWE 5.03.29
W55
1. R. Choppin, FRA 3.21.44
2. B. Eklund, SWE 3.28.29
3. N. Kavtaskina, LAT 3.36.51
4. A. Severinkangas FIN 3.39.38
5. E. Kuehnert, AUT 3.55.06
6. J. Rosinskaz, POL 4.02.40
W60
1. G. Kunzler, SUI 3.54.19
2. N. Gastaldi, ITA 4.36.30
3. L. Sunova, SVK 4.52.38
4. S. Kataki, GRE 5.29.18
W65
1. H. Kuendig, SUI 4.36.14
2. M. Dahinden, SUI 4.41.58
3. H. Gunkel, GER 5.42.57
W70
1. M. Hanakova, TCH 5.29.16

# LONG DISTANCE 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 3 months old. Results that are typed (maximum 28 spaces/2¼" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

### First McLean Street Mile
### McLean, VA; May 30

Overall
Jim Garster 4:13.03
Paula Renzi 4:55.00
M40 Paul Ryan 43 4:37.4
Bill Lee 42 4:39.6
Tim Doescher 43 4:44.2
Tom Jones 4:54.7
Marshall Jones 4:54.9
M50 Bill Wooden 50 5:04.3
M60 Larry Dickerson 5:39.9
W40 Nancy Smith 44 5:54.2
W50 Chris Stockdale 5:25.7
W55 Ecris Williams55 6:31.9
W45 Fran Clark 49 6:24.3

### J & H Twilight Classic 5K
### Parsippany, N.J.; June 8

M40 Roger Price 16:20
David Dunne 16:31
Kelly Jensen 16:38
M50 Bill Hagman 17:13
Pat Cosgrove 17:40
J. Guttenberger 19:21
M60 Hans Hunsicker 20:13
Stan Chodnicki 21:23
Joseph LaBruno 21:37
M70 Dudley Healy(80) 25:44
Santee Tallia 26:16
A. Evangelista 30:09
W40 Jane Parks 20:35
Paula D-Taylor 20:38
Kuniko Hurley 20:58
W50 Madeline Bost 20:46
Ann Gillespie 22:14
Nancy Patron 25:20
W60 Lois Filries 24:49
Joyce Kuschke 26:26
Phyllis Gorman 27:27
985 Finishers

### Shelter Island 10K
### Shelter Island, L.I., NY; June 11

Overall
Khaled Khannouchi 22 29:43
Jeanne Peterson 24 35:29
M40 Paul Mascali 42 32:46
Chris Webber 42 33:13
Alan Oman 44 33:29
Dan Brach 43 33:41
Vincent Shaw 41 35:09
Jim Walsh 44 36:02
Joe Wynne 42 36:03
Luis Guachichulca46 36:15
Bob Moritz 45 36:18
M50 Dan Badalament 51 38:14
Tony Denecina 51 38:50
Richard Murphy 59 39:18
Donald Davis 57 40:29
Pat Sarubbi 51 40:31
Dan Ingegno 50 40:34
M60 Richard Opsahl 62 46:21
George Thompson 68 49:01
Americo Fiore 64 50:29
Richard Rogin 62 50:58
M70 Andrew Neidnig 74 56:18
Mel Freidel 73 60:56
Walter Moritz 76 77:03
W40 Susan Given 41 40:05
Linda Sullivan 40 42:43
Jane Faraldi 40 44:14
Laura Schay 48 44:33
Brenda Seidner 40 44:48
W50 Carolyn Langford52 52:42
Rosita Benson 52 54:44
Anne Riordan 51 55:42
W60 Cynthia Murphy60(RW) 59:56
W70 Althea Wetherbee75 65:44

### Olympic 5K
### Washington, DC; June 12

Overall
Sydney Maree 36 15:03
Ann Bostad 27 18:09
M40 Michael Mutek 18:21
Joseph Paradiso 19:13
Patrick Cullinan 19:36
M45 Michael Cady 18:30
Bob Chase 19:20
William Scot 19:43
M50 John Benkert 17:21
Bernie Green 18:42
James Medas 19:13
M55 Joseph Marhoefer 22:47
Lee Masser 25:44
Bob Enzel 28:48
M60 Robert Smith 20:50
Roger Peele 29:56
M65 Paul Lackey 21:48
Dixon Hemphill 22:26
Don Stovall 25:31
M70 Thaddeus Taylor 26:00
Dwight Swanson 29:34
Paul Hauck 29:59
W40 Betty Blank 20:24
Hartzell Stringer 21:05
Suzy Mink 22:10
W45 Carol Morris 25:26
Evelyn Holst 25:58
Janice Gordon 29:15
W50 Sharon Schmickie 27:40
W55 Margo Dunlavey 33:10
W65 Terry Hamilton 38:56
W70 Betty Lathers 50:01

### Mount Washington Road Race
### (7.6 miles, base to summit)
### Pinkham Notch
### Gorham, NH; June 18

Overall
Dave Dunham 30 63:22
Jacqueline Gareau 41 76:16
M40 Keith Woodward 70:03
Chuck Smead 71:13
Dave Walecka 74:20
M50 Sumner Brown 72:37
W40 J Gareau 76:16
Deb Raszman 1:41:12
Karen Knuepfer 1:41:28
W50 Martha Rockwell 1:34:39
W55 Carrie Parsi 1:43:14
Age-Graded 40+ Performances

| Name | AgeTime | A-G |
|---|---|---|
| 1 Sumner Brown | 50 72:37 | 63:55 |
| 2 K Woodward | 43 70:03 | 64:47 |
| 3 Chuck Smead | 42 71:13 | 66:18 |
| 4 Dave Walecka | 40 74:20 | 70:05 |
| 5 Don Hennigar | 42 76:24 | 71:07 |
| 6 John Barbour | 40 77:18 | 72:53 |
| 7 Peter Dane | 46 81:55 | 74:14 |
| 8 J Stableford | 49 83:43 | 74:16 |
| 9 J Cederholm | 51 85:19 | 74:31 |
| 10 Gary Ring | 44 82:12 | 75:31 |
| 1 J Gareau | 41 76:16 | 70:58 |
| 2 M Rockwell | 50 94:39 | 82:11 |
| 3 C Parsi | 55 103:14 | 85:31 |

### Run For The Roses 10K
### Denville, N.J.; June 18

M40 Manuel Gama 34:43
Tom Fitzgerald 38:45
Art Elias 38:54
M45 Radames Acosta 37:49
James Gelsomini 37:52
Jack Cubbison 37:56
M50 Bill Hagman 35:35
Geo. Wittmann 40:01
John Spence 41:39
M55 Don Bozzone 43:00
Woody Geary 44:03
Henry Pontious 47:51
M60 Bill Engle 44:56
Walt McConnell 46:33
Alfred Lockwood 55:07
M65 Leonard Morgan 52:18
Charles Marti 56:19
William Draper 56:34
M70 Bob Mason 59:35
M80 Dudley Healy 53:46
W40 Jane Parks 43:13
Kuniko Hurley 44:04
Diane Hawkins 44:52
W45 Betty McCulloch 43:25
Dilys Goodwin 46:53
Natalie Grabow 47:54
W50 Ann Gillespie 47:21
Celeste Fondaco 51:10
Kathy Engle 57:41
W55 Ime Dyson 49:41
Nancy Patron 52:45
W60 Lois Filreis 53:27
S. Pettijohn 69:03
Melva Murray 69:04
W65 Janine Maltas 58:47
541 Finishers

### Long Island Women's 5K
### Jericho, NY; July 2

W40 Kathy Gribbon 19:04
Kathy Martin 19:34
W45 Mary Ryan 20:07
W50 Meeri Bodelid 20:06
W55 Marion Stanjones 21:11
W60 Thelma Wilson 23:48
W65 Margie Munro 27:43
W70+Althea Wetherbee 31:30



## SOUTHEAST

### Storyland 5K
### New Orleans, LA; June 5

Overall
Tom Sawyer 16:05
Denise Billiot 18:55
Top Masters
Junius Nixon 16:38
Yvonne Lee 21:25
M30 Brent Bueche 17:44
M35 Mike Grigo 16:25
M40 Yassine Belaabed 17:16
M45 J R Brown 17:17
M50 Al Dehon 20:09
M55 Mike Witkin 18:21
M60 Eddie LeRouge 22:25
M65 J J Klos 28:59
M70+Gordon Gaille 27:00
W30 Ginger Mason 23:16
W35 Georgia Miller 20:24
W40 Stephanie Payne 21:26
W45 Carol Palmer 23:16
W50 Ruth Baehr 23:15
W55 Barbara Meyer 25:19
W65 Connie Butler 36:45
W70+Elisabeth VanBattum 25:24

## MIDWEST

### Run For The Roses 5K
### La Grange Park, IL; May 14

Overall
Mel Diab 44 16:43
Laura Ireland 20:30
M30 Pat Dombrowski 17:00
Kyle Billings 17:30
M35 Bill Flynn 2nd 16:48
Joe Serra 19:01
M40 Mel Diab 44 16:43
Mike Barrett 17:12
M45 Glen Gustafson 17:35
John Breritz 18:55
M50 Maury Dean 17:14
Harry Shechel 20:23
M55 Joe Arnold 19:53
Boris Freius 20:02
M60 Dennis Sullivan 26:31
Jerry Fox 28:04
M65+Ted Swart 29:03
W30 Victoria O'Brien 22:06
Karen Thimming 26:25
W35 Gayle Miller 2nd 21:40
W40 Arlene Jarrab 26:44
W45 Terry Mudia 26:14
W55 Sandie Troyer 27:53

### Herinfesta Italiana 10K
### (RRCA Illinois Championships)
### Herrin; May 30

Overall
Joseph Leuchtmann 29 30:16
Heather Lucas 26 34:06
M40 Larry Swanson 32:45
Gary Holda 32:54
Dave Daum 34:03
Dennis Wescott 34:38
M45 Thys Bax 34:40
Jack Meyer 35:24
Mark Hosler 36:10
Neil Ackerman 37:13
M50 Larry Franklin 40:28
Finis Jones 40:38
Richard Parkhurst 41:37
M55 Jack LeMay 39:26
James McHose 46:56
M60+Chas Stinson 42:30
Joe Bozarth 45:51
W40 Catherine Wides 44 40:41
Muggs Colter 44:16
W50 Joy Gilbert 44:29
Sue Kramer 44:56
W60 Vera Whiteside 59:43

## MID-AMERICA

### Trinity Hospital Hill 8K/
### Half-Marathon
### Kansas City, MO; June 5

8K
Overall
David Johnson 25:51
Theresa Stelling 29:00
M40 Bob Logan 27:54
Dave Conover 28:29
Terry Friedrich 29:32
Jose Montanez 30:32
Jim Bloomberg 31:05
Mark Conner 31:20
Jr Flores 32:02
Benjamin Rodriguez 32:50
David Mannering 32:53
Richard Felton 33:39
M45 Robert Dever 30:10
Rick Hogan 30:40
Jim Ryun 31:19
Fritz Barlag 31:50
Dennis Tighe 32:14
Hector Ortiz 32:19
Robert McLaughlin 33:46
Ron Rutledge 34:01
Wes Dutton 34:21
M50 Ted Glenn 31:55
Joe Lechner 32:06

Continued on next page

Continued from previous page

| | | |
|---|---|---|
| | Joe Struemph | 33:10 |
| | Leon Mattocks | 33:54 |
| | Clark Oliver | 35:23 |
| | Brian Barkley | 35:33 |
| | Bill Ramey | 35:59 |
| | Jack Robinson | 37:00 |
| M55 | Bobby Kincaid | 31:12 |
| | James Peller | 31:46 |
| | H Robert Craddock | 36:23 |
| | Ray Silvey | 37:28 |
| | Bob Carroll | 38:37 |
| | William Hoobing | 39:06 |
| | Joseph Blasy | 39:23 |
| M60 | Paul Heitzman | 33:00 |
| | Firmin Snodell | 40:18 |
| | Ron Davis | 42:10 |
| | Frank Doty | 42:49 |
| | Ron Riggs | 43:38 |
| | Cadamus Lackey | 45:20 |
| M65 | Gerald Witten | 36:40 |
| | Bob McCallister | 37:11 |
| | Frank Creason | 41:56 |
| | William Hurley | 46:56 |
| | Stanley Rostov | 48:42 |
| W40 | Sharon Greenwood | 34:17 |
| | Nancee Weeks | 34:25 |
| | Debra Callaway | 37:03 |
| | Jean Farley | 37:49 |
| | Lea Anne Latimer | 38:43 |
| | Lexa Alley | 38:54 |
| | Jan Lewis | 38:59 |
| | Suzanne McCallister | 40:44 |
| W45 | Judith Muller | 36:21 |
| | Mary Teiken | 36:32 |
| | Patty Lanning | 38:21 |
| | Jeannie Van Winkle | 40:51 |
| | Linda Miller | 41:32 |
| | Paula Winchester | 42:26 |
| | Melba Fite | 42:39 |
| W50 | Susie Turner | 37:58 |
| | Margaret Davis | 39:30 |
| | Pat Hockett | 43:26 |
| | Barbara May | 47:24 |
| | Lillian Diaz | 47:50 |
| | Ruth Gurwell | 50:14 |
| W55 | Marilyn Potter | 42:06 |
| | Wanda Pruetting | 46:36 |
| | Janice Talge | 47:44 |
| | Anne Francis | 48:46 |
| | Nancy Sue Ribas | 50:03 |
| W60 | Ann Williams | 43:50 |
| | Jeanelle Twillman | 45:15 |
| | Diana Coleman | 50:58 |
| | Bonnie Maschka | 56:50 |
| W65 | Mary Eva Taylor | 60:20 |
| | Jean Benear | 64:46 |

Half-Marathon

Overall

| | | |
|---|---|---|
| John Kopkoskei | | 1:02:18 |
| Lisa Weidenbach | | 1:15:10 |
| M40 | Doug Kurtis | 1:10:25 |
| | Charlie Gray | 1:10:45 |
| | Dave Daum | 1:16:14 |
| | Gary Zeuner | 1:16:33 |
| | Steve Riley | 1:17:58 |
| | Kent McDonald | 1:19:37 |
| | Carl Sniffen | 1:20:35 |
| | David Talburtt | 1:21:52 |
| | Pat Walsh | 1:22:07 |
| | Richard Jarrett | 1:22:17 |
| M45 | Bob Buhmester Jr | 1:24:10 |
| | Greg Hartman | 1:25:09 |
| | Bernie Candy | 1:25:20 |
| | Bob Malkames | 1:26:21 |
| | John Brink | 1:27:24 |
| | Richard Ebel | 1:27:37 |
| | Larry Davison | 1:27:43 |
| | Robert Fernandez | 1:28:25 |
| | Welden Herbert | 1:28:54 |
| M50 | Charles Mabry | 1:35:08 |
| | Ron Grauer | 1:27:14 |
| | Wally Brawner | 1:29:10 |
| | Eugene Wren | 1:31:32 |
| | Bill Scott | 1:32:26 |
| | Art McCullough | 1:32:32 |
| | Wayne Hobelmann | 1:34:41 |
| | David Knudson | 1:36:44 |
| | Mike Laughon | 1:36:55 |
| M55 | Mustan Singh | 1:22:03 |
| | Thom Weddle | 1:27:26 |
| | Richard Wooton | 1:28:34 |
| | Walt Wozniak | 1:37:06 |
| | Peter Stauffracher | 1:37:52 |
| | Dave Boone | 1:38:00 |
| | Art Corbin | 1:39:50 |
| M60 | Dick Wilson | 1:17:18 |
| | John O'Donnell | 1:34:44 |
| | Louis Joline | 1:34:46 |
| | Art Jiminez | 1:36:57 |
| | Bud Wheeler | 1:40:57 |
| | Russell Johnson | 1:45:52 |
| | Ed Alexander | 1:49:10 |
| M65 | Jack Rector | 1:56:06 |
| | Bill Kephart | 2:01:29 |
| | Frederico Adler | 2:05:58 |
| | Richard Mitchell | 2:08:28 |
| | Ben Tippins | 2:09:47 |
| M70+ | Tulsaross Waltzer72 | 1:59:46 |
| | Ed Burnham 74 | 2:42:10 |
| | Jim Reeds 72 | 2:47:04 |
| W40 | Marcia Dowling | 1:33:50 |
| | Marilyn Dolan | 1:40:18 |
| | Kay McVey | 1:43:01 |
| | Dee Boeck | 1:43:38 |
| | Cathy Canavan | 1:46:32 |
| | M A Lambrechts | 1:48:17 |
| | Rebecca Dukes | 1:48:23 |
| | Boni Wagers | 1:49:59 |
| W45 | Jane Hutchison | 1:28:58 |
| | Suzi Hilbride | 1:36:20 |
| | Diane Taylor | 1:43:21 |
| | Marian Loftin | 1:47:23 |
| | Linda Giesen | 1:47:38 |
| | Vernita Beck | 1:48:40 |
| | Dorris Hill | 1:49:56 |
| W50 | Brenda Davidson | 1:40:57 |
| | Judith Harmony | 1:50:27 |
| | Mary McConnell | 1:50:54 |
| | Nancy Moore | 1:58:07 |
| | Mary Haley | 1:59:19 |
| | Janet Littlefield | 1:59:26 |
| W55 | Carol Strasser | 2:07:57 |
| | Ann Nelson | 2:13:15 |
| | Jane Monk | 2:13:15 |
| | Nancy Moore | 2:18:39 |
| | Laverne Aufmuth | 2:38:42 |
| W60 | Fritzi Hazelrigg | 2:09:00 |
| | Mary Specking | 2:22:58 |
| | Dorothy Davis | 2:36:06 |
| W65 | Dottie Gray | 2:22:29 |
| | Mary Otte | 2:42:06 |

### KRDO Garden of the Gods 10 Mile
### Colorado Springs, CO; June 12

Overall

| | | |
|---|---|---|
| Silvio Guerra 25 | | 49:24 |
| Lourdes Lopez 20 | | 61:13 |
| M30 | Andy Ames | 56:17 |
| | Douglas Hugill | 58:27 |
| | Juan Colunga | 58:43 |
| M35 | Jon Sinclair | 53:18 |
| | Dick Ledoux | 53:25 |
| | Alvaro Palacios | 55:20 |
| M40 | Jose Da Silva | 55:11 |
| | Larry Miller | 62:01 |
| | Al Grimme | 62:39 |
| M45 | Tom Burnett | 59:38 |
| | Tom Groves | 62:46 |
| | Stu Nieburg | 64:47 |
| M50 | Jim Beebe | 68:00 |
| | Ron Wisner | 71:15 |
| | Charles Keck | 71:27 |
| M55 | Thom Weddle | 67:34 |
| | Glen Ash | 72:54 |
| | R E Greene | 77:54 |
| M60 | Dale Goering | 74:57 |
| | Robert Maytag | 81:17 |
| | V E Rodriguez | 81:25 |
| M65 | Ruben Vigil | 77:19 |
| | Bob Shurte | 87:47 |
| M70 | Bob Martin | 93:49 |
| M75 | Orval Lohman | 1:49:23 |
| W30 | Lisa Mills | 65:27 |
| | Kate Kinney | 66:48 |
| | Bonnie Jortberg | 67:07 |
| W35 | Cindy Abeyta | 69:03 |
| | P M Wassik-Hinson | 70:04 |
| | Alison Duff | 71:19 |
| W40 | Lorraine Caldwell | 67:52 |
| | Ann Daxberger | 71:22 |
| | Alyn Park | 78:40 |
| W45 | Marilyn Stapleton | 71:36 |
| | Cheryl Beckwith | 73:15 |
| | Pennie Hobert | 74:38 |
| W50 | Wanda Willems | 90:04 |
| | Mary Greer | 90:21 |
| W55 | Elke Abitbol | 1:47:28 |
| W70 | Mary Kirsling | 2:24:50 |

### Grandma's Marathon
### Duluth, MN; June 18

Overall

Don Johns

| | | |
|---|---|---|
| M40 | Doug Kurtis | 2:19:46 |
| | Rob Whetham | 2:31:36 |
| | Allen Choma | 2:31:52 |
| | John Lodwick | 2:33:27 |
| | Luis Lopez | 2:35:33 |
| | T D Surprenant | 2:43:37 |
| | Steven Riley | 2:43:45 |
| | Luke Brock | 2:46:39 |
| | Doug Suker | 2:47:23 |
| | Jack Ankrum | 2:48:50 |
| | Pat Folman | 2:49:24 |
| | Don Slusser | 2:51:58 |
| | Pat Tobin | 2:52:02 |
| | Arne Liamo | 2:52:09 |
| | James Michaelson | 2:52:23 |
| | Steve Webster | 2:52:55 |
| | Ron Woods | 2:54:04 |
| | Keith Kowalsky | 2:55:45 |
| | Tim McLaughlin | 2:56:50 |
| | Tom Ledin | 2:56:59 |
| M45 | Bob Cross | 2:49:01 |
| | Charles Possin | 2:52:22 |
| | Brian Hendrickson | 2:57:01 |
| | Richard Letournea | 2:58:04 |
| | Fred Clayton | 2:58:43 |
| | Roger Fisher | 3:00:22 |
| | David Bange | 3:01:19 |
| | Louie Jagla | 3:01:23 |
| | W D Cortes | 3:02:19 |
| | Ron Rada | 3:02:30 |
| | K J Marinoff | 3:03:26 |
| | Jerry Larson | 3:03:35 |
| | D L Blakeborough | 3:03:58 |
| | John Wharem | 3:04:34 |
| | Ken Hofschulte | 3:05:12 |
| M50 | Michael Carnes | 2:49:32 |
| | Bruce Mortenson | 2:52:06 |
| | Norman Purrington | 3:01:48 |
| | Bud Nixon | 3:06:09 |
| | Marc Irwin | 3:09:38 |
| | David Johnson | 3:09:42 |
| | Paul Ford | 3:10:43 |
| | Peter Wadsack | 3:11:31 |
| | Charles Mabry | 3:17:24 |
| | Ron Bickel | 3:18:02 |
| M55 | Mel Williams | 2:58:33 |
| | Larry Barrett | 3:07:49 |
| | Art Scheinholz | 3:25:06 |
| | Dennis Leach | 3:25:46 |
| | Ross Westley | 3:30:12 |
| | Stephen Alt | 3:30:46 |
| | Allen Anderson | 3:31:27 |
| | Carl Koecher | 3:31:30 |
| M60 | Paul Kutschera | 3:12:22 |
| | Greg Prom | 3:16:18 |
| | J Schleisman | 3:19:29 |
| | Larry Engel | 3:33:03 |
| | W J Hollihan | 3:33:36 |
| | Perry Silverman | 3:36:54 |
| M65 | Bill Galbrecht | 3:33:51 |
| | Alex Ratelle | 3:47:22 |
| | Julius Velin | 4:11:02 |
| M70+ | Hank Dabney | 4:11:42 |
| | Lloyd Young | 4:12:27 |
| | John Burton | 4:15:42 |

Women's National Marathon Championships (7:35 am start)

| | | | |
|---|---|---|---|
| 1 | Linda Somers | | 2:33:42 |
| 17 | Sharlet Gilbert | W40 | 2:44:51 |

(2:50:00 qualifies for US Olympic Marathon Trials)

| | | | |
|---|---|---|---|
| 41 | Carol Virga | W40 | 2:56:22 |
| 46 | Marina Jones | W40 | 2:58:21 |
| 51 | Janet Skaalen | W40 | 3:01:15 |
| 55 | Gloria Jansen | W45 | 3:04:37 |
| 56 | Diane Stoneking | W45 | 3:05:09 |
| 61 | Carolyn Mather | W45 | 3:13:54 |
| 64 | Marny Gilluly | W40 | 3:21:14 |
| 66 | Fran LePage | W45 | 3:24:17 |
| 70 | E R Van Dyck | W40 | 3:33:39 |

Marathon (8:15 am start)

| | | |
|---|---|---|
| W40 | Sandra Mewett | 3:05:36 |
| | Nancy Stevenson | 3:08:58 |
| | Natalie McCoy | 3:10:04 |
| | Virginia Egger | 3:15:54 |
| | Jeanette MacDonald | 3:20:12 |
| | Jo Vos | 3:24:20 |
| | Judy Thompson | 3:25:13 |
| | Tip Meier | 3:28:19 |
| W45 | Faye Berger | 3:23:44 |
| | Sara Cherne | 3:32:27 |
| | Jane Rada | 3:38:25 |
| | Diane Lavelle | 3:38:52 |
| | Carmel Vrabel | 3:41:13 |
| W50 | Peggy Couper | 3:18:44 |
| | JoAnn Fiandaca | 4:12:50 |
| | Georgia Dolister | 4:13:04 |
| W55 | Wen-Shi Yu | 3:28:49 |
| | Lois DeGonda | 4:22:02 |
| | Virginia Farneman | 4:23:44 |
| W60 | Beverly Lampe | 4:27:10 |
| | L M Whitesell | 5:03:32 |
| W65 | Joy Johnson | 4:28:53 |
| | Veryl Albrecht | 4:37:12 |

## WEST

### Mount Wilson Trail Race
### Sierra Madre, CA; May 28

Overall

| | | |
|---|---|---|
| Mike Gottardi | | 58:56 |
| Janet Noren | | 76:44 |
| M30 | Bud McAllister | 65:49 |
| | Alan Reynolds | 67:44 |
| M40 | David Weller | 70:31 |
| | William Hartley | 73:22 |
| M50 | Don Caldwell | 77:01 |
| | Andre Hofer | 79:39 |
| M60+ | Mike McSkane | 1:35:39 |
| | Emilio Sanchez | 1:38:56 |
| | Art Soderblom | 1:40:36 |
| W30 | Janet Noren | 76:44 |
| | Cindy Barsow | 80:59 |
| W40 | Sue Rudolph | 81:56 |
| | Judy West | 83:20 |
| W50 | Elaine Murphy | 2:15:38 |
| | Ruth Carter | 2:48:10 |

### Bonita Road Runners 5K/5 Mile
### Bonita, CA; May 28

--5K--

| | | |
|---|---|---|
| M40 | Dave Hunter | 15:57 |
| | Marty King | 16:23 |
| | Vasilias Kondylis | 16:54 |
| M45 | Berek Fiszlewicz | 18:32 |
| | Gary Smith | 18:59 |
| | Butch Carter | 20:18 |
| M50 | Pete Kane | 19:37 |
| | Tony Davis | 20:22 |
| | Jim Goode | 20:37 |
| M55 | Jerry Selby | 19:48 |
| | Pete Savitz | 19:54 |
| | Don Garsh | 19:55 |
| M60 | Ron Morgan | 19:42 |
| | Wayne Watson | 23:02 |
| | Jack Pomeroy | 24:31 |
| M70 | Rik Elrick | 27:59 |
| | Lowell Tozer | 29:40 |
| | Robert Sprouse | 31:56 |
| W40 | Gail Zucker | 21:40 |
| | Gloria Peckman | 26:58 |
| | Connie Smith | 28:25 |
| W45 | Patsy Ambrosia | 25:11 |
| | Penny Wilkes | 27:51 |
| | Jean Jones | 31:29 |
| W50 | Kathy Loper | 20:41 |
| | Ursula Rains | 23:15 |
| | Judy Bruce | 23:36 |
| W55 | Martha Walker | 24:30 |
| | Anita Stern | 29:00 |
| W60 | Dorothy Stock | 24:01 |

--5 Mile--

| | | |
|---|---|---|
| M40 | Ian Cumming | 26:36 |
| | Joe Alvarado | 28:58 |
| | Steve Fick | 30:14 |
| M45 | Steve Dillaway | 30:09 |
| | Sergio Hernandez | 30:27 |
| | Greg Martin | 34:58 |
| M50 | Chuck Long | 31:05 |
| | Ron Heifner | 35:03 |
| | Jim Brady | 36:05 |
| M55 | Tom Morrow | 32:12 |
| | Jim Fischer | 39:54 |
| | Peter Kopkowski | 40:32 |
| M60 | Ray Parra | 37:49 |
| | Ambrosio Rodriguez | 39:07 |
| | Harold Forney | 40:04 |
| M70 | Lowell Tozer | 53:25 |
| W40 | Jean Polk | 42:22 |
| | Joann Selleck | 46:26 |
| | Katie Blayda | 46:49 |
| W45 | Angeles Gastelum | 35:39 |
| | Karen Chettle | 39:56 |
| | Patsy Ambrosia | 42:54 |
| W50 | Eilleen Pue | 35:25 |
| | Ursula Rains | 39:23 |
| | Judy Bruce | 39:46 |
| W55 | Sharon Leitner | 44:19 |

### Fiesta Days Runs
### La Canada, CA; May 30

10K

Overall

| | | |
|---|---|---|
| Jacques Sallberg 19 | | 30:50 |
| Kathleen Smith 28 | | 34:44 |
| M40 | Pedro Perezbelt | 34:26 |
| | Adalberto Mendoza | 34:34 |
| M45 | Jor Hutren | 36:14 |
| | Bill Sum | 37:42 |
| M50 | Ramon Cuevas | 38:28 |
| | Tom Boomer | 43:00 |
| M55 | Bob Rice | 41:10 |
| | Frank Vasques | 41:52 |
| M60 | Herbert Rottenbach | 49:57 |
| | Phillip Fetchko | 59:36 |
| M65 | Bob Koch | 45:04 |
| | Robert Hardaway | 50:26 |
| M70 | John Welch 73 | 59:24 |
| | Norman Rhinehart72 | 59:43 |
| W40 | Jackie Henneberg | 48:55 |
| | Sylvia Edgar | 51:34 |
| W45 | Becky Parker | 45:03 |
| | Sharon Diemert | 46:03 |
| W50 | Carmen Connolly | 48:16 |
| | Alma Paige | 48:35 |
| W55 | Bobbie Hitch | 59:24 |
| | Mary Plazony | 73:28 |

5K

Overall

| | | |
|---|---|---|
| Robert Nelson 23 | | 14:56 |
| Tracy Clark 17 | | 18:07 |
| M40 | Walt Hitt | 19:20 |
| | Robert Hunt | 20:01 |
| M45 | Don Gillman | 17:21 |
| | Daniel Warzenski | 19:23 |
| M50 | Jerry Smith | 18:56 |
| | Paul Akiyama | 19:26 |
| M55 | William O"Donnell | 19:25 |
| | Ben Bernal | 21:28 |
| M60 | Raymond Archibald | 25:25 |
| | Philip Hewes | 26:30 |
| M65 | Leonard Waits | 21:34 |
| | Milo Sather | 22:55 |
| M70 | Larry Banuelos 70 | 21:08 |
| | Bill Dietrich 74 | 32:19 |
| M75 | Fraser MacMinn 79 | 28:04 |
| | Fred Shanley 79 | 31:47 |
| M80 | George Feinstein80 | 28:53 |
| | Dean Scofield 82 | 49:04 |
| W40 | Nellie Gillman | 23:05 |
| | Sharon Cooper | 25:31 |
| W45 | Marquita Waters | 22:01 |
| | Gay Bruveris | 24:52 |
| W55 | Muriel Cipov | 26:44 |
| | Mary Trinnaman | 30:20 |
| W50 | Hannelore Nese | 23:58 |
| | Reiko Adams | 27:22 |
| W60 | Irene Olberz | 23:53 |
| | Janet Floyd | 36:43 |
| W65 | Vera Bruce | 32:37 |
| | Frances Fecter | 47:40 |

### Fontana Days Half-Marathon/5K
### Fontana, CA; June 4

--Half-Marathon--

Overall

| | | |
|---|---|---|
| Mike Gottardi 27 | | 1:06:04 |
| Roza Vladimirova 30 | | 1:13:59 |
| M35 | David Hernandez | 1:10:30 |
| | Barten Topalian | 1:11:35 |
| | Michael Smith | 1:13:31 |
| M40 | Ian Carter | 1:10:56 |
| | Donald Gregory | 1:13:43 |
| | Pedro Perez | 1:15:43 |
| | Jeff Mintz | 1:20:29 |
| M45 | Wayne Mitchell | 1:16:56 |
| | John Montgomery | 1:17:18 |
| | Bill Braun | 1:21:03 |
| | Bruce Mauldin | 1:21:10 |
| M50 | Jim Chenoweth | 1:16:19 |
| | Shel Nankin | 1:22:02 |
| | Leroy Wilke | 1:23:12 |
| | Manouch Lankarani | 1:26:02 |
| M55 | Don Van Dyke | 1:23:13 |
| | Ben Bernal | 1:29:25 |
| | Roberto Vargas | 1:33:18 |
| | Willie Blaylock | 1:37:07 |
| M60 | Abel Martinez | 1:21:01 |
| | Eric Piper | 1:23:15 |
| | William Wall | 1:32:11 |
| | Dick Belliss | 1:33:38 |
| M65 | Pat Devine | 1:25:00 |
| | Bob Koch | 1:33:05 |
| | Rao Paladugu | 1:42:22 |
| M70 | Bill Wallace | 1:36:29 |
| | Joe Klass | 1:57:00 |
| M75 | Dutch Benedetti | 2:01:09 |
| W35 | Jennifer Buckley | 1:29:24 |
| | Alexis Hernandez | 1:37:31 |
| | Leanne Overley | 1:38:07 |
| W40 | Marina Jones | 1:16:29 |
| | Mary Ryzner | 1:20:32 |
| | Lorraine Gersitz | 1:23:51 |
| W45 | Angie Hausam | 1:38:08 |
| | Ruth Coates | 1:40:01 |
| | Terry Smalling | 1:40:22 |
| W50 | Penny Morledge | 1:43:09 |
| | Kathy Litchfield | 1:45:53 |
| | Kennis Clark | 2:03:32 |
| W55 | Shirley Blush | 1:35:28 |
| | Betty Forsvall | 2:14:04 |
| | Marcia Wolfe | 2:41:08 |
| W70 | Mary Storey | 1:50:03 |

--5K--

Overall

| | | |
|---|---|---|
| Wes Ashford 32 | | 13:40 |
| Liliana Mendoza 26 | | 16:46 |
| M35 | Rich Medellin | 14:50 |
| | Fred Vartanian | 16:27 |
| | Johnny Martinez | 16:39 |
| M40 | Joe Alvarado | 15:56 |
| | Earl Anderson | 16:07 |
| | Ed Schindler | 16:31 |
| | Cipriano Placencio | 16:58 |
| M45 | David Saenz | 16:40 |
| | Donald Ocana | 16:54 |
| | T P Martin | 16:59 |
| | Jim Sydner | 17:05 |
| M50 | Vic Heckler | 15:32 |
| | (U.S. age-group record) | |
| | Allen Gamber | 17:26 |
| | Dick Jones | 17:38 |
| | Mike Mahler | 17:57 |
| M55 | Clarence Hunter | 19:18 |
| | Heney Barnes | 20:38 |
| | Chuck Cobb | 21:15 |
| | Art Gonzales | 21:17 |
| M60 | Herb Hoggard | 21:01 |
| | Martin Hicks | 21:06 |
| | Ben Castro | 21:27 |
| M65 | Gunnar Linde | 19:28 |
| | Efrain Sanchez | 20:48 |
| | Ollie Harker | 21:40 |
| M70 | Larry Banuelos | 19:19 |
| | Jim Dacolias | 26:27 |
| | John Daly | 30:20 |
| M80+ | LiGrand Nielsen 86 | 33:15 |
| W35 | Jenny Henderson | 16:55 |
| | Tracy Golba | 17:12 |
| | Suzy Hermes | 17:26 |
| W40 | Sandy Robbins | 17:04 |
| | Sherri Hall | 17:24 |
| | Loi Coker | 18:11 |
| W45 | J Ates | 21:59 |
| | Carolyn Pelonis | 24:30 |
| | Martha Darby | 24:50 |
| W50 | Yvette Lavigne | 19:15 |
| | Rita Leos | 24:10 |
| | Lorie Rose | 26:02 |
| W55 | Joan Rainey | 30:49 |
| | Helen Holt | 31:52 |
| | Helen Leininger | 46:39 |
| W60 | Joyce Wood | 36:53 |
| | Rita Cobb | 39:42 |
| | Marge Bond | 45:30 |
| W65 | Mary Ehrlich | 40:41 |
| W70 | Gladys Mathes | 48:05 |

--5K Racewalk--

Overall

| | | |
|---|---|---|
| Steve Avellaneda 29 | | 24:32 |
| Victoria Herazo 35 | | 22:04 |
| M35 | Steve Tobler | 29:49 |
| M45 | Steve Cox | 30:07 |
| M55 | George Willmore | 32:35 |
| M60 | Ray Archibald 2nd | 25:05 |
| M65 | Mel Grantham 3rd | 27:40 |
| M80+ | Tony Perona 86 | 38:54 |
| W40 | Terrlynn Whitfield | 36:39 |
| W45 | Paula Rinewalt | nta |
| W50 | Janice Zinniker | 32:24 |
| W55 | Patsy Sapra | 35:04 |
| W60 | Ella Crabtree | 37:52 |
| W65 | Alice Garcia | 34:42 |
| W70 | Jane Dana | 36:41 |
| W80 | Ruth Youngren | nta |

### Westlake Florist Flower Run 5/10K
### Westlake Village, CA; June 5

5K

Overall

| | | |
|---|---|---|
| Ivo Rodrigues 36 | | 14:41 |
| Jeanne Lasee-Johnson 36 | | 16:56 |
| M40 | Barry Malony | 15:10 |
| | Nolan Shaheed | 15:28 |
| | David Louks | 16:38 |
| | Joe Alvarado | 16:58 |
| | Al Sanchez | 17:12 |
| M45 | Jussi Hamalainen | 17:06 |
| | Jim Hughes | 17:46 |
| | Bill Sampson | 18:16 |
| | Richard Hawkes | 18:29 |
| | Doug Davis | 18:35 |
| M50 | Mike Scott | 16:50 |
| | Michael Mahler | 17:57 |
| | Ted Noller | 19:04 |
| | Big Foot Wells | 19:12 |
| | Alex Meade | 19:17 |
| M55 | Brian Fernee | 18:18 |
| | Dave Wheeler | 18:58 |
| | Bill Skieresz | 19:57 |
| | George Gonzalez | 22:08 |
| M60 | Bill Doulk | 18:57 |
| | Paul Saucedo | 20:25 |
| | Shel Rubin | 20:38 |
| | Ted Oviatt | 21:08 |
| M70+ | Leo Mahler 74 | 27:43 |
| | Eddie Howard 78 | 27:43 |
| | John McManus 71 | 36:07 |
| W40 | Maria Gomes | 17:52 |
| | Terri Goodreau | 20:59 |
| | Susan Kielsmeier | 21:13 |
| | Sharon Grant | 22:17 |
| | Elfi Ortenburger | 24:42 |
| | Cynthia Foy | 26:20 |
| W45 | Mimi Baranowski | 21:10 |
| | Yoko Eichel | 21:32 |
| | Trudy Shapiro | 21:59 |
| | Anita Greenberg | 22:38 |
| | Gina Biggs | 22:50 |
| | Toni Manch | 24:37 |
| W50 | L Brown-Johnson | 23:59 |
| | Jeanne Johnson | 24:58 |
| | Darlene Silverberg | 26:47 |
| | Harriet Arita | 28:08 |
| | Marsha Glickman | 28:18 |
| W55 | Carole Davis | 24:15 |
| | Patricia Rudolph | 29:12 |
| | Sam Wildman | 33:27 |
| W60 | Chris Cromer 62 | 25:51 |
| | Pamela Baker 61 | 26:46 |
| | Nelly Williams 63 | 29:26 |

10K

Overall

| | | |
|---|---|---|
| Alfredo Rosas 34 | | 31:41 |
| Jeanne Lasee-Johnson 36 | | 38:16 |
| M40 | Barry Malony | 34:29 |
| | David Learn | 37:16 |
| | Bill Omelveny | 39:20 |
| | Ralph Rodriguez | 39:26 |
| | Murray Greenberg | 39:55 |
| | Bob Shupper | 41:16 |
| M45 | Jussi Hamalainen | 36:22 |
| | Jon Hunter | 37:41 |
| | Bill Sampson | 39:04 |
| | Dan del Campo | 39:09 |
| | Dennis Bronk | 39:34 |
| | Doug Davis | 40:34 |
| M50 | Jack Bianchi | 40:45 |
| | Alex Meade | 40:53 |
| | John Steidl | 41:36 |
| | Michael Froman | 44:34 |
| | Ron Cooperman | 47:12 |
| M55 | Dave Wheeler | 40:41 |
| | William O'Donnell | 41:49 |
| | Horst Lutz | 42:52 |
| | Wayne Fong | 45:13 |
| | Al Gurwitz | 49:11 |
| M60 | Al Friedman 63 | 48:16 |
| | Rod Legate 60 | 50:07 |
| | Harry Cromer 64 | 50:13 |
| | Lee Dycus 61 | 50:57 |
| | Leo Lowe 60 | 51:08 |
| M70+ | Vincent Malizia 70 | 59:26 |
| | George Feinstein 80 | 59:32 |
| W40 | Carol Lacy | 43:11 |
| | Debra Schrotz | 46:24 |
| | Meg Perry | 47:39 |
| | Kat Seiple | 50:12 |
| | Diane McEvoy | 50:43 |
| | Kathleen Smith | 50:44 |
| W45 | Loretta Bronk | 45:33 |
| | Yoko Eichel | 45:49 |
| | Sharon Diemert | 47:56 |
| | Carol Kelley | 48:23 |
| | Terry Loewy | 49:44 |
| | Anita Greenberg | 50:21 |
| W50 | Ana Schwartz | 50:27 |
| | Lu Anne Cooper | 52:44 |
| | Marion Rodd | 62:00 |
| | Harriet Arita | 62:25 |
| | Ruth Hernandez | 62:32 |
| W55 | Barbara Camp | 52:18 |
| | Carol Davis | 54:34 |
| | Arlene Mazur | 56:43 |
| | Barbara Whitebirch | 68:06 |
| W60 | Pamela Baker 61 | 60:56 |

### Lompoc Half-Marathon
### Lompoc, CA; June 12

OVERALL

| | | |
|---|---|---|
| Todd Farrington | | 1:11:26 |
| Keena Carstenson | | 1:25:46 |
| M40 | Jose Garcia | 1:18:33 |
| | Bill Erickson | 1:19:08 |
| | Stephen Pointer | 1:28:08 |
| M45 | Bill Norman | 1:24:21 |
| | Doug Davis | 1:25:37 |
| | Dennis Bronk | 1:28:35 |
| M50 | Fred Blasetti | 1:27:26 |
| | Vic Birtlan | 1:27:54 |
| | Walter Williams | 1:35:33 |
| M55 | John Ayres | 1:31:58 |
| | Rogelio Lara | 1:32:47 |
| | Larry Dervin | 1:35:20 |
| M60 | John Murphy | 1:37:53 |
| | Robert Thompson | 1:38:15 |
| | Luis Perez | 1:38:15 |
| M70 | Jack Goertzen | 1:52:15 |
| | Milton Hadley | 2:23:23 |
| | Art DeLeon | 2:42:11 |
| W40 | Lorraine Gersitz | 1:36:24 |
| | Vicki Eyre | 1:43:25 |
| | Kathy House | 1:44:16 |
| W45 | Loretta Bronk | 1:41:35 |
| | Lore Dobler | 1:49:03 |
| | Karin Moody | 2:04:06 |
| W50 | Alma Paige | 1:46:01 |
| | Sandy Swenson | 1:56:18 |
| | Sachiko Kim | 1:57:11 |
| W55 | Suzanne Murphy | 1:44:23 |
| | Joanne Barker | 1:53:03 |
| | Katsuko Uema | 1:59:33 |
| W60 | Pam Baker | 2:10:12 |
| | Catherine Scott | 2:32:35 |
| | June Marks | 2:44:16 |

Continued on next page

Continued from previous page

### Western States 100
### Auburn, CA; June 25

Overall

| | | |
|---|---|---|
| 1 | Tim Twietmeyer 35 | 16:51:01 |
| 2 | Ann Trayson 33 | 17:37:51 |
| 3 | Joe Schlereth 44 | 17:51:06 |
| 21 | Helga Backhaus 41 | 21:20:20 |

### Mother Lode Road Mile
### Sonora, CA; June 26

Overall

| | | |
|---|---|---|
| | Jamey Harris 23 | 4:13.1 |
| | Maria Trujillo | 5:06.5 |
| | M40-49 Heat 5 | |
| | James Tracy 44 | 4:41.0 |
| | Gustavo Figueroa 43 | 4:41.8 |
| | Tim Williams | 4:46.3 |
| | Bruce Anderson 41 | 4:46.7 |
| | Jim Gorman 45 | 4:47.0 |
| | David Stancliffe 43 | 4:48.5 |
| | Jose Casillas 42 | 4:50.1 |
| | Kitt Flynn 41 | 4:50.5 |
| | Charles Thompson 44 | 4:51.4 |
| | Thomas Cushman 40 | 4:52.2 |
| | M50+ Heat 3 | |
| | Jim Gibbons 50 | 4:59.2 |
| | Harvey Franklin 51 | 4:59.6 |
| | Dan Preston 52 | 5:00.4 |
| | Jim Reitz 50 | 5:02.3 |
| | David Taylor 50 | 5:03.0 |
| | Jim Williams 53 | 5:03.8 |
| | Steve Stephens 50 | 5:04.9 |
| | Tim Rostege 54 | 5:06.2 |
| (22) | Carl Ellsworth 63 | 5:52.1 |
| (37) | S DeMartinis 71 | 7:06.5 |
| | W40+ Heat 4 | |
| | Leslie Hampton 43 | 5:21.4 |
| | Melinda Villar 42 | 5:34.4 |
| | Joan Ottaway 50 | 5:37.0 |
| | Bev Marx 40 | 5:46.3 |
| | Sue Francis 41 | 5:54.6 |
| | Jutta McCormick 53 | 6:00.3 |
| | Barbara Miller 54 | 6:01.8 |
| | Pat Falsone 46 | 6:04.4 |
| | Joan Ullyot 53 | 6:12.4 |
| | Charlene Bayles 43 | 6:16.1 |

## NORTHWEST

### ORCC Hagg Lake Run
### Forest Grove, OR; May 7

| | | |
|---|---|---|
| M40 | M. Gangwer | 1:07:26.4 |
| M45 | Dirk Pauwels | 1:04:00.2 |
| M50 | Warren Finke | 1:07:44.3 |
| M55 | Bob Kiever | 1:17:35.9 |
| M60 | John Hepner | 1:11:40.6 |
| M65 | John Keston | 1:09:29.5 |
| M70 | Joe Cusic | 1:31:48.4 |
| W40 | L. Anderson | 1:27:08.1 |
| W45 | Janice Boyer | 1:26:19.9 |
| W50 | S. Frantz | 1:23:29.9 |
| W60 | Susan Means | 2:02:28.7 |

### Iris Festival 15K
### Keizer, OR; May 21

| | | |
|---|---|---|
| M50 | Bob Newland | 60:43 |
| M55 | Joe Dana | 63:53 |
| M60 | Keith Fitch | 62:37 |
| M65 | John Keston | 58:02 |
| W45 | Charlotte Hartwig | 70:03 |
| W50 | Karen Bender | 80:07 |

### Clackamas River Canyon Marathon
### Estacada, OR; May 28

Overall

| | | |
|---|---|---|
| | Steve Campagna 47 | 2:44:32 |
| | Katey Angel 40 | 3:03:18 |
| M40 | Robert Scheffel | 2:54:02 |
| | Ron Sommer | 2:56:26 |
| | Douglas Hinz | 2:56:46 |
| M45 | C Berthiaume | 2:46:38 |
| | Chuck Cammack | 3:00:04 |
| | John Bradley | 3:06:51 |
| M50 | Jim Sutherland | 3:00:00 |
| | Bill Fallon | 3:08:51 |
| M55 | John Sweitzer | 3:32:36 |
| | Ray Wold | 3:34:41 |
| M60+ | John Keston 69 | 2:58:33 |
| | Mel Preedy 61 | 3:06:30 |
| W35 | Sandra Stein | 3:30:21 |
| | Keirene Josten | 3:31:39 |
| W40 | Sandy Bradley | 3:23:21 |
| | Gloria Califf | 3:42:11 |
| W45 | Janice Boyer | 3:50:59 |
| | Jackie Kary | 4:00:58 |
| W50 | Sharon Frantz | 3:53:27 |
| | Carol Oja | 4:54:41 |
| W55 | Jane Collins | 3:53:18 |

### Rocky Mountain 50-Mile/ Marathon
### Cheyenne, WY; May 29

| | | |
|---|---|---|
| 1 | John Ooley 39 | 6:57:23 |
| 2 | Rex Metcalf 35 | 7:13:39 |
| 3 | William Todd 44 | 8:32:37 |
| 4 | Fiona Winkler W38 | 8:37:54 |
| 5 | Charlie Kauffman 54 | 8:47:10 |
| 6 | Mike Abell 47 | 8:55:26 |
| 7 | Cynthia Daniels W44 | 9:07:06 |
| 8 | Nick Bassett 49 | 9:29:54 |
| 10 | Fran Carpenter W45 | 9:35:48 |
| 14 | Joe D'Angelo 60 | 11:21:27 |
| | --Marathon-- | |
| 1 | Marlo Crosby W23 | 3:07:55 |
| 2 | Scott St John 31 | 3:15:18 |
| 7 | Tom Dixon 47 | 3:30:26 |
| 8 | Bill Tooker 42 | 3:31:38 |
| 11 | John Wallace 50 | 3:37:40 |
| 22 | Kent Mitchell 60 | 4:03:56 |
| 27 | Debbie Delong W45 | 4:39:32 |
| 30 | Janet Hancock W46 | 4:45:39 |
| 39 | Ed Burnham 74 | 5:51:32 |
| 41 | Carolyn DeFonso W57 | 6:07:21 |

### Oregon RRC 5K/10K
### Hillsboro; June 16

Overall

| | | |
|---|---|---|
| | Mark Cartier 38 | 16:12 |
| | G Gustafson 39 | 16:03 |
| M40 | Martin Lange | 18:29 |
| | Scott Super | 19:29 |
| M45 | Bryan Chapman | 20:48 |
| | Greg Jacob | 20:58 |
| M50 | Warren Finke | 18:35 |
| M55 | Paul Vanture | 21:36 |
| M60 | Keith Fitch | 20:51 |
| M65 | John Keston | 19:41 |
| W35 | Karen Huschka | 25:33 |
| W40 | Jean McMillan | 21:55 |
| | Sharon Hinman | 26:20 |
| W45 | Gay Stryker | 25:56 |
| W50 | Patti Finke | 27:48 |
| W55 | Rose Nichols | 25:35 |
| | --10K-- | |

Overall

| | | |
|---|---|---|
| | John Gill 27 | 32:57 |
| | Lisa Berger 30 | 40:58 |
| M40 | Dirk Pauwels | 36:43 |
| | Mike Gray | 38:47 |
| M45 | Lucio Jimenez Jr | 44:35 |
| | David Hasson | 46:01 |
| M50 | Glen Duey | 39:52 |
| M55 | Gary Nichols | 41:57 |
| M60 | Jim Moon | 45:43 |
| M65 | John Smets | 61:23 |
| W35 | Heidi Gustafson | 49:18 |
| W40 | Susanne Young | 47:47 |
| W45 | Nancy Oswald | 51:02 |
| W50 | Karen Demko | 54:33 |
| W55 | Shirley Meacham | 63:29 |

## INTERNATIONAL

### Veterans Grand Prix 10/25K
### Brugge, Belgium; June 26

10K

M40

| | | |
|---|---|---|
| Andrew Catton | GB | 31:28 |
| Valerie Aristov | RUS | 32:00 |
| James Carswell | GB | 32:19 |
| Boris Barouzdine | RUS | 33:16 |
| John Prendergast | GB | 33:35 |

M45

| | | |
|---|---|---|
| Malcom Martin | GB | 32:31 |
| Pierre Depret | F | 34:29 |
| Pieter Van Horssen | NL | 34:34 |
| O Phillips | GB | 34:57 |
| Roger Blockx | B | 35:27 |

M50

| | | |
|---|---|---|
| Dirk Beeuwsaert | B | 33:43 |
| Steve Birkin | GB | 33:56 |
| Johan Roggee | KAAG | 34:33 |
| Michael Dixon | GB | 35:18 |
| C Woodstock | GB | 36:48 |

M55

| | | |
|---|---|---|
| Trudo Heinz | BRD | 34:39 |
| Harrold Geoffrey | GB | 34:45 |
| Surrey Derek | GB | 35:47 |
| Warren Roe | GB | 37:26 |
| Rodney King | GB | 37:42 |

M60

| | | |
|---|---|---|
| Ron Higgs | GB | 36:27 |
| Eric Chambers | GB | 38:09 |
| Geoff Ashby | GB | 38:30 |
| Gwyn Davies | GB | 40:46 |
| Bernard Perton | F | 41:20 |

M65

| | | |
|---|---|---|
| Rene Marckx | B | 39:04 |
| Charles Walker | GB | 40:20 |
| Kenneth Crooke | GB | 45:29 |
| Peter Ronan | GB | 45:35 |
| Harold Mills | GB | 49:02 |

M70

| | | |
|---|---|---|
| Remi Boterberg | B | 42:29 |
| Herbert Walther | BRD | 48:28 |
| Jack Stancombe | GB | 58:08 |
| Raymond Penney | GB | 1:02:23 |
| Victor Biswell | GB | 1:08:23 |

M75

| | | |
|---|---|---|
| Finiel Pauwels | B | 45:32 |
| Harold Wilson | GB | 52:10 |
| Victor Horner | GN | 53:05 |
| Rikisho Matsusaka | J | 1:35:08 |

W35

| | | |
|---|---|---|
| J Moorekite | GB | 37:13 |
| Arlene Carswell | GB | 38:01 |
| Vivienne Brockwell | GB | 40:29 |
| C Ronan | GB | 40:43 |
| Patricia Harrison | GB | 42:43 |

W40

| | | |
|---|---|---|
| Michele Hill | GB | 42:00 |
| Nellie Van Horssen | NL | 42:19 |
| D Lonergan | GB | 42:24 |
| Martine Gerber | F | 45:37 |
| Christine Kurse | GB | 46:30 |

W45

| | | |
|---|---|---|
| Felicity Garland | GB | 37:29 |
| Elizabeth Gilchrist | GB | 38:16 |
| Lynne Newton | GB | 40:37 |
| Eileen Turner | GB | 42:39 |
| Heidi Metzler | BRD | 43:58 |

W50

| | | |
|---|---|---|
| Helene Schnichels | BRD | 41:34 |
| Jacqueline Byng | SC | 41:50 |
| Anne Gomer | GB | 48:01 |
| Margaret Brown | GB | 48:29 |
| Rosemary Armstrong | GB | 48:30 |

W55

| | | |
|---|---|---|
| Pamela Jones | GB | 42:22 |
| M Van Caekenberghe | B | 46:16 |
| M Scott | GB | 51:28 |
| Brenda Atkinson | GB | 52:30 |
| Ann-Patricia Parr | GB | 53:11 |

W60

| | | |
|---|---|---|
| Myfanny Louden | GB | 43:13 |
| Betty Norrish | GB | 53:31 |
| Setsuko Igarashi | J | 54:46 |
| Sylvia Smith | GB | 57:55 |
| Bea Rombaut | B | 1:02:54 |

W65

| | | |
|---|---|---|
| C Deschamps | F | 1:07:58 |

W70

| | | |
|---|---|---|
| Reine Gasteuil | F | 1:00:13 |
| Alice Smith | GB | 1:16:41 |

W80

| | | |
|---|---|---|
| Alice Bilson | GB | 1:18:18 |

25K

M40

| | | |
|---|---|---|
| David Hill | GB | 1:23:46 |
| Johan Hoppe | B | 1:24:24 |
| Klaus Goldammer | BRD | 1:25:11 |
| Alain Lanie | F | 1:26:54 |
| C Fairbrass | GB | 1:28:34 |

M45

| | | |
|---|---|---|
| Omer Van Noten | B | 1:25:42 |
| James Bell | GB | 1:25:56 |
| Vladimir Prikaznov | RUS | 1:28:57 |
| Daniel Ketels | B | 1:29:50 |
| Christopher Hughes | GB | 1:33:18 |

M50

| | | |
|---|---|---|
| Hugh Arnold | GB | 1:28:07 |
| Tony McGuinness | GB | 1:34:07 |
| Mick Edge | GB | 1:36:58 |
| Peter Newton | GB | 1:39:12 |
| Norbert Vandewiele | B | 1:39:39 |

M55

| | | |
|---|---|---|
| Edmond Van Ranst | B | 1:35:53 |
| Michael Miller | GB | 1:40:36 |
| Peter Taylor | GB | 1:40:50 |
| F Van Kerckhoven | B | 1:42:37 |
| Romain Jansen | NL | 1:44:28 |

M60

| | | |
|---|---|---|
| Leo Holmann | BRD | 1:43:50 |
| Roland Penninck | B | 1:47:32 |
| Laurie Forster | GB | 1:48:30 |
| Douglas Mends | GB | 1:49:09 |
| Johannes Pieper | BRD | 1:51:08 |

M65

| | | |
|---|---|---|
| Georges Deschacht | B | 1:46:50 |
| John Standring | GB | 1:51:21 |
| Rene Engerelst | B | 1:55:04 |
| Leopold Lesage | F | 2:12:27 |
| James Whiteaker | GB | 2:14:12 |

M70

| | | |
|---|---|---|
| Leon Remacle | B | 2:07:00 |
| Eddie Leal | GB | 2:11:40 |
| Alan Rearnley | GB | 2:15:09 |
| Thirion Lucien | F | 2:16:24 |
| Norman Jordan | GB | 2:17:09 |

M75

| | | |
|---|---|---|
| Andre Osselaer | B | 2:14:16 |
| George Scutts | GB | 2:16:22 |

M80

| | | |
|---|---|---|
| Bill Bailey | GB | 3:30:00 |

W35

| | | |
|---|---|---|
| M-C Christiaens | B | 1:36:03 |
| Magda Roelandt | B | 1:51:07 |
| Eva Van Tulden | B | 1:53:17 |
| Diane Leakey | GB | 1:55:51 |
| James Angela | GB | 2:03:13 |

W40

| | | |
|---|---|---|
| Jane Gardner | GB | 1:40:26 |
| Neal Susan | GB | 1:48:44 |
| Margaret Swithenby | GB | 1:50:04 |
| Sue Johnson | GB | 1:52:11 |
| Elizabeth Aimes | GB | 2:02:55 |

W45

| | | |
|---|---|---|
| Lisette de Voogt | B | 1:44:57 |
| Maggie Govender | GB | 1:50:16 |
| M Chippendale | GB | 1:50:46 |
| Gudrun Mueller | BRD | 1:55:37 |
| Huguette Declerque | NL | 1:58:40 |

W50

| | | |
|---|---|---|
| Anne Bland | GB | 1:52:16 |
| Myra Garrett | GB | 1:52:53 |
| Genevieve Proot | B | 1:55:21 |
| Anne Lett | GB | 2:16:32 |
| Corrie Samuels | NL | 2:23:02 |

W55

| | | |
|---|---|---|
| Denise Alfvoet | B | 1:48:52 |
| Marlene Wood | GB | 2:10:01 |
| Betty Machin | GB | 2:17:19 |
| Joan Taylor | GB | 2:20:49 |
| Sue Barr | GB | 2:22:05 |

W60

| | | |
|---|---|---|
| Betty Forster | GB | 2:22:34 |
| Thelma Ward | GB | 2:33:58 |
| Helena Richter | BRD | 2:43:08 |

W65

| | | |
|---|---|---|
| Berthilia de Preter | B | 2:09:58 |

W70+

| | | |
|---|---|---|
| Jose Waller | GB | 2:18:11 |

## RACE WALKING

### Indoor Track Series #3 1 Mile RW
### Indianapolis; April 30

| | | |
|---|---|---|
| M45 | Max Walker | 7:59.65 |
| W40 | Jennette Smith | 8:04.65 |
| W45 | Jackie Jessup | 8:19.31 |
| W55 | Sami Bailey | 9:24 5 |

### Metropolitan Athletics Congress & Eastern Regional 20K RW Championship
### Central Park, NYC; May 29

Overall

| | | |
|---|---|---|
| | Marc Varsano 29 | 1:33:42 |
| | Sonia Morales 46 | 2:09:05 |
| M40 | Gary Null 49 | 1:54:47 |
| | Nick Dispenzieri 40 | 2:04:11 |
| | Brian Shepherd 43 | 2:19:20 |
| M50 | Herbert Zydek 55 | 2:07:55 |
| | Steven Cohen 55 | 2:26:43 |
| M60 | Robert Cervin 66 | 2:10:14 |
| | Jan Gero 61 | 2:10:18 |
| | Daniel Pina 64 | 2:11:34 |
| M70+ | Frank LaMotte 72 | 2:27:19 |
| W40 | Sonia Morales 46 | 2:09:05 |
| | Luba Nemcow 43 | 2:22:09 |
| | L Schoonejans 40 | 2:28:17 |

### Sacramento Games 5K RW(track)
### Sacramento, CA; June 4

| | | |
|---|---|---|
| | Jack Bray 61 | 25:47 |
| | John Schulz 57 | 26:42 |
| | Larry Green 59 | 27:01 |
| | Pete Giachetti 51 | 27:38 |
| | Dick Petruzzi 61 | 27:42 |
| | Bob Eisner 65 | 28:58 |
| | Lani LeBlanc 51 | 31:42 |
| | Betty Crews 59 | 31:44 |
| | Shirley Dockstrader 61 | 31:48 |
| | Helga Sable 56 | 33:08 |

### July 4th Classic 5K Walk
### Plantation, FL; July 4

| | | |
|---|---|---|
| M40 | Donald Matuszak | 33:17 |
| | Dana Sanders | 33:31 |
| | David Stein | 33:35 |
| | Kingsley Hamilton | 40:55 |
| | William Kriedman | 42:33 |
| M50 | Dale Nelson | 25:25 |
| | Lee Duffner | 27:51 |
| | Bob Cella | 29:46 |
| | Jay Dash | 30:19 |
| | Willis Ross | 35:13 |
| M60 | Robert Fine | 28:57 |
| | Lowell Tuttle | 31:54 |
| | Murray Glasser | 32:25 |
| | Wesley Geuter | 34:57 |
| | Robert Perraud | 36:02 |
| M70 | Sumner Shafmaster | 33:09 |
| W40 | Linda Stein | 27:55 |
| | Elizabeth Nelson | 29:16 |
| | Vivian Johnson | 32:53 |
| | Joan Solomon | 32:55 |
| | Roswitha Sidelko | 35:23 |
| W50 | Joan Solomon | 32:55 |
| | Anne Dann | 34:51 |
| | Kay Cella | 34:52 |
| | Patricia Baran | 36:15 |
| | Jeannette Garcia | 38:06 |
| W60 | Miriam Gordon | 32:37 |
| | Marcia Shafmaster | 35:18 |
| | Ruth Perrano | 35:31 |
| W70 | Blanche Waldman | 43:13 |
| | Rose Mary Foose | 46:18 |
| | Ruth Usatorres | 54:05 |
| | Mildred Rowlands | 54:31 |


**NOW AVAILABLE**

**1993 U.S. Masters Outdoor T&F Rankings Book**

- Men's and women's 1993 U.S. 5-year track & field age-group rankings.
- 52 pages, over 100-deep in some events.
- All 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.....State.....Zip.....

**1994 CALIFORNIA STATE SENIOR GAMES CHAMPIONSHIPS ***

QUALIFIER FOR 1995 USNSO NATIONAL CHAMPIONSHIP - SAN ANTONIO

SEPTEMBER 9 - 18, 1994
SAN DIEGO, CALIFORNIA

**TRACK & FIELD**

PLUS 24 OTHER SPORTS

* PRE-QUALIFICATION IN SOME EVENTS NECESSARY

SEND SELF ADDRESSED STAMPED ENVELOPE
TO: SAN DIEGO SENIOR SPORTS FESTIVAL
5384 LINDA VISTA ROAD, SUITE 200
SAN DIEGO, CA 92110
(619) 543-9046 (FAX) 543-9239

GUARANTEED LOWEST PRICES ANYWHERE

# Elite Health Products, Inc.

(310) 559-9739 10738 JEFFERSON BLVD., CULVER CITY, CA 90230 (800) 540-4941

SHOP BY PHONE - WE SHIP ANYWHERE!

VITAMINS MINERALS HERBS HEALTH FOODS SPORTS-FITNESS SUPPLEMENTS
WEIGHT LOSS COSMETICS HOMEOPATHICS

**Pure Power**

**Energy Bars** - 1 Box of 24-$24.00
(Peanut, Chocolate & Mountain Berry)
**Energy & Recovery** - Retail $13.00
1-$9.99, 3-$26.99, 6-$47.99
(Apple, Lemon, Tropical Fruit) Makes 12 Qts.
**Protein Repair Formula** - Retail $14.00
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-$16.81, 3-$41.97 ($13.99)
**Cyto Bar** - Retail $1.69
1-$1.50, 24-$32.40 (Cocoa, Vanilla Crunch, Jazz Berry)
**Heavyweight 900** - Retail $24.50
1-$21.69, 3-$56.82 ($18.94 each)
(Vanilla, Strawberry & Chocolate)
**Metabolol 2** (1 lb. can) - Retail $15.15
1-$12.12, 6-$68.22 ($11.37 each)
**Metabolol 2** (2.2 lb. can) Retail $29.45
1-$23.56, 6-$130.98 ($21.83 each)

**Excel**

Excel is the Guaranteed Highest Potency
Energy Product in the Market

**Ultra High Performance & Anti Fatigue**

14-Retail $14.99 Our Price $11.99
40-Retail $39.99 Our Price $31.99
100-Retail $91.99 Our Price $73.99

**Tigers Milk**

**Sports Bar** - Retail $1.29/Bar
12-$13.20, 24-$24.00
(Chocolate Blast, Coffee Rush & Vanilla Rush)

**Nature's Plus**

**Ultra Hair** - 90 Tablets $18.95 - At Elite $15.16
**Oxy Nectar** - Ten Stage Anti Oxidant Beverage
(1.3 lbs.-Powder) Retail $28.95 - At Elite $23.16
**Spirulina Energy Bar** - Retail $1.50
12-$16.20, 20-$23.00 ($1.15 each)
**Energy Elixir** (20-7.5 ml. servings) - Retail $20.00 - At Elite $16.00
(American, Korean & Siberian Ginseng, Royal Jelly, Bee Pollen, Guarana & More)
**Super C** Complex-Sustained Release - 60 Tablets 1000 mg C, 500 mg Bioflavonoid Complex - $11.30 - At Elite $9.00
**Calcigizer** (20- .7 oz. Paks) - $19.95 - At Elite $15.96
Calcium, Magnesium, Potassium & Buffered Vit. C

**Country Life**

**Life Span 2000** - 50 Tablets $19.95 - At Elite $15.96
(A Mind And Body Formula)
**Super 10 Anti-Oxidant** - 60 Tablets $19.95 - At Elite $15.96
**Calcium, Magnesium, Potassium** - 90 Tablets $9.50 - At Elite $7.60
500/500/99mg

**Good 'N Natural**

**Green Barley** - 120-500 mg. Tab. - $9.60 - At Elite $7.60
**Broccoli** - 90-500 mg. Tab. - $9.60 - At Elite $7.60
**Chlorella** - 120-500 mg. Tab. - $17.90 - At Elite $14.30
**SOD (Super Oxide Dimutase)** -100-2000 Units
$11.40 - At Elite $9.10
**Pycnogenol** - 30-30 mg. Cap. - $15.00 - At Elite $12.00
**Co Enzyme Q 10** -30-75 mg. Capsules - $27.40 - At Elite $20.40
**Co Enzyme Q 10** - 50-30 mg. Softgels - $17.30 - At Elite $13.85

Elite Offers Over 10,000 Vitamins, 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




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

**Nature's Life**

**Alfalfa** - 250-1000 mg. Tablets $8.45 - At Elite $6.75
**Formula 600 Plus For Men** - 100 Tablets $12.95
*Prostate Health Is Important - At Elite $10.35
**Chromium Picolinate** - 100-200 mcg. Capsules $7.45 - At Elite $5.95
**Cranberry** - 100-800 mg. Capsules - $13.95 - At Elite $11.15
**Ultra-Mega-Vite Multi Vitamin/Mineral** - Time Released
(One A Day Tablets)
30 - $11.45 - At Elite $9.15 90 - $29.95 - At Elite $23.95

**POWER BARS**

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

**Avocet Cliff Bars**

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

**Edge Bars**

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

**Pines**

**Wheat Grass** - (500 Tablets) - Retail $26.95
1 -$21.56, 3-$60.00 ($20.00 each)
**Wheat Grass** (7 oz.) - Retail $31.50
1-$25.20, 3-$70.05 ($23.35 each)
**Barley Grass** (7 oz.) - Retail $25.50
1-$20.40, 3-$56.70 ($18.90 each)

**Stopain Spray**

2 oz. $4.99 - At Elite $4.00
4 oz. $6.89 - At Elite $5.50
8 oz. $9.89 - At Elite $7.90

**Sportenine - Homeopathic Pain Relief**

Retail $9.79 - At Elite $7.84

**Zand**

**Insure Herbal** - 100 Tablets Retail $11.49 - At Elite $9.20
2 oz. Retail $10.49 - At Elite $8.40
**Active Herbal** - 60 Capsules Retail $12.95 - At Elite $10.36
4 oz. Retail $11.95 - At Elite $9.56
**PMS Formula** - 60 Capsules Retail $12.95 - At Elite $10.36

**Universal**

**Forza Bars** - For High Performance Athletes
Retail $1.69/Bar, 20-$27.00 ($1.35 each)

**Pep Products**

**Sports Pep Thunder Bars** - Chocolate, Tropical
Retail $1.69/Bar, 24-$32.40 ($1.35 each)
**Brain Pep** - 60 Tablets Retail $12.95
1-$10.36, 3-$28.80 ($9.60 each)

**Quantum**

**Extra Edge Performance Formula** - 60 Tablets
Increases Endurance, Stamina . . . Extends Peaks
Retail $16.95 - At Elite $13.56

**Cybergenics**

**Quick Trim 14 Day Plan** - Retail $49.95
1-$39.96, 3-$111.00 ($37.00 each)

**Icopro**

**Oxy-Blast** - 120 Capsules - Retail $19.95
1-$15.96, 3-$44.40 ($14.80 each)
**Wind** (21 oz.) - Retail $19.95
1-$15.96, 3-$44.40 ($14.80 each)

**Unipro**

**Carbo Plex - Orange** (2.4 lbs.) - Retail $17.99
1-$14.40, 3-$40.05 ($13.35 each)
**Endura - Lemon** (2 lbs.) - Retail $23.95
1-$19.16, 3-$53.31 ($17.77 each)
**Endura Optimizer - Orange** (2.8 lbs.) - Retail $32.95
1 - $26.36, 3-$73.35 ($24.45 each)
**DMG** - 2 oz. Retail $14.95
1-$11.96, 3-$33.30 ($11.10 each)

**Next Nutrition**

**ProOptibol** (2.2 lbs.) - Retail $26.95
1-$21.56, 6-$119.76 ($19.96 each)
(Chocolate, Vanilla, Very Berry & Original)
**2 Gro 2000** (4.55 lbs.) - Retail $29.95
1-$23.96, 6-$133.20 ($22.20 each)
(Chocolate, Strawberry & Vanilla)
**Pro Opti Bar - Chocolate** Retail $1.59/Bar
12-$16.80, 24-$30.00 ($1.25 each)
**Hypro Cell Energy Exercise Drink** (1.51 lbs.)
**Fruit Punch** Retail $19.95, 1-$15.96, 6-$88.80 ($14.80 each)
**Ultimate Whey Designer Protein** (2 lbs.)
68% Better Than Egg Whites * Absorbs 200% Faster
Vanilla Retail $39.95, 1-$31.96, 6-$168.00 ($28.00 each)

**Optimum Nutrition**

**Pro Amino Sports Bar** - Retail $1.50/Bar
24-$32.40, 36-$43.20 ($1.20 each)
(Chocolate, Peanut, Butter Pecan, Burgundy Cherry & Blueberry Cheesecake)

**Strength Systems USA**

**Ultra Paks** - Special 30 Day Multi-Vit/Mineral And More For Runners And Endurance Athletes - Retail $26.99, Our Price $21.60
**Gold Paks** - Special 44 Day Multi-Vit/Mineral And More For Power And Strength Athletes - Retail $37.99, Our Price $30.40
**Yohimbe Bars** - Chocolate Raisin Nut
Retail $1.69/Bar, 20-$27.00 ($1.35 each)

**Twin Lab**

**Ultra Fuel Bars** (Vanilla & Chocolate)
Retail $2.69/Bar 12-$25.99, 24-$49.99
**Ultra Fuel** (Powder)
Retail $17.99, 1-$14.99, 6-$80.94 ($13.49 each)
(Orange, Tropical Fruit, Lemon & Grape)
**Carbo Fuel** (43 oz - Powder)
Retail $19.99, 1-$15.99, 3-$44.46 ($14.82 each)
**Phosfuel** (180 Capsules)
Retail $18.99, 1-$14.99, 3-$41.97 ($13.99 each)
**Metabolift Thermogenic Formula**
120 Capsules $21.95, 1-$17.56, 3-$48.90 ($16.30 each)

**Alacer**

**Emergen C** - 35 Paks $12.65 - At Elite $10.00
**Emergen C - Lo Cal** - 36 Paks $12.65 - At Elite $10.00
**Emergen C - Lite** - 36 Paks $11.55 - At Elite $9.20
**Super Gram II** - 100 Tabs. $19.25 - At Elite $15.00
**Super Gram III** - 100 Tabs. $20.85 - At Elite $16.50
**Emergen C Sports Pak** - Makes 3 gallons $13.85
1-$11.08, 3-$30.75 ($10.25 each)
**Pro Lysine Ascorbates** - 90 Tabs. $17.95 - At Elite $14.25

**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

ASK FOR YOUR FREE SAMPLES