

NATIONAL MASTERS NEWS

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

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Record 263 in Hayward Classic

by JERRY WOJCIK

A record 263 athletes, age 30-and-over, from as far away as New York and Great Britain, took part in the 16th annual Hayward Classic Masters Track and Field Meet at Hayward Field in Eugene, Ore., June 29-30. The total surpassed the previous high by some 30 participants.

One world record and one U.S. record were set in the meet. Bertha Holt, 92, from nearby Elmira, Ore., established a W90-94 world mark in the 400 with a 3:45.62. Holt is the founder of the Holt International Children's Services, a Eugene-based

adoption agency, in which she is still active.

In the 200, Steve Robbins, 53, Seattle, reinforced the reputation of the newly-surfaced track as fast, with a 22.98 in a legal wind of +1.4mps. This establishes a national pending best automatic time in the M50 age group. The world best is a hand-timed 22.9 by Ken Dennis.

Fifty-eight meet records were also set.

In the *National Masters News* Age-Graded Mile, Dan McCormack, 57, ran a 5:18.97, an age-graded 84.9%, to

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Steven James, winner of the M35 steeplechase with an age-graded 86.4% 9:34.15, Hayward Masters Meet, Eugene, Ore., June 29-30. Photo by Jerry Wojcik

2500 Enter Three Major Meets

Three major masters track and field meets are expected to draw more than 2500 entries this month to the Pacific Northwest.

The meets will be held in a 16-day period within a 300-mile radius from August 9-24.

First, several hundred will participate in the annual Canadian Masters Championships in Victoria, B.C., on August 9-11.

Then it's on to Spokane, Wash., for the 29th annual USATF Masters

Championships, August 15-18.

The action culminates in the biennial WAVA North American Regional Championships in Eugene, Ore., August 21-24.

Competition will be held in five-year age groups for both men and women from ages 30-34 to 95+, except for the Canadian meet, which starts at age 35 for men. There are no qualifying standards to enter the meets, except to be at least the mini-

Continued on page 8



Start of the WAVA World Veterans Women's 25K Championships in Brugge, Belgium, June 30.

2500 Compete in World Road Races

BRUGGE, Belgium - More than 2500 veteran athletes from 37 nations took part in the 3rd WAVA World Veterans Road Racing Championships, June 29-30, in Brugge, Belgium.

First, over 1300 runners competed in a 10K in cool (55°F/13°C) temperatures with 15 mph winds. Later, over 200 racewalkers braved even colder conditions in a steady rain.

Finally, more than 1400 25K runners sped through this picturesque Belgian town in ideal conditions.

The annual Brugge event is the

most prestigious road race in the world for veteran (masters) runners (defined internationally as men age 40-and-over; and women age 35-and-over). This year's races were awarded the title of World Championships by the World Association of Veteran Athletes (WAVA), the official world governing body for veteran athletics.

Race director Jacques Serruys organized the weekend festivities, which included one hour of opening ceremonies, after the 10K, featuring local

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The Plainview-Old Bethpage RRC Fast Feet Women's Racing Team took top honors in the Masters Division, Massapequa Firecracker 5K, July 7, (l to r): Lori Harfenes Melnik (20:04), Linda Ottaviano (20:45), Andrew Otto (21:18), and Margarita Marascia (20:10). Photo by Mike Polansky

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WAVA RACEWALK

This letter is a formal complaint about the WAVA Road Racewalk held in Brugge, Belgium, on June 29. The whole affair was a fiasco, and I think that WAVA owes the participants an explanation and an apology. The following were some of the problems:

1. The starting time was recorded in two places but an hour apart. Some walkers were forced to start late.

2. The race manager was forced to threaten to cancel the event unless some volunteer lap counters came forward. When counters were found, they were inept and inaccurate.

3. When the race started (late), those of us in the rear never heard any instructions. The first we knew that the race was about to start was when we heard the gun. In the ensuing rush, one 40-year-old (he spoke English) put his hand on the back of a woman from South Africa, yelled, "Get out of my way!" and pushed her to the ground; she required many stitches.

4. The judging was uneven. I saw at least three walkers who were actually jogging when no judges were in view.

5. The head judge sent some walkers to the finish line after only five of six laps. I know for a fact of one case where that happened and heard of at least two other instances.

6. At the awards ceremony, apparently they ran out of awards.

The course was beautiful, and the Brugge police did a fine job of traffic control and of patrolling to see that no one needed aid.

Since the road race had the same lap counting trouble last time in Toronto, I

do think that WAVA should take steps to ensure competent officials in the future.

Again, an apology is in order for the poor presentation of the event.

Mel Lees
San Luis Obispo, California

DURBAN '97

We are all getting excited here in anticipation of the WAVA Championships to be held in Durban in July 1997. . . me particularly, because on May 5, 1997, I shall enter the 90-plus age group.

My wife, Eileen, is a good race-walker in the 75-79 age group. We took part in Buffalo last year where she managed to complete the 10K, but I was unable to take on the 20K on account of the high temperature and humidity.

Last year at Buffalo I was one of four in the 5K racewalk where Sam Gadless (USA), who took third place, beat me handsomely by 7:52. He will also be in the 90-plus age group by July 1997. I hope he'll be coming to Durban, where there may be yet another South African competitor, a newcomer aged 92 who I am trying to persuade to participate in the Games too. Just think of it. . . three oldies over 90 years of age!

Connor Johnston
Durban, South Africa

HAWAIIAN INVITATION

If you are visiting Hawaii, check us - the Hawaii Masters TC - out. We meet almost every Sunday morning at the U. of Hawaii for mini-meets, offi-

cials' training and workouts for major competitions.

Please join us for friendly competition and/or provide us with your expertise on officiating, use the Lynx/Hytek systems, training, coaching, etc. You will be rewarded with generous amounts of aloha spirit. Just let us know when you will be here or surprise us some Sunday morning.

Aloha,

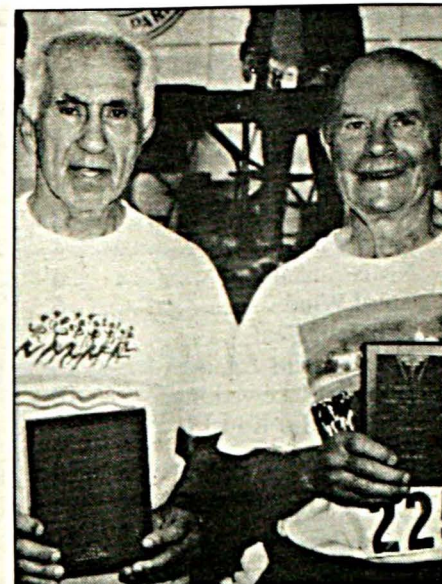
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Honolulu, Hawaii

LANCE HUGELMEYER

Our tight-knit, Long Island running community was stunned and saddened by the untimely death of Lance Hugelmeyer, 56, of a heart attack at Lake Ronkonkoma, N.Y., on June 1. Suffolk County High School Miler in 1957-58, Lance astounded L.I. masters runners with the unbelievable stat that he could match that 4:46 mile into his 50s.

As a road racer, however, Lance was simply the finest we've ever had here. Two weeks before Father's Day, and after a 38:23 M55-59 bronze medal at the USATF National 10K Championships, Plainview, L.I., Lance went out for his daily run. On the day before, to his Grumman Corporation running partner, Kevin Quinn, where Lance was the corporate team captain, he said he felt better than he had in two weeks.

Having suffered chest discomfort, Lance took a recent treadmill test and passed with flying colors; the doctor wasn't used to such fitness and wondered if Lance might have allergies. On Saturday, Lance told his wife, Lorraine, that he didn't feel well and would not circle the big lake. A little



Mel Friedel (l), 75, and Matthew Lebenbau, 78, display their award plaques won in the Long Island Police Appreciation 5K, June 6.

Photo by Mike Polansky

way down the street, when his neighbor called 911, it was too late for Lance.

Lance was my very good friend. We won the Bohemia TC Buddy Race 5K outright together when I was a kid of 47, and Lance pulled me to a 16:59 to beat 300+ good runners.

Lance's father also died young, around the age of 58 of heart disease, but his 90-year-old mother lives on. He is survived by his wife, two sons, and two daughters.

Once Lance advised me to throw away my shoes after 400 miles, and to Saucony's and Nike's delight, I've always followed his advice. He was a modest guy. I'll bet he didn't even know that he had placed in the top ten M50-54 after running a 16:52 at age 52.

He directed the June Lake Ronkonkoma Run. He was a great family man and a great provider. I never heard him say a nasty word about anybody. We will never forget him.

He is the best runner Long Island ever had.

Maury Dean
Long Island, New York

Continued on page 9

NATIONAL MASTERS NEWS

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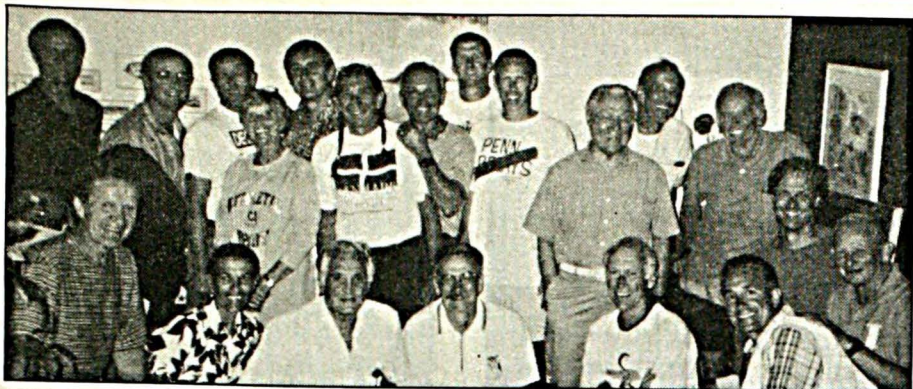
Fifteen Join NMN Sustainers

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

Special thanks this month go to:

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Heptathletes and decathletes in San Diego.

Photo from Karen Huff

Pawlik Top Scorer in Decathlon Championships

by ED OLEATA, Meet Director

Relative newcomer to the combined events, Emil Pawlik, 57, of Jackson, Miss., scored the highest age-graded total with 7869 points in the USATF Masters National Decathlon Championships held at Balboa Stadium, San Diego, July 6th and 7th.

He established new age-group decathlon records in three of the ten events, with 5-5 in the high jump, 15.36 in the 100mH and 136-2 in the javelin. Pawlik dominated his age 55-59 group like no other athlete in the various age groups.

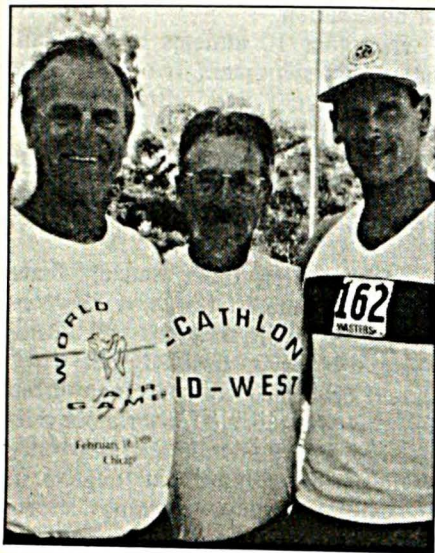
Johnnye Valien, 70, Los Angeles, established a new age division record of 4683 points for the seven-event heptathlon in her 70-74 age group. All seven of her performances were new meet records, as she is the first 70-year-old American woman to ever complete a National Championship Heptathlon.

Christel Miller, 61, of Glendale, Calif. though battling a hamstring injury, still set three new meet records in the 60-64 age group with 25-2 in the shot put, 89-0 in the javelin and 4-0 1/2 in the high jump while winning her division with 2539 points. Hobbled by her injury, Miller used her spare time to advantage by officiating several events.

Ted Hatlen, from Santa Barbara, Calif., and only the second American over the age of 85 to attempt the National Championship Decathlon, set three new meet records and tied one with his marks of 7-10 1/4 in the long jump, 3-3 1/4 in the high jump, 64-4 in the discus and 23-1 1/4 in the shot put, bettering the old record by nearly five feet. The former records were all held by Arling Pitcher.

Other new meet records were set by Ed Fye in the 35-39 division with marks of 42-5 1/2 and 141-7 in the shot put and discus, eclipsing the previous records by Bill Lawson and Rex Harvey. Harvey did set a new meet shot put record in the 50-54 division with the mark of 40-4 1/4. Overall, twenty new meet records were set by these six athletes, four more than the sixteen records which were set in last year's championship in Eugene, Ore.

Rex Harvey, coming into the M50 age group on the first day of the meet, won his 13th consecutive national championship with the second highest overall age-graded score of 7279



Decathlete gold medalists in San Diego. From left: Emil Pawlik, M55; Rex Harvey, M50; Stan Vegar, M40.

points. Stan Vegar, originally from San Diego and the only current world champion from the Buffalo meet to participate here, had the third highest point total, winning the M40 division with 7194 points.

An Italian dinner was hosted by the meet director for all competitors and officials on the evening between the two-day event. Most competitors attended and had a good time. At the dinner, Tom Thorne gave a preview of the upcoming international decathlon/heptathlon challenge meet, which will be held in Neosho, Mo., the last week of October. He predicted it will be the biggest thing to happen in Neosho since Jesse James shot up the town a hundred years ago. Some of the decathletes were also speculating on what will happen when the two 57-year-olds, Emil Pawlik and Dale Lance, lock horns in Neosho, not to mention another two of the best in the world in this age group - Tony McKay of England and Ed Oleata of the U.S. - who are fighting injuries, but may be there. Lance logged the highest overall age-graded decathlon score last year at the WAVA championships in Buffalo.

Next year's USATF National Masters Decathlon/Heptathlon meet is expected to be held in September in Thomasville, N.C., after the WAVA World Championship meet, Durban, South Africa, in July.

This year's meet drew only 25 men and three women, the lowest participation in the National Decathlon/Heptathlon in 20 years. □

The Master Board

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Third Wind

by MIKE TYMN

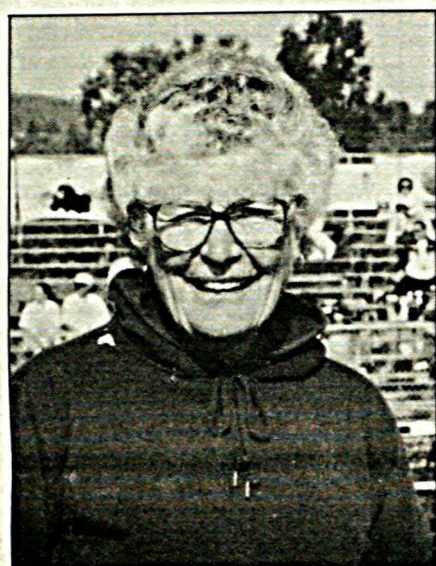
Senior Hall of Fame Makes Progress

It appears that the Senior Athletes Hall of Fame in Bradenton, Florida, is "off the blocks" and now prepared to hit full stride after struggling a bit financially during its first few years.

"We just received tax-exempt status from the IRS," founder Jack Fones said recently. "That means donors can deduct up to \$1000 on their taxes. We only need between \$16,000 and \$20,000 a year to keep it going."

The Hall opened in 1992 with 10 inductees, including six track and field athletes or road runners. There are now 18 athletes in the Hall, nine men and nine women. Of the 18, eight are from track and field and/or road racing. They are:

- Payton Jordan, sprinter, Los Altos, CA
- Helen Darnell (deceased), sprinter, Melbourne, AK
- Clive Davies, distances, Tillamook, OR
- Melvin Buschman, pentathlete, East Lansing, MI



Senior Hall of Famer Sister Marion Irvine was a spectator at the Pacific Sun 10K on Memorial Day. Photo by Mike Tymn

- Marion Irvine, distances, Napa, CA
- Frank Furniss, multi-events, Marion, OH
- Harold Chapson (deceased), middle distance, Honolulu, HI
- Shirley Matson, distance, Moraga, CA

Among those nominated for 1997 are Frank "Scotty" Carter, who ran a 5:32 mile at age 70, and distance greats Norm Green and Warren Utes.



Americans Only

Only American citizens who have excelled after turning 50 are eligible for nomination.

The other 10 athletes in the Hall include six swimmers, two bowlers, a tennis player, and ultraendurance triathlete Ted Epstein.

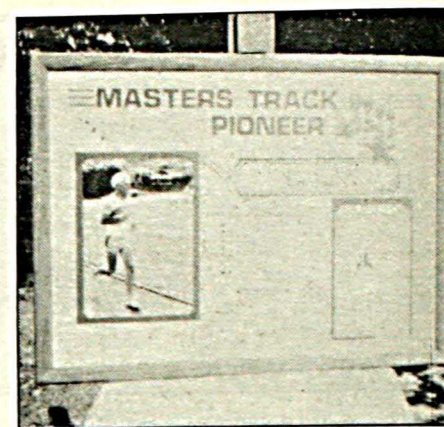
The Hall is located at the Freedom Village Retirement Community Campus, which has nearly 1200 residents.

After reading about amazing feats by senior athletes, Fones, a 77-year-old retired public relations and advertising executive, decided that there should be a place to perpetuate these accomplishments and honor those outstanding seniors, while also hopefully inspiring other seniors to engage in sports. He recruited nine sports "experts" with a broad knowledge of athletic competition to serve as a selection committee. They include NMN editor, Al Sheahan, former standout masters runner, John Butterfield, and yours truly.

3 Years On Hold

Fones had hoped for a major sponsor to step in after the inauguration of the Hall in 1992, but when that didn't happen things were put on hold for three years before the second group of inductees was honored.

"I'd been more or less holding off looking for sponsors until we could get the tax-exempt status," Fones explained. "The question of who will keep our Hall going after my demise or



incapacitation is on my mind, too. And that's why I need to get some funding, so I can hire someone at least part-time to break in - not that it takes a genius, God knows! But it takes some organizational ability plus promotion talent."

Although welcoming additional nominations of outstanding runners and swimmers, Fones would like to see a few more champions of golf, tennis, racquetball, and shuffleboard in the Hall to give it more variety. A nominee must get at least six "yes" votes from the panel of nine men. (Fones would also like to have female representation on the panel, but wants someone who has an understanding of sports or athletics in general, not just someone with knowledge of a single sport.)

Upcoming Exhibition

The Hall has been invited to participate in the "Hall of Fame/Hall of Fame," an exhibition of various halls of fame from around the country, to be held at the Center for the Arts in San Francisco from November 26 to February 23. Fones plans to send the plaques of three Northern Californians - Jordan, Irvine, and Darnell.

"We're on our way," Fones ended, "if we can just get a little funding now that we have the tax-exempt status." □

(If you are interested in nominating someone for the Senior Hall of Fame or in becoming a donor, write to Jack Fones at 723 Oakview Drive, Bradenton, FL 34210 or phone him at 941-756-8808.)

Butler Erases Record at Trojan Meet

by JERRY WOJCIK
Walt Butler's 14.44 in the 100mH

was the best of fast times at USC's Cromwell Field, Los Angeles, the site of the Trojan Masters Meet, June 30. In fact, it is a pending M55-59 world record, breaking Hugh Adams' 14.78, set in June 1995, and age-grading to a 98.8% for age 55.

In line with the temperature (95°), sprinters' times were also hot. Stan Whitley, 50, hit an A-G 96.3% with a 23.17 200, and 93.3% with a 53.01 400.

Peter Mogg, 40, led the distance runners' marks with an A-G 91.5% 1:58.37 for 800. The jumpers' performances were topped by Phil Fehlen, 60, who hit 92.6% with a 1.63/5-4 1/4 high jump.

But everybody took a back seat to Larry Stuart's 102.8% 62.86/206-3 with the 600g javelin, an age-58 world record by over 40 feet.

Russ Reabold, of the host Trojan Masters TC, directed the meet, which drew 170 entrants. □

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Edith Mendyka

Edith Mendyka, a masters competitor in the throws, jumps, and sprints for more than 25 years, died June 24 at her home in Tujunga, Calif. She was 85.

She was a German participant in the team handball competition in the 1936 Berlin Olympics. She had been on the all-German national team for seven years and was one of its leading scorers. She placed fourth in the javelin in the 1936 German Olympic Trials.

She married John Mendyka in Berlin on Aug. 18, 1939. It took more than a year before she could get her visa and passage to the USA to meet her husband in Los Angeles, because Germany had considered her too good an athlete to go.

She continued her sports career, founding a team handball league in Los Angeles. She set dozens of single-age U.S. track and field records, and

still holds nine 5-year age-group marks in the long jump (W80: 5-1 $\frac{1}{4}$); shot (W70: 26-9, W75: 24-5, W80: 17-11 $\frac{3}{4}$); discus (W70: 62-5 $\frac{3}{4}$, W75: 58-1); and javelin (W70: 72-7, W75: 65-7 $\frac{1}{2}$, W80: 48-0 $\frac{1}{2}$).

She won gold and silver medals at the WAVA World Veterans Championships in Eugene in 1989.

She coached Olympic hopefuls, including Donna Mayhew, a member of the 1988 and 1992 U.S. Olympic team.

The Mendykas are all athletes. John played rugby and their only child, Karen, was the junior javelin champion in 1960. Karen placed second in the open nationals that year, but missed qualifying for the 1960 Olympics. In 1961, she toured Europe with the U.S. team, and won the national women's javelin championship in 1962. She was a track coach at Northwestern U. for many years.

Karen married Bob Huff (now deceased); their children are also champion athletes. Michael has played professional baseball for 11 years, most recently as an outfielder with the Toronto Blue Jays. Malia played soccer, baseball, basketball, water skied and snow skied. Matt played baseball in college and one year of pro ball with the Texas Rangers. Karen continues to throw as a masters competitor.

Any donations can be made to the U.S. Olympic Committee Arco Training Center, 1750 Wueste Rd., Chula Vista CA 91915; attn: Anne Bolzoni. A special commemorative tribute will be placed on a sign at the base of a eucalyptus tree which lines the Olympic path. ☐



Edith Mendyka won the W75 silver medal in the javelin at the 1989 World Veterans Championships in Eugene.

New Hampshire's Run to the Clouds

by JANE DODS

When asked by a fellow runner during a break in our fitness testing program at the University of Pittsburgh last September if I'd like to join her in the annual Mt. Washington Road Race (also known as the "Run to the Clouds") the following June, I readily accepted. I pictured a scenic romp along wooded trails in the beautiful White Mountains of New Hampshire. What I got was 7.6 miles of road which climbed unrelentingly at an 11.5% grade to the top of the mountain.

For the uninitiated, such as I used to be, Mt. Washington, in Pinkham Notch, is the highest peak in New England (6,288 feet). It also has the distinction of being the site of the highest-ever recorded wind velocity (231 mph). Despite (or, more truthfully, because of) the extreme conditions, this race is wildly popular necessitating a lottery to enter (winners are invited back the following year to wreak havoc upon themselves once again). This year nearly 1000 disciples amassed at the foot of the mountain on June 15.

By good fortune, the weather gods were exceedingly benevolent. Race day dawned sunny and cool with no killer winds forecast, so the only chal-

lenge was the hill itself. I managed what might be considered a jog for the first couple of miles but then resigned myself to a "power walk" for the balance of my journey to the tree-denuded summit. Just below the top, the knife is cruelly twisted, producing what seemed like a 45% grade to the finish line.

An elaborate car shuttle ensured warm clothes at the top and a drive back down to food and drink at the bottom. This essential operation and all other details of this logistics-challenged race were exceedingly well-handled, with kudos going to director Bob Teschek.

On the elite side, Jacqueline Gareau, 43, was the overall and women's masters champion in 1:17:15. Daniel Kihara, 29, of Kenya, sped to a new men's record of 58:21. His quote, "There is nowhere on this course that you can gear yourself to be comfortable." Bob Hodge, 40, led the masters men to the top in 1:10:17.

After this initiation, I think I might try and seek revenge on my time next year. It will be tough to move up in my age-group though as there is a virtual hotbed of 60-year-old female mountain goats in New England (you know who you are!). ☐



Edith Mendyka taking the baton at a meet in Berlin, Germany in 1934.



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(C) 400M HURDLES (M)
(D) HIGH JUMP (W-M)
(E) DISCUS (W-M)
(F) 3,000 M RACE WALK (W)
(G) LONG JUMP (W-M)
(H) 100M DASH (W-M)
(I) 8,000 M RACE WALK (M)
(J) BREACK
(K) 3,000M RUM (W)
(L) 400M DASH (W-M)
(M) 5,000M RUM (M)

SUNDAY SEPT. 22
FIRST EVENT AT 1:00 P.M.
(O) 80M HUNDERLES (M) 70 +
(P) 100M HURDLES (F) 30-39
(Q) HAMMER THROW (W-M)
(R) 100M HURDLES (M) 50-59
(S) 110M HURDLES (M)
(T) 800M RUN (W-M)
(U) JAVELIN (W-M)
(V) TRIPLE JUMP (M)
(W) 1,500M RUM (W-M)
(X) WEIGHT THROW (W-M)
(Y) 200M DASH (W-M)
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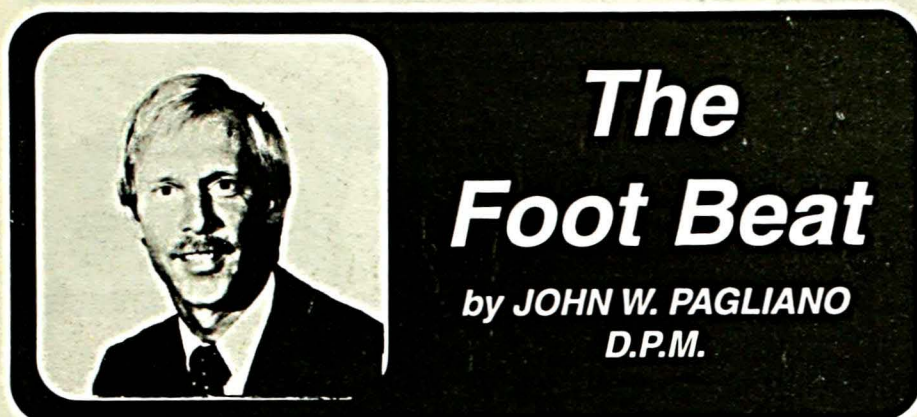
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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Achilles' Tendinitis

Q I am a female masters runner who has been experiencing Achilles' tendinitis for the last 13 weeks. It all started the day after I ran a marathon. After several weeks of rest and treatment, the pain subsided and I am able to run again. But I'm perplexed by a slight "bumpiness" and tenderness on my Achilles' tendon. When it was swollen and painful, it seemed that there was a gap which has now been replaced by a slightly-raised area that feels as though it could be a band of inflammation. Am I correct, or do I have a more serious problem?

A Your condition is one of the most common injuries sustained by runners over 40. It was probably brought on by your racing flats, which are very thin and offer very little heel support.

It sounds to me as though you also have a partial tear of the ligament in addition to the Achilles' tendinitis. The bumpiness you describe is probably a small knot of scar tissue that resulted from the tear and is unlikely to go away. However, you should still be able to run without too much discomfort.

Obviously, you will have to run with caution. Warm up very well, but do not attempt to stretch your Achilles' during your warm-up because you could cause another partial tear. I usually have my patients walk slowly just prior to running. Time will help the healing process, but you will never be 100% again.

As far as treatment is concerned, your first step should be to wear a

heavier pair of training and racing shoes. Some physical therapy involving ultrasound and moist heat should help to break up the scar tissue. I'd also suggest soaking your foot and ankle in hot water at night for about 20 minutes. This will increase blood flow to the injured area and speed healing.

Avoid sprints and uphill running as much as possible. When all of your symptoms have disappeared, you can gradually return to a mild stretching program. □

(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 50098, Eugene, OR 97405.)

U.S. Records Broken in Southeast Regionals

The 184 participants and all of the spectators in the stands had an opportunity to witness a U.S. pole vault record in the USATF Southeast Regional Masters Championships in Knoxville, Tenn., May 24-25. It wasn't a masters record, however; it was the national open record that was broken by Lawrence Johnson, of the U. of Tennessee, who easily cleared 19-7½. Later, at the Olympic Trials, at Atlanta, in June, Lawrence led all pole vault qualifiers on the U.S. team.

Another U.S. non-masters record was broken by Marilyn Senz, who erased the W35-39 record of 41.00 with a 46.82/153-7 with the 4kg hammer. Senz, a transplanted Penn-

sylvanian now residing in Asheville, N.C., also had a top-ranked throw of 15.02/49-3½ with the 20-lb. weight.

Mike Valle, M55, Charlotte, N.C., won the Nolan Fowler Weight Pentathlon with 3958 points. The event inaugurated an award honoring Nolan Fowler, M80, Cookeville, Tenn., recognized as a long-time supporter of masters throwing as well as a top thrower for many years.

Sprinters were plentiful and in good form. Thirty-three competed in the 200, and 30 in the 100m. Ron Jackson, M40, Goose Creek, S.C., posted the best masters time (23.93) for the 200. Alice Jackson, W35, Atlanta, Ga., won in 24.32. Jim Stookey, M65, ran probably the best 100m time of 13.42.

In the past, the meet has always made an attempt to include open athletes. Thanks to a decision by the Tennessee Association, this was the first year that there was a deliberate attempt to include open athletes. Thirty-five open athletes entered, 10 of whom were aspiring to qualify for the Olympic Trials. □

— From Dean Waters

Three Major Meets

Continued from page 1

mum age.

Hayward Field will be the site of the WAVA meet, the same venue that was used for the VIII WAVA World Veterans Championships in 1989. The Canadian meet will be held at the site of the 1994 Commonwealth Games, on the track that could be the venue for the WAVA World Championships in 2001.

Entry Deadline

The entry deadline is Aug. 1 for the first two meets, and August 6 for the WAVA meet. However, late entries will be accepted for Spokane until August 9 and for Eugene until August 12 with a \$25 penalty for each. (The exception is relay teams, which may sign up on the day of the race.)

All three meets will feature all traditional track and field and racewalking events. Eugene will also stage a 15K road race, an 8K cross-country contest, and a weight pentathlon.

Transportation

Low-cost air fares to and between the cities can be had by calling 1-800-665-5554 (Victoria), 1-800-735-6363 (Spokane), or 1-800-234-1605 (Eugene).

In Eugene, free shuttles for athletes and accompanying persons will be available from the airport to major hotels and the dorms. In Spokane, it's advisable to rent a car.

Weather

At press time, the high temperatures in the three cities were Victoria (73°), Spokane (96°), and Eugene (85°).

Accommodations

Low-cost university accommodations are available in both Victoria (36.95 single, \$25.82 double, including breakfast) and Eugene (\$41.50 single, \$34.50 double, including three meals per day).

Declarations

In Victoria and Eugene, declarations must be made at least one hour before the scheduled start of the event. In Spokane, the deadline is four hours prior to the start.



Irene Obera #826, W60, and Fei-Mei Chou, W60, from the West Valley TC of California, at the 1995 National Championships. Spokane Wash., will host the 1996 championships, Aug. 15-18. Photo by Suzy Hess

Admission

Admission to spectators is free in Victoria and Eugene. In Spokane, non-competitors will be charged \$3 per day.

Social Function

In Spokane, a dinner/dance will be held Fri., Aug. 16. Cost is \$17 per person. In Eugene, a post-meet barbecue will be held at the end of competition on Sat., Aug. 24. Cost is \$14.50 per person.

Athletes' Meetings

Athletes' meetings will be held in both Spokane and Eugene. Everyone is invited to attend. The time and place will be announced at the venues.

Results

The complete results of the Victoria and Spokane meets will hopefully be published in the September issue of NMN. The Eugene results will appear in October. □



First three in the W60+ race, Long Island State Park 5 Mile, Jones Beach State Park, Monday evening, June 17, from left: Ruth Sturges, second, Alexandra Finger, first, and Sandy Cohen, third. They are members of the Plainview-Old Bethpage RRC. Photo by Mike Polansky

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Hayward Classic

Continued from page 1

win a \$50 award in a field of 13 men and women, ages 33 to 68. Tom Brinton, 68, was a close second with an A-G 84.3% 5:59.17. The first eight finishers ran national-class 80+% times.

The Seattle Masters Athletic Club award of \$25 for the top age-graded weight throw went to Tom Gage, 53, who scored 77.4% with a 16.66/54-8 in the 35-lb. weight.

Mary Libal, 46, WAVA 400 champion at Buffalo, ran the 100m in 12.77, and anchored the winning mixed-age-and-sex 4X100 relay team to a win over a men's quartet of M55+ runners.

The 5000, pole vault, and javelin brought out large fields. Steve Kretsinger, 37, posted the fastest 5000 (15:58.20). Ed Lipscomb, 45, had the highest vault (4.60/15-1). Ken Hall, 30, finished with a meet-best 63.42/208-1 in the javelin.

Racewalker Ed Kousky, 55, who broke the M55-59 world indoor 3000 record in the 1996 Nationals in Greensboro, N.C., outstrode the fields in the 5000 (24:30.44) on Saturday, and the 1500 (7:16.77) on Sunday.

A first-ever team championship was won by the host Oregon Track Club Masters, who outpointed the Portland TC Masters men, 593 to 533, and the Portland women, 314 to 162, for a combined total of 907 to 695, to sweep the three trophy awards. The Seattle Masters AC, comprised primarily of throwers, was third with 204 points.

Becky Sisley was the meet director. Frank Lulich and Ruth BreMiller were assistant directors. Almost 200 volun-



Ron Uhl, lets out a yell after a winning M35 hammer throw of 42.54/139-7, Hayward Masters Meet, Eugene, Ore., June 29-30.

Photo by Suzy Hess

teers helped to conduct the meet. Competitors and volunteers attended a free reception Saturday evening at the Phoenix Inn in Eugene, the meet headquarters hotel.

The meet sponsors were Oregon Track Equipment, Pacific Continental Bank, Carter & Carter Financial Center, and Duncan & Brown Real Estate Appraisers.

The next major masters meet at Hayward Field is the WAVA North American Regional Championships, Aug. 21-24. □



Guest runners from England at the Hayward Masters Meet, Eugene, Ore., June 29-30, (l to r): Roy Treadwell, Martin Reynolds, and John Exley. Each is 48 years old.

Photo by Suzy Hess



Jerry Wojcik, National Masters News senior editor, presents Dan McCormack, 57, with a \$50 check for the best age-graded performance (84.9%) of 5:18.97 in the NMN Mile, Hayward Masters Meet, Eugene, Ore., June 29-30. Meet Director Becky Sisley hosted the Saturday evening reception.

Photo by Suzy Hess

Write On

Continued from page 4

REFLECTIONS

Last year I participated in the WAVA Championships in Buffalo. Things went wrong from the start. First, I lost my room key. Replacement was \$25. Then, I went shopping for a souvenir garment. Found them shoddy and overpriced. "But," said the clerk, "You tried the cap on. Local health regulations say it's yours. That'll be \$17, plus tax, please."

At practice next day, things started to look up. Sprint starts were perfect and the jumps and throws long. Things got back to normal on the dorm shuttle. All the buildings looked alike. Took several tours before I identified mine, only to find, in the middle of a heat wave, that there was no air conditioning.

During the meet, matters went rapidly downhill. Splendid start in the 100, only to fall flat on my face a few yards out. Finished last! The javelin absolutely refused to stick, three no-throws. Out! Fouled the long jump three times straight - never had done so in my life. Out!

On the last night there, thought I'd find solace in a drop or two. Asked a friend to pick up a bottle. She came

back saying she'd run out of time, but she'd given my money to so-and-so, who'd meet me later at the club house.

Got there a little late, only to find so-and-so had left, and the bottle with which he treated his friends, virtually dry. As I was pouring the dregs into a glass, someone informed me that the bottle was "by shares" and that mine was \$8. Added to the \$20 I'd laid out to begin with, my "drop" came to \$28.

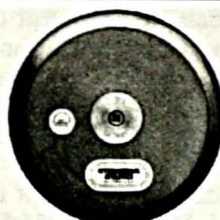
It's now 4:30 a.m., the next day. I am standing at the curb, waiting for the airport bus, when a friend's wife runs up. She's found my room key and thought I might need it. Arriving home, my son and I missed connections at the airport. Cab ride came to \$75.

Francisco Colon
Utua, Puerto Rico

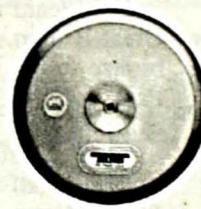
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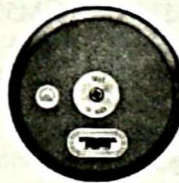
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Masters Racewalking

by ELAINE WARD

Third WAVA Road Walk Championships

The third WAVA World Veterans Road Walk Championships (women 20K; men 30K) in Brugge, Belgium, June 29, saw outstanding performances by many athletes in less than notable conditions. In reporting on the races, Jack Stark repeatedly referred to the surrounding events as those of a "soap opera." And so they seem. The event also might be compared to a dinner party where the table is decorated with beautiful flowers, but the forks, spoons and knives are missing.

First to the flowers. On the surface, the event directors seemed to be well organized. They had a marching band. They had television. They had big banners and signs. They had a dozen police and waiting ambulances. There was a lead car with a mounted digital clock preceding the leaders around the course.

The day was beautiful and cool, between 50 and 55 degrees. It rained off and on with one four- to five-minute downpour. The course was quite flat which invited fast times. For example, in the M65 division, the first four walkers finished under the existing world 30K record of 2:47:38.

As Jim Carmines explained, "It was a challenging race because it was so fast at the beginning. There was no opportunity to let up. Four 50-year-olds were grouped together with Don DeNoon and a bunch of 40- and 45-year-olds. The perception was "whoever could last the longest was going to win."

Race Results

Victoria Herazo, W35, having just won a spot on the 1996 Olympic Team on June 22, won the women's 20K with a time of 1:38:06. She led from 200 meters on. The second woman, Elizabeth Corran, W40, of Great Britain, was nine minutes behind her at 1:47:10. Heidi Maeder, W50, of Switzerland was 3rd at 1:49:17. There were 49 finishers. The results do not show those who did not finish or were dis-

qualified.

Other performances by American women: W40 Kathy Finch (22nd overall) 2:17:17; W50 Maria Cox (30th overall) 2:20:40; and W55 Ann Marie Kunz (24th overall) 2:17:35. These women placed sixth, sixth and fifth in their age divisions. The W40 team of Finch, Cox and Kunz won a silver medal.

The men's 30K was won by Favio Fuzzier, M40, of Italy 2:26:40; 2nd, Godfrid Jonckherre (M40) of Belgium 2:27:01; and 3rd, Gerard Lelievre (M45) of France 2:29:02.

Performances by American men: Bob Mimm (gold M70) 3:23:19 (112th overall); Jack Starr (silver M65) 3:18:37 (104th); and Jim Carmines (bronze M50) 2:45:34 (29th).

Gold team medals in M50 went to Great Britain, silver to Germany, and bronze to the U.S. team of Carmines, Paul Johnson (M55) 3:02:18 (67th overall), and Bernie Finch (M55) 3:35:18 (131st).

Gold team medals in M65 went to Starr, Mimm and Mel Lees 3:55:58 (M70 4th and 147th overall.) Johnson and Finch dropped down to M50 to team up with Carmines. Mimm and Lees dropped down to M65 to team up with Starr.

The Missing Essentials

Before reporting on the problems of the race, Carmines wanted to express special thanks to Barbara Dunsford, the English Racewalk Judge who literally took over the duties of race director so that the walks could take place. When the race was to start, she announced a delay. There were no lap counters present, she did not know whether the water tables had been set up, and as it turned out she never was made aware of a final, last minute course change. According to Carmines, "From the standpoint of these essentials, the race was quite disorganized. The English judge did a great job of recruiting volunteers for lap counting and generally making it possible to get the race off."

Starr's race report reveals, however, that the last minute stopgap measures did not work too well. In Starr's words: "The day before the race, the organiz-



First M40, Robert Frank (25:40.60), 5000 racewalk, Hayward Masters Meet, Eugene, Ore., June 29-30. Photo by Jerry Wojcik

ing committee found out that the 5K loop of the course was short. Those in charge began scrambling to add a dogleg to the men's course to make a full 30K that wouldn't screw up the women's course which had to have a different dogleg to make a full 20K.

"An hour before the race, no one was sure where the doglegs were. The head judge told Carmines where she thought the men's dogleg was, but when he got there, it had been changed. I think the people who laid out the course knew where it was supposed to be, the spotters along the course knew, but the judges didn't know.

"As the race unfolded, things seemed to be going well," Starr continued. "The first lap, I heard someone shout out my number and I could see my lap counter at the side writing something down. However, I could not see any clock so it was obvious that the lap counters couldn't be recording splits. This became very significant later.

"The 2nd, 3rd and 4th times around, I heard my lap counter call my number. It was comforting to me because I had been in races where the lap counting was off. The 5th time around, when I passed the lap counting spot, the lap counters had thinned. I became a little concerned as I didn't hear anyone call my number. However, by now it was raining and we had been racing a couple of hours. I thought they might have gone back into the bushes to keep dry.

"The 6th time around, I didn't see any lap counters. In fact, when I got to the completion of the 6th lap, I knew that I would have to begin the dogleg shortly. There were only a couple of people to be seen on the course. Even though I knew I was supposed to keep

going in a counterclockwise direction, I threw up my arms and said, 'where do I go?'

"The guy at the intersection answered, 'Have you done six laps?' I didn't like hearing that too much as I felt he ought to know whether I had or not. At any rate, he pointed and yelled, 'You go over there.' As I entered 'over there,' another person told me I had one kilometer to go. I was pleased because I had just glanced at my watch and I was at 3:05. I felt like I was really moving and said to myself, 'This is brilliant. I'm doing great!'

"Well, that one kilometer took me 13:40. After the race, a bunch of us concluded that it was more like two or more kilometers. This error destroyed whatever confidence we had left that the race was 30K. Anyway, when we finished, it was still raining. We went into a tent adjacent to the finish line to get warm. We chatted and griped about the fact that there were no portable toilets and that people had to relieve themselves by the side of the road, which wasn't good. But we were all thrilled to have finished.

"Then we began wondering about our finish places and times. We couldn't find out until the next night at the Awards Ceremony. When we went into the hall and got our printouts, I found that the man who beat me also beat Bob Mimm's world record by 7 minutes.

"Then we found out that Doug Brown (M70), who had told us he had only done five laps, was in the printout as having completed the race. This led us to wonder if there were others who only did five laps recorded on the finish sheet. Specifically, we wondered if the guy who smashed Mimm's world record really did finish in an amazing 3:01 at age 68 or was, in fact, a lap short. It is regrettable that a known lap counting error clouds what might be a truly fantastic performance."

There was an additional twist to this race story. According to Starr: "They didn't give us medals. They gave out large china dinner plates. The plates are very attractive. I got one for my second place finish in M65 and one for the first place team finish in M65. The plates are identical except that one has the Lion of Flanders in the center and the other has the seal of Antwerp. The plates have WAVA Veterans World Championship around the perimeter with the word Belgium, but nowhere do they say that the holder of the plates did something good in a race - such as place first, second or third. I could have bought them in a store. Most of us would have preferred to have had a medal that indicated our accomplishments and age group. As it is, I have put the plates on display in the kitchen because I don't know what else to do with them."

After listening to Starr and Carmines, I tried to think of another world championship plagued by so many difficulties. But then, maybe it's just as well to get them in one dose rather than have them sprinkled over many races. □

FIFTEEN YEARS AGO July, 1981

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

PROFILE

Ed Kousky – Mastering The Walk

by SUZY HESS

He crawled before he walked, he walked before he ran, and now as he enters his golden years, 55-year-old Ed Kousky is mastering the art of walking again.

Persuaded to give up his favorite hobby of running in 1992 after undergoing his third knee surgery, Kousky, of Eugene, Oregon, endeavored to find a competitive event as a replacement that would maintain his level of fitness. Racewalking had been suggested to him by members of the Eugene track and field community.

"The mere mention of racewalking brought forth images of a somewhat less than masculine competition in the multi-event sport of track and field," he remembered. However, the arduous task of rehabilitation began with walking workouts, which normally progressed to a somewhat clumsy style of racewalking.

In the fall of 1992, Kousky was invited to enroll in a racewalking class sponsored by Eugene Parks and Recreation and taught by Carolyn Kortge, an active racewalker and coach. "Words of encouragement from Carolyn and a crude mastering of the technique of racewalking launched me into a sport that has satisfied my need for a hobby that keeps me physically fit and on the competitive edge with my peers," he said.

After three-and-a-half years, Kousky is still searching for the perfect technique that will enable him to perform at his utmost level. He is not slowing down as he gets older, and is, in fact, setting personal records in his races and looking forward to even

faster times. "I have applied my knowledge and experience with running workouts to racewalking workouts, which are pretty much the same except they are done at a slower pace" he said. "More concentration is required as proper racewalking technique must be practiced in all my workouts." Kousky sprinkles in a few racewalking camps taught by professional instructors, adds a work ethic, and his results speak for themselves.

"I remember very well the first workouts at a 12-minute-per-mile pace. As my technique improved, my times dropped dramatically," he recalled. The Hayward Classic in the summer of 1993 was when Kousky burst upon the racewalking scene. He toured the historic Hayward Field track in the mile race in a time of 7:41 and clocked a 26:21 for the 5K. During the next three years, he lowered his times to 7:16.7 for the mile and 24:29 for the 5K.

Kousky has competed in two World Veterans Championships: 1993 in Miyazaki, Japan (20K team gold medal), and 1995 in Buffalo (20K team gold medal and 20K silver individual). Kousky has also competed in the yearly USATF National Masters Championships with a best of 1:47:29 in the 20K which earned him a second place in the 50-54 age group in East Lansing, Michigan last summer. Since turning 55, Kousky has made his presence known as he racewalked his way to first place in the 3000 at the USATF Indoor Championships, in Greensboro, N.C. on March 31, 1996. Not only was his time of 14:22.4 an American record by over a minute, it also broke the world record by five seconds.

"I am looking forward to a full and rewarding summer of racewalking, as the new kid on the block in my new age group."

Kousky is quick to encourage others to adopt the sport of racewalking. He is testimony to the physical conditioning as a result of dedicated workouts. He enjoys the competition he encounters at all levels. "I feel racewalking is truly a sport in which athletes may compete within themselves or challenge another to race to the finish line," he said.

The sport of racewalking has not been without its frustrations for Kousky. During the summer of 1994, he was ready to hang up his racing flats. The hometown advantage was

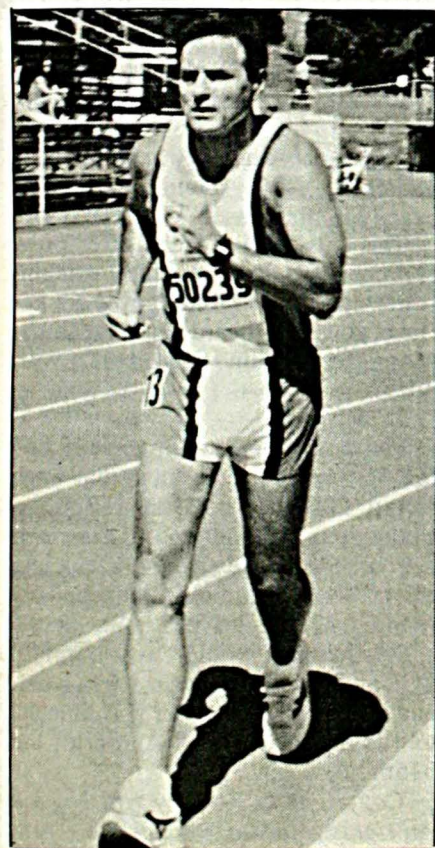


Anne Poxon (#14, 50, 11:01.3) and Bob Clay (68, 10:30.1) won silver and gold medals, respectively, in the Crown Valley Senior 1500 RW in Los Angeles, April 28.

not to be found in Eugene for Kousky during the National Masters Championships. He set personal records in both the 5K and the 20K only to find out at the completion of the races that he had picked up the dreaded third red card. Words of encouragement from fellow racewalk-

ers influenced Kousky not to quit. He endeavored to better his technique and work diligently to stay legal.

This August, Kousky will be competing in the National Masters Championships in Spokane and the WAVA North American Championships in Eugene. □



Ed Kousky, M50 racewalker, at the 1995 National Championships. Kousky, holder of the M50-54 world indoor 3000m record, will be competing in the 1996 championships in Spokane, Wash., Aug. 15-18. Photo by Suzy Hess

"80% of All the Money You Spend on Health Care Will be Spent in the Last Two Months of Your Life!"

Are you as surprised as I was to learn the above fact?

After three decades of athletic competition (that's me below in the late '70s) and 16 years as a health care professional, this information astounded me.

Equally surprising to me is how disproportionate the top 10 causes of death in America are:

1. Heart Disease	37.8%
2. Cancer	19.3%
3. Stroke	10.3%
4. Accidents (Non-Auto)	3.0%
5. Influenza (Pneumonia)	2.9%
6. Motor Vehicle Accidents	2.4%
7. Diabetes	1.9%
8. Liver Disease	1.7%
9. Arterial Sclerosis	1.5%
10. Suicide	1.4%

Causes 1 and 3 will take the lives of 48% of the Americans that die this year.

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On The Run

by HAL HIGDON

Silly Rules? Not All Journalists Appreciate Track & Field

“What an unfortunate concept track and field is saddled with,” writes Steve Hummer. “Just makes you glad the rest of sports doesn’t work this way.”

Hummer, a sports columnist for an Atlanta newspaper, was talking about Michael Johnson having run 19.70 for 200 meters in the Olympic Trials. Seemingly, that time bettered the world record of 19.72 set by Italy’s Pietro Mennea.

Alas, Johnson’s record time was disallowed because of an aiding tailwind. The wind gauges showed 2.7 meters per second. Any mark made with more than a 2.0 mps trailing wind is declared “wind-aided.” You still win the race; you don’t get the record.

Hummer grumbled that Hank Aaron’s record-setting 715th home run would not have been nullified because of such a “silly rule.” True, but anybody who has attended many baseball games knows that somehow the effec-

tiveness of pitchers improves when the wind is blowing in the faces of the hitters rather than coming from their backs.

How About Hank Aaron?

Baseball, of course, doesn’t have silly rules. Well, there’s this thing about foul lines. Perhaps if long balls that soared out of the park in foul territory were still considered home runs, Hank’s career record might have been still higher.

Michael Johnson didn’t seem both-



First M45, Mike McHale, 45, Fairfax Station, Va., in 55:41, followed by John Thorpe, 46, Sherrill, N.Y., second M45 in 55:43, Cherry Blossom 10 Mile, Washington, D.C.. Photo by George Banker

ered by his “record” not being accepted. He simply returned the following day and blasted a 19.66. The wind was within legal limits. Johnson’s time replaced the oldest world record on the books. Pietro Mennea set his mark in Mexico City in 1979.

Ironically, Mennea’s record was considered “suspect” by track aficionados. The altitude at Mexico City is 7,343 feet, resulting in less wind resistance and less gravity, which translates into faster sprint times. There’s also less oxygen, but that affects distance runners negatively, not sprinters. (To his credit, Carl Lewis refused to compete at altitude only for the purpose of breaking Bob Beaman’s long jump record, also set in Mexico City at the 1968 Olympics.)

Tailwind To Glory

Now that Michael Johnson has possession of the 200 meter world record, he’s not going to lobby for the repeal of a “silly rule” that might allow a lesser athlete to ride a tailwind to glory. As for columnist Steve Hummer, I hope he witnessed Johnson’s record run – except the Atlanta Braves were playing in their stadium next door at the same time as the final day of the Olympic Trials. He may have missed it.

No sense getting angry at Mr. Hummer. He’s probably just another baseball fan caught in a time warp, forced to cover track and field because it is the showcase event at the Olympic Games. Once the Games are completed, the Olympic stadium will be converted into an arena for baseball. Hummer and the other reporters who prefer baseball and basketball and football to track and field can return to the press box and watch home runs fly out of the park on windy days without worrying about wind gauges.

It seems strange, however, that a baseball fan would complain about another sport’s silly rules. When he first broke into show business as a

comedian, one of Bob Newhart’s funniest routines revolved around a 19th century sports agent, who receives a telephone call from Abner Doubleday. Doubleday tries to explain the rules of the new sport he has invented.

Enter Bob Newhart

We only hear Newhart’s half of the conversation. As it continues, he (and the audience) chuckle more and more at this new game’s silly rules.

“Let me see if I understand this,” says Newhart. “There’s an invisible box over what you call a plate. And if the baseball passes through the box, it’s called a ‘strike.’ Uh-huhhh! But outside, you call it a ‘ball?’ Isn’t it already a ball, Mr. Doubleday? Ohhh! What’s that Mr. Doubleday? You say four balls and the batter goes to first base?”

(Long pause as Newhart milks the audience) “Mr. Doubleday, what exactly is ‘first base?’”

The only advice I can offer Steve Hummer is that I hope his managing editor never asks him to cover cricket. Have you ever heard an Englishman trying to explain that sport’s silly rules?

True Trivia

For those interested in exactly how fast Michael Johnson ran in that world record 200 meters, Donna Rode of Bellingham, Washington and a member of the Dead Runners Society, offers some numbers. Johnson was running 22.7 miles per hour. At that speed, Johnson would cover a mile in 2:37 and the marathon in 1:09 (1 hour and 9 minutes). I wonder if Donna can tell us how hard Hank Aaron hit that 715th home run? □

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Hal Higdon’s

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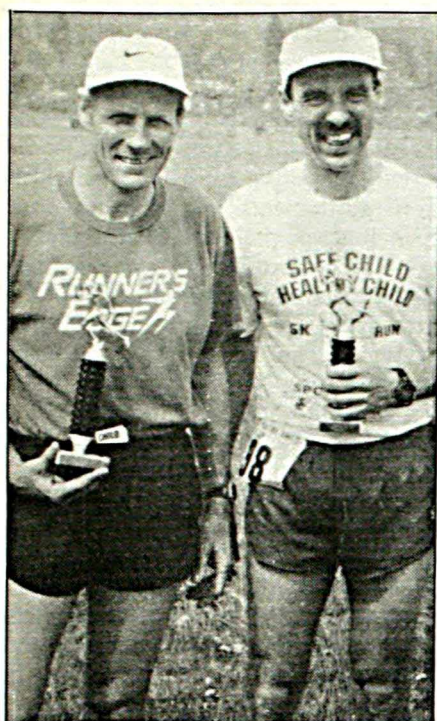
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First two finishers in the M40-44 division, John Lupski (l), Hicksville, N.Y., 18:20, and Brian McMahon, Farmingdale, N.Y., 20:42, Safe Child Healthy Child 5K, SUNY, Old Westbury, L.I., May 11. Photo by Mike Polansky

Kurtis Wins in Cleveland; Mahr Takes 10K

by JERRY WOJCIK

Doug Kurtis 44, ran a 2:26:04 to win the masters race in the marathon portion of the Revco-Cleveland Marathon & 10K on May 5. Canada's Frank Rajewski, 40, was second with a 2:30:05.

Kurtis also headed the age-graded performance list for masters with a 90.9%. Ken Sparks, 51, winner of the M50-54 division in 2:37:14, was second on the A-G list with an 89.1%.

Winnie Ng, 43, with a 2:58:57, was the only W40+ to break the three-hour barrier.

In the 10K, Theresa Mahr, 47, had to beat her W45-49 competition to win the masters race. Mahr, running an A-G 89.6% 36:57, defeated Nancy Grayson, 46, second W40+ in 37:11, and Barbara Filutze, 49, fourth W40+ in 40:08.

Charles Rose, 63, was the winner of the M60-64 race in 36:55, an A-G best 91.4% among the masters runners.

Paul Barron, 40, was first M40+ in 31:22, with Vic Sayre, 42, second in 31:36.

In the open race, Joseph Kimani of Kenya ran a world best 27:20 on the loop course. □

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Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 180 pages. \$5.00.

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The Weight Room

by JERRY WOJCIK

Theme Parks for Throwers

Imagine, if you're a trackster, stepping out of your back door and onto your own track; or, if you're a pole vaulter, being able to see your personal pit from the living room. I don't know whether some of those people have competition sites in their backyards, but I am aware of at least three throwers who have complete throwing facilities on their property.

We're not talking some crude shot put set-up, next to the kids' swing set with a ring painted on the patio beside the brick barbecue.

These are Throwers' Worlds, complete with throwing circles, sectors, and run-ups for catapulting shots, hammers, disci, javelins, weights, and Pratt & Whitney engines into the ozone.

One such Discusland is KELfield on Gary Kelmenson's land in Santa Cruz, Calif., where Kelmenson has held meets regularly, including a recent USATF Pacific Association weight pentathlon championships. Lately, KELfield has fallen on hard times. Without going into detail, let's just say that Kelmenson's neighbors objected to the whole idea, even

though the field provided a training area for local throwers, including one of the unhappy neighbors' kids, as well as Olympians.

I can understand his neighbors' apprehensions. How would you like a bunch of larger-than-life men and women, carrying spears and round metal objects resembling cartoon-strip bombs, running around your neighborhood? Then, scantily attired, they disappear into the eucalyptus trees and start grunting and growling. I mean, who needs it. Fortunately, sanity prevailed, and although Kelmenson must meet certain provisions for the field to stay open, he's still in business. Oops, wrong word. He's not allowed to charge fees, but donations are welcome.

Kelmenson should have gone to Montana, where Manuel White has his own throwing field in Helena. In Montana, you can do your own thing, a la Ted Kaczynski, the alleged Unabomber, and the Freemen, without



Art Jaago, M75, of Canada, in the superweight, USATF National Masters Weight & Superweight Championships, Seattle. Manuel White, M75, who broke two world records, watches the action.

Photo by Jerry Wojcik

interference from nosey neighbors, at least for awhile. White, too, has also opened up his facility for meets. White, by the way, has recently turned 80, and is expected to break several thousand throwing records this season. He doesn't compete much beyond the Northwest. For Easterners who don't know him, at the Nationals in Spokane, look for an M80-84 thrower who looks as if he's 50 and throws as if he's 40.

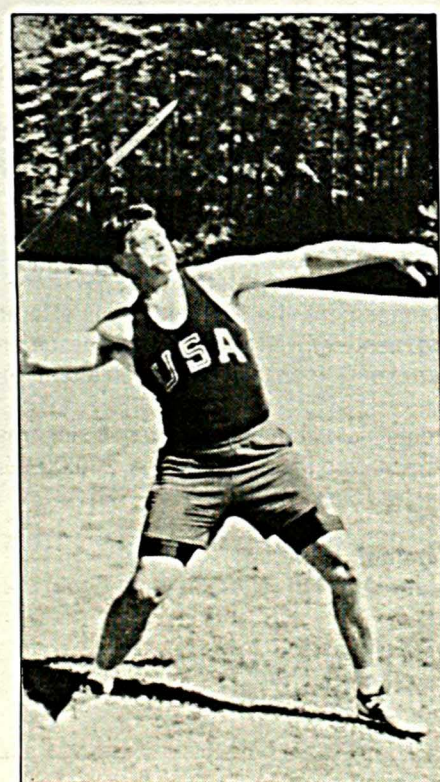
Another personalized field belongs

1996 Javelin Rankings

The volunteer ranker for the 1996 javelin is James Gerhardt. 834 Thornvine Lane, Houston, TX 77079. Marks not reported in the NMN results should be sent to him with verification (photocopy of meet results from event sheet, newspaper, etc., or the place, date, and contact person of the meet). Data sent to me will not be forwarded.

Too often, athletes send us marks but forget to include their ages or age groups, which necessitates a return letter or telephone call. Also, it would be helpful if athletes who change age groups in the middle of the season notified the appropriate ranker of the change.

— Jerry Wojcik, Masters T&F Rankings Coordinator



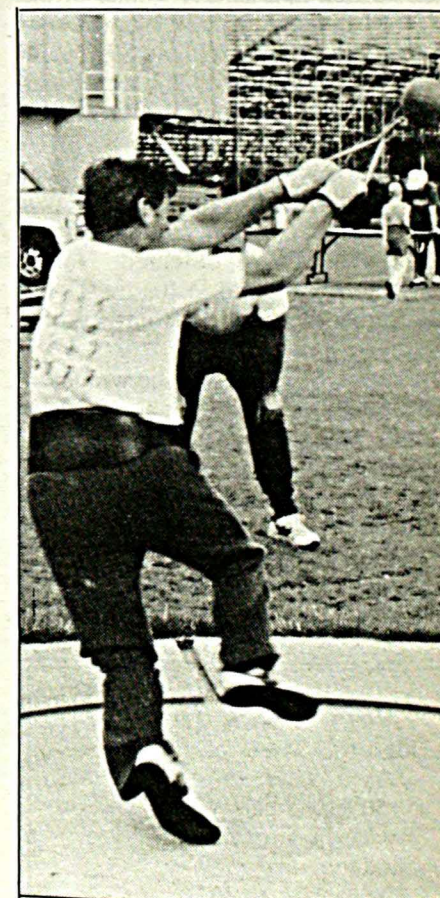
Tom Gage, M50 hammer and weight thrower, in the javelin segment of the 1995 National Weight Pentathlon Championships. This year's championships will be held in Bozeman, Mont., Sept. 14. Photo by Suzy Hess

to Charles Covino in New Jersey. His field is located on property called Iron Horse Farm (reminds me of some of the nags I used to bet on at Hollywood Park) and is located in Ringoes, about a two-hour drive from NYC. Reports from participants in his meets have been high in praise. He has gone to extensive effort and expense to produce meets that are about as thrower-friendly as we can find, and without having to run through a gauntlet of demonstrating NIMBYS.

I haven't seen any of these fields yet, but I hope to check out Covino's facility some time this summer when I go to New York to visit my son. KELfield would be a great place to visit during the winter, after the second or third month of drizzle here in Oregon, and I'll try to catch White's field in late summer on the way to the weight pentathlon championships in Bozeman.

To show that not all Montanans are anti-authoritarian recluses, Bob Sager, WP Championships director, promises to emphasize the social aspects of the meet with a warm reception, a barbecue, and all-around good time. The Phil Partridge Awards will be given to the best age-graded performances. Sager is also sponsoring an additional award. All potential profits will be turned over to Ken Weinbel, Masters Weight Coordinator, to benefit future meets. The weather at that time of the year in Montana is usually Native American (formerly Indian) summer, with temperatures in the 60-65°F range.

If you haven't yet received an application and travel info, call Bob or Sharon Sager, 406-578-2080; 578-9870, or see T&F Schedule – National. □



Pay Carstensen, M60, of Florida, 1995 USATF Masters Weight & Superweight Championships. The 1996 Championships will be held in Seattle, Aug. 31. Photo by Suzy Hess

Top Throwing Coaches Available

by KENNETH JANSSON

Two of history's greatest throwing athletes have recently emigrated to the U.S. and have taken up permanent residence in Wichita.

Iouri Sedykh, the current world record holder in the men's hammer throw, and his wife, Natalia Lisovskia, the current world record holder in the women's shot put, arrived in the U.S. several months ago and are willing to make themselves available to interested American coaches and athletes as well as track and field related publications.

Their address in Wichita is 2323 N. Woodlawn, Apt. 605, Wichita, KS 67220-1616; telephone, 316-651-0420. I think they can be a considerable asset to U.S. track and field. If I can be of assistance, please feel free to contact me.

Kenneth Jansson, M.D.
Advanced Orthopaedic Associates
2778 N. Webb Rd.
Wichita, KS 67201-3298
316-631-1600
800-362-0591



Bernie Hollander, M60-64 winner of The Pacific Sun 10K on Memorial Day. Hollander finished in 40:02. Photo by Mike Tynm



Claudia Piepenburg, Arlington, Va., third W45 (66:58), Cherry Blossom 10 Mile, Arlington, Va., March 31. Photo by George Banker

Horovitz, Kurtis Tops in 20th Grandma's

by JERRY WOJCIK

Masters wins in the 20th running of Grandma's Marathon went to Gillian Horovitz, W40, NYC, and Doug Kurtis, M40, Northville, Mich., in Duluth, Minn., on June 22. Kurtis, two-time Grandma's Marathon champion, finished in 2:27, slightly pressed by second master (2:27:39) Patrick Jablonski, M40, Alexandria, Va.

Horovitz's win in 2:45:53 was more decisive, with Marina Jones, W40,

Rancho Santa Margarita, Calif., second in 2:54:16. Third W40+ Gloria Jansen, W45, Edina, Minn., also broke the three-hour barrier with a 2:58:19.

More than 7000 participants ran in nearly ideal weather conditions with start time temperatures in the low 50s under partly sunny skies. There were 4001 men and 1559 women finishers.

The 1997 Grandma's Marathon will be held on June 21. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUG. 1996

ATHLETE (RESIDENCE)
BOB BARTLING (BROOKINGS, SD)
DAVID CHAPMAN (GB)
ROBERT COFFEY (US)
MARDON CONNELLY (N. HOLLYWOOD, CA)
HAROLD CONNOLLY (SANTA MONICA, CA)
IAN CUMMINGS (CHULA VISTA, CA)
DON DOMANSKY (CAN)
ANDRE DUNKELL (CA)
ALEKSANDER ERNERSAKS (CAN)
BILL GAEDKE (US)
BOB GARRELS (HONOLULU, HI)
PAUL HANSEN (HOLT, MICH)
JAMES HART (WALNUT CREEK, CA)
DAVE JACKSON (CARSON, CA)
JACQUES LABEL (LINCOLN, NB)
RALPH LEE (CA)
ED LEWIN (BRENTWOOD, CA)
WEB LOUDAT (NM)
DON LOVE (POWAY, CA)
JOEL MCNULTY (LAKE OSWEGO, OR)
EGON NILSSON (SWEDEN)
REINHARD NORDHAUSEN (WG)
KIRK RANDALL (WELLESLEY, MA)
MICHAEL SAUER (WG)
GERHARD SCHEPE (WG)
RUSS SCHMEICHEL (JAMESTOWN, ND)
CHARLES SEEKINS (LOS ANGELES, CA)
JOHN STAYTON (SAN MARCOS, CA)
JARASLOV STRUPP (CZE)
DENNIS TEEGUARDEN (RICHMOND, CA)
TOM THOMPSON (US)
SHIZUKA TOGIYA (JPN)
REIJO TOIVONEN (FIN)
ELIZABETH ALANNE (CHICAGO, ILL)
GLORIA BASSLER (PALOS VERDES, CA)
AMY ERNST (US)
MARTHA FAIRBANK (DURHAM, NC)
BARBARA GREGG (SEATTLE, WA)
MARGARET HINTON (BAYTOWN, TX)
LU HOLWERDA (BROOKINGS, SD)
REMZY HUSENY (CA)
SHELLEY KEELING (NEW YORK, NY)
SUE MELLEN (LAKE HAVASU CITY, AZ)
BARBARA PIKE (CONCORD, MA)
JIMMIE REID (CHARLOTTEVILLE, SC)
JOAN SCHIVELEY (CA)
ROSE SCHLEWITZ (ALBANY, OR)
ANN SCHMITT (BOSTON, MA)
NANCY SMALLEY (BOULDER, CO)
LURLINE STRUPPECK (BATON ROUGE, LA)
DORTHA SWANSON (NEWFARE, NY)
MARSHA TILLSON (SHORTSVILLE, NY)
LAURA TINGLE (BRADENTON, FL)
MARIA TURNER (US)
MARTHA WATSON (CA)
JOHANNA BENDORF (WG)
MARIKA BUCHMANN (FRG)
SHEILA CAREY (GB)
AVRIL DOUGLAS (CAN)
EVA GACS (ITA)
LEENA HALME (FIN)
FUMIKO HIGA (JPN)
AUSTRAL KALNINA (URS)
KIM KARE (AUS)
DENISE PALMER (AUS)
ERIKA STAEBLE (GER)
WING MONICA TANG (TRI)

BIRTHDATE AGE GROUP
8-26-26 70-74
8-21-36 60-64
8-26-31 65-69
8-28-41 55-59
8-1-31 65-69
8-4-51 45-49
8-11-46 50-54
8-20-41 55-59
8-5-11 85-89
8-26-31 65-69
8-24-16 80-84
8-1-21 75-79
8-29-36 60-64
8-26-31 65-69
8-1-41 55-59
8-5-41 55-59
8-0-16 80-84
8-24-46 50-54
8-2-26 70-74
8-20-31 65-69
8-7-26 70-74
8-12-11 85-89
8-6-41 55-59
8-27-41 55-59
8-26-11 85-89
8-6-46 50-54
8-31-16 80-84
8-20-31 65-69
8-16-16 80-84
8-21-31 65-69
8-27-51 45-49
8-9-1 95-99
8-25-36 60-64
8-9-36 60-64
8-16-36 60-64
8-30-21 75-79
8-13-21 75-79
8-23-36 60-64
8-14-21 75-79
8-15-36 60-64
8-26-46 50-54
8-10-51 45-49
8-23-46 50-54
8-11-41 55-59
8-28-26 70-74
8-20-41 55-59
8-29-41 55-59
8-3-46 50-54
8-22-26 70-74
8-23-46 50-54
8-12-36 60-64
8-4-21 75-79
8-5-36 60-64
8-31-56 40-44
8-19-46 50-54
8-15-26 70-74
8-15-46 50-54
8-12-46 50-54
8-6-46 50-54
8-4-51 45-49
8-7-41 55-59
8-4-41 55-59
8-21-36 60-64
8-21-56 40-44
8-18-51 45-49
8-27-41 55-59
8-4-36 60-64

The Largest American Road Races in 1995

E = Estimated number of finishers, complete results unavailable

FIN'95	RACE NAME	DIST	LOCATION	DATE'95
1 55258	EXAMINER BAY TO BREAKERS	12K	SAN FRANCISCO, CA	05/21/95
2 54154	LILAC BLOOMSDAY RUN	12K	SPOKANE, WA	05/07/95
3 50000 E	PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/95
4 33075	BOLDER BOULDER	10K	BOULDER, CO	05/29/95
5 28500 E	CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/22/95
6 28000 E	GREAT ALOHA RUN	8.2MI	HONOLULU, HI	02/20/95
7 27008	HONOLULU	MARA	HONOLULU, HI	12/10/95
8 26754	NEW YORK CITY	MARA	NEW YORK, NY	11/12/95
9 18112	RACE FOR THE CURE: DC	5K	WASHINGTON, DC	06/17/95
10 17100 E	CHEMICAL CORPORATE CHALLENGE: NYC #2	3.5MI	NEW YORK, NY	06/20/95
11 16892	AUSTIN AMER. STATESMAN CAPITOL 10,000	10K	AUSTIN, TX	03/26/95
12 15600 E	QUAD-CITY TIMES BIX 7	7MI	DAVENPORT, IA	07/29/95
13 15186	CITY OF LOS ANGELES	MARA	LOS ANGELES, CA	03/05/95
14 15081	OFFICE DEPOT CORPORATE CHALLENGE	3.5MI	ATLANTA, GA	09/28/95
15 14618	MARINE CORPS	MARA	WASHINGTON, DC	10/22/95
16 13853	RACE FOR THE CURE: PORTLAND	5K	PORTLAND, OR	09/24/95
17 13700	CHEMICAL CORP. CHALLENGE: CHICAGO	3.5MI	CHICAGO, IL	08/03/95
18 12900 E	CHEMICAL CORP. CHALLENGE: BOSTON	3.5MI	BOSTON, MA	07/20/95
19 12700 E	OFFICE DEPOT CORPORATE RUN	5K	MIAMI, FL	05/04/95
20 12141	INDIANAPOLIS LIFE 500 FESTIVAL	HMAR	INDIANAPOLIS, IN	05/05/95
21 10573	REVLON RUN FOR WOMEN	5K	LOS ANGELES, CA	05/13/95
22 10500 E	CHEMICAL CORP. CHALLENGE: NYC #1	3.5MI	NEW YORK, NY	05/11/95
23 10290	COOPER RIVER BRIDGE RUN	10K	CHARLESTON, SC	04/01/95
24 10011	COWTOWN	10K	FT. WORTH, TX	02/25/95
25 10000 E	WHARF TO WHARF	6MI	CAPITOLA, CA	07/23/95
26 9860 E	MANCHESTER ROAD RACE	4.77MI	MANCHESTER, CT	11/23/95
27 9843	RACE FOR THE CURE: PEORIA	5K	PEORIA, IL	05/06/95
28 9050 E	DALLAS TURKEY TROT	3MI	DALLAS, TX	11/23/95
29 9000 E	CHEMICAL CORP. CHALLENGE: NYC #3	3.5MI	NEW YORK, NY	07/18/95
30 8900 E	NATIONWIDE INSURANCE HOOD-COAST RELAY	196MI	MT. HOOD-SEASIDE, OR	08/25/95
31 8641	LASALLE BANKS CHICAGO	MARA	CHICAGO, IL	10/15/95
32 8500 E	IDAHO WOMEN'S FITNESS CELEBRATION	5K	BOISE, ID	09/23/95
33 8258	BOSTON	MARA	BOSTON, MA	04/17/95
34 8138	WEINHARD'S ALE/ST. PATRICK'S DAY DASH	3.9MI	SEATTLE, WA	03/12/95
35 7960	OMAHA CORPORATE CUP	10K	OMAHA, NE	09/24/95
36 7944	CHERRY CREEK SNEAK	5MI	DENVER, CO	04/30/95
37 7600	JUNIOR BLOOMSDAY	2MI	SPOKANE, WA	04/15/95
38 7211	RACE FOR THE CURE: DALLAS	5K	DALLAS, TX	10/21/95
39 7191	CARLSBAD 5000	5K	CARLSBAD, CA	04/02/95
40 7110	ARMY TEN MILER	10MI	WASHINGTON, DC	10/15/95
41 6729	GATE RIVER RUN	15K	JACKSONVILLE, FL	03/11/95
42 6686	FALMOUTH ROAD RACE	7.1MI	FALMOUTH, MA	08/20/95
43 6500	MICHAEL FORBES TROLLEY RUN	4MI	KANSAS CITY, MO	04/23/95
44 6500 E	CHEMICAL CORPORATE CHALLENGE: BUFFALO	3.5MI	BUFFALO, NY	06/22/95
45 6387	ADVIL MINI MARATHON	10K	NEW YORK, NY	06/10/95
46 6379	RICHARD S. CALIGUIRI GREAT RACE	10K	PITTSBURGH, PA	09/24/95
47 6376	PHILADELPHIA DISTANCE RUN	HMAR	PHILADELPHIA, PA	09/17/95
48 6351	SOUND TO NARROWS	12K	TACOMA, WA	06/10/95
49 6262	RACE FOR THE CURE: ORANGE COUNTY	5K	NEWPORT BEACH, CA	09/24/95
50 6186	SPRING LAKE	5MI	SPRING LAKE, NJ	05/27/95
51 5816	WALT DISNEY WORLD	MARA	ORLANDO, FL	01/08/95
52 5693	TWIN CITIES	MARA	MINNEAPOLIS, MN	10/08/95
53 5615	ATLANTA	HMAR	ATLANTA, GA	11/23/95
54 5587	RACE FOR THE CURE: BALTIMORE	5K	BALTIMORE, MD	10/07/95
55 5560	SHAMROCK SHUFFLE	8K	CHICAGO, IL	03/19/95
56 5550 E	DALLAS TURKEY TROT	8MI	DALLAS, TX	11/23/95
57 5480	J.Y. CAMERON MEMORIAL TURKEY TROT	8K	BUFFALO, NY	11/23/95
58 5400 E	BEACH TO BAY RELAY	RMAR	CORPUS CHRISTI, TX	05/20/95
59 5385	REVCO-CLEVELAND	10K	CLEVELAND, OH	05/14/95
60 5347	DISNEYLAND MARATHON	5K	ANAHEIM, CA	03/26/95
61 5329	GASPARILLA DISTANCE CLASSIC	15K	TAMPA, FL	02/18/95
62 5300	GLENN BRENNER	5K	WASHINGTON, DC	05/07/95
63 5275	BRIGGS & STRATTON/AL'S RUN	8K	MILWAUKEE, WI	09/23/95
64 5258	GRANDMA'S	MARA	DULUTH, MN	06/17/95
65 5257	UNION-TRIB DR. SEUSS RACE FOR LITERACY	8K	SAN DIEGO, CA	06/11/95
66 5207	NORTEL CHERRY BLOSSOM	10MI	WASHINGTON, DC	04/09/95
67 5197	GET IN GEAR	10K	MINNEAPOLIS, MN	04/29/95
68 5125	DINOSAUR DASH-MILWAUKEE PUBLIC MUSEUM	5K	MILWAUKEE, WI	04/30/95
69 5111	NEWSDAY LONG ISLAND	HMAR	EAST MEADOW, NY	05/07/95
70 5100 E	RUN TO THE FAR SIDE	5K	SAN FRANCISCO, CA	11/26/95
70 5100 E	RACE FOR THE CURE: HOUSTON	5K	HOUSTON, TX	10/07/95
72 5081	PORTLAND	MARA	PORTLAND, OR	10/01/95
73 5054	COLUMBUS	MARA	COLUMBUS, OH	11/12/95
74 5000 E	CRAZY LEGGS	5MI	MADISON, WI	04/22/95
75 4962	AMERICA'S FINEST CITY	HMAR	SAN DIEGO, CA	08/20/95
76 4859	GASPARILLA DISTANCE CLASSIC	5K	TAMPA, FL	02/18/95
77 4769	REDONDO BEACH SUPER BOWL	10K	REDONDO BEACH, CA	01/29/95
78 4768	UTICA BOILERMAKER	15K	UTICA, NY	07/09/95
79 4735	BROAD STREET RUN	10MI	PHILADELPHIA, PA	05/07/95
80 4600 E	RUNNER'S WORLD/NIKE MIDNIGHT RUN	5MI	NEW YORK, NY	01/01/95
81 4569	NORDSTROM BEAT THE BRIDGE	8K	SEATTLE, WA	05/21/95
82 4547	MERCURY NEWS	10K	SAN JOSE, CA	03/19/95
83 4414	KENTUCKY DERBY FESTIVAL	HMAR	LOUISVILLE, KY	04/29/95
84 4412	HOUSTON-TENNECO	MARA	HOUSTON, TX	01/15/95
85 4368	WEST END	5MI	DALLAS, TX	03/11/95
86 4311	LADY FOOT LOCKER	5K	DENVER, CO	06/25/95
87 4300 E	CHEMICAL CORP. CHALLENGE: LONG ISLAND	3.5MI	LONG ISLAND, NY	07/25/95
87 4300 E	RACE FOR THE CURE: PEORIA	1.6MI	PEORIA, IL	05/06/95
87 4300 E	CELEBRATION IN THE OAKS	2MI	NEW ORLEANS, LA	12/09/95
90 4290	NEW TIMES PHOENIX	10K	PHOENIX, AZ	11/12/95
91 4210	AZALEA TRAIL RUN: MOBILE	2MI	MOBILE, AL	03/25/95
92 4181	RACE FOR THE CURE: NEW YORK	5K	NEW YORK, NY	09/17/95
93 4134	RACE FOR THE CURE: DENVER	5K	DENVER, CO	10/01/95
94 4118	BLUE CROSS GOVERNOR'S CUP	5K	HELENA, MT	06/03/95
95 4110	HOUSTON CELLULAR JINGLE BELL RUN	5MI	HOUSTON, TX	12/10/95
96 4100	BANK IV RIVER RUN	2MI	WICHITA, KS	05/13/95
97 4070	SEAFAR TORCHLIGHT RUN	8K	SEATTLE, WA	08/04/95
98 4000 E	CHEMICAL CORPORATE CHALLENGE: SYRACUSE	3.5MI	SYRACUSE, NY	08/01/95
99 3972	RACE FOR THE CURE: SAN FRANCISCO	5K	SAN FRANCISCO, CA	10/22/95
100 3968	MARSHALLS FEASTER FIVE	8K	ANDOVER, MA	11/23/95

Compiled by Road Running Information Center

11 Months to Go



Countdown to Durban

by WINSTON THOMAS

A South African Experience

In March I travelled to South Africa, host to the 1997 WAVA Championships in Durban, and had my first view of this vast country with so much to offer the outside world.

With the break-up of apartheid, there have been great changes and, although there are still problems, much effort is being made toward solving those problems. People with whom I spoke, regardless of "color," were friendly and talked of the future rather than the past. In Durban I was struck by the genuine willingness, on the part of all races, to be part of a new South Africa.

On the recreational side, there is so much to see and do that, in my view, it would take at least three weeks to visit all the sights. Durban has many attractions including parks and gardens, shopping malls, museums, tennis, golf, and beaches with the cleanest waters I have seen, just a few steps from the hotels. Dining out is much like it is in Great Britain or the United States, but considerably cheaper, as is hotel dining.

Durban is a popular vacation spot

and the fairly humid temperatures range from 68-75F. There is plenty to do at night, but visitors are advised to travel in pairs. Also, do not leave luggage unattended or keep valuables with you. Use hotel safes, and be careful when talking to strangers.

Book Early

Since Durban is so popular, it is essential to book accommodations early (by November 1996), so organizers and hotels can adequately plan ahead.



A local band marches through the streets of Brugge, Belgium, as part of the ceremonies of the WAVA World Veterans Road Race Championships, June 29-30.

The Games' two stadiums, within 300 meters of each other, are impressive with ample stands and various training areas. There are three throw areas, one in Stadium 1 and two in Stadium 2. Stadium 1 has nine lanes with a 10-lane home straight, and two multi long/triple jump runways, as well as all other field event areas. Stadium 2 has an eight-lane track, with two vertical jump areas, and we anticipate that most of the finals will take place in the main stadium.

Cross-country events will be held approximately 1K from the stadiums, with the walks and marathon starting and finishing within the stadium areas. This set-up, including on-site refreshment areas, will provide a championships that is both spectator- and athlete-friendly.

Medical, franchise, and reporting facilities, supplied with quality equipment, will be available at both stadiums.

Affordable Hotels

Accommodations mainly comprise reasonably-priced hotels which are located along the sea front's Golden Mile and a mere 100 meters from the water's edge. Competition areas are a 10-30 minute walk, depending on where one is staying. These areas are monitored by police patrols and security cameras. Transportation will be provided between hotels and competition areas.

The biggest financial outlay will be

for air fare but, once there, food and living expenses will be low.

The Organizing Committee has implemented many changes from the Buffalo Games in order to put on an event not to be forgotten.

Based on my own experience in South Africa, I guarantee you'll have a good time in Durban, so start saving now. □

(Winston Thomas is a member of the WAVA Stadia Committee. He lives in England.)

1st European Indoor Open to All Veterans

Masters athletes worldwide are invited to participate in the inaugural European Veterans Indoor Athletics Championships, Feb. 28-March 2, 1997, in Birmingham, England.

The outdoor European T&F Championships have traditionally been closed to non-Europeans, but this first indoor meet will be open to all veterans (men age 40+; women age 35+).

"The facilities at the National Indoor Arena at Birmingham are among the finest in the world," said Keith Whittaker, chairman of the British Veterans Athletics Federation. "I believe this championships will surpass everything that has gone before."

See Schedule for entry form information. □

Ron Mercelina - 1:59.45

Holland's Ron Mercelina became the first person age 50-or-over to run 800 meters in less than two minutes when he clocked 1:59.45 in the Dutch Masters Track and Field Championships in Barentrecht, Netherlands, June 15.

Mercelina, who turned 50 on April 18, achieved one of the most elusive goals of of masters middle-distance runners. Wave after wave of the world's greatest veteran runners had tried for more than 20 years to run a sub-2:00 two-lapper, but all had come

up short until Mercelina's effort.

The time lowered the existing world M50 mark of 2:00.40, set by Australia's Alan Bradford at the VIII WAVA World Veterans Athletics Championships in Eugene, USA, in 1989.

Mercelina is no stranger to world records or World Championships. He still holds the M45 800 mark of 1:56.16, set five years ago.

In the same meet, Holland's Corrie Roovers lowered her own W60 80-meter hurdle record from 14.54 to 13.89. □

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World Road Races

Continued from page 1

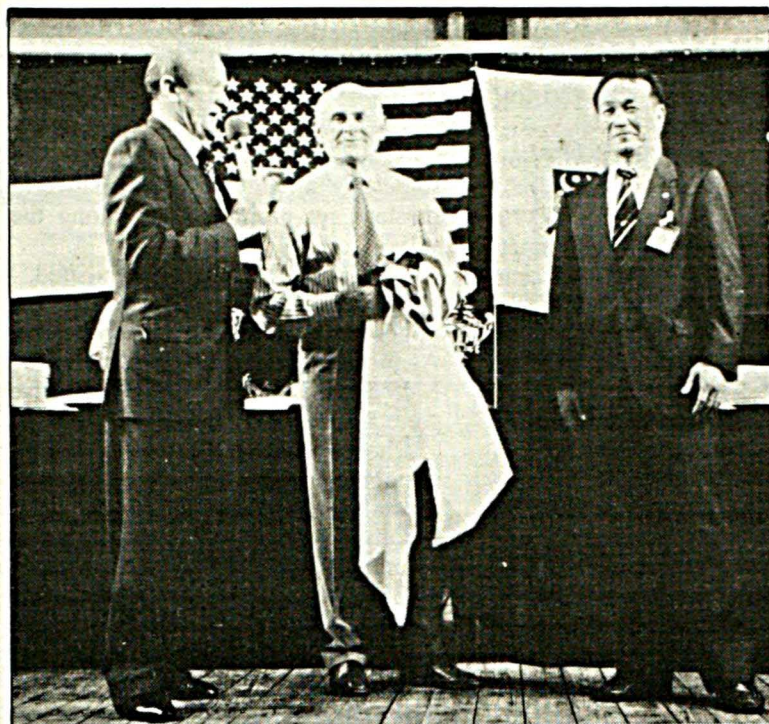
dancers and oompah band. A banquet drew more than 2000 participants and their families.

An awards ceremony after Sunday's 25K highlighted the friendliness of the international gathering, where people of many different cultures and languages came together in a spirit of camaraderie and global understanding.

The 10K was held on a flat, out-and-back course. Belgium's Jeff Eyemans pulled away from a group of four in the last 300 meters to win the M40 title in 30:08, closely followed by Britain's Michael Girvan (30:10), Spain's Angel Rivero (30:15) and the winner of the M45 crown, Alex Gonzales of France (30:15). Britain's Derek Mullen (30:19) and defending champion Nigel Gates (30:22) were next in a supremely talented field.

Britain's Alun Roper (31:57) took the M50 trophy, with Norway's Tor Aanensen (33:20), capturing M55 honors. Other men's division winners were familiar names: Gerard Van Nuffelen (M60, BEL, 35:17), Luciano Acquarone (M65, ITA, 36:35), Gerrit DeBakker (M70, BEL, 40:34), Emiel Pauwels (M75, BEL, 46:09), and Leonard Jones (M80, GBR, 50:51).

Belgium's Linda Milo, W35, led all women's finishers in 34:47. Other



From left, Cesare Beccalli (ITA), WAVA President, presides as Jacques Serruys (BEL), WAVA V-P and director of the 1996 World Road Race Championships, passes the WAVA flag to Kiyoshi Kounoike (JPN), director of the 1998 road race in Kobe, Japan.



On the awards stand at the WAVA Road Race Championships are victoria Herazo (left), winner, and Waltraud Seiler of Germany, second in the W35 20K road walk.

bracket winners included: Diane Underwood (W40, GBR, 35:52), Jarmila Urbanova (W45, CZE, 36:27), Carol Wolstenmolke (W50, GBR, 38:51), Irene Six (W55, FRA, 38:37), Denise Alfvoet (W60, BEL, 43:08), and Melitta Czerwenka-Nag (W65, GER, 45:56).

Great Britain won five of the eight men's division team titles and two of the seven women's category crowns in a remarkable showing for a non-host country.

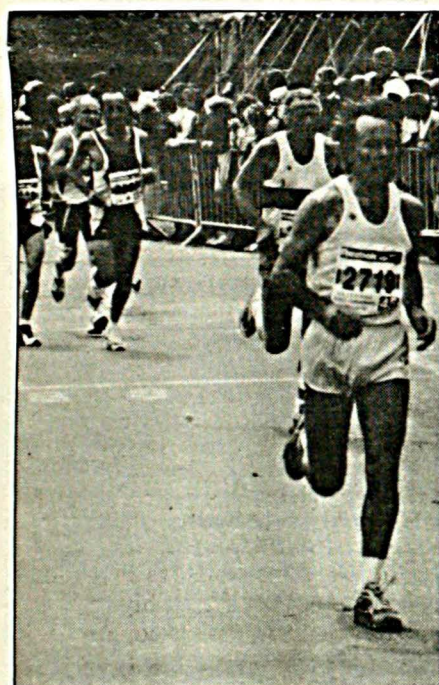
Of the 1467 entries in the 10K, 400 (27%) were women and 1308 (89%) crossed the finish line. The M45 (236) and W45 (89) were the largest men's and women's brackets. The USA was represented by 13 runners.

The racewalks (30K men, 20K

women), drew 185 male and 60 female entries. Winner of the women's 20K was USA's Victoria Herazo, 37 (1:38:06), a celebrity here since she is a member of the USA Olympic team in the 10K road walk.

"I enjoy competing in the veterans meets," said Herazo, who won the 10K road walk in the World Veterans Championships last year in Buffalo. "I like the people and want to get estab-

Continued on page 18



Arne Evers (2719, NED, 49) leads a pack into the stadium in the WAVA 25K.

ENTRANTS BY AGE IN WAVA 10K

M40	209	W35	64
M45	236	W40	73
M50	193	W45	89
M55	162	W50	53
M60	140	W55	62
M65	67	W60	29
M70	39	W65	20
M75	14	W70	7
M80	7	W75	1
		W80	2

1067

400

ENTRANTS BY AGE IN WAVA 25K

M40	261	W35	47
M45	362	W40	59
M50	250	W45	80
M55	196	W50	58
M60	124	W55	36
M65	57	W60	21
M70	28	W65	7
M75	12	W70	4
M80	5	W75	2
		W80	0

1295

314

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Masters Score for Team USA in Moscow

by THERESA DAUS-WEBER

Masters ultrarunners contributed to 50% of the team score for the USA at the IAU 100K World Challenge in Moscow, Russia, May 4. Team USA masters were Mark Richtman, Kevin Setnes, Mike Scopek, Theresa Daus-Weber, and Lorraine Gersitz.

TEN YEARS AGO July, 1986

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

The current USATF Masters 100K champion, Setnes, 42, of Eagle, Wisc., led the American men's team effort with a 7:08:28, placing 17th. Scopek, 40, of Cedar Rapids, Iowa, placed 29th in 7:24:06, and Richtman, 41, competing on his first US 100K team, ran 7:30:34 to place 33rd. Overall, the men's team placed 6th on a brutally hot course where nearly 50% of the field did not finish.

Fighting strong winds off the Moscow River, Gersitz, 41, of Fullerton, Calif., ran 8:51:07 to score second on the women's team and 18th in the women's competition. Daus-Weber, 41, the current USATF Masters 100K champion placed 25th. The US women's team placed fourth in team competition behind Germany who won silver and Ukraine who took the bronze.

Overall winners were Konstantin Santalov (6:32:41) and Valentina Shatyuaeva (7:33:10). Both the men's and women's Russian teams won the gold medal in team competitions. □

World Road Races

Continued from page 17

lished in the masters program." She said she's hoping to break some world masters age-group records along the way.

Fifteen USA walkers participated.

The 25K drew 1609 entries, the largest field of the three competitions. Again, the biggest entries were in the M45 (362) and W45 (80) groups. Five were from the USA.

There were 1409 finishers, led by Britain's Trevor Clark (1:21:59) and Spain's Angel Rivero (1:22:42).

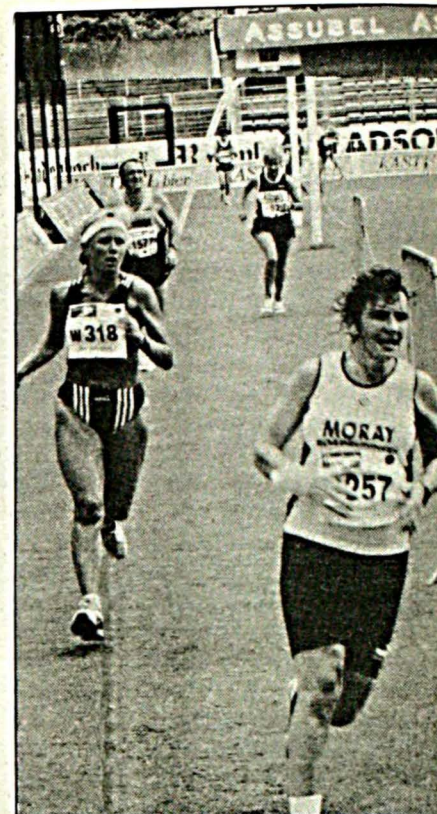
Other impressive division world champions included: Kjell-Erik Stahl (M50, SWE, 1:23:45), Wil Van de Lee (M65, NED, 1:34:59), and John Cahill (M70, USA, 1:49:59). New Jersey's Dudley Healy placed second M80 in 2:53:56. Oakland's Ruth Anderson took fourth W65 in 2:34:37.

Again, the British took five of the seven men's team titles and two of the six women's team awards.

"It was a tough course, especially the cobblestones in the city square at the start," Healy said. "But it's a beautiful setting. I really came over just to see Belgium."

WAVA President Cesare Beccalli and WAVA Secretary Torsten Carlius presented plates at the Awards Ceremony to the first three finishers in each age group.

The WAVA Road Race Championships are held in every even-numbered year. The first was in England in 1992. Toronto hosted the 1994 edition, while



Coming to the finish of the WAVA World Veterans 25K are Frances Wardhaugh (257, GBR, 43), Therese Milan (318, BEL, 47), Philip Stacey (1577, GBR, 42), and Fay Parkin (627, GBR, 60).

Kobe, Japan will stage the 1998 event.

The WAVA Athletics Championships are held every odd-numbered year. It features all T&F events, plus a cross-country, marathon, and race-walks. The 1997 event – the 12th – is slated for Durban, South Africa, July 17-27. The 1999 edition is set for Gateshead, England. □

– Al Sheahan

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 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59 60-69 70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39 40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59 60-69 70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	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 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

IMPLEMENTS

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

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.
WAVA weights are used for USATF weight pentathlons.

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Masters Scene

NATIONAL

• In 1995, the Road Running Information Center received results for 823 U.S. 5K races with a total of 609,404 finishers compared to 515,513 in 758 events in 1994 – an increase of 18%. Reported finishes in 1995 women-only races totaled 124,760, a 30% increase over 1994.

• A "Hall of Fame Hall of Fame" will open a three-month exhibition in San Francisco's Yerba Buena Gardens Nov. 26. It brings together hundreds of displays gathered from more than 50 halls of fame across the USA. Included will be a three-unit display loaned by the Senior Athletes Hall of Fame in Bradenton, FL, featuring Marion Irvine, 67; and Payton Jordan, 79.

• According to a survey of more than 4000 runners conducted at the 1995 New York City Marathon, nearly 40 percent of runners reported signs of toenail fungus, a condition that reportedly affects more than 10 million Americans. At the Peachtree Road Race July 4 in Atlanta, the Atlanta Track Club and Janssen Pharmaceutica co-sponsored a free foot health clinic. "This was a great service because runners' feet take quite a beating," said Julia Emmons, Peachtree race director. Runners can call 1-800-NAILS-90 for information on toenail fungus.

• Road Race Management, the newsletter for race directors, seeks nominations for its Road Race Director of the Year Award. "This award was conceived as a way to recognize and promote excellence in race directing," according to editor and publisher Phil Stewart. Nominees are judged on several factors, including overall ability, reputation of the race, sponsor relations, creativity, and organizational ability. A nine-member committee comprised of past recipients, elite athletes, corporate sponsors, members of the media, and RRCA and USATF officials will choose the winner of the award. Nominations close Sept. 20, and the winner will be announced at the annual Road Race Management Race Directors' Meeting, Nov. 9, in Washington, DC. For nomination forms and information on the Directors' Meeting, Nov. 8-10, send SASE to Jeff Darman, c/o RRM Race Director of the Year, 2300 Ninth Street South, Suite 300B, Arlington, VA 22204. 703-685-7181.

• The latest autographed books from Joe Henderson, author of *Running Commentary*, are *Did I Win*, a moving biography of running's best-loved writer, George Sheehan (\$12.95); *Better Runs*, featuring dozens of lessons on running farther, faster, healthier, happier (\$14.95); and *Road Racers and Their Training*, success stories of 80 top runners (\$15.00). Send payment to Running Commentary, 61 West 34th Avenue, Eugene OR 97405.

EAST

• Muriel Mehl's W70-75 winning time in the Power Bar 6K, NYC, March 31, was 32:24, not 42:24 as listed in the June results section.

• Brad Hawthorne, 40, Tulsa, OK, winner of the Shamrock Marathon, Virginia Beach, March 16, in 2:18:22, was second overall with a 2:22:52 in the Vermont City Marathon, Burlington, May 26. Hawthorne, who owns the course record of 2:18:03 set in 1993, won \$300, as did first W40+, Linda Waitkun, W40, who ran a 3:07:08. Peter Lisman, M40, was second in 2:31:18.

• Randon Fritsch, 51, bettered her W40+ course record 20:14 with a masters first 19:19, Western Heights 5K, Baltimore, MD, June 8. David Shafer, 40, ran a 15:39 for the M40+ title.

• Ed Ryan 42, Washington, DC, paced the masters runners in the Lawyers Have A Heart 10K, Washington, DC, June 2, with a 35:40. Jane Sisco, 40, Bethesda, MD, took the W40+ race in 44:34. Fay Bradley, 58, Washington, DC, outperformed all 40+ with an 88.5% 36:21.

Masters firsts in the adjunct 5K were Pat Sullivan, 46, Oakton, VA, in 17:45, and Claudia Piepenburg, 47, Arlington, VA, in 20:37.

• Sprinters were the headliners in the Randolph Classic Meet, Randolph, NJ, June 16. In the 100m, Tom Jones, M40, 11.2; Ron Johnson, M50, 11.7; M65s Jim Stookey, 12.7, and Richard Barretta, 13.0; plus M75s Ed Matthews, 14.4, and Jim Manno, 14.6; were all in the 90+% A-G range. The Garden State AC hosted the 11th annual event.

• An M70+ quartet from the Eastern Masters TC of New Jersey bettered the unofficial WR of 6:41.1 for the sprint medley relay with a 5:05.2 clocking in the Shore AC Relays, Middletown, NJ, June 29. Team members were John McManus; Jim Manno; Lester Wright, Sr; and Archie Messenger.

• River Woods at Exeter (NH), a retirement community devoted to health and fitness, hosted its first Masters Plus 5K on June 1. Susan Passler (40, 19:46) and Charles Gunn (41, 16:39) romped home first. Age-group stars included John Boyle (51, 17:52) and Jay Evans (70, 24:16).

• Henry Cisneros, Secretary of Housing and Urban Development, joined some 300 other runners at the C&O Canal Rescue 5K at Georgetown University, June 8. This race benefitted the towpath, heavily damaged by last winter's flooding. Secretary Cisneros cruised to the finish in 26:46. Mike Grasnán (41, 18:30) and Linda Wack (40, 19:05) led the masters to the line.

SOUTHWEST

• Wendell Palmer, 64, Pampa, TX, broke the single-age WRs for the 2kg discus in April with a 129-8 and the 1kg with a 187-0 in June. Palmer is the M60-64 WR-holder at 189-0 in 1992.

• Larry Jessee, 44, El Paso, TX, broke his M40-44 WR for the PV (5.34/17-6 1/4) with a 5.39/17-8 1/2 in the USATF Border Association Championships, El Paso, June 28. On June 15, Jessee vaulted 17-0 to win a street vault before 5000 spectators at a state fair in Juarez, Mexico.

MIDWEST

• Jane Welzel, 41, Fort Collins, CO, left the Old Kent River Run 25K, Grand Rapids, MI, May 11, with \$6500 (\$5000 for the open win and \$1500 for first W40+), a W40+ course record, and a new U.S. W40 25K record of 1:29:47, breaking the 1990 best of 1:31:59 by Nancy Oshier at the Old Kent. Antoni Niemczak, 41, of Poland/NY, won the M40+ race in 1:23:18. Welzel's time age-grades to a 91.5%; Niemczak's is an 88.0%.

WEST

• Dick Richards, 61, Walt Butler, 55, Leo Williams, 36, and Russ Hodge, 56, were the standouts with top age-graded marks in the USATF Southern California Championships, Cal State at Long Beach, June 9. Richards ran an A-G 94.0% 12.65 100m and a 92.4% 26.17 200, Butler headed the A-G list with a 96.2% 14.82 in the 100mH. Williams cleared 2.10/6-10 1/4 for a 92.9% HJ. Hodge, an ex-Olympian decathlete, put the shot 15.23/49-11 1/4, a 93.6% heave.

• Keith Witthouer, 40, 15:39, and Kimberlee Campo, 40, 17:57, collected \$100 each for masters firsts in the Gardena 5000, Gardena, CA, June 2. Ernest Van Leeuwen, 83, took the M80+ race in 28:48. Yvette Lavigne, 56, posted the best time of all W50+ with a 20:29.

• Joy Margerum set a new W35 American Record in the 400H at the USATF Hawaii Masters Championships, May 18, at Cooke Field, University of Hawaii. Her 1:05.13 broke Denise Foreman's mark of 1:07.10 set in June 1995.



Winning M50+ 4x100m relay team (47.46) from the Boston RC, Penn Relays, April 26, (l to r): Bic Stevens, Joe Kopka, Roger Pierce, and Lincoln Russin.
Photo by Warren Graff

• About 80 competitors of all ages turned out for the annual Santa Cruz Track Club's Age-Graded Track and Field Meet in Soquel, Calif., June 15. All events were held in the normal manner, with places determined using the WAVA Age-Graded Tables. The top percentage of the day, 90.6%, was turned in by 18-year-old Ayana Grant, who ran the 100 hurdles in 14.52.

NORTHWEST

• Manuel White, Helena, MT, who turned 80 on June 2, broke the M80-84 JT WR of

32.50/106-7 with a 33.85/111-1, Montana Senior Games, Billings, June 13-14. He also broke the single-age WR for the 800g of 24.79/81-4 with a 30.43/99-10.

INTERNATIONAL

• Felicity Skaris, 56, gold medalist in the 1979 WAVA World Veterans Championships W40 400 in Hanover, Germany, has cancer and is undergoing chemotherapy. Letters may be sent to 12 Sunset View, Protea Ave., Welteurendenpark 1709, Johannesburg, South Africa.

TRACK & FIELD NEWS



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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 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509-533-3644; fax 509-533-4128.

August 31. USATF National Masters Weight & Superweight Championships, Seattle. Followed by ultra-weight competition (100-200-300 lb. weights). SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

September 14. USATF National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director, PO Box 89, Wilsall, MT 59086. 406-578-9870. Phil Partridge Awards for the best performances.

EAST

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

August 4, 18. Potomac Valley TC Meets, Williams HS, Alexandria, Va. 703-671-2520.

August 25. Philadelphia Masters Championships, Swarthmore College, Pa. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245 (day).

August 31-September 1. Potomac Valley Games, Williams HS, Alexandria, Va. 703-671-2520.

September 4-28. Maine Senior Games, Portland. 55+. Anita Chandler, PO Box 10480, ME 04104. 207-775-6503.

September 7-8. Garden State Senior Games, Toms River, N.J. Scott Bollwage, PO Box 6923, Edison, NJ 08818-6923.

September 8. NY Masters Fall-Mini Meet, Merchant Marine Academy, Kings Point, L.I. Throws & jumps only. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023. 516-487-1417 (7-9 pm), or Roz Katz, 718-358-6233 (7-9 pm).

October 27. Runner's Pentathlon, Swarthmore College, Swarthmore, Pa. 3000/800/200/1500/400. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245 (daytime).

SOUTHEAST

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

September 26-28. Georgia Golden Games, Robins AF Base. 55+. Vicki Pilgrim, PO Box 958, Winder, GA 30680. 404-657-6644.

September 28-29. 11th Thomasville Fall Masters Decathlon/Heptathlon. Includes

Women's Decathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

MIDWEST

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

August 3. USATF Midwest Regional Masters Championships, Indianapolis. Bill McCormick, 9135 North Meridian, Suite B-5, Indianapolis, IN. 317-844-4347.

August 3. Cleveland Track Classic, Independence HS, Ohio. Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087. 216-425-8219.

September 4-10. Wisconsin Senior Games, Milwaukee. Helen Ramon, SE Wisc Area Agency on Aging, 125 N. Executive Dr., Suite 102, Brookfield, WI 53005. 414-821-4444.

September 19-26. Illinois Senior Games, Springfield. Annette Fuchs, 1415 N. Grand Avenue East, Springfield, IL 62702. 217-789-2284.

MID-AMERICA

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

August 4. 21st Century AGELESS GAMES Recreational Meet, U. of Minnesota. Preregister! SASE to Rachel Lyga, 122 NE 63 1/2 Way, Mpls., MN 55432. 612-574-9661.

August 6-11. Rocky Mountain Senior Games, Greeley, Colo. 50+. June Petersen, Greeley Senior Activity Center, 1010 Sixth St., Greeley, CO 80631. 970-350-9436.

August 16-18. Nebraska State Senior Games, Kearney. 50+. Scott Hayden, Kearney Parks & Rec., PO Box 1180, Kearney, NE 68848.

August 22. Denver TC Meet, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

August 31-Sept. 1. Rocky Mt. Games. Nancy Simmons Manson, 518 Quentin St., Aurora, CO 80011. 303-341-7992.

September 15. Paavo Nurmi Challenge, All-City Stadium, Denver. 1500, followed by 5000, 55 minutes later; combined low, age-graded time wins. Denver TC, George Linn, PO Box 9723, Denver, CO 80209.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

August 10. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 941781, Plano, TX 75382. 214-979-0246.

August 16-17. UMC West Texas Senior Sports Classic, Texas Tech. U., Lubbock. 50+. Peter Laverty, 2001-19th St., Lubbock, TX 79401. 806-767-2710.

September 13-15. Senior Games, Wichita Falls, Texas. 50+. Betty Brown, 817-322-6232.

September 19-22. Arkansas Senior Games, Hot Springs. 50+. Gail Ezelle, Executive Director, PO Box 3377, Hot Springs, AR 71913. 501-321-1441 or 1-800-720-7276, Arkansas only; fax 501-321-4961.

September 23-29. Senior Games, Temple, Texas. 50+. Qualifying for Senior Games Nationals in Tucson in 1997. Ron Davis, 817-770-5690.

WEST

Arizona, California, Hawaii, Nevada

June 26-August 8. All-comers meets, Los Angeles. Wed: Birmingham High; Thu: Bell High 7 p.m.

August 2. SCA Series/Grand Prix Championships, Cerritos College. Norwalk, Calif. Doug Wells, 310-860-2451, x2889.

August 3. USATF West Regional Masters Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Call for instructions.

August 3. Santa Barbara Fiesta Pole Vault Competition. All ages. SBCC. Steve Morris, 42 Tinker Way, Santa Barbara, CA 93101. 805-569-1289.

August 10-18. Bay Area Senior Games, Oakland, CA. 50+. Barbara Chang, 510-531-9721.

August 11, 25. Timber Wolf TC Meets, Sacramento, Calif. John Gallen, phone or fax: 916-489-2708.

September 8. Northern California Seniors TC Classic, Berkeley. Dan Behrens, 2838 Enea Way, Antioch, CA 94509-4755. 510-754-3318.

September 7-29. San Diego Senior Games, San Diego, Calif. 50+. 619-543-9046.

October 5. Club West Masters Meet, Santa Barbara City College. Beverley Lewis or Gordon McClenathen, 805-964-3005.

October 13. Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

August 3-4. USATF Northwest Regional Masters Championships, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., Seattle, WA 09116. 206-932-3923; fax 206-932-3917.

August 3-4. USATF Alaska All-Comers Championships, Mulcahy Track. 9 am. Team Alaska TC Hotline: 907-338-1667.

August 21-24. WAVA North American Championships, Eugene, Oregon. Box 10825, Eugene, OR 97440. 800-392-1369; fax 541-687-1016.

October 5. Helena Octoberfest Throws & Weight Pentathlon. M&W30+. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406-227-5020.

October 14-25. Huntsman Senior Games, St. George, Utah. Heather Landheim, 82 West South, St. George, UT 84779. 801-674-0550.

CANADA

August 9-11. Canadian Masters Championships, Victoria, B.C. US masters invited. Danny Daniels, 604-656-3669.

ON TAP FOR AUGUST

TRACK AND FIELD

Regional championships are set for the Northwest in Tacoma on the 3rd-4th, and the Midwest in Indianapolis on the 3rd. Meets are slated for the 4th in Minneapolis and the 10th in Arlington, Texas.

The Canadian Masters Championships take place on the 9th-11th in Victoria, B.C. Then it's on to the 29th annual USATF National Masters Championships on the 15th - 18th in Spokane, Wash. The season peaks with the WAVA North American Regional Championships on the 21st-24th in Eugene, Ore.

Post-championship meets can be had on the 25th in Philadelphia, and on the 31st-1st in Alexandria, Va., and Boulder, Colo.

LONG DISTANCE RUNNING

The East leads off with the New England 10K Championships in Massachusetts, and the George Sheehan 10K in New Jersey on the 10th. The Main Street Mitral Mile, a Bill Stewart Legal Defense fund raiser, is scheduled for the 11th in Ann Arbor, Mich. Pikes Peak in Colorado does double duty with the ascent and marathon on the 17th-18th, the latter the date for the Falmouth 7.1 Mile Race in Massachusetts. The Crim 10 Mile motors through Flint, Mich., on the 24th, also the day of the Maggie Valley Midnight 8K in North Carolina. Runners' options on the 25th include the Annapolis 10 Mile, Reno's Silver State Marathon, and San Diego's America's Finest City Half-Marathon. Brooklyn hosts the NYRR 100K & 50K on the 31st. The WAVA North American Championships also offers a 15K road race and an 8K cross-country run in Eugene, Ore., on the 21st - 24th.

RACEWALKING

The Masters USATF 5000 track, 10K women, and 20K men's championships happen in Spokane. The WAVA meet in Eugene offers a 10K roadwalk.

INTERNATIONAL

August 10-11. BVAF Championships, Exeter (Devon). Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

August 10-11. First Germany-Russia Veterans Athletics Match, Rosenheim, Germany. Vadim Marhev, phone/fax: 7-095-5734150.

August 21-24. WAVA North American Regional Championships, Hayward Field, Eugene, Ore. M&W 30+. 8K X-C/10K Road Racewalk/15K Road Race/pentathlon/weight pentathlon. Northwest Event Management, PO Box 10825, Eugene, OR

Continued on next page

Continued from previous page
97440. 541-687-1989.

September 19-21. WAVA Africa Regional Championships, Namibia.

September 20-22. Russian Championships, Sochi. Vadim Marhev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-812-3553906.

September 21-22. San Juan Annual International Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters, PO Box 31300, 65th Infantry Station, Rio Piedras PR 00929-0300. Gregorio Angulo, 787-724-6157.

October 3-6. WAVA Asian Regional Championships, Seoul, Korea. Asians only.

November 19-23. WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m&w/10K X-C. Fax 56-41-229-333.

December 14-15. Indoor Russian Veterans Sport Association Cup "Match-5", Moscow. Vadim Marhev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

February 28-March 2. 1st WAVA European Indoor Championships, Birmingham, England. Foreigners welcome. EVIC Entry Secretary, 48 Ford Close, Harrow, Middlesex, HA1 4AZ, England. Fax: 181-248-2271.

July 17-27, 1997. XII WAVA World Veterans Athletics Championships, Durban, South Africa.

LONG DISTANCE RUNNING

NATIONAL

September 15. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

October 6. USATF National Masters Marathon Championships, Minneapolis, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 19. USATF National Masters 100K Championships, Duluth, Minn. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391. 612-476-0015.

October 27. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502-896-0717.

November 3. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547.

December 7. USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622.

December 14. USATF National Masters 50K/50 Mile Championships, Huntsville, Texas. Sunmart-Texas Trail Endurance Run. Norman Klein, 11139 Mace River Ct., Sacramento, CA 95670. 916-638-1161; fax 916-638-0857.

EAST

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

August 10. USATF New England 10K Championships, Shelburne Falls, Mass.

SASE to Race Director, c/o McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370.

August 10. George Sheehan Classic 10K, Red Bank, N.J. John Haulenbeek, Box 157, Spring Lake, NJ 07762. 908-974-8457; fax 908-974-8436.

August 10. Hampton Falls 5 Miler, Hampton Falls, N.H. Call/fax: 603-778-3031.

August 18. Falmouth Road Race 7.1 Mile, Falmouth, Mass. Masters money. Rich Sherman, PO Box 732, Falmouth, MA 02541. 508-540-2601; fax 508-540-5751.

August 25. Annapolis 10 Mile. SASE to Annapolis Striders, PO Box 187, Annapolis, MD 21404-0187.

August 31. NYRR 100K/50K, Brooklyn N.Y. NYRR, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754.

September 2. New Haven 20K/USATF Open Men's Championship, New Haven, Conn. Masters money. John Bysiewicz, JB Sports, 2 Buena Vista Rd., Bradford, CT 06405. 203-481-5933.

September 8. Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603.

September 15. Eriesistible Marathon, Rick Godzwa, PO Box 8311, Erie, PA 16505. 814-459-8381.

September 21. Great Cow Harbor 10K/RRCA Championships, Northport, N.Y. GCH 10K, PO Box 1, Northport, NY 11768.

September 22. Philadelphia Distance Run Half-Marathon. Tony DeSabato, 305 S. Narberth Ave., Narberth, PA 19702. 215-668-4996(e); fax 215-668-4996.

September 29. Pittsburgh Great Race 10K & 5K, 400 City-County Bldg., Pittsburgh, PA 15219. 412-255-2493.

September 29. Tappan Zee Half-Marathon & 8K, Orangeburg, N.Y. Shelly Morgan, 49 Gregg Ct., Tappan, NY 10938. 914-359-5425.

October 12. Greater Hartford Marathon, Hartford, Conn. Includes 5K and Half-Marathon. Masters Prize Money. Aetna Health Plans Greater Hartford Marathon, 221 Main St., Hartford CT. 860-525-3435. Fax: 860-724-7317.

November 3. New York City Marathon. NYRR, 9 E. 89th St., New York, NY 10128. 212-860-4455.

SOUTHEAST

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

June 4-August 27. Huntsville TC Summer Cross-Country Runs, Huntsville, Ala. Each Tues., 6:30 pm. Keith Young, 205-534-9458.

August 10. RRCA Women's Distance Festival 5K, Williamsburg. 6:30 pm. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 804-229-7375; 220-2601.

August 24. Maggie Valley Moonlight 8K, Maggie Valley, N.C. Maggie Valley 8K, PO Box 1637, Waynesburg, NC 28786. 704-926-1686.

August 30. Midnight Flight 5K & 10 Mile & Mile, Anderson, S.C. Masters money. Anderson RR, PO Box 1106, Anderson, SC 29622. Debra Sanders, 864-226-5953.

September 2. U.S. 10K Classic, Atlanta. US 10K, 6400 Highlands Pkwy., Suite C, Smyrna, GA 30082. 770-432-0100.

September 7. Run By The River 5K, Clarksville, Tenn. Masters & Grandmasters money. SASE to RBTR, PO Box

3899, Clarksville, TN 37403. 615-647-3855.

September 14. Eastman 10K & 5K Run/Walk, Kingsport, Tenn. 423-229-4000.

September 21. Carter's Grove 8 Miler, Williamsburg, Va. Peninsula TC, PO Box 11116, Newport News, VA 23601. 804-868-3975.

September 28. The Virginia Ten Miler, Lynchburg. VTM, c/o Chris Ellis, PO Box 2027, Lynchburg, Va 24501. 800-732-5821.

MIDWEST

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

August 10. Paavo Nurmi Marathon/Relay, Hurley, Wisc. Bernard Hibbeln, PO Box 185, Hurley, WI 54534. 715-561-2285.

August 11. Main Street Mitral Road Mile, Ann Arbor, Mich. Fundraiser for Bill Stewart Legal Defense Fund. \$10. 15 separate heats (age-groups, etc.). Karen McKeachie, 802 Granger, Ann Arbor MI 48104. 313-662-1000. Fax: 313-662-3388.

August 17. Parkersburg Half-Marathon/USATF Open Men's Championship, Parkersburg, W. Va. \$4000 masters money. Louie Haer, Parkersburg Half-Marathon, PO Box 718, Parkersburg, WV 26102. 304-424-2786.

August 24. Crim 10 Mile, Flint, Mich. Masters money. Laurie McCann, 352 Saginaw St., Suite 804, Flint, MI 48502. 810-235-3396; fax 810-235-5311.

September 7. Charleston Distance Run

15 Mile. Charleston, W.Va. Masters money. Danny Wells, 1001 Virginia St. E., Charleston, WV 25314. 304-348-5122; fax: 304-348-1740.

September 8. City of Lakes 25K. Minneapolis, Minn. Masters money. Harry Harrison, Mpls Park & Recreation, 200 Grain Exchange, 400 So. 4th St., Minneapolis, MN 55415. 612-661-4893.

September 28. Bowling Green 10K Classic. Bowling Green, Ky. Masters money. Rick Kelley, PO Box 1802, Bowling Green, KY 42102. 502-782-3660; fax: 502-843-4278.

September 28. Briggs & Stratton/Al's 8K Run/Walk, Milwaukee. Jamy Malatesta, PO Box 1997, MS #3060, Milwaukee, WI 53201. 414-266-6320; fax 266-6139.

September 29. Motorola Half-Marathon/USATF Open Women's Championship, Schaumburg, Ill. Masters money. Jane Canega, The Eventors, Inc., 46 E. Oak, 2nd Flr., Chicago, IL 60611. 312-944-6667; fax 312-944-6499.

MID-AMERICA

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

August 17-18. Pikes Peak Ascent & Marathon, Manitou Springs, Colo. Nancy Hobbs, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

September 15-22. Priscilla Welch/NIKE Running & Fitness Camps, Devil's Thumb Ranch, Colorado. 800-933-4339.

Continued on next page

1996 USATF NATIONAL MASTERS 8K CROSS-COUNTRY CHAMPIONSHIPS

the masters return to Louisville, Kentucky

E. P. "Tom" Sawyer State Park
Louisville, Kentucky
Sunday, October 27, 1996
1:30 PM EST



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



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

KENTUCKY 8K CROSS-COUNTRY CHAMPIONSHIPS AT 12:00 PM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:
Masters Cross-Country Championships
c/o Victory Athletic Club
P. O. Box 6667
Louisville, Kentucky 40207

Information:
E. P. "Tom" Sawyer State Park (502)426-8950 days
Bob Miller (502)896-0717 evenings
Bob Ullrich (502)459-6820 evenings

Continued from previous page

September 21. Jackrabbit 15K & Relay, Brookings. Wellness Center, SDSU, PO Box 2820, Brookings, SD 57007. 605-688-5386.

September 29. Duke City Marathon & Half-Marathon, Albuquerque, N.M. DCM, PO Box 4543, Albuquerque, NM 87196. 505-890-1018.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 12. Chili Pepper Running Festival (cross-country)/RRCA National Championships, Fayetteville, AR. Joe Fennel, 1655 Woolsey St., Fayetteville, AR 72703. 501-521-8534.

WEST

Arizona, California, Hawaii, Nevada

August 25. Silver State Marathon, Reno. Ski Pisarski, 1460 Prospect Ave., Sparks, NV 89431. 702-849-0419.

August 25. America's Finest City Half-Marathon, San Diego. Neil Finn, ALA, PO Box 3879, San Diego, CA 92163. 619-297-3901; fax 619-297-8402.

September 22. Orange County Race For The Cure 5K, Newport Beach, Calif. Kinane Events, 619-434-7706.

September 27-28. The Relay - Napa To Santa Cruz. 195 miles. 3 legs of approximately 5 miles each (36 total legs per 12-member team). Jeff Shapiro, The Relay, 751 Laurel St., Suite 401, San Carlos, CA 94070. 415-508-9700; fax: 508-1661.

October 20. San Luis Obispo City-To-Sea Half-Marathon & 5K. SLO Chamber of Commerce, Jennifer Peterson, 1039 Chorro St., San Luis Obispo, CA 93401-3278. 805-781-2777; fax 805-543-1255.

NORTHWEST

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

August 23-25. Hood To Coast Relay, Mt. Hood-Seaside, Ore. 195 miles/12-person

teams. 1995 race reached capacity by May. HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626.

September 29. Portland Marathon, Portland, Ore. PM, PO Box 4040, Beaverton, OR 97076. 503-226-1111.

October 5. St. George Marathon, Leisure Activities, 86 S. Main St., St. George, UT 84770. 801-634-5850.

November 30. Seattle Marathon & Half-Marathon. SM Assoc., PO Box 31849, Seattle, WA 98103. 206-524-RUNS; 800-343-4411; fax 206-821-6387.

CANADA

August 23-25. Canadian Masters Marathon and Half-Marathon Championships, St. John, New Brunswick. Mike Doyle, Festival by the Sea Marathon, 50 Union St., St. John, NB E2I 1A1. 506-658-4715. Fax: 658-4730.

INTERNATIONAL

August 31. BVA 10K Championships, Barry, Wales. Derek Williams, Powys Gardens, Dinas Powis, Cardiff, Wales CF64 4LP.

October 29-November 5. Himalayan 100-Mile Stage Race, from Darjeeling, India, \$1200. Force 10 Expeditions, 1-800-922-1491.

November 5-12. Mt. Everest Marathon Trip, from Darjeeling, India. \$1200. Force 10 Expeditions, 1-800-922-1491.

July 17-27, 1997. XII WAVA World Veterans Athletics Championships, Durban, South Africa.

RACEWALKING

April 1 - October 1. 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex, or ability. Scoring by WAVA Age-Graded Tables. No entry fees. FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054.



Top three W40-44 finishers, from left: Kathy Martin, 44, 19:35, Phyllis Hollman, 41, 22:13, and Lori Knapp, 40, 21:29, Long Island Police Appreciation 5K, June 6. Photo by Mike Polansky

August 4. USATF East Regional 10K Relay (2X5K) Championship, Central Park, NYC. Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317.

August 15-18. USATF National Masters Outdoor RW Championships, 5000 track (m/w), 20K road (m), 10K road (w), Spokane, Wash. See T&F National Schedule.

August 25. USATF 5K Championships & East Regional 5K Championships, Wilkes-Barre, Penn. Jim Wolfe, 220 Lasley Ave., Hanover Industrial Estates, Wilkes-Barre, PA 18706. 717-821-6504(w).

September 2. West Regional 15K Championships, Albuquerque, NM. Audrey Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104.

September 8. North Regional 1/2 Hour Championships, St. Paul, Minn. Fern Anderson, 612-926-3514.

September 8. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080.

September 8. Florida State 3K Racewalk Championships, Tropical Park, Miami. 305-227-1500.

September 14. USATF National Masters 5K Road RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364(w), 615-349-6406(h).

September 22. USATF National Masters 15K RW Championships, Elk Grove Village, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312-327-4493.

September 22. East Regional 10K Road

Championships, Atlantic City, NJ. See Sept. 8.

September 28. Alongi International RW Classic, Dearborn Heights, Mich. Wolverine Pacers AC, Roswell Barranco, 3235 Musson Rd., Howell, MI 48843.

October 12. Chippenham to Calne 6-Mile RW (on the main A4 between Chippenham & Calne). Robert Sayers, 27 Falcon Road, Calne, Wiltshire SN118PL, England. Tel. from US 011-441-249-822453. Entries close Sept. 30.

October 13. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617-731-9889(h), 617-821-3000(w).

October 20. West Regional 8K RW Championships, Las Vegas, Nev. Roberta Hatfield, 2747 Crown Ridge Dr., Las Vegas, NV 89134.

October 20. USATF East Regional/MAC 30K RW Championships, Central Park, NYC. Stella Cashman, Park Racewalkers USA, 320 E. 83rd St., New York, NY 10028. 212-628-1317.

October 26. Florida AC Walkers/Henry Laskau 5K & 10K State Racewalk Championships. Robert Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407-499-3370.

Masters Age Records

(1996 Edition)

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1995.
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FIVE YEARS AGO July, 1991

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



Tom Kurihara, 60, first M60-64 (35:15), American Classic 8K, Washington, D.C.

Photo by George Banker

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

M30-34

Bob McVicker Triple Jump 44-2 06-08-96

M35-39

Mark Carver 1500M 4:14.6 07-20-96
800M 2:00.4 07-08-95
Pentathlon 2653 06-25-95

M40-44

Daniel Gruber 5000M 15:55 06-08-96
1500M 4:10.8 06-08-96
James Kirby Javelin 60.18 07-23-95

**M45-49**

Bob Hume Discus 126-9 06-28-96
Joe Mack 100M 11.99 05-05-96
William Weigel 3000SC 11:38.7 06-15-96

M55-59

Mark Adams 1500RW 7:48.35 05-18-96
Jack Hoppenstein Shot Put 11.23 05-05-96

M60-64

Arnie Levick 5K RW 28:44 05-05-96
1500 RW 7:46.98 05-18-96
William O'Donnell 800M 2:27:30 06-11-96
Engel Grow Shot Put 36-2 05-25-96

M65-69

Ron Rule 400M 1:07.46 06-29-96

M70-74

Hal Carlile Long Jump 12-3 1/8 05-25-96

M75-79

Anthony Silvidi 5K RW 33.58 01-11-96

W40-44

Tina Marie Varzeas 10K 44:03 04-27-96

W55-59

Carol Eisenbraun 100M 16.10 06-29-96
100M 16.14 06-03-95
Evelyn Wright Javelin 23-60 09-04-95

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	10:10
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
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	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
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	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	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
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
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
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
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	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	70-2 1/2	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
35Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56Wt.	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 ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

	1.5K	mile	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	26:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:46	5:37:30
F35	7:22	8:03	16:18	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	16:53	27:26	44:47	55:56	1:26:37	1:56:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	18:32	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	5:56:18	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				
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	4:35:16	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

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

U.S. MASTERS 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 4-8	1.35 4-5½	1.27 4-2	1.19 3-11	1.12 3-8	1.07 3-6½	1.02 3-4½	.97 3-2½	.92 3-0½	.89 2-11	.84 2-9
PV	2.70 8-10½	2.40 7-10½	2.10 6-11	1.80 5-11	1.50 4-11	1.20 3-11	1.10 3-7½	1.00 3-3½	0.90 2-11	0.80 2-7½	0.70 2-3½
LJ	5.00 16-5	4.60 15-1	4.25 13-11½	3.90 12-9½	3.55 11-8	3.20 10-6	2.85 9-4½	2.60 8-6½	2.35 7-8½	2.10 6-11	2.00 6-7
TJ	10.00 32-10	9.20 30-2½	8.60 28-2½	7.80 25-7½	7.18 23-7	6.40 21-0	5.70 18-8½	5.20 17-1	4.70 15-5	4.20 13-9½	3.80 12-5½
Shot	10.30 33-9½	9.30 30-6½	8.40 27-7	7.70 25-3½	7.95 26-1	7.20 23-7½	6.50 21-4	5.80 19-0½	5.25 17-3	4.70 15-5	4.25 13-11½
Jav	29.50 129-7	33.50 109-11	27.50 93-6	21.50 70-6½	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50 44-4
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5 44-4
Hammer	35.0 131-3	32.5 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7
20Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16Pwt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in put format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

1996 USATF National Masters Decathlon/Heptathlon Championships Balboa Stadium, San Diego, CA; July 6-7 Decathlon

Name	Points	1000	LJ	SP	HJ	400D	Day 1
HURDLES	DT	PV	JT	1500R			
35-39							
1 Fye, Ed	12.16	5.83m	12.94m	1.85m	54.24		
16.39	43.16m	3.55m	51.96m	4.41.79			
Crete, NE	19'01.50	42'05.50	6'00.75				
141'07.00	11'07.75	17'06.00					
Age graded mark:	12.00	6.14m	12.94m	1.98m	52.58		
15.97	43.16m	3.80m	55.92m	4.36.64			
Age graded percent:	82.24%	68.59%	58.29%	80.79%	82.34%		
80.90%	60.69%	61.85%	58.26%	75.08%			
Age: 36	6823	(651)	(617)	(664)	(785)	(700)	3417
(736)	(729)	(562)	(677)	(702)			
2 Bilderbeck, Jeff	12.83	5.23m	10.63m	1.55m	58.71		
18.63	34.56m	3.25m	43.44m	5:18.94			
Alamusa, CO	17'02.00	34'10.50	5'01.00				
113'05.00	10'08.00	142'06.00					
Age graded mark:	12.66	5.50m	10.63m	1.66m	56.91		
18.15	34.56m	3.48m	46.76m	5:13.11			
Age graded percent:	77.94%	61.53%	47.88%	67.69%	76.07%		
71.18%	48.59%	56.62%	48.71%	66.34%			
Age: 39	5138	(527)	(481)	(524)	(512)	(524)	2568
(510)	(555)	(477)	(541)	(487)			
3 Miller, Andy	12.97	5.61m	11.58m	1.75m	1:01.44		
20.30	38.42m	2.80m	47.84m	5:50.46			
Phoenix, AZ	18'05.00	38'00.00	5'08.75				
126'00.00	9'02.25	156'11.00					
Age graded mark:	12.80	5.90m	11.58m	1.87m	59.56		
19.77	38.42m	3.00m	51.48m	5:44.05			
Age graded percent:	77.10%	66.00%	52.16%	76.42%	72.69%		
65.32%	54.02%	48.78%	53.64%	60.37%			
Age: 39	5065	(502)	(565)	(581)	(687)	(428)	2763
(368)	(633)	(357)	(611)	(333)			
40-44							
1 Vagar, Stan	12.67	5.83m	13.01m	1.85m	55.48		
16.89	37.98m	3.90m	48.56m	4:53.72			
Greenbrae, CA	19'01.50	42'08.25	6'00.75				
124'07.00	12'09.50	151'59'04.00					
Age graded mark:	12.09	6.56m	13.79m	2.09m	52.07		
15.76	37.96m	4.48m	57.44m	4:38.42			
Age graded percent:	81.53%	73.43%	62.13%	85.25%	83.15%		
81.94%	53.40%	72.90%	59.83%	74.60%			
Age: 41	7194	(633)	(711)	(715)	(887)	(722)	3660
(760)	(623)	(754)	(699)	(690)			
2 Saunders, Brian	12.45	6.01m	9.90m	1.60m	58.30		
22.26	31.44m	3.60m	43.08m	5:45.31			
San Diego, CA	19'08.75	32'05.75	5'03.00				
103'02.00	11'09.75	151'41'04.00					
Age graded mark:	11.88	6.77m	10.49m	1.80m	54.71		
20.76	31.44m	4.13m	50.94m	5:27.32			
Age graded percent:	82.97%	75.69%	47.28%	73.73%	79.13%		
62.17%	44.21%	67.29%	53.08%	63.46%			
Age: 40	5643	(675)	(760)	(515)	(627)	(611)	3188
(292)	(493)	(654)	(603)	(413)			
3 Perrin, David	12.39	5.36m	11.18m	1.50m	1:01.29		
17.11	28.22m	2.70m	47.50m	6:26.17			
LaVerne, CA	17'07.00	36'08.25	4'11.00				
92'07.00	8'10.25	151'55'10.00					
Age graded mark:	11.83	6.03m	11.85m	1.69m	57.52		
15.96	28.22m	3.10m	56.18m	6:06.06			
Age graded percent:	83.37%	67.51%	53.39%	69.12%	75.27%		
80.89%	39.68%	50.47%	58.53%	56.74%			
Age: 42	5381	(685)	(593)	(597)	(536)	(501)	2912
(737)	(430)	(381)	(681)	(240)			
4 Meares, Kelly	13.36	4.95m	9.90m	1.55m	1:03.29		
19.62	27.02m	3.45m	33.90m	5:31.83			
Webb City, MO	16'03.00	32'05.75	5'01.00				
88'08.00	11'03.75	151'11'03.00					
Age graded mark:	12.75	5.57m	10.49m	1.75m	59.40		
18.30	27.02m	3.96m	40.10m	5:14.55			
Age graded percent:	77.32%	62.34%	47.28%	71.43%	72.89%		
70.54%	37.99%	64.49%	41.77%	66.03%			
Age: 43	4972	(511)	(496)	(515)	(585)	(434)	2541
(496)	(406)	(606)	(444)	(479)			
5 Mulkey, Phillip	13.27	5.25m	10.66m	1.40m	1:02.16		
19.08	32.56m	2.80m	39.28m	5:52.66			
Birmingham, AL	17'02.75	34'11.75	4'07.00				
106'10.00	9'02.25	151'28'10.00					
Age graded mark:	12.67	5.91m	11.29m	1.58m	58.34		
17.80	32.56m	3.21m	46.46m	5:34.29			
Age graded percent:	77.84%	66.12%	50.91%	64.52%	74.21%		
72.54%	45.78%	52.34%	48.40%	62.13%			
Age: 41	4955	(525)	(567)	(563)	(449)	(471)	2575
(543)	(515)	(408)	(536)	(378)			
6 Hecker, Andrew	12.93	4.99m	6.28m	1.50m	59.00		
20.16	22.48m	2.28m	28.42m	5:12.57			
Ventura, CA	16'04.50	20'07.25	4'11.00				
73'09.00	7'05.75	93'03.00					
Age graded mark:	12.34	5.62m	6.65m	1.69m	55.37		
18.81	22.48m	2.62m	33.60m	4:56.29			
Age graded percent:	79.89%	62.85%	29.99%	69.12%	78.19%		
68.65%	31.61%	42.62%	35.02%	70.10%			
Age: 41	4466	(586)	(506)	(287)	(536)	(584)	2499
(449)	(319)	(268)	(350)	(581)			
7 Watson, Richard	15.93	4.37m	1.097m	1.40m	1:06.41		
23.10	33.42m	2.58m	41.54m	6:13.86			
Yuma, AZ	14'04.00	36'00.00	4'07.00				
109'08.00	8'05.50	151'36'03.00					
Age graded mark:	15.21	4.92m	11.62m	1.58m	1:02.32		
21.55	33.42m	2.96m	49.12m	5:54.39			
Age graded percent:	64.85%	55.04%	52.39%	64.52%	69.46%		
59.91%	46.99%	48.22%	51.18%	58.61%			
Age: 43	3878	(162)	(367)	(583)	(449)	(338)	1899
(237)	(532)	(347)	(576)	(287)			
8 Salzman, Mark	12.76	5.36m	11.21m	1.65m	1:15.31		
Tacoma, WA	17'07.00	36'09.50	5'05.00				
Age graded mark:	12.18	6.03m	11.88m	1.86m	1:10.68		
Age graded percent:	80.96%	67.51%	53.53%	76.04%	61.25%		
Age: 44	2611	(616)	(593)	(599)	(679)	(124)	2611
(0)	(0)	(0)	(0)				
45-49							
1 Hill, Mike	12.35	5.47m	11.29m	1.60m	56.27		
19.00	38.44m	3.40m	45.96m	4:45.22			
Steamboat Springs, CO	17'11.50	37'00.50	5'03.00				

126'01.00	11'01.75	151'50'09.00					
Age graded mark:	11.41	6.59m	13.33m	1.90m	51.05		
16.93	42.08m	4.19m	59.74m	4:20.61			
Age graded percent:	86.48%	73.62%	60.05%	77.67%	84.81%		
76.26%	59.17%	68.14%	62.23%	79.70%			
Age: 45	7208	(771)	(718)	(687)	(714)	(767)	3657
(632)	(707)	(671)	(734)	(807)			
2 Zang, David	13.31	5.24m	8.43m	1.40m	58.56		
21.44	28.86m	2.85m	34.28m	5:26.50			
Baltimore, MD	17'02.25	27'08.00	4'07.00				
94'08.00	9'04.25	112'05.00					
Age graded mark:	12.29	6.31m	9.95m	1.66m	53.12		
19.11	31.58m	3.51m	44.56m	4:58.33			
Age graded percent:	80.24%	70.52%	44.84%	67.96%	81.49%		
67.58%	44.43%	57.11%	46.42%	69.62%			
Age: 45	5403	(595)	(655)	(483)	(512)	(676)	2921
(423)	(496)	(485)	(509)	(569)			
3 Ray, Allen	13.75	4.51m	9.99m	1.35m	1:12.01		
22.94	28.54m	2.70m	36.50m	6:53.08			
Lakewood, OH	14'09.75	32'09.50	4'05.00				
93'08.00	8'10.25	119'09.00					
Age graded mark:	12.70	5.43m	11.79m	1.60m	1:05.33		
20.44	31.24m	3.32m	47.44m	6:17.44			
Age graded percent:	77.67%	60.70%	53.14%	65.53%	66.27%		
63.16%	43.93%	54.11%	49.42%	55.03%			
Age: 49	4283	(520)	(467)	(594)	(464)	(250)	2295
(315)	(489)	(436)	(551)	(197)			
----- 50-54 -----							
1 Harvey, Rex	13.04	5.19m	12.30m	1.60m	1:01.82		
15.78	41.76m	3.70m	40.92m	6:13.42			
Cleveland, OH	17'00.50	40'04.25	5'03.00				
137'00.00	12'01.50	134'03.00					
Age graded mark:	11.65	6.68m	14.71m	2.00m	54.10		
15.06	45.04m	4.89m	58.44m	5:28.17			
Age graded percent:	84.66%	74.78%	66.27%	82.05%	80.02%		
85.74%	63.34%	79.57%	60.89%	63.29%			
Age: 50	7279	(721)	(739)	(772)	(803)	(635)	3670
(842)	(768)	(877)	(714)	(408)			
2 Thorne, Tom	13.86	4.41m	9.87m	1.50m	1:09.86		
18.66	29.86m	2.85m	37.40m	6:29.91			
Neosho, MO	14'05.75	32'04.75	4'11.00				
97'11.00	9'04.25	122'08.00					
Age graded mark:	12.38	5.68m	11.80m	1.88m	1:01.14		
17.80	32.20m	3.76m	53.42m	5:42.66			
Age graded percent:	79.65%	63.54%	53.18%	76.92%	70.81%		
72.51%	45.29%	61.29%	55.65%	60.62%			
Age: 53	5342	(578)	(519)	(594)	(696)	(375)	2762
(543)	(508)	(551)	(639)	(339)			
3 Kimball, Ron	13.34	4.42m	9.90m	1.40m	1:10.56		
28.19	32.64m	2.80m	36.94m				
Lurham, NC	14'06.00	32'05.75	4'07.00				
107'01.00	9'02.25	121'02.00					
Age graded mark:	11.92	5.69m	11.84m	1.75m	1:01.75		
26.90	35.20m	3.70m	52.76m				
Age graded percent:	82.76%	63.69%	53.34%	71.79%	70.11%		
48.00%	49.51%	60.22%	54.97%				
Age: 51	4473	(667)	(521)	(597)	(585)	(356)	2726
(14)	(568)	(535)	(630)	(0)			
----- 55-59 -----							
1 Pawlik, Emil	12.77	5.37m	9.94m	1.65m	1:02.97		
15.36	32.68m	3.25m	41.50m	6:01.91			
Jackson, MS	17'07.50	32'07.50	5'05.00				
107'03.00	10'08.00	136'02.00					
Age graded mark:	11.04	7.40m	13.25m	2.18m	53.03		
13.91	39.28m	4.60m	65.14m	5:05.02			
Age graded percent:	89.35%	82.74%	59.70%	89.19%	81.64%		
92.84%	55.26%	74.88%	67.87%	68.09%			
Age: 57	7869	(852)	(910)	(682)	(973)	(680)	4097
(906)	(650)	(790)	(815)	(531)			
2 Rowan, Terry	13.80	4.67m	7.94m	1.40m	1:06.27		
19.84	29.50m	2.13m	28.50m	6:15.81			
San Diego, CA	15'04.00	26'00.75	4'07.00				
96'09.00	6'11.75	93'06.00					
Age graded mark:	11.93	6.43m	10.58m	1.85m	55.80		
17.96	35.46m	3.02m	44.72m	5:16.74			
Age graded percent:	82.68%	71.96%	47.69%	75.68%	77.58%		
71.88%	49.88%	49.08%	46.61%	65.58%			
Age: 55	5546	(665)	(682)	(521)	(670)	(567)	3105
(528)	(573)	(362)	(511)	(467)			
3 Servis, David	15.61	3.69m	7.87m	1.30m	1:23.33		
24.38m	2.58m	26.00m					
Centerville, OH	12'01.25	25'10.00	4'03.25				
80'00.00	8'05.50	85'04.00					
Age graded mark:	13.49	5.08m	10.49m	1.72m	1:10.17		
29.30m	3.65m	40.80m					
Age graded percent:	73.09%	56.86%	47.27%	70.27%	61.69%		
41.22%	49.45%	42.52%					
Age: 57	3422	(388)	(398)	(515)	(560)	(134)	1995
(0)	(451)	(522)	(454)	(0)			
----- 60-64 -----							
1 Cisneros, Hector	14.86	3.96m	9.41m	1.30m	1:08.29		
19.06	31.46m	2.70m	20.24m	5:55.39			
Austin, TX	13'00.00	30'10.50	4'03.25				
103'02.00	8'10.25	66'05.00					
Age graded mark:	12.42	5.83m	12.75m	1.81m	55.14		
17.02	35.14m	4.10m	32.16m	4:46.17			
Age graded percent:	79.48%	65.24%	57.48%	73.86%	78.52%		
75.87%	49.43%	66.83%	33.51%	72.58%			
Age: 62	5807	(571)	(550)	(652)	(636)	(593)	3002
(622)	(566)	(645)	(330)	(642)			
2 Jankovich, Bill	14.19	4.36m	8.97m	1.25m	1:19.30		
20.61	32.46m	2.70m	33.52m	6:08.17			
Racine, WI	14'03.75	29'05.25	4'01.25				
106'06.00	8'10.25	110'00.00					
Age graded mark:	11.86	6.42m	12.16m	1.74m	1:04.02		
18.41	36.26m	4.10m	53.26m	4:56.46			
Age graded percent:	83.23%	71.83%	54.80%	71.02%	67.62%		
70.16%	51.00%	66.83%	55.50%	70.06%			
Age: 62	5775	(679)	(679)	(616)	(577)	(287)	2838
(486)	(589)	(645)	(637)	(580)			
3 Fitzhugh, Ray	15.15	4.26m	10.12m	1.45m	1:15.34		
21.13	35.74m	2.43m	31.06m				
Irvine, CA	13'11.75	33'02.50	4'09.00				
117'03.00	7'11.50	101'11.00					
Age graded mark:	12.66	6.28m	13.72m	2.02m	1:00.83		
18.87	39.92m	3.69m	49.36m				
Age graded percent:	77.95%	70.18%	61.82%	82.39%	71.17%		
68.43%	56.15%	60.15%	51.42%				
Age: 61	5312	(527)	(648)	(711)	(822)	(385)	3093
(444)	(663)	(533)	(579)	(0)			

Heptathlon

Name	Points	HURDLES	HJ	SP	2000	Day 1	LJ
JT	800R						
----- 35-39 -----							
1 Vaughn, Karen	22.44	1.27m	9.13m	34.66			3.08m
22.00m	3:52.20						
Placentia, CA	4'02.00	29'11.50					10'01.25
72'02.00							
Age graded mark:	21.32	1.37m	9.13m	33.92			
3.31m	25.64m	3:44.50					
Age graded percent:	57.26%	65.46%	42.56%	63.82%			
44.00%	32.05%	50.28%					
Age: 38	2021	(202)	(481)	(473)	(244)	1400	(163)
(394)	(64)						

Continued from previous page

Alan Gersman 58	16.00
John Martin 68	16.20
<u>100m - Women</u>	
Audrey Lary 62	15.80
Evelyn Wright 59	16.40
Carla Convery 76	22.50
<u>200m - Men</u>	
Zachary Pullins 34	23.50
Vincent Fuller 38	24.70
Rolland Elliot 60	30.10
Bob Weiner 49	31.80
John Martin 68	34.00
Chris Pendergrass 34	36.70
Mark Green 32	40.20
Bud Averitt 73	49.10
<u>200m - Women</u>	
Audrey Lary 62	1:15.00
Carla Convery 76	51.00
<u>400m - Men</u>	
Joe Varrone 39	54.30
Zachary Pullins 34	54.60
William Greene 35	56.70
David McCormack	59.40
Wayne Harris 47	1:03.40
Jack Barrar 44	1:03.90
J J Wind 46	1:09.90
Peter Kimes 46	1:12.00
Carla Convery 32	1:46.90
Bud Averitt 73	2:12.00
<u>800m - Men</u>	
William Greene 35	2:09.10
Terrance McMahon 30	2:16.40
Jack Barrar 44	2:32.60
Bob Weiner 49	2:37.70
Peter Kimes 46	2:50.30
Rolland Elliot 60	2:53.10
Bud Averitt 73	5:52.50
<u>800m - Women</u>	
Marcelle Curtis 32	2:19.40
<u>1 Mile - Men</u>	
David McCormack 35	4:33.40
Paul Ryan 45	4:46.60
William Anderson 40	4:48.10
Terrance McMahon 30	4:52.60
Dan Eddy 44	5:04.60
Jack Barrar 44	5:08.60
Dave Keaton 36	5:17.90
J J Wind 46	5:53.50
Rolland Elliot 60	6:17.10
<u>1 Mile - Women</u>	
Louise Kelley 32	5:08.90
Chris Stockdale 52	5:51.00
<u>3000m - Men</u>	
David McCormack 35	9:09.50
Ted Poulos 34	9:46.70
J J Wind 46	10:15.00
Jack Barrar 44	10:25.80
Bob Weiner 49	11:31.80
<u>3000m - Women</u>	
Chris Stockdale 52	11:49.10
<u>High Jump - Men</u>	
Albert Gardner 55	1.37
John Martin 69	1.22
<u>Long Jump - Men</u>	
Albert Gardner 55	3.99
<u>Long Jump - Women</u>	
Audrey Lary 62	3.06
Carla Convery 76	1.73
<u>Shot Put - Men</u>	
Michael Ellis 42	10.95
William Smith 60	10.11
Charles Pistorino 73	9.72
Victor Litwinski 52	9.12
Joe Gowen 44	8.08
Randy Yohe 46	7.63
Tim Good 36	3.18
<u>Shot Put - Women</u>	
Evelyn Wright 59	7.99
Valerie Meyer 37	7.40
Carol Ellis 46	6.43
Sharon Good 63	5.11
Carla Convery 76	4.24
<u>Discus - Men</u>	
Chris Pendergrass 34	47.14
Ron Shekels 38	41.35
William Smith 60	39.62
Michael Ellis 42	32.92
Steven Zimmerman 46	27.41
Randy Yohe 46	26.26
Rick Laylor 69	25.60
Victor Litwinski 52	24.64
Joseph Aukward 35	20.47
Albert Gardner 55	17.86
<u>Discus - Women</u>	
Evelyn Wright 59	20.40
Carol Ellis 46	16.54
Sharon Good 63	13.03
Carla Convery 76	9.98
<u>Javelin - Men</u>	
Randy Yohe 46	28.55
Victor Litwinski 52	24.89
Joseph Aukward 35	23.39

<u>Javelin - Women</u>	
Evelyn Wright 59	23.04
Carla Convery 76	13.13
Sharon Good 63	9.22
<u>1600m RW - Men</u>	
John Gersh 48	8:44.90
Mark Rothstein 52	11:08.10
Meyer Mathis 77	14:24.60
<u>1600m RW - Women</u>	
Terry Hamilton 68	12:42.90
<u>3000m RW - Men</u>	
John Gersh 48	16:45.00
Mark Rothstein 52	20:58.60
Newlie Hewson 73	22:31.50
Meyer Mathis 77	26:04.10
Bud Averitt 73	26:31.90
<u>3000m RW - Women</u>	
Terry Hamilton 68	24:02.20
<u>5000m RW - Women</u>	
Fran Carnevale 44	30:45.80
Patricia Nesley 68	33:48.00
Rita Cronley 42	37:19.00
Janice Campbell 60	40:36.00

Connecticut Senior Olympics
Bridgeport, CT; May 31-June 2

<u>100m</u>	
M55 Chris Filmer	13.18
M60 Bill Wright	13.04
M65 William Bergen	14.92
M70 Raoul Rodrigues	15.09
M75 Ed Matthews	14.89
M80 Anthony Papp	25.30
W55 Toni Kenney	20.40
W60 Mary Roman	18.01
W65 Gini Demilia	25.63
W70 Patricia Peterson	17.66
W75 Martha Parry	29.61
<u>200m</u>	
M50 Samuel McClendon	34.66
M55 Chris Filmer	27.65
M60 Bill Wright	27.34
M65 William Bergen	31.38
M70 John McCarthy	33.87
M75 Ed Matthews	31.96
M80 Anthony Papp	48.90
W55 Liz Abrams	47.59
W60 Beverly Eggert	39.21
W70 Patricia Peterson	45.38
W75 Martha Parry	1:06.66
<u>400m</u>	
M50 Dan O'Donnell	1:25.79
M55 P Muzeroll	1:09.28
M60 Jack Nyhan	1:18.23
M65 Walter Gale	1:12.94
M70 Raoul Rodrigues	1:15.71
M75 Bill Tribou	1:24.81
M80 Anthony Papp	1:56.35
W55 Liz Abrams	1:48.63
W60 Jeannette Cyr	1:44.80
W70 Patricia Peterson	1:38.03
W75 Martha Parry	2:15.48
<u>800m</u>	
M50 J Tetherly	2:26
M55 P Muzeroll	2:41
M60 B Murray	2:48
M65 Walter Gale	2:47
M70 Lawrence Larkin	3:31
M75 Bill Tribou	3:13
W50 Jo Marchetti	2:42
W55 Marjorie Sasiela	4:37
W60 Myrna Nickel	3:29
W70 Patricia Peterson	4:22
W80 Mary Haines	6:00
<u>1500m</u>	
M50 Samuel McClendon	5:10
M55 Jerry LeVasseur	5:21
M60 E Shepherd	5:56
M65 Walter Gale	5:43
M70 Lawrence Larkin	7:05
M75 Bill Tribou	6:28
W50 Jo Marchetti	5:23
W55 Marjorie Sasiela	9:00
W60 Beverly Eggert	6:45
W65 Camilla Cesarini	9:52
W70 Adeline Kearney	8:15
W75 Mary Haines	10:55
<u>5000m</u>	
M50 Dave Jacobs	18:59
M55 Ted Phillips	19:06
M60 Edward Shepherd	22:01
M65 Walter Gale	21:28
M70 Phil Mongillo	22:57
M75 Bill Tribou	23:36
M80 Frank Ryan	34:52
W50 Jo Marchetti	20:17
W55 Barbara Ott	31:26
W60 Beverly Eggert	25:12
W70 Adeline Kearney	30:16
W80 Mary Haines	39:33
<u>High Jump</u>	
M55 D Davis	4-2
M60 Frank Kozel	3-8
M65 Wray Gunn	4

M70 Frank Brako	4-2
M75 Ed Matthews	3-8
W55 Ann Marie Flynn	3-6
W60 Beverly Eggert	3-2
W65 Joyce Finley	2-8
W70 Patricia Peterson	3-2
<u>Long Jump</u>	
M55 Robert Tosoni	10-7.50
M60 F La Pointe	12-6.75
M65 Wray Gunn	11-1.50
M70 Frank Brako	13-4.50
M75 Pat Kyer	12-2.25
M85 Alexander Murphy	7-10
W60 Beverly Eggert	9-4
W65 Ginni Demilia	5-11
W70 Ann McGowan	7-1.50
<u>Shot Put</u>	
M55 R Tosoni	33-6.50
M60 L Rosen	39-6
M65 W Garrahan	38-10
M70 Z Strauss	30-3
M75 B Maki	32-2
M85 C Hawley	24-3.25
W50 Rusun Naci	20
W55 Ann Marie Flynn	26-10.50
W60 Ann Cirulnick	28-1
W65 Joyce Finley	15
W70 Virginia O'Connor	19-9
<u>Discus</u>	
M50 Edward Root	95-8
M55 Russ Van Put	89-6
M60 Martin Kintish	142-2
M65 William Garrahan	140-2
M70 John McCarthy	102-1
M75 Bruno Maki	89-5
M80 Arthur White	57-4
M85 Charles Hawley	55-10
W55 Ann Marie Flynn	75-4
W60 Ann Cirulnick	60-6
W65 Joyce Finley	39-4
W70 Virginia O'Connor	47-10
<u>Javelin</u>	
M50 Edward Root	98
M55 Russ Van Put	85
M60 Martin Kintish	83
M65 David Wilson	113-7
M70 John McCarthy	76-7
M75 Bruno Maki	83-11
M80 Arthur White	49-4
M85 Charles Hawley	37-7
W55 Joan Youngs	80-8
W60 Joan Dash	51-5
W65 Joyce Finley	32-3
W70 Ann McGowan	7-1
W75 Martha Parry	4-4
<u>1500m RW</u>	
M50 Tom Lough	7:46
M55 Gus Davis	8:55
M60 Jack Boitano	8:43
M65 Geoffrey Bye	9:18
M75 Malcolm Goering	9:25
M80 Anthony Papp	10:43
W55 Cora Portnoff	14:54
W60 Gail Chesnut	11:53
W65 Ann Rigassio	10:42
W70 Minna Charles	11:46
W80 Mary Haines	15:29
<u>5000m RW</u>	
M55 Gus Davis	32:19
M60 Jack Boitano	27:47
M65 Louis Free	32:33
M75 Malcolm Goering	36:14
W60 Gail Chesnut	39:25
W65 Anne Rigassio	40:43
W70 Minna Charles	43:22

Philadelphia Masters Meets
Fort Washington, PA

<u>June 13</u>	
<u>100m</u>	
M40 Gary Leigh	12.2
Ken Kring	12.2
M45 John Borden	13.0
M50 Phil Frey	13.1
<u>200m</u>	
M40 Ron Manion	23.3
M45 Tom Taft	28.2
M50 Jim Gross	27.7
W30 Anne Fitch	33.2
W45 Diane McManus	40.9
<u>400m</u>	
M30 Mike Persick	57.0
M40 Tony Natale	54.0
M45 Gary Fanelli	61.2
M50 Phil Frey	61.8
<u>800m</u>	
M30 Eli Al-Shabazz	2:04.1
M35 Steve Bond	2:04.1
M40 Bill Maguire	2:22.8
M45 George Sanders	2:33.9
M50 Rich Myers	2:15.0
M50 Bob Ross	2:47.1
W30 Anne Fitch	3:02.9
W45 Diane McManus	3:16.2
<u>1 Mile</u>	
M30 Eli Al-Shabazz	4:43.4
M35 Fred Kenney	4:44.6
M35 Fred Kenney	5:06.7

M40 Dennis Packard	4:35.4
Joe Kern	4:49.3
M45 Ron Salvio	5:31.5
Mike Branca	5:37.9
M50 Rich Myers	4:56.9
W30 Holly Stagliano	5:30.8
W45 Diane McManus	7:03.0
<u>3000m</u>	
M40 Gary Papazian	11:21.2
<u>High Jump</u>	
M35 Fred Kenney	4-8
M45 Ron Salvio	4-8
M80 Claude Hills	2-8
<u>June 27</u>	
<u>100m</u>	
M35 Steve Galetta	11.2
Tom Mulville	11.8
M40 Gary Leigh	12.3
M45 Mike Beutymann	13.4
John Borden	13.7
M50 Glenn Schmehl	20.1
M60 Earl Mege	14.1
M65 To Rice	14.8
<u>200m</u>	
M35 Steve Galetta	23.7
M40 Ken Kring	24.8
Karl Castor	25.1
M45 Tom Taft	25.5
M50 Ron Shamwell	26.8
M60 Earl Mege	34.8
M75 George Blyn	42.2
<u>400m</u>	
M30 Bryant Nip	57.9
M35 Steve Bond	54.5
M40 Ron Manion	52.4
M45 Tim Dickens	59.9
M60 Bruce Gilbert	70.4
M70 Manny Herscher	80.7
M75 George Blyn	98.3
<u>800m</u>	
M30 Bryant Nip	2:13.8
M35 Joe Wesolowski	2:03.2
Steve Bond	2:06.3
Adam Prince	2:11.7
M40 Dan Norris	2:23.3
M45 George Sanders	2:30.9
M60 Bruce Gilbert	2:45.5
M75 George Blyn	3:58.2
<u>1 Mile</u>	
M30 Adam Prince	4:45.3
M35 Tom Yunker	5:36.3
M40 Joe Kern	4:45.9
M45 Mike Branca	5:42.6
George Sanders	5:46.8
M50 Gregg Atzert	6:01.8
W30 Holly Stagliano	5:25.7
<u>Two Mile</u>	
M40 Dennis Packard	9:59.5
M45 Joe Curcio	11:50.3
W30 Holly Stagliano	12:18.9
<u>800m</u>	
M70 Manny Herscher	17.5
<u>High Jump</u>	
M40 Dan Norris	5-0
M60 Earl Mege	4-0
M80 George Braceland	3-6
<u>Long Jump</u>	
M35 Tom Mulville	17-6.1
M60 Earl Mege	13-8
M65 Tom Rice	12-11
M70 Manny Herscher	11-6
M80 George Braceland	9-3
<u>Triple Jump</u>	
M65 Tom Rice	25-7
M80 George Braceland	17-6
<u>Shot Put</u>	
M40 Stew Beltz	39-1.1
M80 George Braceland	23-3
W40 Renee DiGiacomo	19-4
<u>Discus</u>	
M35 Bob Billet	122-1
M40 Stew Beltz	108-3
M80 George Braceland	68-6
<u>Javelin</u>	
W40 Renee DiGiacomo	65-2

Randolph Classic Meet
Randolph, NJ; June 16

<u>100m</u>	
M30 Mitchell Lovett	10.8
Richard Washington	11.5
M35 Derek Holloway	10.9
Timothy McMahon	12.3
Robert Romig	13.2
M40 Tom Jones	11.2
Joe Ikhn	12.2
Rockdale Hudson	12.7
M45 Phil Felton	12.1
Dave Friedman	14.2
M50 Ron Johnson	11.7
Paul Henry	12.4
Ken Moses	13.4
M55 Nate Byrd	13.4
M60 Bob Dobbs	12.9
Alex Johnson	13.2
Joe Brescher	16.7
M65 Jim Stookey	12.7
Dick Barretta	13.0
Ed Cox	13.5
M70 Oscar Harris	11.9
M75 Ed Matthews	14.4
Jim Manno	14.6
W30 Ruvinia Kelly	13.9
Betty Whitaker	14.2
Denise Jones	14.9
W40 Carole Solomon	14.1
Renee DiGiacomo	16.2
W45 Loretta Harris	15.8
W60 Diane Stone	24.5
<u>200m</u>	
M30 Mitchell Lovett	22.1
Richard Washington	24.4

M35 Derek Holloway	21.9
Tim McMahon	24.9
M40 Ed Goner	22.6
Tom Jones	22.9
Bob Richardson	24.9
Karl Castor	24.9
M45 Jesse Norman	23.4
Errol Lee	23.9
Phil Felton	24.3
Alex Constantinou	24.5
M50 Ron Johnson	23.9
Paul Henry	25.3
Glenn Schmehl	26.3
M55 John MacDonald	28.1
M60 Robert Dobbs	26.8
Alex Johnson	2

Continued from previous page
Syracuse TC/City of Syracuse
Meet

Syracuse, NY; June 18

M30 Jeff Stiles 12.5	M65 D Bell 3-10	Avital Schurr 13.06	Jonathan Jager 4-4	Don Levesque 20.72	W35 Marilyn Senz 46.24
M35 Tom Jasinski 11.7	M70 J Tobey 4	Robert Kleemeier 13.75	M50 Joe Johnston 5-6	M65 Larry Horine 38.60	Javelin
M40 Johnnie Thomas 11.4	M75 K Wheeler 3-8	M55 Mike Valle 14.38	M55 Mike Valle 4-4	Skip Meneely 37.72	M45 Carl Mott 24.90
M45 Bob Micho 13.1	W50 B Bloom 3-8	Cecil Clark 14.39	Lou Vodopya 4-2	Russ Meyer 26.04	M55 Mike Valle 33.20
M50 Tim Collins 13.9	W60 B Jordan 3-8	M60 Phil Mulkey 14.17	M60 Phil Mulkey 4-8	M70 Charles Marriott 33.42	M65 Bill Patrick 22.40
M55 John Knapp 14.9	<u>Pole Vault</u>	John Moll 15.57	Charles Lanza 4-4	Richard O'Hair 19.86	M70 Graeme Dalzell 20.64
M65 Howard MacMillan 14.9	M65 D Bell 5-6	M65 Jim Stookey 13.42	Jim Nicholson 4-4	M75 Carl Bock Jr 21.00	M70 John Snaden 19.42
M70 Bob Metzner 18.3	M70 J Tobey 5-6	Larry Greco 14.56	M65 Larry Horine 4-4	W45 Diane Vance 24.74	W35 Marilyn Senz 40.10
M70 Colleen Zogby 14.8	M75 G Brown 4-6	Bill Daprano 14.57	W40 Linda Lowery 4-2	W70 Audrey Bergenback 6.78	W65 Lillian Snaden 9.90
W35 Cathy McKeever 15.5	W60 F Meiler 3-6	Bill Bergen 15.00	W45 Phil Raschker 4-4	<u>Weight</u>	<u>Weight Throw</u>
W45 Kathy Kirina 14.9	<u>Long Jump</u>	W40 Linda Lowery 14.45	<u>Pole Vault</u>	M40 David Vandergriff 15.65	M40 Peter Farmer 52-2
<u>400m</u>	M60 B Wolfe 9-2	W50 Ann Carter 16.51	M30 Tom Bynum 4.42	Jeff Baty 13.37	David Vandergriff 51-4
M30 Michael Boni 55.8	M65 D Bell 10-1	W55 Joy MacDonald 15.42	M40 Mike McGinnis 4.27	Bob Gunn 11.45	M45 L B Clayton 35-6
M35 Brendan Jackson 53.7	M70 J Tobey 13-4	M30 Wayne Watson 22.94	M45 Tom Jordan 3.66	M45 L B Clayton 10.68	M55 Mike Valle 35-6
M40 Johnnie Thomas 52.2	W60 B Jordan 10-5.50	Herb Collins 24.74	M50 Joe Johnston 4.12	Kasey Capps 9.13	M60 Tim Twomey 43-5
M45 Bob Micho 59.5	W65 J Casey 7-11.50	Bob Harris Jr 26.12	W55 Joy MacDonald 2.44	M55 Mike Valle 10.90	Howard Murphree 29-5
M55 John Knapp 1:12.2	<u>Shot Put</u>	Ricky Flowers 23.30	<u>Long Jump</u>	M60 Tim Twomey 13.43	M65 Bill Patrick 30-2
M65 Howard MacMillan 1:17.5	M50 P Davis 27.50	Paul Allen 23.49	M35 Barry Wise 5.91	Phil Mulkey 11.91	M70 J W Snaden 18-8
W30 Hilde Lowenstein 1:10.3	M60 C Rowell 31-3.50	Barry Wise 23.69	Tom Oatts 5.86	Ray Feick 11.62	W35 Marilyn Senz 48-3
W40 Irene Thompson 1:02.7	M65 D Bell 26-5	Steve Winkel 23.94	M45 Taylor Weatherbee 5.55	Don Levesque 11.60	W65 Lillian Snaden 17-3/4
<u>1500m</u>	M70 A Merritt 26-2	Charles Thomas 24.22	Gregg Marshall 5.22	Milton Brady 10.59	<u>56# Weight</u>
M30 Russ Houck 4:50.0	M75 K Wheeler 28-3.50	Pat Mulligan 37.53	Mike Walker 3.66	Paul Adams 7.11	M40 David Vandergriff 34-6
M35 Robin Wheelless 4:14.7	W55 M L Bell 21-1	M40 Ron Jackson 23.93	M50 Avital Schurr 4.60	M65 Richard Bergenback 10.48	Peter Farmer 31-2
M40 Mark Caldwell 4:29.9	W60 S Crowley 21-5.50	M45 Tom Gilliard 23.95	Bob Kleemeier 4.55	M70 Charles Marriott 7.00	M45 L B Clayton 24-11
M55 John Hurley 5:57.7	W65 T Perkins 16-2	Harry Blake 23.97	Bill Busby 4.47	Richard O'Hair 6.59	M55 Mike Valle 21-9
M60 Van Ness Robinson 6:01.7	<u>Discus</u>	Greg Marshall 25.95	M55 Mike Valle 4.27	M75 Carl Bock Jr 6.59	M60 Tim Twomey 22-11
M75 Nate White 7:06.1	M50 S Skinner 95-9	M50 Randall Brady 26.13	M60 Phil Mulkey 4.73	W35 Marilyn Senz 15.02	Howard Murphree 14-11
W30 Noreen Verdoliva 5:37.6	M60 C Rowell 116-1	Avital Schurr 26.71	Jim Nicholson 3.41	<u>56# Weight</u>	M65 Bill Patrick 13-11
M40 Parri Ford 4:58.0	M65 D Bell 97-8	M55 Dermott Tiernan 27.56	M65 Jim Stookey 4.67	M40 David Vandergriff 10.42	W35 Marilyn Senz 15-3
M50 Yvonne Rothenberg 6:25.2	M70 J Tobey 101-10	Dick Anderson 33.93	M70 Charles Marriott 2.88	Bob Gunn 7.62	
<u>Short Hurdles</u>	M75 K Wheeler 91-10.50	M60 John Wall 30.69	W40 Linda Lowery 4.51	M45 L B Clayton 7.75	
M30 Paul Foster 17.1	W55 M L Bell 50-4	M65 Larry Greco 30.63	W45 Phil Raschker 3.74	Kasey Capps 6.16	<u>Sunshine Games</u>
M40 Bob Doran 18.1	W60 F Meiler 67-2	Bill Bergen 31.45	<u>Triple Jump</u>	M55 Mike Valle 7.48	<u>Ft. Lauderdale, FL; June 15</u>
M50 Tim Collins 18.7	W65 T Perkins 38-8	W35 Alice Jackson 24.32	M30 Charlie Simpkins 15.90	M60 Tim Twomey 7.09	<u>100m</u>
W30 Hilda Lowenstein 18.2	W75 H Hammond 26-8	M30 Herb Collins 55.01	M35 Brad Davies 11.20	Ray Feick 6.00	M30 Brett Lawler 10.99
W40 Irene Thompson 18.1	<u>Javelin</u>	M35 Steve Winkel 52.11	M40 Keith Thompson 10.76	Don Levesque 5.38	M35 Warren Washington 11.48
<u>Pole Vault</u>	M50 P Davis 104	Ricky Flowers 52.65	M45 Taylor Weatherbee 10.95	W35 Marilyn Senz 4.93	Curtis Mosby 11.49
M30 Jerry Tine 9	M60 C Rowell 82-10	Paul Allen 52.65	Jonathan Jager 9.90	<u>Pentathlon</u>	M40 Harvey Jackson 11.65
M40 Bob Doran 8	M65 D Wilson 101-1	Mark Carver 54.50	Greg Marshall 9.42	M35 Steve Winkel 3262	M45 Matt Sitkowski 12.75
<u>Long Jump</u>	M70 J Tobey 101-3	M40 Bill Cheadle 56.22	M60 Phil Mulkey 9.26	Brad Davies 2734	M50 Ralph McCoy 12.58
M30 Jeff Stiles 14.7.25	M75 K Wheeler 59	Alvin Burch 56.84	M65 Jim Stookey 10.23	M40 Jeff Watry 3020	M55 Jerry Frank 15.07
M35 Derrick Jackson 18-11.25	W55 M L Bell 39-3	Jeff Watry 58.44	W40 Linda Lowery 9.50	Keith Thompson 2320	M65 Roy Chernock 14.07
M40 John Thomas 16-10	W60 H Boerner 51-4	M45 Bob Green 56.37	<u>Shot Put</u>	John Vance 2090	M70 Tom Kennedy 16.75
M45 Tim Collins 13-7.50	W75 H Hammond 21-8	Greg Marshall 58.96	M40 Bob Gunn 12.51	M45 Jim Woosley 1509	M75 John Anoka 15.08
M60 Van Robinson 9-11.75	<u>1500m RW</u>	Taylor Weatherbee 62.48	Jeff Baty 12.39	<u>Weight Pentathlon (age-graded)</u>	M80 Murrell Loy 18.75
<u>Shot Put</u>	M50 D Collins 9-38	Jim Woosley 66.70	M45 Jim Accardi 11.81	Mike Valle 3958	W30 Dana Baumgarten 11.35
M50 Dave Fogarty 8.59	<u>Shore AC Relays</u>	M50 Tom Bowden 59.43	Kasey Capps 9.61	Ray Feick 3645	W40 Jocelyn Lowther nta
M55 John Knapp 8.08	<u>Middletown, NJ; June 29</u>	Winston Laing 60.25	M55 Glen Johnson 13.10	Charles Marriott 3484	<u>200m</u>
<u>Discus</u>	<u>M40+ Distance Relay</u>	Dick Anderson 66.04	Mike Valle 11.68	Milton Brady 3029	M30 Brett Lawler 21.72
M30 Dan Yager 32.46	Jersey Shore RC 13:47.7	M60 Charles Venning 70.66	Lou Vodopya 9.76	Phil Mulkey 2988	Orlando Matthews 21.75
M35 Tom Winiacki 35.06	(Berberich/Michalski/Bautsek/Smith)	Bobby Hollis 71.27	M60 Phil Mulkey 12.83	Don Levesque 2910	M40 Eduardo Vivas 28.20
M40 Bob Doran 25.44	<u>M40+ Sprint Medley Relay</u>	M65 Bill Bergen 74.94	Rudy Houg 11.75	Paul Adams 2700	M50 Ralph McCoy 25.96
M45 Jim Alexander 24.22	Shore AC 4:39.7	M80 Max Springer 1:42.91	Ray Feick 11.65	Richard O'Hair 2352	M55 Jerry Frank 31.14
M50 Dick Landers 31.74	(Renhart/Kuhl/Jayaram/Gillespie)	M65 Bill Bergen 74.94	Charles Lanza 11.61	Kasey Capps 2252	M60 Tom Dye 33.66
M55 John Knapp 22.74	Jersey Shore RC 4:51.8	M80 Max Springer 1:42.91	Milton Brady 10.42	Carl Bock Jr 2161	M70 Tom Kennedy 43.24
M60 Van Robinson 24.18	Eastern Masters TC WR5:05.2	M30 Gregg Harris 2:10.32	Paul Adams 8.87	<u>5000m Racewalk</u>	M75 John Anoka 33.11
M70 Bob Metzner 22.70	(McManus/Manno/Wright Sr/Messenger)	M35 Mark Carver 2:03.44	C W Minkel 8.41	M45 Brint Adams 28:06.0	M80 Murrell Loy 35.83
W45 Kathy Cirina 25.70	<u>M40+ 4x800m Relay</u>	M40 Alvin Burch 2:12.18	Russ Meyer 8.36	W40 Sally Evenden 28:17.0	W35 Elizabeth Florko 35.69
<u>Hammer</u>	Shore AC "A" 8:51.4	John Vance 2:43.70	M70 Charles Marriott 9.09	W45 Jill Overholt 39:06.0	W40 Jocelyn Lowther 28.45
M30 Don Yager 32.04	(Gillespie/Paul/Steinagle/Nolan)	M45 Lindsey Bodden 2:20.63	Richard O'Hair 8.20	<u>10,000m Racewalk</u>	<u>400m</u>
M45 Pat Lynn 39.66	Shore AC "B" 9:08.2	M50 Tom Bowden 2:14.30	Robert Dew 5.93	M65 Mike Michel 66:02.0	M30 Devon McDonald 55.15
W45 Kathy Cirina 19.30	Ocean RC 9:24.5	Winston Laing 2:19.84	M75 Carl Bock Jr 7.41	M80 Bill Tallmadge 73:09.0	M40 Eduardo Vivas 65.23
<u>Vermont Senior Games</u>	<u>M40+ 4x400m Relay</u>	M55 Joe Gross 2:25.95	W40 Linda Lowery 7.25	<u>Men's Team Scores</u>	M45 Pat White nta
<u>Montpelier; June 22</u>	Shore AC "A" 3:56.5	Richard Batt 2:39.84	W45 Diane Vance 6.68	Nashville TC 95	M50 Leslie Bennett 54.83
<u>100m</u>	(Gillespie/Nolan/Saul/Steinagle)	M60 Bobby Hollis 2:37.72	<u>Discus</u>	Knoxville TC 68	M60 Tom Dye 75.35
M50 D Collins 14.3	Shore AC "B" 4:12.5	Charles Venning 3:56.43	M40 Jeff Baty 39.82	Atlanta TC 51	W40 Jocelyn Lowther 63.14
M55 L Lindberg 17.1	Freehold Area RC 4:52.3	M80 Max Springer 3:56.43	John Vance 25.52	World Elite Track Team 50	Lupe Parson 80.92
M60 R Cloutier 13.2	<u>Handicap 5K Racewalk</u>	W35 Mimi Ney 2:29.71	M45 Jim Accardi 32.68	Godiva TC 46	<u>800m</u>
M65 K Perkins 15.5	<u>Coconut Creek, FL; June 23</u>	W45 Nina Ehner 2:53.33	Kasey Capps 23.68	Victory AC 39	M35 Rafael Gutierrez 2:21
M70 J Tobey 14.4	1 C Crutchfield W50 40:08	<u>1500m</u>	Carlton Mott 23.12	Mjolinir Throwers 39	M45 Pat White 2:32
W55 M L Bell 23.7	2 Norm Berkowitz M80+44:07	M35 Bill McAmis 6:12.44	M50 Bill Meacham 30.56	Women's Team Scores	M50 Leslie Bennett 2:12
W60 B Jordan 16.1	3 Sara O'Bannon W20+ 30:43	M40 Gerald Baker 5:04.42	M55 Glen Johnson 42.74	Atlanta TC 60	M55 Bill Springer 2:30
W65 J Casey 18.6	4 Bob Cella M50 28:55	M55 Don Mooring 9:18.15	Mike Valle 38.96	Knoxville TC 15	M75 John Anoka 3:25
W75 M Cruickshank 29.2	5 Neal Donahue M60 30:55	M80 Max Springer 8:27.83	Lou Vodopya 27.08	World Elite TT 10	<u>1500m</u>
W90 H Weitzel 37.4	(slower walkers started before others)	W35 Mimi Ney 5:09.94	M60 Rudy Houg 46.90	Nashville TC 10	M30 Ed Sullivan 5:00.61
<u>200m</u>	<u>SOUTHEAST</u>	W45 Nina Ehner 5:58.14	Phil Mulkey 43.96	Oak Ridge TC 5	M35 Dean Michiewicz 4:45.92
M50 D Collins 29.7	<u>USATF Southeast Regional Masters Championships</u>	W60 Linda Mooting 9:30.02	John Moll 40.66	<u>Combined Team</u>	M55 Louis Best 5:53.60
M55 L Lindberg 39.3	<u>Knoxville, TN; May 24-25</u>	<u>3000m</u>	Ray Feick 37.30	Atlanta TC 111	M80 Norm Berkowitz 12:12.76
M60 R Croak 29.2	55m	M40 Gerald Baker 10:56.5	Charles Lanza 35.42	Nashville TC 105	<u>3000m</u>
M65 D Bell 34.3	M35 Barry Wise 6.92	M55 Jackie Lowe 14:29.4	Don Levesque 34.30	Knoxville TC 83	M30 Roger Saltsman 9:38
M70 J Tobey 30.7	M40 Ron Jackson 6.82	<u>5000m</u>	M65 Larry Horine 42.98	World Elite TT 60	M35 Rafael Guizaro 12:00
W50 B Bloom 43.0	M45 Greg Marshall 7.39	M30 Ron Manis 17:33.9	M70 Charles Marriott 31.04	Godiva TC 46	M45 Bob Dorozete 11:19
W60 B Jordan 37.1	M50 Avital Schurr 8.06	M40 Darrell Acuff 20:39.4	Richard O'Hair 25.34	Victory AC 39	M55 Bill Springer 10:46
W65 J Casey 44.0	M55 Hall Haynes 8.40	M50 Terry Ryan 20:49.0	Robert Dew 14.12	Mjolinir T 39	M70 Bart Ross 14:12
<u>400m</u>	M60 Phil Mulkey 8.02	M55 Joe Millichap 22:23.0	W35 Marilyn Senz 39.70	<u>Florence TC Hot Feet Series</u>	M80 Cecil Stewart 24:07
M50 D Collins 29.7	M65 Bill Daprano 8.37	Jackie Lowe 24:38.6	W40 Linda Lowery 27.80	<u>Florence, SC; June 8</u>	W35 Eliz Florko 15:24
M55 L Lindberg 3:55.0	M75 Carl Bock Jr 9.80	<u>Short Hurdles</u>	W70 Audrey Bergenback 9.98	<u>100m</u>	<u>Short Hurdles</u>
M60 B Nedde 3:33.1	W40 Linda Lowery 8.36	M40 Jeff Watry 17.38	<u>Hammer</u>	M55 Mike Valle 13.81	M55 Joe DeLuca 24.52
M65 B Hahn 3:18.6	<u>100m</u>	M45 Tom Gilliard 15.44	M40 David Vandergriff 49.98	M45 David Bayne 70.0	<u>High Jump</u>
W60 S Strazdins 3:29.5	M30 Wayne Watson 11.26	M45 Tom Gilliard 15.44	Jeff Baty 39.14	<u>400m</u>	M30 Mike Bagnell 1.64
<u>1500m</u>	M35 Barry Wise 11.53	M50 Robert Kleemeier 17.12	M45 Kasey Capps 27.24	M55 David Bayne 5:47.7	M45 Nick Romanov 1.68
M55 N Baker 6:11	Charles Thomas 11.85	M60 Phil Mulkey 17.80	M50 Bill Meacham 23.40	<u>Long Jump</u>	M55 Larry Judd 1.38
M60 B Moffett 5:44	Steve Winkel 11.94	M65 Jim Stookey 17.75	M55 Mike Valle 41.46	M45 David Bayne 22:30	<u>Shot Put</u>
	M40 Ron Jackson 11.50	W40 Linda Lowery 15.86	M60 Tim Twomey 40.66	Richard Boyd 25:24	M40 Wayne Reese 11.33
	Jeff Watry 12.97	W50 Ann Carter 18.63	Ray Feick 33.58	<u>Triple Jump</u>	M50 Joe DeLuca 8.20
		<u>Long Hurdles</u>	Don Levesque 31.42	M55 Mike Valle 1.32	<u>Shot Put</u>
		M40 Bill Cheadle 61.84	Milton Brady 26.92	M55 Mike Valle 11.60	M30 Mike Bagnell 9.94
		M45 Bob Green 66.11	Paul Adams 25.02	M60 Howard Murphree 9.16	M35 Mike Valenti 14.25
		Barry Faust 80.56	M65 Richard Bergenback 30.12	M65 Bill Patrick 9.38	M45 John Von Rohr 12.99
		M50 Bill Busby 79.53	M70 Charles Marriott 27.32	M70 Graeme Dalzell 9.44	M50 Jerry Arline 11.45
		M60 Phil Mulkey 54.00	Richard O'Hair 22.00	John Snaden 8.26	M55 Charles Fennelle 11.30
		M65 Jim Stookey 51.20	W35 Marilyn Senz AR46.82	W65 Lillian Snaden 5.50	M60 Pay Carstensen 11.58
		<u>Steeplechase</u>	<u>Javelin</u>	<u>Discus</u>	<u>Discus</u>
		M30 Gregg Harris 11:14.0	M35 Christopher 54.78	M40 Pete Farmer 30.10	M30 Mike Bagnell 31.31
		M35 Mark Carver 12:05.0	Brad Davies 48.64	M45 Carl Mott 26.14	M35 Mike Valenti 40.12
		Bill McAmis 15:48.0	M40 Jeff Baty 43.88	M55 Mike Valle 39.20	M45 Bruce Hendendahl 37.60
		M45 Jack Castner 12:53.0	John Vance 36.42	M60 Howard Murphree 33.38	M50 Gary Lane 41.1

Continued from previous page

Hammer	
M45 John Von Rohr	42.28
M50 Jerry Arline	36.64
M55 Richard Taylor	16.88
M60 Pay Carstensen	43.00
W35 Cynthia Morrison	26.55
Javelin	
M30 Mike Bagnell	nma
M35 Dan Taylor	nma
M45 Bruce Hedendahl	nma
M50 Gary Lane	40.84
M55 Larry Judd	30.18
1500m Racewalk	
M40 Carey Witkov	8:31
M45 John Fredericks	7:16
M50 Dan Koch	9:16
M55 Bob Cella	8:15
M65 Bill Matthews	9:56
M70 Sumner Shafmaster	9:38
M75 Chris Lorenzo	10:10
W30 Corine Davis	10:19
W40 Roswitha Sidelko	8:38
W45 Elizabeth Nelson	8:37
W50 Pat Baran	9:45
W55 Barbara Grand	9:49
W70 Elaine Kaplan	12:23
3000m Racewalk	
M40 Carey Witkov	17:44
M45 John Fredericks	14:51
M50 Dan Koch	18:29
M55 Bob Cella	16:43
M65 Bob Fine	17:13
M70 Sumner Shafmaster	19:39
M75 Chris Lorenzo	21:50
M80 Cecil Stewart	24:00
M85 Sam Gadles	23:11
W30 Corine Davis	21:41
W40 Roswitha Sidelko	17:37
W45 Elizabeth Nelson	17:38
W50 Patricia Baran	19:49
W65 Marcia Shafmaster	21:28

Jack Hedendahl Memorial
Weight Pentathlon

Delray Beach, FL; June 29

Pay Carstensen 64	4176
John von Rohr 48	3721
Bruce Hedendahl 48	3644

single-age scoring

MIDWEST

Athlete's Foot Masters Meet
Augustana College
Rock Island, IL; June 1

50m	
M40 Mike Skoflanc	6.87
M45 Mike Oliver	7.47
M50 Leroy Corey	7.68
M55 Mike Murphy	7.72
M60 Pete Stopoulos	7.32
M65 Bill Simmons	8.30
M75 George Rajcevic	9.34
M80 Mel Flachs	11.01
W30 Linda Atchison	7.65
W35 Sue Brieby	7.82
W40 Kris Craddick	7.69
W50 Penny Danielson	8.60
W60 Janet Amery	11.41
100m	
M30 Eric Goodlow	13.06
Ray Garcia	15.65
M40 Gerry Krainik	12.03
Mike Skoflanc	12.58
Bob Boden	13.84
M45 Mike Oliver	13.77
Dennis Moore	15.29
M50 Jim Lee	12.62
Leroy Corey	14.19
Gordon Rieter	15.07
M55 Mike Murphy	13.89
Bill Joslyn	14.59
Don Amery	14.80
M60 Pierre Dobrovolsky	13.34
Pete Stopoulos	13.69
Dale Eisenbraun	14.49
Lou Edelman	16.12
M65 Harry Brown	13.59
Bill Simmons	14.76
Jack Hurd	17.73
M70 Mel Larsen	14.24
M75 George Rajcevic	18.33
M80 Mel Flachs	20.55
W30 Lisa Allison	14.04
Lindy Atchison	14.31
W35 Cheryl Detoye	16.39
W40 Kris Craddick	14.11
W45 Shirley Morton	19.16
W50 Penny Danielson	16.04
W55 Carol Eisenbraun	17.26
W60 Janet Amery	22.77
200m	
M30 Eric Goodlow	26.37
M35 John Kruchoski	23.16
Bob Boden	28.60
M40 Gerry Krainik	24.20
M45 Mike Oliver	29.90
M50 Jim Lee	25.68
Leroy Corey	29.43
M55 Bill Joslyn	29.84
Terry Pliner	29.47
Mike Murphy	30.37
M60 Dale Eisenbraun	31.14
Lou Edelman	35.56
M65 Bill Simmons	31.98
M80 Mel Flachs	49.61
W30 Marie Sumnitch	30.44
W35 Cheryl Detoye	35.76

W50 Penny Danielson	35.45
Kay Schleusener	42.62
400m	
M30 Tom Lowe	51.87
Eric Goodlow	60.13
Lee Swindler	62.41
M40 Jeff Watry	57.24
M45 Bill Schooler	58.35
M50 Ed Lillis	60.66
M55 Terry Pliner	67.40
Bill Joslyn	71.61
M65 Harry Brown	64.10
Dale Eisenbraun	73.84
M80 Mel Flachs	2:12.03
W35 Marie Sumnitch	63.65
Sue Brieby	63.93
M45 Shirley Morton	86.50
M55 Carol Eisenbraun	92.29
M60 Boots Wodek	1:50.08
800m	
M30 Matt Hess	2:48.35
Lee Swindler 1st	2:34.77
M35 Ben Gorecki	2:14.07
John Loin	2:14.59
M40 Dave Richardson	3:05.05
M45 Jerry Feldhausen	2:14.07
M50 Stan Mathes	2:11.27
Gordon Reiter	2:27.68
M75 George Rajcevic	3:45.48
Gregg Newell Mile	
M30 Lee Swindler	5:22.02
Ray Garcia	5:23.84
Matt Hess	5:47.28
M35 Scott Branta	4:41.29
John Loin	4:55.72
John Anderson	4:51.08
M40 David Miller	4:51.31
Brad Scott	5:03.94
Bob Thompson	5:06.73
M45 Robert Reiter	5:28.17
Pat McCaskey	5:43.52
M50 Stan Mathes	4:56.52
Paul Appell	5:05.24
Paul Perry	5:13.20
M55 John Mowery	6:15.51
W35 Carla Herbert	5:14.36
Cindy Sparkman	5:31.88
Mary Clays-Otto	6:20.10
W40 Muriel Naumann	5:32.98
M45 Claudia Scott	5:49.37
3000m	
W45 Claudia Scott	11:37.0
W50 Dody Burkey	12:27.0
Short Hurdles	
M40 Jeff Watry	18.08
M55 Bruce Mills	19.58
M65 Bill Simons	20.26
M75 Mel Buschman	23.0
4x100m Relay	
M35 Mike Oliver/Jeff Smith/	
Dave Richardson/D Moore	57.96
M50 M Larsen/Mike Murphy/	
Leroy Corey/Don Amery nta	
W30 Kris Craddick/Sue Brieby/	
P Danielsn/Lisa Allison	55.14
High Jump	
M30 Al Sherriff	6-2
M35 Dana Jaster	4-10
Jeff Smith	4-8
M40 Jeff Watry	5-6
John Valiska	5-2
M45 Mike Oliver	3-9
M50 Chuck Danner	5-0
John Bury	4-8
Gordon Reiter	4-6
M55 Bruce Mills	4-4
Mike Murphy	4-4
Bob Boden	4-9
M60 Floyd Smith	4-9
Clarence Trinkner	4-6
Lou Edelman	3-10
M65 Bill Simmons	4-8
Eugene Hess	4-2
Jack Hurd	3-8
M75 George Rajcevic	3-10
Mel Buschman	3-8
Wib Ragland	3-4
W35 Boguslawa Langner	4-6
W40 Linda Rowe	4-2
Pole Vault	
M30 Dave Gilbert	14-0
M35 Jerry Rohn	12-0
M40 Jeff Watry	11-0
Long Jump	
M30 Al Sherriff	18-9½
Eric Goodlow	15-0
M35 Bob Feller	18-10½
M40 Mike Skoflanc	18-11.75
Jeff Watry	17-7½
M45 Walter Ewing	15-5
Dennis Moore	14-9
M50 Don Amery	13-0
M60 Pete Stopoulos	16-½
Bill Park	10-5
Lou Edelman	10-3
M65 Bill Simmons	13-3
Eugene Hess	11-8
Jack Hurd	11-4
M70 Ken Yahiro	12-7.75
M75 George Rajcevic	10-3
M80 Mel Flachs	8-½
W35 Boguslawa Langner	14-8½
W40 Deb Vestal	8-3
W50 Penny Danielson	12-6½
W60 Janet Amery	7-6½
Triple Jump	
M35 Jerry Rohn	37-2½
M40 Mike Skoflanc	39-0
M45 Walter Ewing	30-1½
Dennis Moore	30-0
M50 Chuck Danner	27-¾
M60 Lou Edelman	21-1½

M65 Jack Hurd	23-9
Eugene Hess	23-6½
Ernie Hammond	18-9½
M75 Geo Rajcevic	21-1½
Mel Buschman	18-10½
W40 Deb Vestal	20-4½
Shot Put	
M30 Joe Beadle	44-1
Kevin Wood	40-0
M35 Jeff Smith	30-5
M40 Jeff Watry	31-9
Tim Fuehrer	28-3
M45 Larry Readman	33-3
M55 Ed Schmidt	35-9
Ron Sholes	32-0
M60 Floyd Smith	30-5
M65 Phil Brusca	35-0
Jack Hurd	27-2
Bill Simmons	26-9
M70 Mel Larsen	32-9
Ken Yahiro	28-4
M75 Mel Buschman	25-7
W35 Robin Baumgardner	23-8
W40 Linda Rowe	30-0
Carol Sholes	23-1
W50 Erika Szanto	30-11
W75 Florence Berry	12-8
Discus	
M30 Joe Beadle	152-7
Kevin Wood	122-0
M40 Dave Richardson	69-4
M45 Larry Readman	100-3
M55 Ed Schmidt	103-1
Don Amery	95-0
Ron Sholes	68-8
M60 Everett Hardy	120-4
Bill Park	84-1
M65 Phil Brusca	101-0
Jack Hurd	81-6
M70 Ken Yahiro	74-7
W35 Robin Baumgardner	47-1
W40 Linda Rowe	91-2
Carol Sholes	48-6
W50 Erika Szanto	60-5
W60 Boots Wodek	39-10
Janet Amery	31-11
Javelin	
M30 Kevin Wood	132-0
M35 Dana Jaster	100-9
Jeff Smith	77-10
M40 John Valiska	147-10
Jeff Watry	118-4
M50 Chuck Danner	96-10
M55 Ron Sholes	83-2
M60 Pete Stopoulos	116-5
Dale Eisenbraun	95-9
Bill Park	84-7
M65 Don Mather	125-3
Phil Brusca	104-11
Jack Hurd	63-8
M70 Ken Yahiro	81-8
M75 Mel Buschman	72-5
W40 Linda Rowe	90-6
Carol Sholes	35-9
Deb Vestal	34-9
W50 Carol Eisenbraun	71-4
Erika Szanto	61-5
W75 Florence Berry	33-4
Weight	
M30 Kevin Wood	42-2½
M65 Jack Hurd	22-3½
Superweight	
M30 Kevin Wood	20-4½
W35 Robin Baumgardner	14-½
3000m Racewalk	
M65 Frank Chesk	20:34.5
W50 Rachel Norton	19:25.3

Dayton Masters Track Classic
Welcome Stadium
Dayton, OH; June 28

100M	
M30 D. Knaus	12.0
M35 E. Vickers	11.1*
M40 Michael Andrews	12.2
M45 Lloyd Hathcock	12.5
M50 L. Teague	13.3
M55 S. Tyler	12.6*
M60 Thom Phillips	13.8
M65 James Stookey	13.2
M75 E. Matthews	15.4
W30 Vicki Hearn	13.5
W50 Mary Robinson	15.7
200M	
M30 D. Knaus	25.3
M35 E. Vickers	22.6*
M40 Michael Andrews	25.5
M45 Lloyd Hathcock	26.0
M50 R. Hagin	27.7
M55 John Sloan	31.4
M60 Thom Phillips	29.1
M65 James Stookey	28.3
M75 E. Matthews	32.0*
W50 Mary Robinson	31.7*
400M	
M35 E. Vickers	51.7*
M40 W. Hawkins	57.7
M45 D. Drozd	56.9
M50 T. Bowden	57.4*
M60 J. Ware	67.2
M65 Ron Rule	67.5
W30 Vicki Hearn	60.8

800M	
M35 Michael Soriano	2:35.2
M40 B. Clifton	2:08.9
M45 D. Drozd	2:07.6*
M50 T. Bowden	2:10.9*
M55 J. Huffman	2:26.5
M65 Oliver Dawkins	2:54.4
M70 W. Moses	3:11.3*
W30 L. Wilson	3:59.5
1500M	
M30 C. Johnson	4:31.9
M35 Lawrence Cox	6:58.8
M45 R. Ruffin	5:06.1
M50 Lyndon Johnson	6:29.6
3000M	
M35 Lawrence Cox	13:38.7
M40 Jack Lintz	9:41.8*
M45 R. Ruffin	10:50.0
M50 P. Wayne	9:46.7
M55 J. Miller	11:09.0*
M70 W. Moses	14:05.1
Hurdles	
M35 J. Schweiterman	15.5*
M45 James Crutcher	18.8
M55 S. Tyler	15.3*
M65 James Stookey	17.6
4x100 RELAY	
M30 Dayton Masters	64.2
High Jump	
M45 Paul Buford	4-6
M50 Kent Hall	4-8
M60 R. Houg	4-2
M65 B. Simmons	4-8
M75 E. Matthews	3-8
Pole Vault	
M40 M. Kollros	10-6
M50 M. Kilpelainen	13-0
M55 D. Servis	9-6*
M60 Don Zimmerman	8-6*
Long Jump	
M35 Michael Soriano	13-0½
M45 Jerry Boswell	18-7½
M55 John Sloan	13-10½
M60 Thom Phillips	15-6½
M65 B. Simmons	13-10½
M70 E. Matthews	12-0*
W30 L. Wilson	6-4*
W50 Cathy Primmer	9-11
Triple Jump	
M40 R. Hahn	32-5
M45 Jerry Boswell	37-9
M60 Thom Phillips	29-4
M65 James Stookey	34-3*
M75 E. Matthews	25-2
W40 Rose Carnell	22-2½
Shot Put	
M35 Michael Soriano	28-11¼
M45 S. Christ	39-2½
M50 Mickey Bitsko	41-9½
M55 P. Riggins	34-9½
M60 R. Houg	38-5¼
M70 J. Stein	25-7
Discus	
M50 Mickey Bitsko	121-9
M55 P. Riggins	106-0
M60 R. Houg	152-7*
M70 J. Stein	100-0*
1500 RACEWALK	
M35 Edward Fitch	7:08.5*
*Meet Record	

MID-AMERICA

Liberal Senior Games
Liberal, KS; May 4

100m	
Ben Ratzlaff 67	15.6
Jack Haeefe 73	15.16
Eugene Cottrell 81	21.30
Eileen Schmidt 58	16.81
Lavina Haeefe 73	16.84
200m	
Jack Haeefe 73	34.06
Eugene Cottrell 81	53.38
Eileen Schmidt 58	38.48
Lavina Haeefe 73	38.55
400m	
Jack Haeefe 70	2:04.02
Eileen Schmidt 58	2:16.94
800m	
Phil Ryan 58	3:52
Eileen Schmidt 58	3:53
5K Run	
Phil Ryan 58	36:15
B Gindlesberger 67	31:28
Mary Kelly 66	31:26
10K Run	
B Gindlesberger 67	68:45
High Jump	
Floyd Jack 68	3-6
Scott Herman 77	3-6
Long Jump	
Bill Butterworth 66	13-8
Doc Holladay 74	11-0

Eileen Schmidt 58	9-4
Lavina Haeefe 73	10-4½
Shot Put	
Wendell Palmer 64	43-2½
Floyd Jack 68	35-1½
Jack Haeefe 73	31-7
Scott Herman 77	36-8½
Eileen Schmidt 58	21-11
Wanda Jack 67	16-1
Margaret Parmelee 78	15-5½
Discus	
Wendell Palmer 64	171-1
Floyd Jack 68	128-1
Jack Haeefe 70	104-4
Scott Herman 77	104-0
Eileen Schmidt 58	53-9
Wanda Jack 67	33-2
Margaret Parmelee 78	35-3
Javelin	
Wendell Palmer 64	116-10
Floyd Jack 68	93-9
Jack Haeefe 70	105-7
Eileen Schmidt 58	43-4
Wanda Jack 67	35-10
Add:	
IJ Bill Butterworth 66	4-6

Western Slope Senior Games	
Montrose, CO; May 10-11	
100m	
M55 Dwaine Horton	13.89
Doyle Leslie	16.35
M65 John Shettel	16.68
D Fredrickson	18.15
M70 George Butchko	18.15
M75 Jack Davison	15.29
Howard Jensen	23.92
M80 Lloyd Houston	19.92
Buzz Coffman	23.03
W55 C Martinez	17.43
Ursula Fagan	19.98
W65 Marilyn Olen	23.29
W75 Faye Thomas	33.67
200m	
M55 Dwaine Horton	29.79
M65 Richard Hayes	34.85
John Shettel	35.13
M70 George Butchko	39.77
M75 Jack Davison	34.41
M80 Lloyd Houston	40.66
W55 C Martinez	38.49
Ursula Fagan	42.96
400m	
M55 David Budz	75.29
Paul Driskill	84.13
M65 Richard Hayes	84.48
M80 Lloyd Houston	1:45.6
W55 C Martinez	92.40
Ursula Fagan	99.10
800m	
M55 David Budz	2:57.0
Paul Driskill	3:03.1
M65 Richard Hayes	3:13.3
M80 Lloyd Houston	3:59.0
1500m	
M55 David Budz	6:01.0
Paul Driskill	6:07.0
M65 Richard Hayes	6:34.8
W55 C Martinez	7:05.3
W60 Pat Kelley	9:19.4
High Jump	
M55 Dwaine Horton	5-0
Ron Ringo	3-8
M65 Fred Esposito	3-8
M70 Bill Chivvis	4-1
Harry Lawson	4-0
W55 Marg Goodhue	3-6
W65 Marilyn Olen	3-2
W70 Willie Gatzka	2-6
Long Jump	
M55 Ron Ringo	13-7
Robert Tate	11-6
M60 Bob Hill	10-11
M65 Bill Shettel	11-1
M70 Bill Chivvis	11-0
George Butchko	10-9
M75 Jack Davison	12-6
Bob Broadbent	7-6
W65 Marilyn Olen	7-6
W70 S Str-Carter	5-5
Gerry McKinley	4-1
Shot Put	
M55 Dwaine Horton	33-6
M60 Floyd Riddle	32-10
Rich Babcock	24-0
M65 G Twitchell	32-4
Robt Keenan	29-7
M70 Harry Lawson	29-2
George Butchko	26-5
M75 Dale Buysse	35-11
R Broadbent	27-7
M80 Buzz Coffman	21-8
R Thompson	21-0
W55 Mary Goodhue	25-9
Camille Patula	23-6
W60 Teresa Quintana	19-10
W65 Helen Sauer	19-9
W70 Charlotte Acton	21-0
S Str-Carter	19-6
W75 Avanel Jensen	15-7
Mabel Ralston	8-0
W80 Pat Stokes	9-2
W85 Alice Wyatt	9-8
W90 Flora Bays	8-2
Discus	
M55 Dwaine Horton	110-5
David Budz	74-6
M60 Floyd Riddle	130-0
Dick Babcock	74-6
M65 Richard Hayes	100-8
Robt Keenan	97-5

Continued from previous page

M45 Alan Russell	24.66
Bob Larson	28.60
Mike Oliver	31.24

400m	
M30 Mike Diggs	58.4
M40 David Miller	57.90

Stan Zawistowski	57.92
M55 Richard Snively	1:19.98
M60 Carroll Marty	1:25.25

800m	
M30 Todd Hoagland	2:29.90
M35 John Anderson	2:11.06

W. John Loin	2:12.75
M40 David Miller	2:12.73

1500m	
M35 W. John Loin	4:57.00

100/110m HH	
M45 Alan Russell	19.50
M60 Dick Doyle	31.64

400m Hurdles	
M45 Mike Kitchell	1:08.20
M50 Dave Eidahl	1:15.40

M60 Dick Doyle	1:41.32
3000m Race Walk	
M50 Dave Eidahl	19:34.07

Long Jump	
M45 Alan Russell	16'2 1/2"
M50 Dave Eidahl	16'2"

M55 Richard Snively	14'9"
M60 Dick Doyle	13'5"
Carroll Marty	12'7 1/2"

Discus	
M45 Jerry Senters	130'10"
M60 Otto Welfring	134'1"

W40 Linda Rowe	109'8"
Triple Jump	
M50 Dave Eidahl	32'10 1/2"

M60 Dick Doyle	22' 1/2"
High Jump	
M45 Mike Oliver	4'2"

M55 Richard Snively	4'4"
M60 Carroll Marty	4'2"

Shot Put	
M35 Rich Harter	26'3 1/2"
M40 Matt Byrnes	44'5"

M45 Jerry Senters	42'1"
M60 Otto Welfring	32'11"
F40 Linda Rowe	32'1"

SOUTHWEST

Luke's All-Comers Meet
Dallas, TX

--June 11--

100m	
Richard Thomas 43	11.5
Willard Thompson 43	11.6

Courtland Gray 52	11.8
400m	
Richard Thomas 43	53.0

Rick Easley 42	53.1
Courtland Gray 52	54.2

800m	
Ed Swiatocha 45	2:29.9
1 mile	

Ed Swiatocha 45	4:40.0
1000m	
Courtland Gray 52	14.0

--June 18--

100m	
Richard Thomas 43	11.7
Robert Hahn 44	12.2

Wally Wilson 42	12.3
200m	
Richard Thomas 43	23.1

Courtland Gray 52	24.4
Wally Wilson 42	25.3
Robert Hahn 44	26.0

Rick Sherrod 46	27.2
800m	
Jim Reppert 41	2:12.4

Ed Swiatocha 46	2:16.0
J J Jenkins 42	2:16.0
300m	

Courtland Gray 52	41.1
Hill Country Classic	
Mason, TX: June 15	

100m	
M30 Rick Cawley	12.71
M35 Lindy Raney	11.30

M40 Stacey Price	11.31
M45 J B Haggerty	11.6
M50 Ed Jones	11.84

M55 Wayne Bennett	12.62
M60 Robert Cozens	12.90
M65 Andy Anderson	13.77

M70 Jack Gilbert	14.64
M75 John Alexander	14.65
W30 Mary Alice Webster	15.78

W40 Cindy Steenbergen	12.48
W50 Marion Coffee	16.23
200m	

M35 Fred Porter	22.12
M40 Bill Burton	23.84

M45 J R Haggerty	25.63
M50 Ed Jones	24.06
M55 Wayne Bennett	25.87

M60 Robert Cozens	28.16
M65 Andy Anderson	28.85
M70 Jack Gilbert	30.37

M75 John Alexander	30.71
W40 Cindy Steenbergen	26.05
W50 Marion Coffee	37.31

400m	
M35 Fred Porter	50.47
M50 Robert Young	66.77

M55 Mack Stewart	58.65
M60 Robert Cozens	61.29
M70 Jack Gilbert	73.13

800m	
M30 Juan Mendoza	2:16.52
M35 Bill Hincir	1:58.41

M50 Troy Scoggins	2:45.05
M55 Mack Stewart	2:21.85
M60 Robert Cozens	2:32.70

M70 Al Williams	8:25.77
M75 Michel Kagan	3:14.59
1600m	

M30 Juan Mendoza	5:21.88
M35 Orlando Rangel	5:38.52
M50 Kent Albright	6:22.37

M55 David Larson	6:28.97
M75 Michel Kagan	7:15.07
W40 Elizabeth Angulo	8:43.76

5000m	
M35 Orlando Rangel	19:57.07
M55 David Larsen	22:45.00

M70 Eugene Nink	23:47.0
M75 Michel Kagan	27:14.30
Short Hurdles	

M35 Jeff Brower	15.76
M40 Stacey Price	14.67
M50 Courtland Gray	14.26

M55 David Melber	17.62
M60 Lowell Bonifield	17.89
W40 Carolyn McCormick	16.23

300m	
M30 Rick Cawley	48.45
M35 Jeff Brower	44.46

M40 Mike Mitchell	45.28
M50 Courtland Gray	41.71
M60 Lowell Bonifield	50.33

W30 Erika Noble	57.09
W40 Carolyn McCormick	63.80
4x100m Relay	

M30-34 Waterloo (Jones/J	
Cawley/R Cawley/Brower)	48.10
M55 57 Flashes (Morrison/	

Davis/Martinez/Barber)	56.16
High Jump	
M30 Jim Braunstein	5-6

M40 Stephen Cox	5-6
M45 Larry McIntyre	5-2
M50 Dorell Petty	5-4

M55 David Melber	4-8
M60 Richard Hein	4-4
M65 Val Smith	3-6

M70 Adolph Hoffman	3-10
W30 Erika Noble	4-4
Pole Vault	

M30 Flay Deats	15-0
M35 Jim Fountain	14-1
M60 Hector Cisneros	8-9

M70 Adolph Hoffman	8-6
Long Jump	
M30 Kevin Lendo	21-2

M35 Steve Bolles	14-8
M40 Mike Mitchell	17-2
M45 Bob Jones	11-8 1/2

M50 Ed Jones	19-10
M55 David Melber	15-7 1/2
M60 Lowell Bonifield	15-4

M65 Val Smith	10-7 1/2
M70 Jack Gilbert	14-4
W30 Erika Noble	13-1 1/2

W40 MaryEllen Madalinski	11-4
Triple Jump	
M30 Kevin Lendo	41-5

M40 Mike Mitchell	34-5 1/2
M50 Jim Cawley	34-1 1/2
M55 David Melber	32-9 1/2

W30 Mary Alice Webster	26-11 1/2
Shot Put	
M30 Stefan Blomqvist	54-5 1/2

M35 David Bolles	32-0
M40 Steve Partridge	50-1 1/2
M45 Jerry Brewer	36-7

M50 Wayne Rathke	40-7
M55 John Conniff	43-2
M60 Richard Hein	38-1 1/2

M65 Jim Gerhardt	36-7 1/2
M70 Bill Carter	32-4 1/2
M85+John Pierce	24-9

W30 Erika Noble	25-3 1/2
W50 Sylvia Brooks	18-1
W60 Mary Gilbert	12-10

Discus	
M30 Stefan Blomqvist	146-0
M35 Coy Akers	110-10

M40 Steve Partridge	173-9
M45 Jerry Brewer	107-5
M50 Wayne Rathke	140-5

M55 John Conniff	154-10
M60 Richard Hein	109-0
M65 Jim Gerhardt	138-7

M70 Bill Carter	115-3
M85+John Pearce	69-6
W40 Stephanie DeAngelo	44-10

W50 Sylvia Brooks	60-0
W60 Mary Gilbert	30-4
Hammer	

M30 Stefan Blomqvist	162-0
M35 David Bolles	112-4
Steve Bolles	109-0

M50 Monroe Ashworth	65-0
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M55 John Conniff	86-10
M85+Fred Adams	73-9
Javelin	

M35 David Bolles	140-5
Steve Bolles	130-9
M40 Stephen Cox	131-7

M45 John Daniel	148-2
M50 Dorell Petty	142-0
M55 John Conniff	128-6

M60 Zbig Przewodek	115-5
M65 Val Smith	95-9
M70 Bill Carter	91-2

M85+John Pearce	54-8
W50 Sylvia Brooks	53-5
W60 Mary Gilbert	23-0

Weight (35#)	
M30 Stefan Blomqvist	45-11 1/2
M35 David Bolles	31-9 1/2

Steve Bolles	25-6
M45 Jerry Brewer	28-3
M50 Monroe Ashworth	18-8 1/2

M55 John Conniff	26-11
M70 Fred Adams	18-11

WEST

USATF Masters
Championships, Cooke Field,
U. of Hawaii, May 18

100m	
M40 Joe Keil	12.72
Mike Suenaga	13.53

M50 Bob Taylor	13.76
Bob Larson	13.76
M60 Pat Brown	15.32

M70 Ken Wheeler	18.57
M80 Stan Thompson	35.31
W35 Joy Margerum	12.65

200m	
M40 Dacor Bowen	25.00
M50 Jack Karbans	28.37

M80 Stan Thompson	1:23.52
400m	
M50 Jack Karbans	1:02.85

800m	
M30 Todd Goode	2:05.88
M40 Duncan McDonald	2:08.21

1500m	
M40 Ron Pate	4:49.68
3000m	

M55 Geoff Howard	12:06.40
Long Hurdles	
M40 Vince Costello	1:03.21

W35 Joy Margerum	ARI:05.13
High Jump	
M40 Vince Costello	4-8

Ron Pate	4-6
M50 Allen Hartwell	4-6
M60 Sheldon Varney	4-4

M80 Stan Thompson	2-6
Long Jump	
M40 Vince Costello	16-3.25

M50 Lionel Low	16-6.50
M60 Bob Voegel	10-6.50
M70 Ken Wheeler	9-3.50

M80 Stan Thompson	4-5.50
W30 Joy Margerum	18-4.75
Triple Jump	

M50 Lionel Low	34-3
M80 Stan Thompson	9-10.50
Shot Put	

M40 Bob Dibenedetto	31-1
Vince Costello	30-7
W50 Allen Hartwell	35-10

M55 Bob Molyneux	24-2
M70 Dick Mulkern	31
Ken Wheeler	30-3.50

M80 Stan Thompson	13-9.50
Discus	
M40 Derek Goudge	73-4.50

M50 Allen Hartwell	113-7.50
Jack Karbans	110-6
M60 Bob Voegel	75-5.50

M70 Dick Mulkern	107
M80 Stan Thompson	31-2
Javelin	

M40 Derek Goudge	74-6
M50 Jack Karbans	110-6
M60 Bob Voegel	48

M70 Ken Wheeler	70
M80 Stan Thompson	76

California Senior Games State	
Championships, Sacramento	
May 30 - June 2	

50m	
W50 Kim Smith	08.00
Andrea Lai Pujolar	09.00

Gayetri Rocherolle	09.47
W55 Tomas Schultz	09.20
Bigatita Egger	09.85

W60 Fei-Mei Chou	08.93
Melba Autry	09.45
Marjorie Moore	09.83

W65 S. Onodera-Leonard	08.98
Edythe Leek	09.97
Sulochana Kallai	10.34

W70 Johnnie Valien	09.28
Lu Mahoney	10.36
Po Adams	11.28

W75 Helen Robinson	12.82
M50 David Naylor	06.97
Dale Herring	07.10

Lyle Stotelmyre	07.28
M55 Harold Tolson	07.04

Continued from previous page

W70 Anna Alaimo	53'11.0"
Johnnie Valien	53'08.5"
Renee Roloff	50'05.5"
W75 Ruth Talley	39'02.0"
Helen Robinson	39'02.0"
M50 James Blume	110'00.0"
Alan Sira	88'08.5"
Jerry Campbell	71'00.0"
M55 Stephen Wordell	126'05.5"
Gary Miller	122'06.5"
Donald Amadori	103'03.0"
M60 C. Genigeorgis	112'05.0"
Stu Brody	101'04.0"
Ronald Wade	100'08.0"
M65 Earl Johnson	84'03.0"
Charles Bispala	83'07.0"
Floyd Gibbons	82'06.0"
M70 Spido Webb	56'00.0"
M75 Glen Cooley	69'08.0"
Jack Ralls	65'00.0"
Phillip Dettmer	55'02.0"
M80 Clarence Odell	76'04.0"
Charles Roloff	69'10.5"

Road Race 5K	
W50 Rusty Barnett	21:47.60
Martha King	24:44.70
Holly Heiser	32:52.70
W55 Louise Walters	20:12.10
Carolyn Ward	25:55.10
Gerry Martin	27:27.60
W60 Clair Ingraham	22:40.80
Leona Nenow	23:57.80
GINNY Beck	26:08.60
W65 Marian McKone	26:27.10
Clara Azevedo	27:07.50
Peggy Ewing	27:25.40
W70 Kit Pickles	27:17.00
Po Adams	29:36.50
Phyllis Benedict	31:14.70
M50 Stanley Stauble	17:45.00
Frank Krebs	17:57.00
Richard Jones	18:17.00
M55 John Weidinger	18:01.00
Gary Keller	20:10.00
Mike Dunn	20:26.30
M60 Gilman Jung	22:35.00
Jim Arwood	22:47.30
Gordon Barnard	23:04.30
M65 Mort Ward	19:47.00
Hank Fragoza	20:14.90
Laird Fryer	21:46.10
M70 Avery Bryant	21:30.60
William Williams	25:49.40
Vito Petta	33:19.90
M75 Lyman Glenny	26:02.40
Hugh Mills	42:38.40

Road Race 10K	
W50 Rusty Barnett	45:28.80
Jackie Marr	47:08.20
W55 Helen MacKinley	54:51.10
Gerry Martin	58:24.20
Patricia Quinnwest	1:16:36.60
W60 Leona Nenow	50:36.90
GINNY Beck	57:22.90
Mary Young	57:57.90
W65 Marian McKone	56:56.30
Peggy Ewing	1:05:39.60
W70 Po Adams	1:04:30.90
M50 Gene Gilligan	38:02.00
Ron Peck	40:36.10
John Tamblin	42:17.40
M55 John Weidinger	37:31.40
Rod MacKinley	37:58.50
Jerry Young	41:25.80
M60 Melvin Schultz	44:37.40
John Prior	45:30.30
Cliff Eggink	47:56.10
M65 Carl Ellsworth	47:55.10
Hank Fragoza	42:18.90
Hal Brown	46:36.40
M70 Frank Cirill	55:16.20
William Williams	55:19.00
M75 Ed Fong	1:08:57.90

Aloha State Games Cooke Field, U. of Hawaii June 8

100m	
M30 H Warrington	11.19
M35 Darrell Harden	12.55
M40 Dacre Bowen	12.39
M45 Rudolph Lewis	11.71
M50 Tony Jones	13.30
M55 Lionel Low	14.47
M60 Carl Hanson	16.26
M65 Stafford Silverman	15.01
M70+ George Ishiki	19.16
W35 Joy Margerum	12.78
W40 Ethel Guerrero	17.57
W45 Robyn Calhoun	14.81
W50 Della Suarez	21.55
W60 Ruth Heidrich	20.46
W70+ Lana Young	16.27

200m	
M30 Hank Warrington	22.67
M35 Columbus Buish	26.92
M40 Dacre Bowen	26.00
M45 Rudolph Lewis	23.62
M50 Tony Jones	27.29
M55 Lionel Low	29.48
M60 Carl Hanson	34.86
M65 Stafford Silverman	32.20
M70+ George Ishiki	38.40
W35 Joy Margerum	25.42
W40 Ethel Guerrero	36.50
W45 Robyn Calhoun	30.89
W60 Ruth Heidrich	43.45
400	
M30 Lawrence Ellis	58.58
M40 Marvin Jones	56.45
M45 Jack Karbens	1:02.88
M55 Stanford Kuroda	1:11.28
M60 Vernon Knight	1:18.58
M65 Stafford Silverman	1:26.42
M70+ George Ishiki	1:28.90

800m	
M40 Marvin Jones	2:27.60
M45 Wayne Joseph	2:29.40
M50 Thomas McCue	2:45.80
M65 Brooks Kakiuchi	3:54.10
M70+ Naoto Inada	3:39.60
W30 Muriel Brown	2:38.30
W40 Ethel Guerrero	3:31.10

1500m	
M30 Jonathan Banuilo	5:15.50
M35 Paul Lyons	4:47.30
M40 Marvin Jones	5:04.50
M50 Jon Kunitaka	5:31.10
M60 Vernon Knight	6:15.60
M70+ Naoto Inada	6:45.70

3000m	
M30 S-P Pagett	10:42.90
M35 Paul Lyons	10:23.00
M45 Wayne Joseph	10:51.10
M50 Thomas McCue	11:04.60
M60 Lenny Katz	12:41.80
M70+ Naoto Inada	15:26.70
W30 Lou Chang	13:05.30
W35 Mouse Kelley	13:00.30
W40 Ethel Guerrero	14:16.00
W60 Ruth Heidrich	14:46.20

Short Hurdles	
M30 Edwin Alfaro	20.70
M40 Darryl Wong	17.80
M50 Absalon Amodo	17.47
M55 Martin Ilce	21.23
W35 Joy Margerum	15.11

Long Hurdles	
M30 Edwin Alfaro	1:15.30
M40 Vincent Costello	1:05.45
M50 Absalon Amodo	1:10.78
W35 Joy Margerum	1:06.20

4x100 Relay	
M30 Schofield	45.82
M40 Hickham	49.03
M50 Hawaii Masters "B"	52.03
M70+ 80-Plus	1:27.36

4x400 Relay	
M40 Hawaii Kai	4:23.60
M70+ 80-Plus	7:19.70

High Jump	
M40 Taras Chepurny	5-11
M45 Scott Brooks	4-2
M50 Allen Hartwell	4-8
M55 Nathan Alwohi	4-8
M60 Raymond Fitzhugh	4-6
M65 Sheldon Varney	4-6
M70+ Roger Lee	3

Pole Vault	
M30 Bill Rothmeier	14
M35 Mike Martinez	11
M40 Vince Costello	9-6
M50 Mike Dudock	5
M55 Nathan Alwohi	10-6

Long Jump	
M30 Edwin Alfaro	18-2.25
M35 Columbus Buish	19-1
M40 Taras Chepurny	17-8.25
M55 Lionel Low	16-1
M60 Raymond Fitzhugh	13-10
M65 Pat Brown	13-0
M70 Roger Lee	8-2
W35 Joy Margerum	17-4.25
W40 Ethel Guerrero	9-10
W45 Robyn Calhoun	10-6.25

Triple Jump	
M30 Edwin Alfaro	33-3.50
M35 Columbus Buish	38-8.50
M40 Taras Chepurny	36-6
M50 Donald Child	27-8.50
M55 Lionel Low	35-1.25
M60 Raymond Fitzhugh	28-10.75

Shot Put	
M35 Bill Wasil	39-3
M40 Dale Carstensen	35-11.50
M45 Scott Brooks	32-11.50
M60 Raymond Fitzhugh	29-3.75

M70+ Dick Mulkern	30-2
W35 Lynette Chun	48-1
Discus	
M35 Dale Wasil	103-7
M40 Dale Carstensen	110-8
M45 Scott Brooks	86-5
M50 Allen Hartwell	112-4
M55 Robert Molyneux	72-8
M60 Ed Van Pelt	148-3
M70 Dick Mulkern	103-6
W35 Lynette Chun	48-1
5000 RW	
M35 Bradley Lau	27:19.10
W35 Elaine Taft	29:43.50
W40 Robyn McMullin	37:07.10
W45 Erlinda Travers	35:55.40
W55 Joan Davis	43:41.30

USATF Pacific Masters Championships Los Gatos, CA; June 8

100m	
M35 Kevin Morning	11.28
Mark Kibort	11.30
Noah Levingston	11.33
Chris Duncan	11.59
M40 Don Perkins	13.78
Frank Demby	16.94
M45 Paul Raymond	12.30
Mark Robinson	12.33
Roger Parnell	12.39
George Weston	12.88
M50 Dan Durante	12.50
Dale Herring	12.91
M55 William Knocke	12.52
M60 Bobby Thomas	12.75
Ben Rivera	14.06
M65 John Poppell	13.45
Don Cheek	13.66
Vernon Regier	14.05
Alex Pappas	14.70
M75 Frank Toner	16.69
K K Slaughter	18.60
M85 Anthony Castro	18.09
W35 Kristie Ostojia	12.85
Val Scott-St James	14.4
W40 A Pratt-Shilling	13.76
W45 Arril Naylor	14.35
Martie Behrens	14.6
W50 Kim Smith	15.18
W60 Rita Kerr	16.00
Fei-Mei Chou	17.22
Marg Moore	19.07
W65 Shirley Dietderich	19.10

200m	
M30 Terry Duncan	23.27
M35 Kevin Morning	22.38
Mark Kibort	22.74
Alan Tucker	23.10
Noah Levingston	23.26
M40 Anthony Davis	25.18
Mark Robinson	25.27
Charles Missouri	26.36
Glenn Liberatory	29.63
M45 Paul Raymond	24.8
Roger Parnell	24.9
George Weston	26.6
Lex Freitas	27.0
M50 Dan Durante	24.9
Dave Naylor	25.4
Gary Patterson	26.1
M60 Bobby Thomas	25.79
John Cauldwell	29.76
M65 John Poppell	27.79
Don Cheek	27.82
Vernon Regier	29.34
John Martel	29.63
M75 Frank Toner	35.39
K K Slaughter	38.25
M85 Tony Castro	40.04
W35 Val Scott-St James	30.49
W40 A Pratt-Shilling	28.57
Judy Ace	31.24
Martie Behrens	30.27
Arril Naylor	30.66
Kim Smith	31.5
W60 Rita Kerr	32.9
Fei-Mei Chou	35.4
W65 Shirley Dietderich	42.4

400m	
M30 Larry Hicks	59.65
M35 Alan Tucker	52.47
Joe Cabrera	57.59
M40 Jim Robinson	50.77
Randy Stergeon	61.89
David Jang	64.66
M45 Searcy Barnett	59.13
M50 Dick Chimenti	59.52
Ben LaSalla	64.80
W30 Diana Moore	65.37
W35 Darlene Green	67.54
Connie CordKondo	69.02
W40 Judy Ace	70.68
Annie Conneau	70.72
Cindy Scott	78.59
W45 Martie Behrens	69.77

800m	
M30 Lloyd Anderson	1:58.81
Noah Hinkston	2:01.29
Garth Merrill	2:06.79
Robert Berry	2:23.8
M35 Marty Kruger	2:09.78
Joe Cabrera	2:10.6
Jim Buckley	2:20.8
M40 James Robinson	1:59.0
Mike Fanelli	2:09.5
David Jang	2:25.8
M45 Dave Amster	2:07.8

1500m	
M30 Noah Hinkston	4:41.8
Al DeLaTorre	4:11.6
M35 David Lucas	4:11.3
Jim Buckley	4:54.7
M40 Pete Lewandowski	4:11.0
Rick Kushman	4:16.7
Randy Sturgeon	4:35.9
Pat Buzbee	4:48.6
M45 Jim Gorman	4:18.5
David Amster	4:26.7
Phil Nemir	4:57.1
Tom Bennett	5:14.0
M50 Jim Gibbons	4:36.7
Harvey Franklin	4:45.2
Ben La Sala	5:07.4
M60 Glynn Wood	5:27.3
M65 Del King	6:36.4
W30 Lisa Nichols	5:05.3
W35 Connie Condo	5:17.5
Carolyn Benson	5:13.1
Billie Boles	5:58.5
W40 Cindy Scott	5:27.3
W55 Diane Bromstead	7:31.7
W75 Diane Ogilvie	9:37.8

5000m	
M40 Dan Gruber	15:15.0
Pat Buzbee	18:00.4
M45 Ted Deanevalton	26:59.2
M55 Bill Meinhardt	18:47.6
M65 Del King	26:20.4
W55 Diane Bromstead	26:46.1

Short Hurdles	
M30 Tom Garrison	15.0
M35 Roshay Ransom	15.3
M40 Stan Vegar	16.7
M50 Will Webster	24.37
M65 Al Brenda	20.7
Tom Harney	24.00

Long Hurdles	
M30 John Johnson	53.62
Baruti Armstrong	59.40
M50 Will Webster	80.8
M55 O Legend	96.6

Steeplechase	
M55 Jim Bevins	13:31.2
M65 Walt Atcheson	17:02.2
W30 Annie Seawright	11:09.7
Lisa Nichols	12:36.2

4x400m Relay	
M40 West Valley TC	4:05.6
Monsoon TC	4:10.5
M45 MontereyBayJaguars	44.88
Monsoon TC	50.97

High Jump	
M30 Rand Crippen	5-6
M35 Mark Hoinig	5-6
M40 Mike Hatjes	5-4
M45 Ted Dean	4-2
M50 Bill Wood	4-9
Willie Webster	4-2
M55 B Bush	3-10
M65 Tom Harney	3-10
Del King	4-0
M70 Jim Johnson	3-8
Jerry Silsdorf	3-6
W45 Barbara Stratton	3-7
W60 Marjorie Moore	3-6

Pole Vault	
M30 Matt Kendall	14-6
M35 Jerry Strong	15-0
M40 Jim Williams	13-6
David Earsley	11-6
M45 Paul Heglar	12-6
Skip Seebeck	10-0
M55 Byron Bush	7-6
M65 Tom Harney	8-0
M70 Jim Johnson	7-0

Long Jump	
M35 Kevin Morning	22-2 1/2
M40 Don Perkins	14-8.75
M45 Royer Parnell	18-7 1/2
Ted Walton	14-11 1/2
Leroy Clips	14-7
M50 Will Webster	14-5 1/2
Bill Wood	16-5
M55 Rich Imperiale	15-6 1/2
O Legend	14- 1/2
M65 Tom Harney	11-9 1/2
Al Brenda	12-10
M70 Jim Johnson	11- 1/2
W45 Barb Stratton	10-1
W60 Fei-Mei Chou	10-1.75
Mary Moore	9-9.75

Triple Jump	
M50 Bill Wood	32-3 1/2
M55 O Legend	26-7
Rich Imperiale	27-5
M60 John Cauldwell	27-

Continued from previous page

M65 Del Pickarts	40.44
M70 Don Roser	29.68
M40 David Perrin	52.20
Bill Gardner	50.36
5000m Racewalk	44.38
Foots Williams	36.54
M45 Joe Greenberg	59.88
M50 Joe Greenberg	35.54
Ron Rook	49
M50 David Pena	40.18
M60 Christel Miller	27.02
M50 Gerry Koenig	31:51.79
M60 Lloyd McGuire	32:11.41
M70 Robert Davidson	42:04.62
M50 Anne Puxon	38:54.97

USATF Pacific Association Santa Cruz Track Club
Age-Graded Track & Field Meet
Soquel, CA; June 15

1500m	Mark	A-G	A-G
W25 Laura Ezell	4:44.27	4:44.27	81.07
50 Diane Bromstead	7:37.96	6:14.75	61.50%
M40 Dan Gruber	4:08.13	3:55.21	88.31%
25 Jim Clarke	4:08.52	4:08.52	83.57%
30 Al DeLaTorre	4:12.10	4:12.10	82.39%
40 Mike Johnson	4:28.66	4:14.67	81.56%
30 Garth Merrill	4:23.63	4:23.63	78.78%
100m Low Hurdles			
W18 Ayana Grant	14.52	13.47	90.63%
15 Katrina Saville	20.46	17.03	71.75%
110m High Hurdles			
M40 Ed Baskauskas	18.29	16.30	79.22%
16 Jeremy Dybdahl	18.36	16.98	76.09%
400m			
W60 Rita Kerr	1:15.07	58.45	81.96%
30 Diana Moore	1:04.77	1:04.77	73.95%
35 Darlene Green	1:09.16	1:06.71	71.80%
M20 Michael Jones	51.60	51.60	83.90%
35 Brent Cottong	54.43	52.76	82.05%
40 Richard Ulrich	59.15	55.51	77.99%
100m			
W18 Ayana Grant	12.88	12.67	84.94%
45 Avril Naylor	14.57	13.27	81.13%
35 Laura Olguin	14.48	14.23	75.62%
M50 Dan Durante	12.83	11.46	86.05%
50 Dave Naylor	12.93	11.55	85.38%
20 Jone Delai	11.63	11.63	84.78%
65 Alex Pappas	15.17	12.20	80.88%
45 Lex Freitas	13.58	12.54	78.65%

800m			
W25 Laura Ezell	2:19.06	2:19.06	81.17%
30 Lisa Nichols	2:22.97	2:22.97	78.95%
55 Diane Bromstead	3:52.65	3:08.80	59.79%
M20 Robert Price	1:53.51	1:53.51	89.62%
60 Pete Richardson	2:26.60	1:57.26	86.76%
30 Lloyd Anderson	1:59.79	1:59.79	84.92%
45 Jim Gorman	2:12.58	2:00.07	84.73%
30 Noah Hinkston	2:02.13	2:02.13	83.30%
400m Int. Hurdles			
M20 Robert Price	58.15	58.15	80.45%
200m			
W60 Rita Kerr	33.41	26.60	81.38%
45 Martie Behrens	30.62	27.64	78.31%
45 Avril Naylor	30.91	27.90	77.58%
30 Diana Moore	29.11	29.11	74.34%
35 Laura Olguin	29.83	29.19	74.15%
M50 Dan Durante	25.75	22.77	86.64%
20 Jone Delai	22.91	22.91	86.08%
50 Dave Naylor	26.12	23.10	85.41%
35 Brent Cottong	24.98	24.56	80.34%
65 Alex Pappas	31.19	24.63	80.09%

1500m Race Walk			
W50 Lori LeBlanc	8:36.18	7:25.88	76.93%
40 Judy Geldin	9:49.13	8:50.58	64.65%
50 Linda Mercier	12:34.26	10:51.53	52.64%
M50 John Doane	8:22.12	7:17.65	70.60%
5000m			
W35 Connie Kondo	19:11.69	19:01.68	75.65%
40 Cindy Scott	20:00.04	19:03.04	75.56%
55 Dian Bromstead	25:18.6h	21:04.09	68.33%
M45 Jim Gorman	16:34.0h	15:22.54	84.38%
Glynn Wood	19:45.7h	16:11.45	80.13%
Jim Allen	19:24.6h	16:38.07	77.99%

Long Jump			
W20 Kathy Costello	4.53	4.53	60.24%
35 Brend Trobaugh	3.92	4.21	56.00%
M45 Joe Miyoshi	5.00	6.02	67.29%
50 Bill Wood	4.67	6.01	67.29%
50 Don Dvorak	4.58	5.90	65.99%
60 Steve Richmond	3.82	5.63	62.93%
Triple Jump			
W35 Brend Trobaugh	7.49	7.68	50.88%
M50 Bill Wood	9.90	12.33	68.61%
60 Steve Richmond	8.16	11.74	65.33%
50 Don Dvorak	9.41	11.72	65.21%

Shot Put			
W35 Brend Trobaugh	9.05	9.05	42.19%
M65 Bob Feaster	11.19	16.90	76.12%
55 Gene Thacker	12.20	16.26	73.27%
60 Steve Richmond	8.91	12.08	54.43%
30 Ken Hall	11.40	11.40	51.35%
45 Bob Powers	8.96	10.58	47.66%

Discus			
W35 Bren Trobaugh	26.46	26.46	35.82%
30 V. Breedlove	22.26	22.26	30.13%
M55 Gene Thacker	33.10	39.80	55.97%
65 Bob Feaster	31.26	38.94	54.76%
40 John Price	35.62	35.62	50.08%
60 S. Richmond	29.66	33.14	46.60%

High Jump			
W25 K. Costello	1.27	1.27	60.77%
30 V. Breedlove	1.27	1.28	61.65%
35 B. Trobaugh	1.22	1.31	62.89%
M45 E. Baskauskas	1.62	1.92	78.64%
16 J. Dybdahl	1.67	1.75	71.67%
50 Bill Wood	1.37	1.72	70.26%
12 Nash Collins	1.17	1.33	56.52%

Pole Vault			
W17 M. Badillo	3.20	3.57	80.20%
25 J. Green	3.05	3.05	68.54%
25 K. Costello	2.44	2.44	54.83%
M35 Jerry Strong	4.72	5.06	82.23%
25 Paul Snyder	4.87	4.87	79.19%
40 Jim Williams	4.11	4.72	76.82%
30 P. Sinatra	4.72	4.72	76.75%
15 T. Mullins	3.81	4.53	73.84%

Javelin			
W35 B. Trobaugh	34.16	39.80	49.77%
30 V. Breedlove	29.28	30.02	37.54%
M30 Ken Hall	63.76	63.76	66.42%
45 Bob Powers	46.48	60.40	62.94%
35 John Hansen	54.16	58.30	60.73%
60 S. Richmond	29.74	47.26	49.24%

KELfield Throws Meet #50			
Santa Cruz, CA; June 15			
Shot Put			
M45 Gary Kelmenson	35-4½		
M55 Joe Keshmiri	50-2½		
Discus			
M45 Gary Kelmenson	115-5		
M55 Joe Keshmiri	168-5		
Hammer			
M30 Thor Gustaffson	253-8		
M45 Gary Kelmenson	137-5		
Javelin			
M45 G Kelmenson	108-2		
35# Weight			
M45 G Kelmenson	42-4		
56# Weight			
M45 G Kelmenson	27-8		

Arizona Throwers Meets

Tempe, AZ

--June 15--

Shot Put			
M35 Andy Miller	11.24		
M50 Duane Thompson	12.29		
Bob Osterhoudt	10.08		
M60 Ben McGrady	12.28		
Discus			
M35 Andy Miller	38.86		
M50 Duane Thompson	36.92		
Bob Osterhoudt	34.84		
M60 Ben McGrady	43.64		
Hammer			
M35 Sharma Singh	36.42		
Jeff Crothers	34.66		
M50 Bob Osterhoudt	36.64		
Weight			
M35 Jeff Crothers	11.80		
Sharma Singh	11.28		
M50 Bob Osterhoudt	9.57		
Superweight			
M35 Jeff Crothers	7.69		
M50 Bob Osterhoudt	6.63		
--June 29--			
Shot Put			
M35 Ted Williams	12.08		
Jeff Crothers	11.59		
M50 Bob Osterhoudt	10.56		
W45 Sandra Harrison	7.50		
Discus			
M35 Andy Miller	36.78		
Ted Williams	33.56		
M50 Bob Osterhoudt	33.94		
W45 Sandra Harrison	20.84		
Hammer			
M35 Sharma Singh	36.46		
Jeff Crothers	35.18		
Ted Williams	30.10		
M50 Bob Osterhoudt	35.48		
W45 Sandra Harrison	13.53		
Weight			
M35 Jeff Crothers	12.32		
Sharma Singh	11.18		
Ted Williams	10.80		
M50 Bob Osterhoudt	9.63		
W45 Sandra Harrison	6.12		
Superweight			
M35 Jeff Crothers	7.41		

Timber Wolf TC Meet

Sacramento, CA; June 23

50m			
M50 David Naylor	6.7		
M60 Dennis Rietz	8.6		
W45 Avril Naylor	7.4		
100m			
M50 David Naylor	12.4		
W45 Avril Naylor	14.5		
200m			
M50 David Naylor	25.6		
W45 Avril Naylor	30.9		
110mH			
M45 Ed Baskauskas	17.9		
High Jump			
M40 John Townsend	5-2		
M65 Charles Bispala	3-7½		
Shot Put			
M40 John Townsend	10.80		
M50 Roger Foster	13.56		
M55 Bob Buckman	9.96		
M60 Dennis Rietz	11.12		
M65 Charles Bispala	9.19		

Grand Canyon State Games

Tempe, AZ; June 21-23

100m			
M30 Courtney Hill	11.21		
M35 Willie Jones	10.96		
M40 Kevin Nance	11.28		
M45 Christopher Jensen	12.56		
M50 Samuel Evert	11.70		
M55 Antonio Chavez	13.65		
M60 Leon Musil	15.90		
M65 Frank Welch	14.66		
M75+ Milton Silverstein	14.31		
W30 Elizabeth Mokogwu	13.00		
W40 Nancy Wright	20.12		
W50 Kathy Jager	14.12		
200m			
M30 Courtney Hill	22.70		
M35 Willie Jones	21.99		
M40 Kevin Nance	22.84		
M45 Christopher Jensen	25.65		
M50 Bob Osterhoudt	27.50		
M55 Nick Carmefix	26.91		
M65 Frank Welch	30.90		
M75+ Milton Silverstein	30.59		
W30 Elizabeth Mokogwu	27.33		
W50 Kathy Jager	30.41		
400m			
M30 Ted Camobell	53.70		
M35 Anthony Krainik	52.93		
M40 Barry Thompson	53.78		
M45 Christopher Jensen	57.57		
M50 Louie Ortiz	1:11.18		
M55 Antonio Chavez	1:09.75		
M60 Leon Musil	1:11.86		
M65 Charles Rice	1:14.80		
W30 Eliz Mokogwu	1:08.15		
1500m			
M30 Jeff Williams	4:12.31		
M35 Michael Mason	4:24.75		
M40 David Edwards	4:38.36		
M45 Makr Mahl	4:46.15		
M50 Chris Weber	5:20.71		
M60 John Weldy	5:28.00		
W30 Christine Tayiro	6:55.30		
3000m			
W40 Debbie Leftwich	13:07.60		
5000m			
M30 John Ramirez	17:04.30		
M35 John Dunn	18:12.00		
M40 Paul Norberg	17:09.70		
M45 Rudy Meril	20:12.50		
M50 Chris Weber	19:27.26		
M55 Emmett Smith	20:40.80		
M60 John Weldy	20:18.60		
Short Hurdles			
M35 Steve Janus	16.71		
M50 Bob Osterhoudt	16.99		
Long Hurdles			
M35 Steve Janus	1:05.43		
M40 Ronald Chambers	1:14.06		
3000m Steeplechase			
M35 John Prater	10:02.11		
M45 John Zatarski	15:10.01		

4x100Relay			
M35 Az Road Racers	47.63		
4x400 Relay			
M35 Az Road Racers	3:46.02		
4x800 Relay			
M35 Az Road Racers	9:42.84		

High Jump

M30 Randy Forrest	1.98
M35 Brian Campbell	1.78
M40 Steve Abel	1.67
M45 Makr Mahl	1.47
M50 Brent Golden	1.37
M55 Bob Bergfeldt	1.47
M60 George McGrady	NA
M65 Budd Hamilton	.97
M75+ Charles Roloff	.92
W35 Diva Carmen	1.01

Pole Vault

M35 Ruben Torres	NA
M40 Roy Willis	3.65
M50 Larry Jones	2.59
M55 Keith Powell	3.04

Long Jump

M30 Randy Forrest	6.30
M35 Victor Hammons	5.12
M40 Fred Buys	5.29
M45 Christopher Jensen	4.77
M55 Jim Swayze	4.92
M75+ Everett Penrod	2.89
W30 Kathryn Swanson	4.39
W50 Kathy Jager	3.60
W70 Adele McCormick	1.64

Triple Jump

M30	Victor Hammons	11.5
M35	Brian Campbell	11.8
M40	Pat Fahy	11.3
M45	John Gray	10.2
M50	Godfrey Cernyar	8.0
M65	Frank Welch	7.2
W30	Kathryn Swanson	9.5

Continued from previous page

M65	Gunnar Linde	5:20.65
	Jim Selby	5:21.00
	Efrain Sanchez	5:37.34
M70	Avery Bryant	6:00.30
M75	Julian Myers	10:04.26
W30	Gillian Drummond	5:49.77
W35	Debbie Selby	8:08.62

5K		
M40	Leslie Caldera	19:30.30
	Quintin Faison	25:16.90
M45	Fermin Hilario	24:45.40
M50	Rigo Contreras	20:48.50
M60	Louis Simms	25:16.90
M65	Patrick Devine	21:15.70
M75	Julian Myers	31:01.10

110 HH		
M40	David Perrin	16.31
M45	Sheridan Groves	17.33

100 H		
M50	Theo Viltz	14.81
M55	Walt Butler	WK14.44

80m H		
M70	Tom Patsalis	16.00
	Richard Warren	18.45
M75	Julian Myers	45.00

HIGH JUMP		
M30	Derek Brown	1.73
M40	Mel Embree	1.78
	Cecil Noble	1.32
M45	Charlie Radar	1.83
	Bill Siart	1.17
M50	Roberto Pozzi	1.68
	Louis Jordan	1.52
M55	Bert Bergen	1.42
	Ray Fitzhugh	1.32
M60	Phil Fehlen	1.63
	Nick Newton	1.57
M75	Julian Myers	0.91
M80	John Damski	1.12
W35	Karen Vaughn	1.22
W40	Erika Noble	1.32
W45	A. Steekelenburg	1.48
W70	Johnny Valien	1.08

POLE VAULT		
M30	Greg Charles	4.27
	Robert Gonzalez	1.98
M40	David Perrin	2.90
M45	Bill Siart	2.29
M55	Ray Fitzhugh	2.90
M60	Jack Simms	2.74
	Hal Smith	2.29
M70	Tom DeVaughn	2.13
	Jim Johnson	2.13
	Don Roser	2.13
M80	Carol Johnston	2.13
W65	Shirley Kinsey	1.50

LONG JUMP		
M40	David Quick	6.02
	David Perrin	5.50
	Del Barrett	5.04
M45	Bill Siart	4.18
M55	Robert Jones	4.58
M60	Dick Richards	5.56
	Roger Tsuda	5.02
M70	Tom Patsalis	4.36
	Richard Warren	3.70
M75	Julian Myers	2.84
M80	Clarence Trahan	3.28
W35	Elaine Iba	4.57
W40	Erika Noble	3.95
W50	Nadine O'Connor	3.85
W65	M. Kuhne	3.51
W70	Johnny Valien	3.14

TRIPLE JUMP		
M30	LaVell Davenport	14.88
	Derek Brown	12.38
M40	David Quick	12.33
M55	Robert Jones	8.97
M70	Tom Patsalis	9.05
M75	Julian Myers	4.60
M80	John Damski	7.13
W65	M. Kuhne	7.08

SHOT PUT		
M40	Bill Gardner	14.20
	Dennis Greene	10.94
	Cecil Noble	10.26
	Foots Williams	9.47
M45	Onik Khatchatrian	13.30
M50	Dennis McCraven	12.90
	David Peña	11.49
	Louis Jordan	11.32
	Mac McCormick	9.86
M60	Hal Smith	14.20
	Sam Adams	12.74
	Ron Wade	11.28
	Bob Eldridge	9.74
	Walt deRothe	7.79
M65	Don Hegberg	9.23
M70	Ed Chynoweth	11.39
W35	Karen Vaughn	9.06
	Shellie Banks	8.13
W70	Johnny Valien	5.47

DISCUS		
M40	Bill Gardner	35.20
	Cecil Noble	34.92
	Del Barrett	34.44
M50	Lloyd Higgins	51.68
	Louis Jordan	39.36
	David Peña	37.74
	Mac McCormick	34.20
M60	Sam Adams	42.90
	Hal Smith	39.48
	Ron Wade	38.46
	Alan Rosen	35.68
	Bob Eldridge	27.20
	Walt deRothe	24.92
	Leon Barrette	23.42
M65	Don Hegberg	38.20

M70	Don Roser	26.42
M75	Jim Sullenger	30.84
	Bob Hunt	24.46

JAVELIN		
M30	Tom Wendler	33.48
M40	David Perrin	49.00
	Bill Gardner	44.78
	Cecil Noble	36.36
	Foots Williams	36.34
M45	Ron Rook	38.30
	Richard Rook	30.32
M50	David Peña	40.06
	Louis Jordan	36.70
M55	Larry Stuart	62.86
	Ray Fitzhugh	33.82
M60	Chuck Couits	32.32
	Ron Wade	29.66
M65	Del Pickarts	43.36
	Don Hegberg	28.40
M70	Don Roser	27.76
	R. Lawrence	21.56
W60	Christel Miller	26.26
W70	Johnny Valien	14.82

5K		
M40	Leslie Caldera	19:30.30
	Quintin Faison	25:16.90
M45	Fermin Hilario	24:45.40
M50	Rigo Contreras	20:48.50
M60	Louis Simms	25:16.90
M65	Patrick Devine	21:15.70
M75	Julian Myers	31:01.10

110 HH		
M40	David Perrin	16.31
M45	Sheridan Groves	17.33

100 H		
M50	Theo Viltz	14.81
M55	Walt Butler	WK14.44

80m H		
M70	Tom Patsalis	16.00
	Richard Warren	18.45
M75	Julian Myers	45.00

HIGH JUMP		
M30	Derek Brown	1.73
M40	Mel Embree	1.78
	Cecil Noble	1.32
M45	Charlie Radar	1.83
	Bill Siart	1.17
M50	Roberto Pozzi	1.68
	Louis Jordan	1.52
M55	Bert Bergen	1.42
	Ray Fitzhugh	1.32
M60	Phil Fehlen	1.63
	Nick Newton	1.57
M75	Julian Myers	0.91
M80	John Damski	1.12
W35	Karen Vaughn	1.22
W40	Erika Noble	1.32
W45	A. Steekelenburg	1.48
W70	Johnny Valien	1.08

POLE VAULT		
M30	Greg Charles	4.27
	Robert Gonzalez	1.98
M40	David Perrin	2.90
M45	Bill Siart	2.29
M55	Ray Fitzhugh	2.90
M60	Jack Simms	2.74
	Hal Smith	2.29
M70	Tom DeVaughn	2.13
	Jim Johnson	2.13
	Don Roser	2.13
M80	Carol Johnston	2.13
W65	Shirley Kinsey	1.50

LONG JUMP		
M40	David Quick	6.02
	David Perrin	5.50
	Del Barrett	5.04
M45	Bill Siart	4.18
M55	Robert Jones	4.58
M60	Dick Richards	5.56
	Roger Tsuda	5.02
M70	Tom Patsalis	4.36
	Richard Warren	3.70
M75	Julian Myers	2.84
M80	Clarence Trahan	3.28
W35	Elaine Iba	4.57
W40	Erika Noble	3.95
W50	Nadine O'Connor	3.85
W65	M. Kuhne	3.51
W70	Johnny Valien	3.14

TRIPLE JUMP		
M30	LaVell Davenport	14.88
	Derek Brown	12.38
M40	David Quick	12.33
M55	Robert Jones	8.97
M70	Tom Patsalis	9.05
M75	Julian Myers	4.60
M80	John Damski	7.13
W65	M. Kuhne	7.08

SHOT PUT		
M40	Bill Gardner	14.20
	Dennis Greene	10.94
	Cecil Noble	10.26
	Foots Williams	9.47
M45	Onik Khatchatrian	13.30
M50	Dennis McCraven	12.90
	David Peña	11.49
	Louis Jordan	11.32
	Mac McCormick	9.86
M60	Hal Smith	14.20
	Sam Adams	12.74
	Ron Wade	11.28
	Bob Eldridge	9.74
	Walt deRothe	7.79
M65	Don Hegberg	9.23
M70	Ed Chynoweth	11.39
W35	Karen Vaughn	9.06
	Shellie Banks	8.13
W70	Johnny Valien	5.47

DISCUS		
M40	Bill Gardner	35.20
	Cecil Noble	34.92
	Del Barrett	34.44
M50	Lloyd Higgins	51.68
	Louis Jordan	39.36
	David Peña	37.74
	Mac McCormick	34.20
M60	Sam Adams	42.90
	Hal Smith	39.48
	Ron Wade	38.46
	Alan Rosen	35.68
	Bob Eldridge	27.20
	Walt deRothe	24.92
	Leon Barrette	23.42
M65	Don Hegberg	38.20

M85	Mel Shine	4:59.70
W50	Carol Esse	3:53.18
	Jean Moule	4:39.13
W60	Susan Means	3:37.71
1500m		
M40	Keith Anderson	4:39.32
	Tom Lonergan	4:43.16
	Lupe Felix	5:26.63
M45	Alan Beck	4:39.63
	Marc Wiitala	4:41.34
	Jerry Froemming	4:54.64
M50	Larry Wilson	4:49.62
	Bernie Blazek	4:59.70
M55	Dan McCormack	4:50.75
	Dan McMillan	4:58.02
	Ken Ogden	5:25.05
M60	Jack Keener	5:42.62
	Field Ryan	6:05.41
M65	Tom Brinton	5:32.00
M70	John Keston	5:33.66
	Howard Ballieu	7:54.31
W45	Pam Craig	6:48.22
W60	Sue McCleod	6:33.07
	Susan Means	7:25.19

3000m		
M40	Keith Anderson	10:42.93
	Tom Lonergan	10:42.93
	Lupe Felix	10:53.85
M45	Alan Beck	10:08.97
	Jerry Froemming	10:55.69
	Bryan Chapman	11:46.43
M50	Les Castle	11:35.62
	Bob Ryan	13:46.02
	Luigi Schiavo	14:27.37
M55	Bill Kylo	12:05.30
	Hal Braff	12:09.99
M60	John-Erik Nilsson	12:06.04
	Jack Keener	12:25.34
	Field Ryan	13:14.16
M65	Don Anhorn	16:47.92
M75	Chuck McFerron	18:46.95
W60	Susan Means	16:30.49

Pole Vault		
M40	Mark Ellingson	8-0
	Kameron Mitchell	8-0
M50	Larry Holmes	12-0
	Gene Pfeiffer	7-9
M55	Jim Matejka	10-0
	John Steinman	7-9
M60	Don Gray	8-0
M65	Harvey Lewellen	9-0
	Loren Swanson	7-6
M70	Don Grosh	7-9
M75	Les Hintz	5-3

High Jump		
M40	Dennis Rabe	4-0
M45	Oz Witt	4-10
	Mike Ritchey	3-8
M50	Al Phillips	5-4
	Joe Johnson	4-10
	Earl Fairbanks	4-6
M60	Jim Hitchman	4-2
	Jack Keener	4-0
M65	Harvey Lewellen	4-8
	Keith Carr	4-6
	Loren Swanson	4-0
M70	Vince Sempronio	4-6
	John Turner	3-6
M75	Ralph Salter	3-8
	Roy Atherton	3-4
	Les Hintz	3-0
W40	Anne Lowe	3-10
W50	Jean Moule	3-4
W60	Ginny Baker	3-4

Long Jump		
M40	Mark Ellingson	17-1.75
	John Lowe	14-11.75
	Andrew Furuto	14-4.3
	Alex Fielding	14-4.3
M45	Oz Witt	16-0
	Kameron Mitchell	15-2.3
	Chuck White	12-5
M50	Al Phillips	17-9
	Roger Hunt	16-10.75
	Dick Rex	15-11.75
M55	Ed Arnold	14-6
	Kelly Timm	12-9
	Bill Kylo	11-8
M60	John Cauldwell	14-7.75
	Jim Roberts	12-3.75
M65	Laf Keaton	13-3.3
	Harvey Lewellen	12-6.3
M70	Hal Carlile	12-3
	Wm Bronson	11-11
	Denny Sullivan	11-5.3
M75	Ralph Salter	10-6.3
M80	Leon Joslin	6-11.75
W45	JoAnne Stewart	11-8.3
W50	Rosalie Carman	10-2.3
	Jean Moule	9-3
W60	Ginny Baker	10-0

Triple Jump		
M45	Kameron Mitchell	30-7.3
	Mike Ritchey	20-4
M50	Oran Abbott	29-4.3
	Jack Kondrasuk	25-11
M55	Ed Arnold	29-2.3
	Jim Howard	21-3.3
M60	Jim Roberts	23-4.75
	Brad Kiever	25-1
M70	Denny Sullivan	24-6
	John Turner	21-1.3
M75	Ralph Salter	19-11.3
W50	Jean Moule	21-0
W60	Ginny Baker	20-4.3

Shot Put		
M40	Dennis Rabe	38-9
	Alex Fielding	29-2
	Joe Elmore	28-5

Discus		
M45	Jerry Ford	37-3.3
	Jerry Crowe	33-9
	Chuck White	33-1
M50	Gene Pfeiffer	37-5
	Joe Johnson	35-5.3
	Jack Kondrasuk	30-6
M55	Banny Bannister	28-5
	Paul Stepan	26-3.3

Continued from previous page

M75 John Davison	8.81
Wilfred Wright	10.59
Frank Versage	12.90
W50 Ursula Grady	10.68
Sharleen Rogers	13.76
W60 Donald Wristen	13.64
W65 Marietta Cross	12.70
100m	
M50 Dave Walter	12.55
M55 Gary Robinson	13.49
Merv Armstrong	14.22
Darrell Short	14.99
M60 Allen Brevik	16.41
Edgar Reed	17.41
M65 David Cady	14.44
William Hill	17.11
Charles Jannings	17.15
M70 George Cross	18.26
Richard Moore	20.58
M75 John Davison	14.45
Wilfred Wright	17.69
W50 Ursula Grady	18.23
Sharleen Rogers	24.81
200m	
M50 Dave Walter	25.63
M55 Gary Robinson	28.02
Merv Armstrong	29.86
Darrell Short	32.42
M60 Alan Brevik	28.45
Edgar Reed	34.46
M65 Dave Cady	29.35
Charles Jannings	37.45
M70 George Cross	47.21
M75 John Davison	30.43
Wilfred Wright	36.58
Frank Versage	47.23
W50 Ursula Grady	37.46
Sharleen Rogers	53.58
W65 Lois McClaren	45.20
Flora Wong	46.50
400m	
M50 Dave Walter	55.39
Grov Peterson	1:01.77
Walt Wetzel	1:07.62
M55 Gary Robinson	1:01.87
Arvid Wedul	1:21.64
M70 George Cross	1:35.90
W55 Ella Miller	1:38.03
800m	
M50 Walt Wetzel	2:35.39
Leon Sherman	2:46.00
M55 Arvid Wedul	3:20.26
M60 Norm Ashworth	3:20.14
M75 Harold Bach	3:32.00
W55 Ella Miller	3:53.05
1500m	
M50 Walt Wetzel	5:19.60
M55 Arvid Wedul	7:20.17
M60 Don Jelinck	7:02.00
W65 Flora Wong	9:13.95
Lois McClaren	9:18.44
High Jump	
M55 Darrell Short	4-3
M60 Edgar Reed	3-11
Dick Wright	3-10
M65 William Hill	4-8
Bill Platts	4-2.50
Charles Jannings	5-2.50
M70 George Cross	3-9.50
Richard Moore	3-6
M75 Tom Regan	3-8.50
M80 Manuel White	3-9.50
Pole Vault	
M65 Tom Maloy	6
William Hill	6
Charles Jannings	5
M80 Manuel White	6
Long Jump	
M55 Darrell Short	14.50
Gary Robinson	14-2
Merv Armstrong	13-9.75
M60 Charles Stark	12-6
Dick Wright	12-4.50
M65 G VanFossen	11-10.50
C Jannings	11-3.50
William Hill	10-9.50
M70 George Cross	10-0.50
Richard Moore	8-6.50
M75 John Davison	12-4.50
M50 Ursula Grady	10-11
W60 Mae Schroeder	5-4.50
W65 Harriett Cross	8-1
Triple Jump	
M55 Merv Armstrong	28-2
Darrell Short	27-10.50
C Jannings	19-20.50
Shot Put	
M55 Bud Leuthold	36-7.50
Jim Jenkins	34-3
Dean Conklin	31-7
M60 Nyles Spurlock	43-10
Udo Grady	32-9.50

M65 Reed Quinn	33-7
M80 Manuel White	33-9
Frank Belding	22-2
W60 R Benischke	23-9.50
Katie Spurlock	22-5.50
Mae Schroeder	19-3
W65 Betty Heil	18-3
Paula Maloy	17-11
Discus	
M55 Merv Armstrong	101-8
Dean Conklin	89
Jim Jenkins	72-3
M60 Nyles Spurlock	150-8
Dick Wright	116-9
Udo Grady	110-5
M65 William Hill	107-6
Reed Quinn	101-4
Charles Jannings	91-10
M70 Don Tavolacci	98-11
Melvin Benham	74-2
George Cross	70-5
M75 Frank Versage	41
W50 Ursula Grady	48-8
W60 Rosina Benischke	64-10
Kate Spurlock	55-11
Mae Schroeder	42-8
W65 Betty Heil	48-4
Paula Maloy	44
Javelin	
M50 Tony Dumay	152-10
M55 Russ Miller	152-10
Gary Robinson	119-6
Merv Armstrong	104-2
M60 Nyles Spurlock	107-7
Udo Grady	86-7
M65 Reed Quinn	106-7
William Hill	81-6
Tom Maloy	79-4
M70 Don Tavolacci	110
George Cross	83-9
Melvin Benham	81
M80 Manuel White	WR111-1
W60 Katie Spurlock	59
Rosina Benischke	58-4
Mae Schroeder	57-0

Hayward Classic Masters Meet
Eugene, OR; June 29-30

100m	
M40 John Wells	11.93
M45 Paul Raymond	12.17
Ron Brown	12.79
Jim Hiebert	13.27
Arnold Alexander	13.31
M50 Stephen Robbins	11.43
Ron Jensen	12.92
Al Phillips	13.43
Geoff Hughes	13.52
Richard Lamster	14.03
Thor Maydole	14.33
M55 Paul Edens	12.21
Stan Spisoto	13.12
Paul Stepan	13.82
Tom Hunt	14.63
M60 Joe Hoffman	13.17
Bob Golly	13.77
Jim Schlewitz	14.16
Harold Hitt	14.32
M65 John Poppell	13.39
Jack Coy	13.76
Dick Cottingham	14.73
John Nelson	15.99
Cully Vaughan	16.24
Don Anhorn	18.28
M70 Bill Bronson	15.25
Hal Carlile	16.22
W30 Kim Hall	15.55
W40 Rebecca Mitchell	15.12
W45 Mary Libal	12.77
Teddie Bell	16.15
W50 Gwen Reid	15.04
Rosalie Carmen	15.57
Rose Schlewitz	17.47
W55 Laura Stepan	18.94
200m	
M30 Doug Puckett	23.74
M35 Karry Cameron	23.98
Bob Good	26.23
Joe Cabrera	26.77
Terry Dove	26.88
M40 John Wells	24.73
Russ Jacquet-Acea	25.31
Kai Bergher	25.49
Bob Hausmann	26.83
M45 Paul Raymond	25.27
Ron Brown	26.78
Jim Hiebert	27.17
Frank Lulich	27.61
Arnold Alexander	27.92
Allen Huffstutter	29.03
Ron Craig	29.11
M50 Stephen Robbins	22.98
(automatic-time M50-55 WR)	
Ron Jensen	27.00
Geoff Hughes	27.31
Thor Maydole	30.21
M55 Paul Edens	25.08
Lew Thorne	27.12
Paul Stepan	28.57
Tom Hunt	30.95
M60 Joe Hoffman	26.82
Harold Hitt	29.23
Jim Schlewitz	29.67
M65 John Poppell	27.74

Jack Coy	28.49
Dick Cottingham	30.69
John Nelson	34.84
Don Anhorn	39.03
W40 Rebecca Mitchell	31.97
W45 Mary Libal	26.45
W50 Rose Schlewitz	39.88
400m	
M30 Doug Puckett	52.40
Steve Gideon	56.12
M35 Terry Dove	58.46
M40 David Clingan	55.30
Kai Bergher	55.76
Bob Hausmann	58.67
Bob Johnson	58.69
Bryan Huber	59.35
M45 Paul Raymond	58.43
Jim Hiebert	59.16
Ron Brown	61.61
Ron Craig	67.10
Arnold Alexander	68.22
M50 Rich Tucker	57.54
Ron Jensen	59.59
Bill McIlwaine	64.76
Paul Stepan	67.09
M60 Joe Hoffman	64.32
Harold Hitt	67.77
Jim Schlewitz	75.00
M65 Jack Coy	64.46
Don Anhorn	94.27
M70 Len Tritsch	77.20
W40 Rebecca Mitchell	76.20
W45 Mary Libal	60.17
Jules Trigueiro	71.53
W90 Bertha Holt	3:45.62
(establishes W90-94 WR)	
800m	
M45 Jim Hiebert	2:14.15
Marc Witala	2:14.28
Phil Munir	2:31.57
M50 Rich Tucker	2:12.33
Joe Henry	2:18.48
M55 Don McMillan	2:14.53
Dan McCormack	2:20.19
Bill McIlwaine	2:26.82
M60 Jack Keener	2:39.99
Field Ryan	3:00.87
M65 Tom Brinton	2:37.80
Donn Kirk	3:11.56
M70 Len Tritsch	2:59.40
W35 Sue Grigsby	2:26.30
Debbie Dove	2:27.06
Mary Russell	2:33.98
W40 Jackie Manley	2:39.11
1500m	
M35 Rich Been	4:24.96
Joe Cabrera	4:30.51
M40 David Jansen	4:24.78
Mike Allison	4:27.63
Bill Maier	4:37.84
Carl Sniffen	4:42.41
Paul Scott	4:57.49
Stephan Miller	4:58.82
M45 Ken Bell	4:28.96
Alan Beck	4:38.49
Phil Nemir	4:52.30
Gary Trigueiro	4:52.51
M50 Larry Wilson	4:47.10
Joe Henry	5:01.71
Tom Balcom	5:22.09
Luigi Schiavo	6:43.83
M55 Joe Waters	5:14.54
Gary Reddaway	5:30.86
M60 John-Erik Nilsson	5:17.55
Jack Keener	5:37.34
Field Ryan	5:56.12
M70 John Keston	5:24.03
W35 Debbie Dove	4:53.82
Sue Grigsby	4:56.12
Mary Russell	5:26.04
W50 Rose Schlewitz	8:02.50
W55 Laura Stepan	8:21.94
W60 Marj Gilmore	6:38.12
5000m	
Age A-G Time	
Dan McCormick	57:84.9 5:18.97
Tom Brinton	68:84.3 5:59.17
Kathy Hermann	33:383.3 5:00.95
John Exley	48:82.8 5:03.10
Roy Treadwell	48:82.8 5:03.13
Chris Horton	41:81.8 4:51.00
Bill McChesney	68:80.8 6:14.73
Suzi MacLeod	62:80.8 6:46.03
Joe Henry	51:79.2 5:24.77
Bob Kiever	60:77.2 6:00.62
Marcia McChesney	66:74.9 7:39.74
Martin Reynolds	48:73.9 5:39.46
Donn Kirk	65:69.8 6:59.36
10000m	
M40 Mike Allison	9:35.99
Brian Boyle	11:46.13
M45 Phil Nemir	10:40.77
M50 Joe Henry	11:22.00
Luigi Schiavo	14:15.18
M55 John Hurley	12:44.56
M60 John-Erik Nilsson	11:56.53
M65 Jim Mathieson	14:35.78
Don Anhorn	16:01.69
W65 Marcia McChesney	15:07.01
5000m	
M30 John Gallagher	16:40.18
M35 Steve Kretsinger	15:58.20
Mike Logan	18:38.40
M40 Tom Cushman	16:07.31
Kevin Reilly	16:27.23
M45 Roy Treadwell	16:33.97
Alan Beck	16:59.61
Gene Solomon	17:03.85
John Exley	17:22.24
Tom Jefferson	18:10.28
Martin Reynolds	20:03.48
Steve Ditmar	20:35.95

M50 Jerry Reynolds	19:01.60
Les Castle	20:17.98
M55 John Gillis	22:04.64
M60 David Pitkethly	18:22.67
John-Erik Nilsson	19:56.36
Ken Ogden	19:58.36
Bob Kiever	20:10.38
Field Ryan	22:04.26
M65 Bill McChesney	21:11.93
Jim McLean	25:13.02
M70 John Keston	19:37.91
M75 Lyman Glenney	27:59.50
W30 Doreen Groshan	18:54.76
Wendy Simmons	19:26.78
W35 Jennifer Bates	19:04.08
W50 Pam Turner	19:46.60
Sue Cammack	20:50.60
W60 Marj Gilmore	23:07.72
Jane Dods	25:09.78
10,000m	
M30 Joe Volk	45:36.07
M40 Mike Gangwer	39:57.97
M45 James Williams	39:27.22
Teddy Dean Walton	58:13.41
M50 John Postlethwait	38:39.63
M55 Jack Anderson	39:30.14
M60 David Pitkethly	38:32.59
Ken Ogden	42:49.55
M65 Don Hughes	44:02.11
M70 John Keston	39:31.32
M75 Norton Jacobs	60:08.50
W30 Carolyn Peterson	46:06.02
W50 Sue Cammack	42:28.50
Short Hurdles	
M70 Richard Nordqvist	15.52
W30 Pamela Reynolds	17.05
Long Hurdles	
M50 Al Phillips	69.32
M60 John Luccio	54.90
W50 Jean Moule	84.63
Steeplechase	
M35 James Stevens	9:34.15
M40 Scott Kessler	11:48.03
Jim Satterfield	12:00.59
M50 Tom Balcom	12:33.18
Luigi Schiavo	16:52.03
M55 John Hurley	14:52.60
W50 Jean Moule	13:09.63
4x100m Relay	
OreTOM (Mixed age & sex)	51.42
(Frank Lulich/Lew Thorne/Geoff Hughes/Mary Libal)	
PortlandTOM (Mixed age)	51.52
(Edens/Stephan/Hoffman/Jensen)	
PortlandTOM (M60-69)	56.30
(Coy/Schlewitz/Cottingham/Hitt)	
Portland&OreTOM (W50-59)	70.74
(Sisley/Schlewitz/Stepan/Carmen)	
4x400m Relay-Ore Assn	M30+3:53.26
(Puckett/Herbert/Thorne/Hughes)	
High Jump	
M30 David Turnbull	1.83m
Mike Jaqua	1.71
Miles Smith	1.59
M40 Keith Nelson	1.79
Stephan Miller	1.71
M45 Dick Clintworth	1.59
M50 Al Phillips	1.59
M55 John Steinman	1.39
M60 Jim Hitchman	1.24
M65 Keith Carr	1.44
Harvey Lewellen	1.36
M70 Vince Sempronio	1.40
Jerry Silsdorf	1.08
M75 Myron Dover	1.00
Les Hintz	0.96
W30 Kim Hall	1.44
W35 Martha Mendenhall	1.56
W50 Jean Moule	1.00
W55 Becky Sisley	1.12
Pole Vault	
M35 Dan Unenhofer	4.40
Bob Good	3.40
M40 Warren Yoder	3.30
M45 Ed Lipscomb	4.60
Dennis Phillips	4.20
Jerry Cash	4.20
Dick Clintworth	3.40
Richard Ying	3.00
John Patterson	2.60
M50 Larry Holmes	3.80
Al Phillips	3.00
M55 Terry Cannon	3.60
Jim Matejka	3.20
Jeff Chase	3.10
John Steinman	2.70
Fred Brandenfels	2.30
M60 Don Gray	2.80
Allen Morris	2.60
M65 Harvey Lewellen	2.80
Loren Swanson	2.40
M70 John Cleveland	2.70
Dick Nordqvist	2.50
Don Grosh	2.30
M75 Les Hintz	1.60
W30 Pam Reynolds	2.70
W55 Becky Sisley	2.30
Long Jump	
M30 David Turnbull	6.37
M40 Randy Kruse	6.29
John Wells	5.76
Stephan Miller	5.57
Oron Lott	5.03
Leonard Witt	4.92
Teddy Dean Walton	4.43
Allen Huffstutter	4.37
M50 Al Phillips	5.28
Geoff Hughes	4.71
Ken Perkins	4.29
Richard Lamster	3.97
Luigi Schiavo	3.49
M55 Gary Reddaway	3.90
M60 Ralph Daehler	4.40

M65 Darrold Skartvedt	4.70
John Nelson	3.15
M70 Hal Carlile	3.98
Bill Bronson	3.79
W30 Pam Reynolds	4.62
W40 Anne Lowe	3.49
W50 Rosalie Carmen	3.54
Triple Jump	
M40 Russ Jacquet-Acea	10.51

Continued from previous page

W55 Y de Wit	*29.30
W60 J du Toit	*32.73
W65 C du Plooy	34.69
400m	
M30 C Miller	*48.95
M35 B Tlapa	50.48
M40 H Dekker	51.13
M45 D Appollis	55.49
M50 J Sherman	59.26
M55 E Mkhomole	1:03.64
M60 P Botha	1:08.87
M65 F Nel	1:10.12
M70 N Sharpley	1:15.54
W30 L van Rensburg	1:15.72
W40 J Bellingan	58.55
W45 P Immelman	1:01.32
W50 E Jordan	1:11.84
W55 Y de Wit	*1:08.39
W60 J du Toit	1:22.32
W65 C du Plooy	1:22.93
800m	
M30 C Miller	1:51.89
M35 J Nelson	2:00.63
M40 T Brown	1:56.73
M45 V Letsoevane	2:01.87
M50 L Keel	2:13.51
M55 S Mostert	2:22.74
M65 F Nel	2:45.02
M70 N Sharpley	3:06.32
W30 E du Toit	2:21.10
W35 L de Beer	2:23.60
W40 J Bellingan	2:19.40
W45 P Immelman	2:30.68
W50 E Jordaan	2:56.70
W65 J Geldenhuys	3:22.00
1500m	
M30 B Leukes	4:30.68
M40 T Brown	4:04.90
M45 V Letsoevane	4:19.20
M50 V O'Donoghue	4:49.89
M55 S Mostert	4:45.00
M60 R Bezuidenhout	5:30.14
M65 G Loedolff	5:57.67
W30 E du Toit	4:48.41
W35 A James	4:54.46
W40 J Lane	5:05.64
W45 S Badenhorst	5:26.59
W55 W Smits	6:25.83
5000m	
M30 L Leukes	16:58.00
M35 V Vermeulen	16:19.88
M40 A Nvabanauba	15:42.12
M45 G Mosweu	16:07.40
M50 A Gumbi	18:06.20
M55 S Mostert	17:36.78
M60 R Bezuidenhout	19:43.33
M65 G Loedolff	20:18.50
M70 E Kitay	24:50.66
W30 C vd Westhuizen	18:30.89
W35 M Ceronio	18:35.65
W40 A Louw	19:40.84
W45 A Bacchialoni	20:53.39
W55 W Smits	*23:14.12
10,000m	
M30 S Tavares	31:37.24
M35 C Senatla	34:32.33
M40 D Mancasa	35:25.79
M45 G Mosweu	32:42.72
M50 R Pearson	39:59.56
M55 A Wurster	42:32.04
M60 R Bezuidenhout	42:08.64
M65 G Loedolff	41:49.56
M70 E Kitay	54:13.70
W35 M Ceronio	39:16.10
W40 V von Gordon	44:42.30
W45 A Bacchialoni	43:47.70
Short Hurdles	
M35 W Bosman	14.84
M40 N Frylinck	16.19
M45 L Freitag	19.74
M50 W Kareng (100)	18.94
M60 P Botha (100)	21.73
M70 A van Zyl (80)	14.14
W30 F van Zyl (80)	12.72
W35 M van Rooyen (100)	14.90
W45 E Taljaard (100)	*16.28
W45 M Ferreira (80)	14.64
W50 I Bremer (80)	14.47
W55 H Kuppe (80)	15.24
Long Hurdles	
M30 D Kotze (400)	1:00.8
M35 T Saba (400)	58.1
M40 T Brown (400)	58.6
M45 B Carmie (400)	1:05.6
M50 L Benning (300)	49.7
M70 A van Zyl (300)	54.3
W30 M van Rooyen (400)	1:05.0
W35 A James (400)	1:14.1
W40 S van Rooyen (400)	1:12.7
W50 R Rossouw (300)	1:03.3
W55 Y de Wit (300)	54.6
2000m Steeplechase	
W30 A James	9:52.8

W35 S Badenhorst	10:21.3
W50 R Rossouw	11:24.8
W60 A Ten Tusscher	12:35.2
3000m Steeplechase	
M30 C Miller	9:22.7
M35 M Ruppert	10:39.8
M45 J Greyling	11:18.4
M50 T Smith	13:00.7
M55 J Swales	13:25.7
4x100 Relay	
Men	
1 Western Province	46.66
2 Central Gauteng	46.68
3 North West	46.75
Women	
1 Central Gauteng	51.00
2 Namibia	53.61
3 Gauteng North	53.62
High Jump	
M30 P Kruger	1.91
M35 J Greyvenstein	*2.01
M45 J Deyzel	1.65
M50 K van Rooyen	1.44
M55 H Niekautsch	1.41
M60 L Benning	1.52
M65 A Heine	1.35
M75 L Botha	*1.20
M80 C Nel	1.08
W35 L de Beer	1.45
W40 H Freitag	1.35
W45 M Ferreira	1.40
W50 K vd Merve	1.20
W55 H Kuppe	1.23
W60 G Theron	1.17
W65 I Hofmeyr	1.11
Pole Vault	
M30 J Oelofse	4.45
M35 L Nienaber	3.80
M40 K Joubert	3.25
M45 J Solms	2.80
M50 M de Villiers	2.00
W50 P Pietersen	1.75
Long Jump	
M30 A Labuschangne	7.10
M35 W Bosman	6.76
M40 N Frylinck	6.00
M45 J Oberholzer	5.45
M50 J van Rooyen	6.17
M55 J Ackerman	4.74
M60 M Dovale	4.30
M65 A Heine	4.68
W30 A Herman	5.11
W35 L de Beer	4.58
W40 S van Rooyen	4.47
W45 M Ferreira	4.24
W50 P Pietersen	3.65
W55 H Kuppe	4.23
W60 G Theron	3.17
W80 E Paveley	*2.11
Triple Jump	
M30 A Labuschangne	13.37
M35 N Benson	11.34
M40 N Frylinck	12.13
M45 J Oberholzer	11.84
M50 K van Rooyen	10.19
M65 A Heine	9.64
M70 A van Zyl	10.28
W30 A Herman	NA
W40 N Schickeling	9.67
W50 P Pietersen	7.52
W55 H Kuppe	9.90
W65 C du Plooy	7.14
Shot Put	
M30 A Coetzee	12.88
M35 C Barnard	13.59
M40 J van Zyl	14.86
M45 R Smit	12.13
M50 K vd Merve	12.09
M55 P Mulaudzi	12.40
M60 R Mitchell	11.73
M65 J du Preez	8.68
M70 J Visser	10.01
M75 L Botha	9.64
M80 C Sterley	7.27
W30 R White	12.25
W35 L Smith	9.50
W40 I Uys	8.50
W45 H du Plessis	10.40
W50 M L Uys	10.21
W55 J Bakkes	10.06
W60 N van Lill	8.43
W65 S Malherbe	7.70
W70 L Grobler	7.41
W80 E Paveley	4.76
Discus	
M30 A Coetzee	43.40
M35 M Gerber	40.28
M40 J van Zyl	47.62
M45 J Roodt	31.24
M50 J Blignaut	35.64
M55 W Mwalwanda	39.24
W60 R Mitchell	36.76
M65 F van Praag	28.90
M70 A van Zyl	33.36

M75 P French	31.76
M80 C Sterley	22.28
W30 R White	43.68
W35 L Smith	29.70
W40 H Labuschangne	26.40
W45 H du Plessis	31.34
W50 J Rzepeka	27.18
W55 J Bakkes	23.70
W60 J Jancke	17.10
W65 S Malherbe	16.52
W70 L Grobler	18.68
W80 E Paveley	10.84
Hammer	
M30 A Coetzee	40.00
M35 P Botha	36.36
M40 B Koen	46.76
M45 J Roodt	46.80
M50 D Niehaus	38.18
M55 H Rohde	32.64
M60 O Willers	30.68
M65 F van Praag	28.00
M70 J Visser	34.36
M75 L Botha	30.02
M80 C Sterley	25.02
W30 R White	38.60
W35 R Breinsberger	31.42
W40 H Labuschangne	18.22
W45 H du Plessis	36.64
W50 M L Uys	28.06
W55 A van Niekerk	*31.36
W60 N van Lill	24.52
W65 S Malherbe	23.30
W70 L Brobler	19.86
Javelin	
M30 A Badenhorst	56.02
M35 T Liebenberg	64.74
M40 F Ludeke	43.28
M45 L vd Merve	51.20
M50 D Pattenden	41.94
M55 W Mwalwanda	55.34
M60 O Willers	32.54
M65 F van Praag	25.50
M70 A van Zyl	33.50
M75 P French	25.04
M80 C Nel	20.74
W30 R White	34.24
W35 V vd Walt	36.00
W40 I Uys	27.46
W45 H du Plessis	29.44
W50 K vd Merve	22.04
W55 J Bakkes	24.16
W60 N van Lill	24.46
W65 S Malherbe	19.28
W70 L Grobler	15.70
Decathlon	
M30 A Herman	3254
W30 A Herman	4054
W40 S van Rooyen	4020
W45 M Ferreira	4043
W50 R Rossouw	3043
W65 I Hofmeyr	3736
Weight Pentathlon	
M30 A Coetzee	4300
M35 P Williams	4817
M45 J Allers	6110
M50 P Hancock	5274
M60 M Dovale	5065
M65 A Heine	6580
Weight Pentathlon	
M30 A Coetzee	2852
M35 J Barnard	2121
M40 G Holding	2197
M45 J Roodt	3357
M50 Z vd Berg	3036
M55 H Rohde	3577
M60 O Willers	2994
M70 J Visser	3637
M75 P French	3756
M80 C Sterley	2898
W30 R White	3222
W35 R Breinsberger	2752
W40 I Uys	2167
W45 H du Plessis	3772
W50 M L Uys	2680
W55 A van Niekerk	3006
W60 N van Lill	3298
W65 S Malherbe	3307
W70 L Grobler	3256
5000m RW	
M30 H Swanepoel	24:23.3
M35 M Mokate	NT
M40 O Mundell	24:42.6
M45 W de Klerk	25:46.8
M50 Z van den Berg	28:51.1
M55 J Spencer	*24:42.6
M60 N Goodes	30:57.5
M65 R Slater	33:07.0
M75 J Rogers	37:19.8
W40 B Nell	27:03.0
W45 E Howson	29:42.5
W50 M Rossouw	33:23.0
W55 L Hatz	27:40.0
W60 A Ten Tusscher	34:06.0
W65 P Bass	34:35.0
W70 M Hutchison	38:11.8

10,000m RW	
W35 L A Krieger	1:00.05.7
W40 B Nell	56:26.4
W45 A Francis	1:04.33.5
W50 M Rossouw	1:07.16.4
W55 L Hatz	1:02.56.9
W60 A Ten Tusscher	1:09.55.2
W65 A Villet	1:11.19.6
W70 M Hutchison	1:18.41.3

20,000 RW	
M30 H Swanepoel	*1:55.58.3
M35 S Wolmarans	2:24.05.7
M40 O Mundell	*1:46.54.4
M45 W de Klerk	2:05.11.6
M50 W Ward	2:11.36.5
M55 J Spencer	*1:49.55.3
M60 P Hatz	2:07.45.8
M65 R Slater	*2:23.35.7
M75 J Rogers	2:36.04.0
*South African Record	

W45 Claudia Piepenburg	20:37
Nancy Smith	21:37
Elizabeth Kroop	29:33
W50 Nancy Chaney	28:15
Martha Sozzi	28:35
Nancy Viperman	29:53
W55 Ecris Williams	23:35
Barbara Gold	33:05
Linda Hunter	36:46
W60 Lillian Wolf	39:48
Joni Fritz	47:01

C&O Canal Rescue 5K
Georgetown U.
Washington, DC; June 9

Overall	
Ken Halla 32	15:39
Linda Wack 40	19:05
M40 Mike Brasnan	18:30
Chris Gibson	18:40
Jim Darr	21:14
M45 John Kusek	18:36
Mike Hurley	20:14
Michael Fritz	21:13
M50 Paul Aucoin	18:53
Richard Ugelow	22:17
Dan Stegun	22:38
M55 Roland Hill	19:59
Jack Chapman	19:59
Jerry Sisco	23:49
M60 Tom Kurihara	22:25
Terence McCarthy	24:09
William Graham	25:29
M65 Marcel Bitoun	26:48
Jack Moskowitz	38:27
M70 Ray Blue	23:37
W40 Linda Wack	19:05
Joyce Adams	21:52
Frank Knoll	23:59
W45 Claudia Piepenburg	21:36
Martha Drawert	23:57
Bernadette Marriott	26:06
W50 Ellie Thayer	22:39
Barbara Alden	43:34
Margaret Dean	49:25
W55 Karen Lovelace	29:41
Sally Johnson	50:03
Marie Botticelli	50:07
W60 Jacqueline Orsmond	38:00
W70 Lora Kassah	26:15

Mt. Washington Road Race
7.6 Miles, Pinkham Notch
Gorham, NH; June 15

Overall	
Daniel Kihara 28	58:21
Jacqueline Gareau 43	1:17:15
M40 Bob Hodge	1:10:17
Tom Schmiedel	1:12:11
Charlie Gunn	1:13:00
M45 Keith Woodward	1:13:07
Roger Price	1:18:25
Michael McCusker	1:20:17
M50 Sumner Brown	1:26:21
Monserate Burgos	1:21:42
Peter Orni	1:25:52
M55 Andrew Lewis	1:34:37
Lucien Trudeau	1:36:44
Robert Randall	1:37:09
M60 Gerald Barney	1:31:40
John Saarinen	1:36:56
Dick Church	1:42:48
M65 Donald Ross	1:38:00
Robert Hall	1:43:14
Leon Beverly	1:46:03
M70 Carlton Mendell	2:01:03
Peter Pantelis	2:02:12
Russell Bradley	2:03:02
M75 Charley Reed	2:18:04
Phillip Campbell	2:29:39
M80+ Howard Kellogg 80	2:36:23
W40 Jacqueline Gareau	1:17:15
Johanne DeBoer	1:30:56
Heather McKeown	1:33:13
W45 Dorothy Helling	1:28:42
Kris Tholke	1:50:39
Orry Gibbs	1:54:21
W50 Faye Gagnon	1:44:36
Gail Connolly	1:52:55
Kathy Chabot	2:14:37
W55 Carrie Parsi	1:40:43
Louisa Dunlap	1:48:33
Diana Avery	1:51:11
W60 Sally Strazdins	1:56:46
Jeannette Cyr	2:04:01
Dorothy Gergman	2:05:18
W65+ Hildy Fosse 67	2:12:37

SOUTHEAST

Continued from previous page

David Bray	18:39
Joseph Matthews	19:06
Ken Fortson	19:26
Martin Mace	19:29
M45 Ronnie Beard	17:30
Terry Rayburn	18:11
Carl Nicholson	18:20
Bill Tucker	19:23
Wayne Garner	19:40
J Craig Cecil	20:09
M50 Gordon Graham	19:52
Walter Wilson	20:19
Jon Roy Sullivan	20:42
Ben Fox	20:48
M55 Sammy Morris	19:16
Orbin Thompson	20:24
Wayne Hasenbein	22:10
Butch Goldblatt	23:04
M60 Rudolph Bates	21:00
Richard Tankersley	22:04
Wayne Smith	23:37
M65 Ben Morton	21:12
Roger Richards	23:47
M70 Herb Johnson	26:15
M75 Claude Barrow	35:07
W40 Alesia Ryals	21:32
Betsy Dreher	22:38
Ann Eller	22:42
Agnes Cartner	25:27
W45 Mona Fine	20:22
Cathy Burres	22:28
Vivian Hammond	25:04
Ellen Cannon	25:58
W50 Linda McDuffie	21:52
Dorothy Keller	26:45
Evi Jones	27:55
W55 Yo Setser	24:11
Bahara Sosebee	29:00

MIDWEST

Revco-Cleveland Marathon & 10K
Cleveland, OH; May 5

--Marathon--	
Overall	
Hector de Jesus	2:12:10
Alevina Naumova	2:32:14
M40 Doug Kurtis	2:26:04
Frank Rajewski	2:30:05
Allen Choma	2:30:30
Kerry Brodeur	2:36:59
Charles Block	2:37:55
David Luljak	2:42:49
Joe Sliman	2:49:23
Jim Harmon	2:55:00
Robi Black	2:55:00
Dan Brown	2:56:38
M45 Terry McCluskey	2:32:45
Dale Oleff	2:53:02
Jim Sapp	2:57:07
Richard Adomitis	2:58:05
Wayne Vereb	3:05:21
Osamu Yamamoto	3:06:58
Chas Drabish	3:10:34
Jerry Tomko	3:12:44
Ralph Lowery	3:12:59
Ernest Richmann	3:13:01
M50 Ken Sparks	2:37:14
John Doebrich	3:05:11
Mike Rogoff	3:08:20
Jim Volk	3:12:43
Ervin Love	3:22:34
Charles Dufour	3:26:06
Joe Martorana	3:29:04
Mike Seibert	3:29:28
M55 Bill Curtin	3:11:30
Kent Morrison	3:15:57
Francis McVellie	3:22:42
Dan Foldenauer	3:24:36
Norbert Peiker	3:25:58
Richard Albaugh	3:39:26
M60 Chas Kielkopf	3:47:11
Bill Greb	3:50:27
Ted Hartshorn	3:53:15
Gene DeFrongo	4:36:05
M65 Matt Morris	3:46:42
Don Robbins	4:01:00
Ralph Witmer	4:11:02
M70+Bruce Clark 70	4:11:08
Earl Tyler 73	4:24:39
Tom Park	5:25:03
W40 Winnie Ng	2:58:57
Nancy Tichy	3:16:23
Robin Smith	3:19:26
Ruta Kunevicius	3:23:06
Joan Pellegrin	3:23:20
Kathy Dugan	3:29:43
W45 Lynda Churchfield	3:44:25
Kate Spencer	3:55:51
Mary Mlinarik	4:26:02
Susan Kaufman	4:32:50
Suzanne Waldron	4:42:51
W50 Judy Carroll	3:35:23
Cheryle Stallings	3:42:30
Jill Wittenburg	3:59:03
W55 Joan Firman	4:47:00
--10K--	
Overall	
Joseph Kimani	27:20
Elana Meyer	32:00
M40 Paul Barron	31:22
Ric Sayre	31:36
Scott Snyder	32:26

Brad Ingram	32:33
Pablo Vigil	32:47
Fred Robbins	33:39
Tom Cherchuck	34:14
Bruce Harrison	34:35
John Gray	34:39
Dave Stephens	36:06
M45 Felix Rendina	34:02
John Thorpe	34:23
Bob Pavlas	34:46
Jeff Illinka	35:24
Fred Corpuz	36:07
John Schetter	36:22
Glenn Andrews	36:22
George Panak	36:38
Larry Fredrick	36:45
M50 John Roos	38:30
Frank Hamman	38:37
Bob Krumert	39:00
Ray Fredrick	39:21
Pete Fickert	39:51
Don Lee	40:25
Jim Troknya	40:44
Dennis Brixius	40:51
M55 Joe Fodor	38:15
Bill Catanesse	39:46
Dewey Lafond	40:10
Jack Larson	41:22
Dale Griffin	41:44
Richard Stowe	42:00
Fred Misfeldt	42:09
M60 Charles Rose	36:55
Charles Albert	43:46
Paul Reddix	45:47
Don Anderson	46:12
Ed Kilbane	48:41
M65 Jack Huntsberger	44:42
Bill Carey	47:31
Bob Adams	48:47
Arnold Turrin	49:24
M70+Gied Stroombeck 70	46:56
Ralph Rodriguez 73	55:25
Noel Hill 73	57:07
W40 Debbie Wagner	37:52
Barbara Peiker	42:20
Colleen Donnelly	42:50
Marylou Sieczkowski	45:38
Jo Ann Kroft	46:27
W45 Theresa Mahr	36:57
Nancy Grayson	37:11
Barbara Filutze	40:08
Jeannie Rice	41:37
Barbara Broad	43:17
Mary Wieterford	46:12
Eileen Gressock	46:32
M50 Mitzi Kernan	45:54
Jeanne Sikorski	49:11
Galen Bacon	50:56
Kate Howley	52:59
W55 Jean Toth	50:48
Marj McQuate	51:08
Judi Weitman	52:16
Judy Hagestrom	54:19
W60 Jennie Criswell	47:25
Marilyn Olsen	53:03
Patt Peters	55:26
W65 Ani Rak	64:06
Eliz Orr	65:57
W70+Eileen Gallagher 72	62:21
Pauline Tursic 75	64:15
Ann Budea 71	83:15

MID-AMERICA

Grandma's Marathon
Duluth, MN; June 22

Overall	
Patrick Muturi 23	2:13:43
Mary Alico 33	2:32:42
M40 Doug Kurtis	2:27:26
Pat Jablonski	2:27:39
Dave Johnson	2:31:20
Terry Stewart	2:38:42
Peter Lentine	2:40:54
Rob Whetham	2:40:54
Steven Riley	2:43:53
Mike Sellen	2:46:34
Bill Gasteyer	2:48:15
Tim McLaughlin	2:49:28
Freddie Johnson	2:50:10
Jess Koski	2:50:24
John Sargent	2:50:56
Tom Surprenant	2:51:12
Don Ondahl	2:52:02
Ronn Kozlow	2:52:54
Dale Heinen	2:53:56
Keith Kowalsky	2:54:00
Charlie Goetsch	2:54:31
Bob Manson	2:54:48
M45 Vladimir Krivoy	2:33:34
Jim Pelarske	2:34:51
Doug Suker	2:37:58
Luke Brock	2:41:00
Robert Bender	2:41:56
John Naslund	2:45:58
Virgil Koski	2:46:57
Mitch Mode	2:49:06
Mike Frey	2:50:03
John Cretzmeyer	2:50:40
Mike Myrnes	2:53:46
Stephen Harrington	2:54:31
Wayne Walvatne	2:55:13
Stan Hodapp	2:58:26
Dennis Wheeler	2:58:55
M50 Robert Behrens	2:50:19
Don Mathieu	2:51:13
Jim Baillargeon	2:54:02
Doug Saari	2:56:11
Norm Purrington	2:57:54
Roger Fisher	3:03:13
Bert Moore	3:03:30

Leonard Coeuyt	3:03:35
Bud Mixon	3:03:44
Dave Schwanke	3:04:01
M55 John Jones	3:01:51
Hank Larsen	3:06:27
David Roseen	3:16:38
Keith Kopenski	3:19:20
David Johnson	3:19:23
George Lisovskis	3:23:38
James Lally	3:24:52
Marv Bradley	3:26:31
M60 Ted Tetzlaff	3:03:19
Robert Wuthrich	3:08:44
David Sherwood	3:10:08
George Tinti	3:14:07
Jim Schleisman	3:14:26
Dick Green	3:18:27
Paul Kutschera	3:19:14
Earl Weidner	3:32:26
M65 Greg Prom	3:26:41
Harold Hubbard	3:38:22
Pat Moreland	3:43:32
Bill Hollihan	3:49:01
Arnie Gilbertson	4:06:10
Andy Schlossin	4:12:29
M70+Franklin Mason	3:35:07
Alex Ratelle	3:47:54
Jim Waterman	4:08:40
Burt Carlson	4:30:19
W40 Gillian Horowitz	2:45:53
Marina Jones	2:54:16
K R GuderyonGoetz	3:00:45
Laurel Cihak	3:01:07
Valerie Pinocci	3:02:32
Christine Iwahashi	3:07:07
Janet Skaalen	3:11:12
Lisa Martell	3:13:48
Susan Southard	3:19:26
Jean Davis	3:21:11
W45 Gloria Jansen	2:58:19
Sharlet Gilbert	3:11:29
Diana Spencer	3:18:37
W50 Joy Imms	3:43:54
Paulette Schwartz	3:46:12
Peggy Trager	3:54:14
Mary Croft	3:57:29
Pat Goodwin	4:05:51
W55 Jan Kohde	4:09:47
Noreen Hendley	4:16:01
Peg Evavold	4:18:50
Myrna Breivik	4:26:25
W60 Wen-Shi Yu	3:40:55
Mae Horns	4:13:17
Lois Johnson	4:58:37
W65 Joy Johnson	4:30:44
Jeannine Julson	5:59:02
W70+Agnes Reinhard	4:25:42

WEST

Fontana Days Half-Marathon 5K
Fontana, CA; June 1

--Half-Marathon--	
Overall	
Fredson Mayiek 26	1:03:51
Liliana Mendoza 28	1:18:01
M40 David Edgar	1:17:46
John Fitzgerald	1:23:06
Jim Slepki	1:28:27
Carlos Castaneda	1:28:41
John Isakson	1:29:04
Ed Fonda	1:29:22
Trevor Baylor	1:30:36
Mike Whelan	1:33:02
M45 John Montgomery	1:18:10
Terry Camack	1:20:34
Bruce Mauldin	1:23:07
Anthony Romero	1:29:32
Jurn Stewart	1:30:14
Phil Coupland	1:30:17
Doug Allen	1:32:59
Phil Barrett	1:33:06
M50 Wayne Mitchell	1:16:16
Leroy Wilke	1:28:31
Ron Lowy	1:35:39
Dan Randal	1:37:08
M55 Ray Miranda	1:24:31
Roberto Vargas	1:28:50
Joseph Boozie	1:35:33
Ward Wright	1:37:48
Tom Tisone	1:39:14
M60 William Wall	1:30:51
Ben Bernal	1:34:21
Joe Bruney	1:39:32
M65 Rao Paladugu	1:49:12
Roland Robinson	2:29:58
Don Rodgers	3:30:41
M70 Gil Cisneros	2:11:54
Rich Walsh	2:12:11
M75 Sam Dimura	2:21:35
W40 Carol Richardson	1:34:33
Cori Leone	1:40:09
Paula Collman	1:40:14
M45 Kim Satterlee	1:45:19
Karen Chettle	1:45:58
Ima Hutton	1:55:04
W50 Penny Tyree 54	1:32:42
Sally Tyree 53	1:57:19
Judy Bruce	2:00:01
M55 Viola Phillips	1:39:34
Elaine Murphy	1:44:25
Carole Davis	2:00:12
W60 Shirley Chadwick	2:19:58
Evelyn Tapia	2:25:53
M65 none	
W70 Blanche Furtney	2:50:19
598 finishers	
--5K--	
Overall	
Cosmas Musyoka 23	13:30
Theresa Barrios 29	16:19

M40 Steve Blum	14:52
Nicolas Hernandez	15:03
Tony David	16:22
Fred Vartanian	17:02
Jesus Figueroa	17:17
Martin Wildgoose	17:22
Duke Barton	17:39
John Valdez	18:20
Dick Lankhaar	18:24
M45 Don Irvine	16:16
Don Ocan	16:32
John Hunter	17:12
Bob Randle	17:43
Ken Dunn	18:03
John Scribner	18:09
Tom Ohlsen	19:08
M50 Steve Myhor	15:53
Allen Gamber	17:03
Bobby Roberts	17:52
Glenn Crabtree	18:16
Rhio Gillon	18:52
M55 Dave Arntson	19:16
John Velverton	21:44
Robert Jones	22:55
M60 Bill Crum	18:36
Don Vandyke	18:55
Leroy Carter	19:30
M65 Pat Devine	19:00
Paul Saucedo Jr	19:50
Efrain Sanchez	20:58
M70 Larry Banuelos	21:05
Royelio Rivera	23:20
M75 J Smith	34:38
James Henehan	39:36
M40 Sandy RobbinsSydney	17:26
Valerie Pinocci	17:27
Pamela Fisher	21:30
Barbara Moses	21:46
Terry Heintz	22:32
W45 Carolyn Pelonis	21:22
Marianna Schaffer	23:18
Norma Porter	25:01
Barb Tomita	25:22
M50 Nancy Ten Berge	21:54
Coni McElroy	22:15
Janyth Dison	26:33
M55 Bonnie Harkins	20:45
Lorie Rose	28:28
Lois Jimenez	30:42
W60 Kathy Callaway	31:09
Anna Aguilera	54:27
M65 Verlan Bruce	32:46
Ella Crabtree	38:19
M70 Mary Storey	24:28
Gladys Mathes	43:11
--5K Racewalk--	
M40 Rex Tobler	29:08
M45 Rick Gustafson	37:09
M50 Glen White	38:15
M55 Tony Zuniga	43:55
M60 George Willmore	30:25
M70 Mel Grantham	33:33
M80 Tony Perona	38:46
W40 Linda Ohlsen	30:18
W45 Tran Boggs	35:39
M50 Rosalina Grisco	43:43
M55 Nancy Brinkley	31:30
W60 Barbara Jenkins	40:01
M65 Alice Garcia	35:32

Gardena 5000

Gardena, CA; June 2

M40 Keith Withthover	15:39
Nick Hernandez	16:01
Steve Blum	16:07
Harold Ketting	16:28
Gary Shapiro	16:39
M45 German Alonso	16:54
Ron Kurlle	17:13
Adalberto Mendoza	17:15
Dan Kelly	17:25
Dan Ocan	17:30
M50 Ron Ogilvie	17:33
Juan Cabeza	17:42
Steve Crouch	17:42
Gil Dodson	18:30
M55 Catarino Gonzalez	17:24
Jon McPherson	17:27
Brian Ferner	19:07
Paco Licea	21:05
M60 Carlos Valle	17:59
John Rudberg	19:52
Robert Lyons	20:08
M65 Gunnar Linde	19:48
Pat Devine	20:40
Leonard Walts	21:45
M70 Larry Banuelos	21:54
Roy Murano	26:25
Joe Rossi	27:05
M75 Jack Ishii	29:37
Frank LaFontaine	31:07
Bill Dietrich	31:28
M80+ErnieVanLeeuwen	83:28:48
Geo Feinstein	31:05
Fred Shanley	31:45
David Ogomori	81:54:14
W40 Kimberlee Campo	17:57
Julie Guzman	18:16
Leslie Lewis	18:39
Sandy Snyder	18:40
M45 Debby Jamieson	21:06
Becky Parker	21:16
Anita Greenberg	22:20
Loretta Bronk	22:40
M50 Isadora Johnson	21:58
Gina Biggs	22:55
M Morrissey	25:40
M55 Yvette Lavigne	20:29
Sylvia Daugherty	23:18
Bobbi Gold	24:17
M60 Shirley Blush	24:12
L Seidmeyer	25:11

	Chieko Allwein	25:28
W65	Yukie Mochida	25:28
	Antoinette Hill	27:37
	Nelly Williams	29:48
W70	Helen Dick	27:08
	Mae Tengan	34:00
W75	Sarah London	43:18
	Isayo Okayama	52:59
W80+	Haruko Hurt 81	56:39

Continued from previous page

Germany	1:59:59
Belgium	2:00:39
W45-49 Belgium	1:57:13
(Keterlslegers/Mehner/Beeln)	
Germany	1:58:42
GBR & No Ireland	1:58:58
Ireland	2:00:47
W50-54 GBR & N Ireland	1:58:31
(Pohl/Schroeder/Federiks)	
GBR & No Ireland	2:13:13
Ukraine	3:04:22
W60-64 France	2:17:26
(Maisonrouse/Sommier/Pinard)	
GBR & No Ireland	2:17:27
Germany	2:28:19
W65-69 GBR & N Ireland	2:24:25
(Quinton/Ross/Forster)	
Germany	2:30:26
France	2:56:03

--25K--

M40	
Trevor Clark	GBR 1:21:59
M A Rivero Rojas	ESP 1:22:42
Albert Runger	ITA 1:22:53
John Duffy	GBR 1:23:29
Walter Blaschke	GER 1:23:33
M45	
Peter Kiefl	GER 1:23:28
David Hill	GBR 1:23:54
Alex Tsukanov	RUS 1:24:26
Omer Van Noten	BEL 1:24:59
R Munos Arroyo	ESP 1:27:00

M50	
Kjell-Erik Stahl	SWE 1:23:45
Michael Hurd	GBR 1:25:05
Martin Rouse	GBR 1:27:33
Arnold Hugh	GBR 1:28:53
Joe VanDeWater	BEL 1:29:19
M55	
Peter Lessing	GER 1:28:40
Walter Koch	GER 1:29:21
Quenter Martin	GER 1:30:50
Laurent Faignart	BEL 1:32:37
Kaspar Scheiber	SUI 1:34:14

M60	
Manuel Rosales	ESP 1:32:56
Johan Rueter	NED 1:35:52
Guendal Chalamanov	UKR 1:36:35
Mick Ward	GBR 1:36:55
M65	
Wil VanDeLee	NED 1:34:59
Luciano Acquarone	ITA 1:35:53
Wm Stoddart	GBR 1:40:15
Edmund Schapp	GER 1:41:55

M70	
John Cahill	USA 1:49:59
A Soto Mendez	ESP 1:52:33
George Deschacht	BEL 1:52:38
M75	
Emiel Pauwels	BEL 2:07:30
Premysl Dolensky	CZE 2:09:07
Sav Samoilenko	UKR 2:14:33

M80	
Andre Osselaer	BEL 2:20:08
Dudley Healey	USA 2:53:56
Albert Olbrechts	GER 3:03:57
M85	
Linda Milo	BEL 1:34:15
Elisa New	FRA 1:36:06
Mary Sheehan	JRL 1:37:29
Hetty Everhardus	NED 1:38:55
Nina Hansteen	NOR 1:39:18

M90	
Diane Underwood	GBR 1:35:57
Magdalena VanMol	BEL 1:38:31
Angelika Dunke	GER 1:38:53
M VanDeGehuchte	BEL 1:40:06
M95	
M P Ketelslegers	BEL 1:41:10
Joe Heffernan	GBR 1:43:01
Jana Chlupata	CZE 1:43:28
Charlene Soby	USA 1:44:06
Therese VanLare	NED 1:44:19

W50	
Carol Wolstenmolk	GBR 1:45:27
Mariann Stenbakk	NOR 1:48:46
C VanDeWater	BEL 1:50:01
Lisette DeVogt	BEL 1:50:54
M55	
Marlis Schroeder	GER 1:47:34
Anni Wentzien	GER 1:48:34
Christine Fuchs	GER 1:48:46
Baerbel Berghaus	GER 1:52:37

M60	
Renee Choppin	FRA 1:54:00
Joseette Montandon	SUI 1:54:04
Mary Anstey	GBR 1:56:53
Myfany Loudon	GBR 2:01:06
M65	
Eileen Quinton	GBR 2:05:00
Berth DePreter	BEL 2:14:04
Betty Forster	GER 2:15:50
Ruth Anderson	USA 2:34:37

W70	
Giuseppina Gurtner	SUI 2:16:47
Marie Hanakova	CZE 2:45:01
W75	
Grace Bulger	GER 3:16:16
Teams	
M40-44 GBR & N Ireland	7:08:32
(Clark/Duffy/Kilgallon/Snel-	
grove/Barker)	
Russia	7:27:28
Netherlands	7:28:18
Spain	7:28:20
France	7:31:44
M45-49 GBR & N Ireland	4:18:43
(Hill/Hughes/Bell)	
Germany	4:23:03

Russia	4:26:11
Ireland	4:29:22
France	4:32:02
M50-54 GBR & N Ireland	4:21:31
(Hurd/Rouse/Arnold)	
Germany	4:34:10
Belgium	4:34:33
Ireland	4:42:04
France	4:46:43
M55-59 Germany	4:28:51
(Lessing/Koch/Martin)	
Belgium	4:42:06
Netherlands	4:48:42
GBR & No Ireland	4:55:30
France	4:59:16
M60-64 GBR & N Ireland	5:00:42
(Ward/Clayton/Brennan)	
Belgium	5:07:29
Spain	5:08:56
Germany	5:10:50
France	5:36:22
M65-69 GBR & N Ireland	5:10:39
(Stoddart/Wood/Forster)	
Belgium	5:16:25
Germany	5:42:01
M70-74 Germany	5:58:48
(Lenhardt/Gutbier/Buchwald)	
Spain	6:01:26
Belgium	6:05:00

W35	
Ireland	4:58:41
(Sheehan/Greenan/Hennessy)	
Netherlands	5:09:40
Belgium	5:10:46
Germany	5:29:10
W40-44 Belgium	5:06:52
(VanMol/VanDeGehuchte/Hendrix)	
GBR & No Ireland	5:11:33
France	5:14:13
Germany	5:16:08
W45-49 Netherlands	5:16:06
(VanLare/KnapendeBode/Evers)	
GBR & No Ireland	5:19:32
Germany	5:28:56
Belgium	5:30:37

W50-54 GBR & N Ireland	5:31:39
(Wolstenmolk/Garrett/Grimley)	
Belgium	5:35:07
France	5:49:13
Germany	5:50:39
W55-59 Germany	5:24:54
(Schroeder/Wentzien/Fuchs)	
GBR & No Ireland	6:01:25
Switzerland	6:31:34
W60-64 GBR & N Ireland	6:00:56
(Anstey/Loudon/Usher)	
Germany	6:27:33

--30K Racewalk--	
M40	
Fabio Ruzzier	ITA 2:26:40
Godfried Jonckher	BEL 2:27:01
Roberto Cervi	ITA 2:30:10
Claudio Penolazzi	ITA 2:30:48
Andreev Oleg	RUS 2:31:50
M45	
Gerard Lelievre	FRA 2:29:02
Viktor Semenov	RUS 2:31:50
J J Buschke	FRA 2:32:24
Renzo Toscanelli	SUI 2:33:01
Johann Siegle	AUT 2:41:08

M50	
Bernard Binggeli	SUI 2:31:44
Allan Callow	GBR 2:38:40
James Carmines	USA 2:45:34
Robert Dobson	GER 2:45:46
Peter Eisfeller	GER 2:52:14
M55	
Dieter Zschiesche	GER 2:37:44
Bernard Caudron	FRA 2:37:49
Edmund Shillabeer	GER 2:40:56
Giuliano Bordoli	ITA 2:44:28
Agila Kuchumov	RUS 2:49:36

M60	
Nico Schrotten	NED 2:54:22
Nikolai Markov	RUS 2:55:24
David Stevens	GBR 3:01:12
Nikita Larionov	RUS 3:01:56
Mario Sciarreta	ITA 3:01:58
M65	
Robert Schouckens	BEL 3:01:53
John Starr	USA 3:18:37
Denis Withers	GBR 3:19:56
R G Austenmehle	GER 3:37:32

M70	
Robert Mimm	USA 3:23:19
Len Cro	GBR 3:31:43
Jack Fitzgerald	GBR 3:41:44
Mel Lees	USA 3:55:58
M75	
Charles Colman	GER 3:20:38
Rolf Schoenemann	GER 4:00:57
R J Rogers	RSA 4:07:07

M80	
James Grimade	GER 3:24:40
Gerhard Theune	GER 3:47:27
Francis Cauvin	FRA 3:47:36
Teams	
M40-44 Italy	13:08:58
(Ruzzier/Cervi/Penolazzi/	
Giani/DeGiorgis)	
Belarus	14:52:27
M45-49 France	7:44:05
(Lelievre/Buschke/Dugast)	
Russia	8:18:38
GBR & No Ireland	8:39:16
M50-54 GBR & N Ireland	8:21:44
(Callow/Dobson/Penfold)	

Germany	8:49:44
USA	9:23:10
(Carmines/Johnson/Finch)	

M55-59 Italy	8:44:57
(Bordoli/Andreotti/Pollanz)	
GBR & No Ireland	8:45:22
Germany	8:57:21
M60-64 Russia	9:06:16
(Markov/Larionov/Sibgatulin)	
GBR	9:07:50
Germany	9:44:17
M65-69 USA	10:37:54
(Starr/Mimm/Lees)	
M70-74 GBR & N Ireland	10:17:01

20K ROAD WALK	
W35	
Victoria Herazo	USA 1:38:06
Alverne Monique	FRA 1:55:00
Lilli-Anne Krüger	RSA 2:01:11
W40	
Elizabeth Corran	GBR 1:47:10
L Nitiagovskaya	RUS 1:51:58
Catherine Reader	GBR 1:52:39
W45	
Maria Jose Briz	ESP 1:53:16
Ann Lewis	GBR 1:56:14
Pam Phillips	GBR 2:17:24
W50	
Heidi Maeder	SUI 1:49:17
Frieda de Wolf	BEL 2:00:57
Ingrid Adam	GER 2:05:56
W55	
Waltraud Seiler	GER 1:53:45
G Migliasso	ITA 2:05:06
S Balunenko	BLR 2:09:15
W60	
Denise LeClerc	FRA 2:10:15
Pamela Horvill	GBR 2:17:24
Arlette Maimbourg	FRA 2:34:38
W65	
Rauvel Solis	MEX 2:22:07
Elena Pagu	ROM 2:39:34
Constanta Drobota	ROM 2:46:37
W70	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W80	
Johanna Luther	GER 3:25:09

M55-59 Italy	8:44:57
(Bordoli/Andreotti/Pollanz)	
GBR & No Ireland	8:45:22
Germany	8:57:21
M60-64 Russia	9:06:16
(Markov/Larionov/Sibgatulin)	
GBR	9:07:50
Germany	9:44:17
M65-69 USA	10:37:54
(Starr/Mimm/Lees)	
M70-74 GBR & N Ireland	10:17:01

20K ROAD WALK	
W35	
Victoria Herazo	USA 1:38:06
Alverne Monique	FRA 1:55:00
Lilli-Anne Krüger	RSA 2:01:11
W40	
Elizabeth Corran	GBR 1:47:10
L Nitiagovskaya	RUS 1:51:58
Catherine Reader	GBR 1:52:39
W45	
Maria Jose Briz	ESP 1:53:16
Ann Lewis	GBR 1:56:14
Pam Phillips	GBR 2:17:24
W50	
Heidi Maeder	SUI 1:49:17
Frieda de Wolf	BEL 2:00:57
Ingrid Adam	GER 2:05:56
W55	
Waltraud Seiler	GER 1:53:45
G Migliasso	ITA 2:05:06
S Balunenko	BLR 2:09:15
W60	
Denise LeClerc	FRA 2:10:15
Pamela Horvill	GBR 2:17:24
Arlette Maimbourg	FRA 2:34:38
W65	
Rauvel Solis	MEX 2:22:07
Elena Pagu	ROM 2:39:34
Constanta Drobota	ROM 2:46:37
W70	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W80	
Johanna Luther	GER 3:25:09

Teams	
W35 France	6:25:07
(Alverne/Bertheas/	
Bouchet)	
W40 Great Britain	5:59:01
(Corran/Reader/Evans)	
USA	6:55:32
(Finch, Junz, Cox)	
W55 Germany	6:38:27
(Seiler/Brodere/	
Knaeringer)	

W60	
Denise LeClerc	FRA 2:10:15
Pamela Horvill	GBR 2:17:24
Arlette Maimbourg	FRA 2:34:38
W65	
Rauvel Solis	MEX 2:22:07
Elena Pagu	ROM 2:39:34
Constanta Drobota	ROM 2:46:37
W70	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W80	
Johanna Luther	GER 3:25:09

W85	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W90	
Johanna Luther	GER 3:25:09

W95	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W100	
Johanna Luther	GER 3:25:09

W105	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W110	
Johanna Luther	GER 3:25:09

W115	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W120	
Johanna Luther	GER 3:25:09

W125	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W130	
Johanna Luther	GER 3:25:09

W135	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W140	
Johanna Luther	GER 3:25:09

W145	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W150	
Johanna Luther	GER 3:25:09

W155	
Uruula Theune	GER 2:28:50
Denise Cauvin	FRA 2:46:53
Elisabeth Thierauf	GER 2:54:10
W160	
Johanna Luther	GER 3:25:09

MAC/USATF East Regional 20K Racewalk Championships Central Park, NYC; May 26

Overall	
Mark Varsano 31	1:39:46
Rhoda Green 62	2:15:20
M40 Curt Sheller 42	1:45:55
Stan Chraminski 48	1:51:30
Lon Wilson 48	1:59:27
M50 Gary Null 51	1:54:27
Sherwin Wilk 57	1:59:03
Jim McGrath 59	2:01:41
M60 Bob Barrett 62	1:58:28
Daniel Pina 66	2:15:25

Jos Stankaitis 60	2:24:06
M70 Walter Hawrys 71	2:27:32
W40 Ellen Schulman 49	2:37:59
W60 Rhoda Green 62	2:15:20
Jan Geri 63	2:17:25

USATF Pacific Assoc. Masters 5K Racewalk Championships, Los Gatos, CA; June 8

Men	
Bill Penner 49	26:18
Art Klein 43	28:41
Guang Than 40	30:03
John Doane 53	30:13

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After 47 years

Bill Rodgers is still running.

Bill Rodgers wears Etonic.

Just coincidence?