

NATIONAL MASTERS NEWS

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

240th Issue

August 1998

\$2.50

Record Turnout for Hayward Classic Meet in Eugene



SUZY HESS

Gordon Valiant (l) in 2:07.85, and Jim Jones in 2:08.39, finishing one-two in the M45 800 race, Hayward Classic Masters Meet.



SUZY HESS

Susannah Beck, 30, first overall and winner of the best age-graded performance in the *National Masters News* Women's Mile with an 83.5% 4:58.05, at the Hayward Classic Masters Meet.

by JERRY WOJCIK

A reputation for staging good meets, and the lure of Hayward Field, drew a record 289 athletes to Eugene, Ore., for the 18th meeting of the Hayward Classic Masters Meet on June 27-28. The field of 231 men and 58 women produced one U.S. and five world age-group pending records.

Joe Keshmiri, 60, Reno, Nev., broke the M60 world record for the 6kg shot with a 54-0. The present mark of 52-6 $\frac{1}{4}$ is held by Peter Speckens of Germany.

On Saturday, Ivy Granstrom, W85, of Canada, ran a 2:26.42 in the 400, and on Sunday, she ran a 24:08.62 in the 3000. Both times are better than pending world records for that age group. Granstrom, who is blind, runs with the aid of a guide. Myra Fromme, 94, of Eugene, established W90 world records in the 100 (42.13) on Saturday, and the 200 (94.03) on Sunday.

Paul Heitzman, Eudora, Kansas, ran a 10:49.81 in the 3000 to break the U.S. M65 record of 10:51.0, which had stood for 23 years.

Heitzman, who had finished second in the *National Masters News* Age-Graded Mile here in 1997 and said that he would be back to win in 1998, kept his promise. Running in a field of 11 men, Heitzman ran a 5:28.71 for a 91.1% top performance and a \$50 prize, which he promptly returned to the NMN as a gift. David Jansen, 42, first overall in the mile in 4:34.61, was second with an 87.4% and was awarded \$25.

In a separate women's mile, Susannah Beck, 30, of Eugene, took

Continued on page 7



JEFF FREY

Bev Docherty, St. Paul, Minn., four days after turning 40, claimed her first masters title at Grandma's Marathon, Duluth, Minn., June 20, with a 2:46:02.

Russia's Kuznetsov Sets Course Record 2:14:12 at Grandma's

by JANNA WALKUP

Minnesota's largest and oldest 26.2 mile road race, better known as Grandma's Marathon, has become famous in distance running circles for its multitude of volunteers, attention to detail, and outstanding competition. After nearly ideal weather conditions and exceptional performances, on June 20, masters runners will be looking

ahead to the 1999 Grandma's.

Andrey Kuznetsov, of Russia, took advantage of the cool and foggy weather to set a new masters course record of 2:14:12 at this year's event. The 40-year-old Kuznetsov finished second overall, less than two minutes behind overall winner, Simon Peter, of Tanzania, 30, who blasted to a 2:12:47,

Continued on page 6

100 Nations Represented in World Masters Games

More than 12,000 athletes from 100 nations are registered to compete in the fourth Nike World Masters Games in Oregon, August 9-22.

More than 1300 from 43 countries will participate in the track & field portion of the games in Eugene.

The previous record number of countries represented in the games was 71 in Brisbane, Australia, four years ago.

Doug Single, General Manager and CEO of the games, said over half the registered athletes are from outside the United States, and each of the 25 sports

featured in the games has at least one international athlete or team competing.

"We are thrilled with the support the games have received from athletes worldwide," Single said.

However, the *Portland Oregonian* reported the games entries "remain low," citing the original projection of 25,000.

"Several Portland hotels are preparing to absorb heavy losses after most of the rooms reserved have not been booked," reported the *Oregonian* in a front sports page article, July 11.

"Only 11,000 athletes have registered and paid the \$200 entry fee, causing four area hotels to lift blocks on rooms previously reserved."

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Saturday, September 12, 1998

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SAN DIEGO, CALIFORNIA

EVENTS

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- ◆ 800m, 1500m and 3000m runs
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- ◆ Long and short hurdles
- ◆ Pentathlon * ● 9 lane all weather track
- ◆ Grandparent/Grandchild relay ● Electronic timing
- ◆ Medley relay * ● USA T&F officials

* Pentathlon score based on earlier performance in 200m, 1500m, discus, long jump, and shot put. Enter event at the meet. No entry fee.

* Medley relay - 100m, 200m, 400m and 800m. Minimum combined age 230. Same sex or mixed team. Enter event at the meet. No entry fee.

Entry Fees: \$30.00 registration plus \$5.00 per event includes T-shirt and medals, Opening ceremonies - Dinner dance and more

"Just Say No to Aging" one day symposium - Wednesday, September 16
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Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

QUALIFYING STANDARDS

In response to Doug Schneebeck's letter in the June issue regarding my previous comments on qualifying standards for the national masters championships, I apologize if my remarks came across as "unsportsmanlike."

The only point I was trying to make is that I didn't feel as though I deserved to be recognized as a masters indoor 3000m champion, knowing there are several women across the country more qualified than myself. There were only two women in my age group; therefore, I was uncomfortable with my win and my championship status. I am sorry that in trying to make this point I may have represented myself in an "unmasterly" manner.

I am disappointed that Mr. Schneebeck interpreted this as an attempt to malign the efforts of the other athletes at the meet. Kathryn Martin ran a superb effort in winning the W45 3000 with a U.S. record, and I hope that, in six years, I am capable of running her times. My letter was written in support of Roland Rust's earlier letter, giving suggestions that were an attempt to give the meet the recognition it so greatly deserves.

I have watched many high school and college meets and am witness to the hard work put in trying to qualify for the "big meet." I was guilty of being naive enough to think we could create a similar situation in masters track. I realize there are many reasons for masters women not attending (expenses, commitments, etc.), and I am sure there are many people with

suggestions to improve our sport. It is unfortunate, however, that such criticism is necessary when an attempt is made expressing them.

With such a great meet being offered to us, any attempt at increasing the participation of national caliber runners should be encouraged.

Karen Boen
Stoughton, Massachusetts

NO FALSE START RULE

Australians generally have considerable, though not unqualified, admiration for the U.S.A. Largely through the influence of American television, our speech repeats every last bit of computer-industry language, and we are now in danger of adopting that pretentious word "masters" to describe many people who are no longer young, but certainly not experts of track and field. Which is why, presumably, you invented your contentious No False Start rule.

Most on this southern frontier find the American attitude to gun ownership and misuse simply incomprehensible. It's not much easier trying to find the benefit of the No False Start rule, canvassed yet again in your (typically admirable) June issue.

Graeme Shirley's exposition in Speaker's Corner is level-headed and helpful, but the sympathies of any administrator interested in the future of the sport must surely lie with Lee Gillespie's letter explaining the negative effects of such a draconian law.

During the summer, our club runs a weekly competition for all-comers, the

majority of whom are school children. One day we ran 38 100m races. We make it clear that breaks are not welcome in a busy program, but we don't throw out the baby with the bath water.

Surely the country with more education (of one sort or another) than any other can find a better solution than disqualifying athletes before they run! Might I humbly suggest you try education?

Robert Solomon
New South Wales, Australia

I am very much against not allowing a false start. Let me explain why. My competitive season begins in June and ends in August. In Pennsylvania, we do not have the luxury of warm winters, and there are no indoor tracks where I can run. Therefore, I race only in the summer.

I am neither retired, nor independently wealthy, so I run in a handful of meets locally in Pennsylvania and Maryland. My biggest meet is the Pennsylvania Keystone Games in August, where I usually run a 200, 400, and in the 4x400. My entire year's training is designed for this meet. Thank goodness one false start is allowed, because my nervousness has caused me to false start (infrequently) in the past.

I have months of training time invested in each season and entry fees have become substantial. I would hate this to be all for naught, because a hot and tired official called me for a false start. If every meet I ran in began DQing for false starts, I would give up track entirely.

Few masters runners deliberately false start, because it hurts everyone in the heat, including themselves. How



TESH TESHIMA

Erwin Jaskulski, 95, is congratulated by Shoichi Tanouye, 78, after Jaskulski broke the M95 world record of 39.00 for the 100m with a 24.81 in the Aloha State Games, June 13-14, Honolulu.

many false starts are there in a typical meet? I doubt if there were more than ten during a full day of the Keystone State Games, which involved seven age groups and two genders for a total of 154 races. How much time was lost? Five minutes? This is one percent of the time required to put on a large meet. Not much reason to ruin someone's entire season for five minutes.

Most masters runners enjoy competing for the fun of it. Let's not allow the rules to become so restrictive that the fun is stripped away from competing.

Peter Klotz
York, Pennsylvania

SCHEDULE CONFLICTS

In last month's NMN, Charles Kirkby expressed concerns about his potentially busy 800m/400m schedule

Continued on page 12

NATIONAL MASTERS NEWS

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CZZMN

Sixteen 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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Irving, Texas

Bulkley Breaks Record in Portland Classic

by JERRY WOJCIK

The 26th Portland Masters Classic hosted the 1998 USATF Oregon Association Masters Championships at Mt. Hood Community College in Gresham, June 13-14. Guest athletes from Washington, California, and Canada were among the 120 entrants.

Running six races in two days, Dan Bulkley, 81, Phoenix, Ore., broke the M80 300H world record of 68.0 by



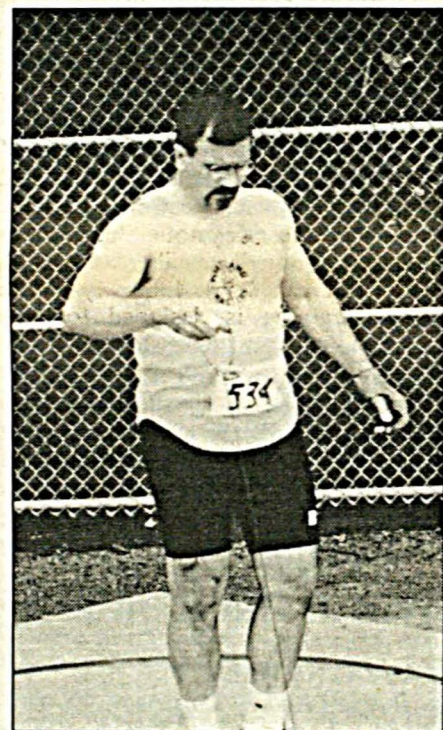
JERRY WOJCIK
Katie Angel (432), 44, kept her lead over Robin Vesey, 44, to win the W40 3000 race, 11:07.80 to 11:21.14, Portland Masters Classic.

Karl Trei in 1989 with a pending 64.63. Bulkley capped off the meet with a 10.93 first in the age-graded 100m.

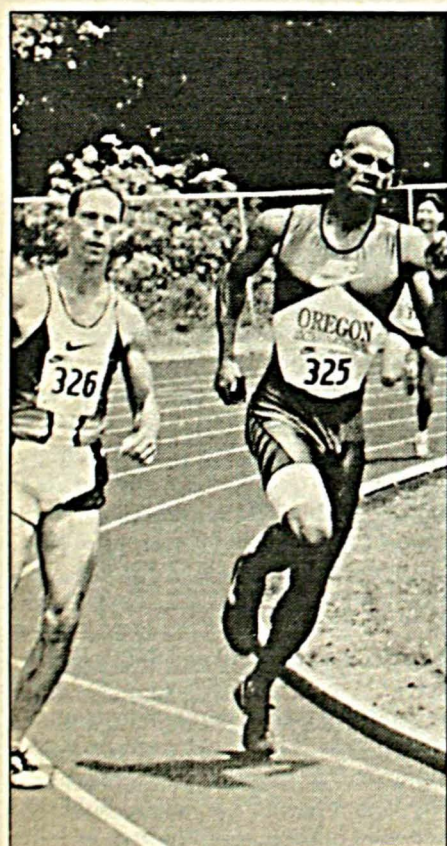
Speedster Karry Cameron, M40, won five championships with wins in the 100 (12.00), 200 (24.22), 400 (53.17), short hurdles (18.17), and long hurdles (65.10). Submaster Curtis Wilson, Jr., took the M30 400 (49.07), and edged Mark Holme (1:58.76) in the 800 with a 1:58.36. Dave Walter won the M50 400 in 54.73. Ed Kousky, M55, posted the fastest time in the 5000 racewalk with a 27:37.70.

Martha Mendenhall, W35, high jumped 4-11 $\frac{1}{4}$. Ken Weinberg was the M30 winner with a 205-4 in the javelin. World-record holder Ross Carter, 84, won the Oregon Association M80 shot put (34-10 $\frac{1}{4}$) and discus (104-2) titles.

Paul and Laura Stepan of the Portland TC served as meet coordinators. Jim Puckett was the meet director. □



SUZY HESS
Todd Taylor, second M55 hammer (157-11), Portland Masters Classic.



JERRY WOJCIK
Driving toward the finish, Curtis Wilson, Jr. (r), 30, held off Mark Holme, 30, to win the M30 800 race, 1:58:36 to 1:58.76, Portland Masters Classic.

FIFTEEN YEARS AGO August, 1983

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

CLUB WEST 25th ANNUAL MASTERS TRACK & FIELD EVENT Saturday, October 3, 1998

Nick Carter Track - La Playa Field - Santa Barbara City College
Cnr. Of Cabrillo Blvd. & Loma Alta Street

Co-sponsored by Club West & City of Santa Barbara Parks & Rec. Dept.

FIELD EVENTS

All Implements Will be Checked with Club West Trackmaster

- 9.00am Hammer - All Hammer throwers, UCSB Hammer Ring at the Track.
10.30am- Shot Put - Throwers who do not throw the hammer.
Hammer throwers who also throw the Shot, report for the second round, which starts as soon as the first round finishes.

- | | |
|-------------------------------|--------------------|
| 9.00am Long Jump | 1.00pm High Jump |
| 10.30am Pole Vault & Shot Put | 1.00pm Triple Jump |
| 11.30am Javelin | 1.30pm Discus |

TRACK EVENTS

- | | | | |
|---------|--------------|---------|---------------|
| 9.00am | 5000M | 12.30pm | 3000M Walk |
| 9.45am | 800M | 1.00 pm | 300M Hurdles |
| 10.00am | 50M | 1.15pm | 400M Hurdles |
| 10.30am | 80M Hurdles | 1.30pm | 200M |
| 10.45am | 100M Hurdles | 2.00pm | 1500M |
| 11.00am | 110M Hurdles | 2.15pm | 400M Relay |
| 11.15am | 100M | 2.30pm | 1500M Walk |
| 11.45am | 400M | 3.00pm | Steeplechase* |

*Number of entries will determine running of event

NAME _____ DOB _____ AGE _____ SEX _____

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PLEASE ENTER ME IN THE FOLLOWING EVENTS:

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ENTRY FEES: \$10 first event, \$5 each additional event, \$20 Relays NO REFUNDS

Relay team members must be from same club, and club must send check for fees.

SEPTEMBER 26, 1998 is the Deadline for Entries. Entries postmarked later, \$5 surcharge

IAAF/WAVA starting rules will apply.

MEET DIRECTOR: Gordon McClenathen (805) 964-3005

CLUB PRESIDENT: Beverley Lewis (805) 969-5851 FAX (805) 969-6613

ATHLETE/TEAM RELEASE: In consideration of my/our entry, I do hereby for myself, ourselves, heirs and administrators, waive and release all claims I/we may have against Club West Masters' Track & Field Meet, the City of Santa Barbara Parks & Recreation Department, its representatives, the various governing bodies, for any and all injuries suffered by me/us from competing. Furthermore, I/we take full responsibility for personal equipment owned by myself/ourselves.

REQUIRED BY USATF: Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Info. regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800 233-0393.

My 1998 USATF reg. Number is: _____

Signature: _____

You cannot compete without a USATF Reg. Number * Sanctioned by SCA-USATF



Third Wind

by MIKE TYMN

Will Doomsday Make for Better Running?

If all of the Doomsday reports I've been reading and hearing lately are correct, there's a possibility that this column will never make it into print or into the mail. If you're reading it, it means that one of the Doomsday prophets was at least a week or two off in his predictions.

According to futurist Gordon-Michael Scallion, who supposedly has the ability to see the future and has accurately predicted catastrophes and other world events, things will begin to happen in the latter part of July and will fully manifest themselves within three months. He's predicting major volcanic eruptions and earthquakes that will go off the scale. These will lead up to a shifting of the north and south poles, which will wipe out most of Europe and a good part of the United States. His visions show most of the western states under water.

Hard to Dismiss

I'd be inclined to totally discount Scallion as just another quack were it not for his past accuracy, El Niño, and the fact that a number of other people with psychic abilities of one kind or another have predicted much the same thing. Back during the 1930s, Edgar Cayce, called "The Sleeping Prophet," because he would go into a trance and relate all kinds of information otherwise unknown to him or the rest of the world, also predicted a polar shift during the latter part of 1998. He said that the western coast of North America will be inundated for several hundred miles inland, that the southern Atlantic coast will disappear beneath the ocean, and that Los Angeles, San Francisco, and New York would all be destroyed. He further mentioned that Japan would

"go into the sea."

Some 25 years ago, Ruth Montgomery, a former Washington-based journalist who learned to communicate with the "other side," predicted a "shifting of the axis" during the late '90s. She also mentioned topographical changes much like those of Scallion and Cayce.

Nostradamus also talked about a "great movement of the globe," although he had it happening in July or August of 1999.

Hopis in Agreement

I just heard last week that the Hopi Indian elders, who supposedly have long known the future of the earth, are now going public and saying that major changes will take place this year.

If we are to believe all this, this could be my last column and your last issue of *National Masters News*. However, I try to look at the bright side of this situation. I ask myself what positive things might result from such cataclysmic events. I gather that most of my home state of Hawaii will end up under water, but perhaps not immediately.

If I survive the initial tsunamis (otherwise known, incorrectly, as tidal waves), I should be able to lose the excess 30 pounds I'm now carrying and get back down to my old running weight of 152, since food will be in

Bess James

Elizabeth "Bess" Ann James, who took up running after retirement at age 67 and became one of the most popular and successful runners in the masters movement in the early 1980s, passed away at the San Diego Hospice on May 15 at the age of 88. A resident of the Hemet, Calif., area since 1941, James was born in 1909 in Yukon, Pa., one of 13 children.

After starting her running avocation, James went on to run 475 races in her 13-year athletic career. She ran races at all distances and completed the Boston, New York and Los Angeles marathons. She was the W70-74 TAC Female Athlete of the Year in 1981, '82, and '83, and, at one time, held more world records than any other female athlete in

the U.S.

James was successful on the track as well as on the roads and the W75 world record for the 3000 (17:37.2) and the U.S. record for the 1500 (7:42.30), both set in 1985, are still hers. She was extremely proud of having the privilege of carrying the Olympic Torch in 1984 on its way to Los Angeles.

Survivors include two sons, a daughter, and four grandchildren. Fred, her husband of 57 years, died in August 1997.

Memorial contributions may be sent to the San Diego Hospice, 4311 Third Ave., San Diego, CA 92103, or to Point Loma Convalescent Hospital, Employee Fund, 3202 Duke St., San Diego, CA 92110. □

short supply. Moreover, since most businesses will likely cease to exist, I should be able to take early retirement and therefore have more time for training.

On a larger scale, though, I see advantages for the running world. I see a return to amateurism along with both track & field and road racing supplanting football, basketball, and baseball on our list of major sports. There will be no television, no Yankees, 49ers, Lakers, or Braves.

For those professional athletes who do survive, it is unlikely they will play for food. People will gather for little picnics and will enjoy running and throwing games as they did a century or two ago.

No More Couch Potatoes

On an even bigger scale, it should do wonders for the fitness of the remaining population. Since there will be no television, very limited motorized transportation, and little in the way of junk food, there will be few couch potatoes.

It will give us a chance to put all the training we've had over the years to practical use. Instead of running to win or for time, we can chase wild animals for food. I have a problem in this respect, however, as we don't have many wild animals in Hawaii. We do have a few wild pigs back in the boonies, but from the few I've seen, wrestling ability is more important than speed or endurance on the run. I intend to stock up on peanut butter this month.

I'm sure there will be other positive aspects to all these changes. One of the biggest is that we won't have to see or hear any more of Dennis Rodman. That, in itself, may be worth all the turmoil. □

Kuznetsov, Kasen Win in Old Kent 25K

by JANNA WALKUP

Russia's Andrey Kuznetsov, 40, and Claudia Kasen, W40, San Antonio, Tex., ran away from the field to grab masters titles in the Old Kent River Bank Run 25K, Grand Rapids, Mich., May 9. Kuznetsov, crossing the finish line in 1:19:46, outdistanced M40 runner-up Jim Hage, Lanham, Mo., who took second in 1:22:29. Steve O'Connell, M40, Sparta, Mich., 1:27:27, finished third.

Kasen won the competition in 1:36:0, more than six minutes over W40 runner-up Doris Windsand-Dausma, Kingsport, Tenn., who completed the 15.5-mile distance in 1:42:37. Windsand-Dausma edged out third-place finisher Carol Gephart, W40, Hamilton, Mich., 1:43:30.

M70+ winner Jim Forshee, Ann Arbor, Mich., averaged an impressive 7:13 pace en route to a 1:51:57 finish, while Carol Bender, W55 winner, Middleville, Mich., coursed to a speedy 1:59:16. The race drew a record field of 4345. □



JEFF FREY

Andrey Kuznetsov, 40, of Russia, sets a new Grandma's Marathon masters course record with a 2:14:12, Duluth, Minn., June 20.

Grandma's Marathon

Continued from page 1

the fastest Grandma's time since 1985. Kuznetsov's efforts earned him \$5750 in prize money.

Second-place master Steve Winchel, 42, Janesville, Wisc., sped to a 2:22:35 to take home \$750, while M45 winner, Lev Khiterman, 46, of Russia, snatched up the third overall masters spot to win \$500.

Less than a week after her 40th birthday, Bev Docherty, St. Paul, Minn., kept the celebration going with a masters win, negotiating the course in 2:46:02 to pocket \$1250. Docherty, whose time qualified her for the 2000 U.S. Olympic Trials, was followed by Doris Windsand-Dausma, 41, Kingsport, Tenn., 2:51:39, and Stephanie Kessler, 40, New York, N.Y., 2:53:11. Windsand-Dausma and Kessler earned \$750 and \$500, respectively.

The start time temperature of 57 degrees dropped to 54 degrees by the time the first of 5595 finishers crossed the line. Fog and occasional light rain prevailed throughout the race, helping six American men and sixteen American women, including Docherty to finish under 2:22 and 2:50, respectively, and qualify to compete in the 2000 U.S. Olympic Trials. □

Hayward Classic

Continued from page 1

the lead at the start and never relinquished it, to win with a fine 4:58.05 and a top performance of 83.5%. Marjorie Gilmore, 63, of Eugene, was the second-best performer with a 76.4% 7:14.29. Both received cash awards equal to the men's.

The Joe Keshmiri Awards for the best shot put and discus performances went for the shot, to Ross Carter, 64, Eugene, \$65, for his 100% 34-2 1/2; Don Cumley, 78, Sparks, Nev., \$35, 35-11 1/2, 88.4%; and Harry Hawke, 69, San Diego, Calif., \$25, 38-6, 87.1%. In the discus, the awards, in the same

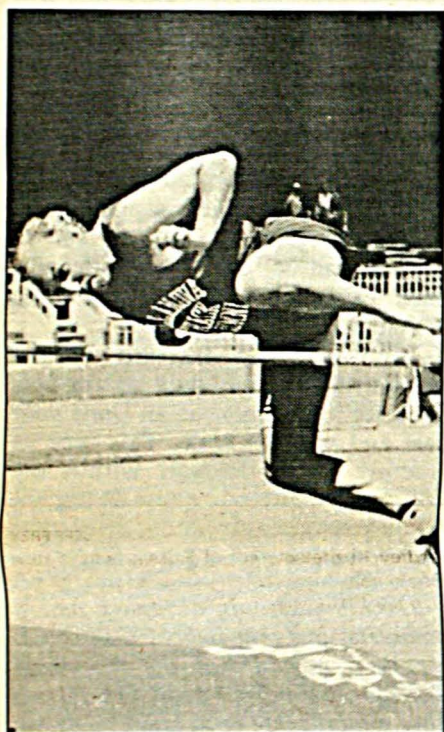
amounts, went to Tom Fahey, 50, 165-4, 76.44%; Harvey Lewellen, 69, Springfield, Ore., 131-1, 76.42%; and Tom Gage, 55, of Montana, 146-10, 75.7%.

Georgia Cutler, 55, of Oregon, won the Seattle Masters Athletic Club \$25 prize for the best age-graded weight throw with a 72.2% 32-6 1/2. The awards were presented on Saturday evening at a reception hosted by the Oregon Track Club Masters, the meet organizers, at the Phoenix Inn, event headquarters.

Ruth BreMiller and Frank Lulich of the Oregon TC Masters were the meet co-directors. The primary sponsors were Oregon Track Equipment, Pacific Continental Bank, Duncan & Brown Real Estate Appraisers, and Track Town Pizza. The Eugene Register-Guard ran short articles and your results for both days. ABC, CBS and NBC affiliate television stations gave coverage to 94-year-old Fremme's races.

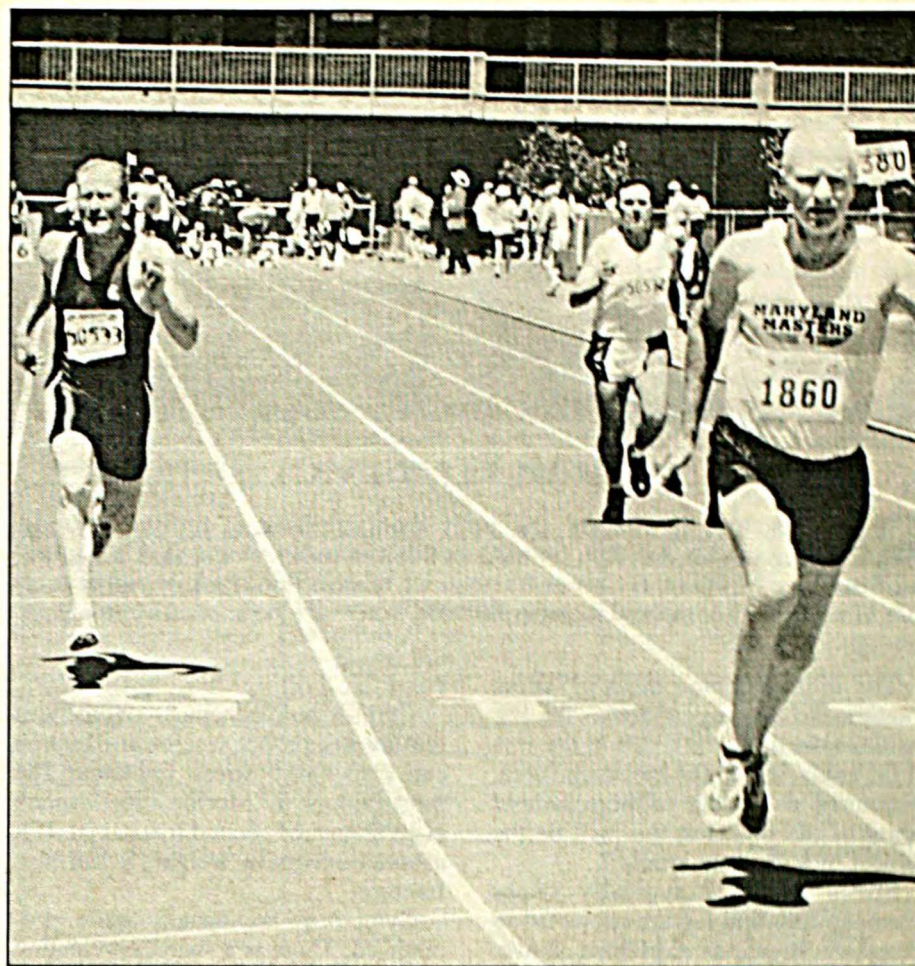
The fact that the meet served as the USATF Northwest Regional Masters Championships helped bolster the total entry, but guest athletes came from out of the region and the country as well. Middle distance runner Ed Conner, M66, journeyed from the Hamptons in Long Island, but was unable to compete because of injury. Roy Treadwell, 50, of England, placed fourth in the NMN Mile with an 83.0% 5:07.31 and was first in the M50 5000, with a 16:55.28.

Standing in the infield, Frank Condon, M55, Chico, Calif., who competed as a collegian at Villanova University, summed up the feelings of many of the participants: "I really enjoy coming to Hayward. It's the greatest place for a track meet in the country." □



JERRY WOJCIK

Frank Condon, second M55 in high jump (4-9 1/2), Hayward Classic Masters Meet.



JERRY WOJCIK

James Stookey, winning the M65 100 (13.48), Hayward Classic Masters Meet, Eugene, Ore., June 27-28. Jack Coy (lane 5) was second (14.27), Cully Vaughn, third (15.82). Stookey single-handedly boosted his Maryland Masters TC to a third-place finish with seven firsts.

Age-Graded Team Scoring Used in Hayward Meet

by GEOFFREY HUGHES

The 1998 Hayward Classic was an exciting meet for team competition, with a scoring method adjusted to provide a more competitive atmosphere. Instead of awarding points based on the order of finish in each age group, points were awarded to the top six age-graded performances per event.

The men's team trophy competition was hotly contested down to the last event of the two-day meet, with the Portland Masters TC winning with 115 points. The Oregon TC Masters ran away with the women's team trophy with 188 points and won the combined men's and women's trophy with 283 points.

Scoring for each event was 1st = 10 points; 2nd = 8; 3rd = 6; 4th = 4; 5th = 2; and 6th = 1.

Quality counted for scoring as well as quantity. Teams represented by fewer athletes were in a position to be competitive against teams with larger numbers of entrants. In the men's division, the Maryland Masters TC, represented solely by Jim Stookey, M65, the 1996 Masters Male Athlete of the Year, who had outstanding performances in seven events, placed third among 16 men's teams with 68 points.

In the women's division, the Maryland Masters, with just two entrants - Audrey Lary, W60, and Mary Alice Stookey, W65 - placed second with 52 points. □

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Bob Ullrich, Race Director (502) 459-6820 evenings
Bob Miller (502) 896-0717 evenings



Pagliano's Podiatric Pointers

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Stress Fractures

Stress fractures in runners are really manifestations of overuse injuries. Running too far, too fast, on hard surfaces in poor training flats can cause this type of injury. By *stress* fracture, we mean a thin crack or partial fracture of a bone, as compared to *gross* fracture, where the bone cracks completely through.

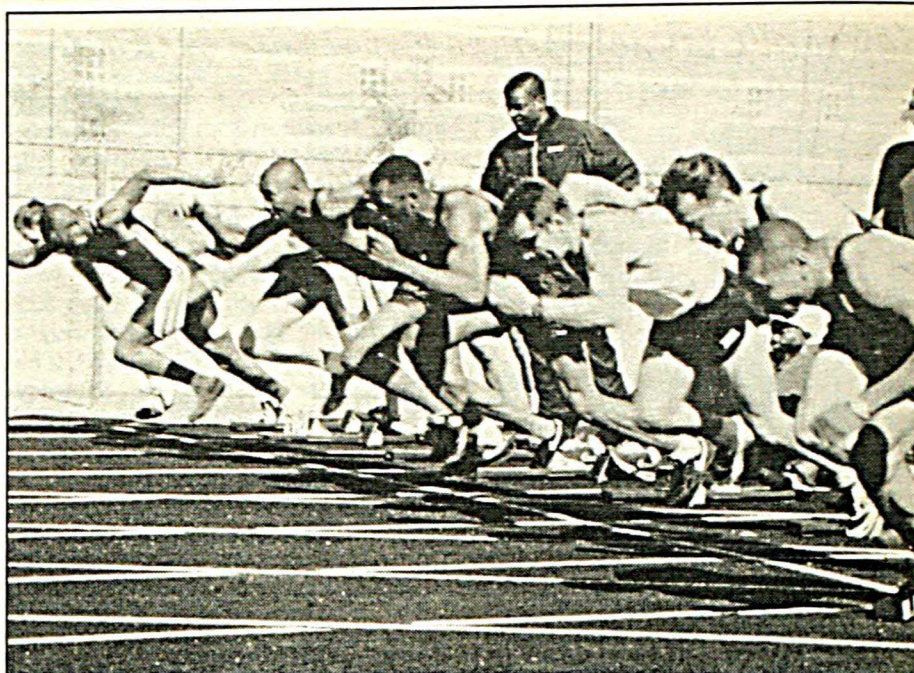
The most common areas of stress fracture in running athletes are the inside of the tibia, the fibula in the area of the ankle, and in the metatarsal area. (Fractures also occur in the sesamoid bones of the foot, but this will be the subject of a separate article.)

Stress fractures typically occur when the foot and leg are subjected to excessive stress, as explained above. The lower extremity is subjected to repetitive stress, resulting in a stress fracture or crack in the bone. Leg bones may also fracture if a tendon pulls too hard and causes periostitis or inflammation of the outer cortex of the

bone.

Certain biomechanical deformities that inhibit proper weight distribution can also cause stress fractures. The most famous is "Morton's toe," which is an elongated second metatarsal. If it absorbs excessive weight, it can also fracture.

Symptoms are usually quite pronounced. There is a sharp, unrelenting pain in the area of the fracture. It will be tender to the touch, and the foot may also become very swollen. A stress fracture may not show up on x-ray for several weeks after the break occurs. If a stress fracture is suspected,



Mixed age-group start in the 100m at the Allegra TC Meet, Las Vegas, Nev., May 17.

a bone scan is the most accurate method of diagnosis.

Unfortunately, in the running community, athletes tend to try to train through the fracture, and a mild periostitis may develop into a complete fracture.

Athletes with high-arch feet are more prone to stress fractures than are those of normal foot configuration or those with low-arch feet. The high-arch foot is a poor shock absorber.

Obviously, prevention is the best mode of treatment. Use a well-cushioned, shock absorbing shoe. Avoid hard running surfaces such as concrete. Stretch properly. For those with biomechanical deformities, the use of a shock absorbing orthosis is recommended.

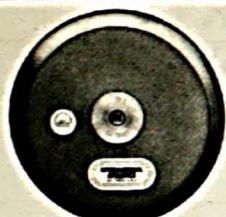
If you suspect a stress fracture, confirm it by x-ray or bone scan. If there is an overt fracture of the tibia or fibula, you will need to be in a cast for three

to six weeks. Recovery usually takes six weeks, plus an additional two weeks of post-cast therapy and muscle strengthening. Muscles will atrophy in the cast and will need to be strengthened prior to returning to athletic activity.

With a stress fracture of the metatarsal, you may only be immobilized for three weeks in an Unna boot cast and walking shoe. This type of fracture responds well within the three week period, after which the athlete may return to activity with proper taping and a limited training 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.)

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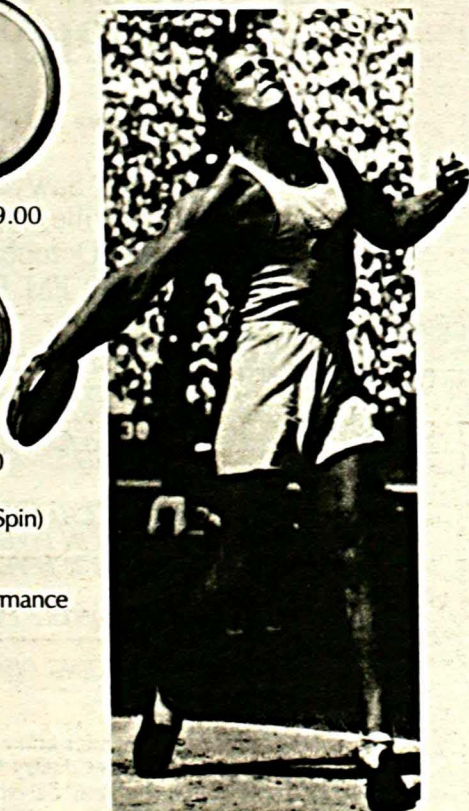
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Texas Senior Games Off To Good Start

by TIM MURPHY

A new Texas Senior Games at Angelo State University in San Angelo was a very successful outing on May 9. Arriving at the track at 7:45 a.m., with the sun bright and hot, we were greeted with good news and bad news. The track was terrific with automatic timing, but the wind was at 25-30 mph in the wrong direction and would blow the bar off the high jump standard.

Ed Jones, 53, recorded an age-graded 91.7% 11.26 in the 100. Wendell

Palmer, 66, had an A-G 94.2% 44-5 in the shot put.

A very special thanks to the Sports Committee of the San Angelo Chamber of Commerce for its support and to John Muckleroy, Linda Walling, Bob Beaver, and Billy Hollis. Next year, the meet will be held at night to beat the Texas heat.

The sit-down dinner and country & western dance was well-attended at \$5 a head - even the town people attended just for the low price and to see what it was all about. □

1999 USATF Masters LDR Championships

January 31
February 13
March 28
May (tba)
June 5
October 3
October 24
November 21

One Mile Road, Steve Scott Festival, Santee, CA
6K X-C(m); 4K X-C(w), Seattle, WA
5K(m), Carlsbad 5000, CA
Half-Marathon, Indianapolis Life 5000, IN
5K(w), Freihofer's Albany, NY
Marathon, Twin Cities, Minn./St. Paul, MN
8K X-C, Louisville, KY
5K X-C, Holmdel, NJ

Athletes Tally 100 All-American Performances in Atlanta McDaniels Sets Marks in Southeast Regionals

by JERRY WOJCIK

Temperatures in the mid-90s did not stop Leonore McDaniels, 70, from registering one W70 U.S. and three world records in the USATF Southeast Regional Masters Championships in Atlanta, June 13. McDaniels, who accounted for four indoor records in the 1998 Championships in Boston last March, established a world record of 87.12 for the 300H, broke world records in the high jump (3-11 $\frac{1}{4}$) and pole vault (6-8 $\frac{1}{4}$), and erased the national mark for the triple jump (23-4 $\frac{3}{4}$).

Other competitors, also unaffected by the heat, achieved 100 All-American status marks. In the M50 200, the first three of eight runners finished with A-A marks, led by Thad Bell (25.78). In the women's 200 races, five of the seven runners ran A-A times, with the top performance by guest Pat Peterson, W70, of New York, with a 35.79. In the M65 shot put, all three competitors attained A-A status,

with Larry Horine the winner (41-1 $\frac{1}{4}$).

Dan Healy, M50, with a 4:40.81, and Lesley Chaplin, W40, with a 4:55.14, ran 1998 probable top-ranked times in the 1500. Vincent Martin, M30, long jumped 22-10 $\frac{1}{2}$ and triple jumped 47-1 $\frac{1}{2}$. David Vandergriff, M40, hit the 165-6 mark with the 16-lb. hammer.

Linda Stein, W50, had the best age-40+ time overall with a 30:13.02 in the 5000 racewalk. Keith Luoma, M35, was the fastest walker in 24:22.97.

The championships were hosted by the Atlanta TC. Athletes represented 34 clubs, some from out of the region, including the Boston RC, Maryland Masters, and Syracuse Chargers.

Masters Southeast Regional Coordinator, Bob Fine, who won the M65 racewalk, has planned for the meet to be rotated annually among the seven states in the region. Next year's championships are slated for Tennessee; the year-2000 championships will be held in North Carolina. □

Masters Coaching Update

On this page is a list of masters coaching groups throughout the USA. Sites and individuals listed offer a variety of different programs. Some are free, others require a membership or training fee.

Some are informal gatherings in a supportive group without a professional coach. Often, an individual offers to

serve as a leader without professing any coaching qualifications. Some coaches are very experienced, with Olympic-level athletes to their credit.

Most programs focus on specific or selected events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone numbers. □

MASTERS COACHING/TRAINING

Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627
AT&T/NJ Runners & Friends	Bernards HS-Mon.&Thurs., 5:30 p.m. Hunterdon Central HS; Sat. & Sun., 9 a.m. Flemington, NJ	S	L-Joe Hehn 908-563-7383
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909- 595-9674
Ross Dunton, SCS	Placentia, CA	S, F, MD	C-Ross 714-524- 9966, CoachR@ pacbell.net
Fred Hustead, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909- 369-0761
LAVAC/SCStriders	UCLA - Sun 8:30 a.m.	S, H, MD	L-George Simon 818-784-0496 or Jackson Steffes
Mac McCormick	UC Irvine, CA	S, H, F, PV, TH	L-Mac 714-586-9942
George Mehale	CSU-Long Beach, CA	S, MD, S,F	C-George 310-498-8405
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866- 9771 x2400 (work)
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818- 556-1563 (work)
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360
Elaine Ward	Pasadena, CA	RW	C-818-577-2264
Stan Whitley	Mt. SAC, Walnut, CA	S	L-909- 945-9800 (home)
Janet Wilson	Orange County, CA	TH	C-310-598-9063
Pat Connelly	Birmingham H.S.-Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.	S, TH, F	C
Ft. Steilacoom RC	Tacoma, Wash., Thu 5:30 p.m. Steilacoom HS (April through Oct.)	LD, MD, S	L-Ron Dimmerman 253-582-8188
Club West	Santa Barbara CC Santa Barbara, CA	MD, LD	C-Drew Sutcliffe 805-687-7863
St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128
Powerline Sports	YMCA-Central El Paso, TX	MD LD, S,F	C-David Jackson 915-533-3941
John Tansley	Canyon Del Oro H.S. Tucson, AZ	TH, J	C-520-825-2595
So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242
Tom Craig	Oakland, CA	MD	C-510-633-1161
Personal Best Program		LD	C-703-250-9277 Dixon Hemphill; Dr. Ron Kulik; Dr. Neil McLaughlin
Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy 541-343-4841

C=Coach; L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin; F=field events.

NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405.

The Master Board

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Masters Racewalking

by ELAINE WARD

A Northern Star – June Marie Provost

Following is part I of an interview with the celebrated June-Marie Provost, W65, holder of numerous Canadian Records: W55: 5K track 29:37.13, road 29:24; 10K track 65:46, road 59:38; 20K 2:10:31; W60: 5K track 29:18.75, road 29:26; 10K track 61:31, road 60:05; 20K 2:05:58; W65: 5K track 31:20:56, road 32:16.03.

JMP: I have been setting records in Canada hoping they will be well broken over the next 15 to 20 years. I have to say 15 to 20 years, because most of the walkers who are really racing are about 20 years younger than me. We have one or two in their 50s, but the majority are in their 40s.

I started racewalking just before I turned 57, and made most of my records when I was 59, 60 and 61. I turned 65 in June, so I am just starting to race in a new age group. I figure it takes three years at absolute minimum, probably four, for your body and your head to finally realize what racewalking is all about. Frankly, I think this year my technique is probably better

than it has ever been. However, because of my age, my times are probably not going to be as good as they were.

EW: You have already set two Canadian W65 records to add to your collection. Do you have any special memories?

JMP: I will always be ticked off at my W55 20K record of 2:05:58. I made it at the WAVA Road Racing Championship here in Ontario. I didn't know what the world record was and missed it by a little over a minute. Had I known, I think I could have probably broken it. My last 4K was not what it should have been. I was disappointed. Yet at the same time, I was very elated,

because I won the Age Grading for the whole meet.

EW: Do you plan to race a 20K at 65?

JMP: I don't think I will. Whereas I enjoy the longer races, I really don't want to put the time in that it takes to train for them any more. Besides, I listen to Frank Alongi. Frank seems to me to have a very wholesome attitude. He doesn't think masters should be doing any longer races than 10K. He thinks our bodies are just not meant to take the punishment in the training.

EW: Have you ever had an injury?

JMP: I tore a muscle last year in my right leg – the first injury I ever had. I took off almost four months and did water work. I started racing again in March and am really working on speed now. It is beginning to come back. I am not unhappy, but I would be a lot happier if my times got lower.

EW: How did you tear your muscle?

JMP: It was in a race in Flint, Michigan. I was probably racing as well as or better than I had been doing. There were hills and I was flying – staying on the ground, but really moving and feeling very comfortable. About 150 meters from the finish line, something went pop and I thought, "Oh, my gosh, what did I do." Anyway, I finished the race legally except that I was probably 20 seconds slower than I would have been.

I went to a sports injury clinic and they told me I had torn a muscle just below my right knee on the outside toward the back. It hurt when it happened, but not afterward. The staff also told me it would take four or more months for the muscle to truly heal. They said, "You can race if you want, but if you want to race the rest of your life, think about it." I am old enough and wise enough to listen to good advice. So I didn't do any walking whatsoever. I did deep water work for 3½ months to keep fit.

Because of my injury, I explained the difference in the new and old rule for racewalking to the physiotherapist at the sports clinic. She was quite aghast. In fact, she pulled out another physiotherapist to watch me racewalk. Of course, I was hurt so I wasn't doing a very good job. She said, "You know, they may not have had problems with the knees before. But I think down the road they are going to see far more knee injuries with the new rule. From what I can see, you almost have to hyperextend to be legal, particularly if you foot goes out, say, 40 percent in front."

EW: What led you to take up racewalking?

JMP: My husband, Terry, and I were sitting together one evening. He said, "You know, we are going to retire in a couple of years and I think you should get into something for yourself." As I do a lot of volunteer work, he added, "You can't volunteer your retirement away." I asked him what he suggested.

I had been a walker all my life because, for a long time, I didn't have a car, and I love walking. He said,

"Why don't you try racewalking?" I looked over at him and said, "First of all, what is it?"

Terry said, "I'll find out." I also made the statement, "but I am not competitive," and that has certainly come back to haunt me.

I started learning from a little paragraph on racewalking in a running book in our central library and an article given me by an orthopedic doctor friend. After I tried racewalking a while, my husband said, "Well, time yourself." Which I did. He encouraged me, saying, "That sounds pretty good." I got in touch with someone in masters sports and sent away for an entry form to do a 3000m at the masters spring indoor meet.

Terry told the men in his golf club, where everyone is very competitive. When I went over to the course, they all came up saying, "I hear you are going in a race." I wasn't too happy. When I came home, I broke into tears and Terry asked, "What's the matter?" I said, "I don't know what to wear." On the way to the race, he asked me, "What is bothering you more – whether you race well or whether you have on the right clothes?"

EW: That's pretty gutsy doing your first race on an indoor track.

JMP: I guess it was gutsy. I had never seen a racewalker and no one had told me I was doing it right. But I have never been one to shy away from something new. I jump in with both feet. Anyway, I ended up making a Canadian record in W55. From then on, I didn't have much excuse not to continue because, obviously, whether or not it comes through a natural something in the genes, it worked out for me. I walked the 3000 meters in 20:20 and eventually did much better than that.

EW: What is your best 3000 meters?

JMP: At 57 it was 18:28.7 indoors and 17:48.8 outdoors.

EW: Many people, like yourself, don't live near other racewalkers and have to teach themselves. Did you have any problems?

JMP: I think the technique must have come relatively easily. When I first started out in the mornings by myself, I knew I was racewalking. I had that feeling. I live by a mall so I can walk around the mall and watch myself in the windows to check if I look right.

I was also very fortunate. Terry made video tapes of my races. When we looked at the tapes, he would say little things like, "What you are doing really looks good, but pay attention to what others are doing with their arms." Even though he didn't know about racewalking, he knew enough about sports and body movements that he could pick out things.

I also watched other people and tried to picture racewalking in my own mind. I would question myself, "Will that work for me? Or would something else work better?" I have had a totally wonderful experience with every aspect of the sport – the whole of racewalking, not only the physical, but also the mental. □



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PROFILE

Finsrud Expects Best Marks as a Master

by JANNA WALKUP

She'd had a sparkling, award-laden career as a high school and collegiate thrower, but after the competition ended, Carol Finsrud wasn't quite ready to put the shot and discus away for good. She spent her post-collegiate years wondering if she could have thrown farther, and nine years later picked up the implements, resumed training, and proved herself right, launching the discus 185-3 at age 38.

While her top throws thus far have come in her mid-to-late thirties, the 41-year-old Finsrud believes her best marks might be yet to come. And because history tends to repeat itself, it wouldn't surprise many people if she tosses the platter to the 190-0 mark and beyond in upcoming competitions. After all, this is a woman who, along with her husband, Mike Graham, owns and operates The Old Texas Barbell Co., an old-fashioned gym and iron-pumping museum in their hometown of Lockhart, Tex., and is a four-time masters Outstanding Field Athlete. When asked of her motivation to excel, she replied, "I like to throw! Far!"

Hooked on Discus

As a high school senior in Minneapolis, Finsrud rewrote the record books with a winning toss of 144-4. She also made an impression in the shot put, finishing second at state.



JOHN SELLEH

John von Rohr, 50, of Florida, heaved the 98-lb. weight to a 13-7 mark, South Carolina Track Classic, June 28.

From there, Finsrud accepted a two-year track scholarship to Flathead Valley Community College in Montana, where she continued to unwind the tape, twice winning National Junior Collegiate Championships discus titles. She also finished third in the shot at the 1976 meet.

Then it was off on another scholarship, this one taking her to the University of Texas. Her solid career as a Longhorn was highlighted by nine meet discus titles and a Texas collegiate women's record with a 161-0.

As a senior, Finsrud placed sixth at the National AIAW Championship meet, but her best throw that season – 157-0 – did not equal the 161-0 she threw in her junior year. She participated in the Olympic Sports Festival, but then said farewell to the sport that had brought her so much success.

Second Career

After graduating from Texas, Finsrud went nearly a decade without setting foot in a throwing ring. But her love for the sport didn't wane, and Finsrud returned to track and field at age 31, and alerted the throwing world that she was back, with a major PR of 172-5 at the Houston Invitational in 1988.

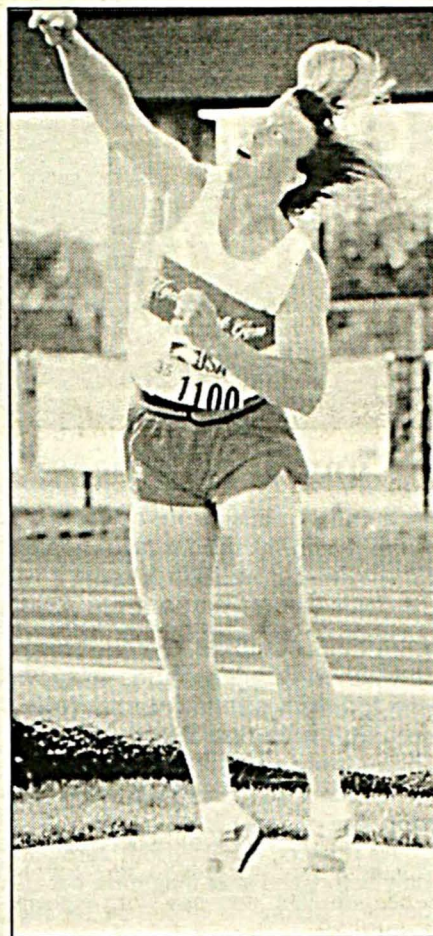
Her distances continued to climb. She passed the 180-0 mark with a 180-9 at the 1990 Meet of Champions, placed sixth at the 1991 TAC nationals with a mark of 181-7, and threw her best-to-date 185-3 at the Waterloo Championships in 1995. Her top mark in the shot arrived one year later, as she threw 45-4½ at the Masters National Meet at age 39.

She hasn't broken 180-0 in several years, but the confident Finsrud isn't worried. After all, she has the past on her side. And she feels stronger than ever.

"I don't think that aging has affected me too much yet," she says. "I'm as strong as I've ever been. I have been relatively injury-free. The main problems I've had are with my feet and back, which I've had for a long time. I use good arch supports and have a lift in my shoes."

Looking to the Future

A printer with the University Interscholastic League printing office, Finsrud enjoys talking track to high school athletes. And, like them, she



Carol Finsrud

has some lofty goals for the future. She's looking forward to competing in the National Masters Meet in Maine and the World Masters Meet in England in 1999. And this time she has her eye on more than the discus and shot.

"I want to become more skilled in the hammer, weight throw, and javelin, to have a solid weight pentathlon," said Finsrud, who is relatively small for a world-class thrower at 5-8 and 180-lbs.

Finsrud has won every national masters discus and shot put title since 1993, and she won worlds in 1995 (discus and shot) and 1997 (discus). Her top marks in the other throwing events include 99-6 in the javelin (set at the WAVA meet in Durban, South Africa, 1997), 121-4 in the hammer at the 1997 Waterloo Championships, and 27-5½ in the 35-lb. weight, also set at Waterloo in 1997.

Her most memorable meet to date has been the Durban meet, where she overcame a 17-hour plane trip and back spasms to claim gold (discus), silver (hammer), and bronze (shot) medals.

Training Smarter

The driven Finsrud loves to weightlift almost as much as she loves to throw, but as a masters athlete she understands that she needs to train smart to avoid injury. Coached by her husband, a top strength and power coach for more than 20 years, Finsrud follows a carefully mapped-out plan of throwing and conditioning that has kept her healthy and strong.

"In season, I throw 2-3 times a week, on average. After warming up and doing 6-12 standing throws, I will throw 12-24 full throws. I may also do some drills, depending on what I am working on. I take a couple of months

off from throwing every year, but I lift weights year round. On average, I lift weights three times a week. I concentrate on the larger movement lifts – squats, power cleans, standing d.b. presses, push presses, partial deadlifts. I supplement these with things like d.b. presses, lat and pulley rows. I also do a lot to strengthen my midsection."

Finsrud sees herself training smarter now. "If something doesn't feel right, then I stop, rather than push it and 'train through it.' I don't train as much as I did before. I think I've become more efficient both in the gym and on the track."

Her added events, with an eye toward the weight pentathlon, have brought variety and new challenges to her training. And Finsrud certainly seems to be a woman who likes variety. She enjoys co-rec volleyball, and every week she and her 89-year-old neighbor play dominoes. Finsrud's other pursuits include Norwegian embroidery, gardening, and exploring small towns, antique shops, and auctions with her husband.

Finsrud and Graham moved from Austin to Lockhart in 1995, because they wanted to live in a small town. They're also animal lovers, with 11 dogs and four cats calling the Finsrud-Graham place home.

And new challenges? Remember what motivates Finsrud to excel: "I like to throw! Far!" □

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On The Run

by HAL HIGDON

Movable Feasts Provide Long-Term Energy

The value of carbohydrates for pre-event nutrition is understood by athletes in many sports, not only runners. Football players, who, decades ago chomped down steaks before games, now prefer spaghetti, because they know it will provide them with fourth-quarter energy. The staple diet of Pete Sampras is pasta before tennis matches that could be over in an hour, or last three or four.

For marathon runners, the Pasta Party has become a pre-race ritual: spaghetti with marinara sauce, garlic bread, salad, and maybe a cookie for dessert. (As one who has attended marathons all over the world, I can attest to the fact that Chicago offers the best Pasta Party in all of running.)

Pre-Race Ritual

In many respects, Pasta Parties have become almost ritualistic events, something you do the night before a marathon. There's a symbolic and psychological value to such culinary encounters, somewhat like sharpening your sword before going into battle. But most runners also understand the nutritional reason for all those piles of linguini and fettuccine. Try getting a reservation in an Italian restaurant in downtown Chicago the night before the marathon and see how long you have to wait.

That's because muscles run best when fueled by carbohydrate-rich foods, such as pasta, rice, potatoes, breads and fruit. Carbohydrate converts quickly into glycogen, the sugar-like substance that muscles burn for energy. The body can convert fats and carbohydrates, but not as easily. That's one reason why runners who fail to mind their nutrition, or go out too fast, hit the wall around 20 miles in the marathon. They burn off the stored glycogen in their muscles and are forced to switch to less efficient fuel sources.

But what works for the marathon also works in training for the marathon, and other events. One pre-race pasta party is not enough. If you want to run well in training - particularly during weekend long runs - you need a summer of pasta parties, movable glycogen-loading feasts.

Not all runners understand this. Popular lately, particularly among those trying to lose weight, is the so-called "Zone" diet: 40 percent carbohydrates, 30 percent fats, 30 percent proteins. But for endurance athletes, 40/30/30 can be a disaster. Nutritionists suggest that a better ratio is 55/30/15, not only for performance, but for good health.

Ditch Fad Diets

I frequently get questions addressed to my *Ask The Experts* column on America Online from runners training for a marathon, who complain about being drained of energy. They find

themselves dragging during long runs and feel exhausted afterwards. When I inquire, I often discover they are following some fad diet under a mistaken belief that it will make them better runners. The opposite is true.

As runners, we need our carbs, not only before and after long runs, but also during. "Before" is important for fueling muscles. "After" is important for refueling them. "During" is important, because you can run more efficiently if you keep your fuel tank full.

Replacement drinks, such as Gatorade, or energy gels such as Reload, work well during workouts. Research also suggests that refueling your muscles immediately after a workout will promote more efficient glycogen storage (i.e., recovery). So after that long run along the lakefront on Saturday or Sunday morning, head for a pancake house. I recently ran the Comrades Marathon in South Africa, an ultramarathon where the food of choice along the course was baked potatoes.

Another reason for multiple pasta parties while training for the marathon is that you practice the pre-race strategies you will use in the race. Some individuals have food allergies that may cause them stomach distress, and it's a good idea to discover this before that date. Movable feasts this summer will help lead you to an autumn triumph. □

(Hal Higdon is a training consultant for The LaSalle Banks Chicago Marathon. His latest book is *Hal Higdon's Smart Running*.)

Summer Drinks Contribute to Racing Success

Keeping well hydrated is as important in practice as in the race itself. Here are some strategies for drinking this summer.

- Learn to love water fountains: Never pass one at work without stopping to drink. Staying well hydrated is a 24-hour job.
- Test your urine: We don't need a specimen, but look after you pee. Yellow means you're dehydrated; light color means you listened above.
- Drink on the run: This is particularly important during long runs. If there's no water along your workout path, purchase a water belt.
- Use replacement fluids: Now you have that water belt, fill it with a replacement drink rather than water. Get some energy while you drink.
- Test your race plan: Learn what drinking strategies work during training. Obtaining proper fluid balance is an art as well as a science.

While training for a marathon, find out what replacement fluid will be used in the race, then train with it. At most marathon aid stations, you'll be offered both water and the official replacement drink. Learning when and how to mix the two is important for marathon success. □

- Hal Higdon

Write On

Continued from page 4

at the Nationals. He has pointed out the most serious events doubles conflict in the schedule, a holdover from the old pre-1994 schedule that is difficult to rectify because of the different approaches used in scheduling the middle-distances and the sprints.

All events scheduling issues will be on the table for discussion at this year's convention, via rules proposals.

Jeff Schaller
Pullman, Washington

AWARDS CHALLENGE

I hate writing letters to the editor, but I have good and bad news issues. I would like to bring up to your readers. First, the good news! The 1998 Hayward Classic was great. The Oregon Track Club masters did a wonderful job and my hat is off to them.

The bad news is that last year at the Hayward Classic, Joe Keshmiri and I put up \$1000 apiece to help further the masters track program. This money was to be given to the top age-graded athlete in the event or events Joe and I designated.

Unfortunately, both Joe and I have been verbally scolded by Barbara Kousky for not providing equal funds for women's events. I think if Joe and I put up our money, we should be thanked, not berated. For this reason, I will not put my sponsorship money in the Hayward Classic.

If Ms Kousky is so concerned about women's events having prize money, why doesn't her company, Northwest Event Management, match Joe's and my contributions?

Fred Shanaman
Seattle Masters Athletic Club

MEDALS AWARDS

I agree with a recent Northwest Regional survey which indicated that medals are the best form of award. The second part of this reward system is the credibility bestowed by placing in the top three in a USATF association or regional championships, from which we should derive great pride.

Not all athletes can gain medals beyond the regional or, for that matter, the association level, and they should be recognized for whatever their

degree of achievement.

Unfortunately, sometimes the significance of these achievements is overlooked when an association or regional championships is combined with another meet, and the medals do not indicate USATF affiliation.

Some say providing special medals is an economic hardship on meet organizers. I don't think so. If they bid for championships sanction, part of the deal should be to provide medals stating that the meet is a USATF championships. If championships are held in conjunction with another meet, the ribbon part of the medal could indicate that the meet was also a USATF championships; ideally the medal should indicate both. If this isn't possible, then two medals should be awarded, one indicating the USATF championships, or perhaps for the championships year, only the USATF medal could be used.

Another overlooked aspect of awards in USATF championships is the lack of duplicate medals when a guest from outside of the association or region places in the top three. At national championships, duplicate medals are given when foreign athletes displace any of the first three. Why shouldn't this also be true for association and regional championships? I saw fourth-place finishers in the 1998 USATF Northwest Regional Championships/Hayward Classic Meet deprived of medals by guest athletes.

We need to recognize the achievements in the championship meets, and in so doing, enhance participation in them.

George Mathews
Seattle, Washington

SWAN SONG

Last July in San Jose at the West Regionals, I was hit on the arm during the 100H. The "hit" turned me sideways while going over the fifth hurdle. When I came down I was twisted severely. I stopped sprinting in a single stride. I knew my body had suffered an abnormal stress as I had difficulty getting off the track. I had a headache and my legs hurt. My back suffered such that I could not get down to change my shoes.

After a month of recuperating, I returned to the Nationals at the same venue. I tore my right hamstring warming up for the hurdles. I didn't realize that was the beginning of the end for me.

In the fall, I tried to do some training by following the athletes I coach at Fresno State. My right leg kept having trouble. While running easy 400s, my right hamstring went again. I took time off and tried a comeback, but the same hamstring went yet again.

On February 13 (yes, a Friday) I did an easy workout and then drove the three and one-half hours down to Van Nuys to see our grandson. By the time we arrived I could not support myself on my right knee. The next week I saw the orthopedic surgeon who works with our Fresno State athletes. I was scheduled for arthroscopic knee

Continued on page 13

Write On

Continued from page 12

surgery, which I had on March 16.

The same doctor did a great job on my left knee four years ago. I remember walking without crutches three days after the surgery. I resumed training after a short hiatus and even successfully competed at the Nationals later that season. I went into this surgery with that experience in mind.

After I awoke from the procedure this time, the doctor explained to me that my right knee had been quite severely messed up. He suggests that I switch from hurdling/sprinting to riding a bicycle. Another doctor suggests that I try cross-country skiing if the surgeon agrees that my knee can stand it. For a short while I thought about swimming. It was a VERY short while.

I have done no training since Feb. 13. My leg is just beginning to not swell each afternoon. I cannot carry heavy objects (including my grandson) without discomfort. In my home we sleep upstairs. It's quite an adjustment to go from world record-setting hurdling to going up and down stairs always leading with the same leg.

I still have urges when I get near hurdles. Just recently, I was helping a decathlete with his hurdles. It was difficult not to try some drills. I chased our grandson to keep him from the street last week and was reminded that I am not the physical specimen I recently was. I was so looking forward to turning 60. . .

The one thing that has changed little is my ability to eat. I never guessed I should someday read 197 on my bathroom scales. For Fathers' Day we bought me some shorts. Size 36. . . and they fit! That is as painful for me as finishing the 400H.

If it turns out that I have run my last hurdles race already, then I plan to write memoirs from my life as a sub-master and masters athlete. I have acquired many dear friends who have helped me enjoy numerous experiences and expect the process of compiling and writing my memoirs to be an upper.

Meditating on the possible (probable) end of my athletic career is definitely not an upper. If you feel the urge, I would certainly enjoy a cheery note to me at 71 N. Cindy, Clovis, CA 93612.

*Hugh Adams
Clovis, California*

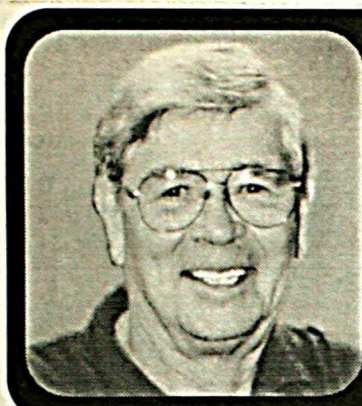
KUDOS

I want to thank the NMN for providing information for the meet organizer of the Williams Track Meet in Huntsville, Ala., on July 11, so that the results can be submitted for publication in the NMN and the rankings. As I approach my 40th birthday next summer, I have come to rely on the NMN as a source of inspiration and information in my daily training.

*M. Kevin Richardson
Madison, Alabama*

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The Weight Room

by JERRY WOJCICK

Everything You've Ever Wanted to Know About the Weight Pentathlon, But etc.

On the surface, the weight pentathlon appears to be a rather simple matter. People throw five implements, their marks are age-graded by five-year age groups, and the athletes with the highest totals win medals and national acclaim. Actually, it's more involved, because the event has aspects that are peculiar to it and not to the other combined-events.

First off, participants in a U.S. WP are allowed four trials with each implement, unlike the other combined-events in which only three attempts are allowed. For instance, the decathlete, heptathlete, and pentathlete are permitted three tries with the shot, discus, and the javelin, but weight pentathletes

get four. The four-attempt rule applies only in the U.S.; the rest of the world gets three. Some years ago, U.S. throwers lobbied for four and were granted the extra heave.

More is Better

Most weight pentathletes favor four. Who wouldn't? In my last WP, I got

my best mark in the fourth throw in three of the five events. Others think it's pandering to already spoiled Americans, and disrupts the concept of the combined-event as a single event rather than a bunch of events strung together.

If we're allowed four attempts and everybody else gets three, what about records? To comply with WAVA regulations, only the first three attempts are counted when records are applied for . . . I think, because I've never seen any WP records, national or world.

Another anomaly in the event is the difference in specifications of the weight implement when used in the WP and when thrown as a single event. The WAVA specifications for the men's weight in a WP are M30-49, 35-lb; M50-59, 25-lb; M60-69, 20-lb.; M70-79, 16-lb.; and M80+, 12-lb. For the women, they are W30-49, 20-lb.; W50-59, 16-lb.; and W60+, 12-lb.

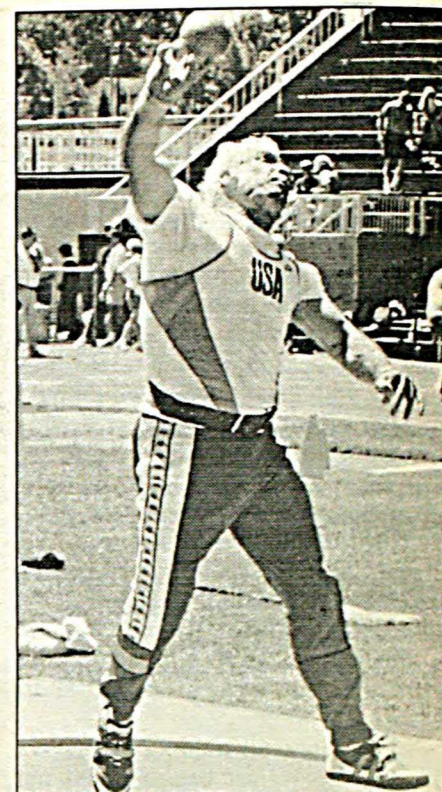
Potential Problem

The specs for the weight when thrown in a single event in the U.S. are M30-59, 35-lb; M60+, 25-lb; W30-49, 20-lb; and W50+, 16-lb. You can see the potential for problems, especially if you don't read carefully or don't have the proper weight to practice with before you do a WP. Believe me, throwing the 16-lb. or the 12-lb. after having worked with the 25-lb. all season takes some time to get used to.

When the WP was legitimized a few years ago in the U.S., the differences in implement specs created problems, particularly for WP meet directors who didn't have the WAVA stuff and had to scramble to find sports equipment outfits that had them available. It's improved, but, just last winter at an indoor meet, I saw a woman, 60+, who was expecting to throw the 12-lb., end up grappling with the 16-lb.

Whole in Five

Otherwise, the WP is pretty much like the other combined-events. The five parts that make up the whole package are the hammer, shot put, discus, javelin, and weight, and must be contested in that order for the event to be legal. However, as is true for the other combined-events, you don't have



JERRY WOJCICK

Joe Keshmiri, 60, broke the M60 world record (52-6 1/4) for the shot with a 54-0, Hayward Classic Masters Meet, Eugene, Ore., June 27-28.

to do all five events to score.

So, if you want to enter the USATF National Masters Weight Pentathlon Championships at Citrus College, near Los Angeles, on Sept. 5, and just hurl the javelin or put the shot, I'm sure that Meet Director Lloyd Higgins will be more than glad to accommodate you.

The 1997 Championships in Orlando, Fla., drew a record 51 contestants. With the burden of meet director, Higgins, M55, may have a hard time duplicating his feat as the men's top scorer (4776) in Orlando. Vanessa Hilliard, W55, who lives in Florida, a hotbed of weight pentathletes, produced the top score (4895) in Orlando.

Westerners who couldn't make it to the Sunshine State last year should be out in full force. My money for top-point man, if he shows, is on Stew Thomson, who quietly joined the M65 ranks on May 21. Any takers? □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUGUST 1998

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MARTYN ADAMSON (DANVILLE, CA)	8-23-38	60-64
HY BOOTH (SAN MATEO, CA)	8-2-18	80-84
STAN COBEN (WESTWOOD, CA)	8-6-28	70-74
ALBERT COOPER (EL MONTE, CA)	8-27-18	80-84
STAN DRUCKREY (MILWAUKEE, WI)	8-10-48	50-54
ERIK ERIKSSON (FIN)	8-14-23	75-79
FERNANDO FERRIERA (POR)	8-21-18	80-84
LADISLAV FILIP (CZE)	8-8-28	70-74
GREG FOSTER (US)	8-4-58	40-44
WILLIAM GARTHUNE (VA)	8-3-8	90-94
CARL HAMMEN (SAUNDERSTOWN, RI)	8-26-23	75-79
BIRGER HAUG (NOR)	8-19-8	90-94
DONALD E. HEGBERG (US)	8-14-28	70-74
ARQUIMEDES HERRERA (VEN)	8-27-38	60-64
BRUCE HESCOCK (BETHANY, CT)	8-24-33	65-69
KARL LEITGES (WG)	8-18-8	90-94
SERGIO LIANI (ITA)	8-3-43	55-59
FRANK LITTLE (ALTADENA, CA)	8-3-43	55-59
ROBERT LONG (TORRANCE, CA)	8-4-18	80-84
BASIL NIELSEN (GB)	8-10-23	75-79
BOB OGLE (BURBANK, CA)	8-20-18	80-84
DODJU PATARINSKI (BUL)	8-16-33	65-69
AWIN PHILLIP (NEW YORK CITY, NY)	8-8-28	70-74
CARMELO RADO (ITA)	8-4-33	65-69
WALTER RENNSCHUH (WG)	8-1-18	80-84
DAVE STEBING (US)	8-28-48	50-54
KARL STORCH (WG)	8-21-13	85-89
LEW THORNE (EUGENE, OR)	8-27-38	60-64
CARLOS VERA-GUARDIA (VEN)	8-30-28	70-74
BRYAN WESTFIELD (ANN ARBOR, MI)	8-2-43	55-59
KATEY ANGEL (OR)	8-23-53	45-49
JEAN BURRELL (RIDGEFIELD, WA)	8-19-53	45-49
CAROL CARTWRIGHT (RESEDA, CA)	8-16-28	70-74
MARION EPSTEIN (BROOKLYN, NY)	8-31-18	80-84
PATRICIA FINKE (PORTLAND, OR)	8-25-43	55-59
ELLEN FULLER (IRVINE, CA)	8-16-28	70-74
JOANNE GRISSOM (INDIANAPOLIS, IN)	8-4-38	60-64
ANDREA HATCH (BRAINTREE, MA)	8-13-43	55-59
DEBORAH HEATON (REDLANDS, CA)	8-17-48	50-54
DIXIE MARQUEZ (TULSA, OKLA)	8-22-38	60-64
ELAINE MATTHEWS (NEW POLTZ, NY)	8-1-43	55-59
MIMI NEY (ATLANTA, GA)	8-20-58	40-44
MIMI NEY (ATLANTA, GA)	8-29-58	40-44
ROBYN PAULSON (SAN FRANCISCO)	8-28-33	65-69
ELLEN ROSE (IRVINE, CA) SEE FULLER	8-16-28	70-74
KAREN SCANNELL (SAN FRANCISCO, CA)	8-23-38	60-64
URSULA SCHREIBER (INDIO, CA)	8-14-38	60-64
LUCY SHAPIRO (CA)	8-0-38	60-64
CERRIE SHERRARD (CHICO, CA)	8-25-38	60-64
MARY SLANEY (EUGENE, OR)	8-4-58	40-44
LENNIE TUCKER (LIVERPOOL, NY)	8-5-38	60-64
FIONA ARGENT (GBR)	8-24-53	45-49
A. AVELLAN (ARG)	8-20-33	65-69
YELENA CHICHEROVA (RUS)	8-9-38	40-44
ANNA FLAIBANI (ITA)	8-19-38	70-74
ISABEL FOLEY (NZL)	8-14-33	65-69
ERIKA HEIMANN (GER)	8-19-38	60-64
JUDITH JAENSCH (AUS)	8-6-48	50-54
LOLITA LAGROSAS (PHL)	8-24-38	60-64
SONJA LAXTON (RSA)	8-6-48	50-54
ADA LETINSKY (CAN)	8-14-38	60-64
JOHANNA LUTHER (WG)	8-2-13	85-89
WENDY O'DONNELL (CAN-PORTLAND, OR)	8-21-43	55-59
CAROLYN OXTON (GBR)	8-21-43	55-59
SARAH PACKHAM (GB)	8-17-3	95+
ASTRID ROSE (AUS)	8-18-43	55-59
MARGARETA SARVANA (FIN)	8-30-8	90-94
PETRA SCHMALFELD (GER)	8-18-58	40-44
ELIZABETH STEEDMAN (GB)	8-8-33	65-69
JUDITH STEWART (NZ)	8-26-48	50-54
MAIJA SUOMINEN (FIN)	8-18-28	70-74
ANA TEBES (ARG)	8-3-33	65-69
CHRIS WARING (NZL)	8-13-43	55-59

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

Three Records Rubbed Out in Trojan Meet

by JERRY WOJCICK

One world and two U.S. age-group records fell in the Trojan Masters Meet at Cromwell Field on the University of Southern California campus in Los Angeles on June 28.

Dave Jackson, a prominent flat jumper, who has been absent from the masters scene for several years, returned with a flourish, recording a pending M65 record of 35-9 1/4, an age-graded 95.4%, in his specialty, the triple jump. Tom Patsalis owns the present record of 35-6 1/4.

Arnold Gaynor added two inches to the M70 shot put record with a pending 45-3, an A-G 93.5%. Scott Herman holds the record at 45-1.

Larry Stuart, who broke the M60 world javelin record of 191-10 earlier this year with a 213-10, did it again,

with a lesser 206-0, which earned him, however, the top performance honors with a 100%.

Harold Tolson, M60, recorded the best performances in the sprints, with a 94.5% 12.49 in the 100 and a 93.4% 25.67 in the 200. U. Morris Chong, W50, ran a 93.4% 13.93 in the 100.

Fred Sowerby, M45 world record holder at 50.20, was the top runner in the 400 with a 93.0% 52.82. Nolan Shaheed, M45, ran the 800 in 2:02.53, a 94.5%.

High jumper Jason Meisler, M40, was also in world-class territory with a 90.0% 6-2 1/4, as was Bud Held, M70, with a 91.4% 150-0 in the javelin.

Meet Director Russ Reabold of the host Trojan Masters TC conserved enough energy to win the M45 discus with a 118-0 toss. □



Training Advice

by EARL FEE

Principles of Training – Part II

Earl Fee, of Canada, holds the M65-69 outdoor world record for the 800 (2:14.33) and is acknowledged as one of the best masters middle-distance runners in the world. Below is the second part of a condensed version of one of 24 chapters in Fee's book, *Secrets of a World Master's Champion*, to be published sometime next year.

Principle of Reversibility and Maintenance

Use it or lose it: speed, strength, aerobic stamina, and flexibility. They're so easy to lose, but hard to build up. They can be negated to a large extent within two or three weeks if neglected. There is a loss of training effect as the body reverses back toward its undeveloped state. However, once a training effect has been reached, it is possible to maintain it with less volume, but intensity must remain the same.

Speed, strength, aerobic stamina training and flexibility exercises are required year round. For example, speed needs to be retained even in the base building phase; building on the previous year's speed enables quicker return to maximum performance. Weight exercises (every other day) and stretching (daily) year round are essential for masters to compensate for loss of muscle and flexibility due to aging. One secret to winning is to age slower than your rivals.

Principle of Relaxation

Relaxation is the key to running fast and to running economy. Any tension in the body interferes with fluidity of the muscle function, sapping your energy. Bud Winter, coach of many world record holders in the sprints, a strong advocate of relaxation in running, had a famous saying. "Faster, looser." He taught: first learn

to relax at about 95% speeds; learn to relax the muscles not directly involved with running such as the face, jaw, neck and shoulders.

Principle of Continuity

Before a race, do not deviate from your normal routine in any way. Do not vary food, drinks, supplements, sleep, warm-up or normal activities. This is no time to experiment. For example, in the marathon it is important to run in the same training shoes used for long training runs.

Principle of the "Chicken Mind" but Stronger Body

The mind is weaker than the body. If you are aware of the truth that the body is stronger than the mind, the logical mind can overcome the "chicken mind." Then you can press on and even increase the pace, when it counts, in spite of the pain or discomfort.

Principle of Least Effort

Your body will always try to get the job done with the least amount of effort. Least effort expenditure results mainly from good form and complete relaxation. When you train, say, "I am running with minimum energy." For example, you deviate from least energy expenditure when trying "harder" in a sprint, particularly after reaching maximum speed. Also, in distance races, an even pace with no surges, except at the finish, results in least energy expenditure. On a hill, run eas-

ier going up and with more effort going down. When running with the wind, imagine yourself like a sail and push a little harder.

Principle of Training Partner

Runners make runners. They are nearly as important as a knowledgeable coach. A partner of similar speed and endurance makes life so much easier in doing fast intervals or on a long run in bad weather. There's company in misery. Percy Cerruty (famous Australian coach) mentions the "soul power" when a group of athletes trains together, resulting in a lot more momentum build-up throughout the workout, compared to training alone.

Principle of Limit Training

You need a tiring workout, but should not "total" yourself. Finish the workout feeling tired but capable of running more. In doing speedwork intervals, stop when performance drops off, or stop at the first sign of a cramp or sore muscle developing. The serious competitor has to go close to the limit to the point where the cooldown is a bit of a chore. You have to save enough energy for a decent workout the next day. So listen to your body.

Principle of Recovery

There has to be time for the body to recover and for the training effect to set in. After a hard workout, long run, or a race, micro-tears in the muscles need time to repair, glycogen stores need to be repaired, and blood pH needs to return from acid to alkaline. Therefore, at least one easy day, or preferably two, should follow a hard day. Remember, the easy day is just as

important as the hard day. Also, weight training sessions should preferably be spaced at least 36 hours apart.

Principle of Living Like a Champion

How we live in the hours away from training has a major influence on our success as runners. "Live, train and think like a champion every day." Everything affects how you run and train. Social activities will compete with your training time and interfere with diet and extra rest. Occasionally, a serious runner will have to be anti-social.

Principle of Regularity

It takes about seven or eight years of regular, consistent running to reach a career peak; use the age graded tables to evaluate progress. Keep a record of training every day. Some days you may start a workout and feel this is no fun or you may feel stale – not your day for running. On these days cross-train. In other words, day-to-day perseverance is the key to success. □

1998 Masters Indoor Rankings Completed

The USATF Masters Indoor Rankings for 1998 are included in this issue on pages 19-22. All corrections and additions should be sent to Jack Lance, Masters T&F Coordinator, P.O. Box 276, Long Valley, NJ 07853; fax: 908-876-5856. Changes will be published in the December 1998 issue. Indoor superweight marks for 1998 will be included in the 1998 outdoor rankings book.

Outdoor marks for 1998 which have not been published in the NMN should be sent with verification to Jack Lance, not the NMN. The last issue from which marks will be taken for the 1998 rankings will be announced in a later issue. □

FIVE YEARS AGO August, 1993

- National Senior Sports Classic Draws 7500 to Baton Rouge
- David Moorcroft Sets World Outdoor Masters Mile Mark of 4:02.53
- Doug Kurtis (41, 1:07:16) and Grayson (43, 1:22:27) win USA Half-Marathon Crowns

Mark Grubi

Mark Grubi, a certified official and a popular coach of masters track and field athletes, died June 6 of unannounced causes. He was 81.

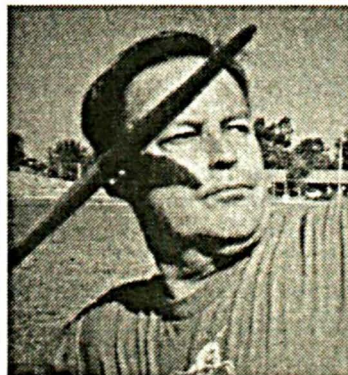
He was born and grew up on Washington's Olympic Peninsula. He first worked with his father as a commercial fisherman on the Pacific Coast from South America to Alaska. After World War II service in Africa, Europe and the Pacific, he worked as a long-shoreman to educate himself for seven years at U.C. Davis in animal husbandry and veterinary science.

His chosen profession was race horse training and he was one of the

first to train horses with two mile gallops. He also enjoyed his own competition and working with human athletes.

He helped to start the women's track program at U.C. Berkeley in the early 1970s. For many years, he was coach of the Northern California Seniors Track Club, and director of many club meets. He donated many hours a day to teaching senior athletes when he didn't have a race horse in training. He wished to share his love and knowledge of horsemanship and human conditioning with as many interested people as possible. □

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Track and Field Report

by KEN WEINBEL,
Chairman, Masters T&F

Dates May Be Too Close for Comfort

As I write, final preparations for the 1998 Outdoor National Championships at Orono, Me., are under way. It will be most interesting to see what impact, if any, the close date proximity of the Nike World Masters Games at Eugene, Ore., will have on our registration numbers for the Orono meet. The Orono meet's last day of competition is Aug. 2. The Eugene meet begins Aug. 10.

Next year, with the WAVA Championships in Gateshead, England, concluding on Aug. 8, and our national meet in Orlando, Fla., scheduled to begin Aug. 26, there certainly appears to be a more generous schedule separation. However, I suspect many of the WAVA participants will plan an extended stay for touring, etc., which could very well impact our numbers in Orlando.

I raise these matters to alert us that, as national, world master, and senior organizations become more aggressive in their recruiting for participants, spon-

sorships and favorable schedule dates, conflict is inevitable. I suggest further that this issue needs to be acknowledged and addressed in the future, for the well-being of all.

Barbara Kousky, Eugene, Ore., wrote an informative article in the July issue of *National Masters News* concerning sponsorships for masters track & field. Barbara, in her position as a meet director for the Nike World Masters Games, has been able to observe and evaluate the effectiveness of a well-staffed organization with specially talented sponsor recruiters and outside marketing agencies.

Just as Barbara points out in her article, we should keep in mind that organizations such as the Senior Sports Organizations and the Nike World Masters Games conduct multi-event "festivals" that attract large numbers of participants to an involved community and lengthy time schedule. The sheer numbers of entered athletes and days involved are the catalysts that attract large national sponsors. Masters track and field meets, with the exception of the WAVA championships, are usually small in comparison to the multi-event festivals and therefore less attractive to sponsors, all else being equal.

U.S.A. masters track & field athletes need not despair. USATF has recently engaged a professional fund raising company with an impressive track record for success. Discussions with the firm's principals have been encouraging. The masters program is very much in the mix. Fund raising is only one facet of our program. We are athletes foremost.

Our association, regional and national programs provide opportunities for fine competition, good fellowship and a vehicle for a healthful way of life. We do these things well, and that is something we can be proud of. □

1998 Hall of Fame Nominees Announced

by NORMAN GREEN

The Masters Hall of Fame Committee announced on July 8 its slate of nominees for the Class of 1998. One-half of the slate represents individuals held from the balloting of 1997; the other half represents those whose names have been submitted by committee members and current Masters Hall of Fame honorees. The entire slate of 24 nominees has been reviewed by the committee. Each has been validated as meeting our criteria of "10 years minimum of competition or administration as a master."

The nominees, in alphabetical order, are:

Bill Bangert (Field)
Bob Boal (Administrator)
Mary Bowermaster (Field)
George Braceland (Field)
Grace Butcher (Track)
Ross Carter (Field)
Anne Clarke (LDR)
Max Green (Racewalk)
Joann Grissom (Field)
Claude Hills (T&F)
Marion Irvine (LDR)
Helen Klein (Ultras)
Shirley Matson (LDR)
Pearl Mehl (Track)
Gary Miller (T&F)
Bob Mimm (Racewalk)
Pete Mundle (Administrator)
Jim O'Neil (LDR)
Wendell Palmer (Field)
Pat Peterson (Track)
Alex Ratelle (LDR)
Al Sheahen (Administrator)
Bruce Springbett (Track)
Stewart Thomson (Field)

Current members of the National Masters T&F Committee and the Masters LDR Committee plus Masters Hall of Fame honorees not included on either committee will be sent ballots and a data package about the 24 nominees in mid-September. Each elector may vote for as many as 10 individuals without regard to category. In other words, our committee intends that the voters select the ten most worthy individuals from the entire panel.

Each person must receive a majority from those voting by the deadline of Nov. 14. The results will be announced in Orlando at the joint meeting of the Masters T&F/LDR committees during the USATF Convention this coming December.

The committee is gathering additional names for consideration in 1999. Several persons have already been brought to our attention and will be reviewed when the committee meets in December. The 10-year minimum criteria is delaying consideration of some persons, while current members of our committee cannot be nominated during their tenure.

As the above process is being followed for currently active masters, a parallel process approved in Dallas last December features a 10-person Old-Timers Committee reviewing a slate of 18 nominees from which it will select five this year. The Old-Timer selections will also be announced in Orlando this December. The Old-Timer process enables masters to catch up with their history, particularly those individuals whose careers were strongest in the 1970s and who are either deceased or stopped competing at least five years ago.

The Masters Hall of Fame Committee includes: Ruth Anderson, Bob Fine, Dudley Healy, Len Olson, Louise Mead Tricard, and Norm Green (serving as secretary). The Old-Timers Committee adds Ken Weinbel, Jerry Crockett, Evelyn White, and Al Sheahen to the six of us. You can see immediately the wealth of historical knowledge available to the committee in its deliberations.

May we all look toward Orlando and the opportunity to honor more outstanding participants in the U.S. masters program. □

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TEN YEARS AGO August, 1988

- U.S. Records Broken by Lurline Struppeck, W40, in the Javelin, and Pat Peterson, W60, in the High Jump in New Orleans
- Steve Lester Erases U.S. M45 10K Record with a 30:09 in Magna, Utah
- Payton Jordan (M79, 27.7 in 200) Is Top Performer with a 96.9% in Los Gatos, Calif.



International Scene

by REX HARVEY
President, NCCWAVA

NCCWAVA Set for Exotic Barbados

The North and Central American and Caribbean Regional Association of WAVA (NCCWAVA) will stage the 1998 version of their biennial championships on the sunny Caribbean island nation of Barbados, West Indies.

The dates of Nov. 19-22 were carefully chosen to ensure pleasant weather for the competition, while beating the Thanksgiving travel restrictions and expensive high tourist season of mid-winter (see entry form on page 40).

The meet is being sponsored by the Amateur Athletic Association of Barbados (AAA Barbados) and has the support of the Ministry of Labor, Community Development and Sports, Government of Barbados.

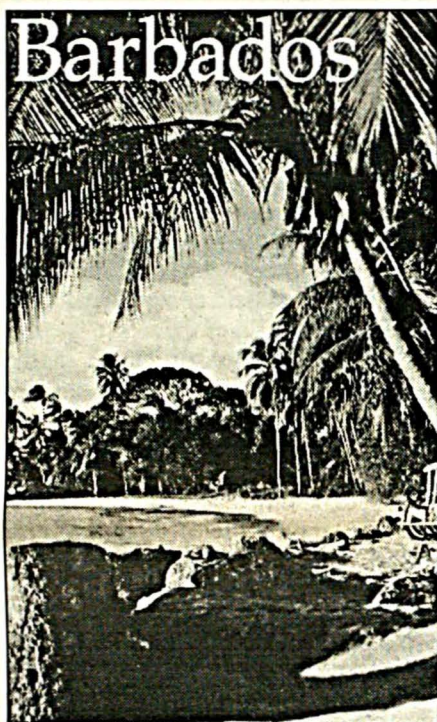
The event is to be held at the Barbados National Stadium, just outside of Bridgetown, the capital. The stadium was newly refurbished just a year ago and the track, in spite of its international quality, is being rebuilt at the present time, and should be in top shape for the championships. The stadium is unique in that there is a concentric bicycle track outside of the running track.

Tourism is very important to this small country. There are approximately a million visitors to Barbados each year, about half stopping briefly from cruise ships, and the other half staying an average of seven days. Tourists are well received. You will be special because of your involvement in this event which Barbadian sports organizations and government officials wish to use to introduce their citizens to the lifetime sport of masters track & field.

There are thousands of hotel rooms in all price ranges from dormitory type accommodations to 5-star luxury resorts. Many are on the beach or have beach access.

NCCWAVA Vice President Don Farquharson, Stadia Chair Sandy Pashkin, and I visited there in November 1996 and found the place delightful. The Barbados National Stadium was, for six years, the site of the Texaco Games, an international invitational meet involving 300-400 athletes. It also has hosted the C.A.C. Youth Championships and the CARIFTA Games several times and will again in 1999. We have warned them that masters meets are a "different animal."

It is an important goal of NCCWAVA to place the championships in a developing area at least half of the time. This was an excellent opportunity since, while there is great potential interest in Barbados, there has been no



"Cool Down Area for NCCWAVA Championships".

organized masters t&f competition. In fact, they were not even a member of WAVA at the time of their selection. This will be a great chance to promote our sport in a new and fertile area.

Be aware that the relaxed "island approach" is taken to most things, and is one of the main charms of the area. Join us to enjoy and promote our sport in this tropical paradise of cobalt waters, beautiful beaches and friendly people.

Compete well. Run jump, and throw, then swim, golf, shop, dine, sail, dive, ride, party, explore, or just plain relax! The competition schedule will be nearly the same as that in Eugene two years ago, which seemed to work well for most people.

English is the language of Barbados, and a pleasant self-assuredness of all levels of people from hotel maids to government ministers was one of the primary impressions that I took away. From the moment I arrived and heard the lilting sounds of the local kateys, that sound like electronic bells in the warm night, I was hooked on the place and am looking forward to being there in November. And I hope to also see a lot of you there for a relaxed and enjoyable meet. □

World Masters Games

Continued from page 1

Hilton Hotel may lose close to a half-million dollars, general manager Serge d'Rovencourt said. The Hilton blocked off 200 rooms – at a nightly average cost of \$150 a room – for 14 days. Only "one or two" of those rooms have been booked, d'Rovencourt said and it is too late to sign up a convention or other large group.

The World Masters Games secured more than 12,000 hotel rooms in Portland, but only 3150 reservations have been made by athletes, according to the Portland/Oregon Visitors Association.

"I wish I could choke the person who said 25,000," said Len Bergstein, communications director of the games.

Early on, knowledgeable masters athletes and administrators warned the games' organizers that the \$200 entry fee would discourage many athletes from participating. The organizers considered lowering the fee, but finally decided to stick with the original figure.

"It affected some sports, such as track and field," admitted David Fee, the games public relations director, "but with some sports, it was no issue at all."

Impact Will Be Felt

Still, the impact of the games will be felt, Single said.

"I can probably guarantee you this is going to be the finest World Masters Games ever staged," he said.

Bergstein said the smaller turnout – which he hopes will still reach 15,000 – will not diminish the games.

"We are victims of our own aspirations," he said, "but the fact is we will have 15,000 athletes participating in international competition that will be unlike anything this community has ever had."

The games are generally open to anyone over age 30, depending on the sport. The first Masters Games drew about 4000 athletes to Toronto in 1985. About 8000 went to Denmark in 1989. The third renewal drew 24,000 to Brisbane in 1994.

The World Masters Games differs from the WAVA World Veterans Athletics Championships. That event, which drew 5788 athletes to Durban, South Africa, for its 12th biennial renewal in 1997, includes only track & field, long distance running and race-walking. It is limited to men over age 40 and women over age 35. The 13th WAVA Championships will be held in Gateshead, England, in 1999.

Fee said 38 percent of the track & field entrants are from outside the USA. "Even softball, a traditional American sport, drew 70 percent foreign entries," Fee said. "The games will have a wonderfully international flavor."

Fee said track & field drew the most participants, but swimming, rowing, and basketball each had about 1000 entries.

Most of the sports will be held in

Continued on page 18

No Durban Results or Videos Yet?

If you bought the results book and a video of the WAVA Championships, paid for them in Durban, and have not received them, send a photocopy of proof of payment for those items and your name and address to Sandy Pashkin, 301 Cathedral Parkway, No. 6U, New York, NY 10026; e-mail: spashkin@aol.com. She will forward the documents to the Durban Organizing Committee, who will then send the items to you. □

Nations Represented in World Master Games

Albania	Latvia
Antigua	Lebanon
Argentina	Lithuania
Armenia	Libya
Aruba	Madagascar
Australia	Malaysia
Austria	Malta
Bahamas	Mexico
Bangladesh	Micronesia
Belarus	Montserrat
Belgium	Moldova
Bermuda	Netherlands
Brazil	New Zealand
Bulgaria	Nigeria
Canada	Northern Ireland
China	Norway
Colombia	Pakistan
Costa Rica	Paraguay
Croatia	Peru
Cuba	Philippines
Czech Republic	Poland
Cyprus	Portugal
Denmark	Puerto Rico
Egypt	Romania
El Salvador	Russia
England	Scotland
Estonia	Sierra Leone
Finland	Singapore
France	Slovak Republic
Georgia	Slovenia
Germany	South Africa
Ghana	South Korea
Gibraltar	Spain
Greece	Sri Lanka
Guam	Sweden
Guatemala	Switzerland
Guinea	Syria
Guyana	Taiwan
Hong Kong	Trinidad & Tobago
Hungary	Turkey
Iceland	United Arab Emirates
India	United States
Indonesia	Ukraine
Ireland	Uruguay
Israel	Vietnam
Italy	West Indies
Jamaica	Venezuela
Japan	Yugoslavia
Jordan	
Kazakhstan	
Kenya	



Speaker's Corner

by **DEREK WHARTON**
Athletic Veterans of Hong Kong

The Kobe Championships... A Disgrace

I have read with interest the very brief comment of Torsten Carlius on the Kobe WAVA Road Championships in March and the more complete review by Ron Bell, the WAVA Non-Stadia (that is, "Road") Vice-President who didn't attend the event. May I put another perspective on the Japanese efforts, and on the role of WAVA. First, a few facts:

1. There were 21,000 competitors entered, but I'll accept that just 17,000 started – of them 11,000 to 12,000 in the 10K. The vast majority of participants were "fun" runners, attracted by the opportunity to run on the brand new bridge.

2. There was a "wave" start, with each wave supposedly consisting of runners from the same five-year age group. There were intervals between waves of (I think) two minutes in the 10K. All runners wore Championship Chips, but they were not activated at the start, and so there was no means of ensuring that runners started in their correct group – and some certainly didn't.

3. Spectators were not allowed to see any part of the race, presumably because of the narrow carriageway over the bridge.

4. All information at the finish was in Japanese, until the provisional results appeared about two hours later.

Run With a View

I was in the 60+ age group and had around 7500 runners in front of me, most of them there for the view and the pleasure of running across an impressive piece of engineering. Assuming 10 minutes from the first wave to the 60+ wave, there would be 7500 people fairly evenly "spread" over a distance of about 3 kilometers. If you haven't experienced it, that's wall-to-wall people – certainly not the conditions for a World Championships.

From start to around 9K it was continuous zig-zagging and pushing and shouting to get through the crowds, made a bit easier if you spoke Japanese. At times you had to jump barriers to get on the opposite side of the road to get past tight groups, running the risk of head-on collision (which happened). On one occasion I had to make a last-second vault over a male runner kneeling down to take a picture of his lady partner – understandable behavior for him on such an occasion, but not good for the nerves of a serious competitor.

The above (in truth, understated) is the reality of the Kobe WAVA Road Championships.

Unsporting Behavior

It follows cowardice on the part of WAVA/the Japanese Organizing Committee – after complaints about a number of older Japanese runners starting with younger age groups – that they gained by starting up to ten minutes ahead of same-age competitors and by running on clear roads among younger, faster runners.

In the 60+ group, the first two finishers, both Japanese, admitted starting ahead of their age-group wave, and WAVA's International Liaison representative said they would be dis-

qualified. Some time later, the Organizing Committee gave a different verdict – no action would be taken, as they had not received written complaints within 30 minutes of the finish, in accordance with WAVA rules. As the race results (at least in English) weren't available for at least two hours after the finish, it is a rule that could not be adhered to (even if we'd known it existed).

Another older competitor in the 75+ group won gold and silver in Durban a year earlier. He finished fifth or sixth in the Kobe half-marathon, a full 17 minutes behind the "winner." I accept his word, supported by others that not one person from the 75+ wave went ahead of him, and as numbers

were much less than the 10K it was easier to monitor.

Blatant Cheating

I have no doubt that a number of runners started in earlier groups than they should have. They cheated, but it was impossible to prove because the Championship Chips weren't activated at the start – apparently to facilitate quick printing of certificates at the finish.

What was wrong with Kobe? Mixing a fun run with a World Championships on an unsuitable course; not using technology as it should be used (the chips); not allowing spectators on the course (even though many of the foreigners had traveled halfway around the world); and a negligent and weak WAVA. □

World Master Games

Continued from page 17

Portland, with baseball in Salem, kayak-ing in Bend, and track & field in Eugene at famed Hayward Field. Tom Jordan and Barbara Kousky, well-known open and masters meet organizers, will manage the track & field competition.

"It seems much of the world is coming to Portland to participate in the games," said Portland mayor, Vera Katz. "It is exciting and helps raise our profile as an international city."

Portland's sister cities are well represented. Tallin, Estonia, has 83 athletes competing, including seven basketball teams. Khabarovsk, Russia, is sending 37 athletes.

In addition to the large global representation, every U.S. state is represented in the games.

Marathon legend Joan Benoit-Samuels, 41, has officially registered and will run in the 5000-meters on Tue., Aug. 11.

Olympians to Compete

In 1984, as Joan Benoit, she won the inaugural women's Olympic Marathon in Los Angeles. Later, she set a U.S. marathon women's record of 2:21:21. She competed in the 1996 Olympic Marathon Trials, finishing 13th in 2:36:54 at age 39.

Dick Fosbury, John Thomas and Valeri Brumel, three of the greatest high jumpers in history, will also participate in the games. Fosbury, the 1968 Olympic high jump champion, invented his own jumping style known as the "Fosbury Flop," which is almost exclusively used by today's elite high jumpers. He and Thomas will host clinics at Hayward Field, while Brumel will compete. Thomas and Brumel were the first two people to jump over seven feet. Brumel won the 1964 Olympic high jump over Thomas in 7-1/4.

Clinics will also be hosted by Alberto Salazar, distance running; Payton Jordan, sprints; Yue Ling Chin and Ron Laird, racewalking; Mac Wilkins, discus; and Tom Petranoff, javelin. Jordan, 81, will also compete in the 100 and 200.

Other celebrity participants include:

- Bob Beamon, who won the long jump Olympic gold medal in 1968 with a leap of 29-2/2, a world record that stood for 23 years.

- Willie Davenport, a four-time U.S. Olympian, who won the 110mH Olympic gold (1968) and bronze (1976) medals.

- Lee Evans, whose 43.86 in the 400m at the 1968 Olympics stood as a world mark for 20 years.

- James Lofton, former NFL receiver, who will compete in the 400m dash and the long jump.

Opening Ceremonies

Lavish opening ceremonies are slated for Portland on Sun., Aug. 9, featuring celebrity entertainment. Opening ceremonies for track & field will take place in Eugene, Mon., Aug. 10. There will be a special athletes' barbecue in Eugene on Fri., Aug. 14.

Many arts and cultural celebrations will be staged. Each participant will receive a 1998 World Masters Games tee-shirt, a Nike athletic bag, and many other useful items. A free shuttle will run from the Eugene airport and between hotels and Hayward Field.

Many masters athletes will have taken part in the 31st annual USATF National Masters T&F Championships the week before in Orono, Maine.

The Valley River Inn is the "official sport hotel" for the t&f competition. Many athletes will be staying at the excellent dormitories at the University of Oregon, adjacent to Hayward Field.

Alton Baker Park in Eugene, home of the famous "Pre's Trail," will be the site of the 10K and 20K road races.

The 1998 Nike World Masters Games is a not-for-profit affiliate of the Portland, Oregon Sports Authority (POSA).

Results of this event will appear in the October issue of the *National Masters News*. – Al Sheahen

XIII WAVA CHAMPIONSHIPS

GATESHEAD, ENGLAND

July 29-August 8, 1999

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COMING NEXT MONTH

Results of:

- Nationals
- Regionals
- Indy Life Circuit Races

1998 U.S. Masters Indoor Track & Field Rankings

Coordinated by Jack Lance, T&F Rankings Coordinator

55 Meters			60 Meters			60 Meters			Mike Steinmetz			Joy Ohaya			M 40			Hans Gordon			W 30		
Compiled by Jack Lance			Pierre Dobrovolsky			Compiled by Jack Lance			Caleb Brown			Gretta Long			Ben James			John Clifford			Althea Morris		
M 30			Bill Wright	7.63		M 30			George Onyemwu	7.05		Lloyd Hathcock	8.15		Neal McIntyre	22.99		Thomas Ranaqua	27.60		Charlene Landrum	26.55	
Francois Boda	6.43		Dick Camp	7.7		David Barner	7.18		Shawn Richards	7.18		Lincoln Russin	8.16		Thomas Jussen	23.59		Avital Schurr	27.69		Jillia Ford Jackson	26.93	
Tracy Fox	6.6		Alex Johnson	7.7		Robert James Thomas	7.23		Richard Sealey	7.18		Dan Durante	8.18		Val Barnwell	23.90		Marco BonneFo	27.99		Lintz Rivera	27.67	
Gerald Owens	6.64		Ronald Kirkpatrick	7.79		Brian Crossman	7.30		Jerome Belinson	8.25		Richard Sealey	8.18		Arche Glaspy	23.92		Lawrence Harvey	28.01		Rita Weber	28.30	
Henry Moses	6.70		Tom Fondy	7.8		Rudy Humer	7.34		Clyde Hundley	8.26		Ken Ellis	8.88		Steve Coenen	24.07		Ed Taft	28.07		Sherr Grabowski	28.87	
Alexander Gordon	6.76		Rich Rizzo	7.8		James Reilly	7.35		Angel Cashner	8.28		Neve Hodge	9.10		Hubert Evans	24.11		Ben Miller	28.31		Dawn Best	29.05	
Orlando Harding	6.8		D Ucker	7.8		Andre Bridgett	7.45		James Manor	8.29		Irene Thompson	8.36		John Brooks	24.35		John Allen	28.4		Mary Jeanne O'Connor	30.88	
Oliver Brown	6.9		Mike Murphy	7.90		Rodney Yates	7.48		Ken Kenzie	8.30		Cheryl Alston	8.53		Mike Jacobs	24.35		Randall Clevon	28.40				
Doug Cooper	6.9		Randall Clevon	7.92		David Bell	7.49		Bob Davis	8.32		Louise Clark	8.55		Teresa Drota	24.36		Charles West	28.4				
Jim Reilly	6.9		Don Amery	8.00		Donald Brown	7.54		Joe Johnston	8.32		Jacqueline Board	8.70		Maureen Snder	24.36		Doug Geertgens	28.5				
Les Jones	7.2		K M Thomas	8.0		Marlon Gilmore	7.54		Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		John Head	29.08				
Andrew Gamble	7.26		Joe Hemler	8.19		Varnador Sutton	7.63		Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Walter Gibson	29.15				
Eric Goodlow	7.30		Roosevelt Weaver	8.19		Tanus Blackburn	7.65		Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Philip Byrne	29.38				
Michael LaNeve	7.3		Larry Carter	8.24		Charlie Knight	7.74		Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Ken Moses	29.45				
Jim Keys	7.4		Earl Mece	8.4		Bob Walters	7.78		Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Paul Gilbert	29.56				
Bob Murphy	7.4		Dale Lance	8.59					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Bill Hughes	29.6				
James Tunstall	7.4		Jerry Anderson	8.67					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Michael Kendall	29.7				
M 35			Cliff Pauling	8.74					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Gene Ballard	29.87				
Benjamin McLeod	6.5		Don Beck	8.74					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Neil Stenberg	24.90				
Match Lovett	6.6		Dillon Maer	8.90					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Doug Finley	25.01				
Fred Porter	6.6		Haq Bohagan	8.98					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Trip Reynolds	25.01				
Earl Winfield	6.7								Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Bill Cheade	25.06				
Robert Harding	6.9		M 65						Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Larry Hankins	25.06				
Joe Schweterman	6.90		Rich Baretta	7.6					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Mike Skoplanc	25.10				
Bill Hughes Jr.	7.0		Harry Brown	7.67					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Rick Easley	25.28				
Rick Evans	7.1		Bob Keegan	7.7					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Larry Schworer	25.35				
Alex Rivera	7.1		Jim Stookey	7.7					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Clifford Shock	25.6				
Bob Shelton	7.1		Ross Mitchell	8.06					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Mark Lynsky	25.68				
Lewis Kelley	7.12		Clarence Trinkner	8.08					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Tom Bunner	25.70				
Frank Makocz	7.25		Tom Rice	8.3					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Steve Shaugen	25.89				
Tim Karski	7.3		John Schreiber	8.49					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Bruce Clark	25.9				
Scott Eide	7.31		Georgio Chavelli	8.5					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Ken Castro	26.07				
Terry O'Connell	7.5		Jack Lane	8.5					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Gregory McBride	26.12				
M 40			Ray Eiland	8.99					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Ray Cume	26.21				
Ben James	6.6		Bill Bergen	9.0					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Ray Con	26.33				
Mike Skoflanc	6.70		Heracio Chandeck	9.22					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Sherman Weatheror	26.35				
Ellis Ludell	6.75		M 70						Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Frank St. Dennis	26.4				
Morris Bluford	6.85		Chuck Sochor	8.15					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Ken Bakersfield	26.42				
Ken Ellis	6.88		Howard MacMillan	8.5					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Lowell Bonfield	26.6				
John Dyer	7.1		Jack Greenwald	8.62					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Jan Goldfoot	26.8				
Clifford Shock	7.1		Tom Delaney	8.7					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Fred Biederman	29.38				
John Bilingsley	7.2		Frank Brako	8.7					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Charlie Richard	29.47				
Don McNeill	7.2		Ken Yairo	9.25					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Richard Croak	29.65				
Michael McPherson	7.2		R G Wolf	9.72					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Wendell Roehrs	29.68				
Frank St. Dennis	7.28		Stephen Hull	12.15					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Don Beck	29.95				
Val Barnwell	7.3		M 75						Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Mike Murphy	30.03				
John Brooks	7.3		Ed Matthews	9.0					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Don Amery	30.53				
Steve Shauger	7.4		John McCarthy	9.6					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Don Amery	30.53				
Ken Castro	7.5		Mei Buschman	9.88					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Tom Hartman	30.7				
Ira Gershon	7.5		Ansel Oliver	10.23					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Ray Franks	30.76				
Rockdale Hudson	7.5		Vern Mattson	13.44					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		James Ottaway	32.46				
Ron Jackson	7.5		Joe Martin	14.1					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Spencer Parnish	32.57				
Winford Haynes	7.51		M 80						Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Jack Ucci	32.9				
M 45			Champion Goldy	9.2					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Joseph Johnson	25.61				
Lester Hale	6.61		Tom Walsh	9.50					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Zeek Zlobicki	25.72				
Jim Dolezal	7.07		Warren Tashian	11.1					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Robert Mitchell	25.84				
T J Lister	7.09		Mei Flachs	11.50					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Dennis Brown	25.90				
Mike Sharratt	7.09		Ed Andrysiak	14.87					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Phil Fallon	26.0				
David Robinson	7.2		M 85						Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Curts Baldwin	26.17				
Pershing Reid	7.27		Manfred d'Elia	11.9					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Dennis Clark	26.27				
Horace Hudson	7.3		JoAnna Childress	7.50					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Karl Castor	26.4				
Robert Mitchell	7.36		Althea Morris	7.5					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Steve Kloch	26.42				
Karl Castor	7.4		Dawn Best	8.4					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Pershing Reid	26.46				
Edward Gonera	7.48		Karen Pyle	8.5					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Jimme Jones	27.04				
Phil Clayton	7.5		JoeAnn Jackson	7.83					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Phil Clayton	27.1				
David Gritz	7.5		Joy O'Haya	7.9					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Bob Henn	27.38				
Rich McMullen	7.5		Karen Warming	8.3					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		John DuCray	27.45				
Dan Swanson	7.5		Edna Crawley	8.4					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Dave Wohlers	27.7				
Tom Cunningham	7.69		Helena Nelson	8.42					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Richard Kanski	27.81				
Wayne Elliott	7.8		Penny Richardson	9.18					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Mike Morton	27.98				
John Oleski	7.93		W 40						Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Michael Potsad	27.98				
C D Cook	8.04		Aidin Mar	8.70					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Charles Alie	24.05				
Alan Raymond	8.06		Sandy Pashun	10.59					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Joseph Johnson	24.16				
M 50			Susanne Macrogan	11.7					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Randy Smith	24.69				
Joe Johnson	6.9		M 60						Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Ron Johnson	24.82				
Robert Lloyd	6.94		Audrey Lary	9.05					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Edward Jones	25.02				
Gary Geger	7.0		Phyllis Bradley	9.1					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Roger Pierce	25.12				
Benny Liles	7.2		Delores Hinds	9.90					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Courtland Gray	25.2				
Roger Pierce	7.31		Mary Roman	10.2					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Tom Bassett	25.46				
Dennis Newton	7.34		Rachel Lyga	10.69					Frank Bonham	8.34		Maureen Snder	10.8		Karen Hayes	9.94		Gary Geger	25.8				
Robert Davis	7.40		Janet Amery	11.75																			

Continued from previous page

M 35	Mitchell Lovett 48.58	Ray Blackwell 49.47	Kretzell Berry 50.39	Sai Allah 51.64	Reggie McDaniell 51.86	Tyrone Williams 51.87	Al Sapa 52.08	Rocco Serafini 52.46	Billy Hughes 53.12	Brendan Jackson 53.5	Robert Harding 53.9	Jim Watts 54.02	Anthony Krainik 54.22	John Burks 54.44	Kary Cameron 55.04	Frank Makocz 55.38	Sam Collins 55.83	Fred Porter 57.0	Rich Aonello 57.18	Juan Castro 57.64	Gino Caro 57.74	Scott Robertson 58.92	Dominic Halsemer 59.0	Chris Ankin 59.2	Kiri Makita 59.21	Robin Wheelless 59.3	Gerry Woods 59.3	Joseph Aikward 59.70	Neal Coffey 1:00.7	Don Hurford 1:00.7	Kiri Makita 1:00.70	Glen O'Connor 1:02.06	Chris Smeiser 1:02.30																																																																																	
M 40	Ben James 50.56	Steve Coenen 52.06	Clement Easton 53.01	Paul Allen 53.83	Rick Easley 53.85	Archie Glaspy 54.38	Rick Smith 54.41	Ron Manion 54.79	Keith Royster 55.12	Duane Green 55.20	Bill Cheadle 55.33	Chris Wiles 55.33	Tom Hartshorne 55.34	Thomas Hartshorne 55.68	D Frederick 56.5	Adrian Sterrett 56.60	Chuck Hunter 56.62	Trp Reynolds 56.65	Mark Lynskey 56.70	Doug Finley 56.75	Val Barnwell 56.8	Roy Curne 56.86	Nikos Mourtos 57.66	Larry Hankins 57.73	Bill Burton 57.8	Larry Schworer 57.84	Edward Somerville 57.96	Fred James 58.04	Fred Hervet 58.50	Richard Clark 58.92	Clifford Shock 59.1	James McFarlane 59.64	John Dyer 59.7	Steve Bunce 1:00.70	James Buresh 1:00.98	Mickey McCauley 1:01.00	Jon Wagner 1:01.31	Terry McConnell 1:01.80	Phil Griffin 1:01.90	Scott Lewis 1:02.20	Ken Bakersfield 1:02.30	Gary Radford 1:02.30	Greg Hanson 1:02.31	Rickdale Hudson 1:02.97	Don Casey 1:03.4																																																																					
M 45	Jesse Norman 52.81	Ed Goner 52.84	Gerry Krainik 52.96	Herman Belcher 53.11	Fred Sowerby 53.55	Francis Schro 53.66	Gerald Feeney 54.13	Carroll Blake 54.88	Keith Royster 54.98	Duane Green 55.04	Alex Constantinou 55.48	Ken Kring 55.97	Blake Carroll 56.15	Stan Druckery 56.3	Horace Hudson 56.31	Tom Cunningham 56.32	Shawn Regan 56.88	Dennis Brown 57.26	Don Hodge 57.46	Paul Mascali 58.56	Tony Plaster 59.24	John DuCray 59.32	Peter Reinhart 1:00.06	Jim Jones 1:00.53	Jim Allen 1:00.67	Michael Conway 1:00.85	Charles Lutz 1:01.07	Dennis Clark 1:01.32	Kerry Gillespie 1:01.60	Ric Rojas 1:01.71	Dave Wolters 1:02.10	Jim Dolz 1:02.5	Chris Monroe 1:02.50	Norm Thomas 1:03.28	Peter McClure 1:04.40	Rick Cleary 1:05.10	Brice Bush 1:06.70																																																																													
M 50	Charles Alie 52.87	Mehin Fields 55.03	Roger Pierce 55.43	Ron Johnson 55.52	Alan Taylor 57.05	Dave Walter 57.29	Jesse Brewer 57.7	Bob Lloyd 57.71	Ralph Souppa 58.44	Warren Graff 59.47	M Maslowski 59.56	Douglas Spencer 59.68	Dan Durante 1:00.39	Robert Ihne 1:00.62	John Albanese 1:01.07	Harold Holan 1:01.48	Frank Handelman 1:01.65	Keith Small 1:01.93	Chip Robinson 1:02.12	Chet Thompson 1:03.22	Kingsley Clarke 1:03.51	Randy Taylor 1:04.9	Paul Simmons 1:05.77	Larry Nafie 1:06.30	Rob Haon 1:06.48	Bruce Nunziata 1:07.00	Ron Shamwell 1:08.2	Steve Rozakus 1:08.49	Stephen Robbins 56.69	Dennis Duffy 57.48	William Burrell 58.78	Thomas Raruga 59.64	Steven Bowles 59.68	Edward Smalls 59.77	Lester Wright 1:00.77	Allen McDaniels 1:00.95	Rich Jones 1:01.66	Ben Miller 1:02.43	Lawrence Harvey 1:02.97	Bill Waterman 1:03.41	John Allen 1:03.50	Charles West 1:04.1	Ken Moses 1:04.52	Ed Donoghue 1:04.60	Bob Chincholo 1:04.96	Grover Coats 1:05.29	Maxwell Hamlyn 1:05.88	Tom Fondy 1:06.60	Kenneth Skinner 1:06.79	Bob Fulham 1:06.8	Frank Condon 1:06.92	Walter Church 1:07.01	Bill Hughes 1:07.50	Larry Abrahamson 1:08.20	John Kuhl 1:09.07	Tom Hartman 1:09.53	Richard Caffrey 1:10.17	Larry Colbert 57.58	Mack Stewart 59.24	Ken Baker 1:00.51	Wayne Bennett 1:02.34	Jim Mathes 1:02.58	Cliff Pauling 1:03.20	Christopher Rush 1:03.42	Tom Fondy 1:03.70	Alexander Johnson 1:03.70	John MacDonald 1:03.72	Fred Schlereth 1:03.80	Bob Conzemus 1:04.33	Richard Croak 1:05.93	Bruce Marsh 1:08.00	Don Beck 1:08.30	Bob Miner 1:08.70	Jim Aneshansley 1:09.24	Jack Ucci 1:11.40	Rene Wilett 1:11.40	Ray Franks 1:11.89	Tom DaPorte 1:12.25	Glen Markwell 1:12.4	Bob Brock 1:13.90	Sam Gracoff 1:16.30	Don Amery 1:16.90	Sammy Bullard 1:17.24	Bob Brock 1:12.70	Clarence Trinkner 1:12.87	Ed Stabler 1:13.0	Bruce Susong 1:14.41	Roger Hahn 1:14.50	Alfred DuBois 1:16.04	Jack Nyhan 1:18.93	Bill Bergen 1:19.11	Sid Montecino 1:20.81	Wally McRae 1:21.00	L S Anderson 1:22.1	Alex White 1:22.80	Rodney Brown 1:06.20	Jack Greenwood 1:10.82	Jack Greenwood 1:11.35	Louis Beale 1:11.43	Chuck Sochor 1:12.34	Howard MacMillan 1:13.40	John McManus 1:16.70	Dixon Hemphill 1:18.27	Sam Mada 1:18.59	Jack Hople 1:18.93	Richard Rucoba 1:19.05	Tom Walnut 1:25.00	M Goldstein 1:30.70	Lester Wright 1:19.23	Jim Manno 1:23.13	John McCarthy 1:28.33	Russ Moore 1:32.30	Don Hanton 1:34.00	Frank Knaus 1:39.41
M 55	Stephen Robbins 56.69	Dennis Duffy 57.48	William Burrell 58.78	Thomas Raruga 59.64	Steven Bowles 59.68	Edward Smalls 59.77	Lester Wright 1:00.77	Allen McDaniels 1:00.95	Rich Jones 1:01.66	Ben Miller 1:02.43	Lawrence Harvey 1:02.97	Bill Waterman 1:03.41	John Allen 1:03.50	Charles West 1:04.1	Ken Moses 1:04.52	Ed Donoghue 1:04.60	Bob Chincholo 1:04.96	Grover Coats 1:05.29	Maxwell Hamlyn 1:05.88	Tom Fondy 1:06.60	Kenneth Skinner 1:06.79	Bob Fulham 1:06.8	Frank Condon 1:06.92	Walter Church 1:07.01	Bill Hughes 1:07.50	Larry Abrahamson 1:08.20	John Kuhl 1:09.07	Tom Hartman 1:09.53	Richard Caffrey 1:10.17	Larry Colbert 57.58	Mack Stewart 59.24	Ken Baker 1:00.51	Wayne Bennett 1:02.34	Jim Mathes 1:02.58	Cliff Pauling 1:03.20	Christopher Rush 1:03.42	Tom Fondy 1:03.70	Alexander Johnson 1:03.70	John MacDonald 1:03.72	Fred Schlereth 1:03.80	Bob Conzemus 1:04.33	Richard Croak 1:05.93	Bruce Marsh 1:08.00	Don Beck 1:08.30	Bob Miner 1:08.70	Jim Aneshansley 1:09.24	Jack Ucci 1:11.40	Rene Wilett 1:11.40	Ray Franks 1:11.89	Tom DaPorte 1:12.25	Glen Markwell 1:12.4	Bob Brock 1:13.90	Sam Gracoff 1:16.30	Don Amery 1:16.90	Sammy Bullard 1:17.24	Bob Brock 1:12.70	Clarence Trinkner 1:12.87	Ed Stabler 1:13.0	Bruce Susong 1:14.41	Roger Hahn 1:14.50	Alfred DuBois 1:16.04	Jack Nyhan 1:18.93	Bill Bergen 1:19.11	Sid Montecino 1:20.81	Wally McRae 1:21.00	L S Anderson 1:22.1	Alex White 1:22.80	Rodney Brown 1:06.20	Jack Greenwood 1:10.82	Jack Greenwood 1:11.35	Louis Beale 1:11.43	Chuck Sochor 1:12.34	Howard MacMillan 1:13.40	John McManus 1:16.70	Dixon Hemphill 1:18.27	Sam Mada 1:18.59	Jack Hople 1:18.93	Richard Rucoba 1:19.05	Tom Walnut 1:25.00	M Goldstein 1:30.70	Lester Wright 1:19.23	Jim Manno 1:23.13	John McCarthy 1:28.33	Russ Moore 1:32.30	Don Hanton 1:34.00	Frank Knaus 1:39.41																												
M 60	Larry Colbert 57.58	Mack Stewart 59.24	Ken Baker 1:00.51	Wayne Bennett 1:02.34	Jim Mathes 1:02.58	Cliff Pauling 1:03.20	Christopher Rush 1:03.42	Tom Fondy 1:03.70	Alexander Johnson 1:03.70	John MacDonald 1:03.72	Fred Schlereth 1:03.80	Bob Conzemus 1:04.33	Richard Croak 1:05.93	Bruce Marsh 1:08.00	Don Beck 1:08.30	Bob Miner 1:08.70	Jim Aneshansley 1:09.24	Jack Ucci 1:11.40	Rene Wilett 1:11.40	Ray Franks 1:11.89	Tom DaPorte 1:12.25	Glen Markwell 1:12.4	Bob Brock 1:13.90	Sam Gracoff 1:16.30	Don Amery 1:16.90	Sammy Bullard 1:17.24	Bob Brock 1:12.70	Clarence Trinkner 1:12.87	Ed Stabler 1:13.0	Bruce Susong 1:14.41	Roger Hahn 1:14.50	Alfred DuBois 1:16.04	Jack Nyhan 1:18.93	Bill Bergen 1:19.11	Sid Montecino 1:20.81	Wally McRae 1:21.00	L S Anderson 1:22.1	Alex White 1:22.80	Rodney Brown 1:06.20	Jack Greenwood 1:10.82	Jack Greenwood 1:11.35	Louis Beale 1:11.43	Chuck Sochor 1:12.34	Howard MacMillan 1:13.40	John McManus 1:16.70	Dixon Hemphill 1:18.27	Sam Mada 1:18.59	Jack Hople 1:18.93	Richard Rucoba 1:19.05	Tom Walnut 1:25.00	M Goldstein 1:30.70	Lester Wright 1:19.23	Jim Manno 1:23.13	John McCarthy 1:28.33	Russ Moore 1:32.30	Don Hanton 1:34.00	Frank Knaus 1:39.41																																																									
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M 75	Lester Wright 1:19.23	Jim Manno 1:23.13	John McCarthy 1:28.33	Russ Moore 1:32.30	Don Hanton 1:34.00	Frank Knaus 1:39.41																																																																																																												
M 80	David McMillan 1:57.9	Armando Oliveira 1:59.26	Vaughan Kastor 1:59.31	William Bromsmith 1:59.63	John Barresi 2:00.50	Jeff Mann 2:01.28	Brian-Matt Hickey 2:01.83	James Aubuchon 2:02.20	Richard Joseph 2:02.21	Craig Lowthert 2:03.04	John Ellis 2:05.17	M McGarry 2:05.68	Norm Bouthalter 2:06.45	Rob Udwitz 2:06.77	Ed Slack 2:07.98	Bruce Dave 2:08.02	Craig Lowthert 2:08.3	Tom Metz 2:12.2	William Oehrlin 2:12.91	Brian Rhodes 2:13.23	Angelo Harast 2:15.9	Warren McPhail 2:16.79	Ken Martin 2:18.21	Dave Harewood 2:18.68	Mark Palmer 2:19.6	Rick Cote 2:21.4	David McMillan 1:57.9	Armando Oliveira 1:59.26	Vaughan Kastor 1:59.31	William Bromsmith 1:59.63	John Barresi 2:00.50	Jeff Mann 2:01.28	Brian-Matt Hickey 2:01.83	James Aubuchon 2:02.20	Richard Joseph 2:02.21	Craig Lowthert 2:03.04	John Ellis 2:05.17	M McGarry 2:05.68	Norm Bouthalter 2:06.45	Rob Udwitz 2:06.77	Ed Slack 2:07.98	Bruce Dave 2:08.02	Craig Lowthert 2:08.3	Tom Metz 2:12.2	William Oehrlin 2:12.91	Brian Rhodes 2:13.23	Angelo Harast 2:15.9	Warren McPhail 2:16.79	Ken Martin 2:18.21	Dave Harewood 2:18.68	Mark Palmer 2:19.6	Rick Cote 2:21.4																																																														
M 85	Sal Allah 1:59.26	Conor O'Driscoll 1:59.66	Ray Blackwell 2:01.65	Brendan Jackson 2:03.9	Rich Aonello 2:04.40	L A Glazer 2:04.54	Mitchell Lovett 2:06.33	Robin Wheelless 2:06.6	Douglas Miller 2:07.33	Pat Eastman 2:08.23	David McMillan 1:57.9	Armando Oliveira 1:59.26	Vaughan Kastor 1:59.31	William Bromsmith 1:59.63	John Barresi 2:00.50	Jeff Mann 2:01.28	Brian-Matt Hickey 2:01.83	James Aubuchon 2:02.20	Richard Joseph 2:02.21	Craig Lowthert 2:03.04	John Ellis 2:05.17	M McGarry 2:05.68	Norm Bouthalter 2:06.45	Rob Udwitz 2:06.77	Ed Slack 2:07.98	Bruce Dave 2:08.02	Craig Lowthert 2:08.3	Tom Metz 2:12.2	William Oehrlin 2:12.91	Brian Rhodes 2:13.23	Angelo Harast 2:15.9	Warren McPhail 2:16.79	Ken Martin 2:18.21	Dave Harewood 2:18.68	Mark Palmer 2:19.6	Rick Cote 2:21.4																																																																														
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M 95	Sal Allah 1:59.26	Conor O'Driscoll 1:59.66	Ray Blackwell 2:01.65	Brendan Jackson 2:03.9	Rich Aonello 2:04.40	L A Glazer 2:04.54	Mitchell Lovett 2:06.33	Robin Wheelless 2:06.6	Douglas Miller 2:07.33	Pat Eastman 2:08.23	David McMillan 1:57.9	Armando Oliveira 1:59.26	Vaughan Kastor 1:59.31	William Bromsmith 1:59.63	John Barresi 2:00.50	Jeff Mann 2:01.28	Brian-Matt Hickey 2:01.83	James Aubuchon 2:02.20	Richard Joseph 2:02.21	Craig Lowthert 2:03.04	John Ellis 2:05.17	M McGarry 2:05.68	Norm Bouthalter 2:06.45	Rob Udwitz 2:06.77	Ed Slack 2:07.98	Bruce Dave 2:08.02	Craig Lowthert 2:08.3	Tom Metz 2:12.2	William Oehrlin 2:12.91	Brian Rhodes 2:13.23	Angelo Harast 2:15.9	Warren McPhail 2:16.79	Ken Martin 2:18.21	Dave Harewood 2:18.68	Mark Palmer 2:19.6	Rick Cote 2:21.4																																																																														
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Mike Santo	5	Robert Thomas	3.46	M 185	John Hooqasian	8.96	W 235	Maadlena Kuehne	7.2	Ed Fox	9.17	M380			
Alan Russell	4.91	Ken Yabro	3.21	M 190	Ron Salvo	8.41	W 240	Maadlena Kuehne	7.2	Gary Krueger	9.14	M390			
Mark Jakubowski	4.82	Jack Hippie	3.16	M 195	Doug Holmberg	8.13	W 245	Maadlena Kuehne	7.2	Bill Gayney	8.41	M400			
Ivan Black	4.77	Bill Chivias	3.1	M 200	Dave Friedman	8.07	W 250	Maadlena Kuehne	7.2	Carl Levine	7.17	M410			
Mike Davis	4.77	R G Wolf	3.08	M 205	Ed Lukens	4.36	W 255	Maadlena Kuehne	7.2	Richard Hotchkiss	12.79	M420			
Jesse Norman	4.69	Alex Lashman	3.05	M 210	Tom Kennel	3.72	W 260	Maadlena Kuehne	7.2	Norm Cyprus	11.77	M430			
Mike Morton	4.67	Rob Hoffman	2.97	M 215	Ed Matthews	3.56	W 265	Maadlena Kuehne	7.2	Bob Cahners	11.29	M440			
Richard Watson	4.65	Bob Voegel	2.83	M 220	Morgan Bartlett	3.38	W 270	Maadlena Kuehne	7.2	Mike Valle	10.28	M450			
John Hooqasian	4.65	Mal Buschman	3.26	M 225	Mal Buschman	3.26	W 275	Maadlena Kuehne	7.2	George LaBelle	9.94	M460			
Marshall Hubsher	4.57	Art Holland	3.23	M 230	Armando Ricciardi	3.23	W 280	Maadlena Kuehne	7.2	Buster Byrnes	9.75	M470			
Bill Sikorsky	4.54	Armando Ricciardi	3.23	M 235	Jim Johnson	2.98	W 285	Maadlena Kuehne	7.2	Ed Rowan	9.53	M480			
Doug Holmberg	4.33	Jim Johnson	2.98	M 240	Jay Benedict	2.95	W 290	Maadlena Kuehne	7.2	Brian McKenna	9.06	M490			
Mike Sharatt	4.27	John McCarthy	2.92	M 245	John Benedict	2.95	W 295	Maadlena Kuehne	7.2	William Burke	8.26	M500			
Bob Reese	4.08	F Jurnoville	2.84	M 250	John McCarthy	2.92	W 300	Maadlena Kuehne	7.2	Bill Rykous	5.24	M510			
M 50		Oron Lott	2.84	M 255	John McCarthy	2.92	W 305	Maadlena Kuehne	7.2	Matt Schesment	5.02	M520			
Edward Jones	5.86	Rog Crockett	2.8	M 260	John McCarthy	2.92	W 310	Maadlena Kuehne	7.2	Stew Thomson	17.30	M530			
Richard Lech	5.59	Ernie Dew	2.76	M 265	John McCarthy	2.92	W 315	Maadlena Kuehne	7.2	Don Atsury	13.21	M540			
Joseph Johnson	5.5	Bob Boddy	2.09	M 270	John McCarthy	2.92	W 320	Maadlena Kuehne	7.2	Vernon Spencer	12.33	M550			
Angel Cachinero	5.46	Bill Walsh	2.05	M 275	John McCarthy	2.92	W 325	Maadlena Kuehne	7.2	Fred Shannan	10.60	M560			
Jerome Beinson	5.43	Houston Brumit	1.91	M 280	John McCarthy	2.92	W 330	Maadlena Kuehne	7.2	Pete Barker	10.04	M570			
Warren Gilette	5.31	James Manior	1.78	M 285	John McCarthy	2.92	W 335	Maadlena Kuehne	7.2	Steve Biddinger	7.24	M580			
James Dickerson	5.3	Dennis Schmitt	1.78	M 290	John McCarthy	2.92	W 340	Maadlena Kuehne	7.2	Don Beck	6.69	M590			
Jerry Danberg	5.28	Norman Jones	1.76	M 295	John McCarthy	2.92	W 345	Maadlena Kuehne	7.2	Edil Muller CAN	14.52	M600			
Michael Milove	5.22	Jim Dickerson	1.76	M 300	John McCarthy	2.92	W 350	Maadlena Kuehne	7.2	Len Olson	13.76	M610			
K H Troy	5.17	Tom Thorne	1.76	M 305	John McCarthy	2.92	W 355	Maadlena Kuehne	7.2	Austin Baggett	13.04	M620			
Oron Lott	5.1	Wille Northcal	1.76	M 310	John McCarthy	2.92	W 360	Maadlena Kuehne	7.2	Pay Carstensen	12.95	M630			
Rog Crockett	5.07	Gregory Brooks	1.76	M 315	John McCarthy	2.92	W 365	Maadlena Kuehne	7.2	Karin Huff	7.34	M640			
Ernie Dew	5.04	Caleb Brown	1.68	M 320	John McCarthy	2.92	W 370	Maadlena Kuehne	7.2	Fay Richard	7.29	M650			
Bob Boddy	5.02	Chet Dow	1.68	M 325	John McCarthy	2.92	W 375	Maadlena Kuehne	7.2	Susanne Magroan	7.05	M660			
Bill Walsh	4.99	Gary Snyder	1.68	M 330	John McCarthy	2.92	W 380	Maadlena Kuehne	7.2	Audrey Kempf	7.04	M670			
James Manior	4.97	Jorge Birnbaum	1.68	M 335	John McCarthy	2.92	W 385	Maadlena Kuehne	7.2	Sandy Pashkin	6.19	M680			
Dennis Schmitt	4.78	Mike Oliver	1.68	M 340	John McCarthy	2.92	W 390	Maadlena Kuehne	7.2	Sylvia Brooks	5.68	M690			
Norman Jones	4.76	Joe Schieffer Jr.	1.68	M 345	John McCarthy	2.92	W 395	Maadlena Kuehne	7.2	W 60		M700			
Jim Dickerson	4.67	Henry Clapper	1.68	M 350	John McCarthy	2.92	W 400	Maadlena Kuehne	7.2	Evelyn Wright	8.83	M710			
Tom Thorne	4.62	Bob O'Connor	1.68	M 355	John McCarthy	2.92	W 405	Maadlena Kuehne	7.2	Mary Roman	8.77	M720			
Wille Northcal	4.57	Neal Schuster	1.68	M 360	John McCarthy	2.92	W 410	Maadlena Kuehne	7.2	Pat Beam	8.36	M730			
Gregory Brooks	4.54	Ed Greene	1.68	M 365	John McCarthy	2.92	W 415	Maadlena Kuehne	7.2	Christ Miller	7.71	M740			
Caleb Brown	4.5			M 370	John McCarthy	2.92	W 420	Maadlena Kuehne	7.2	Audrey Lary	7.7	M750			
Chet Dow	4.37			M 375	John McCarthy	2.92	W 425	Maadlena Kuehne	7.2	Marica Crooks	7.36	M760			
Gary Snyder	4.28			M 380	John McCarthy	2.92	W 430	Maadlena Kuehne	7.2	Betty Steele	7.31	M770			
Jorge Birnbaum	4.19			M 385	John McCarthy	2.92	W 435	Maadlena Kuehne	7.2	Sue Tundiff	7.15	M780			
Mike Oliver	4.19			M 390	John McCarthy	2.92	W 440	Maadlena Kuehne	7.2	Mike Orlich	6.93	M790			
Joe Schieffer Jr.	3.99			M 395	John McCarthy	2.92	W 445	Maadlena Kuehne	7.2	Vince Seapronio	6.82	M800			
Henry Clapper	3.97			M 400	John McCarthy	2.92	W 450	Maadlena Kuehne	7.2	Bebe Evans	6.32	M810			
Bob O'Connor	3.96			M 405	John McCarthy	2.92	W 455	Maadlena Kuehne	7.2	Phyllis Fraser	5.7	M820			
Neal Schuster	3.95			M 410	John McCarthy	2.92	W 460	Maadlena Kuehne	7.2	Phyllis Shunn	5.44	M830			
Ed Greene	3.91			M 415	John McCarthy	2.92	W 465	Maadlena Kuehne	7.2	W 65		M840			
M 55				M 420	John McCarthy	2.92	W 470	Maadlena Kuehne	7.2	Marica Howe	8.08	M850			
Philip Byrne	5.24			M 425	John McCarthy	2.92	W 475	Maadlena Kuehne	7.2	Gloria Bortell	8	M860			
James Cawley	5.2			M 430	John McCarthy	2.92	W 480	Maadlena Kuehne	7.2	Betty Neal	7.59	M870			
Hans Gordon	5.16			M 435	John McCarthy	2.92	W 485	Maadlena Kuehne	7.2	Maadlena Kuehne	7.26	M880			
Bill Anous	5.15			M 440	John McCarthy	2.92	W 490	Maadlena Kuehne	7.2	Barb Thorgimason	7.21	M890			
Charlie Richard	5.1			M 445	John McCarthy	2.92	W 495	Maadlena Kuehne							

Masters Scene

NATIONAL

• **Phil (Philippa) Raschker**, 51, USATF Masters T&F Female Athlete of the Year in 1997, announced her retirement from competition in an interview with **Ken Stone**, posted on his web site (<http://members.aol.com/trackceo/index.html>). Raschker, Marietta, GA, is considered by many masters aficionados as the greatest age-40+ athlete, man or woman, in the history of the movement. Her most recent accomplishments included seven WRs at the European Indoor Veterans Championships, Great Britain, February 1997, followed by 10 gold medals and a silver (six WRs) in the WAVA Championships, Durban, July 1997. She represented the U.S. internationally at age 48 in the pole vault, her forte. Her skills in the PV (W45 WR 11-1 in 1994) would have placed her high in the college ranks had she been able to take advantage of a track scholarship at age 50 to Life University, which was denied her for having accepted \$200 in prize money for winning age-handicapped races staged by the NMN. In the interview with Stone, Raschker gave "masters politics" and "lack of incentive for training and competing any more" as reasons for her retirement. In 1997, she was nominated to the Masters Hall of Fame, but rejected the award on the protestation that other deserving masters women had not been recognized. She was included anyway.

• Officials at the National Distance Running Hall of Fame honored the Hall's first class of inductees at an induction ceremony, Utica, N.Y., July 11. The five are: **Ted Corblitt**, a member of the 1952 Olympic marathon team and a Canadian and American national champion who pioneered ultra-marathons and broke American track records for the 25-, 40- and 50-mile marathons; **Bill Rodgers**, four-time winner of the Boston and New York City marathons and member of the 1976 U.S. Olympic team; **Frank Shorter**, 1972 Olympic gold medalist, 1976 Olympic silver medalist, and five-time U.S. national champion at 10,000 meters; **Joan Benoit-Samuelson**, pioneer of women's marathoning and 1984 Olympic gold medalist, the first and only American woman to ever receive that honor; and **Kathrine Switzer**, the first woman to officially run the Boston Marathon, who won the 1974 New York City Marathon, and created the Avon running program for women.

EAST

• **Develand Campbell**, 45, Lusby, MD, 35:45, and **Linda Sheimo**, 41, Alexandria, VA, 44:13, pumped to masters wins in the Lawyers Have A Heart 10K, Washington, DC, June 7. **Deborah Gebhardt**, 50, Adelphi, MD, was fourth W40+ in 48:02. In an adjunct 5K, masters decisions went to **Greg Price**, 42, Washington, DC, 18:37, and **Laura Walkup**, 48, Alexandria, VA, with a W40+ course record 20:07. **John Haubert**, 55, won his case with a 19:29 victory in the M55 group.

• **Roger Evans**, 40, Setauket, NY, edged **John Di Camillo**, 42, Garden City, NY, for the M40+ first by two seconds with a 17:49 in the Kids Helping Kids 5K, Plainview, NY, June 21. **Dolores Doman**, 41, Dix Hills, NY, won the W40+ race in 20:22.

• **Tom Petranoff**, M40, Past U.S. Olympian and WR holder in the javelin, now residing in Delaware after moving from South Africa, hit the 241-9 mark in the USATF New England Championships, Dedham, MA, June 27.

• **Sharon Dolan**, 56, Gaithersburg, MD, was second overall (20:59) in the women's Run For The Roses 5K, Wheaton, MD, June 13. **Tami Graf**, 61, Lusby, MD, won the W60 race in 25:50.

• **Alan Ruben**, 41, 33:55, and **Gordon Bakoulis**, 37, 35:25, were first male and female overall and totaled the fastest time of 69:20 to place first in the Lamisil Twosome 10K, Central Park, NYC, April 25. Combined Age 140+ winners, with a 1:50:14 total, were **Sab Koide**, 74, 52:26, and **Muriel Merl**, 72, 57:48.

• **Charles McMullen**, 46, Rochester, NY, 33:37, and **Tatiana Pozdnyakova**, 42, Toronto, Canada, 34:28, were the first masters across the finish line at the Orange Classic 10K, Middletown, NY, June 14. **Pozdnyakova**, a citizen of the Ukraine, grabbed fifth overall in the women's competition.

• The East Coast portion of the Avon women's circuit featured large fields and fast times in New York and Baltimore. **Gillian Horowitz**, 42, NYC, 36:17, bested runner-up **Stephanie Kessler**, 40, 37:44, in the Avon Mini Marathon 10K, NYC, June 6. **Helene Bedrock**, 63, Cliffside Park, NJ, 46:12, claimed an impressive W60 victory. The circuit jumped to Baltimore, MD, June 27, where **Linda Wack**, 42, Germantown, MD, 39:50, scored a decisive masters win in the 10K race. **Sharon Dolan**, 56, Gaithersburg, MD, won the W55 crown in a speedy 43:55.

• **Jane Welzel**, 43, Fort Collins, CO, 1:16:58, cruised to first overall in the Fairfield Half-Marathon, Fairfield, CT, June 7. **Kevin McCaffrey**, 40, Marlborough, CT, 1:11:57, picked up the men's masters win, while top 5K masters were **John Matthews**, 41, Canton, CT, 16:43, and **Inga Lill Wik**, 49, Redding, CT, 21:09.

• **Ron Hulslander**, 41, Cortland, NY, 1:15:38, and **Theresa Sadeghi**, 42, Endwell, NY, 1:36:06, powered to masters wins in the 28th annual Vestal XX 20K, Vestal, NY, June 20.

SOUTHEAST

• The USATF Florida Association Convention will be held in Orlando at the Marriott Hotel International on Aug. 22. Contact **Bob Fine**, 3250 Lakeview Blvd., Delray Beach, FL 33445. 561-499-3370.

• **Rick Platt**, 47, Williamsburg, VA, 17:01, and **Sheri Segal**, 40, Norfolk, VA, 18:52, captured cash prizes for their masters victories in the Yorktown Freedom 5K, Yorktown, VA, July 4. Runners-up **Bill Bustin**, 40, Yorktown, VA, 17:16, and **Sharon White**, 41, Langley AF Base, VA, 19:20, also won cash prizes.

• **Linda Wack**, 42, Germantown, MD, defended her masters title with an 18:39, worth \$200, in the Fredericksburg Women's 5K/RRCA Women's Distance Festival, Fredericksburg, MD, June 20. The race was dedicated to **Mary Haag**, who was Women and Children Services Director at Mary Washington Hospital and helped to raise funds for the inaugural race before she died of breast cancer in 1996. Runners were contesting for a purse of \$2500 this year.

• Rocketing to masters wins in the Peachtree 10K, Atlanta, GA, July 4, were **Richard Buerkle**, 50, Atlanta 32:50, and **Amy Barrow**, 40, Nashville, TN, 37:33. More than 55,000 runners toed the starting line of this Independence Day classic.

MIDWEST

• **Clarence Trinkner** established a world-best time of 72.06 for age 66 in the 400H (33"), Augustana College Meet, Rock Island, IL, June 6. **Stan Thompson** held the previous best at 87.6 in 1978. Over 120 athletes participated in the 14th year of the Augustana meet, formerly called the Athlete's Foot Masters Meet.

• **James Acklin**, M40, Ogden, UT, 20:50, and **Ruth Wysocki**, W40, Canyon Lake, CA, 21:34, chugged to masters wins in the 25th

annual Steamboat Classic 4 Miler, Peoria, IL, June 20. Masters winners in the 15K competition were **Bob Dalton**, 45, Fayetteville, GA, 53:17, and **Christina Kidd**, 46, Lincoln, IL, 1:04:22.

• **Lynn Tracy**, 45, 15:56, outdistanced the entire women's field at the UW Parkside (Wisconsin) 3000m racewalk, June 7 (AG 81.6%). **Al Du Bois**, 66, turned in a quick 16:37 (AG 84.3%) to win his division.

MID-AMERICA

• **Bill Butterworth**, meet director of the USATF Mid-America Regional Masters Championships, reports a good turnout and satisfied athletes in the meet in Wichita, KS, on June 15. On the track, **George Marchetti** won the M55 800 (2:20.9) and 1500 (4:49.3). **Ken Ellis**, M40, hit the heights with a meet-best 15-6 in the pole vault. **Ken Jansson** won the M40 hammer with a booming 191-10.

• **Paul Heitzman**, 67, Eudora, KS, won the age-graded competition in the Kansas Two Mile Championships in Hutchinson, June 6, with a 91.8%. **Jay O'Neil**, M40, 10:01, and **Barbara Holzman**, W45, 12:23, were first 40+. **Terry Pollock**, M50, 38:29, and **Sheryl Drevo**, W50, 47:59, took masters honors in the 10K.

• **Jane Welzel**, 43, Fort Collins, CO, 37:09, blasted to a masters win at the Avon Women's 10K, Denver, CO, May 9.

SOUTHWEST

• **James Lofton**, 42, a former All Pro Green Bay Packer, ran a spectacular 49.6 to finish second in a field of open and younger runners in an invitational 400 at the Metroplex Mile Championships in Dallas, June 30. In May, Lofton recorded a 22-3/4 LJ and a 10.9 100m. In the Metroplex Meet, **Rick Easley**, 44, competing with runners whose ages ranged from 17 to 36, finished sixth (2:02.6) in an invitational 800. Easley, national champion when he was 40, joins the M45 ranks in February 1999.

• **Linda Musil**, 46, Dallas, TX, 42:39, bested the masters field and finished seventh overall at the Avon Women's 10K, Dallas, TX, May 9.

WEST

• The Sacramento version of the Avon Women's 10K, May 30, featured blistering times by the top three W40 women - **Diana Fitzpatrick**, Lakspur, CA, 36:27, **Christine Kennedy**, Sunnyvale, CA, 37:16, and **Terry Adams Schmidt**, Stateline, NV, 38:21. **Deedee Grafius**, Modesto, CA, 40:14, claimed the W45 victory while **Melody Anne Schultz**, 41:07, collected her third Avon W55 win.

• Top masters at the Palos Verdes Marathon, San Pedro, CA, June 6, were **Ted Stull**, 43, Lawndale, CA, 2:57:19, and **Donna Watts**, 40, Thousand Oaks, CA, 3:26:40. Watts was the first overall woman. **Russ Poblano**, 42, 1:27:48, and **Alfreda Iglehart**, 48, Los Angeles, CA, 1:28:55, snatched half-marathon masters wins. The 5K masters victories went to **John Blauery**, 40, Woodland Hills, CA, 17:32, and **Linda King**, 54, Manhattan Beach, CA, 21:14.

• Despite a delayed start and warm temperatures, **Charles Andrews**, 40, Rochester, NY, 2:33:02 (84.3% AG), and **Christine Kennedy**, 43, Sunnyvale, CA, 2:52:27 (84.7%), danced to solid masters wins at the highly popular Rock 'N Roll Marathon, San Diego, CA, June 21. Kennedy narrowly edged **Mary Burns-Prine**, 40, San Diego, 2:53:38 (82.1%) for the victory. **Ken Sparks**, 53, Chagrin Falls, OH, 2:44:26, turned in the fastest age-graded performance (86.6%) to win the M50 division, followed by M45 winner **Terry McCluskey**, 49, Brookfield, OH, 2:40:21 (86.0%). On the women's side, **Lynne Ingalls**, 55, Chicago, IL, 3:18:08 (82.1%) had a fast age-group victory.

NORTHWEST

• **Les Hintz**, 77, and **Jenni Ashcroft**, 17, of Tigard, OR, may be the only grandfather-granddaughter pole vaulting combo in the U.S., if not



TESH TESHIMA

Chet "The Jet" Blanton, 40, ran the Kapiolani 100 Miler, Honolulu, June 28, in 24:00 to raise money for charities.

in the world. Hintz started back into vaulting in 1987 at the nationals where he finished third in his age division and has since competed in the World Masters Games, the Oregon State Games, and local meets. Ashcroft, who won the Class 2A high school state pole vault title with a state record 11-6 for all classes this last spring, graduated from Sheridan HS in Tigard and will attend the University of Nevada in Reno on a track scholarship. Her best vault is 11-11/4.

• **Becky Sisley**, Northwest Regional Coordinator, announced that the Northwest Regional Masters Championships for the year 2000 will be held in Bozeman, MT, two weekends prior to the USATF National Masters Championships in Eugene, OR, Aug. 10-13. This will be the first regional championships outside of Washington or Oregon.

• **Mark Holland**, 41, 31:35, and **Debbie Hanson**, 44, 40:43, strode to masters wins in the Magna Classic 10K, Magna, UT, June 27. The race was part of the USATF Utah Road Racing Circuit.

CANADA

• **Art Meany**, 54, was first M40+ and sixth overall in 27:00 at the Mews 8K, St. Johns, Newfoundland, July 5.

• **Emil Muller**, 60, who, as a guest athlete in the 1998 Indoor Nationals in Boston, was first in the M60 weight (47-7/4), is one of just 13 hammer throwers, all non-masters, in Quebec. His season's best, in open competition, is 167-9.

INTERNATIONAL

• **Albertos Van Zyl's** pending M75 WR 14.95 in the 80H (**Frank Finger**/15.1/1990) helped to pump his decathlon score to 7710 (**Claude Hills**/6389/1989), another pending WR, in the South Africa Veterans Athletic Championships, Bloemfontein, May 1-2. He also ran a hand-timed 54.7 in the 300H; **Dan Bulkley** owns the WR of 55.33 in 1994.

• **Wilma Perkins** has been elected president of the Queensland Veterans Athletics Club in Australia. The first thing she did was apply to change the name of the club to "Masters" instead of "Veterans," according to club member **Yasha Watkins**.

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

July 30-August 2. 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: <http://www.ume.maine.edu/~track/trackfield.html>

August 29. USATF National Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

September 5. USATF National Masters Weight Pentathlon Championships, Citrus College, Glendora, Calif. (near L.A.). SASE to Lloyd Higgins, 629 Marie Ave., Los Angeles, CA 90042. 626-914-8652; fax: 914-8659.

August 26-29, 1999. 32nd annual USATF National Masters Championships, Orlando, Fla.

October 20-29, 1999. U.S. National Senior Sports Classic VII, Orlando, Fla.

EAST

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

August 5 (Wed.) Philadelphia Masters Meet. Germantown Academy, Fort Washington, Pa. 6pm-8pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

August 8. Beverly Lions 2nd Annual All-Comers Age-Graded Meet, Beverly, Mass. 978-921-6150, x5466; e-mail: bevlions@aol.com.

August 16. Philadelphia Masters Championships, Germantown Academy, Fort Washington, Pa. See Aug. 5.

September 5-6. Potomac Valley Games, Williams HS, Alexandria, Va. PVG, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206.

September 16. Green Mountain Senior Games, Green Mountain College, Vt. Ardi Smith, 802-824-6521.

September 25-27. Granite State Senior Games, Laconia, N.H. 50+. GSSG, Inc., PO Box 1942, Rochester, NH 03866-1942. 603-332-0055.

October 1-3. Maine Senior Games, Inc., Portland. Anita Chandler, 207-775-6503.

October 1-3. Maryland Senior Olympics, Towson. No out-of-state. Phil Adams,

410-830-4456.

October 3-11. Delaware Senior Olympics, Dover. No out-of-state. Peggy Yaeger, 302-736-5698.

October 25. Philadelphia Masters Runners Pentathlon, Germantown Academy, Fort Washington, Pa. 3000/800/200/1500/400; age/sex-graded. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672; Bill Krieger, 215-722-8859.

SOUTHEAST

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

August 8. Nashville Striders Meet, David Lipscomb H.S. 615-331-0111; 383-6733.

September 22-27. North Carolina Senior Games, Raleigh. No out-of-state. Margo Raynor, 919-851-5456.

September 23-26. Georgia Golden Olympics, Robins Air Force Base, Vicki Pilgrim, 404-657-6644.

October 24. Sarasota County Games For Life. Kelly Shoemaker, 6700 Clark Rd., Sarasota, FL 34241. 941-316-1172.

MIDWEST

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

August 16. Oak Forest Masters and Open Meet, Oak Forest HS, Illinois. Gerry Krainik, 708-687-2124.

August 16. Wolfpack Throwing Classic, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614-459-2547.

September 9-16. Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 414-821-4444.

September 10-13. Southwestern Illinois Regional Senior Games, Edwardsville. Cheryl Marshall, SIRSG, Inc., Campus Box 1084, Edwardsville, IL 62026. 618-692-3210; e-mail: cmarsha@siue.edu.

September 17-27. Illinois Senior Olympics, Springfield. Sandy Holste, 217-789-2284.

September 23. 2nd Annual Norm Bower Memorial Weight Pentathlon, SASE to Joe Chadbourne, Over The Hill TC, 18554 Haskins Rd., Chagrin Falls, OH 44023. 440-543-1932; fax: 543-7160.

September 24-27. Kentucky Senior Games, Elizabethtown. Ruth Hudson, 502-765-2175; 800-437-0092.

MID-AMERICA

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

August 2. The 21st Century AGELESS GAMES E.M. "R"ECREATIONAL

MEET, U. of Minnesota, 516-15th St. SE. 1 pm. Pre-register by July 17. See p. 5 or SASE to Sr. Rachel Lyga, 122 NE 63 1/2 Way, Mpls., MN 55432. 612-574-9661.

August 4-9. Rocky Mountain Senior Games, Greeley, Colo. Sheri Lobmeyer, 970-350-9433.

August 5-9. New Mexico Senior Olympics, Albuquerque. State residents only. Cecilia Acosta, 505-623-5777.

August 20-23. Nebraska Senior Olympics, Kearney. Scott Hayden, 308-237-4644.

September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline, Boulder, CO 80302; Jim Weed, 507-726-2452; Tom Wesselowski, 316-722-2586.

September 10-13. South Dakota Senior Games, site TBA. Jaci Casanova-Keller, 605-773-3656.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 17-20. Arkansas Senior Olympics, Hot Springs. Gail Ezelle, 501-321-1441.

September 17-23. Oklahoma Senior Olympics, Tulsa. Dana Short, 918-596-7866.

September 19-October 31. Louisiana Senior Olympic Games, Baton Rouge. 504-925-1748.

September 22-27. Texas Senior Games, Temple. Susan McDowell, 254-298-5690.

WEST

Arizona, California, Hawaii, Nevada

August 6, 13. Los Gatos All-Comers, Los Gatos HS, Calif. 5:30 pm. Willie Harmatz, 408-354-7365.

August 15. Kel Field Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

September 12. San Diego Senior Olympics, San Diego, Calif. All t&f events, plus 50m, two RWs, National Masters News Age-Graded 100m. SDO Office, 619-543-9046; David Pain, 619-582-3316(h), fax: 619-582-5769; Floyd Gibbons, 619-466-5756.

September 19. 6th annual Kel Field Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 1-11. Nevada Senior Games, Las Vegas. Roger Owen, 702-294-2954.

October 3. Club West Meet, Santa Barbara CC, Calif. Beverley Lewis, 805-969-5851.

October 17. Kel Field Throws Meet, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 17-18. Orange County Senior Games, Saddleback College, Mission Viejo, Calif. 50+. Everett Brewer, 28000 Marguerite Parkway, Mission Viejo, CA 92692. 949-582-4835.

October 25. Sri Chinmoy Masters Games, Cal State Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

November 1. 2nd annual Great Pumpkin Weight Pentathlon & Open Throws Meet, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

ON TAP FOR AUGUST

TRACK AND FIELD

The track & field portion of the multi-sports Nike World Masters Games opens on the 10th and closes on the 21st at Hayward Field in Eugene, Ore., with an expected 1300 athletes from worldwide participating. The USATF Masters Weight and Superweight Championships return to Seattle on the 29th. An age-graded meet is scheduled for Beverly, Mass., on the 8th. The Philadelphia Masters Championships and Oak Forest Meet in Illinois are on the menu, along with the Wolfpack Throwing Classic in Columbus, Ohio, on the 16th. Senior Games are being held in Colorado, Washington, New Mexico, Idaho, and Nebraska.

LONG DISTANCE RUNNING

Indy Life Circuit action is available in the Crim 10 Mile, Flint, Mich., on the 22nd. The Beach To Beacon 10K, Cape Elizabeth, Me., initiates the month on the 1st, followed by the Sheehan 5 Mile, Red Bank, N.J., and Clarksburg 10K in West Virginia on the 8th. Offerings of the 16th range from the Falmouth 7.1 Mile in Massachusetts to Pikes Peak Marathon in Colorado and America's Finest City Half-Marathon in San Diego. On the 22nd, the Parkersburg Half-Marathon in West Virginia hosts the USATF Open Championships. Assorted teams will trundle off from Mt. Hood to Seaside, Ore., in the 195-mile Hood To Coast Relay on the 28th. The Annapolis 10 Mile and the Silver State Marathon, Reno, Nev., close out the month on the 30th.

RACEWALKING

The MAC/East Region 3K Championship hits Central Park, NYC, on the 9th. Many track & field meets and road races include a racewalk. The Hood To Coast Relay has a shorter event for racewalk teams, starting in Portland, rather than in Mt. Hood. □

NORTHWEST

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

August 5-9. Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324.

August 6-9. Washington Senior Games, Olympia. Lisbeth Naber, 360-438-5458.

August 10-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, OR 97440. 541-687-1989; fax 687-1016.

October 3-4. Octoberfest Throws & Weight Pentathlon Meet, Helena, Mont.

Continued on next page

Continued from previous page

Manuel White, 406-227-5020.

October 12-24. Huntsman World Senior Games, St. George, Utah. Track dates: 19 (Mon.) - 20 (Tues.) Huntsman World Senior Games, 82 W. 700 South, St. George, UT 84770. 800-562-1268; 435-674-0550; e-mail: hws@infowest.com

INTERNATIONAL

August 10-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax 687-1016.

August 20-22. African Veterans Athletic Championships, Mauritius.

September 3-5. Russian Veterans Outdoor Championships, Moscow. Vadim Marhev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

September 11-19. European Veterans Championships, Cesenatico, Italy. Dr. Maria Luisa Moriconi, Istituto di Fisica dell'Atmosfera (CNR), Area di Ricerca Tor Vergata. Tel: 39 6 49934288; fax: 39 6 49934323.

September 19. San Juan Annual International Masters Meet, Puerto Rico. Gilberto Gonzalez, PO Box 11074, San Juan, PR 00922. 787-765-5702; fax: 787-763-7490.

October 14-18. X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

November 1-7. WAVA South America Championships, Port Alegre, Brazil. Jorge Alzamora, PO Box 685, Santiago, Chile. Phone/fax: 56-2-621-1417. Hotel & room reservations: Continental Tourist Agency, 55-51-224-5796; fax: 55-51-224-5001.

November 19-22. North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. Fax: 440-954-8111; e-mail: rexjh@aol.com.

July 29-August 8, 1999. XIII World Veterans Athletics Championships, Gateshead, England.

LONG DISTANCE RUNNING

NATIONAL

August 22. USATF National 10 Mile Championships/Crim 10 Mile Run, Flint, Mich. Indy Life Circuit Race. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-3396.

September 7. Pacific Sun 10K, Kentfield, Calif. Indy Life Circuit Race. Kees Tuinzing, 80 Mitchell Blvd., San Rafael, CA 94903. 415-472-7223.

October 4. USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Indy Life Circuit Race (1 1/2 x points). Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 11. USATF National Masters 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd.,

Rochester, NY 14620.

October 25. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820.

October 31. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-6553.

EAST

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

August 1. Beach To Beacon 10K, Cape Elizabeth, Me. BTB 10K, c/o Marketing Dept., PO Box 9540, Portland, ME 04112-9540. 888-480-6940.

August 1. Hampton Falls 5 Miler. SASE to Road Race, c/o 21 Curtis Rd., Hampton Falls, NH 03844. Lisa Chace, director, phone/fax: 603-778-3031.

August 8. George Sheehan 5 Mile, Red Bank, N.J. John Haulenbeek, PO Box 2087, Ocean Township, NJ 07712. 908-974-8457.

August 8. Bridge Of Flowers 10K, Shelburne Falls, Mass. SASE to McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411.

August 9. Roosevelt Island 10K, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

August 15. NYRRC Manhattan Half-Marathon, Central Park. See Aug. 9.

August 16. Falmouth 7.1 Mile. FRR, PO Box 732, Falmouth, MA 02541. 508-540-7000.

August 30. Annapolis 10 Mile. Annapolis Striders, PO Box 187, Annapolis, MD 21404. 410-268-1165.

September 6. Connecticut Classic 10K, Danbury. Masters money. Carlos Lopes, 333 Main St., Danbury, CT 06810. 203-731-3400; fax: 203-792-2163.

September 7. New Haven 20K, New Haven, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Rd., Branford, CT 06405. 203-481-5933.

September 13. Eriesistible Marathon, Erie, Pa. EM, PO Box 8311, Erie, PA 16505. 814-452-1023.

September 13. Ithaca 5 & 10 Miles, Ithaca HS. Lorrie Marnell, PO Box 185, Locke, NY 13092. 607-255-2265(w).

September 19. Great Cow Harbor 10K, Northport, N.Y. Rich Boziwick, PO Box 41, Northport, NY 11768. 516-754-5064.

September 19. Terry Fox 5K Benefit Run, Boston, Mass. Angela Smalley, 617-351-2273.

September 20. Harvard Pilgrim 5K, Providence, R.I. Nancy Cerrone, c/o Public Affairs, HPHC/NE, One Hoppin St., Providence, RI 02903. 401-331-4034, x43369.

September 20. Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603. 914-471-0777.

September 20. Yonkers Marathon. A.J. Cambria, Yonkers Park & Rec., 285 Nepperhan Ave., Yonkers, NY 10701. 914-377-6430.

September 20. Philadelphia Masters 5K Cross-Country, Germantown Academy, Fort Washington, Pa. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672.

September 20. Staten Island Half-Marathon, NYC. NYRRC, 9 E. 89th St.,

NY, NY 10128. 212-860-4455.

September 26. Donald J. Trump Fifth Avenue Mile, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

September 27. The Great Race 10K, Pittsburgh. Mike Radley, 400 City-County Blvd., Rm 459, Pittsburgh, PA 15219. 412-255-2493.

September 27. Philadelphia Half-Marathon. SASE to PDR, Box 43111, Philadelphia, PA 19129. 215-864-8225.

September 27. Adirondack Marathon, Schroon Lake. Daniel Perry, PO Box 583, Schroon Lake, NY 12870. 888-SCHROON; fax 518-532-7675.

September 27. Rockland Half-Marathon/New York RRCA Championships, Orangeburg. Tappan Zee Boosters, P.O. Box 249, Orangeburg, NY 10962. 914-359-5425.

October 3. New Hampshire Marathon, Bristol. Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.

October 4. Wineglass Marathon, Corning, N.Y. Bill Taylor, PO Box 117, Corning, NY 14830. 607-936-4686; fax: 936-4685.

October 10. Greater Hartford Marathon/Half Marathon/5K. Hartford Marathon Inc., 221 Main St., Hartford, CT 06106. 860-525-8200; fax: 860-724-7317.

October 18. Atlantic City Marathon & Half-Marathon. ACM, P.O. Box 2181, Ventnor, NJ 08406. 609-822-6911.

October 18. Mohawk-Hudson River Marathon, Schenectady, N.Y. M-HRM, PO Box 4146, Albany, NY 12204. 518-435-4500.

October 25. Philadelphia Masters 5K Cross-Country, Germantown Academy, Fort Washington, Pa. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

October 25. Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; fax: 703-784-2265.

October 25. Cape Cod Marathon/Relay, Falmouth, Mass. SASE to Cape Cod Marathon, Box 699, West Falmouth, MA 02574. 508-540-6959.

October 31. Sweetwood Halloween 5K, Williamstown, Mass. 2 pm. M&W50+ only. Bob Matteson, 802-447-2566.

November 1. New York City Marathon. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

November 22. Philadelphia Marathon. PM, 215-685-0054.

SOUTHEAST

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

August 22. Louise Mandrell Smokey Mountain 5K For Boy Scouts, Pigeon Forge, Tenn. Masters money. 800-768-4971.

August 22. Maggie Valley Moonlight 8K, Maggie Valley, N.C. 8:30 pm. Hotline: 704-926-1686.

September 7. U.S. 10K Classic, Atlanta, Ga. Masters money. Corporate Sports, 6400 Highlands Parkway, Suite C, Symrna, GA 30082. 770-431-0100.

September 12. Run By The River 5K, Clarksville, Tenn. SASE to Run By The River, PO Box 3899, Clarksville, TN 37043. Masters & Grandmasters money. Jo Huber, 931-647-3855; fax: 647-8664.

September 12. Eastman 10K, Kingsport, Tenn. 423-229-3771. See also racewalk schedule.

September 26. Virginia 10 Mile,



GEORGE BANKER

Katherine Switzer, program director of the Avon Women's Circuit, congratulates Karen Franklin, 27, first woman overall (18:42), Mother's Day 5K, Washington, D.C., May 10. Switzer, former long distance standout, was the W50 winner (23:53).

Lynchburg. Chris Ellis, Chamber of Commerce, PO Box 2027, Lynchburg, VA 24501. 804-845-5966.

September 26. Neptune Festival 8K, Virginia Beach, Va. Festival 8K, 2204 St. Marshall Dr., Virginia Beach, VA 23454. 757-496-9556.

October 11. Richmond Marathon. Dwayne Davis, Richmond Times/Dispatch, PO Box 85333, Richmond, VA 23293. 804-649-6738.

October 17. Southtrust Running Festival 10 Mile, St. Petersburg, Fla. Masters money. SRF, PO Box 66252, St. Pete Beach, FL 33736. 813-363-7866; fax: 360-9710; e-mail: run_florida@msn.com.

October 24. Governor's Cup Half-Marathon & 8K, Columbia. Carolina Marathon Assn., PO Box 5092, Columbia, SC 29205. 803-929-1996; fax: 803-733-1149.

November 7. Richmond Marathon & 5 Miler. Masters money. RM, PO Box 8744, Richmond, VA 23226. 804-673-RACE; fax: 285-3132.

November 8. Vulcan Marathon, Birmingham. VM Weekend, PO Box 43447, Birmingham, AL 35243. 205-879-5344.

November 21. Star City Half-Marathon & 5K, Roanoke. Star City Striders, PO Box 8331, Roanoke, VA 24014. 540-966-7866, or Chris Miller, 540-982-1657.

November 26 (Thurs.). Outback Distance Classic Half-Marathon, Jacksonville. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.

November 26. Atlanta Marathon & Half-Marathon. SASE to Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

MIDWEST

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

August 8. State Street Mile/USATF Illinois Championships, Rockford, Ill.

Continued on next page

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Runners Image, 815-963-2171.

August 8. Clarksburg 10K. Clarksburg 10K, PO Box 1734, Clarksburg, WV 26032-1734. Phone/fax: 304-622-4735.

August 22. Parkersburg Half-Marathon/USATF M & W Open National Championships, Parkersburg, W. Va. Masters money. 304-424-2786.

August 23. Abes Amble 10K/USATF Illinois Championships, Springfield, Ill. Jon Hartnett, 217-787-4400.

September 5. Charleston 15 Mile & 5K. Charleston Run Committee, PO Box 2749, Charleston, WV 25330.

September 6. Scotty Hanton Marathon & Half-Marathon, Port Huron, Mich. Becky Lapine, PO Box 129, Marysville, MI 48040. 810-364-4550; fax: 364-4556.

September 7. The Smoot Mile, Parkersburg, W. Va. Masters money. Dorsey Cheuvront Jr., 3330 Emerson Ave., Parkersburg, WV 26104. 304-422-8916(day); fax: 422-6585.

September 7. Park Forest Scenic 10 Mile & 5K/USATF Women's Open Championship. Park Forest Ten, 301 Centre, Park Forest, IL 60466. 708-748-2005; fax: 503-8560.

September 13. Chicago Half-Marathon. Dillon Productions, Inc., PO Box 577017, Chicago, IL 60657. 773-929-5978; fax: 929-6047.

September 13. Columbus Half-Marathon. UltraFit USA, PO Box 06358, Columbus, OH 43206. 614-481-9077.

September 19. USATF Marathon, Wright-Patterson AFB. Tom Fisher, 88 SPTG/SVC, 5215 Thurlow St., Ste. 2, Wright Patterson AFB, OH 45433-5542. 937-257-4350, or 800-467-1823.

September 27. Frank Lloyd Wright 5K, Oak Park, Ill. Greg Evans, 708-383-0002.

October 3. Bowling Green 10K. BG Classic, PO Box 1802, Bowling Green, KY 42101. 502-782-3660; 800-599-7223.

October 10. Indianapolis Marathon & Half-Marathon. Joel Sauer, Indianapolis Marathon Corp., PO Box 36214, Indianapolis, IN 46236. 317-826-1670.

October 11. Chicago Marathon. CM, PO Box 10597, Chicago, IL 60610. 888-243-3344.

October 11. Dayton River Corridor Half-Marathon. Chris Brady, Wright Brothers, PO Box 9154, Dayton, OH 45409. 937-436-5757; fax: 937-435-2633.

October 18. Detroit International Marathon. IMG, 300 Stroh River Pl., Ste. 2600, Detroit, MI 48207. 313-393-7749; fax: 393-9454.

November 8. Columbus Marathon. CM, PO Box 26806, Columbus, OH 43226. 614-433-7395.

MID-AMERICA

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

August 16. Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

September 7. Heart Of America Marathon, Columbia, Mo. Joe Duncan, Columbia TC, PO Box 1872, Columbia, MO 65205. 573-445-2684.

September 27. Duke City Marathon & Half-Marathon, Albuquerque. DCM, PO Box 3038, Albuquerque, NM 87190. 505-890-1018.

October 10. 36th annual Jackrabbit 15 Mile & Relays. Ann Martin, Wellness

Director, South Dakota St. U., PO Box 2820, Brookings, SD 57007.

October 17. Hobo Day 5K, Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

October 18. St. Louis Marathon & Relay. St. Louis TC, 2385 Hampton Ave., #101, St. Louis, MO 63139. 314-781-3926.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 17. Alamo 10,000, San Antonio, Tex. Masters money. Carl Owens, Director, PO Box 500324, San Antonio, TX 78280. 210-543-0444; fax: 543-0445.

November 7. White Rock Half-Marathon. Dallas. X-C Club of Dallas, PO Box 820414, Dallas, TX 75382. 214-855-1511, or Horace Duncan, 972-270-5264.

November 7. 10 Miles for Texas, The Woodlands. Ellen Earle, 4810 Cypress Run Ct., Sugar Land, TX 77478. 281-265-3696.

November 8. San Antonio Marathon. SAM, 1123 Navarro, San Antonio, TX 78205. 210-246-9652.

WEST

Arizona, California, Hawaii, Nevada

August 16. America's Finest City Half-Marathon, San Diego. Neil Finn, PO Box 3879, San Diego, CA 92163. 619-297-3901.

August 30. Silver State Marathon, Reno, Nev. Ski Pisarski, SSM, 2358 Camelot Way, Reno, NV 89509. 702-849-0419.

September 27. Race For The Cure 5K, Newport Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-2312; fax: 434-7706.

October 4. Sacramento Marathon. SM, PO Box 995, Dixon, CA 95620. 707-678-5005.

October 11. Lake Tahoe Marathon/Walk/Relay; Half-Marathon & Racewalk; 10K & 10K Racewalk; 5K, South Lake Tahoe, Calif. Les Wright, 2261 Cold Creek Trail, South Lake Tahoe, CA 96150. 530-544-7095; fax: 544-6061.

October 18. San Luis Obispo Half-Marathon. Joe Rubin, PO Box 8106, San Luis Obispo, CA 93406. 800-676-7463; fax: 805-781-6092.

October 18. Humboldt Redwoods Marathon & Half-Marathon, Weott, Calif. Sharon Powers, PO Box 4989, Arcata, CA 95518. 707-433-1220.

October 25. Silicon Valley Marathon & Half-Marathon, San Jose. Firstwave Events, PO Box 565, Los Gatos, CA 95031. 408-354-0857.

November 7. Santa Barbara Half-Marathon & 5K. Ellen McCurdy, Santa Barbara News-Press, PO Box 1359, Santa Barbara, CA 93102. 805-892-2250, X5050; fax: 805-564-5139.

November 15. Race For The Cure 5K, Rose Bowl, Pasadena, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-2312; fax: 434-7706.

November 28. Santa Clarita Marathon. City of SC Marathon, PO Box 800646, Santa Clarita, CA 91380. 805-255-7149; fax: 805-259-8125.

NORTHWEST

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

August 28-29. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also



GEORGE BANKER

Members of MCRRC Women of Wonder, the first W40+ running club in the Colt-USO 10 Mile, Washington, D.C., May 31 (l to r): Dee Nelson, 54, 70:51; Crystal Hulse, 43, 92:05; Sharon Dolan, 56, 71:34; Susan Humphries, 48, 70:40; and Linda Wack, 42, 66:26

shorter Portland To Coast Run Relay & Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax: 292-4113.

October 4. Portland Marathon. Les Smith, PO Box 4040, Beaverton, OR 97076. 503-226-1111.

November 28. Seattle Marathon & Half-Marathon. SM Assoc., PO Box 31849, Seattle, WA 98103. 206-729-3660.

CANADA

October 25. Casino Niagara Intl. Marathon, Niagara Falls, Ontario, Canada. Karen Stearne, Heart Niagara, Allied Health Bldg., 206-5673 North St., Niagara Falls, Ontario, Canada L2G-1J4. 905-358-5552.

INTERNATIONAL

November 1. Athens Marathon, Greece. Athens Marathon, c/o Apostolos Greek Tours, 3145 So. Akron St., Denver, CO 80231. 303-755-2888. <http://www.rural-net.net/~apostolo>

RACEWALKING

August 9. MAC & East Region 3K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC, 10028. Tel/fax: 212-628-1317.

September 10, 12, 13. Racewalking Seminar and Clinic by Viisha Sedlak, San Diego State U., Calif. American Walking Assoc., P.O. Box 4, Paonia, CO 81428-0004. 970-527-4557.

September 12. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-229-4364.

September 13. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

October 4. USATF National Masters

One-Hour & Two-Hour Championships, Worcester, Mass. USATF New England, PO Box 1905, Brookline, MA 02146. 617-566-7600.

October 17. MAC & East Region 30K Championships, Central Park, NYC. Stella Cashman, Park RWers USA, 320 E. 83rd St., Box 18, NYC, 10028. Tel/fax: 212-628-1317; e-mail: FrancisCash@aol.com.

November 7. USATF South Region One-Hour Championships, Myrtle Beach, S.C. USATF South Carolina, PO Box 491, Union, SC 29379-0491. 803-427-1829.



GEORGE BANKER

Jean Arthur (359), 35, first W35 (21:34), and Linda Sheimo, 41, fourth W40+ (21:17), Run For The Roses, Wheaton, Md., June 13.

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

M30-34				
David Olson	High Jump	6-4 1/2	6-1-96	
M40-44				
John Roberts	110hh	15.4	5-10-98	
Herbert Taskett	Mile	4:50	5-9-92	
M45-49				
Sergio Angulo	110 hh	17.8	5-23-98	
Bill Penner	10k RW	51:38	4-30-95	
Keith Peterman	400	55:91	8-3-97	

M50-55				
Jerry Ford	Shot Put	42-6	4-24-97	
Bob Maynard	Pole Vault	12	6-14-98	
Frank Monroe	Weight Throw	33-4	5-24-98	
Donald Neidig	100	12.10	4-18-98	
Josef Pfister	Pole Vault	12	6-6-98	
Jack Romansic	Discus	137-11	6-6-98	
M55-59				
Buster Byrnes	Weight Throw	32	2-27-98	
Mark Chapman	Superweight	17	5-23-98	
August Kauffmann	Shot Put	39-5	6-13-98	
M60-64				
Theodore Mordecai	Javelin	39.30	5-8, 10-98	

W50-54				
Luraline Struppeck	Shot Put	34-1 3/4	5-23-97	
	Javelin	107	5-27-97	
	Discus	79-5	5-27-98	
W60-64				
Roddie Larsen	Long Jump	11-9	6-28-98	
Dorothy Van Ausdal	5000m	26:01.2	6-6-98	
W65-69				
Janice Wolowicz	Discus	58-8	9-6-97	
	Shot Put	20-6	9-6-97	
W70-74				
Eliza Dalzell	Shot Put	22-2 3/4	4-6-98	

The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data.

All American Standards Committee

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	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:35	4:40	4:55	5:00	5:10	5:30	5:55	6:15	6:55	7:50	8:45	10:15
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30
110H	15.4	16.5	17.8	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
	6-2 1/2	6- 1/2	5-9/4	5-6	5-3	4-11	4-9	4-6	4-1 1/4	3-9/4	3-3/4	2-7/4
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	8-4 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20- 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1	14-9 1/4	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/4	36-1 1/4	29-6	26-3	19-8 1/4
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/4	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-5	13-1 1/4	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50
							37-6 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9 1/4
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
	31-2	29-6 1/4	27-10 1/4	26-5	19-8 1/4	16-5	14-9	13-1 1/4	11-5 1/4	9-10	8-2 1/4	6-6 1/4
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 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: 30-49: 800g; 60+: 600g
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

WOMEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				

MEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

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

U.S. MASTERS 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	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
1 Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
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	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5 1/4	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/4	7-10 1/4	6-7	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18- 1/2	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9 1/4	30-7	27-11	27-8 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17- 1/4	14-1 1/4
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-6	49-2 1/4	39-4 1/4
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-3 1/4	69-0	59- 1/4	52-6	45-0	42-8	36-1 1/4
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5 1/4	72-2 1/4	68-0	59- 1/4	46-0	39-4 1/4	39-6 1/4
20#Wt.	10.00	9.00	8.00	7.01							
	32-9 1/4	29-6 1/4	26-3	23-0							
16#Wt.					8.00	7.01	6.00	5.54	5.18	5.00	4.75
					26-3	23-0	19-8 1/4	18-2	17-0	16-5	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8 1/4	18-2 1/4	16-5	17-2 1/4	16-5	15-7	14-9 1/4	13-1 1/4	11-5 1/4	9-10
Wt.Pent.	2600	2500	2500	2500	2600	2600	2600	2500	2500	2400	2300

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 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

EAST

Potomac Valley TC Meet Alexandria, VA; May 17

100m	
M30 David Barner Jr	11.30
M35 Eugene Vickers	11.30
M40 Lloyd Jeremiah	12.60
M50 Dennis Newton	12.60
M55 David Rosenthal	17.30
M60 E Robert Premo	20.60
W30 Sophia Sheppard	13.40
W35 Teresa Henderson	14.00
W60 Audrey Lary	16.10
W75 Carla Convery	24.00
200m	
M30 David Barner Jr	23.30
M35 Shawn Jensen	27.00
M40 Lloyd Jeremiah	31.10
M55 R Lee Earman	31.40
M60 E Robert Premo	46.20
M65 James Stookey	28.10
M75 Bud Averitt	53.90
W35 Teresa Henderson	29.00
W75 Carla Convery	55.10
400m	
M30 David Barner	51.40
M35 Eugene Vickers	54.00
M55 Mike Radov	58.20
M75 Bud Averitt	2:06.90
800m	
M30 Eric Cooper	2:34.10
M35 Ethan Assal	2:24.10
M40 Paul Allen	2:25.50
M75 Bud Averitt	6:00.00
1 mile	
M30 Roger Cressey	5:14.50
M40 Bruce Hamilton	4:39.30
M45 Paul Ryan	4:51.40
M50 Butch Proctor	6:32.30
M55 Jim Verdier	5:49.30
W30 Alisa Hill	4:44.00
W40 Marilyn Aquino	7:51.90
3000m	
M45 Jack Barrar	10:15.60
Short Hurdles	
M65 James Stookey	17.80
Long Hurdles	
M65 James Stookey	51.70
High Jump	
M65 James Stookey	4-6
Long Jump	
M60 E Robert Premo	7-10
W60 Audrey Lary	11
W75 Carla Convery	6-1
Shot Put	
M30 D Dartouzos	36-2.50
M50 Victor Litwinski	31-11.50
M60 E Robert Premo	21
M65 Otis Moran	26-4
M75 C Pistorino	30-10.75
W35 T Henderson	38-8.75
W60 Vicki Harmatuk	21-1.25
W65 Sharon Good	15-11.50
Discus	
M30 D Dartouzos	107
M35 Warren Taylor	156-10
M50 Victor Litwinski	86-7
M60 William Smith	147-8
M70 Rick Laulor	70-1
M75 C Pistorino	93-4
W30 M Jezycski	108-3
W50 Vicki Harmatuk	63-9
W65 Sharon Good	40-5
W75 Carla Convery	39-3
Javelin	
M40 James Overby	103-5
M50 Russ White	176-9
M60 Essat Pashai	140-10
M75 C Pistorino	97-1
W30 M Jezycski	95-7
W35 Sylvia Nolan	59-6
W65 Sharon Good	32-4
W75 Carla Convery	37-8

Weight Throw

M65 Otis Moran	31-7.50
W65 Sharon Good	18-7
1600m RW	
M50 Alan Price	8:13.60
3000m RW	
M40 Don Welch	18:25.00
M50 Alan Price	15:49.00
M60 E Robert Premo	24:46.00
W40 Marilyn Aquino	23:26.00
W55 Lois Dicker	18:31.00

Potomac Valley TC Meet Alexandria, VA; May 31

100m	
M30 David Barner Jr	10.90
M40 Jeffrey Madison	12.10
M45 Naum Pefer	14.80
M50 Dennis Newton	12.80
M60 Larry Colbert	12.50
W30 Sophia Sheppard	14.30
W75 Carla Convery	23.30
200m	
M30 Dale Legall	26.00
M35 George Ridley	23.00
M45 Wayne Harris	27.20
M50 D J Bertagnoli	30.60
M60 Larry Colbert	26.20
W75 Bud Averitt	59.20
W30 Jelahn Stewart	30.00
W75 Carla Convery	55.90
400m	
M30 David Barner Jr	53.20
M35 George Ridley	51.60
M40 Jeffrey Madison	55.60
M45 Emeric Butler	55.40
M50 D J Bertagnoli	1:06.80
M60 Larry Colbert	57.70
W75 Bud Averitt	2:18.20
W30 Jelahn Stewart	1:11.50
800m	
M30 A Mitchell	2:10.00
M35 Ethan Assal	2:19.60
M40 James DeRienzo	2:11.30
M45 Emeric Butler	2:15.10
M50 Bob Weine	2:33.20
M55 Jim Verdier	2:41.60
M60 Bill Price	3:15.20
W30 Alisa Hill	2:05.70
1 mile	
M30 Darrell General	4:23.20
M45 Andrew Altman	5:42.00
M75 Bud Averitt	14:43.10
W30 Jelahn Stewart	7:14.40
3000m	
M30 Darrell General	8:49.80
M50 Bob Weiner	11:40.70
M60 Bill Price	14:08.10
Short Hurdles	
M35 Karl Smith	14.40
M65 James Stookey	17.10
Long Hurdles	
M65 James Stookey	50.10
High Jump	
M65 James Stookey	4-8
Shot Put	
M40 Larry Pion	36
M45 Randy Yohe	25-4
M65 Otis Moran	23-4
W35 Teresa Henderson	37-2
W50 Vicki Harmatuk	24-2
W65 Sharon Good	16-10
Discus	
M40 Larry Pion	109-11
M45 Randy Yohe	81-11
M50 Russ White	98-7
M55 Norman Johnson	112-2
W50 Vicki Harmatuk	71-5
W65 Sharon Good	42
Javelin	
M40 Larry Pion	110-10
M45 Randy Yohe	99-10
M50 Russ White	168-8

W65 Sharon Good	32-8
W75 Carla Convery	38-1
Weight Throw	
M40 Garry Crago	22-9.50
M45 Randy Yohe	31-9
M65 Otis Moran	32-4.50
W65 Sharon Good	17-7

1600m RW	
M50 Alan Price	8:00.40
M50 Bob Weiner	10:05.20
M55 M Schwed	10:04.20
W45 S Meadows	12:22.20
W65 M A Stookey	14:01.10
3000m RW	
M40 S Pecinovsky	12:39.90
M50 Alan Price	14:59.40
M55 M Schwed	20:04.20
M60 Donald Gerson	22:13.00
M75 N Hewson	24:49.30

Senior Sports Classic Rochester, NH; June 7

100m	
M50 Warren Dorr	13.21
M60 Richard Croak	14.38
M65 Ken Perkins	15.54
M70 Norman Cloutier	17.70
M75 Joseph Sciagraffa	15.54
W50 Esther Lane	27.38
W55 Freda Ross	27.37
200m	
M50 Warren Dorr	27.69
M60 Jacques Gagnon	30.01
M65 Frank Conlin	45.19
M70 Herb Taylor	42.46
M75 Joseph Sciagraffa	34.44
400m	
M50 Warren Dorr	1:01.52
M55 Fred Bertleson	1:17.00
M60 Richard Croak	1:07.40
M65 Jack Prescott	1:43.68
M70 Herb Taylor	1:31.00
800m	
M50 Allen Taplin	2:33.05
M55 Fred Bertleson	2:49.63
M65 Jack Prescott	3:42.90
M70 Herb Taylor	3:35.90
1500m	
M50 Ken House	5:18.13
M65 Jack Prescott	7:33.80
M70 Kenneth Folsom	6:46.06
Long Jump	
M50 Doug Willett	12-8
M60 Jacques Gagnon	10-6
M65 Kenneth Perkins	12
M70 David Moore	8-5
M75 Boo Morcum	10-1
Shot Put	
M50 Dave Tousignant	34
M55 Packy Fusco	32-2
M60 Len Rosen	30-4
M65 Justin Rinfret	24-3
M70 David Moore	33-10
M80 Bruno Maki	29-9
M90 Ted Desjourdy	21-5
Discus	
M50 Dave Tousignant	100-4
M55 Packy fusco	109-4
M60 Len Rosen	142-5
M65 Ted Fachada	65-6
M70 Normand Cloutier	57-4
M75 Boo Morcum	83
M80 Bruno Maki	77
M90 Ted Desjourdy	36-7
Javelin	
M50 Buzz Gagne	149-10
M55 Ed Rowen	65-9
M60 Bill Genest	79-2
M65 Frank Conlin	63-7
M70 Ray St Pierre	60-4
M75 Boo Marcum	59-9
M80 Bruno Maki	73-1
M90 Ted Desjourdy	37-6
Vermont Senior Games Montpelier, VT; June 20	
100m	
M50 Bruce Nunziata	13.2
M55 Jeffrey Spoor	13.3
M60 Conrad Rowell	14.6
M65 Dennis Melanson	14.1
M70 Howard Powers	15.8
M75 Joe Sciaraffa	15.0
W60 Barbara Jordan	16.3
W65 Flo Meiler	17.7
W70 Jeannine Casey	18.8

200m	
M50 Bruce Nunziata	27.8
M55 Jeffrey Spoor	28.1
M60 Conrad Rowell	31.1
M65 Dennis Melanson	30.9
M70 Howard Powers	38.0
M75 Joe Sciaraffa	35.9
M80 Bob Matteson	38.6
W60 Barbara Jordan	35.1
W65 Flo Meiler	44.8
W70 Jeannine Caley	41.0

400m	
M50 Greg Gerdel	1:02.6
M55 Jeffrey Spoor	1:23.0
M65 Pat Kelley	1:20.7
M70 Howard Powers	1:28.1
W55 Barbara Bloom	1:24.0
W60 Maureen Murphy	1:30.0

800m	
M50 Greg Gerdel	2:45.0
M55 Ted McKnight	2:36.8
M60 Carl Runge	3:26.5
M65 Bill Kelley	3:24.7
M70 Bill Hahn	3:27.5
W55 Barbara Bloom	3:15.6
W60 Maureen Murphy	3:29.4

1500m	
M55 Ted McKnight	5:12.9
M60 John Pelton	5:13.2
M65 Bill Kelley	7:06.1
M70 Bill Hahn	7:37.4
M80 Bob Matteson	8:30.3
W55 Barbara Bloom	6:20.2

High Jump	
M50 Michael Zahner	4-0
M55 Daniel Palmer	3-10
M60 Karl Rohnke	4-2
M65 Ken Perkins	4
M70 Dave Wilson	3-10
M75 George Brown	3-6
W55 Barbara Bloom	3-4
W65 Flo Meiler	3-4

Pole Vault	
M50 Michael Zahner	9
M60 Loren Palmer	5
M65 Don Levesque	5-6
W65 Flo Meiler	4

Long Jump	
M50 Greg Gerdel	12-1.25
M55 Peter Davis	11-3.75
M60 Tom Rauh	13-9.50
M65 Ken Perkins	11-6.75
M70 Jon Tobey	13-5.25
M75 Joe Sciaraffa	10-3.50
W60 Barbara Jordan	10-2
W65 Flo Meiler	10-1
W70 Jeaninne Casey	7-4.75

Shot Put	
M50 Dave Guilmette	41-2
M55 Peter Davis	27-6
M60 Robert Tofoni	34-1
M65 Louis Capano	33-7
M70 Dave Wilson	30-5
M75 George Brown	28-1
M80 Bob Sparks	19-11
W60 Mary Lou Bell	19-11
W65 Marcia Crooks	21-9

Discus	
M50 Michael Zahner	103-4
M55 Scott Skinner	94
M60 Karl Rohnke	109-1
M65 Louis Capano	115-4
M70 Dave Wilson	95-5
M75 George Brown	87-10
M80 Bob Sparks	60-11
W60 Elsa Dahl	48-8
W65 Marcia Crooks	66-5
W75 H Hammond	24-9

Javelin	
M50 Michael Zahner	113-9
M55 Peter Davis	103-4
M60 Karl Rohnke	112-3
M65 Louis Capano	90-2
M70 Dave Wilson	113-4
M80 Bob Sparks	35-7
W55 Mary Dowling	84-8
W60 Elsa Dahl	57-11
W65 Marcia Crooks	54-6
W75 Harriet Hammond	17-8

MAC Masters Championships St. Johns University, NYC; June 20	
100m	
M30 Jim Reilly	11.92
Patrick Smith	12.72

M35 Mitch Lovett	11.31
Billy Vaughn	12.68
William Vaughn Jr	12.69
M40 Val Barnwell	11.62
Rockdale Hudson	12.98
M45 Jesse Norman	12.18
Francis Schiro	12.56
CD Cook Sr	13.22
Dennis Brown	14.15
M50 Joe Johnson	11.84
Ron Johnson	12.41
Ken Kienzie	13.77
Greg Maccoll	15.44
M55 Davis Rosenthal	15.61
M60 Bob Dobbs	13.33
Richard Rizzo	13.74
M65 Tom Talbott	20.50
W35 Helene Robon	14.20
W50 Skipper Clark	15.21
Mary Trotto	19.63

200m	
M30 Patrick Smith	25.09
M35 Mitch Lovett	22.45
William Vaughn Jr	25.05
Alan Bautista	25.97
Luca Trovato	27.36
M40 Val Barnwell	23.97
Rockdale Hudson	27.40
Rich Stewart	27.45
M45 Jesse Norman	24.38
Francis Schiro	24.52
Dennis Brown	26.77
M50 Joe Johnson	24.20
Ron Johnson	24.97
Ken Kienzie	29.41
Greg Maccoll	31.31
M55 David Rosenthal	32.67
M60 Bob Dobbs	26.86
Richard Rizzo	27.18
M65 Tom Talbott	45.16
W30 Alethea Morris	25.68
Jilliane Jackson	26.12
W55 Mary Trotto	38.85

400m	
M35 Mitch Lovett	49.21
Alan Bautista	56.96
Luca Trovato	59.58
M40 Rockdale Hudson	61.97
Rich Stewart	59.46
M45 Jesse Norman	55.98
A Sterrett	56.72
M50 Michael Billman	66.80
Greg Maccoll	1:11.56
M55 David Rosenthal	1:24.71
M60 Richard Rizzo	1:01.86
William Wei	1:22.77
M65 Irwin Bernstein	1:09.81
Art Kearney	1:16.57
Tom Talbott	1:27.70
Joe Keman	1:32.13
M70 John McManus	1:17.88
W30 Alethea Morris	55.95
W35 Stephanie Vega	1:06.21
W40 D Whitaker-Crain	1:09.16
W50 Mary Trotto	1:35.61

800m	
M40 Arhtur Golbert	2:25.34
Paul Salemi	2:36.32
M45 Duane Green	2:07.57
Tony Plaster	2:16.90</

Continued from previous page

SOUTHEAST**Low Country Classic Meet
The Citadel, Charleston, SC;
May 30**

100m	
M30 Donald Rhett	11.5
M35 Sanford Stephens	12.0
M40 Ron Jackson	11.6
M50 Marion Harrison	12.3
M60+ Clyde Mizzell	15.7
W30 Laura Blasser	NTA

200m	
M30 Chris Murray	23.6
M35 Sanford Stephens	25.1
M40 Ron Jackson	24.6
M50 Marion Harrison	25.6
M60+ Clyde Mizzell	33.9

400m	
M30 Teddy White	1:03.2
M35 Larry Polite	57.0
M40 Ron Jackson	1:05.1
M50 Walt Lancaster	1:09.3
M60+ Charles Venning	1:11.7
W35 Jeanna Moffett	1:24.2

800m	
M35 Keith Costley	2:40.4
M40 Kyle Addy	2:42.2
M45 John Smith	2:18.4
M50 Keith Ambrose	2:44.4
M60+ Clyde Mizzell	3:01.7
W30 Missy Hunnicutt	2:50.2
W35 Jeanna Moffett	3:13.1
W45 Martha White	3:27.7

1500m	
M30 Kevin Nelson	4:53.9
M35 Keith Costley	5:45.4
M45 Herbert Rexrode	5:18.5
M50 Keith Ambrose	5:37.8
W40 Benita Schlau	5:38.1

3000m	
M30 Kevin Nelson	10:14.7
M40 Michael Johns	11:01.6
M50 Keith Ambrose	11:48.5
W45 Martha White	13:26.9

High Jump	
M40 L Jeffords	3-4
M50 Walt Lancaster	4

Long Jump	
M40 L Jeffords	12-9
M50 Walt Lancaster	13-7.50

**USATF Southeast Masters
Regional Championships
Atlanta, GA; June 13**

100m	
M30 Marco Beltzair	11.13
Abraham Canty	11.29
Orlando Matthews	11.49
Donald Rhett	11.73
Tony Cole	12.10
Greg Singleton	12.39
Daniel Taylor	12.97

M35	
Paul Brown	11.54
Harold Pierce	12.21
Henry Landry	12.22
Sanford Stephens	12.34
Jerry Edmondson	12.40
Glen Sigman	12.98
Charles Johnson	13.25

M40	
Val Barnwell	11.57
Ron Jackson	12.04
Chuck Hunter	12.07
Wayne Fisher	12.59
Glen Reid	12.77
John Roberts	12.91
Michael Oliver	13.77

M45	
Billy Johnson	11.61
Willard Thompson	12.12
Marion McCoy	12.74
Phil Campbell	14.03

M50	
Samuel Hall	12.75
Greg Marshall	12.97
John Gaines	13.70
Ronald Kimball	13.97
Willie Josey	14.04
Michael Augeri	13.42

M55	
Marion Harrison	13.01
Jim Shoaf	15.60

M60	
Bob Dobbs	13.54
Jack Hunter	16.00
Joe Shanahan	16.47
M65 James Stookey	13.57
John Poppell	14.32
John Schreiber	14.71

M70 William Daprano	15.52
W35 Dana Baumgarten	13.81
W40 Pamela Page	14.31
W45 Donna Settles	14.71
W55 Ann Carter	17.14
W60 M Fitzgerald	15.54
W70 Pat Peterson	17.03
W75 Carla Convery	24.49

200m	
M30 Marco Beltzair	22.43
Abraham Canty	22.57
Orlando Matthews	22.67
Toney Cole	24.00
Greg Singleton	25.20
Gregory Torry	25.36
Donald Brady	26.55

M35	
Paul Brown	22.57
Henry Landry	24.85
Glen Sigman	25.23
Sanford Stephens	25.83
Charles Johnson	26.84
Arthur Lyons	28.92

M40	
Ellis Liddell	23.93
Chuck Hunter	24.29
Ron Jackson	24.51
Barry Wise	25.31
Wayne Fisher	25.40
Charles Smith	25.48
Glen Reid	25.74
Keith Thompson	25.93
Kenneth Edwards	27.34

M45	
Billy Johnson	23.27
Willard Thompson	24.03
Jim Jones	26.07
Thad Bell	25.78
Samuel Hall	26.05
Greg Marshall	26.11
Garry McClendon	28.20
Joel Liles	28.53
Willie Josey	28.66
Michael Augeri	29.06
Lance Netcand	32.02

M50	
Marion Harrison	26.25
William Eubanks	28.47
Nathaniel Carter	29.83
Bob Dobbs	27.95
Clifford Pauling	30.21
Ed Fitzgerald	32.73
Joe Shanahan	32.81

M55	
John Poppell	29.58
Charles Venning	31.20
John Schreiber	31.26
M70 Harold Johnson	33.03
W35 Dana Baumgarten	27.51
W40 Pamela Page	28.11
W45 Donna Settles	29.57
W55 Ann Carter	37.34
W60 Marilyn Fitzgerald	33.58
W70 Pat Peterson	35.79
W75 Carla Convery	53.94

400m	
M30 Toney Cole	54.17
John Allen	54.20
Ronald Ramsey	55.41
Paul Brown	49.27
Glen Sigman	54.30
John Stevens	56.01
Steve Sattinger	56.02
Henry Landry	56.27
Arthur Lyons	1:04.38

M40	
Val Barnwell	54.69
Charles Smith	55.53
Keith Thompson	56.08
Reggie Mason	1:02.00
Charles Jordan	1:02.08
M45 Mical Embler	58.19
Dewayne Smith	58.37
Jimmie Jones	1:00.42
Lamar Beckom	1:01.46
Stephan Foster	1:03.92

M50	
Alvin Seale	57.89
Timothy Treon	1:02.91
Michael Augeri	1:12.65
Lance Netcand	1:13.37
M55 Jim Shoaf	1:16.32
M60 Sammy White	1:03.94
Ed Fitzgerald	1:13.69
Joe Shanahan	1:23.02
M65 Casey Jones	1:08.03
David Lockett	1:10.93
Charles Venning	1:12.92
M70 Harold Johnson	1:15.07
W30 Chrisann Wilkes	1:06.32
W40 Lesley Chaplin	1:03.96
Paula Zaragoza	1:15.38

5000m	
M30 Paul Drury	16:21.70
M35 John Detro	16:08.78
John Kissane	17:41.74
Glen Bergman	19:03.43
Neil Feather	16:22.05
M Anderson	16:57.57
R Hennigar	18:16.54
Hector Clement	18:54.97
D J VanFossan	18:57.22
M45 T Shinnick	17:48.48
Lee Fidler	17:57.08
K Rosenback	18:13.30
M50 Wes Wessely	17:22.57
Jerry Banks	19:05.42
James Moore	30:23.96
M55 Gary Cochran	21:12.54
Thomas Borne	23:17.04
M60 Louis Johnson	23:18.15
Jim Hite	23:23.75
M65 C Williams	20:41.19
W30 K Perez	18:08.91
W35 E Weinstein	18:48.07
W40 R Hughes	22:45.49
W55 Julia Emmons	25:42.60
W60 J Hodges-Hite	26:11.38

Short Hurdles	
M40 John Roberts	16.14
Alan Shultz	21.22
M60 Jerry Shout	20.97
M65 James Stookey	17.76
John Schreiber	20.26
M70 Buck Bradberry	14.95
W45 Linda Lowery	18.44
W55 Ann Carter	18.88

Long Hurdles	
M30 Donald Brady	1:07.60
M35 Darren Hoyle	1:01.83
J Edmondson	1:02.68
M45 T Weatherbee	1:16.75
M65 James Stookey	51.86
John Schreiber	59.80
W70 L McDaniels	1:27.12

4x100 Relay	
M30 All World	44.49
USA 1	46.03

800m	
M30 Ronald Ramsey	2:26.46
M35 Scott King	2:01.54
Eric Bonaparte	2:39.44
M40 Byron Burno	2:06.06
Mike Mead	2:10.48
M McCauley	2:13.79
M45 Mical Embler	2:10.69
D Schmidt	2:11.59
Daniel Graham	2:34.54
Ian Dickson	2:16.26
Lindsey Bodden	2:27.28
Timothy Treon	2:28.40
M55 Winston Laing	2:15.31
Allen McDaniel	2:20.85
James Huffman	2:43.73
Thomas Borne	3:00.04
M60 Cliff Pauling	2:43.12
M65 Casey Jones	2:36.69
David Lockett	2:56.47
Charles Venning	2:59.81
M70 Harold Johnson	3:00.76
Bob Arthur	3:01.04
W30 Amanda Saltin	2:41.51
W35 E Weinstein	2:27.22
W40 Paula Zaragoza	2:52.69

1500m	
M30 Peter Heidbreder	4:39.07
William Wallace	4:59.08
M35 Scott King	4:21.29
David Kroupa	4:29.44
Christian Jensrud	4:33.00
M40 Mike Mead	4:27.57
Byron Burno	4:31.28
M45 Frank Phillips	5:04.52
M50 Dan Healy	4:40.81
Ian Dickson	4:43.84
M60 Adrian Craven	5:56.71
Jim Hite	6:32.01
M70 Bob Arthur	6:46.32
W30 Amanda Saltin	5:40.32
W40 Lesley Chaplin	4:55.14
Carol Rivera	6:39.84
W60 J Hodges-Hite	6:54.38

5000m	
M30 Paul Drury	16:21.70
M35 John Detro	16:08.78
John Kissane	17:41.74
Glen Bergman	19:03.43
Neil Feather	16:22.05
M Anderson	16:57.57
R Hennigar	18:16.54
Hector Clement	18:54.97
D J VanFossan	18:57.22
M45 T Shinnick	17:48.48
Lee Fidler	17:57.08
K Rosenback	18:13.30
M50 Wes Wessely	17:22.57
Jerry Banks	19:05.42
James Moore	30:23.96
M55 Gary Cochran	21:12.54
Thomas Borne	23:17.04
M60 Louis Johnson	23:18.15
Jim Hite	23:23.75
M65 C Williams	20:41.19
W30 K Perez	18:08.91
W35 E Weinstein	18:48.07
W40 R Hughes	22:45.49
W55 Julia Emmons	25:42.60
W60 J Hodges-Hite	26:11.38

W45 Donna Settles	1:08.11
W60 M Fitzgerald	1:23.73
W70 Pat Peterson	1:37.43
W75 Carla Convery	2:31.79

800m	
M30 Ronald Ramsey	2:26.46
M35 Scott King	2:01.54
Eric Bonaparte	2:39.44
M40 Byron Burno	2:06.06
Mike Mead	2:10.48
M McCauley	2:13.79
M45 Mical Embler	2:10.69
D Schmidt	2:11.59
Daniel Graham	2:34.54
Ian Dickson	2:16.26
Lindsey Bodden	2:27.28
Timothy Treon	2:28.40
M55 Winston Laing	2:15.31
Allen McDaniel	2:20.85
James Huffman	2:43.73
Thomas Borne	3:00.04
M60 Cliff Pauling	2:43.12
M65 Casey Jones	2:36.69
David Lockett	2:56.47
Charles Venning	2:59.81
M70 Harold Johnson	3:00.76
Bob Arthur	3:01.04
W30 Amanda Saltin	2:41.51
W35 E Weinstein	2:27.22
W40 Paula Zaragoza	2:52.69

1500m	
M30 Peter Heidbreder	4:39.07
William Wallace	4:59.08
M35 Scott King	4:21.29
David Kroupa	4:29.44
Christian Jensrud	4:33.00
M40 Mike Mead	4:27.57
Byron Burno	4:31.28
M45 Frank Phillips	5:04.52
M50 Dan Healy	4:40.81
Ian Dickson	4:43.84
M60 Adrian Craven	5:56.71
Jim Hite	6:32.01
M70 Bob Arthur	6:46.32
W30 Amanda Saltin	5:40.32
W40 Lesley Chaplin	4:55.14
Carol Rivera	6:39.84
W60 J Hodges-Hite	6:54.38

5000m	
M30 Paul Drury	16:21.70
M35 John Detro	16:08.78
John Kissane	17:41.74
Glen Bergman	19:03.43
Neil Feather	16:22.05
M Anderson	16:57.57
R Hennigar	18:16.54
Hector Clement	18:54.97
D J VanFossan	18:57.22
M45 T Shinnick	17:48.48
Lee Fidler	17:57.08
K Rosenback	18:13.30
M50 Wes Wessely	17:22.57
Jerry Banks	19:05.42
James Moore	30:23.96
M55 Gary Cochran	21:12.54
Thomas Borne	23:17.04
M60 Louis Johnson	23:18.15
Jim Hite	23:23.75
M65 C Williams	20:41.19
W30 K Perez	18:08.91
W35 E Weinstein	18:48.07
W40 R Hughes	22:45.49
W55 Julia Emmons	25:42.60
W60 J Hodges-Hite	26:11.38

Short Hurdles	
M40 John Roberts	16.14
Alan Shultz	21.22
M60 Jerry Shout	20.97
M65 James Stookey	17.76
John Schreiber	20.26
M70 Buck Bradberry	14.95
W45 Linda Lowery	18.44
W55 Ann Carter	18.88

Long Hurdles	
M30 Donald Brady	1:07.60
M35 Darren Hoyle	1:01.83
J Edmondson	1:02.68
M45 T Weatherbee	1:16.75
M65 James Stookey	51.86
John Schreiber	59.80
W70 L McDaniels	1:27.12

4x100 Relay	
M30 All World	44.49
USA 1	46.03

M60	Adrian Craven	5:56.71
	Jim Hite	6:32.01
M70	Bob Arthur	6:46.32
W30	Amanda Saltin	5:40.32
W40	Lesley Chaplin	4:55.14
	Carol Rivera	6:39.84

Continued from previous page

W60 Mary Hoback 37:26.31
Mindy Binert 39:00.06

Don Brady Memorial Meet Nashville, TN; June 27

100m

M30 Eric Merriwether 11.4
M35 ChenMing Hsneh 14.6
M40 Enrique Sacco 11.8
M45 Dave Craig 11.9
M55 Hans Gordon 12.4
M60 Ralph Summerlin 13.1
M65 Bob Alexander 14.8
M70 Bill Daprano 14.9
W45 Debra Settles 13.7

200m

M30 Eric Merriwether 23.5
M35 Lindsey Thurman 25.8
M40 Enrique Sacco 24.3
M45 Ellis Mayfield 24.5
M50 Tony Cooper 26.3
M55 Hans Gordon 26.1
M60 James Mathis 27.7
M65 Bob Alexander 31.2
M70 Bill Daprano 32.4
W45 Debra Settles 28.4

400m

M35 Clyde Goode 53.0
M40 Steve Winkel 53.5
M45 Ellis Mayfield 55.9
M55 Golden Bertram 62.6

800m

M30 Dan Bond 2:37.8
M35 Mark Carver 2:02.4
M40 Gerald Parker 2:34.1
M45 David Amster 2:17.8

1500m

M35 Scott King 4:12.7
M70 Gian Sahota 6:37.9

3000m

M30 Seth Sheridan 9:12.3
M35 Jay Perry 10:38.2
M40 Gerald Baker 11:14.5
M45 David Amster 10:50.2

100mH

M50 Jim Woosley 18.4

400mH

M45 Bill Cheadle 61.5

Men's 4x100m Relay

Memphis AC 44.2

High Jump

M40 James Stewart 1.35

M45 Mike Walker 1.45

M60 Lou Vodopya 1.31

Long Jump

M35 Kevin Richardson 5.79

M55 Hans Gordon 5.48

M70 Bill Daprano 4.00

Shot Put

M30 Murray Harber 8.63

M40 Gary Sutton 9.79

M45 Mark Neuman 8.89

M55 Wayne McCawley 8.27

M60 William Smith 10.45

M70 Gian Sahota 6.74

W55 Alice Tym 6.39

Discus

M40 Gary Sutton 30.10

M55 Wayne McCawley 33.96

M60 Will Smith 42.16

M70 Bill Daprano 26.16

W55 Alice Tym 16.36

Javelin

M30 Murray Harber 35.54

M40 Chris Clark 54.18

M45 Mark Newman 28.64

M50 Jack Castner 34.58

M70 Bill Daprano 30.54

W55 Alice Tym 21.41

Sunshine Games

St. Cloud, FL; June 27

100m

M30 Orlando Mathews 10.09
M40 Kevin Marbury 11.62
M45 Mickey Lee 16.91
M50 Jon Davis 12.94
M55 Lionel Bonck 12.00
M60 Joe Shanahan 15.20
M75 John Anoka 16.96
W30 Carmen Lee 15.81
W35 Dana Baumgarten 12.57
W45 Susan Hill 17.53

200m

M30 Orlando Mathews 22.66
M40 Dan Taylor 26.71
M45 Dwayne Schmidt 26.85
M50 Jon Davis 26.90
M55 Lionel Bonck 29.05
M75 John Anok 38.36
W30 Carmine Lee 32.53

W35 Dana Baumgarten 27.02

W45 Susan Hill 39.57

400m

M30 Kerry Jackson 53.91
M45 DeWayne Schmidt 59.26
M55 Lionel Bonck 1:06.02
M60 Joe Shanahan 1:19.10
M65 David Lockett 1:10.90
M70 John Anoka 1:31.82
M80 M Quackenbos 1:32.93
W45 Susan Hill 1:29.59

800m

M30 Brian Hickey 2:53.1
M45 D Schmidt 2:12.8
M65 Jack Lockett 2:54.4
M80 M Quackenbos 3:39.2

1500m

M40 Gary Bloome 4:17.4
M50 Eric Hill 6:10.1

Short Hurdles

M40 John Roberts 16.36
M50 Eric Hill 18.64

High Jump

M60 Joe DeLuca .91
M75 Les Rudy .99

Pole Vault

M35 Nick Green 3.96
M40 Harry Hackett 3.28
M45 Jim Pedley 3.43
M55 Dave Drierfirst 2.74
M70 Les Rudy 2.39

Long Jump

M40 Kevin Marbury 5.52
M50 A LaFrambois 4.93
M60 Joe DeLuca 3.10
M70 Les Rudy 3.76
M75 John Anoka 2.95
W35 Terri Roberts 3.15

Triple Jump

M40 John Roberts 10.39
M50 A LaFramboise 9.50
M60 Joe DeLuca 7.39

Shot Put

M40 Dan Taylor 10.91
M50 Bruce Hedendahl 13.70
M55 Larry Morrell 10.05
M60 Esse Sattari 13.04
Joe DeLuca 8.88
W35 Dana Baumgarten 9.33
W45 Susan Hill 5.16

Discus

M50 Bruce Hedendahl 47.65
M55 Larry Morrell 30.89
M60 Esse Sattari 45.32
W45 Susan Hill 16.64

Hammer

M50 Bruce Hedendahl 46.10
M55 Larry Morrell 25.15

Javelin

M40 Jesus Virella 48.38
M50 Gary Lane 41.36
M55 Larry Morrell 28.64
M60 Esse Sattari 42.20
M75 Les Rudy 28.53
W35 Dana Baumgarten 27.31

1500m RW

M45 C Rotzstein 10:59.0
M50 John Fredericks 7:40.5
M65 Bob Fine 9:19.2

3000m RW

M45 C Rotzstein 21:57.3
M50 John Fredericks 17:00.8
M65 Bob Fine 18:40.9

MIDWEST

Augustana College Invitational
Rock Island, IL; June 6

50m

M30 Eric Goodlow 6.96
M35 Tim Coombs 6.68
M40 Mike Skoflanc 6.51
M50 Mike Oliver 7.26
M55 Leroy Corey 7.33
M60 Mike Murphy 7.48
M65 Clarence Trinkner 7.56
M70 Bill Melville 7.53
M80 Mel Flachs 11.10
W50 Penny Danielson 8.70
W60 Janet Amery 11.41
W75 Ged Ragland 14.51

100m

M30 Eric Goodlow 12.44
M35 Tim Coombs 12.23
M40 Mike Skoflanc 12.02
M45 Gerry Krainik 12.03
M50 Bob Lloyd 12.56

M55 Leroy Corey 13.58

M60 Mike Murphy 13.93

M65 Clarence Trinkner 14.17

M70 Bill Melville 13.92

Mel Larsen 15.28

M75 Mel Buschman 19.05

M80 Mel Flachs 20.42

W50 Penny Danielson 15.0h

W60 Janet Amery nta

200m

M30 Eric Goodlow 25.28
M35 Tim Coombs 24.60
M40 Paul Gorden 25.63
M45 Gerry Krainik 23.96
M50 Bob Lloyd 25.43
M55 Leroy Corey 28.26
M60 Mike Murphy 29.43
M70 Bill Melville 29.15
M80 Mel Flachs 44.96
M85 Vernon Schaefer 43.37
W50 Penny Danielson 35.92
W60 Janet Amery 51.85

400m

M30 Eric Goodlow 57.6h
M40 Paul Gorden 56.2h
M45 Bill Schooler 58.2h
M50 Bob Lloyd 56.68
M80 Mel Flachs 2:05.22
M85 Vernon Schaefer 1:56.04

800m

M35 Dick Kennedy 2:06.80
M40 Scott Caldwell 2:14.60
M85 Vernon Schaefer 4:38.23
W40 Sheree Robertson 2:39.48

Gregg Newell Mile

M30 Roger Bayshore 4:41.3h
M40 Steve Hulst 4:30.9h
M45 Charles Lutz 4:43.4h
M50 Rich Steder 5:42.0h

Short Hurdles

M40 Jeff Watry 18.32
M55 Bruce Mills 19.68
M65 Clarence Trinkner 17.44
M75 Mel Buschman 20.43

400mH (33')

M65 Clarence Trinkner 6:27.06

High Jump

M30 Andrew Boyce 1.98
M40 Jeff Watry 1.72
M45 Dan Graf 1.37
M50 Mike Oliver 1.16
M55 Bruce Mills 1:37
M65 Clarence Trinkner 1.32
M70 Ed Failor 1.22
M75 Mel Buschman 1.22
M80 Wib Ragland 0.92

Pole Vault

M35 Brett Anderson 4.26
M40 Jeff Watry 3.35
M50 Merle Norberg 3.05

Long Jump

M30 Andrew Boyce 6.80
M40 Mike Skoflanc 5.95
M50 Merle Norberg 4.28
M65 Clarence Trinkner 4.47
M75 Mel Buschman 3.32
M80 Mel Flachs 2.36
W60 Janet Amery 2.36

Triple Jump

M40 Mike Skoflanc 11.65

Shot Put

M35 Joe Beadle 13.7
M45 Matt Byrnes 13.87
M50 Jack Romansic 11.35
M55 Ed Schmidt 10.93
M60 Don Amery 10.49
M70 Ed Failor 8.73
M75 Mel Buschman 8.64
M80 Keith Bare 6.59
W40 Ruth Welding 10.95
W45 Linda Rowe 8.84
W60 Janet Amery 4.08

Discus

M35 Joe Beadle 47.58
M40 Dennis Munson 22.84
M45 Bill Leffler 40.06
M50 Jack Romansic 42.04
M60 Everett Hardy 42.50
M70 Ed Failor 29.02
M75 Mel Buschman 26.28
M80 Keith Bare 14.70
W40 Ruth Welding 38.38
W45 Linda Rowe 30.88
W60 Janet Amery 11.12

Javelin

M35 Joe Beadle 38.38
M40 John Valiska 38.10
M45 Bill Schooler 38.78
M50 Jack Romansic 30.02
M55 Ed Schmidt 19.56
M60 Bill Park 26.74
M70 Ed Failor 27.52
M75 Mel Buschman 25.70

M80 Keith Bare 13.20

W40 Ruth Welding 24.46

W45 Linda Rowe 25.56

Weight

M30 Steve Klos 12.19
M35 Joe Beadle 10.00
M40 Larry Crocker 4.73
M60 Bob Warren 20# 12.96
W40 Ruth Welding 10.36
W45 Linda Rowe 5.48

Superweight

M30 Steve Klos 7.94
M40 Larry Crocker 3.07
M60 Don Amery 5.30
W40 Ruth Welding 5.81

USATF Illinois Masters Championships Lisle, IL; June 13

100m

M30 Marlon Gaillimore 11.78
M35 N Williams 11.14
M40 Tim Graf 11.23
M45 Lawrence Quinn 14.80
M50 Ronald Stevenson 13.68
M55 Darrell Huey 14.18
M60 Pierre Dobrovolsky 13.41
M65 Harry Brown 13.99
M70 Melvin Larsen 14.02
W30 JoAnna Childress 13.25
W35 Karen Johnson 13.71
W60 Janet Amery 21.61

100m Age-Graded

M40 Tim Graf 41 91.9%
M70 Melvin Larsen 74 90.4%
M35 Nathaniel Williams 35 90.0%
M55 Darrell Huey 59 81.6%
M50 Ronald Stevenson 52 81.4%

200m

M30 Marlon Gaillimore 24.09
M35 N Williams 22.80
M40 Tim Graf 24.10
M45 Lawrence Quinn 32.34
M50 Kingsley Clarke 27.16
M55 Darrell Huey 29.82
M60 P Dobrovolsky 28.67
W60 Janet Amery 48.31

400m

M30 Don Spencer 56.51
M35 Tyrone Williams 52.11
M50 Kingsley Clarke 1:01.83
M55 Darrell Huey 1:08.96
M60 M Davidson 1:09.03

800m

M30 Kurt Helledy 2:03.18
M35 Dick Kennedy 2:06.01
M40 Scott Caldwell 2:16.06
M45 Lawrence Quinn 2:41.99
M50 Efen Beltran 2:23.29
M65 Harry Brown 2:48.27

1500m

M30 Roger Bashore 4:20.98
M40 Drew McPhee 4:35.35
M45 Turran Harper 4:59.65
M50 Paul Perry 4:37.08

3000m

M35 Tom Sherwood 9:27.87
W35 Cruz Bernal 11:57.80

Short Hurdles

M35 Allen Jones 15.58
M40 Jeff Watry 18.78
W30 J A Childress 15.70

Long Hurdles

M35 Timothy Coombs 1:01.85
M65 Harry Brown 50.89

High Jump

M30 Drew Boyce 1.93
M35 Allen Jones 1.78
M40 Jeff Watry 1.68
M60 Michael Davidson 1.40
M65 Edward Kress 1.32

Pole Vault

M35 Dave Gilbert 3.66
M40 Terry Christopher 3.66
M45 George Lehman 3.66
M65 Edward Kress 1.83

Long Jump

M30 Drew Boyce 6.54
M35 Allen Jones 5.70
M40 Mike Skoflanc 5.82
M45 Lawrence Quinn 4.48
M55 Tim Toomey 3.46
M60 Phil Francis 3.96
M70 Kenneth Yahiro 3.30

W60 Janet Amery 2.28

Triple Jump

M40 Mike Skoflanc 11.39

Shot Put

M35 Walter Shields 14.74
M45 Ron Summerra 14.41
M50 Rich Woosencraft 11.78
M55 Stephen Cohen 11.65
M60 Don Amery 10.31
M65 Rod Meyer 10.81
M70 Kenneth Yahiro 8.63
W40 Ruth Welding 10.77

Discus

M35 Brian Wayda 31.26
M45 Ron Summers 36.44
M50 Rich Woosencraft 34.78
M55 Stephen Cohen 35.36
M60 Everett Hardy 41.76
M65 Rod Meyer 39.68
M70 Kenneth Yahiro 25.42
W40 Ruth Welding 38.40
W60 Janet Amery 11.22

Hammer

M30 Steve Klus 42.60
M45 Larry Readman 31.48
M55 Gene Primm 22.74
M60 Don Amery 19.10
W40 Ruth Welding 36.20

Javelin

M55 Gene Primm 28.10
M70 Kenneth Yahiro 21.50
W40 Ruth Welding 23.92

Weight Throw

M30 Steve Klus 10.90
M55 Gene Primm 4.70
M60 Don Amery 11.90
W40 Ruth Welding 10.97

Cleveland Track Classic

Independence, OH; July 5

100m

M30 Ken Jones 11.2
M35 Gregory Coats 11.9
D Clinkscale 12.4
M40 Charles Woods 14.1
Ray Leone 14.3
M45 Alex Thompson 13.6
M50 Don Ragon 1:6

Gary Gosky 14.6

M55 Grover Coats 12.8

Barry Kline 14.3

M65 Ev Poe 15.0

Wm Simmons 15.9

M70 Chuck Sochor 14.5

M80 Bill Weinacht 15.9

Gene Abdenour 17.7

W30 Kisha Carman 12.8

W45 Charlotte Jarvis 15.9

G Anthony 17.0

W60 Essie Kea 16.1

Continued from previous page

W70 Bernice Holland	71-9
W75 Diane Friedman	36-5
Hammer	
M50 James Pearce	120-1
Allen Ray	112-11
M55 Mickey Bitsko	149-5
M65 J Chadbourne	151-4
W45 Charlotte Jarvis	79
W50 Erika Szanto	77-3
W70 B Holland	75-5
Javelin	
M35 Frank Makozy	117-1
M50 Doug Weikert	112-8
William Miele	77-7
M55 John Sloan	116-5
M70 Richard Clarke	44-1
W45 Charlotte Jarvis	65-8
W50 Erika Szanto	70-5
W70 Bernice Holland	63-4
W75 Diane Friedman	34-2
3000m RW	
M40 Tim Bailey	17:24
M55 Thomas Gardner	20:54

MID-AMERICA**Denver TC Meet**
Denver, CO; May 21

100m	
M30 Gerald Owens	11.4
M35 Bob Pankey	13.9
M60 Larry Carter	13.9
W40 Teresa Drotar	14.1
200m	
M30 Gerald Owens	23.4
M35 Bob Pankey	28.6
M50 Chet Thompson	27.3
M60 Larry Carter	29.9
400m	
M35 Bob Pandey	1:09.1
M50 Chet Thompson	1:02.2
M55 B van Doornick	1:14.0
M60 R McKisson	1:12.6
800m	
M55 B van Doornick	2:43.6
W40 Teresa Drotar	2:42.5
1500m	
M55 B van Doornick	5:48.5
High Jump	
M60 Larry Carter	4-8

USATF Mid-America Regional
Masters Championships
Wichita, KS; June 15

100m	
M30 Vernon Brown	11.28
M40 Alan Allison	11.80
Kirk Burgess	12.25
Rick Schwandt	12.40
Mike Ford	12.50
Cornell Sowell	12.60
Kelly Meares	13.80
M45 William Sellers	12.80
Jim Dolezel	12.90
M50 Tom Bassett	12.49
Mike Steinmetz	12.54
Paul Montgomery	12.81
Tom Fisher	14.02
Bill Selbe	14.19
M55 Thornton Sheldon	14.32
M65 Roger Weidman	15.47
W40 Claire Overstake	15.37
Sandy Lane	15.90
W55 Nina Bryant	16.40
Eileen Schmidt	17.90
W60 Betty Eisenhower	19.70
W75 Maxine Anderson	20.85
200m	
M30 Vernon Brown	24.4
M35 Jeff Lindsey	24.9
M40 Kirk Burgess	25.3
Cornell Sowell	25.9
Mike Ford	26.2
Ed Somerville	26.3
Jim Dolezel	26.3
Keith Wilsey	27.2
M45 William Sellers	25.4
Jim Dolezel	26.2
M50 Tom Bassett	25.6
Mike Steinmetz	25.9
Paul Montgomery	26.4
Bill Selbe	26.6
Tom Fisher	27.2
M55 Thornton Sheldon	29.8
W40 Sandy Lane	33.5
W55 Nina Bryant	37.5

Eileen Schmidt	40.4
W70 Maxine Anderson	46.6
400m	
M35 Jeff Lindsay	54.2
John Menefee	56.2
Cornell Sowell	1:01.1
Brooks Wright	1:03.3
M45 William Sellers	58.7
Steve Sell	1:00.6
George Hall	1:04.7
M50 Bill Selbe	1:00.2
Tom Fisher	1:00.3
Larry Law	1:04.9
W40 Sandy Lane	1:22.1
W55 Eileen Schmidt	1:37.1
W70 Maxine Anderson	2:05.3
800m	
M35 Jeff Lindsay	2:06.3
Keith Wilsey	2:12.7
Ed Somerville	2:18.9
Scott Schafer	2:22.5
M45 D Rademacher	2:23.1
M50 Larry Law	3:04.4
M55 George Marchetti	2:20.9
M60 Ross Greathouse	2:38.6
W55 Eileen Schmidt	4:39.3
1500m	
M35 Jim Bogus	4:42.1
Scott Schafer	4:42.9
Brooks Wright	4:50.1
M45 Steve Sell	4:54.5
M55 George Marchetti	4:49.3
M60 Ross Greathouse	5:31.4
W40 Sandy Lane	6:55.9
W55 Eileen Schmidt	8:32.8
3000m	
M35 Jim Bogus	10:34.5
Scott Schafer	10:27.4
Keith Wilsey	11:57.8
M45 D Rademacher	11:09.0
Steve Sell	11:30.5
Short Hurdles	
M35 Greg Lower	18.7
Riley Greenwood	19.1
M40 Charles Barnard	19.2
M50 Ken Winters	19.4
M80 Bob Warwick	28.0
W40 Claire Overstake	15.8
Long Hurdles	
M35 Riley Greenwood	1:09.8
Ken Ellis	1:05.0
Keith Wilsey	1:07.2
High Jump	
M35 Greg Lower	4-10
M40 Kelly Meares	5
M45 Dennis Webb	5-2
D Rademacher	4-8
Steve Sell	4-6
M50 Larry Law	5
Tom Thorne	5
Ken Winters	4-10
M55 George Marchetti	4-10
M65 Ross Vrooman	4-6
Bill Buterworth	4-6
Glenn Edwards	4-4
M70 Dick Donley	4
M75 Bob Warwick	3-8
W55 Eileen Schmidt	3-6
W60 Sue Tunnicliff	3-4
Pole Vault	
M40 Ken Ellis	15-6
Mark Breault	13
Charles Barnard	13
Kelly Meares	11-6
M45 Dennis Webb	12-6
Jim Dolezel	9
D Rademacher	9
M50 Tom Thorne	10
M65 Jerry Donley	9-6
Glenn Edwards	9
M75 Bob Warwick	7
W60 Sue Tunnicliff	6
Long Jump	
M30 Joe Dyer	20-6.50
M35 Greg Lower	11-10
M40 Casey Jones	19.25
Kelly Meares	17-8.25
Vic Johnson	17-7
M45 Dennis Webb	18-2.50
Jim Dolezel	17-4
D Rademacher	13-3
M50 Larry Law	12
C Barnhart	11-11
M55 G Marchetti	17-11.75

M65 Glenn Edwards	12-11.75
Eldon Keeslar	8-9.50
M75 Bob Warwick	8-11
Bill Trimmell	6-2.50
M85 Lee Haun	6-5.25
W40 Sandy Lane	11-4.25
W45 Deb Vestal	7-10.50
W55 Eileen Schmidt	10-5
W60 Betty Eisenhower	8-4.25
Triple Jump	
M35 R Greenwood	31-2.50
M45 Dennis Webb	34-2.50
Jim Dolezel	31-9
M50 Ken Winters	33-4.50
Bob Everoski	25-9
M65 Bill Buterworth	25-11.75
W45 Deb Vestal	18-4
W55 Eileen Schmidt	18-10
Shot Put	
M30 Todd Davis	45-6.50
W Donaldson	42-8
Lance Snyder	42-7
M40 Ken Ellis	40
Dvig Rhatigan	39-5
Russell Hinson	34-6
M45 Tim Fuehrer	31-4
M50 Karl Birns	37-9
Ken Winters	37-1
Tim Edwards	36-5
Blaine Welton	35
M55 Jimmy Duckett	30-10
M60 Ron Anderson	42-9
T Wesselowski	37-11
M65 Wendell Palmer	44-10
Ross Vrooman	32-3
Ray Poteete	31-6
M70 Harold Kroeker	29-7
M75 Bill Trimmell	30-50
Bob Warwick	25-2
M85 Lee Haun	24-4
W40 Sandy Lane	25-10
W60 Sue Tunnicliff	23-4
Phyllis Keeslar	17-8
Discus	
M45 Tim Fuehrer	84-10
M50 Tim Edwards	138-9
Blaine Welton	115-10
James Crawford	113-8
Ken Winters	110-10
Bob Everoski	95-2
M55 Jimmy Duckett	96-1
M60 Ron Anderson	162-2
T Wesselowski	127
M65 Wendell Palmer	168-1
Ray Poteete	111-9
Ross Vrooman	96-11
Hammer	
M30 Todd Davis	124-4
M40 Ken Jansson	191-10
M50 Tim Edwards	144-9
Karl Bino	119-9
M55 Jimmy Duckett	73-6
M60 T Wesselowski	100-8
M65 Wendell Palmer	124-10
Ray Poteete	69-4
M70 Harold Kroeker	98-1
Javelin	
M30 W Donaldson	152-1
M35 Riley Greenwood	138-5
M40 Ken Ellis	145-8
M45 Dennis Webb	139-4
M50 Karl Birns	115-1
Ken Winters	113-6
James Crawford	100-9
Tim Edwards	104-5
M55 Jimmy Duckett	95-6
M65 Glenn Edwards	102-2
Ross Vrooman	94
M55 Jimmy Duckett	95-6
M70 Harold Kroeker	69-5
M75 H Socolofsky	95-9
W60 Sondra McCoy	69
Sue Tunnicliff	58-7
3000m RW	
M70 Dick Donley	22:06.2
Bill Calhoun	22:51.3
W30 Molly Lavacek	14:16.8
W40 Becky Crawford	24:20.0
W45 Patsy Barker	21:36.0
W55 Mary Harms	22:24.0
W60 Betty Eisenhower	25:25.8

**BD Track Club Meet**
Ames, IA; June 20

100m	
M35 Ed Muehsam	12.51
M50 Mike Oliver	13.39
M55 Bery Engebretson	13.46
200m	
M35 Jeff Alaimo	25.95
M45 Alan Russell	25.35
M55 Leroy Corey	28.03
400m	
M35 Dave Langer	58.41
800m	
M35 Dave Langer	2:16.65
1500m	
M40 John Anderson	4:40.48
Long Hurdles	
M55 Dave Eidahl	1:21.24
Long Jump	
M35 Jeff Alaimo	17-3
M50 Mike Oliver	13-1
M55 Dave Eidahl	14-11
Triple Jump	
M55 Dave Eidahl	31-10
Shot Put	
M55 Matt Byrnes	45-10
Discus	
M45 Jerry Sinters	127-3
3000m RW	
M55 Dave Eidahl	20:47.10

SOUTHWEST**San Angelo Senior Games**
San Angelo, TX; May 9

50m	
M50 Melvin Goode	6.96
M55 Bufo Morrison	7.86
M60 Wayne Bennett	7.12
M65 Bill Hearne	7.65
M70 Don Watson	9.16
M75 Tim Murphy	7.78
W55 Jody McCulley	9.78
100m	
M50 Ed Jones	12.28
Mel Goode	13.36
M55 Bufo Morrison	14.89
Fred McDaniel	15.02
M60 Wayne Bennett	13.02
M65 Bill Hearne	14.17
Bill Pardue	14.57
M70 Don Watson	18.15
Jack Gilbert	23.09
M75 Tim Murphy	14.51
W55 Jody McCulley	17.97
Marg Atkinson	18.92
200m	
M50 Ed Jones	25.47
John Harris	27.55
M55 Troy Scoggins	30.14
Fred McDaniel	31.67
M60 Wayne Bennett	27.17
James Leggit	29.61
M65 Bill Hearne	30.56
Bill Pardue	31.15
M70 Jack Gilbert	41.70
Don Watson	44.53
M75 Tim Murphy	31.81
John Alexander	33.22
W55 Marg Atkinson	40.00
400m	
M50 John Morris	65.25
Al Harrison	67.60
M55 Troy Scoggins	67.41
Fred McDaniel	83.06
M60 Wayne Bennett	66.55
James Leggit	68.84
M70 Don Watson	1:52.69
M75 John Alexander	80.92
800m	
M50 Jerry Whitten	3:25.48
Bob Miller	3:26.89
M55 Troy Scoggins	2:25.02
Stan Kelly	2:51.01
M60 Don Slocumb	2:48.98
Gary Schombt	2:49.16
M70 Don Watson	4:30.10
1500m	
M50 Royce Baker	7:09.97
Bob Miller	7:14.58
M55 Tevis Herd	5:50.75
Stan Kelly	5:51.38
M60 Don Slocumb	5:50.25
M70 Don Watson	9:07.20
M75 Adrien Pronovost	9:18.91
High Jump	
M50 Dennis Schmitt	4-2
Jerry Whitten	3-8
M55 Bufo Morrison	4-2
M60 Scott Atkinson	3-10
M65 Richard Hein	4-6

Bill Pardue	3-10
M75 Tim Murphy	3-10
W55 Marg Atkinson	3-8
W70 Emma Udovich	2-8
Pole Vault	
M50 D Schmitt	2-10
M60 S Atkinson	2-10
M70 L Smith	2-10
Long Jump	
M50 Ed Jones	19-11
Dennis Schmitt	15-4.75
M55 Bufo Morrison	11-8.75
M60 James Leggit	13-6
M65 Richard Hein	12-8.25
Bill Wareham	12-4.50
M70 Doug Cochran	8-10.50
Jack Gilbert	8-8
M75 Adrien Pronovost	5-3
W55 Marg Atkinson	12-2.25
W60 Loretta Watson	7-11.50
W65 Lillian Overcast	5-8.50
M70 Emma Udovich	7-1.75
Shot Put	
M50 J Brewer	37-3.25
D Garner	33-2
M55 B Morrison	28-9.50
M60 B Beck	41-7.50
M65 Wendell Palmer	44-5
R Hein	37-9
M70 D Cochran	34-1.25
F Adams	28-3.25
M75 A Pronovost	24-11
J Udovich	24-8
W55 M Morrison	16-5.50
M60 L Watson	30-1
W65 L Overcast	17-8.50
W70 Emma Udovich	18-2.50
M Gilbert	12-2
Discus	
M50 J Brewer	122-3
D Garner	98-1
M55 Bufo Morrison	74-5
M60 B Beck	124-3
J Leggit	107-10
M65 R Hein	93-1
R Morgan	89-10
M70 D Cochran	89-3
J Gilbert	71-5
M75 A Pronovost	63-3
J Udovich	51-6
W55 M Morrison	44-11
W60 L Watson	71-2
W65 L Overcast	35-10
W70 E Udovich	42-2
M Gilbert	27-10
Javelin	
M50 D Schmitt	92-8
J Brewer	91-8
M55 B Morrison	103-9
M60 B Beck	95-7
J Leggit	91-0
M65 W Palmer	117-1
M70 D Cochran	85-5
F Adams	43-6
M75 A Pronovost	43-4
W60 J Watson	62-8
W65 L Overcast	34-1
W70 E Udovich	38-1
M Gilbert	18-11

Hill Country Classic Masters
Mason, TX; June 13

100m	
M30 Neil Eisenbach	13.93
M35 Fred Porter	10.95
Lindy Raney	11.40
M40 Daniel Stagg	11.65
Vern Ogle	11.70
M45 Larry Bonnett	13.71
Steve Ellis	13.72
M50 Melvin Goode	12.82
Jim McCoy	14.74
M55 Don Denson	12.57
Roy Eisenbach	15.12
M60 Wayne Bennett	12.85
John Head	14.20
M65 Bill Hearne	14.15
Norman Wells	14.64
M75 Bob Wingo	16.09
W40 C Steenbergen	12.65
Pamela Booton	15.01
W50 C McCormack	15

Continued from previous page

M55	Don Denson	16-11.50
M55	Jim Cawley	16-11.25
W60	Loretta Watson	9.25
Triple Jump		
M30	Tanju Yortsever	40-5
	Isik Guvener	38-7
M40	Vern Ogle	38-8.50
M50	Dennis Schmitt	27-11
	David Middour	27-10
M55	Troy Scoggins	26-9
	Bufe Morrison	22-4
M65	Richard Hein	25-11
M75	Bill Carter	24
Shot Put		
16#		
M30	S Bloomquist	55-4
M40	Steve Patridge	50-10
	Vern Ogle	33-10
6K		
M50	George Nelson	39-6
	Jerry Brewer	38-8.50
M55	John Conniff	42-4
	Mark Chapman	37-7.50
12#		
M40	Steve Patridge	54-1.50
5K		
M60	John Cantrell	45-3
	Bob Beck	39-10
M65	Richard Hein	36-6
	Jim Gerhardt	35-7
4K		
M70	Fred Adams	24-7
M75	Bill Carter	30-6
	A Pronovost	22
W40	Carol Finsrud	41-5
	C Mellenthin	22-8
W60	Loretta Watson	29-11
3K		
W60	Loretta Watson	30-10
Discus		
2K		
M35	John Smith	89-8
M40	Steve Patridge	155-1
M45	John Gonzales	101-10
M55	John Conniff	127-4
M60	Bob Beck	82-9
1.5K		
M40	Steve Patridge	172-10
M50	George Nelson	127-6
	Jerry Brewer	122-7
M55	John Conniff	148-6
	Mark Chapman	113-5
1K		
M60	John Cantrell	129-10
	Bob Beck	128-9
M65	Jim Gerhardt	134-5
	Richard Hein	106-2
M70	Fred Adams	67-5
M75	Bill Carter	110-6
	A Pronovost	56-5
W40	Carol Finsrud	155-3
	C Mellenthin	63-9
W50	Sylvia Brooks	52-8
W60	Loretta Watson	72-8
Hammer		
M40	Steve Partridge	130-11
	Steve Bolles	118-11
M50	Jerry Brewer	83
	Dan Patridge	82-5
M55	John Conniff	94-8
	Mark Chapman	75-6
M60	John Cantrell	93-2
	John Lindsay	90-2
M70	Fred Adams	73-5
	A Pronovost	57-10
W40	Carol Finsrud	121
	C Mellenthin	53-8
Javelin		
M40	Vern Ogle	146-6
	David Bolles	139-3
M45	Scott Dulin	149-6
	John Gonzales	100-10
M50	Jerry Brewer	114
	Melvin Goode	99-5
M55	Jerry Dyes	155-4
	Ken Wilson	127-11
M60	John Lindsay	110-5
	John Cantrell	108-10
M65	Val Smith	103-10
M75	Bill Carter	87-10
	A Pronovost	51-11
Weight Throw		
35#		
M40	David Bolles	34-8

M50	Steve Bolles	30-1
M55	Jerry Brewer	27-6
	John Conniff	29-3
	Bufe Morrison	18-11
M60	John Cantrell	30-2
	John Lindsay	22-6
M70	Fred Adams	17-10
M75	A Pronovost	13-6
W40	Carol Finsrud	28-7
	C Mellenthin	12-11
16#		
W60	Loretta Watson	30-10

Louisiana Games New Orleans, LA; June 14

100m		
M30	Lloyd Collins	11.47
M35	Donald Hardy	11.70
M40	Lance Madison	11.95
M45	Daniel Theil	12.20
M50	Robert Baker	13.35
M55	Hans Gordon	12.85
M60	Jack Theriot	
200m		
M30	Lloyd Collins	23.02
M35	Donald Hardy	23.67
M40	Lance Madison	24.48
M45	Daniel Theil	24.88
M50	Dale Bernauer	26.63
M55	Hans Gordon	26.48
M60	Jack Theriot	29.68
400m		
M35	Kevin Lendo	54.93
M40	Robert Fluker	29.29
M45	Dortie Moore	56.85
M50	N Singleton	1:15.83
M55	Alonzo Jones	1:04.73
800m		
M40	D Haywood	2:20.20
M45	Dortie Moore	2:14.85
M50	Roger Brown	2:29.03
M60	C Wimberly	2:36.93
1500m		
M50	Roger Brown	4:52.72

High Jump		
M40	John Henning	4-8
M45	Walden Curry	6-4
M50	James Gray	4-10
M60	Phillip Nicaud	3-8
N65	Jack Haller Sr	3-4
M70	Bill Noonan	3-8
M75	Frank Knaus	3-4
Pole Vault		
M30	Rick Wright	17-6
M35	Greg Duplantis	15
M40	Kevin Trosclair	11-6
M45	Jim Carisella	10
M50	Robert Manard	12
Long Jump		
M35	Kevin Lendo	18-8.75
M45	Thomas Wilson	18
M50	Robert Baker	16-4.75
M55	Hans Gordon	16-2.75
Triple Jump		
M35	Kevin Lendo	42-11.75
M50	Robert Baker	33-2.75
M65	Paul Adams	22-5

Shot Put		
M30	Bengt Jarlsjo	47-3
M40	Jeff Baty	38-6
M45	Paul Bowman	32-5.50
M50	Vincent Breaux	35-7.50
M55	Harold Landry	33-8.50
M60	Don North	34-1.25
M65	Jack Haller Sr	30-1.75
Discus		
M40	Jeff Baty	122-9
M45	Paul Bowman	91-8
M50	Sam Goodwin	136-4
M55	Richard Staff	131-6
M60	Don North	131-1
M65	Roland Forman	102-3
Hammer		
M40	Jeff Baty	124-11
M45	Paul Bowman	77
M50	Vincent Breaux	86-8
M55	B Chatangier	84-8
M60	Don North	100-11
M65	Paul Adams	79-10

Javelin		
M45	Steven Shulin	146-1
M50	Richard Sander	166-8
M60	Jack Theriot	131-6
M65	Roland Forman	89

WEST

Allegra TC/Nevada Senior Games Las Vegas; May 17

100m		
M30	Monte Brown	12.03
	James Smith	12.26
M35	Kerry Cameron	11.87
	David Dimassa	12.12
	Mark Strom	13.62
M40	Brent Moorehead	12.62
M45	Bob Richardson	12.48
	Fred James	12.77
	Dennis Wright	13.38
M55	Steven Bowles	13.71
	Richard Imperiale	14.07
M60	Dale Bessey	15.20
W60	Dee Anne Janne	18.67

200m		
M30	James Smith	24.05
	Monte Brown	25.03
M35	David Dimassa	24.26
	Mark Strom	28.59
M40	Brent Moorehead	27.59
M45	Willie Richardson	25.73
	Dennis Wright	28.17
M55	Steven Bowles	27.75
M60	Dale Bessey	32.00

400m		
M35	Kerry Cameron	52.99
	David Dimassa	54.81
M40	Cornell Clark	66.79
M45	Fred Sowerby	51.33
M60	Dale Bessey	71.91
M70	Thomas Hodges	1:43.00
W35	Kellie Archuleta	68.43
800m		
M40	Ed Somerville	2:18.69
	Cornell Clark	2:29.94
M45	Dennis Swick	2:24.96
M60	Dale Bessey	3:20.54
M70	Thomas Hodges	4:20.54
W35	Kellie Archuleta	2:26.06

1500m		
M35	Robert Yasek	4:32.59
M45	Dennis Swick	4:56.13
M70	Thomas Hodges	8:10.40
W35	Kellie Archuleta	4:32.60
3000m		
M35	Robert Yasek	9:59.62
M60	Frank Lamonte	19:34.17
M70	Thomas Hodges	17:22.74
W35	Kellie Archuleta	10:17.55

5000m		
M30	Raphael Rodriguez	16:12.70
	Agustin Luna	18:49.94
M45	Gary Abbott	21:18.74
	Ed Seum	21:44.43
M55	Carl Wright	20:05.95
M60	Ken Ogden	21:43.55
	Ray Nelson	21:54.54
	Ed Dobson	27:45.16

110mH		
M30	James Smith	17.02
High Jump		
M50	Glen Palmer	4-11
M60	John Steinman	4-1
Pole Vault		
M45	Bill Isley	10-6
M60	John Steinman	9-0

Long Jump		
M45	Fred James	17-4
	Bill Isley	13-8
M55	Richard Imperiale	14-11
M60	John Steinman	11-2
	Jack Janne	10-1
W60	Dee Anne Janne	7-11

Triple Jump		
M45	Bob Richardson	35-11
	Bill Isley	30-6
M55	Richard Imperiale	29-9
Shot Put		
M35	Thomas Llamas	34-8
M40	James Kerman	45-7
M50	Glen Palmer	42-1
M55	Rich Salisbury	39-10
	Ray Sunday	35-1
M60	Ken Pletz	36-0
	John Steinman	33-7
M65	Howard Waite	30-11
M75	Roger Hall	24-5
W60	Dee Anne Janne	24-8

Discus		
M35	Thomas Llamas	130-6
M50	Glen Palmer	127-8
M55	Rich Salisbury	110-4
	Ray Sunday	69-7
M60	John Steinman	101-9
M65	Howard Waite	97-2
M75	Roger Hall	68-8
W60	Dee Anne Janne	62-3

Javelin		
M40	Brent Moorehead	109-10
M45	Jim McEvoy	119-2
	Bill Isley	110-2
M55	Al McDaniels	105-2
M60	Jack Janne	71-9
W60	Dee Anne Janne	62-8

USATF Hawaii State Championships U of Hawaii, Honolulu; May 25

100m		
M30	Hank Warrington	11.4
M40	Bill Blair	12.9
M50	Allen Ng	13.9
M55	Jack Karbens	14.6
M60	Stan Kuroda	14.9
M65	Pat Brown	15.7
M70	Bob Voegel	18.8
W40	Becky Chan	15.4

200m		
M40	Bob Gill	26.6
M45	Henry Dutro	27.7
M50	Allen Ng	28.7
M55	Jack Karbens	29.2
M70	Bob Voegel	44.3
W65	Mollie Chang	42.4

400m		
M40	Bob Gill	1:01.0
M50	Mike Suenaga	1:13.2
M55	Jack Karbens	1:06.1
M60	Stan Kuroda	1:10.7
M70	Brooks Kakiuchi	1:32.9
W40	V Shepherd	1:27.4

800m		
M40	Ashley Dustow	2:23.1
M45	Steve Sturm	2:35.4
M50	Ron Pate	2:31.1
M55	Bob Taylor	2:34.8
M70	Brooks Kakiuchi	3:18.0
W40	Becky Chan	2:46.8
W45	Halina Zaleski	3:19.2

1500m		
M35	Tom Peterson	5:19.9
M40	Ashley Dustow	4:36.8
M50	Gerry Lindren	4:50.5
M60	Geoff Howard	5:24.8
M70	Brooks Kakiuchi	7:46.3
W40	Becky Chan	5:38.0
W65	Mollie Chang	7:15.1

3000m		
M40	Ashley Dustow	9:58.1
M45	Derek Goudge	12:06.2
M60	Geoff Howard	11:25.1
Short Hurdles		
M50	Ron Pate	20.3
M55	Martin Hee	19.8
M65	Pat Brown	22.9

Long Hurdles		
M40	Ryan Namaka	1:24.4
M50	Ron Pate	1:16.8
4x100 Relay		
M40	Pa'akani (Dutro/Blair/Ng/Imoto)	52.0

Continued from previous page

M65 George Whiting 38.48	M35 Allen Wolfe 10:43.7h	M60 Kenneth Souza 34.35	M40 Henry Barela 4.57	M40 James Bonilla 11.88	400m
M70 G G Toscano 19.61	M40 Ashley Dustow 9:48.2h	M65 Edward van Pelt 48.06	M45 Richard Watson 2.74	Thomas Mike 12.09	M40 Steve Wulf 54.61
M80 Richard Mack 15.16	M45 Steve Sturm 12:29.3h	M70 Dick Mulkern 36.59	M50 Gary Salvail 3.04	David Perrin 12.25	Steve Cummings 55.94
W70 S Dietderich 17.93	M50 Wayne Joseph 11:15.4h	M75 Roger Lee 16.01	M55 Larry Jones 2.74	Steve Cummings 12.49	C Clark 1:02.80
Hammer	M60 Geoff Howard 11:29.7h	W55 Joan Davis 13.02	M65 Douglas McFetters NA	Brent Moorhead 13.31	M45 Fred Sowerby 52.82
M30 Mike Henry 60.86	M70 B Kakiuchi 17:14.9h	5000m RW	M75 T DeVaughn 1.98	Fred James 12.71	Steve Klock 58.78
M35 M Martinez 37.35	M75 Naoto Inada 17:19.8h	M30 Gerald Dar 41:25.6h	W30 Jennifer Croissant 8'	L Baskerville 12.84	B Fitzpatrick 59.49
M45 D McKenzie 61.60	Short Hurdles	M40 Craig Lund 40:43.9h	W50 Kathy Jager 1.98	J Tomaschke 12.89	P Gnesin 1:02.37
M60 Don Hughes 5.39	M30 Edwin Alfaro 21.40	M45 Gary Harbottle 31:24.1h	Long Jump	George Wong 13.64	M50 Stan Whitley 55.95
Javelin	M35 Steve Sakuma 20.2h	M50 S Davidson 35:08.1h	M30 Algie Mitchell 5.76	P Gnesin 14.63	M55 Robert Jones 1:05.89
M40 John Hansen 52.04	M45 Vincent Costello 17.6h	M65 C Andrade 37:19.7h	M35 Dave Nichols 6.02	M50 Frank Little 12.81	C Loftis 1:07.69
M45 Bob Powers 51.10	M50 Absalon Amodo 17.1h	M75 Naoto Inada 43:54.9h	M40 Brian Campbell 5.58	D Herring 12.99	M60 Hal Tolson 1:00.21
M50 W Hendricks 30.91	M55 Martin Hee 19.0h	W35 Nadine Lund 43:53.7h	M45 Pat Fahy 5.74	J Birnbaum 14.55	Gary Sims 1:02.29
M60 Phil Conley 44.75	W30 Pamela Larry 12.8h	Grand Canyon State Games	M50 Warren Gillette 5.60	W55 Walt Butler 12.73	Haig Bohigian 1:10.59
M80 Richard Mack 18.01	W45 Robyn Calhoun 14.1h	Phoenix, AZ; June 27	M55 Keith Powell 4.52	D Reichardt 13.07	M65 Don Cheek 1:04.88
W30 S Murtagh 40.49	W55 Joan Davis 24.1h	100m	M75 Everett Penrod 2.47	C Loftis 13.41	Jim Selby 1:07.62
W70 S Dietderich 16.43	Long Hurdles	M30 Timothy Woods 11.23	W40 Sierra Kamela 4.04	T Craddock 13.77	M75 Bob Hunt 1:49.42
5000m RW	M35 Steve Sakuma 1:21.90	M35 Scott Pasmore 12.10	W50 Kathy Jager 3.74	M60 Hal Tolson 12.49	M80 Julian Myers 2:06.06
M45 Art Klein 28:24.9	M45 James Dunkle 1:25.70	M40 S Onyepunuka 11.53	Triple Jump	K Dennis 14.02	W30 Andrea Stone 1:01.54
M55 Joe Doane 30:06.6	4x100m Relay	M45 Stacey Price 11.77	M30 Richard Jones 13.12	Delos Eyer 14.03	W40 Carla Hoppie 1:04.15
M60 Jim Fisher 32:52.2	M40 Pa'a Kane 49.6h	M50 Ronald Jordan 12.79	M35 Chris Franks 10.38	Haig Bohigian 15.41	Shellie Banks 1:12.68
M65 John Borset 36:43.2	(Bowen/Dutro/Ng/Rosa)	M55 John Davis 13.10	M40 Brian Campbell 11.58	M65 Don Cheek 14.18	Debbie Selby 1:17.56
M80 Ernest Lucken 38:53.2	M50 Hawaii Masters TC 54.6h	M60 Fred Kjer 13.37	M45 Pat Fahy 11.39	Samuel Flory 14.47	W55 M J McMaster 1:49.60
W35 C Sakelarios 26:01.5	(Karbens/Amodo/Bush/Suenaga)	M65 Dusty Wright 14.11	M50 John Gray 10.73	Jim Selby 14.82	W60 Jean Hoagland 1:16.89
W55 J Nedelco 27:52.8	M60 Hawaii Masters TC 1:00.3h	M75 Milton Silverstein 15.80	M60 Bob Delfs 5.54	Vincent Salce 14.90	W70 Onodera-Leonard 1:24.56
W65 S Parlan 39:51.4	(Molyneux/Kuroda/Cunningham/Whiting)	W30 Michelle Winkler 16.49	Shot Put	Frank Kishi 15.39	800m
Aloha State Games	M70 Isaki TC 1:27.5h	W35 E Mokoguw 13.39	M35 Ron Stilwell 13.85	M70 Thomas Miller 16.54	M30 B Crouch 2:06.43
Honolulu, HI; June 13-14	W40 Faerber's Flyers 1:09.0h	W40 Sierra Kamela 14.49	M40 Jeff Phister 12.22	Joseph Welch 18.60	M35 M Corrin 2:22.03
100m	(Grisby/Zaleski/Lee Calhoun)	W50 Kathy Jager 13.76	M45 Richard Watson 11.10	M75 Tom Patsalis 16.49	M40 A Colibus 2:11.14
M30 Hank Warrington 10.71	4x400m Relay	200m	M50 Billy Winchester 15.10	Thomas Pico 17.73	Dave Cook 2:18.13
M35 Rick Chin 12.48	M30 Moku 3:41.6h	M30 Timothy Woods 22.47	M55 Duane Thompson 12.05	M80 Julian Myers 24.69	C Clark 2:25.03
M40 Bill Blair 11.92	(Unterman/Miano/Nakanelua/Moku)	M35 C Muhammad 22.92	M60 Ben McGrady 12.16	M85 Anthony Castro 18.51	M45 Nolan Shaheed 2:02.53
M45 John Rosa 12.4h	M40 Hawaii Masters TC 4:10.3h	M40 S Onyepunuka 23.95	M65 Paul O'Leary 10.83	W30 Tammy Nolen 13.92	Fred Sowerby 2:09.57
M50 Allen Ng 12.35	(Blair/Marks/Costello/Gill)	M45 Burrell Bender 26.14	M70 Wes Goodwin 11.40	D Chabland 16.30	M55 Bob McAlpine 2:23.41
M55 Martin Hee 14.00	M50 Hawaii Masters TC 4:30.7h	M50 Abe Rodriguez 26.26	W30 Donna Kee 8.99	W35 Elaine Iba 13.80	M60 Fred Hartman 2:53.61
M60 Rustin Whiting 13.6h	(Ritte/Bush/Karbens/Amodo)	M50 John Davis 27.61	W35 Laurie Shagena 9.11	W40 Sylvia Hoss 14.36	M65 Jim Selby 2:47.01
M70 Karimez Godek 16.86	W40 Faerbers Flyers 5:24.8h	M60 Fred Kjer 26.97	W40 Vicki McMillan 7.94	Michele Freeman 14.78	R Archibald 3:10.43
M75 Shoichi Tanouye 20.87	(Chan/Sheperd/Jones-Medusley/Grisby)	M65 Andy Anderson 30.30	W45 Joan Stratton 10.29	Darla Beadle 15.61	M70 Avery Bryant 3:01.44
M80 Bob Terukina 23.10	High Jump	W50 Kathy Jager 29.55	W50 Kathy Jager 8.22	K Herring 16.35	Harold Willis 3:19.20
M95 Erwin Jaskulski 24.81	M40 Taras Chepurny 1.63	400m	W60 B J Smith 5.22	Debbie Selby 17.74	M80 Vincent Malizia 3:46.37
(establishes WR)	M45 Tom Marks 1.58	M30 Timothy Woods 48.41	W65 Bernice Wagner 5.73	W50 U Morris-Chong 13.93	Jumian Myers 4:50.29
W30 Pamela Larry 12.8h	M55 Lionel Low 1.37	M35 Ted Campbell 51.94	Discus	W55 N O'Conner 14.71	W40 Carla Hoppie 2:27.99
W45 Robyn Calhoun 14.1h	M65 Sheldon Varney 1.32	M40 S Onyepunuka 53.40	M35 Ron Stilwell 41.60	M J McMaster 23.39	Tracey Cox 2:58.59
W55 Joan Davis 24.1h	M70 Bob Voegel 1.07	M45 C Holloway 1:04.88	M40 Andy Miller 48.98	W65 M Kuehne 17.68	W55 M J McMaster 4:10.38
200m	M50 Walter Ritte 27.2h	M50 Abe Rodriguez 1:00.36	M45 Reuben Young 33.68	200m	W70 Onodera-Leonard 3:27.63
M30 Freddie Florentz 25.7h	M60 Rudy Kainuma 31.0h	M55 Garry Cox 1:02.78	M50 Billy Winchester 43.54	M30 G Onyenyonwu 23.33	1500m
M35 Fred Jones 25.1h	M60 Austin Whiting 29.0h	M60 Al Lowe 1:15.15	M55 Bob Osterhoudt 33.70	Stephen Acosta 29.63	M35 Jim Marquez 4:43.68
M40 Marvin Jones 25.1h	M70 George Ishiki 42.2h	800m	M60 Bob Bergfeldt 40.14	M35 M Corrin 25.10	M40 T Yagisawa 4:46.04
M45 John Rosa 26.5h	M80 Bob Terukina 54.0h	M30 Brian Dempsey 2:16.62	M65 Dave Douglass 33.14	M40 James Bonilla 24.69	M45 Nolan Shaheed 4:18.13
M50 Walter Ritte 27.2h	W30 Pamela Larry 26.90	M35 Ted Campbell 2:03.24	M70 C J Smith 16.96	Thomas Mike 24.70	Rick Muth 4:55.03
M55 Rudy Kainuma 31.0h	W45 Robyn Calhoun 31.2h	M40 Jim Hershberger 2:11.10	W30 Donna Kee 19.82	Steve Wulf 25.80	Karl Schulze 5:04.28
M60 Austin Whiting 29.0h	400m	M45 David Gladstone 2:26.93	W45 Joan Stratton 32.56	Brent Moorhead 27.90	M60 Fred Hartman 6:17.00
M70 George Ishiki 42.2h	M30 Sam Moku 53.57	M50 Richard Rivera 2:55.47	W50 Kathy Jager 19.94	Mark Cohen 29.70	M65 R Culling 5:16.27
M80 Bob Terukina 54.0h	M35 Rich Miano 56.53	M55 Karl Schmitz 3:17.01	W60 B J Smith 9.92	R Richardson 25.78	Gunnar Linde 5:24.23
W30 Pamela Larry 1:03.09	M40 Marvin Jones 58.71	1500m	Hammer	Fred James 26.13	R Archibald 6:41.00
W40 Becky Chan 1:10.14	M45 Vincent Costello 57.22	M30 Lee Noble 4:36.29	M35 Jeff Crothers 35.21	Steve Klock 26.57	M70 Avery Bryant 6:13.00
W45 Robyn Calhoun 1:14.75	M40 Kevin Kruszone 2.44	M35 Doug Morris 4:20.66	M40 Jeff Nelson 25.91	Thomas Mike 26.60	M80 Vincent Malizia 7:36.00
800m	M45 Vincent Costello 2.44	M40 Fred Behrmann 4:30.17	M45 Richard Watson 36.48	B Fitzpatrick 27.37	Julian Myers 9:35.00
M35 Mark Elwell 2:05.53	M55 Lionel Low 2.13	M45 David Gladstone 5:09.02	M50 Herbert Perlman 17.02	P Gnesin 29.21	W60 Jean Hoagland 6:26.00
M40 Ashley Dustow 2:20.79	Long Jump	M55 Karl Schmitz 6:10.16	M55 Bob Osterhoudt 39.37	M50 Michael Kahn 25.87	5000m
M45 Steve Sturm 2:40.85	M30 F Florentz 6.13	M60 Cliff Bedell 5:27.02	M65 Dave Douglass 31.20	D Herring 26.16	M35 Jim Marquez 17:52.69
M50 Wayne Joseph 2:34.57	M35 Todd Uemura 3.46	1500m	M75 T De Vaughn 25.00	Joe Perry 27.61	John Medved 18:52.33
M55 Abdul Odood 3:06.69	M40 Henry Dutro 4.97	W30 Brigitte Beracy 5:24.68	W45 Joan Stratton 35.77	M55 D Reichardt 27.17	M40 T Yagisawa 17:27.04
M60 Geoff Howard 2:45.05	M45 John Rosa 4.46	3000m	Javelin	C Loftis 27.62	Dave Cook 18:07.81
M70 B Kakiuchi 3:48.01	M50 Courtland Pang 3.94	W30 Brigitte Beracy 11:43.92	M40 James Lathrop 62.69	Robert Jones 30.03	H Velasquez 18:36.74
M75 Naoto Inada 3:58.28	M55 Lionel Low 4.86	W35 C Gardiner 10:08.24	M45 Richard Watson 46.19	J Bustamante 30.68	M65 R Culling 23:50.48
W35 A Johnson 2:35.26	M60 R Molyneux 3.30	5000m	M50 Joe Hibe 42.78	M60 Hal Tolson 25.67	R Archibald 23:59.13
W40 Becky Chan 2:46.21	M65 Pat Brown 3.75	M30 Jeff Maples 19:08.94	M55 Charles Quarelli 37.50	Haig Bohigian 32.17	M80 Julian Myers 34:30.65
W45 M Grigsby 3:09.91	M70 Bob Voegel 3.18	M35 E Condon 16:32.26	M60 Bob Bergfeldt 38.71	M65 Don Cheek 28.95	Short Hurdles
1500m	W30 Deborah Scott 11:9.50	M40 S Greenspan 16:53.54	M65 Dave Douglass 23.95	Samual Flory 29.96	M40 David Perrin 16.76
M30 Clint Sheeley 4:33.8h	W45 Robyn Calhoun 10-6	M50 C Balchumas 21:10.45	M70 C J Smith 16.78	Jim Selby 30.62	Del Barrett 19.57
M35 Ty Hanson 5:16.8h	Triple Jump	M55 Karl Schmitz 23:15.72	M35 Tim O'Neil 51.20	Vincent Salce 30.65	M50 Sheridan Groves 15.56
M40 Ashley Dustow 4:35.7h	M30 Hugh Buchanan 11.49	M60 Ralph Scales 19:10.21	W30 Donna Kee 31.58	Frank Kishi 33.27	M55 Theo Viltz 15.58
M50 Wayne Joseph 5:09.30	M35 Todd Uemura 6.97	Steeplechase	W45 Kathy Jager 17.46	M70 Al Escobosa 31.04	M60 Alvin Henry 16.97
M60 Geoff Howard 5:28.01	M40 Taras Chepurny 11.55	M30 Jeff Maples 12:29.22	W60 B J Smith 10.92	Thomas Miller 35.25	M65 Phillip Johnson 25.00
M70 B Kakiuchi 8:01.19	M50 Robert Larson 8.71	M35 David Dobler 10:12.24	5000m RW	Joseph Welch 39.47	M75 Tom Patsalis 17.12
M75 Naoto Inada 8:30.04	M55 Lionel Low 10.07	M40 David Parnell 14:19.73	M35 E Bernal 34:01.42	Harold Willis 39.86	Long Hurdles
W35 A Johnson 5:11.2h	M70 Bob Voegel 6.31	M45 John Rhodes 14:59.85	M40 Jeff Komaiko 43:01.33	M75 Thomas Pico 37.31	M40 Steve Cummings 1:05.25
W40 Becky Chan 5:40.7h	Shot Put	Long Hurdles	M50 Phil Davis 34:35.43	Bob Hunt 41.70	Ken Stone 1:10.73
3000m	M35 Brian Ueno 12.76	M35 Steve Janusz 1:04.22	M65 Cliff Elkins 40:24.40	M80 Julian Myers 52.42	Del Barrett 1:11.40
M30 Clint Sheeley 10:09.9h	M40 Bob DiBenedetto 10.45	M40 J Buhmiller 1:06.49	M75 D Gladding 34:51.60	M85 Anthony Castro 41.14	M50 Sheridan Groves 1:07.64
	M50 Robert Larson 18.77	M45 John Rhodes 1:18.26	W45 Karen Davis 29:12.66	W30 Tammy Nolen 29.56	J Birnbaum 1:19.83
	M55 Jack Karbens 9.23	M50 Dick Upton 1:14.92	W50 Elsie Kallai 39:14.31	W35 Elaine Iba 29.84	M60 Delos Eyer 57.04
	M60 Kenneth Souza 10.99	M65 Dave Douglass 1:04.44	W55 Elkie Davis 35:49.40	W40 Carla Hoppie 29.70	M65 Al Sheehen 54.63
	M65 Anthony Lenzer 8.55	High Jump	W65 Claire Elkins 44:49.29	Sylvia Hoss 29.82	4x100m Relay
	M70 Dick Mulkern 9.02	M30 Bill Jones 1.93	Trojan Masters Track Meet	Michele Freeman 31.23	M50 MON 49.29
	M75 Roger Lee 7.15	M35 Randy Forrest 1.88	Cromwell Field, U.S.C.,	Darla Beadle 32.92	LAV 51.82
	W55 Joan Davis 4.59	M40 Brian Campbell 1.80	Los Angeles; June 28	Karen Vaughn 33.85	W30 MON 56.64
	Discus	M45 Pat Fahy 1.60	100m	K Herring 34.40	4x200m Relay
	M30 John Havey 36.84	M50 Richard Rivera 1.30	M30 G Onyenyonwu 11.09	Debbie Selby 38.34	M60 STRI 1:51.24
	M35 Brian Ueno 38.73	M65 Dave Douglass 1.25	Stephen Acosta 13.77	W50 U Morris-Chong 29.14	High Jump
	M40 Bob DiBenedetto 37.14	W35 Deborah Cooper 1.35	M35 C Stephenson 11.47	W55 N O'Conner 30.77	M40 Jason Meisler 1.89
	M50 Michael McCrary 33.88	Pole Vault	M Corrin 12.10	M J McMaster 51.77	David Perrin 1.47
	M55 Jack Karbens 32.83	M35 John Brown 3.20	David Duchene 12.90	W65 M Kuehne 39.18	Charles Rader 1.73

Continued on next page

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Roberto Pozzi	1.60
Glen Palmer	1.42
J Birnbaum	1.42
M55 Davie Perry	1.47
M60 Ira Ramjoo	1.47
Nick Newton	1.47
Ray Fitzhugh	1.37
M80 John Damski	1.07
W40 Karen Vaughn	1.32
W50 A Steekelenburg	1.37
W60 Cristel Miller	1.22
W70 Johnnye Valien	1.02
Pole Vault	
M35 Greg Charles	3.96
M40 David Perrin	2.90
John Arbogast	2.59
M60 Jack Simms	2.74
Ray Fitzhugh	2.59
Long Jump	
M35 Lavell Davenport	6.34
M40 David Perrin	5.62
M45 Fred James	5.40
M55 Robert Jones	4.45
J Bustamante	3.64
M65 Vincent Salce	4.17
M75 Tom Patsalis	3.86
M80 Julian Myers	2.45
W35 Elaine Iba	4.74
W55 N O'Conner	4.12
W65 M Kuehne	3.28
Triple Jump	
M35 Lavell Davenport	14.71
M45 R Richardson	11.35
Milan Tiff	11.01
M55 Robert Jones	8.92
M60 Alvin Henry	10.95
Bill Schampeau	9.87
Ray Fitzhugh	8.71
M65 Dave Jackson	10.90
M75 Tom Patsalis	8.34
M80 John Damski	7.18
W35 Elaine Iba	8.83
W65 Magdalena Kuehne	7.27
Shot Put	
M35 James Barry	10.58
M40 R Fruguglietti	14.86
Bill Gardner	14.21
James Kerman	13.64
David Perrin	10.76
M50 Glen Galmer	12.34
Mac McCormick	9.91
Larry Lloyd	8.70
M55 Dennis McCravin	12.72
David Pena	11.97
Art Altshiller	9.48
M60 Ron Wade	11.65
D Cronin	11.02
Alan Rosen	9.86
Don Alexander	7.80
M65 Carl Martinez	9.88
M70 Arnold Gaynor	13.79
Charles Sarver	10.94
Carl Fennema	10.16
M75 Thomas Pico	9.41
W40 Karen Vaughn	8.92
W50 Connie Sarver	8.86
W55 C Sherrard	9.31
Hattie Perry	6.09
W60 Christel Miller	7.98
W70 Johnnye Valien	6.98
Discus Throw	
M35 James Barry	32.48
M40 R Fruguglietti	46.70
Del Barrett	34.92
M45 Russ Reabold	35.98
M50 Glen Palmer	37.82
David Nutall	34.96
Mac McCormick	34.62
Larry Lloyd	26.42
M55 David Pena	36.60
M60 James Coen	38.30
Alan Rosen	38.12
D Cronin	38.12
Ron Wade	37.80
Don Alexander	37.80
M65 Carl Martinez	32.78
W de Rothne	22.80
M70 Arnold Gaynor	41.96
Charles Sarver	34.48
M75 Moose Thompson	33.22
Bob Hunt	25.46
Thomas Pico	22.58
W30 Connie Sarver	25.94
W55 C Sherrard	20.98

Javelin	
M35 Tom Wendler	30.30
M40 David Perrin	51.22
Vern McGarry	38.84
M45 Ron Rook	37.80
M50 Dan Newmire	30.30
Richard Rook	29.96
Glen Palmer	28.68
M55 David Pena	39.26
M60 Larry Stuart	62.80
Delos Eyer	34.02
Don Alexander	30.96
M65 Chuck Coutts	30.72
Carl Martinez	22.66
M70 Bud Held	45.72
Arnold Gaynor	34.58
Carl Fennema	26.86
R Lawrence	24.30
W30 Tammy Nolan	21.78
W40 Karen Vaughn	24.00
W60 Christel Miller	24.54
W70 Johnnye Valien	14.04

NORTHWEST

**Portland Masters
Classic/Oregon
Association/USATF
Championships,
Gresham, OR; June 13-14**

100 Meter Dash	
M35 Roosevelt Ruby	11.45
Ronald Wallace	12.18
Greg Font	12.32
David Haner	12.56
M40 Karry Cameron	12.00
John Wells	12.23
Bob Blackburn	12.26
Rod Branyan	13.16
Steve Banton	13.87
Naim Hasan	13.97
Richard Walton	13.94
M50 Dave Walter	12.42
Larry Schellrer	12.79
George Lyden	12.92
Richard Ying	13.22
M55 Stephen Robbins	12.03
Paul Edens	12.53
Ron Jensen	13.53
Michael Myles	13.97
M60 Robert Miller	13.58
Jim Schlewitz	14.18
Paul Stepan	14.22
M65 Cully Vaughan	15.92
John Nelson	19.55
M70 Dick Cottingham	15.33
Hal Carlile	15.36
M75 Albert Johnson	21.47
M80 Dan Bulkley	16.16
W35 Dawn Collins	14.38
W40 Heidi Sause	14.47
W50 Caroline Cooney	16.72
Patricia Home Wright	18.92
W55 Rose Schlewitz	18.32
W80 Irene Crane	30.73

Age-Graded 100m	
Dan Bulkley 81	10.93
Jack Coy 67	11.30
Jim Schlewitz 64	11.81
Doug Puckett 34	12.47
Cully Vaughan 67	12.51
Dick Cottingham 70	12.58
Al Johnson 75	15.42

200 Meter Dash	
M30 Curtis Wilson, Jr.	22.97
Douglas Puckett	24.41
Greg A. Will	24.52
Mike Toll	25.01
M35 Greg Font	25.27
David Haner	25.74
M40 Karry Cameron	24.22
Naim Hasan	25.44
John Wells	25.96
Rod Branyan	26.65
M45 Richard Walton	28.45
M50 Larry Schellrer	26.15
Richard Ying	27.31
M55 Michael Myles	28.53
M60 Paul Stepan	29.16
Jim Schlewitz	29.51
Larry Wright	34.28
M65 Jack Coy	28.87
M70 Dick Cottingham	34.58
M80 Dan Bulkley	34.71
W50 Caroline Cooney	37.04
W80 Irene Crane	1:06.92

400 Meter Run	
M30 Curtis Wilson, Jr.	49.07
Mark Holme	52.28
Douglas Puckett	53.62

M35 David Haner	57.68
M40 Karry Cameron	53.17
Mike Andrews	53.34
M45 Russell Acea	57.03
M50 Dave Walter	54.73
Rich Tucker	58.20
Ed Tanner	1:12.45
M55 Don McMillan	58.82
Ron Jensen	1:03.66
M60 Paul Stepan	1:08.05
M60 Larry Wright	1:13.85
M70 Tom Brinton	1:10.98
M80 Dan Bulkley	1:30.07
W80 Irene Crane	2:31.95

800 Meter dash	
M30 Curtis Wilson, Jr.	1:58.36
Mark Holme	1:58.76
M35 Mike Stepan	2:04.01
M40 Dave Clingan	2:07.87
Walt Yohn	2:15.47
M45 Gordon Valient	2:12.38
Andrew Delecki	2:23.85
M50 Rich Tucker	2:12.09
Marc Wiitala	2:15.44
Jim Hampton	2:20.66
M55 Don McMillan	2:14.32
M60 Larry Wright	2:44.44
Ken Ogden	2:45.33
M65 Don Kane	2:47.85
Jack Keener	2:48.04
M70 Tom Brinton	2:45.91
M80 Dan Bulkley	3:37.59

1,500 Meter Run	
M30 Robert Ricker	4:58.54
M35 Mike Stepan	4:17.41
Pat Wagner	4:20.66
John Shaw	4:36.57
M40 Walt Yohn	4:43.69
Steve Meyer	4:57.94
M45 Jim Jones	4:28.97
Dave Taylor	4:47.83
Jim Goodman	5:13.25
M50 Bob Williams	4:50.81
Marc Wiitala	4:51.30
Greg Jacob	5:12.15
Steve Munroe	5:50.23

M55 Luigi Schiavo	6:53.85
M60 Larry Wright	5:30.36
M60 Ken Ogden	5:53.59
M65 Jack Keener	6:02.86
Donn Kirk	7:01.42
W44 Robin Vesey	5:24.95
W50 Candy Putterbaugh	5:29.22
W55 Laura Stepan	7:49.60
W65 Susan Means	7:21.56

3,000 Meter Run	
M75 Joseph Mallon	18:08.95
W40 Katey Angel	11:07.80
Robin Vesey	11:21.14
W65 Susan Means	15:52.18
W70 Helen Lachman	18:50.31

5,000 Meter Run	
M30 Tim Becken	18:45.43
Douglas Puckett	19:53.71
M45 Dave Taylor	17:28.84
M50 Foster R. Kimble	20:08.16
Steve Munroe	22:25.05
Ed Tanner	23:13.11
M60 Larry Wright	20:59.54
M65 Donn Kirk	26:10.91

80 Meter High Hurdles	
M80 Dan Bulkley	19.07
W40 Heidi Sause	14.63
W50 Caroline Cooney	21.21

100 Meter High Hurdles	
M40 Karry Cameron	18.17
M45 Richard Walton	19.04
M50 K.H. Troy	16.77

300 Meter Int Hurdles	
M50 Ed Tanner	1:02.96
M40 Karry Cameron	1:05.15
M45 Richard Walton	1:09.77
M80 Dan Bulkley	WR 1:04.63
W40 Heidi Sause	1:15.26

3,000 Meter Steeplechase	
M35 Pat Wagner	10:07.74
James DeRosso	10:45.38
John Hughel	11:54.75
M45 Felix Lupe	11:54.65
M50 Ed Tanner	15:18.45
M55 Luigi Schiavo	15:56.79

High Jump	
M30 Tom A. Thompson	1.93
David Turnbull	1.93
Brian Coushay	1.78
M35 Mike Jaqua	1.68
M40 Steve Banton	1.53
Fred W Pearson	1.53
M45 Bill Spaet	1.58
M50 Dick Clintworth	1.54
M55 Joe Johnson	1.31

Don McCrea	1.27
M65 Keith Carr	1.31
M70 Vince Sempronio	1.11
M75 Gilbert Young	1.11
Les Hintz	0.95
W35 Martha Mendenhall	1.52
W50 Caroline Cooney	1.04
Cherie Potsklan	0.93

Pole Vault	
M35 Mike Jaqua	4.11
M40 Steve Banton	3.50
M45 Bill Spaet	3.50
John Patterson	3.35
Russell Acea	3.35
M50 Josef Pfister	3.65
Dick Clintworth	3.35
Richard Ying	2.89
M55 Larry Holmes	3.35
M60 Don Gray	2.89
M70 John P. Cleveland	2.89
M75 Les Hintz	1.52

Long Jump	
M30 David Turnbull	6.57
Brian Coushay	6.33
Mike Toll	6.20
M35 Greg Font	5.47
M40 Fred W Pearson	5.70
Naim Hasan	5.70
Bob Blackburn	5.35
John Wells	4.94
M45 Russell Acea	5.29
M50 Dick Clintworth	4.66
Oron Lott	4.57
David Smith	3.38
M55 Dick Rex	4.74
Pete La Barge	14.11
Luigi Schiavo	3.11
W30 Julie Toll	4.00
W50 Caroline Cooney	3.36

Triple Jump	
M30 Mike Toll	10.67
M42 Bob Blackburn	9.70
M50 K.B. Troy	10.60
David Smith	7.60
W30 Julie Toll	8.70

Shot Put	
M50 Jerry Ford	12.74
Jerry Crowe	12.09
David Smith	11.99
M55 Joe Johnson	10.72
M60 Bob Lawson	11.63
M60 Neil Saling	11.21
M65 Tom Allison	10.69
M70 Vince Sempronio	11.47
Cal Hersey	9.60
Ward Church	8.46
M75 Don Jacobs	5.42
M80 Ross Carter	10.62
M85 Leon Joslin	7.44
W50 Kitty Crowe	6.26
W70 Patricia Osmon	5.83

Discus Throw	
M40 Richard Stewart	46.72
Brian Valley	36.00
Steve Banton	31.46
M45 Tim Muller	37.66
M50 Jerry Crowe	42.76
Dick Clintworth	27.98
M55 John White	33.74
Conrad Sundholm	32.92
Pete La Barge	32.92
Luigi Schiavo	30.56
John King	29.92
M60 Bob Lawson	43.16
Neil Saling	40.76
Mirl Gratton	37.94
Frank Miller	33.26
M65 Jerry Wojcik	30.42
Cully Vaughan	26.62
M70 Cal Hersey	29.38
Ward Church	24.68
M75 Don Jacobs	14.36
M80 Ross Carter	31.76
M85 Leon Joslin	20.48
W50 Kitty Crowe	17.46
W55 Suzy Hess	17.32
W60 Melissa Buchan	13.31
W70 Patricia Osmon	11.42

Hammer Throw	
M50 George Mathews	48.32
Todd Taylor	48.14
David Smith	29.58
M55 John White	37.10
Luigi Schiavo	22.34
M60 Bob Lawson	34.50
Frank Miller	33.18
M65 Jim Hitchman	34.22
Jerry Wojcik	31.40
M70 Ken Weinbel	38.52
Vince Sempronio	27.72
Jim Holland	25.06
Ward Church	22.32

M85 Leon Joslin	19.44
W55 Suzy Hess	20.74
W70 Patricia Osmon	17.72

Javelin Throw	
M30 Ken Weinberg	62.59
M45 Ray Milojevich	44.73
Russell Acea	31.19
M50 David Smith	30.25
M55 Gary Reddaway	47.09
Pete La Barge	37.90
Luigi Schiavo	25.22
M60 Mirl Gratton	36.42
Bob Lawson	36.09
Jim Schlewitz	23.14
M65 Tom Allison	34.62
Cully Vaughan	25.78
M70 Cal Hersey	25.32
Vince Sempronio	24.23
Ward Church	22.00
M75 Joseph Mallon	19.37
Don Jacobs	14.73
M85 Leon Joslin	15.32
W50 Patricia Home Wright	16.36
W55 Rose Schlewitz	18.20
W70 Patricia Osmon	11.80

Weight Throw	
M50 George Mathews	13.71
Todd Taylor	13.09
Jerry Ford	7.83
M55 John White	10.87
Luigi Schiavo	6.74
M60 Bob Lawson	11.95
M65 Jerry Wojcik	9.93
M70 Ken Weinbel	11.33
Vince Sempronio	10.14
Jim Holland	7.01
Ward Church	6.41
M85 Leon Joslin	6.06
W55 Suzy Hess	7.17
W70 Patricia Osmon	4.65

Weight Throw		
M50	George Mathews	13.7
	Todd Taylor	13.0
	Jerry Ford	7.8
M55	John White	10.8
	Luigi Schiavo	6.7
M60	Bob Lawson	11.9
M65	Jerry Wojcik	9.9
M70	John White	11.2

Continued from previous page

M60 Ken Ogden	2:42.61
M65 Don Kane	2:46.73
M70 Tom Brinton	2:39.88
W40 Deb EerkesDove	2:29.05
W50 Nancy Nevin	3:34.84
W60 Clair Ingraham	3:15.11
W85 IvyGranstrom	5:23.19
1500m	
M30 Chris Yorges	4:12.27
M35 Steven James	4:13.82
M40 Tom Cushman	4:25.50
Walt Yohn	4:36.61
Steve Meyer	4:56.57
M45 Mike Allison	4:31.76
Larry Pine	4:37.02
Ken Bell	4:39.21
Gordon Valiant	4:40.92
Tim Goodman	5:07.17
M50 Marc Wittata	4:42.39
Ron Ackerman	4:46.26
David McJunkin	4:48.92
Larry Wilson	4:54.64
Phil Nemir	5:07.60
Ron Hanson	5:41.94
Dan Cole	5:49.04
M55 Luigi Schiavo	6:56.72
M60 Bill Iffrig	5:16.45
John Erik Nilsson	5:32.38
M65 Paul Heitzman	5:09.43
Dennis Meyer	5:30.20
W40 Deb EerkesDove	5:01.94
Betsy Seth	5:40.60
W50 Nancy Nevin	7:35.57
W55 Laura Stepan	7:54.72
W60 Clair Ingraham	6:41.15

National Masters News Age-Graded Mile

Name	Age	Time	A-G%
Paul Heitzman	67	5:28.71	91.1
David Jensen	42	4:34.61	87.4
Dennis Meyer	65	5:48.78	83.9
Roy Treadwell	50	5:07.31	83.0
Tom Brinton	70	6:15.84	82.5
Dan McCormack	59	5:41.12	80.8
Ken Ogden	62	6:10.49	76.6
Steve Meyer	42	5:21.52	74.6
Rick Lloyd	51	5:51.09	73.2
Roger Dean	59	6:24.31	71.7
Donn Kirk	67	7:28.79	66.7
Women			
Susanah Beck	30	4:58.05	83.5
Marjorie Gilmore	63	7:14.29	76.4
Laura L. AmenaColl	31	5:53.77	70.4
Ivy Granstrom	86	11:54.42	69.8
Staci Ogoli	30	6:05.67	68.1

3000m

M30 Tim Becken	10:31.45
M35 Steven James	9:04.46
M45 Mike Allison	9:45.64
Dave Taylor	10:05.25
Ken Bell	10:18.84
Tim Goodman	11:03.34
John Hammond	11:22.57
M50 Marc Wittata	10:39.77
Phil Nemir	10:58.38
Mark Troseth	11:04.84
M55 Des O'Rourke	11:14.77
Bill McConochie	14:13.59
Luigi Schiavo	14:58.09
M60 Bobby Kincaid	11:45.09
M65 Paul Heitzman	10:49.81
(Bright/10:51.0/1975)	
M70 Don Anhorn	17:12.48
W85 IvyGranstrom	WR24:08.62

5000m

M35 Dale Laswell	16:59.33
M40 Tom Cushman	16:26.51
M45 Larry Pine	16:46.15
Jahn Barry	17:00.60
Doug Sturm	20:28.04
M50 Roy Treadwell	16:55.28
David McJunkin	17:06.02
Alan Beck	17:15.48
M55 Roger Dear	23:05.24
M60 Bill Iffrig	19:14.40
Marv Rexius	19:30.26
Bobby Kincaid	19:39.51
M65 Don Hughes	23:10.20
Donn Kirk	25:56.43
M80 Lyman Glenney	29:10.30
W35 Julie James	19:55.26
W40 Robin Vesey	19:30.59

10,000m

M40 Brian Fairbrother	43:52.42
M45 Mike Gangwer	38:44.39
M50 David McJunkin	35:03.10
M60 Bobby Kincaid	40:59.58
M65 Don Hughes	48:43.81

Short Hurdles

M40 Stacey Price	17.62
M45 Brian McKinley	16.51
Dave Orman	16.91
Richard Walton	18.47
M65 Jim Stookey	16.68
John Hepner	22.01
M70 Vern Regier	17.88
W40 Heidi Sause	13.30

W50 Avril Naylor	15.96
Caroline Cooney	18.49
Long Hurdles	
M40 Karry Cameron	60.07
Bill Maier	66.52
M45 Dave Orman	59.06
Brian McKinley	60.94
Richard Walton	69.34
M65 Jim Stookey	49.61
W40 Heidi Sause	75.11

Steeplechase

M30 Chris Yorges	9:35.87
M35 Jim DeRosso	10:34.94
John Hughel	11:57.54
M55 Luigi Schiavo	16:10.27
M65 John Hepner	8:31.52

4x100m Relay

M40 Oregon TCM	49.97
Oregon TCM	52.72
M50 Portland TCM	56.34
W40 Oregon TCM	63.19

4x400m Relay

M40 Oregon TCM	4:07.04
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High Jump

M30 Dave Turnbull	1.99
Tom Thompson	1.94
Brian Coushay	1.90
M40 Steven Banton	1.46
Bob Good	1.42
M45 Dave Orman	1.62
M50 Dan Cole	1.58
Richard Beswick	1.54
Dick Clintworth	1.50
M55 Al Phillips	1.62
Frank Condon	1.46
Dale Nelson	1.29
M60 Phil Fehlen	1.66
Bob Golly	1.30
M65 Jim Stookey	1.38
Keith Carr	1.34

M70 Vince Sempronio**M75 Gil Young****Les Hintz****M80 Lew Luehrs****W35 Martha Mendenhall****W50 Caroline Cooney****Nancy Nevin****Cherie Potskian****W55 Becky Sisley****Janice Condon****Pole Vault****M35 Dan Umenhofer****M40 Dan West****Chris Young****Steven Banton****Bob Good****M45 John Patterson****R Jacquet Acea****M50 Dennis Phillips****Dick Clintworth****Richard Ying****M55 Larry Holmes****Al Phillips****M60 Don Gray****Bob Golly****M65 Harvey Lewellen****M70 John Cleveland****M75 Les Hintz****W40 Donna Schultz****W55 Becky Sisley****Long Jump****M30 Dave Turnbull****Mike Toll****M35 Darrell Charles****M40 Fred Pearson****John Wells****Bruce Kupersmith****Bill Maier****M45 Dave Orman****R Jacquet Acea****M50 Oron Lott****Dick Clintworth****Geoffrey Hughes****Dave Smith****M55 Al Phillips****Ken Perkins****Frank Condon****Pete La Barge****Luigi Schiavo****M60 Bob Golly****M65 Jim Stookey****Ralph Daehler****Cully Vaughan****M70 Ray Ryan****M75 Bill Bronson****M80 Lew Luehrs****W30 Julie Toll****W50 Avril Naylor****Caroline Cooney****Nancy Nevin****W55 Marg Radcliffe****Janice Condon****W60 Audrey Lary****Alice Whitty****Triple Jump**

M30 Brian Coushay	13.90
Mike Toll	12.68
Dave Turnbull	12.65
M40 Mike Lariza	13.63
M50 Oron Lott	10.70
Paul Roberts	9.72
David Smith	7.28
M55 Dale Nelson	6.52
M60 Bob Golly	7.71
M65 Jim Stookey	9.84
M70 Ray Ryan	5.80
M80 Lew Luehrs	3.67
W30 Julie Toll	8.80
W50 Avril Naylor	7.86
Nancy Nevin	6.41
W55 Becky Sisley	7.83
W60 Audrey Lary	6.63

Shot Put

M40 Gary Zasmovich	12.48
Steven Banton	10.61
M45 Tim Muller	11.92
Jan Grigsby	9.04
M50 Jerry Ford	12.88
Bob Sager	11.93
David Smith	11.38
Jerry Crowe	11.12
Dan Cole	8.98
M55 Tom Gage	12.52
Rich Noble	10.62
Ken Perkins	9.89

M60 Joe Keshmiri**WR16.46/54-0****(Speckens/16.01/52-6.5/1996)****Jim Hart****Neil Saling****M65 Walt Badorek****Harry Hawke****Tom Allison****Murdo Campbell****Harvey Lewellen****M70 Vince Sempronio****Hal Wallace****Cal Hersey****M75 Don Cumley****Myron Dover****Jim Minah****M80 Ross Carter****Lew Luehrs****M85 Leon Joslin****W45 Carol Golly****W50 Pat Home Wright****Kathy Noble****Kitty Crowe****W55 Marg Radcliffe****Georgia Cutler****W60 Audrey Lary****Alice Whitty****W70 Pat Osmon****W75 Melanie Osmon****Discus****M40 Tim Fox****Brian Valley****Steven Banton****Bill Maier****M45 Mark Neal****Tim Muller****M50 Tom Fahey****Tim Edwards****Jerry Crowe****Richard Beswick****Daniel Cole****Bob Sager****Dave Smith****Geoffrey Hughes****M55 Tom Gage****Joe Meyers****Conrad Sundholm****Al Phillips****Pete La Barge****Luigi Schiavo****John King****Richard Noble****M60 Neil Saling****Jim Hart****M65 Harry Hawke****Harvey Lewellen****Walt Badorek****Tom Allison****Cully Vaughan****Robert Peters****M70 Hal Wallace****Cal Hersey****M75 Don Cumley****Myron Dover****M80 Ross Carter****Lew Luehrs****M85 Leon Joslin****W45 Candice Woyak****Carol Golly****W50 Kitty Crowe****W55 Georgia Cutler****W60 Audrey Lary****W70 Pat Osmon****W75 Melanie Reske****Hammer**

M40 Tim Fox	46.02
M45 Mark Neal	42.73
M50 George Mathews	49.77
Todd Taylor	49.27
Tim Edwards	48.47
Bob Sager	40.91
David Smith	28.49
M55 Tom Gage	57.37
M60 Jim Hart	39.77
M65 Harry Hawke	34.45
Jim Hitchman	34.42
Jerry Wojcik	30.67
Fred Shanaman	27.32
Harvey Lewellen	25.04
M70 Ken Weinbel	38.85
Vince Sempronio	29.73
Hal Wallace	28.80
M75 Jim Minah	26.26
M80 Ross Carter	16.78
M85 Leon Joslin	19.17
W55 Georgia Cutler	31.71
W70 Pat Osmon	19.04
W75 Melanie Reske	11.63

Javelin

M30 Ken Weinberg	62.79
Ken Hall	59.07
M40 Bill Maier	39.09
M45 Ray Milojevich	41.12
Jan Grigsby	28.39
M50 Lou Christensen	45.95
Bob Burkholder	43.76
Dave Smith	34.33
Geoffrey Hughes	31.70
Bob Sager	31.60
Daniel Cole	25.63
M55 Gary Reddaway	49.49
Doug Appel	44.80
Al Phillips	44.51
Pete La Barge	38.06
Richard Noble	24.77
M60 Phil Fehlen	42.48
Malcolm Russell	39.45
Jim Schlewitz	25.07
M65 Murdo Campbell	40.19
Tom Allison	34.45
John Hepner	31.70
Cully Vaughan	26.00
Harvey Lewellen	25.47

Continued from previous page

M55 B Hancock	1.47	M50 Jan Roodt	50.80
M60 H Mickaautsch	1.50	M55 S Johnston	27.74
M65 A Heine	1.29	M60 A M Liebenberg	28.16
M75 J H Schoeman	1.29	M70 J L Visser	35.68
W35 L van Rensburg	1.49	M75 L Botha	27.82
W40 H Freitag	1.40	M80 L Wale	20.36
W45 M Ferreira	1.35	M85 C Sterley	22.26
W55 H Kuppe	1.25	W30 R White	36.12
W65 G Theron	1.07	W35 A Hennop	35.98
Pole Vault		W40 A Ellis	29.12
M30 C Preston	4.00	W45 H Schoonwinkel	34.28
M35 L Nienber	4.10	W50 S du Bruyn	29.30
M40 K S Joubert	2.90	W55 Anette Grobler	30.20
M45 J J van der Merwe	2.60	W60 Naomie van Lill	24.20
M50 A G Murdoch	3.50	W64 S Malherbe	22.32
M60 Albert Smith	2.50	W70 L Grobler	20.02
W35 G Jacobson	2.40	Javelin	
Long Jump		M35 G Louw	59.90
M30 A Pohl	7.46	M40 T Liebenberg	63.06
M35 C H Jafta	6.16	M45 K Vorster	42.08
M40 N van Heerden	5.93	M50 L J van der Merwe	49.34
M45 K Vorster	5.63	M55 G J van der Merwe	33.36
M50 T van der Mescht	4.88	M60 C R English	37.10
M55 B Hancock	4.95	M70 B Stannius	32.14
M60 R Cross	5.09	M75 L Botha	19.08
M65 A Heine	4.33	M80 L Wale	19.64
M70 J H Schoeman	3.81	M85 C Sterley	15.64
W35 C Gomes	5.62	W35 A Hennop	30.58
W40 A Steenkamp	4.43	W40 A van Schalkwyk	37.52
W45 S van Rooyen	4.34	W45 H Schoonwinkel	27.18
W55 H Kuppe	4.19	W50 W van der Merwe	22.58
W60 G Schultz	3.24	W55 H Kuppe	28.40
W65 Aletta Kruger	3.03	W60 Naomie van Lill	28.10
W80 E Paveley	1.43	W65 A Ackermann	20.44
Triple Jump		W70 L Grobler	14.66
M35 C H Jafta	12.60	Weight Pentathlon	
M40 N van Heerden	12.91	M30 R C F Louw	2626
M45 C du Toit	11.51	M40 P Botha	2924
M55 P van Rensburg	9.02	M45 Basie Koen	3040
M65 A Heine	9.43	M50 Jan Roodt	3957
M70 M Scholtz	7.08	M55 S Johnston	3252
W35 C Gomes	11.45	M60 J M Eloff	3199
W40 A Steenkamp	8.72	M70 B Stannius	3780
W45 A Engelbrecht	8.35	M75 L Botha	3358
W55 H Kuppe	9.25	M80 L Wale	2801
W60 G Schultz	6.59	M85 C Sterley	3059
W65 Christie du Plooy	6.78	W30 R White	3059
Shot Put		W35 A Hennop	3100
M30 J Verster	12.57	W40 I Uys	2571
M35 R C F Louw	11.96	W45 H Schoonwinkel	3697
M40 J J van Zyl	14.95	W50 S du Bruyn	3040
M45 Reuben Smut	11.62	W55 Anette Grobler	2958
M50 Jan Roodt	13.25	W60 Naomie van Lill	3159
M55 H W Rohde	11.49	W65 S Malherbe	3087
M60 J M Eloff	12.00	W70 L Grobler	3155
M70 B Stannius	11.27	Heptathlon	
M75 L Botha	9.09	W35 L de Beer	2880
M80 L Wale	8.12	W40 R Boardman	3139
M85 C Sterley	6.73	W45 S van Rooyen	3901
W30 R White	11.15	W55 R E Rossouw	3553
W35 A Hennop	10.39	W65 I Hofmeyr	3925
W40 C Steenkamp	9.27	Decathlon	
W45 H Schoonwinkel	10.62	M35 C H Jafta	4143
W50 S du Bruyn	9.85	M40 J A Wiese	3342
W55 Anette Grobler	9.02	M45 J Allers	5671
W60 Naomie van Lill	8.06	M50 C E van Onselen	3228
W65 S Malherbe	7.39	M55 F Meaker	2693
W70 L Grobler	6.94	M60 Albert Smith	5262
W80 E Paveley	4.37	M75 A H A van Zyl	7710*
Discus		5000m RW	
M30 J Raubenheimer	46.48	M30 A Fraser	23.59
M35 R C F Louw	40.94	M35 S Valentine	21:58.6
M40 J V R Saunders	43.86	M40 C Kloppe	29:25.3
M45 J Atlers	35.46	M45 Mike Whitmore	24:23.7
M50 Jan Roodt	39.26	M50 Z van den Berg	28:33.2
M55 S Johnson	36.68	M55 J Spencer	24:40.8
M60 Albert Smith	36.44	M60 M Rossouw	28:16.1
M70 B Stannius	33.06	M65 N R Goodes	31:25.0
M75 L Botha	31.44	M75 Rowland Rogers	39:37.7
M80 L Wale	27.60	M80 Bob Goodwin	45:55.8
M85 C Sterley	18.98	M85 B Moodie	41:41.9
W30 R White	39.84	W35 Michelle du Toit	28:39.9
W35 A Hennop	36.90	W40 L Abbott	33:26.7
W40 R Boardman	27.42	W45 H van den Berg	25:52.4
W45 M vd Westhuizen	32.80	W50 Noni Swanepoel	NTA
W50 S du Bruyn	25.00	W55 Lindsay Hatz	30:28.8
W55 H E White	21.48	W60 Eunice de Bruyn	34:34.6
W60 H Jordan	20.16	W65 M Landman	35:56.5
W65 Joh Nel	17.32	W75 P Whittington	45:44.7
W70 L Grobler	18.54	10,000m RW	
W75 E Paveley	10.66	W35 M du Toit	1:00:21.4
Hammer		W40 K Davies	53:28.6
M40 P Botha	43.16	W45 H van den Berg	53:42.2
M45 Basie Koen	48.56	W50 N Swanepoel	1:04:07.2
		W55 Lindsay Hatz	1:03:32.1

W60 E de Bruyn	1:08:25.6	M55 J Spencer	1:50:20.8
W65 M Landman	1:13:28.6	M60 M Rossouw	2:08:52.9
20,000m RW		M65 M Slabbert	2:13:09.1
M30 A Fraser	1:44:12.8	M75 R Rogers	2:55:25.0
M35 C Fitzpatrick	1:57:03.1	M80 G Candiotas	2:42:49.6
M40 S Salani	2:20:28.1	M85 B Moodie	2:58:45.0
M45 M Whitmore	1:46:11.6	*Pending WR (Claude Hills,	
M50 Z van den Berg	2:05:05.6	6389, 1989)	

LONG DISTANCE 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 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST**Avon Women's Mini Marathon 10K New York, NY; June 6**

Overall	
Kim Griffin 36	35:26
W40 Gillian Horovitz	36:17
Stephanie Kessler	37:44
Kari Proffitt	38:34
Susan Branche	40:34
Anastasia Stokas	40:38
Marie Quinn	40:57
Barbara Leblanc	41:04
Sandra Olivo	42:16
Debra Kenney	42:24
Joan Baldassarri	42:29
Roberta Pinto	42:54
Dolores Doman	43:06
Meryl Hornstein	44:36
Monika Gross	44:46
Eva Kristofferson	44:50
W45 Lena Hollman	44:01
Mary Rosado	44:24
Carol Gellman	44:33
Maureen Barry	46:28
Laura Osorio	46:40
Mary Wagner	46:51
Amy Bahrt	47:01
Frances Messina	47:27
Jo Zwierchowska	47:48
Michelle Nero	48:12
Johana Carter	49:13
Pamela Cook	49:17
W50 Krystyna Turowska	42:40
Ann Davies	42:45
Irene Jackson	44:31
Lee Saroken	44:47
Marjorie Kos	46:04
Sylvia Kimche	46:50
Carol Hansen	47:13
Marilyn Greeley	47:28
Melanie Benvenue	48:00
Alice Brennan	48:33
W55 Patty Lee Parmalee	45:48
Zofia Turowska	46:11
Carol Tyler	47:32
Celeste Fondaco	49:17
Annette Frisch	50:06
Kathleen Nitschelm	50:56
Inger Karlsson	51:38
Ruth Fairbrother	51:41
W60 Helene Bedrock	46:12
Imme Dyson	49:06
Jill Martin	49:43
Sue Medaglia	50:59
Sally Rusby	51:35
Naomi Vogel	52:38
W65 Toshiko D'Elia	49:43
Thelma Wilson	52:25
Charlotte Goldblatt	1:00:17
Joyce Kusche	1:02:40
W70 Lorraine Strollo	57:54
Muriel Merl	58:33
Janine Maltas	1:00:43
Arlene Kernis	1:08:26
W75 Althea Wetherbee	1:25:30
Grace Salant	1:37:03

Lawyers Have A Heart 5K & 10K Washington, DC; June 7

-5K-	
Overall	
Daniel Balkey 27	17:14
Cathy Stanmeyer 29	17:50
M40 Greg Price	18:37
Peter Blank	21:28
Johnny Sadoff	23:37
Randy Sifers	25:03
Robert Atkinson	25:06
M45 Jim Stine	19:19
Don Kennedy	19:29
Andre Remy	21:10
Kelly Harris	23:19
James Smith	24:20

M50 Peter Bloom	21:42
Larry Heuner	22:20
Glen Homan	23:50
John Smeby	23:56
M55 John Haubert	19:29
Charles Reaper Jr	20:15
Franklin Willis	20:57
Bill Sollers	25:32
M60 Maynard Weyers	22:01
Tom Kurihara	22:40
John Sabel	23:12
M65 Henry Leeds	29:39
Mike Getz	32:12
M70 Bill Osburn	25:02
M75 Paul Hauck	40:41
W40 Chris Newsham	20:28
Karen Bryant	25:23
Sandy Thurston	25:51
Dottie Terrell	26:07
W45 Laura Walkup	20:07
Elizabeth Sadoff	24:28
Mary Ellen Allen	29:12
Susan Brinkerhoff	29:16
W50 Victoria Wickert	28:54
Rebecca Laird	29:24
Pamela Taylor	31:13
W55 Mary Ellen Balkey	30:07
W60 Ginger Bevard	38:18
Sally Buschmann	45:49
W65 Jacqueline O'Neil	32:33
W70 Sister Maria	50:42
-10K-	
Overall	
Robert Lewis 26	32:33
Heather Greenbaum 20	39:26
M40 Dante Cioffi	36:08
Joe Ector	37:31
Ed Ryan	37:40
Jeff Mang	40:22
Prosser Stirling	40:24
M45 Develand Campbell	35:45
Mark Baldino	38:48
Mike Hurley	38:54
Alan Pemberton	40:00
Peter Lunt	40:11
M50 Alan Weiss	42:51
Jerry Mittman	43:53
Francis Schauer	44:34
Richard Ugelow	44:51
M55 John Churchman	42:16
Arnold Tesh	43:30
James Erickson	46:14
Jim Carlson	46:53
M60 John Smuck	46:01
Alvin Marcy	46:38
Richard Williams	46:43
M65 Robert Johnson	54:35
Thomas Jones	57:51
M70 Dixon Hemphill	47:41
Philip Zenchoff	62:19
W40 Linda Sheimo	44:13
Sylvia Travaglione	45:49
Judy Scarabello	47:10
Christina Anderson	49:18
W45 Jeanine Matte	49:30
Christina Goldman	52:07
Sharyn Meister	53:37
Rebecca Guenther	54:18
W50 Deborah Gebhardt	48:02
K S Kelley	57:18
Dianne Stoddard	57:42
W55 Sharon Wright	59:21
Sarah Lofgren	60:16
Andrea Limmer	63:58
W60 Jeanette Chambers	55:46
W75 Evelyn Kerper	81:06

5K Overall	
Andy Spaulding 27	15:00
Inga Lill Wik 49	21:09
M40 John Matthews 41	16:43
Simon Abella 42	17:13
Elliott Rogers 47	17:21
Carl Barone 42	17:42
William Gaston 40	18:12
Paul Moriber 42	18:37
Greg Young 40	18:41
Ed Gorecki 44	19:59
Robert Eterno 43	20:18
Henry More 44	20:28
M50 Rich DeMarco 56	18:57
Dennis Daly 59	20:04
Richard Bellisle 51	20:40
Lou Voros 56	22:07
John Gryszan 52	22:19
John Scherf 50	22:46
Sal Rapacciolo 50	23:03
Richard Gold 53	23:05
Ed Palmer 50	24:21
Dale McClanan 53	24:34
M60 Geoff Bardsley 69	24:00
Ray Kambietz 62	25:37
Carl Sylvester 64	25:50
Albert Goldblatt 64	28:23
Sunny Melfi 60	28:47
W40 Inga Lill Wik 49	21:09
Nancy Fitzpatrick 44	21:32
Madeleine Ryan 40	23:04
Melissa Seymore 40	25:02
Rose Lesko 42	25:11
Karen Rogers 48	25:56
S Lutenschlager 42	26:21
Nanci Lettierio 41	27:03
W50 Marjorie Kos 53	23:00

Fairfield Half-Marathon & 5K Jennings Beach, Fairfield, CT June 7	
Marathon Overall	
Kihara Daniel 30	1:03:00
Jane Welzel 43	1:16:58
M40 Kevin McCaffrey 40	1:51:57

G Buchanan 40	1:15:43
George Buckheit 40	1:16:49
Rene Charland 43	1:17:21
Michael O'Malley 45	1:17:40
Robert Stack 41	1:18:18
Wes Byerly 46	1:19:10
Jack McShane 46	1:19:17
Mark Lightowler 43	1:20:06
Mark Uliasz 47	1:20:11
Jim Mas 40	1:20:20
Thomas Hogrefe 42	1:21:18
Rick Konon 41	1:21:27
Mike Pouszko 43	1:21:50
Juan Miranda 43	1:21:56
Cesar Estevez 40	1:21:11
John Bochain 48	1:22:26
Vito Iannarella 41	1:23:02
Darryl Arnette 44	1:23:05
Tim Shilling 43	1:23:21
M50 William Borla 58	1:20:40
Rafael Torres 51	1:22:00
Robert Sieller 58	1:24:35
Ron Rembaum 52	1:25:20
Carlos Guzman 50	1:26:39
Tom Elliott 51	1:27:02
Mike Hudick 53	1:28:05
Guy Pulino 53	1:29:01
Carl Rossetti 50	1:29:06
Radames Acosta 51	1:29:09
J Courtmanche 55	1:29:11
Bob Breyer 57	1:29:13
Donald Vogel 54	1:29:49
Emanuel Chosak 51	1:30:12
M60 Otto Schaefer 62	1:32:22
Bob Ford 62	1:37:32
Bill McLaughlin 60	1:39:48
Joe Riccio 63	1:41:15
John Sadlouskos 66	1:41:24
Fred Savage 66	1:44:38
Terry Tomasko 60	1:52:00
Bob Butler 60	1:53:41
M70 Phil Mongillo 73	1:45:57
Leslie Clark 72	2:04:34
Peter Pantelis 72	2:06:47
W40 Jane Welzel 43	1:16:58
C Koehler-Cote 40	1:30:21
Susan Gold 43	1:31:00
Susan Baker 46	1:31:51
Gail Case 41	1:33:33
Leslie Brown 40	1:39:14
Joy Oosten 41	1:43:24
Cecily Dexter 48	1:43:39
Lynn Carroll 40	1:44:03
Billie Faulkner 40	1:44:09
Sharon Gosha 44	1:44:24
Pam Dunstone 43	1:44:25
W50 Barbara Maloney 52	1:40:54
Jennifer Calder 51	1:42:51
M Richardson 56	1:46:58
Laura Bradshaw 50	1:48:49
Judy Savitt 58	1:49:31

Continued from previous page

Linda Wack	66:00
Shelley Ralston	70:28
W45 Sue Humphries	70:14
Sandra Adams	73:35
Beverly Pritts	75:14
Karen Erb	76:05
W50 Dee Nelson	80:25
Laura Cantrell	86:40
Pat Prunella	87:17
W55 Sharon Dolan	71:08
Pam Bohanan	86:28
Nancy Linck	90:49
W60 Betty Dameron	97:55
Jeanette Chambers	98:44
M40+ Running Club	
Grey Hares	7:16:23
(R Smith/J Alvanis/R Wolf/ G Tarico/R Campbell)	
W40+ Running Club	
MCRRC Women of Wonder	6:21:36
(L Wack/S Humphries/ S Dolan/D Nelson/C Hulse)	

Vestal XX 20K	
Vestal, NY; June 20	
Overall	
Thomas Gudas 34	1:11:53
Caitlin Ramsey 29	1:31:37
M40 Ron Hulslander	1:15:38
Tom Grant	1:18:05
Charles Woidt	1:18:34
Jeffrey Juran	1:21:06
Tim Rent	1:21:42
M45 Drew Wasko	1:25:05
Gabe Yankowitz	1:26:29
Fran Fitch	1:26:44
Tony Fulgieri	1:28:43
Steve Ealick	1:40:08
M50 Bong Joon Yoon	1:26:19
Vincent Fedor	1:30:47
Rick Lutovsky	1:32:31
Tom Bond	1:33:07
Grover Cook	1:36:18
M55 Ron Findley	1:31:09
George Groome	1:32:53
Robin Vieyra	1:36:00
Rich Clements	1:38:00
Brendan Flynn	1:41:51
M60 Jerry Patton	1:40:23
Al Thurston	1:42:40
Fred Bostrom	1:43:14
Alan Jones	1:48:35
M65 Len Raychel	2:03:25
W40 Theresa Sadeghi	1:36:06
Susan Choi	1:42:06
Debra Hartley	1:43:27
Karla Eisch	1:45:07
Mary Lake	1:51:29
W45 C Woodmansee	1:54:52
W50 Georgia Lewis	1:46:31
Hanne Hoppe	1:56:35

Kids Helping Kids 5K	
Plainview, NY; June 21	
Overall	
Michael Anderson 26	15:38
Liz Flahavan 34	19:22
M40 Roger Evans	17:49
John Di Camillo	17:51
Steve Josepher	18:42
M45 Eddie Arbiter	17:56
John Lupski	18:10
Jay Hildebrand	18:28
M50 Peter Mugglestone	19:13
Larry Frankel	22:04
Brian Kane	22:58
M55 Dan Badalament	19:49
Richard Chester	22:22
Ray Rahbari	23:04
M60 Hilton Goring	20:23
Abe Bernstein	22:14
James Ducrow	23:56
M65 Joe Pascarella	23:15
Dan Dougherty	29:00
M70 John McManus	23:21
Bert Jablon	24:51
M75 Bill Merz	33:29
W40 Dolores Doman	20:22
Lori Harlenes Melnik	20:57
Meg O'Neill	21:55
W45 Andrea Otto	22:09
Barbara Gilmartin	29:22
Cathy Stein	29:24
W50 Susan Fabiano	25:40
Ginger Boland	26:51
Sherry Belovin	27:31
W55 Helma Clavin	27:38
Joan Ackerman	31:34
Alta Rose	31:48
W60 Paddy Rossbach	28:43

Avon Women's 10K	
Baltimore, MD; June 27	
Overall	
Hilary Cairns 27	39:02
W40 Linda Wack	39:50
Margaret Starnes	41:19
Carla Pastore	41:32
Laura Roman	42:37
Ellie Murphy	43:14
Nelda Clelland	43:40
Margie Gehringer	45:02
Donna Lewis	46:04
Laura Dewald	46:11
Trish Gaffney	47:31
Leslie Eby	49:33
Chandi Banerjee	50:22
Bonnie Legro	51:24
Georgia Smith	51:27
Jane Polanka	51:46
W45 Esther Buchser	46:24
Marilyn Bevans	46:41
Rita Twist	47:18
Christy St Clair	48:55
Sandy Salazar	49:02
Patricia Brooks	49:10
Marjorie Marque	50:19
Maria Shields	50:34
Nancy Hutt	53:13
Barbara Johnson	54:02
Bonnie Murtha	54:44
Jeri Delambo	54:56
W50 Krystyna Turowska	45:17
Marge Rosasco	48:14
Marlys Palmer	48:34
Randon Fritsch	48:42
Linda Tice	49:33
Dee Nelson	49:34
Muffet Chatterton	52:44
Nadia Wasserman	53:39
Laura Cantrell	53:58
June Schneider	54:54
W55 Sharon Dolan	43:55
Janet Newburgh	52:25
Barbara Riffin	55:26
Irene Smyth	57:22
Linda Simpson	58:48
Bernadine Pongracz	1:00:48
Delma Miller	1:03:36
Carolyn Strauss	1:08:01
W60 Tami Graf	53:25
Jill Mottus	55:07
Joanne Mallet	58:25
W65 Doralie Segal	56:18
Bertha McGruder	1:14:20
W70 Kay Morrison	1:04:29
W80 Hedy Marque	1:02:53

SOUTHEAST

Avon Women's 10K	
Atlanta, GA; April 4	
W40 Alice Smoot	39:14
Nancy Stewart	40:29
Debbie Davis	41:58
Sandra Stark	43:12
Sherri Hintz	43:17
Barbara Horwitz	43:56
Mary Snipes	44:16
Charlotte Johnson	44:54
Helene Dunn	44:56
Pamela Zandt	45:37
Terry Ozell	46:00
Margaret Taylor	46:33
Julie Corley	47:13
Joeyln Harrison	47:14
Elizabeth Hesmer	47:17
W45 Carol Freilich	46:17
Carmen Moore	46:50
Robin Porter	48:50
Sue Norwood	49:08
Marlene Atwood	49:24
Margaret Wolfram	49:33
Janet Pickney	50:11
Kathy McDaniel	50:18
Sally Boice	50:40
Sharon Patch	50:44
Patti Costello	51:04
W50 Carolyn Spillman	46:50
Connie Vogt	50:48
Dale Holmes	52:22
Nancy Meyers	52:36
Carole Limonciello	52:48
Bonita Hunter	52:50
Cynthia Candler	53:59
Holly York	54:33
Lynn Bruffy	54:49
Sue Astley	55:26
W55 Melody Schultz	42:19
Gloria Cofer	47:32
Edna Bay	53:21
Maryjane Kennedy	55:22
Susan Emerson	56:38
Joan Caudill	57:28
Arlene Dahlberg	57:55
Priscilla Stephens	59:26
W60 Pat McClain	56:12

Bertice Muddiman	57:47
Wendy Simonetti	1:01:56
W65 Socorro Reed	1:11:46
W70 Barbara Stinson	1:20:24
W75 Rita Tomassini	1:05:28

Expo 10,000, Knoxville, TN; May 23

Overall	
Jared Seger	30:37
Jan Gautier	36:52
Masters Men	
Lanny Doan	34:14
Mark Friedrich	34:39
Grandmasters Men	
Wes Wessely	36:34
Lynwood Wagner	38:10
M40 James Keebler	37:25
M45 Jim Freid	37:49
M50 Johnny Sinks	39:09
M55 William Orr	40:00
M60 George Captain	46:14
M65 Stu Eichel	51:21
M70 Gian Sahota	51:47
M80+Walter Collins	68:11
Masters Women	
Alendia Vestal	39:54
Mary Preisel	40:02
Grandmasters Women	
Patricia Denton	47:53
Connie Friend	48:21
W40 Molly Gerke	44:43
W45 Debbie Smith	48:23
W50 Gail McCaslin	49:09
W55 Janice Hicks	51:18
W60 Joyce HodgesHite	54:47
W65 Wendy Williams	54:41
W70+Lynn Edwards	68:25

Memorial Day Family 5 Mile Boca Raton, FL; May 25

Overall	
Andrew Greenidge 33	26:46
Mick Reger 29	27:41
M40 Gary Bloome	27:32
Al Bakari	29:34
Costas Liatsos	30:57
M45 Ed Norton	32:30
George Grosheim	32:43
John McCall	33:12
M50 Victor Beltran	32:07
Mike Reed	32:58
M55 Bill Springer	30:52
M60 Tom Dye	37:16
M65 Bob Levine	40:58
M70 Rene Beteille	41:36
W40 Jan Osterwald	37:51
Nancy Murr	41:13
W45 Shirley Raney	39:33
W50 Sharron Beal	36:51
W55 Joni Vanderveen	39:53
W60 Barbara Boutin	55:56

Fredericksburg Women's 5K Fredericksburg, VA; June 20

Overall	
Kim Saddic 28	17:11
W40 Linda Wack	18:39
Cathy VenturaMerkel	19:46
Joyce Adams	20:34
W45 Betty Blank	20:27
Callie Edmundson	21:57
W50 Claudia Crawford	24:57
Susan Ryan	26:11
W55 Mae Cleveland	22:40
Arlovene Gartland	25:30
W60 Sheila Wolk	35:24

Peachtree 10K Atlanta, GA; July 4

Overall	
Khalid Khannouchi 26	27:47
H Kimaiyo-Kipkoskei 29	31:52
M40 David Kannewurf	33:14
John Taylor	33:38
Neil Feather	33:55
Michael Beeson	34:18
Norman Roper	34:24
Michael Anderson	34:30
Alphie Cronin	34:59
Kevin Moats	35:02
John Phillips	35:32
Thomas Bourdon	35:43
Chuck Hobbs	35:56
Jerry Stephenson	35:58
Jamie Doss	36:03
David Yon	36:12
Timothy Geis	36:14
Robert Clasen	36:19
Malcolm Adams	36:28
Joe Schroeder	36:28
Neal Stubblefield	36:29
Barry Halligan	36:34

Reese Jacobs	36:34
Tom Dursee	36:42
Randy Stroud	36:42
Robert Dancy	37:07
Michael Peters	37:10
M45 Bob Dalton	33:27
Lloyd Boone	33:53
George Lipscomb	35:08
Don Tomczak	35:18
Thomas Shinnick	35:30
Sam Norman	36:18
Buddy Harpool	36:45
Henry Wolfe	36:50
David Mauterer	37:01
Gregory Rucker	37:07
Johnny Bernhardt	37:08
Phil Sparling	37:10
Sam Boyd	37:20
Kirk Rosenbach	37:27
Ronald Sims	37:39
Danny Daniel	37:46
Larry Gordon	37:55
Jim Struve	37:58
Thomas Millen	37:59
John Lewis	38:00

M50 Richard Buerkle	32:50
Wes Wessely	36:01
Vern Noble	36:21
Hank Glass	36:51
Wayne Doehelman	37:25
Scott Barrow	37:44
Gene McGrady	37:57
Dennis Jaffe	38:30
Marris Johnson	38:36
Jeffrey Hawkins	38:38
John Rinker	38:44
James Walker	39:05
Gary Darnell	39:10
Terrence Cook	39:34
Jerry Banks	40:01
Alow Stewart	40:02
Jim Watkins	40:09
Michael Hays	40:20
M55 Allen McDaniel	40:01
Ed Bligh	40:51
Joe Waters	40:56
Wallace Carr	41:17
Gary Cochran	41:43
Terry Anderson	41:44
Ben Zappa	42:33
Pete Roberts	42:46
Gerald Friedman	42:48
Dick Sinclair	43:13
George Sharp	43:23
Andrew Sherwood	43:30
George Teter	43:37
Eric Elbel	43:55
Fred Motz	44:11
M60 Jon Adamson	42:25
Lloyd Chambers	43:40
Lynn Perkins	43:42
Errol Lassiter	43:52
Bobby Chandler	47:05
Roy Lamm	47:36
John Waterhouse	48:13
Al Klimaitis	48:23
Marcos Alegre	48:33
John Livingston	48:55
Clifford Wade	49:04
Raymond Cowan	49:36

M65 Charles Williams	42:30
Casey Jones	42:43
Richard Cheney	43:52
Walter McDaniel	47:56
Charles Kern	49:08
Paul Robinson	53:04
Charles Wilburn	53:41
William Stryker	53:52
Ben Gross	54:22
W40 Amy Barrow	37:33
Lesley Chaplin	37:56
Nancy Stewart	39:29
Janie Wilson	40:30
Nancy Jackson	41:08
Shelia Haire	42:04
Sherri Hintz	42:24
Barbara Horwitz	42:45
Debbie Davis	42:57
Sandra Stark	43:14
Patti Patterson	44:20
Sherry Hyden	44:23
Sally Brooking	44:33
Mary Jean Yon	44:56
Laura Dobbs	45:24
Charlotte Johnson	45:24
Joyce Lichty	45:36
Donna Miller	45:36
Beverly Coville	45:59
Gerry Gardner	46:26

W45 Judith Hine	39:10
Barbara Luciano	41:41
Trish Vlastnik	42:54
Sally Gray	44:07
Carolyn Mather	44:34
Carolyn Fox	45:07
Theresa Vangrov	46:33
Carmen Moore	47:39

Adriana Herman	47:49
Susan Gantt	48:02
Kathy McDaniel	48:04
Deborah Milner	48:18
Deb McClanahan	48:51
Deborah Janey	49:05
Dianna Campbell	49:07
Jane Thompson	49:23
Bonnie Evans	49:26
Cynthia Furlow	49:28
W50 Vickie Johnson	42:59
Dee Bays	43:51
Birgit Horn	43:56
Rissie Thieler	47:18
Gail Sharber	49:54
Gayle Barron	51:30
Connie Vogt	51:37
Molly Gray	51:43
Glenda Miller	52:45
Susan Houlton	52:52
Natalie Spalding	53:54
Holly York	55:15
W55 Gloria Cofer	50:45
Diane Kohrman	53:18

Yorktown Freedom 5K Yorktown, VA; July 4

Overall	
Rey Mendez 22	15:12
Allyson Allenbach 34	18:40
M40 Rick Platt 47	17:01
Bill Bustin 40	17:16
Kim Boling 42	17:39
Joe Ryan 43	18:08
Bruce Spittler 41	18:15
M50 Robert Wright 57	19:18
Steve Tyndall 50	19:28
Winston Collins 57	19:39
M60+Bob Ferguson 61	22:09
Andrew Polansky7022	19
Tom Ray 65	22:51
W40 Sheri Segal 40	18:52
Sharon White 41	19:20
EileenHungerman4420	28
Linda Kidder 41	20:45
W50 Barbara Biasi 50	23:49
Joan Coven 57	24:00
W60+Gisela Nygards61	36:10
Marilyn McGinty 62	40:46

MIDWEST**Old Kent River Bank Run 25K Grand Rapids, MI; May 9**

Overall	
Joseph Kariuki	1:13:55
Margaret Kagiri	1:28:46
M40 Andrey Kuznetsov	1:19:46
Jim Hage	1:22:29
Steve O'Connell	1:27:27
Alan VanMeter	1:28:33
Felix Brook	1:29:26
Marshall Randall	1:30:40
Mark Olson	1:31:43

Continued from previous page

15. Jane Arnold	50:31
16. Debi Cain-Juntilla	50:37
17. Roxanne Schielke	51:05
18. Suzanne Kurtis	51:27
19. Barbara Concannon	51:39
20. Kristin Larum	51:39

5K
Men's Masters Results

1. Earl McWilliams	16:34
2. Peter Hallop	16:41
3. Joe Metzger	17:06
4. Tom Bourque	17:32
5. Ken Price	17:36
6. Robert Perry	18:49
7. Brian Harris	18:53
8. Rich Lachowski	19:14
9. John Dale	19:20
10. Edward Gosselin	19:26
11. Mark Bauman	19:47
12. John Causland	19:57
13. Mike Glass	19:58
14. Tom Gray	20:03
15. Michael Romej	20:06
16. David Kelley	20:06
17. Bill Wilson	20:19
18. Thomas Schwenk	20:20
19. Michael Highfield	20:38
20. Bill Anderson	20:47

Women's Masters Results

1. Martha Ritchie	21:38
2. Landria Onka	22:12
3. Dianne Beagle	22:32
4. Valerie Perry	22:34
5. Kristine Cuprys	23:07
6. Carol Hertzfeld	23:27
7. Jill Nolan	24:14
8. Joan DeCosta	24:27
9. Margie Ladzicki	24:40
10. Mary Lemons	25:27
11. Edith Horvath	25:56
12. Juli Burke	26:21
13. Marilyn Moll	26:25
14. Joanne Iler	26:26
15. Linda Hogan	26:30
16. Casey Kozlowski	26:32
17. Donna Skeley	26:33
18. Jan Obeirne	26:35
19. Betty Raab	26:46
20. Judith Estes	26:51

Steamboat Classic 4 Mile & 15K
Peoria, IL; June 20**4 Mile****Overall**

Khalid Khannouchi 27 17:30

Colleen DeReuck 34 20:12

M40 James Acklin 20:50

Mark Morris 21:13

Ed Ricca 21:15

Mike Nelson 21:55

Dallas Robertson 22:08

Louis Gassmann 22:48

Scott Christopher 23:11

Kim Keuter 23:18

Alan Chester 23:28

Jim DesJardins 23:45

Jim Adams 24:02

Richard Miller 24:30

Dave Milstead 24:32

Dennis DeYoung 24:45

Alan Avery 24:47

John Lechner 25:20

John Matulis 25:28

Will Steinberg 25:37

Greg Underwood 25:37

James Brennan 25:54

M45 Leo Vandervlugt 21:27

Gary Holda 22:13

Steve Wolny 22:42

Mick Slonaker 23:08

Angelo Rinchiuso 23:19

Mike Fahel 23:20

Daniel Leikvold 23:50

Glenn Herold 23:51

David Olson 23:55

Jim Graham 24:21

Greg Goyen 24:36

Dennis Landwehr 24:52

Phil Peterson 25:23

Alan Puzey 25:40

Tom Moore 25:42

M50 Thys Bax 22:01

Rich Friedlander 23:14

Marvin Zeman 24:06

Neil Ackerman 24:33

John Steffen 26:07

Michael Pauli 26:29

Tony Phillips 27:06

William Feuchter 27:44

Rick Gentry 27:54

Larry Engstrom 27:55

David Best 28:05

Gary Beckstead 28:08

M55 Jack Nelson 22:11

Eugene Smith 25:53

Dennis Werling 27:40

Earl Gallas	27:55
R Roy Smith	28:33
John Garner	29:27
John Mowery	29:38
John Pool	29:50
Tim Swain	30:13
John Buttrick	30:40

M60 Jerry McGath	23:28
Art Harris	27:08
Robert Pool	27:33
Charles Stinson	27:51
Jerry Hauter	29:47
Bill Buchanan	29:56
Jim Hite	30:42
Dave Balzer	32:16

M65 Carl Segretto	26:43
Wayne Winans	28:01
Marvin Engels	28:47
Bill Davis	34:37
Norm Kelly	34:43
Donald Cole	34:48

M70 Warren Utes	27:18
Joe Bozarth	33:43
Bill Kennedy	38:09
Ralph Klopfenstein	41:22
W40 Ruth Wysocki	21:34
Marti Cooksey	24:32
Suzanne Salrin	25:24
Maggie Berres	25:36
Jean Michalak	27:11
Margaret Drew	27:18
Beverly Enslow	27:20
Elaine Moore	28:05
Beverly Coville	28:36
Diana Houlihan	29:59
Linda Bristow	30:07
Nancy Bowman	30:30
Catharine Crockett	30:32
Diane Peterson	30:33
Carol Parker	30:54

W45 Anne Gosch	25:21
Que Harbor	25:30
Judy Hollis	29:04
Sheila Hansen	30:09
Karen Kokesh	31:13
Peggy Pullen	31:37
Phyllis Dickinson	31:50
Meg Anderson	32:20
Michele Garrels	32:40
Mari Lockhart	32:42
Vicki Boehm	32:44
Suzan Moore	33:03

W50 Becky Baum	25:49
Patricia Nation	30:38
Freddie Carlip	34:23
Cheryl Billick	34:33
Cheryl Cohen	34:53
Janet Reist	35:17
Rhonda Danner	36:07
Judith Hahn	36:17
Carol Ann Ray	36:21
Margaret May	36:53

W55 Judy Teeple	30:15
Jane Eastman	32:03
Julia Emmons	34:26
Sandra Theobald	34:42
Geri Andrews	34:52
Judi Gentry	37:44
Shirley Allen	38:48
Annette Lobdell	39:48
W60 Barbara Gurtler	32:46
Joan Pribnow	35:21
Dorothy Venturi	37:02
Jean Buchanan	39:42
Dot Mitchell	40:51
Irene Burke	41:55
W65 Lois Gilmore	33:20
Vere Whiteside	38:38
Jackie Clark	42:28
W70 Ani Rak	42:12
Po Adams	44:27

W50 Becky Baum	25:49
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Cheryl Cohen	34:53
Janet Reist	35:17
Rhonda Danner	36:07
Judith Hahn	36:17
Carol Ann Ray	36:21
Margaret May	36:53

John Trifoi	1:03:35
Phil Stewart	1:04:10
Al Rosenberger	1:04:23
Donald Nelson	1:04:51
Victor Nemudrov	1:04:56
M50 Merlin Anderson	58:46
John Malson	1:01:21
Fred Betz	1:01:25
Gary Harmon	1:04:40
Dennis Manske	1:04:42
Drew Jackson	1:05:24
Howard Cohen	1:06:57
Joe O'Shea	1:08:21
Allan Morgan	1:08:25
Ron Iwanski	1:08:47
M55 Doug Braasch	1:04:04
Rick Brodine	1:06:34
Perry Holman	1:07:24
Ron Flannery	1:08:57
Charlie Grotevant	1:09:55
Mike Rucker	1:10:01
Paul Van Aurich	1:10:27
Wayne Taber	1:10:45
M60 Malcolm Gillis	1:03:41
Bill Spencer	1:06:38
Auburn Wells	1:11:44
Bill Tushaus	1:15:16
Robert Hill	1:15:43
Weldon Phelps	1:16:21
M70 Bill Buster	1:20:52
Bill Morrison	1:24:48
Vic Twomey	1:33:22
Bob Winn	1:44:10

W40 Susan Puzey	1:09:51
Barb Lulay	1:10:23
Patricia Ball	1:12:59
Pat O'Bryan	1:14:15
Cheryl Jeffery	1:19:39
Kathy Andrews	1:21:37
Valerie Vesely	1:22:17
Sandra Malone	1:23:08
Janice Capitelli	1:24:34
Janet Campbell	1:25:20
Christina Kidd	1:04:22
Huda Melkey	1:08:41
Barbara Franzen	1:10:25
Linda Jacobs	1:16:54
Leslie McClintock	1:18:13
Marty Yonker	1:18:55
Jean Oldham	1:19:08
Sue Robertson	1:19:12
Margo Hoeks	1:19:18
Barbara House	1:20:33
W50 Jan Daker	1:11:10
Cynici Calvin	1:14:00
Marcia Dickerson	1:18:09
Nancy Kapheim	1:20:21
Sharon Nelson	1:21:51
Wilma Scheps	1:22:17
Gre Van Gervan	1:23:27
Carol Lyndell	1:25:39
W55 Bonnie McElwee	1:18:36
Kathy Sager	1:21:26
Kay Schleusener	1:21:31
Sue Weast	1:24:04
Mary Jane Pratt	1:25:46
Anna Berdahl	1:27:03
W60 Francis Ard	1:22:33
Joyce Hodges-Hite	1:28:15
Hiro Nishida	1:35:30

W40 Susan Puzey	1:09:51
Barb Lulay	1:10:23
Patricia Ball	1:12:59
Pat O'Bryan	1:14:15
Cheryl Jeffery	1:19:39
Kathy Andrews	1:21:37
Valerie Vesely	1:22:17
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Janet Campbell	1:25:20
Christina Kidd	1:04:22
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Wilma Scheps	1:22:17
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Carol Lyndell	1:25:39
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Kay Schleusener	1:21:31
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Mary Jane Pratt	1:25:46
Anna Berdahl	1:27:03
W60 Francis Ard	1:22:33
Joyce Hodges-Hite	1:28:15
Hiro Nishida	1:35:30

Wayne Taber	1:10:45
M60 Malcolm Gillis 65	1:03:41
Bill Spencer 62	1:06:38
Auburn Wells 61	1:11:44
Bill Tusaus 60	1:15:16
Robert Hill 62	1:15:43
Weldon Phelps	1:16:21

Continued from previous page

Crit Schiepers	1:42:15
Pete Nofz	1:42:25
Terry Rauch	1:43:38
Peter Joyce	1:44:12
M55 Terry Swets	1:37:31
Luis Gorordo	1:38:24
Harry Wilson	1:38:58
Dave Holland	1:40:02
Dan Crosser	1:41:12
Susumu Niimi	1:43:00
M60 Arnold Orgolini	1:45:34
Clayton Steffenson	1:47:13
Duri Archisch	1:50:48
Elroy Lang	1:50:52
M65 Edward Berman	1:48:41
Kendall Webb	1:56:47
Dusty Snyder	1:58:03
M70 Dan Sheeran	2:07:17
Charles Haynes	3:13:51
Alonzo Monk	3:14:27
M75 Tom Jones	2:49:13
W40 Sharon Plumley	1:41:53
Ruth Braswell	1:43:13
Peggy Paul	1:46:35
Ann Campbell	1:53:56
Linda Barker	1:54:01
Sandra Whitehead	1:54:21
Susan Barr	1:55:10
Dorothy Meza	1:57:03
W45 Alfreda Iglehart	1:28:55
Penni Smith	1:56:11
Patty Greenwood	1:59:23
Diana Holland	1:59:23
Julieta Rojas	1:59:24
Pam Huber	1:59:26
W50 Judy Carney	1:50:48
Linda Pena	1:56:01
Patti Archuleta	2:00:39
Khalil Sheibani	2:04:17
Frankie Gragg	2:06:55
W55 Mary Elwell	1:55:51
Nancy Mustard	1:57:21
Lien Hidalgo	2:09:49
W60 Shirley Blush	1:52:31
Mariana McMullen	1:53:03
Pat Moore	2:29:42
W65 Marion Robinson	3:12:54
Overall	
Jaime Padilla 21	15:17
Kyomi Parente 35	21:02
M40 John Blauery	17:32
John Hunter	18:36
Dennis Hall	19:11
M45 Bert Sandoval	23:45
Ernest Hernandez	25:30
Bill Willis	26:30
M50 Dennis Holderman	21:09
Paul Kirz	21:39
Joe Hyman	22:50
M55 Jim Malpede	20:36
John Singer	24:39
Alfred Gragg	30:05
M60 Frank Greene	21:01
Robert DeMiranda	22:35
Jim Kelly	23:53
M65 David Harper	23:33
Bob Vitale	23:36
John Uharriet	24:12
M70 Astley Phillips	37:07
James Stothers	48:21
John London	57:41
W40 Jody Browning	22:08
Claudia Velletri	22:10
Denise Vega	25:41
W45 Michelle Johnston	23:40
Beverly Hicks	27:30
Rinee Keldrauk	29:18
W50 Linda King	21:14
Corrine Schratz	25:36
Patti Butcher	25:38
W55 Roberta Lamping	23:29
Alex DeMiranda	24:32
Joanie Stahura	33:29

W60 Brita Grover	33:31
Patricia Richardson	43:20
Katherine Maher	49:24
W65 Chieko Allwein	25:18
Evie Hankins	35:52
Louise Martin	41:27
W70 Mary Coropoff	42:19
Risty Wood	44:40
Dorothy Tittle	48:21

Rock 'N Roll Marathon San Diego, CA; June 21

Overall	
Philip Tarus 24	2:10:42
Nadezha Ilyina 34	2:34:17
M40 Charles Andrews	2:33:02
Guy Gordon	2:38:36
Sammy Rotich	2:43:00
Kim Ulle	2:45:08
Glenn Tachiyama	2:46:17
M45 Terry McCluskey	2:40:21
Thomas Hall	2:42:46
Jerry Martinez	2:44:37
Daniel Tantino	2:57:44
Barry Molony	2:58:40
M50 Ken Sparks	2:44:26
Burle Smullen	2:48:30
Frank Hughes	2:55:18
Richard Green	2:57:23
Ira Zimmerman	2:57:31
M55 Brent Pinder	3:08:46
Doug Saari	3:09:38
Bill Shaw	3:12:20
Howard Ferris	3:13:09
Kelley Slayton	3:13:40
M60 Warren Osborn	3:23:46
James Flanagan	3:24:50
Robert Mitchell	3:25:31
Sergio Tiddi	3:25:58
Robert Barber	3:31:21
M65 Ken Karcher	4:12:51
John Koomjohn	4:16:01
Frank Ferrone	4:16:51
Vernon Lange	4:23:25
George Doll	4:30:50
M70 Bill Hoffman	3:59:18
Joseph Musca	4:15:49
Robert Vones	4:33:04
Raymond Penkert	4:33:35
Ted Horner	4:57:41
W40 Christine Kennedy	2:52:27
Mary Burns-Prine	2:53:38
Suzi Morris	2:54:02
Molly Tyson	3:01:17
Bernadette Huston	3:04:19
W45 Jenny Yedid Cohen	3:07:32
Victoria Crisp	3:10:43
Mariat Fernandez	3:15:46
Linda Mills	3:28:23
Kiki Sweigart	3:29:06
W50 Mary Roll	3:28:56
Sandra Marshall	3:29:17
Mary Calise	3:29:19
Betty Cuellar	3:30:22
Valentine Pisarski	3:31:17
W55 Lynne Ingalls	3:18:08
Mayumi Aihara	3:29:42
Maryann Zounes	3:37:40
Carole Lelli	3:56:44
Marit Roman	3:58:30
W60 Gaby McQuitty	3:59:56
Shirley Blush	4:05:21
Imme Dyson	4:06:15
Fujioko Yamada	4:09:22
Joan Maxwell	4:47:27
W65 Jo Gonse	4:25:36
Katherine Beiers	4:40:23
Joyce Duval	5:38:48
Bobbi Pollock	5:50:27
Julia Barrett	5:53:48
W70 Elizabeth Garcia 77	4:01:47
Antoinette Hill 71	4:37:45
Lillian Miller 72	5:21:23

Gerry Davidson 77	5:27:54
Mabel Velge 71	5:41:44

NORTHWEST

Magna Classic 10K
Magna, UT; June 27

Overall	
Larry Smithes 34	29:27
Olga Appell 34	33:23
M40 Mark Holland	31:35
Mark Dickey	31:51
George Katz	33:09
John Erickson	34:18
Doug Barker	38:19
M45 Ray Workman	33:03
Alan Stewart	34:42
Geno Atencio	36:44
Toby Salazar	37:21
Howard Horwitz	39:39
M50 Hawk Harper	36:47
Jerry Kartchner	38:07
Charv Das	39:51
Joe Morzinski	42:48
Roger Riddle	43:10
M55 Paul Peacock	36:52
James Burlingham	41:00
Jan Thurston	42:12
Richard Groth	42:30
Mike Hendrickson	48:19
M60 Dean Anderson	47:35
Bud Astin	59:05
M75 Bill Collings	1:02:52
Gerald Klemm	1:04:28
W40 Debbie Hanson	40:43
Heidi Hadley	42:15
Tami Katz	42:59
W45 Diana Thompson	45:46
Kayleen Garreaud	54:24
Hisayo Kinjo	57:51
W50 Jeanie Groves	42:18
Jamey Folland	48:44

RACEWALKING

UW-Parkside/Parside AC
June Twilight 300m Race Walk
June 7

Overall	
Jeff Salvage 31	14:23
Lynn Tracy 45	15:56
M30 Jeff Salvage	14:23
M35 Michael Rose	18:20
M40 Jeff Kuhl	16:10
M45 Ron Winkler	16:39
W30 Jilleen Pfarr	15:58
W40 Katie Michel	19:01
W45 Lynn Tracy	15:56
W60 Jean Otto	23:59
W65 Darlene DuBois	25:38

USATF Pacific Association
Masters 5K Racewalk
Championships
Los Gatos, CA; June 13

M45 Art Klein	28:25
M55 John Doane	30:06
Stu Kinney	32:54
M60 Jim Fisher	32:52
Ralph Wheeler	39:35
M65 Jon Borset	36:43
W35 Chris Sakelarios	26:01
W45 Marie McNulty	35:55
W55 Jo Ann Nedelco	27:52
Hansi Rigney	30:21
Lani LeBlanc	30:40
Lorri Coppola	33:12
W65 Shirley Parlan	39:51

NEW! NOW AVAILABLE 1997 U.S. Masters Outdoor Track & Field Rankings Book

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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	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
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	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	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: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
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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1998 NORTH & CENTRAL AMERICAN & CARIBBEAN WAVA REGIONAL CHAMPIONSHIPS

BARBADOS NATIONAL STADIUM, BRIDGETOWN, BARBADOS

NOVEMBER 19 - 22 1998

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on November 19, 1998 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

ALL COMPETITORS MUST BE MEMBERS OF THEIR COUNTRY'S AFFILIATE, IF ONE EXISTS. (FOR EXAMPLE, IN THE USA, ALL COMPETITORS MUST HAVE A 1998 USATF CARD AND ALL BARBADIAN CITIZENS MUST BE REGISTERED WITH AMATEUR ATHLETIC ASSOCIATION OF BARBADOS.) GUEST (NON NCCWAVA) COMPETITORS ARE WELCOME. Proof of Birth Date will be required from all competitors in advance. A photocopy of your passport or birth certificate must be sent with your entry form to ensure eligibility.

AWARDS: NCCWAVA Championships medals will be awarded to the top three finishers in each age division (men 40+ and women 35+) in each Championship final. Non-NCCWAVA guest competitors finishing in the top three in these divisions will receive a non-Championship medal. The first three finishers in the women and men 30-34 age groups, and men 35-39 age group, will receive non-Championship medals in each event.

ENTRY FEES AND PROCEDURES: The NCCWAVA fee is US \$5. Entry fee is US \$25 for the first event, US \$15 for the second event, US \$15 for the third event, and US \$17 for all subsequent events. Pentathlon, or Weight Pentathlon entry is US \$30 each (US \$20 if an additional event). Relays are US \$40 per team, payable on-site before the start of the race. Each competitor will receive a commemorative NCCWAVA T-shirt as part of the entry fee. Additional T-shirts may be purchased for US \$12.50 each, either in advance or on-site.

All entries must be RECEIVED BY NOVEMBER 2, 1998. Confirmation of entry will be sent to all competitors who have registered by October 2, 1998. (If your form is received after October 2nd, no confirmation will be sent). Late entries received after November 2nd will be assessed at US \$25 penalty. Absolutely no entries will be accepted after November 9th. No entry will be considered complete unless it is accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

RELAYS: Teams will be divided into 10-years age groups (30-39, 40-49, etc). Teams may be composed of athletes from the same or different countries. No mixed-gender teams will be allowed. Entries will taken on-site only. Entry fee is US \$40 per team. All relay team members will be required to provide proof of date of birth and USATF registration if U.S. citizen and AAA of Barbados registration, if a citizen of Barbados.

PACKET PICKUP: Competitors may pick up their packets at the following times: at the Divi Southwinds Tuesday and Wednesday and at the National Stadium Thursday - Sunday.

DECLARATIONS: Declarations must be made at least one hour before the scheduled start of the event. Events starting before 10 a.m. may be declared for on the evening prior.

CHAMPIONSHIP BARBEQUE: A post meet barbeque open to all athletes and accompanying persons will be held at the end of competition, Sunday November 22nd. Cost is US \$15 per person.

ACCOMMODATIONS: ALL AT ST. LAWRENCE GAP, CHRIST CHURCH

MEET HEADQUARTERS: DIVI SOUTHWINDS BEACH RESORT Tel 246-428-7181

Bresmay Apartment Hotel Tel 246-428-6131 Dover Beach Apartment Tel 246-428-8076 Monteray Tel 246-428-9152

Rostrevor Apartment Hotel Tel 246-428-9298 SOUTHERN PALMS BEACH CLUB Tel 246-428-7171

SHUTTLE: Free shuttles for athletes and accompanying persons will be available from the airport to major hotels and the dorms on Wednesday 18th and Thursday 19th November, 1998. Free return shuttles to the airport will be available on Monday, November 23rd. The shuttles will operate to and from the Stadium from Wednesday through Sunday.

EQUIPMENT: Maximum spike length is 1/4" for all surfaces except the high jump and javelin runways which may take 3/8" spikes. Meet management will have field event implements (with the exception of vaulting poles) and starting blocks available for use by all competitors. Personal implements and blocks may be used by a competitor, subject to approval by Weights & Measures. Upon acceptance, these items must then be made available by the owner for use by other competitors in that competition (WAVA RULE 9(2)).

COMPETITION ENTRY FORM ALL ENTRIES MUST BE RECEIVED BY NOVEMBER 2, 1998

Family Name First Name
 Address Tel -- Daytime
 City -- Evening
 State Postal Code Fax --

Country of Citizenship (if different than above)

Male/Female (M/F) ☐ Date of Birth Day Month Year Age As of November 19, 1998

Mark Event with an "X" Name of Event Women's Age Groups Men's Age Groups Best Mark 1998 only

	1. 100 Meter Dash	All age groups	All age groups	
	2. 200 Meter Dash	All age groups	All age groups	
	3. 400 Meter Dash	All age groups	All age groups	
	4. 800 Meter Dash	All age groups	All age groups	
	5. 1,500 Meter Run	All age groups	All age groups	
	6. 2,000 Meter Steeplechase	All age groups	M60 and over	
	7. 3,000 Meter Steeplechase	-----	M30 - M55	
	8. 5,000 Meter Run	All age groups	All age groups	
	9. 80 Meter Hurdles	W40 and over	M70 and over	
	10. 100 Meter Hurdles	W30 and W35	M50 - M65	
	11. 110 Meter Hurdles	-----	M30 - M45	
	12. 300 Meter Hurdles	W50 and older	M60 and older	
	13. 400 Meter Hurdles	W30 - W45	M30 - M55	
	14. 10K Walk (Road)	All age groups	All age groups	
	15. 5K Walk (Track)	All age groups	All age groups	
	16. 8K Cross Country	All age groups	All age groups	
	17. 10K Road Race	All age groups	All age groups	
	18. High Jump	All age groups	All age groups	
	19. Pole Vault	All age groups	All age groups	
	20. Long Jump	All age groups	All age groups	
	21. Triple Jump	All age groups	All age groups	
	22. Shot Put	All age groups	All age groups	
	23. Discus Throw	All age groups	All age groups	
	24. Javelin Throw	All age groups	All age groups	
	25. Hammer Throw	All age groups	All age groups	
	26. Pentathlon	All age groups	All age groups	
	27. Weight Pentathlon	All age groups	All age groups	

For technical information about the competition, call Meet Directors
 MS. JUNE CADDLE or MRS. ESTER MAYNARD AT TEL. 246-426-2858 ext. 268/269
 fax. 246-429-5935 e-mail jcaddle@hotmail.com

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve The Amateur Athletic Association of Barbados, NCCWAVA, the corporate sponsors, and the Barbados National Stadium of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1998 NCCWAVA Championships.

Signature Date

NCCWAVA EVENT SCHEDULE 1998

(NOTE: EXACT EVENT STARTING TIME WILL BE DETERMINED AFTER ALL ENTRIES HAVE BEEN RECEIVED AND ENTERED INTO THE COMPUTER. HOWEVER, NO EVENT WILL BE CHANGED FROM THE DAY LISTED BELOW)

THURSDAY, NOVEMBER 19

8K Cross Country
 5000 Meter Track RaceWalk
 400 Meters - Prelims
 Pentathlon
 Pole Vault
 Hammer
 NCCWAVA Executive Council Meeting

FRIDAY, NOVEMBER 20

Steeplechase
 800 Meters
 100 Meters - Prelims
 High Hurdles
 400 Meters - Finals
 Long Jump
 Shot Put
 Discus

SATURDAY, NOVEMBER 21

10K Road Walk
 5000 Meters
 100 Meters - Finals
 Intermediate Hurdles
 200 Meters - Prelims
 High Jump
 Javelin
 NCCWAVA General Assembly

SUNDAY, NOVEMBER 22

10K Road Race
 1500 Meters
 200 Finals

4 X 100 Relays
 4 X 400 Relays
 Weight Pentathlon
 Triple Jump

ATHLETES AND OFFICIALS BARBEQUE

NCCWAVA

FEES:

NOTE - The Pentathlon and Weight Pentathlon are multi-events, and have a separate fee schedule from all other events, which are termed "single events" (see below)

NCCWAVA FEE _____ = US \$5.00

1st Single event (US \$25.00) (includes T-shirt) _____ =
 T-shirt size (circle one) S M L XL XXL

2nd Single event (US \$15.00) _____ =

3rd Single event (US \$15.00) _____ =

Additional single events = _____ X US \$17.00 _____ =

Pentathlon (US \$30.00 if only event, US \$20.00 if an additional event) _____ =
 (If Pentathlon is your only event, indicate T-shirt size above)

Weight Pentathlon (US \$30.00 if only event, US \$20.00 if an additional event) _____ =
 (If Pentathlon is your only event, indicate T-shirt size above)

Surcharge for entries received after November 2nd (US \$25.00) _____ =

Additional t-shirts = _____ X US \$12.50 (circle sizes: S M L XL XXL) _____ =

Barbeque = _____ X US \$15.00 per person _____ =

*Championships Supporter (Optional - \$25.00) _____ =

TOTAL AMOUNT DUE = US \$ _____

Please return this form, and the Competition Entry Form, with FULL PAYMENT by check or money order, payable to the Amateur Athletic Association of Barbados, and mail to: NCCWAVA Organizing Committee, c/o Amateur Athletic Association of Barbados, PO Box 46, Bridgetown, BARBADOS, W.I.

*Championships Supporter: Your voluntary US \$25.00 contribution will help sponsor a thank-you party for the officials who generously donate their time and expertise in order to make this event possible. Championship Supporters will be recognized in the meet program.