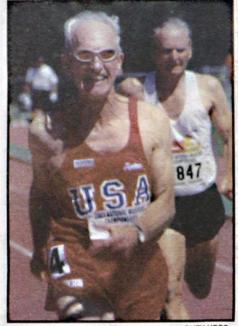
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## 37th Masters T&F Championships Head for Decatur, Illinois



Mel Larsen (I) and Vernon Regier in the 100 at the 2003 National Masters Championships. who holds the M75 80mH world record (13.68), turned 80 on June 12 and is expected to compete in the 2004 Championships, Decatur,

By JERRY WOJCIK

The 37th National Masters Track & Field Championships are scheduled for Aug. 5-8 at Millikin University in Decatur, Ill. Masters last competed for national outdoor titles in the Midwest in 1995, when the championships were held at Michigan State University, prior to the WAVA World Championships in Buffalo, N.Y.

The meet is expected to draw many athletes from the Midwest metropolitan areas, a half-day's drive or less away, of Chicago, Detroit, St. Louis, Cincinnati, Indianapolis, Kansas City, and Milwaukee.

Men and women masters athletes starting at age-30 will compete in fiveyear age groups. Relays are contested in 10-year age divisions.

The only qualification for U.S. citizens to enter is registration with USA Track & Field, the national governing body of athletics. Entries are closed

Medals will be awarded to the top three finishers in each age group, with

Continued on page 8

### Canada's Kotelko Breaks Three WRs

## **Field Eventers Have Record** Day in 24th Hayward Classic



John Keston, 79, winner of the National Masters News Age-Graded Mile, with an 87.5% 6:42.71, Hayward Classic.

By JERRY WOJCIK

Field event athletes took advantage of the Hayward Classic's usual favorable weather, knowledgeable officials and Hayward Field's ambiance to account for 12 of the 16 world and U.S. records set in the 24th edition of the meet in Eugene, Ore., June 26-27.

Women were particularly dominant. Olga Kotelko, of Canada, led the way with three W85 world records: high jump (0.89), discus (14,20) and javelin (18,56). Audrey Lary, Maryland, set a W70 world record in the triple jump (8.05) and two national records, 100m (15.72) and long jump (3.76).

Carol Finsrud, Texas, revised W45 U.S. records for the 20# weight (14.59) and 35# superweight (9.59). Sherrie Cherrard, California, broke the W65 shot put record with a 9.82. Georgia Cutler, Eugene, Ore., increased the W60 record for the 12# weight to 12.39.

Continued on page 3



JEFF FREY / GRANDMA'S MARATHON

Top three masters finishers (I to r): Katie Courtwright, 3rd, Debbie Kilpatrick-Morris, 2nd, and Jenny Spangler, 1st, USATF Women's National Half-Marathon Championships.

Firaya Reigns Again at Grandma's

By SUSANNAH BECK

DULUTH, Minn. - On a gorgeous, bright morning in Duluth, Minn., with Lake Superior glittering to her left, Firaya Sultanova-Zhdanova, 43, Russia, put on a one-woman show from Two Harbors to Canal Park, running virtually unchallenged to the overall women's title at the 28th Grandma's Marathon, June 19,

Sultanova-Zhdanova, who broke the course record here last year with her 2:27:05 flyer, went out hard, on pace to challenge that record through the 10-mile mark. But the ever-uninvited guest - a headwind - arrived at Grandma's this year and overstayed its welcome, beleaguering everyone for nearly 25 miles on the point-to-point course, and Sultanova-Zhdanova's record attempt was put off. A morning sun, which blazed cancerously by midday, may also have been a factor. The 2003 Running Times' Masters

W40-44 Woman Runner-of-the-Year took home \$9150 for her efforts, including time bonuses and masters and overall prize money. She told the Duluth News Tribune that she hoped

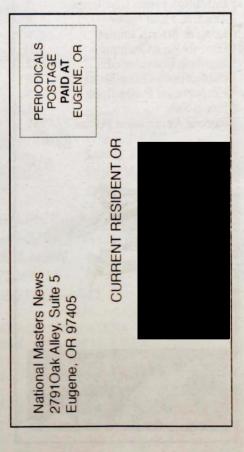
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- · Training Advice - page 14
- Regionals Wrap-Up page 15

to challenge Priscilla Welch's masters world record (2:26:51) at Chicago, this fall.

Women of the former Soviet Union have won eight of the last nine women's titles here at Grandma's, and filled the ranks of the top ten for just as long, marking Grandma's as a favorite stop on the babushka road racing circuit.

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#### Hayward Classic

Continued from page 1

Harvey Lewellen, M75, Spring-field, Ore., broke the U.S. 35# super-weight record with a 9.05, and the late Ross Carter's U.S. discus record of 39.06 with a 41.58, using Carter's discus left to Lewellen as a bequest.

Bob Ward, M70, Texas, threw the 35# superweight to a record 11.01.

National track records also fell. Steve Robbins, Seattle, Wash., lowered the M60 100m record to 24.79, and Barbara Jordan, 68, Vermont, shaved her W65 record of 63.62 for the 300H down to 62.49.

On Saturday, the M40-49 Mighty Micro-sponsored team of Pete Magill (4:21.1), Brian Pope (4:18.7), John Hinton (4:20.6), and Tony Young (4:14.0) ran a world best 17:14.31 for the 4xmile.

On Sunday, another Mighty Micro squad broke the present M40-49 4x800 world record of 8:02.12, with a 7:54.17: Hinton (1:55), Pope (2:01), Kevin Paulk (2:02), and Young (1:55).

In the National Masters News Age-Graded Mile, held on Saturday, John Keston, McMinnville, Ore., 79, prevailed in a field of 18 men and women runners, ranging in age from 40 to 79, with a 6:42.71.

His time age graded to an 87.5%, giving him the trophy over Dan McCormack, 65, whose 5:34.76 age graded to an 87.4%. Roger Davies, 69, was third, 5:52.49/86.9%.

The award was presented at a reception hosted by the Oregon Track Club Masters, at the meet headquarters Phoenix Hotel on Saturday evening

This year's meet, presented by the OTCM, drew 272 athletes, and was directed by Johnny Faerber. Tom Heinonen and Adam Schneider did the announcing.

Record setters were fortunate to have Sandy Pashkin, USATF Masters Records Coordinator, on hand to help with the paper work.

The primary sponsors were Carter & Carter Financial Center, Puma North America, Pacific Continental Bank, Track Town Pizza, Drs. Fine, Hoffman & Packer, SportHill, and Duncan & Brown Real Estate Analysts.

Next year's silver anniversary 25th Hayward Classic will be held on June 18-19.

#### TWENTY YEARS AGO August 1984

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



Alan Knoop, second M45 in the 5000 (16:30.99), Hayward Classic.



SUZY HESS Record setters Barbara Jordan, W65, and Audrey Lary, W70, Hayward Classic.

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## Senior Games Spotlight

r. Patrick T. Conley, Professor Emeritus of History at Providence College and a Bristol, R.I., attorney, has been elected Chairman of the Board of Directors of the Rhode Island Senior Olympics, Inc. The Rhode Island Senior Olympics, one of the oldest programs of its kind in the country, began in 1977 and operated under the auspices of the Rhode Island Department of Elderly Affairs for more than two decades.

Serving on the board with Conley, a masters javelin thrower, is Dr. William F. Garrahan, a Warwick, R.I., orthopedic surgeon and active competitor in the throws and weight pentathlon.

August and September offer a full schedule of Senior Games / Olympics from New Jersey to Louisiana to Kansas to Nevada and in between. Check the NMN Track & Field schedule for dates, sites, and contacts.

Some notable performances from Senior Games results in June:

- Melvin Larsen zipped to an M80 WR for the 100 with a 14.31, Iowa Senior Games, W. Des Moines. The current record is 14.35 by Payton Jordan in 1997.
- Hillen Stubendorf, W55, won the 100 (15.5), 200 (32.7) and 400 (72.6),

Empire State Senior Games, Cortland, N.Y.

- Bob Lida, M65, took the 100 (13.26), 200 (26.66) and 400 (60.86); Franklin Bollinger, M75, high jumped 4-10; and Richard Cochran, M65, hurled the discus 169-3, Missouri State Senior Games, Columbia.
- Anne McGowan, W80, won the 100 (22.34) and 200 (54.64); Len Rosen, M70, was first in the discus (37.69) and shot put (12.71); and Gerald Patrick, M65, was first overall in the 1500 RW (9:52.81), Connecticut Senior Games, Hartford.
- George Mathes, M70, won the 800 (2:51.34) and 1500 (6:01.19); Ian Percy, M55, was farthest in the discus (138-7) and javelin (140-2), Rocky Mountain Senior Games, Greeley, Colo. □

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#### JACK FOSTER

After reading the sad announcement of Jack Foster's death, I got to thinking how privileged I had been to meet him on a personal basis in 1976 at the Honolulu Marathon.

His winning the marathon outright at age 43 further added to his icon image, but the chance to meet him as a charming, yet unpretentious person, full of fun and humor, was a wonderful experience for me. Playing his favorite card games before the race was a real treat.

I got to talk to him on the phone in 1987 at his home in Rotorua, New Zealand, as my husband and I were on our way to Melbourne for the WAVA Championships. By then, Jack was already into serious biking rather than running.

He will always be remembered for his running accomplishments, but I will add the great honor of knowing what a genuine, nice human being he was. He was very supportive for women's opportunities to be recognized, especially as masters.

Jack will be missed by all who have known him.

Ruth Anderson Eugene, Oregon

#### ALL-AMERICAN

I'm so excited to be applying for nine All-American awards!

I would love to have the patch tags to take with me for "good luck" when I go to the Nationals in Decatur. Oh well.

I'm having such fun working out and it's so much more fun when it pays off. And I've met lots of super people, so far!

Kay Glynn Hastings, Iowa

#### INVITATIONAL PROGRAM

After reading the July column by Masters T&F Chairman George Mathews, I'm totally confused!

Mathews states that the masters invitational program is not an elite program, and he says, "...we are helping the athletes equally, regardless of their standing in the qualifications. It really behooves us to be able to put the best athletes in each race so we can show off what masters athletes can do."

He then goes on to thank Mark Cleary for "putting this together." I have news for Mr. Mathews. Cleary's Masters Invitational Program in and of itself is elitist. It is not fair to masters athletes because it has repeatedly focused only on the 40- to 45-year-old middle distance runnner. It has never even considered giving the 60-, 70-, or 80-year-old runner an opportunity to run before a national audience.

Masters athletes run at a competitive level into their 80s. If one has doubts about 80-year-old runners, take a look at Jim Manno, still competitive in the sprints.

What kind of system has Cleary developed where the athletes who have competed for considerably less time in masters athletics become the "heroes"? The truth and strength of masters track and field is that the real masters athletes are considerably older than 50 years of age.



MIKE POLANSK

Top male masters John Del Maestro (2nd left), 49, and Don DiDonato, 46 (2nd right), are congratulated by Marty Lerner (I) and Gary Jaffe (r) of run sponsor David Lerner Associates, Long Island Police Appreciation 5K, Eisenhower Park, L.I.

Cleary and Mathews are making a big mistake with their elitist agenda. It does not reflect the real masters program.

Francis A. Schiro New York City

Mr. Schiro is uninformed about the Masters Invitational Program – it is an elite program. When I took over as director of this program, I was told to put the fastest races on the track that I could assemble. We have done that, breaking U.S. and world records several times.

When Chairman Mathews stated that we are helping the athletes equally, he was referring to all those who had made the field receiving the same amount of financial support, regardless of their ranking.

We have big meets where age-graded races are run; 100m, 200m and 800m races are conducted at the Mt. SAC Relays to accommodate those in several age groups who wish to race in a high-profile meet. The Penn Relays also offers several masters races spanning several age groups.

Rather than duplicate what is already being done, this program brings the highest-profile races to the National Championships. That's what USATF wants, and we have delivered.

I do not dispute anything Mr. Schiro said about the competitive levels of athletes like Jim Manno. It would be hard to find four or five other 80-year-olds who could compete with him. We need depth of field in these races. In the past, we have had 200m, 400m, 800m, 1000m, mile, and 3000m races.

We also need athletes who will commit to travel at their own expense. All 16 of these individuals racing at the Trials were informed of the travel grant after they were already committed to coming.

At this year's Nationals, I was in favor of a men's 110mH race with Roger Kingdom, David Ashford, Willie Gault and Peter Grimes. This would have been an amazing race. USATF turned me down, so we don't always get the race we want.

Mr. Schiro is well-intentioned with his opinions, but masters has had no sponsorship before now. The agegraded system was utilized for several years and did not yield any money – sponsors want top performers in deep fields of competition. Excitement sells, and we have made tremendous progress in the last three years.

The Masters Invitational Program Web page has an area where people can make suggestions for invitational events. We have had only six suggestions from the masters public. Of the six suggestions we have received, none listed more than three names, most listed none.

We are willing to put on any scratch race from the 100 to the mile. For example, we would have no problem putting on a 200 for 70-to-74-year-olds if we had six to eight competitors who were all close in time and would commit to the travel.

I challenge Mr. Schiro to do some research and come up with the names (6 to 8) that would comprise the field for any event that has the depth of field and the commitment from the athletes. I would also encourage him to come to the annual convention and contribute to the process.

Plus, I find it rather ironic that Mr. Schiro would criticize this program as elitist when he belongs to Sprint Force America, the most elite sprint team in the U.S.

Mark Cleary
USATF Masters Invitational
Program Coordinator

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## Track & Field Report

By GEORGE MATHEWS `
Chairman, USATF Masters Track & Field

### Schedule Shapes Up for Annual Meeting

here are some significant changes to the normal scheduling of our meetings at the annual meeting being held this year in Portland, Ore., from Nov. 30-Dec. 5. First, a reminder that there are certain operating procedures and regulations governing our meetings that we must follow. These are contained in the USATF Governance Manual. You can view these procedures at www.usatf.org, about USATF, By-laws and Operating Procedures, 2003 Governance Manual, Section IV, Part 1, Masters Track & Field, Section 7 – Meetings.

I would ask all delegates to the annual meeting to send me at georgem @nwlink.com your e-mail and/or address, so we can keep you up to date on modifications to the schedule as they occur. Also, all members are encouraged to submit topics they would like considered for inclusion in the annual meeting agenda.

Several things will impact our meetings this year:

1. This is an election year for officers of the Masters Committee as well as USATF national officers. Elections for the USATF national officer positions will be held on Friday, Dec. 3. This means we cannot hold our elections on that day because member services will be busy running those elections.

2. We have been asked not to conduct any business on Saturday, Dec. 4, because the National Club Championships and High School Cross-Country Championships will be held in Portland on this day.

3. The opening session will be held on the evening of Wednesday, Dec. 1.

The following is our initial, tentative schedule for planning purposes:

Tuesday, November 30

9 am - Noon: Masters T&F Regional Coordinators

1 pm - 4 pm: Masters T&F Regional Coordinators

Wednesday, December 1

9 am - Noon: Masters T&F Executive Committee

12:30 pm - 4:00 pm: Board of Directors

1:00 pm - 3 pm: Masters Hall of Fame Subcommittee

1:00 pm - 4 pm: Masters T&F Awards Subcommittee

7:00 pm - 10:00 pm: Opening General Session

Thursday, December 2

8:30 am - Noon: Masters T&F 1:00 pm - 5:00 pm: Masters T&F to include Masters Officer Candidates Forum and Election of New Officers

7:00 pm - 8:30 pm: USATF National Officer Candidates Forum

8:30 pm - 11:00 pm: Welcome Reception

Friday, December 3

TBD: National Officer Elections 9:00 am - Noon: Masters T&F, to include Presentations and Voting on Future Championships 1:00 pm - 4:00 pm: Joint Masters T&F/LDR Meeting

7:00 pm - ??: Jesse Owens/Hall of Fame Induction Ceremonies and BENGAY Masters Athlete-of-the-Year Award

Saturday, December 4

7:30 am - 9:30 am: Awards Breakfast Buffet

9:30 am - 4:00 pm: Cross-Country Championships

Sunday, December 5

1968

1969

9:30 am - 11:30 am: Closing General Session

12:30 pm 2:00 pm: Board of Directors Meeting □

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

San Diego, CA

San Diego, CA

1	3	1970	San Diego, CA
	4	1971	San Diego, CA
-	5	1972	San Diego, CA
-10	6	1973	San Diego, CA
	7	1974	Gresham, OR
	8	1975	White Plains, NY
	9	1976	Gresham, OR
	10	1977	Naperville, IL
	11	1978	Atlanta, GA
	12	1979	Gresham, OR
	13	1980	Philadelphia, PA
	14	1981	Los Gatos, CA
	15	1982	Wichita, KS
	16	1983	Houston, TX
	17	1984	Eugene, OR
	18	1985	Indianapolis, IN
	19	1986	New York City
	20	1987	Springfield, OR
	21	1988	Orlando, FL
	22	1989	San Diego, CA
	23	1990	Indianapolis, IN
20	24	1991	Naperville, IL
	25	1992	Spokane, WA
	26	1993	Provo, UT
	27	1994	Eugene, OR
	28	1995	E. Lansing, MI
	29	1996	Spokane, WA
	30	1997	San Jose, CA
	31	1998	Orono, ME
	32	1999	Orlando, FL
	33	2000	Eugene, OR
	34	2001	Baton Rouge, LA
	35	2002	Orono, ME
	36	2003	Eugene, OR
	37	2004	Decatur, IL
	38	2005	Honolulu, HI
	39	2006	Charlotte, NC

### **Elections Update**

As many of you know, at the Annual Meeting starting on November 30, in Portland, Ore., USATF will be electing officers to lead the organization for the next four years. Masters Track & Field delegates will also be electing their officers for the next four years at the same meeting.

This is one of the most important tasks we will have at this meeting. In light of this, and following discussions with Bill Roe and George Mathews, we will be scheduling more time than in the past for the masters delegates to hear from and question the various candidates for our elected positions. In this way, we hope to give each delegate a better chance to judge the candidates and the various proposals they may have for strengthening our organization.

The positions to be filled are specified in the Rules of Governance and are: Chair, Vice-Chair, Secretary, and Treasurer. While the roles are generally self-explanatory and well defined in the Rules of Governance, a few words of elaboration may be helpful to some people new to Masters Track & Field.

First, it should be made clear that candidates may run for office with or without the recommendation of the Nominating Committee. The Nominating Committee will be active in the "recruitment" of qualified candidates, in explaining the duties involved, and, if it chooses, in proposing candidates for one or more of the four offices.

Second, the term of office is four years. An individual faced with a significant problem in continuing in office certainly may resign, but we would hope that candidates would plan on serving the full four years.

Third, the amount of time required can be quite extensive given that there is virtually no support staff (other than that at USATF in Indianapolis) and a very limited budget. Everyone involved at the national, regional, and local levels works as a volunteer.

The duties of the Chair are quite extensive and time-consuming. This individual has responsibility for the leadership and management of our

organization, for selecting and appointing regional chairs and committee chairs, and for interfacing with the national office (USATF), international masters organizations (WMA), and such outside groups as major sponsors, media, etc.

The position requires leadership and organizational skills, knowledge of the sport, vision, energy, the passion to put in the time required, and strong people skills. It does not require that one be an accomplished athlete, nor does it require that the individual have long experience at the national level, although, obviously, some prior participation at the national level would probably be helpful.

The Vice-Chair handles specific duties as requested by the Chair, and acts for the Chair in the Chair's absence.

The Secretary maintains minutes of meetings, handles credentials at the Annual Meeting, and other similar tasks.

The Treasurer maintains the financial records, prepares the budget, approves expenses for reimbursement, and similar duties.

The Nominating Committee of Courtland Gray, Bob Cahners, Dave Clingan, Becky Sisley, Greg Foster and I will be present in Decatur for the National Masters Outdoor Championships, and we would welcome discussion with anyone considering running for office. We would also suggest that would-be candidates discuss the duties and responsibilities of any position they are considering running for with those currently or previously in that position.

We encourage people who are ready, willing, and able to make the kind of commitment needed for these positions, to step forward and offer their services. Their efforts will be vitally important to the sport, and we believe they will find considerable personal satisfaction in taking on these responsibilities.

- Phil Byrne, Chair Masters Track & Field Nominating Committee

#### FIFTEEN YEARS AGO August 1989

- Dan Sekerak (M40, 51:29) and Marie Burleson (W40, 60:22) First in National Masters 15K in Ohio
- •National Senior Olympics Draws 3396 to St. Louis
- •Waigwa, Drake Win in Utica 5K
- •Stahl Top Master (2:18:43) at Grandma's Marathon

## INTERNATIONAL IMPLEMENTS CHALLENGE

SECOND ANNUAL EVENT FOR MASTERS THROWERS!!!

To be held at beautiful Dartmouth College Hanover, New Hampshire

SATURDAY & SUNDAY, AUGUST 14-15, 2004

Five-year age groups for men and women

Men - 16# shot put, 16# hammer, 2k discus, 800g javelin, 35# weight

Women - 4k shot put, 4k hammer, 1k discus, 600g javelin, 20# weight

Prizes for the top three in each event in each age group

For further information, contact Carl Wallin at 58 Stoney Brook Road, Lebanon, NH 03766 or check www.lancertiming.com



## **Third Wind**

By MIKE TYMN

### **Hungry for Humble Winners**

wonder how Dr. Carl Gustav Jung would have analyzed the Smarty Jones mania that took place before this year's Belmont Stakes. Why were so many people who don't follow horseracing the rest of the year rooting for Smarty Jones to win the Triple Crown? Why was there so much disappointment when the horse failed in his bid to become the 12th Triple Crown winner?

While the media seem to have diagnosed it as the nation needing a champion to distract it from the war and other concerns, I suspect Jung would have seen the collective unconscious as seeking a new archetype for its champion athletes. People who do not have the same mentality as those who enjoy wrestling matches are fed up with loudmouth, arrogant winners who continually flaunt their prowess.

Seemingly gone are the likes of Sandy Koufax, Floyd Patterson, and Cal Ripken, athletes who accepted victory with an appreciative and humble tip of the cap, or smile and nod.

#### Absence of Ego

When a horse wins, we know we're not going to have to listen to him tell us how great he is. There is no ostentatious display of ego. He gallops back to the winner's circle and graciously accepts his wreath. There is no punching the sky, no pounding of the chest, no beckoning to the crowd for more applause, no diatribe to listen to.

Most track & field athletes have not succumbed to such behavior, probably because it's not so much a media sport. When the media does show interest, as with the Olympic Games, we begin to see it, especially among the sprinters and jumpers. The sickening scene of the members of one our winning relay teams in the Atlanta Olympics comes to mind.

Two or three of the team members pranced around in front of the crowd, cupping their hands around their ears while summoning an even louder reaction. When I see things like that, I don't blame the French for not liking us.

But there are more subtle displays of arrogance now. Compare the photographs of runners breasting the finishing line tape over the past 50 or more years. Thirty or more years ago, winning runners would lean at the tape with arms extended behind them or to the side.

#### **Modest Display**

If there was a clear margin of victory, the runner might, at most, raise his hands just high enough to catch the tape. He would continue past the finish line and then humbly accept congratulations from other competitors. He might offer a silent prayer of thanks and, at most, give an appreciative wave or salute to the crowd from

the victory stand.

Can you imagine great runners of the past, say Jesse Owens, Payton Jordan, Mal Whitfield, Wilma Rudolph, or Paavo Nurmi, crossing the finish line with arms extended high over their heads, as so many do now, pumping their arms, punching the air with their fists, and otherwise playing to the crowd and the media with vainglorious gestures? I can't.

On the other hand, if a victorious runner today were to run off the track while completely ignoring the crowd and the reporters, he or she would likely be looked upon as just as arrogant as those who lap up the attention.

#### Arrogance or Enlightenment?

What if a victorious runner or standout athlete refused to give autographs simply because he was unpretentious and humble? What if he reasoned that just because he was particularly good in his event he was nothing special and therefore should not be idolized by the fans? What if he saw the current celebrity worship among our young people as a sin against the first commandment, i.e., having false gods, and decided he would not give autographs because it would be condoning such celebrity worship? No doubt such an athlete would be lambasted by the media and frowned upon by the public.

I recall an incident from baseball's spring training this year in which Barry Bonds was attacked by the media because he refused to give autographs to some people who approached him in a parking lot. Bonds muttered that they "should get a life."

#### Just a Game

Could it be that Bonds recognizes that baseball is just a game and that he should not be idolized because of his prowess in the sport? Should we accept Bonds' refusal to give autographs and his lack of pomp on the playing field (outside of watching his homers sail) as a sign of arrogance or of enlightenment?

The change from unpretentious to pretentious, bombastic athletes seems to have begun with Muhammad Ali and the emergence of television during the 1960s. Before then, athletes were, for the most part, modest, courteous, and respectful. You never heard Joe Louis, Joe DiMaggio, Rocky Marciano, Jackie Robinson, Stan Musial, or Ted Williams saying he was "the

greatest" or otherwise loudmouthing

Ali's antics were seen as buffoonery by most mature adults, but they obviously influenced the younger generation as it wasn't long before other athletes were imitating him, whether by doing an end zone dance, putting an extra bit of slam in a slam-dunk, pumping the arm, shaking a fist at the crowd, or cupping the ear. The television commentators ate it up and encouraged more of the same.

It's unfortunate, I think, that we must now look to animals as our archetypes.

Where have you gone, Joe Di-Maggio? □

(Mike Tymn can be reached by email at metgat@aol.com)

#### Grandma's Marathon

Continued from page 1

Fedor Ryzhov, 43, Russia, also familiar to Grandma's Marathon fans, was the top male master, running to his fourth M40+ title here, 2:21:56. He was sixth overall, and took home \$3750 in prize money. Ryzhov was not particularly pleased with his race, citing liver problems, a too-fast early pace, and undertraining since running the Boston Marathon in April (where he was the second M40+, 2:21:24). Ryzhov currently trains in Portugal.

Six minutes back, professor of mechanical engineering and three-time U.S. Olympic Marathon trialist John Mirth, 42, Platteville, Wisc., was second M40+, 2:27:46. Gene Letty, 41, Barnum, Minn., 2:36:33, placed third.

Grandma's proved to be a good race for the sub-3:00 crowd this year, with plenty of bodies to draft off of all the way from 2:43 range on up, most of them drawn from Minnesota's teeming ranks of high-quality masters runners. Rob Whetham, 52, Stillwater, Minn., 2:58:55, led the M50 charge, while M60's Norm Purrington, 60, Lake Elmo, Minn., 3:03:44, fronted his pack.

Grandma's M65-69 course record holder Jim Schleisman, 71, Jefferson, Iowa, 3:38:09, was the pride of the 70+ crowd.

In the women's masters race behind Sultanova-Zhdanova, Claudette Augert, 40, Edmonton, Alb., Canada, 3:00:29, narrowly edged Ann Tierney, 40, West Chester, Penn., 3:00:59, for second W40+, after spending the entire race within ten seconds of one another. Doris Windsand-Dausman, 47, West Richland, Wash., led the W45 field, 3:13:19.

Topping the W50, Janet Gensler, 51, Glenwood, Minn., ran a well-paced marathon, negative splitting 1:39:22/1:37:55 to a 3:17:43 finish. Grandma's W50-54 course record holder Gloria Jansen, 57, Edina, Minn., raced to 3:30:00 to garner the W55 laurels (her W50 record: 3:03:37/1998).

At the USATF Women's Half-



JEFF FREY / GRANDMA'S MARATHON Firaya Sultanova-Zhdanova, 43, first woman overall (2:35:08), Grandma's Marathon.

Marathon Championships, held in conjunction with the Gary Bjorkland Half-Marathon at Grandma's Marathon, 1996 U.S. Olympian Jenny Spangler, 40, Lake Villa, Ill., raced to a fifth-place overall, 1:15:29, in spite of less-than-ideal training since her 12th place performance at the Olympic Trials in April. Master-ascendante Debbi Kilpatrick-Morris, 40, Strongsville, Ohio, was second master, 1:15:53, and seventh overall, while Katie Courtwright, 40, Santa Fe, New Mex., 1:18:00, sped to third.

- from reports by Laura Wright Grandma's Marathon, Christa Lawler/ Duluth News Tribune, Running USA Wire

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## **PROFILE**

BY ANGELA EGREMONT

## Patti Ford - Running to Win

Patti Ford, 49, has become a name to be reckoned with in the running community and, barring injury, looks set to blast into a new age-group Sept. 30, 2005. Born in Utica, NY, she grew up on a family dairy farm in Madison County, later moving to the Syracuse area to work and attend Syracuse University, where she earned a B.A. degree in linguistics. Today she lives in Pompey, NY, with her husband, Terry McConnell, and their 9-year-old daughter, Erin, and works as an administrative assistant with Syracuse University, Geofoam Research Center. NMN recently caught up with this diminutive (5-3, 105 lb.) athlete to find out how she juggles her busy life working, raising a family and competing.

NMN: When did you start running and competing?

PF: I started running when I was about 25. My first marathon was the next year, 1981. I started getting into competitive running after my first cross-country race. I joined the Syracuse Chargers Track Club, who had a group of women competing as a team.

I never competed in high school—probably for the same reason many masters women didn't. I attended a small, rural school and basically the only sports women could participate in were basketball and cheerleading. I was too short for basketball, so I did cheerleading for a while.

#### Young and Breathless

NMN: What got you started?

PF: I had been smoking since about age 15 and ended up a two-pack-a-day smoker by age 20. That, along with some other wild living in my youth, put me in pretty bad shape for my age. I was appalled to find myself breathless after climbing one flight of stairs at age 25. I vowed to quit smoking and get in shape. So I guess I started running (jogging) as a fitness activity.

NMN: Which were your best events?

PF: My best events have been in the 3K to 15K range. I've run a few respectable miles and several sub-3:00 marathons which I enjoyed, but my all-time bests were at 3K to 15K—especially 3K. I also love cross-country, but it's hard to quantify those performances. The head-to-head nature of cross-country is a nice change from just going against the clock.

NMN: What do you consider the highlight of your masters career and/or your most memorable meet or race?

PF: I guess I'd choose 1999 as the highlight of my career—both masters and in general. In late 1998 and early 1999 I began to run a bit more after the birth of our daughter in May 1995. For some reason, I noticed the U.S. masters indoor 3K record was about 10:20, and I had a feeling from the workouts I was doing that 10:19 might be within my range.

I chose the USATF National Masters Indoor Championships (in Boston, Mass., that year) as my goal race. I followed, pretty much to the letter, a 1500m-3K training schedule in

Jack Daniel's Running Formula (I have an autographed copy). During the race, I remember cruising along, seeing the finish line clock every lap and thinking something must be wrong with the clock.

My splits were way too fast for how I was feeling, and I thought at any minute it would hit me and I would go into total shut down. The shutdown never happened, though, and I ended up running an all-time PR and U.S. indoor masters record 10:05.32.

The next day was the mile, and I set a PR and U.S. record in that, too (5:11.11). That same year I ran a PR 55:55 in July at the Boilermaker 15K and then a PR 5K (17:30) in August. To top it off, I ran second on our firstplace Syracuse Chargers Women's Open team at the Northeast Regional (Mayor's Cup) Cross-Country Championships in Franklin Park, Boston, in October that year.

Although I bettered both the 3K and mile times and U.S. records the following year at the same meet in Boston (10:04.93 and 5:06.95), 1999 was the year in which I felt the thrill of racing well when my body and mind felt in complete harmony and I was just cruising along for the ride. I had hamstring problems starting in October 1999, so in 2000 and 2001 I wasn't feeling the "flow" like I had the year before.

#### **Training Routine**

NMN: What is your present training regimen?

PF: At present, I'm still building back up slowly after a couple of years of little or no running. I had hamstring reattachment surgery in June 2001, which put me on crutches for seven weeks and involved several months of rehab. I also lost my father to heart disease in October 2001, and, in retrospect, I think maybe that affected me more than I thought it did at the time.

I'm running 50 or so miles a week right now, usually with one aerobic threshold (tempo) type workout per week, one mile to 5K pace repetition or interval workout, and one 90-plus minute longish run. Every so often I substitute a race for some of the speed work and decrease the miles a bit, but I train through some of the competitions unless they are goal races.

At this point, it's all low-risk training; i.e., hardly ever going under mile race pace even for very short distances. I've learned the hard way that I have a tendency to over train if left to my own devices, so I sought the help of a trusted friend and very talented runner (now in the masters division), Mike Platt. I'm running better than in over two years and still feeling like I'm on the upswing.

NMN: How has your training changed over the years?

PF: When I was younger, I did more hard days (quality) and ran more races without much of a long-term plan. I love indoor track, but the hard, short, faster training (faster than mile race pace) is too much for my damaged hamstrings. I compensate with other kinds of speed work—like lots of threshold pace—and I'm focusing more on longer races and using the shorter races as part of my training.

I also do more core exercises, and I got into upper-body weight lifting while recovering from the surgery and try to keep that up. My weak point is my hamstrings, so I do regular exercises and get massage therapy to keep them in check. Also, I've gotten to like treadmill training quite a bit for my long easy runs.

I suppose the biggest change I've made is that I don't take as many risks as did before and am more honest to myself about listening to my body when it sends out warning signals.

#### **Concessions to Aging**

NMN: How has aging affected you and your competing?

PF: I definitely notice a need for more recovery time between hard efforts. Since I don't race as often, I'm more selective about the races I do and lean more toward local races so I don't disrupt our family schedule as much.

NMN: What motivates you to excel?

PF: Mostly, I like the feel of running at a good pace and feeling like I'm just cruising along. There's nothing like that feeling when everything is working in harmony. I also like the competition and feeling of going for a certain goal and making it. It's fun to see the numbers improve with training.

I'm so glad there are experts who have worked out those age-graded standards. It allows us to compare ourselves with our younger selves. There's no doubt it's fun to win a race, but the thrill of a win doesn't compare with the satisfaction of a good performance. I think pushing it to the limit every now and then makes me feel totally alive and focused on the present.

#### Winning Formula

NMN: What do you consider the "secret" of your success?

**PF**: I just love the act of running in and of itself, and I enjoy the competition, too. Once you know what it feels like when you are in good shape, you want to stay there.



Patti Ford

I think it's important to have good masters competition. Since masters results are more readily available these days, it's easier to compare ourselves with our peers and I'm sure that helps.

I've also been fortunate to have the expert advice and encouragement of some great people. I was working under Vicki Mitchell (head coach, University at Buffalo, NY), when I ran my best 3K and mile (until I took my long break). My current coach, Mike Platt, is certainly a major factor in my recent comeback. My husband is a dedicated runner himself, and understands my need to run, and our daughter rarely complains when she has to wait for Mom to finish her workouts — in fact, she even jumps in for a mile or so now and then.

#### **Looking Ahead**

NMN: What are your goals for the future?

PF: I had actually resigned myself to never running competitively again—especially indoor—after a few years of total frustration with injury, fatigue, etc. My non-surgical hamstring is my main limiting factor, and I may be facing surgery on that leg at some point. I back off when it starts to get noticeable.

I was thrilled with my results from the National Masters Indoor Championships in Boston in March (respectable times and no lasting pain afterwards), so I'm reevaluating my goals again. I just never expected to be able to feel this good again, so we'll see how far my body allows me to take it, but we are taking it slow and I'm trying to be patient.

If my schedule allows and I'm feeling okay, I may try to run the 10K or 5K in Decatur, Ill., at the National Masters Outdoor Championships this month.

#### Circle of Friends

It's fun to catch up with all my fellow competitors and the officials. Masters runners are so supportive and encouraging, and as we age the circle gets smaller and closer so we get to know and appreciate one another more. I guess that's a big part of what keeps us going.



## PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

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

### **Biomechanics of Age**

edometers - those electronic devices that measure one's steps, distance and energy output - how accurate are they? With that question in mind, a group of researchers at the University of Tennessee measured 10 of these devices to determine walking speed and accuracy.

The research found that six of the 10 pedometers used in the study gave mean values within 1% of the actual values of speeds at 80m/min. and above. The Japanese have a permissible 3% error in miscounting steps.

All five of the Japanese pedometers met the standards. A Taiwanese model met the same accuracy rate as the Japanese models.

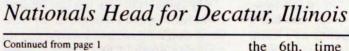
The Yamax Digiwalker was the most accurate in measuring steps, distance and gross kilocaries in walking.

The Walk4Life was close in terms of accuracy.

The New Lifestyles and KZ Lifecorder were accurate in measurement of steps, but did not measure distance.

The KZ can store 42d of data, which can be downloaded into a computer, but is considered expensive at around \$200 plus computer interface software.

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)



Non-citizens cannot displace a U.S. citizen, but will receive an equal award.

For those who may still be interested in housing, on-campus housing information is available at www.mil likin.edu/athletics/track, or by phone,

Events on Thursday, Aug. 5, include the 5000 finals and the pentathlon. The meet closes on Sunday, Aug. 8, with a full schedule, including the 1500 and relays. In between, athletes vie for national titles in the steeplechase, hurdles, javelin, two race-walks, shot put, 10,000m race, and

As of July 19, about 230 men and women were entered in the 100, and some 130 discus throwers were among

Shuttles will run from the hotels to the track each day. An athletes' meeting will held on the evening of Friday, the 6th, time and place to be announced during the meet.

The Decatur Local Organizing Committee will host a "down-home" athletes' dinner on Saturday afternoon in Fairview Park, adjacent to the Millikin U. campus.

The meet's Web site is www.mil likin.edu, then Athletics, then Track & Field, and then The Masters.

Visitors to the area can learn more about Decatur and central Illinois by contacting the Decatur Area Convention & Visitors Bureau, 202 E. North St., Decatur, IL 62523; 217-423-7000; 800-331-4479; fax: 217-423-7455; e-mail: tourism@decatur cvb.com; www.decaturcvb.com.

Medalists in the M75 1500, 2003 National Masters Championships (I to r): Bill Fortune, 6:08.26, Joe

King, 6:05.64, and Jim Selby, 5:53.90. The 2004 championships will be held in Decatur, III., Aug. 5-

## ribbons awarded to places 4, 5 and 6.

217-420-6625.

For off-campus housing, athletes can contact the Decatur Area Convention & Visitors Bureau, 217-423-7000; 800-331-4479; or e-mail: teri@decaturcvb.com.

other championship events.

the entrants.

#### Need Back Issues?

Most back issues of the National Masters News are available for \$3.00 each, plus \$2.00 postage and handling for each order.

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

#### **Lewellen Sets Records in Portland Classic**

By DON KANE

Harvey Lewellen, Eugene, Ore., set one new world record and four U.S. records in the Portland Masters TC Classic held June 19-20 at the Mt. Hood Community College track, Gresham, Ore.

Lewellen broke the M75 world record in the hammer, with a 41.58. The current record is 40.68 by Oswo Renvall of Finland in 1986.

Lewellen set M75 national records in the discus (40.17), 16# weight (15.51), and the 35# superweight (8.66). Fellow Oregonians held all three former records, with the discus held by the legendary Ross Carter, and the other two set by Vince Sempronio.

Pat Osmon broke her W75 U.S. record (5.50 in 2002) in the 12# weight with a 6.30.

Suzi MacLeod, Bend, Ore., missed a record in the W70 800 with a fine time of 3:21.99 vs. the U.S. record of 3:20.71

Paul Edens continued his stellar year with wins in the M60 100 and 200 (12.02 and 25.64).

Relative newcomer to masters track, Bob Hewitt, M70, Gresham, Ore., won the 100 and 200 (14.38 and 29.69), and found time to win the triple jump (9.53) and long jump (4.72).

One of the best races of the meet came in the M40 800, where Kevin Paulk, David Bailey, Charlie Case, and Robert Conradt held together in a tight pack for 400, until Paulk gradually pulled away and won in a swift 2:00.11, Bailey second in 2:02.71.

Rich Tucker M55, Spokane, Wash., won the M45+ 800 by a wide margin in 2:19.36

The meet is believed to be the second oldest masters track and field



Harvey Lewellen broke the late Ross Carter's M75 U.S. discus record, with Carter's discus, Hayward Classic, Eugene, Ore., June 26-27.

meet in the country, with this iteration its 35th.

The weather was excellent, and the meet well run by long-time meet director Jim Puckett and his experienced crew.

Attendance was down this year because of conflicts with the Prefontaine Classic on Saturday and Father's Day on Sunday, but those competing agreed on the quality of the

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## Master Scope

By GORDON EDWARDS

## **Charlotte Preparing for Nationals in 2006**

Charlotte, N.C., is planning to host the best ever National Masters Track & Field Championships in 2006. Some of the highlights the LOC is already working hard to provide include free transportation from airport to dorms and hotels and vice versa, and from hotels to the track. We also hope to be able to host a free North Carolina theme picnic on Saturday.

The most important feature we want to provide masters athletes is a meet devoid of trials, except for the 100 and 200. Our review of past championships indicates that trials are rarely, if ever, needed in races. This is because the difference in ability is too great between a #1 and a #9 seed – we never see a case where #9 can beat the #1 seed. We believe that having a meet where virtually everyone goes straight to a final would be a pleasure for all involved.

Therefore, we are submitting the following change to Rule 332.2 (e): In events of 400m or longer and all hurdle events, timed finals may be run at the discretion of the Local Organizing Committee (LOC). We feel this change will increase participation at the National Outdoor Championships and also allow masters athletes to compete in more events at the Nationals.

#### Rationale

The Nationals have taken a downward spiral rather than an upward course in attendance. Eugene had 1503 entries in 2000, but only 1200 in 2003. Boston had a dropoff in attendance in 2004. Baton Rouge (heat factor?) had about 800 in 2001, even though it was held at an outstanding facility. We need to start doing things differently!

Many masters have been concerned about having to show up early at the championships to run a trial that will eliminate only 1-2 people, or having to warm up and then find out there is no trial at all. Some masters limit their entries because they know it goes trial-final, trial-final, rather than just finals.

Look at the results of past meets. How many qualifiers in the 200 or 400 did not come back for the finals? We can attribute this attrition to fatigue, injury, or, in some cases, an honest realization by the athlete that one should run only one final after going through the trials (skip the 400, for example).

Why does a 3:55 1500m runner have to run a trial to show that he can beat someone who runs 5:50? Why does a hurdler who runs 15 sec. for the 110H need to prove he can beat hurdlers who can't break 20 seconds? In the cases mentioned, we would set up heats or sections according to Rule 75.1 (c) and based on submitted times from sanctioned meets.

I feel that the National Masters Championships should keep allowing anyone to enter without having to meet certain standards. For masters athletes, that is the way it should be. However, having trials to eliminate a few athletes does everyone a disfavor. My schedule allows everyone to take part in the meet without the inevitable fatigue and injuries that occur from having to run in trials.

#### Schedule

Working from the tentative schedule for the 2004 Nationals in Decatur, Ill., I devised a meet schedule that features no trials, except in the 100 and 200, with most events held in the late afternoon and evening. I feel this schedule allows for:

- Improvement in athlete performances.
- Lower temperatures when most events are held.
- 3) The health and well being of the athletes.
- 4) More local spectators at the meet.
- 5) A meet schedule that is set up for the athletes, not the meet administrators
- 6) Heats and sections set up utilizing submitted times from sanctioned meets; athletes would have to furnish the meet info and contact person to verify the times submitted.

Charlotte represents the opportunity to try a different approach. Consider it a test case – it has the facilities, the leadership, etc., to conduct the meet in a different way – no trials except in the 100 and 200; events run mostly in the late afternoon or evening, a crisp, efficiently run meet that is good for athletes and spectators alike.

Additionally, not having trials means we can depend more on regional meets such as the Southeastern Meet in Raleigh, the Hayward Classic in Eugene, the Carolina Masters Invitational in Charlotte, etc. We have been looking for ways to make those meets more attractive – what better way than to say we will accept times from such meets when we draw up the race heats and sections for our 2006 Championships?

Let's give it a try. You don't want to go with the status quo year after year, do you? Let's get the non-Eugene sites back up to 1100 competitors or more. Charlotte can show the way with a bold new approach!

#### TEN YEARS AGO August 1994

- •Doug Kurtis (42, 2:19:46), Third in Grandma's Marathon; Sharlet Gilbert (43, 2:44:51) Qualifies for 1996 Olympic Marathon Trials
- Harold Morioka (M50 400, 51.70) and Ross Carter (M80 SP, 40-3) Break Records in Hayward Meet



SUZY HESS Nicola Everton #373, first W35 (2:25.68), and Sheri Wright, first W40 (2:25.06), in the 800, Hayward Classic.



Dan Bulkley, 87, world record holder in the long hurdles, returned to the track at the Hayward Classic after surgery to eliminate a severe sciatic condition.

## NATIONAL MASTERS NEWS

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## Masters Racewalking

By ELAINE WARD

## Ian Whatley on Circadian Rhythms and Traveling

The following article, originally titled Circadian Rhythms and Race Performance, was written by Ian Whatley in 1994 when he was a bioengineer and the racewalking representative on the USATF Sport Science Committee. As a national team member, Ian represented the United States internationally and had a uniquely attractive command of the racewalking technique.

Humans exhibit cyclic changes in chemical, physical and psychological factors. These circadian rhythms take place over a period of about 24 hours and are the most important cycles affecting competitive athletes.

There are other bodily cycles that vary over time periods from milliseconds to one year. The concept that everyone has unchanging physical, emotional and intellectual biorhythms of exact length has been discredited.

Statistics show performances peak between noon and 9 p.m., and athletes are least capable between 3 - 6 a.m. Among the factors shown to vary over a day are body temperature, mental sharpness, resting heart rate, hormone concentrations and sensitivity to pain.

#### **Internal Clock**

If an athlete changes time zones, as may happen in long distance jet travel, the body must reset its internal clock to the new time zone. Until this process is complete, competition may be poor if the race is at a time when the body is accustomed to inactivity.

#### We Welcome Letters

- The National Masters News welcomes letters on topics of general interest.
- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.

Less than 10% of the population is unaffected by jet lag when changing time zones. Older individuals, habitual early risers, people crossing more time zones, or traveling west rather than east are more affected.

The major cues used to adjust circadian rhythms are light exposure, meal times, body temperature, and sleep times

#### Adapt in Advance

If you are traveling to a race in a distant time zone, start adapting well in advance. This may be done by travel several days prior to the competition or, if this is not feasible, by adjusting your eating, sleeping and training times to match the destination time.

Upon arrival at the race site, maximize your sunlight exposure, especially at dawn, since this activates the chemicals most responsible for adjusting daily biological cycles. Avoid caffeine and alcohol. These chemicals slow the adaptation process.

The reduced air pressure inside a jet increases dehydration, so drink plenty of water and juices during and after the flight. If the flight is long, order food in advance that you are used to eating.

Inflatable neck pillows are useful if you will be sleeping during the flight. Any sleep or eating should be on your destination's timetable. If available, business class seats are much more comfortable than coach class, and there is less stress in boarding and cus-



RUTH ANDERSON Donna Cetrullo (I), 55, fifth (64:38), and Jolene Steigerwalt, 59, eighth (67:03), after the 10K racewalk, 15th WMA World Championships, Puerto Rico.



James Chinn, M45 400 winner (52.27), Chuck McMahon Meet.



Leland McPhie, M90, Chuck McMahon Meet.

## Masters Compete with Olympic Hopefuls in McMahon Memorial Meet

By KEN STONE

SAN DIEGO, Calif. – Lisa Riech jumped for joy and 90-year-old wunderkind Leland McPhie leaped into six events June 26 as the fifth annual Chuck McMahon Masters Meet went off in gorgeous weather at Westview High School.

Less than two months before turning 35, Riech, Mission Viejo, Calif., cleared 1.85 on her third try to qualify provisionally for her third Olympic Trials.

McPhie, of San Diego, showed fitness in his M90 debut by high jumping 1.0, long jumping 2.29, triple-jumping 4.65, and winning the shot (5.86), discus (56-1) and javelin (46-8) – and running meet organizer Rick Fultz ragged.

Fultz, 28, oversaw his first track meet ever as the new executive director of the San Diego Senior Sports Festival, a sponsor of the meet with help from the San Diego TC and the USATF San Diego-Imperial Association.

"I kept bringing him water," Fultz said of McPhie. "He was out in the sun as long as we were – about eight hours. He's a marvel."

Some 150 athletes enjoyed temperatures in the mid-70s and a light breeze at a meet subsidized by a bequest from McMahon, the late masters thrower known for toting his imple-

ments around in a child's red wagon.

McPhie wasn't the oldest entrant, however. At 95, John Hanna, San Diego, finished the 5K racewalk in 49:43.4. And Bert Morrow of Escondido – bypassing his usual 80H world record attempt because of an injured big toe – sprinted the 50, 100 and 200 at age 91.

Lacking only a wind gauge and lap bell to make it a near-perfect meet, the event saw Doug Smith, nearing 65, sprint the 50 in 6.99 seconds and perhaps the 100 in low 12s as the automatic timer shut down in the middle of his race. Other highlights:

• In the 100, Nadine O'Connor, 62, Del Mar, Calif., clocked a 14.19, not far off the W60 U.S. record of 13.91. Rita Hanscom, San Diego, beat Polish former Olympian Anna Wlodarczyk, Orange, Calif., in a blistering W50 race, 13.69 to 13.90.

• In the 400, James Chinn, 45, San Marcos, Calif., dashed a 52.27 and Larry Barnum, 60, Reno, Nev., clocked a 56.74.

• And before sending runners to their blocks in the 200, USATF starter Sharon Powell thanked the sprinters in each heat for attending, and wished them well in the meet's final event.

The San Diego Senior Olympics track meet – open to athletes 40 and over – will be at the same site Sept. 19.

## How to be a Champion from 9 to 90

**Body, Mind & Spirit Training** 

By Earl Fee

World-class masters runner, Earl Fee, shares his training secrets based on an extensive knowledge of physiology and all aspects of fitness and running. His techniques can make you faster, stronger, more flexible and a healthier athlete overall.

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## LDR Report **USATF RRIC**

## **U.S. Marathons Continue to Grow**

ANTA BARBARA, Calif. - Since the USATF Road Running Information Center began compiling running data in 1987, we are often asked: "How many marathons are there in the U.S.?" Currently, with the widespread use of the Internet for running calendars and a reasonable stability for most events of the distance, we are much closer to having a complete list of marathons. As a start, there were 348 different U.S. marathons included in the RRIC database and/or found on the top 10 online calendar sites over a 12-month period. If you add an estimated 25 events that are more local and not on a national or regional radar, a reasonable minimum estimate is 375 U.S. marathons.

Another way to approach the marathon count is to examine the certified course list. There was a time in the mid-1990s when the total number of U.S. certified marathon courses was around 650. Now some courses have expired (after a 10-year life) and the total as of March 7, 2004, was 444 "active" marathon courses. On closer examination, approximately 114 of those were duplicates.

Then remove another 15 which are probably no longer used, such as "1996 Olympic Marathon" and the canceled "DC Marathon." adding an estimated 55 for uncertified courses, trail marathons and courses used more than once a year, we get the same estimate of 375.

Due to this revision of event numbers, the historical estimated U.S. marathon finisher totals have also been revised as follows:

Year	Est. U.S. Maratho Finisher Total
1976	25,000
1998	360,000
1980	120,000
1999	374,000
1990	236,000
2000	389,000
1995	312,000
2001	366,000
1996	340,000
2002	388,000
1997	340,000
2003	400,000

In the U.S., marathons in 2003 grew by 3% compared to 2002, while outside the U.S. there was another year of solid growth with a 4.9% increase for the same 62 marathons (301,747 finishers in 2002 vs. 316,470 in 2003).

For the first time in history, four marathons - New York City, Chicago, London and Berlin - reported over 30,000 finishers in the same year (2003). The 2003 ING New York City Marathon supplanted the Flora London Marathon as the world's largest with a race record 34,729 finishers and #2 all-time ranking (only the 100th Boston Marathon in 1996 with 35,868 finishers is larger), while the LaSalle Bank Chicago Marathon continued its growth spurt as it also jumped over London for the #2 worldwide position in 2003 with 32,362 fin-

Like 2002, the U.S. again had seven of the 15 largest marathons in the world.

For largest marathon lists see below.

World's Largest Marathons (fin-ING New York City NV 34 720

1) ING New York City, NY	34,729
2) LaSalle Bank Chicago, IL	32,362
3) Flora London, GBR	32,174
4) real Berlin, GER	30,709
5) Paris, FRA	28,991
6) Honolulu, HI	22,139
7) City of Los Angeles, CA	17,097
8) Boston, MA	17,030
9) Suzuki Rock 'n' Roll, CA	16,798
10) Chosun Ilbo Chunchon, I	KOR

,,,,,,,,,,,,,,,,,,,,	
	16,276
11) Marine Corps, DC	15,973
12) Olympus Hamburg, GER	15,588
13) Ford Cologne, GER	14,652
14) Stockholm, SWE	12,076
15) Naha, JPN	11,442

## U.S. Largest Marathons (finish-

- 1) ING New York City, NY 34,729 2) LaSalle Bank Chicago, IL32,362
- 3) Honolulu, HI 22,139



Mae 10K

GEORGE BANKER Lee DiPietro, 46, first W40+ (36:38), 21st Sallie

4) City of Los Angeles, CA	17,097	11) Grandma's, MN	6,868
5) Boston, MA	17,030	12) hp houston, TX	5,735
6) Suzuki Rock 'n' Roll, CA	16,798	13) Philadelphia, PA	5,354
7) Marine Corps, DC	15,973	14) Motorola Austin, TX	5,315
8) Walt Disney World, FL	9,422	15) St. George, UT	4,437
9) Twin Cities, MN	7,085		
10) Portland, OR	7,016		

(Source: USA Track & Field Road Running Information Center: www.usatf.org and www.runningusa.org)

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ATHLETES WHO ENTER A NEW DIVISION	THIS MONTH -	- AUGUST 2004
ATHLETE (RESIDENCE)	DATE	GROUP
GORDON POWELL(HOLLY HILL,FL)	8- 1- 9	95+
CHRISTOPHER THOMPKINS(US)	8- 1- 9	95+
ANTHONY CASTRO(LA CANADA,CA) ERKKI HAAPALAINEN(FIN)	8- 3- 9 8-11- 9	95+
W.J.SELDON(SAN ANTONIO, TEX)	8- 8-14	95+ 90-94
GEORGE BUCK(AUS)	8-20-14	90-94
HAROLD NIEBEL(KENSINGTON,MD)	8-21-14	90-94
NEEL BUELL(VILLA PARK,CA)	8-23-14	90-94
WALTER LONG(EAST LANSING,MI) RAFAEL FORTUN(CUBA)	8- 3-19 8- 5-19	85-89
ED REINER(SAN DIEGO,CA)	8-18-19	85-89 85-89
AIMO VIROLAINEN(FIN)	8-24-19	85-89
K. F. MAIER(GER)	8-30-19	85-89
HANS OVERLAND(NOR)	8- 3-24	80-84
MOHAMMED NAWAZ(PAK)	8-15-24	80-84
TOM KEMPF(BARTLESVILLE,OK) JIM DYKES(GREER,SC)	8-16-24 8-21-24	80-84 80-84
MARTIN LEGETT(AUSTIN,TX)	8-26-24	80-84
JOHN GAMBLE(GAINESVILLE,FL)	8-30-24	80-84
KENNETH MCCONNELL(US)	8-30-24	80-84
LEIF ONSHUS(NOR)	8-11-29	75-79
WOLFGANG K REUTER(GER)	8-12-29	75-79
JACK GRAY(TX) LEIF GUNDERSRUD(NOR)	8-31-29 8- 1-34	75-79 70-74
WILLIAM COCKE(NASHVILLE,TN)	8- 2-34	70-74
ALBERT HALL(MA)	8- 2-34	70-74
ARNIE BRANDT(SIOUX CITY,IA)	8- 8-34	70-74
MARK BODLEY(LOS BANOS,CA)	8-15-34	70-74
PHILIP CONLEY(WOODSIDE,CA) JIM PETERSON(AITKIN,MN)	8-17-34 8-17-34	70-74 70-74
RON JONES(GBR)	8-19-34	70-74
CLIFFORD PAULING(BRONX,NY)	8-26-34	70-74
DOUG SMITH(LAGUNA HILLS,CA)	8- 2-39	65-69
JIM BROWN(SAN FRANCISCO,CA)	8- 4-39	65-69
DARREL HORN(LAFAYETTE,CA)	8- 5-39 8- 5-39	65-69 65-69
GARY CARR(US)	8- 4-44	60-64
TOM VON RUDEN(CA)	8-22-44	60-64
MICHAEL ACKLEY(CARMICHAEL,CA)	8-24-44	60-64
DONALD DROZD(US) JAMIN AASUM(PORTLAND,OR)	8- 6-49 8- 1-59	55-59 45-49
JOSEPH TAIWO(US)	8-24-59	45-49
MARY HAINES(NEWINGTON,CT)	8- 3-14	90-94
RUDY BURR(HONOLULU)	8-12-14	90-94
SYLVIA DOUĞLAS(COLLÉGE PLACE,WA)	8-20-19	85-89
HELEN DICK(LOS ANGELES)	8- 4-24	80-84
DOROTHY THOMAS(FRESNO,CA) DAWN RUSSELL(SPRINGFIELD,OR)	8- 7-24 8-12-24	80-84 80-84
ANGELINE TRANTHAM(HALTON CITY,TEX)	8-22-24	80-84
ANN KAHL(ORLANDO,FL)	8- 3-29	75-79
PAT MARTIN(TUCSON,AZ)	8- 5-29	75-79
JOAN ARSENAULT(ELKTON,OR)	8-17-29	75-79
BLANCH PAINE(WATERTOWN,MA)	8-29-29	75-79
HELENE LAURENT(SAN DIEGO,CA) PENNY WEAVER(CHARLOTTE,NC)	8- 9-34 8-11-34	70-74 70-74
BEVERLY NOLAN(BRUNSWICK,ME)	8-22-34	70-74
CINDY MCELWAIN(HARVARD,MA)	8- 3-39	65-69
MADELINE BOST(IRONIA,NJ)	8- 7-39	65-69
BARBARA MILLER(US)	8- 7-39	65-69
JANICE GERVAIS(SAN DIEGO,CA)	8- 5-44 8-10-44	60-64 60-64
REIKO DUBA(GLENDALE,CA) MARY SMITH(PORTLAND,OR)	8-18-49	55-59
SANDRA STEPP(ARCATA,CA)	8-24-49	55-59
ROSE MONDAY(SAN RAMON,CA)	8- 7-59	45-49
FELICIA ANDERSON(HOUSTON,TX)	8- 9-59	45-49
PAM CABANATUAN(US)	8-18-59	45-49
RUTH FRITH(AUS) ELIZABETH HAULE(GER)	8-23- 9 8- 9-19	95+ 85-89
GISELA BLADH(SWE)	8-10-24	80-84
DORLY BRECHBUEHL(CAN)	8-24-24	80-84
LAUREL FRAWLEY(AUS)	8-28-24	80-84
ROSEMARIE WENZELER(GER)	8- 3-34	70-74
ERNA BAUMAN(GER)	8-27-34	70-74 65-69
BRUNHILDE HOFFMANN(GER) SILVANA ACQUARONE(ITA)	8-17-39 8-18-44	60-64
ANNELT LAAJOKI(AUS)	8-28-44	60-64
MARGARET YATES(NZL)	8-30-44	60-64
OTTILIE NITSCHE(GER)	8-22-49	55-59
JEAN FAIL(GBR)	8-26-49	55-59
BERNARDINE PORTENSKI(NZL)	8-26-49	55-59
JEAN WILLS(GBR)	8-26-49 8-28-49	55-59 55-59
INGERLISE JENSEN(DEN) PETRA ALTRICHTER(GER)	8- 5-54	50-54
LAURA AGUILAR(MEX)	8-12-54	50-54
CARMEN KARG(RUS)	8-19-54	50-54
ANGELA BEADNALL(GBR)	8- 1-59	45-49
HAZEL BARKER(GBR)	8- 6-59	45-49 45-49
ILZE WICKSELL(RSA) CHRISTINE MCCAHILL(NZL)	8-10-59 8-29-04	45-49 40-44
OTHISTINE MOOATILE(NZE)	0.2004	



## On The Run

By HAL HIGDON

Hal Higdon will return next month.

#### Masters Willkomen at Volkslaufe

By RON MARINUCCI

Frankenmuth, Mich., greeted 1832 (including more than 926 masters) runners and walkers and nearly ideal weather conditions for its 29th annual Volkslaufe here on July 3.

The Volkslaufe ("People's Run") is a festival of races – 20K, 10K, 5K, 5K competitive walk, and 2K Gemuetlichkeit ("fun run"). The races reflect the proud German heritage of Frankenmuth, right down to imported German beer steins given as agegroup awards. Over the last couple of miles, run through residential neighborhoods, runners are urged on by blasts of German music, including some lively polkas.

A typical Volkslaufe forces runners to confront temperatures in the 80s and even 90s, but not this year. Although the humidity cranked itself up, the thermometer hovered in the lower 60s, amid bright sunshine and the slightest of breezes.

All courses are generally flat, with the longer ones mostly criss-crossing corn and soybean fields (yes, the corn was "knee high by the 4th of July") on blacktop roads. The heat and humidity, trapped by the fields and reflected by the blacktop, make the Volkslaufe runs quite challenging. That's one of the reasons the course records usually stand for quite a few years. But, as seen by the numbers, Frankenmuth on Independence Day (Saturday, July 3, this year due to the 4th falling on Sunday) is one of the places to be.

Masters participation was impressive, comprising more than half of all finishers. The 10K saw 56% of the field aged 40+, while nearly 60% of the 20K finishers were masters.

Conditions were ripe for Mike Scannell, 42, to set a new masters record in the 20K. His 1:06:55 (agegraded 1:04:17) broke the old mark by 95 sec., set in 1988 by Peter Hallop. Last year, Scannell also set a new 10K standard (32:14), breaking Hallop's 1987 masters mark of 33:00. Look for him to enter the 5K next year?

Other masters winners included Mark Furkis, 48, 16:40, second overall (A-G 15:08), and Christine Sipka, 50, 23:09, in the 5K; Kevin Hanson, 43, 35:26 (A-G 33:34), who demonstrated he can still run fast as well as coach, and Judy Holden, 43, 45:16, in the 10K; and Laurie Decker, 44, 1:24:26 (A-G 1:18:50), a repeat winner, in the 20K.

Ellen Nitz, 63, turned in a notewor-

thy performance or, rather, performances. She ran the 5K, 25:11 (A-G 19:13) and 10K, 49:46 (A-G 38:15), finishing at the top of her age-group in both. In the 5K, Andy Muchow, 41, 16:59, was fourth overall, while Brian Richards, 58, posted an 18:43 (A-G 15:37).

Roger Lara, 45, 36:42, bested a sixminute pace in the 10K, while Lee Burch, 66, 45:11 (A-G 35:01) and Jim Matherley, 68, 45:17 (A-G 34:18), provided an exciting finish in their age-group duel.

Perhaps the day's most impressive performance came from Gerard Malaczynski, 62. His 10K time of 39:16 age-grades to a 29:38.

Bob Daly, 71, 1:40:57, (A-G 1:03:00), Doug Goodhue, 62, 1:20:16 (A-G 1:05:19), and Jerry Johncock, 76, 1:47:35, (A-G 1:14:25) had fine efforts. The day's oldest competitor was Joe Thornburg, 87, who completed the 10K in 1:17:09.

Complete results for all of the Volkslaufe events can be found online at www.volkslaufe.org.

#### Masters Marathoner Tests Positive

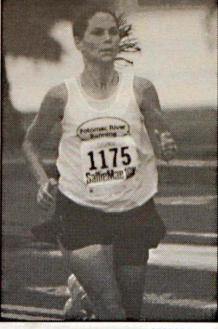
Marathoner Eddy Hellebuyck tested positive for a performance-enhancing drug in an out-of-competition test Jan. 30, the U.S. Olympic Committee announced July 14.

Hellebuyck, 43, finished eighth at the U.S. Olympic marathon trials Feb. 7 in Birmingham, Ala. He won the Twin Cities Marathon in 2003 and was seventh in last year's Boston Marathon. He lives in Albuquerque, N.M.

Hellebuyck is contesting the finding regarding erythropoietin (EPO), the USOC said. Although Hellebuyck did not qualify for the U.S. Olympic team, the USOC released news of his positive test 30 days after being notified by the U.S. Anti-Doping Agency. The public notification is required under U.S. anti-doping policy.

Any penalty against Hellebuyck will be announced later by USADA.

- The Associated Press



GEORGE BANKER Terry Rath, 40, finished in 42:17, 21st Sallie Mae 10K.



Aaron Pierson, 40, Oakland, Calif., winner (2:43:20) of Hawaii's Kona Marathon, June 20.

## Watkins, Blair Shine in Oak Apple Run

By RON MARINUCCI

ROYAL OAK, Mich. – More than 800 10K runners (including 353 masters) enjoyed a beautiful Saturday morning at the 27th annual Oak Apple Run, May 5.

This was in stark contrast to 2003's Oak Apple, which met with very humid, drizzly conditions, and Michigan's month of May, which was the rainiest, by far, on record.

Toss in another 200+ who did the accompanying one-mile and more than 1000 runners participated, despite scheduling snafus that led to the mega-Race for the Cure (more than 25,000) being run right down the road on the same day.

The masters race turned into quite a duel. David Watkins, 42 (35:45, age-graded 34:06), edged out Tim Emmett, 48 (age-graded 32:41), by a mere nine seconds. Watkins and Emmett were 10th and 11th overall, respectively.

Another 48-year-old, Jackie Blair, paced the masters women (42:33, age-graded 38:05) by more than three minutes.

Alan Glovack, 51, saw his 41:51 age-grade to 34:53, while Mike Stone,

53, had a 40:11 (age-graded 35:14).

Frequent racer Joe Thornburg, at age 87, was the oldest finisher, posting an 83:58. Blind runner Michael Holmes, 48, bettered his 2003 time by almost four minutes (50:02).

(Ron Marinucci can be reached at RMarin6424@aol.com.) □

#### TWENTY-FIVE YEARS AGO August 1979

- Women Break 14 U.S. Age-Group Records in West Regionals, Santa Ana, Calif.
- Ernie Billups Breaks U.S. Records in the 800 and 1500 at Nationals in Gresham, Ore.
- •Herb Lorenz (M40, 65:54) and Trudy Rapp (W40, 80:07) First in National Masters 20K in D.C.

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Bonnie Frankel, W55 1500 winner (7:19.46), Hayward Classic.

#### FIVE YEARS AGO August 1999

- •Russians Dominate Masters Titles in Grandma's Marathon
- •Record 330 at Hayward Classic, Eugene, Ore.
- •Emil Pawlik, M60, and Phil Raschker, W50, Shine in National Decathlon/Heptathlon



DON PREVEN
The top three in the 2003 NYRR Fifth Avenue
Mile M60+ race (I to r): Bill Borla, 63, 5:17; Vic
Heckler, 61, 5:13; and Sid Howard, 64, 5:19. The
2004 Fifth Avenue Mile is set for Aug. 14.

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## Training Advice

By EARL FEE

## Running Stride Length and Stride Frequency Decrease with Age

Il serious runners should be interested in how stride length and stride frequency change with increased speed, and how these change with increased age. A better understanding will indicate what may need to be worked on or improved in your particular case. This can lead to improved speed and/or greater running economy.

#### **Distance Runners**

At the 1984 Olympics, Jack Daniels, Ph.D., investigated the stride length and frequency of male and female runners for distance events from 800 meters to the marathon.

"The fastest turnover rates were among the 800 meter specialists, and the next were the 1500 meter runners, but from the 3000 meters on up to the marathon there was little variation in turnover rate...The women took only a few more steps per minute than the larger men who had much longer strides" (Daniels' Running Formula, p. 80).

For the 3000 and longer distances with nearly constant turnover, the slower speeds are accomplished by shorter strides. In these distance events nearly all runners have a turnover rate of near 180 steps per minute.

At my local YMCA I checked the steps per minute of five different runners going at different but moderate rate speeds and all were within a step or two of 180 steps per minute.

For a given long distance runner, the turnover is essentially the same within a few percent, whether the pace is racing at five minutes per mile or training at above six minutes per mile. If turnover is low, such as about 160 steps per minute for some beginners, it is beneficial to change with practice to 180 steps per minute.

Competitors in the middle distance events have considerably longer strides and the turnover may be up to about 220 steps per minute or 110 strides per minute.

For distance runners to increase speed, it is more productive to work on increasing stride length rather than frequency. Increased frequency will result in greater energy usage compared to increased stride length. My experience running in the deep end of a pool confirms the above.

In pool running a longer, more powerful arm and leg motion is about six percent faster than a rapid arm and leg action. (Note in pool running, as in land running, the arms drive the legs.) Or, alternately, to achieve the same speed as in the long powerful arm action, with the faster arm action, the fast arm action is more tiring.

Similarly, in swimming, the stroke length is more important than stroke frequency; a more powerful arm stroke will result in more speed with less energy than an increase in stroke rate.

#### Sprinters

For sprinters, as running speed approaches maximum, frequency changes more than stride length. A maximum stride length is achieved and then further speed is achieved by increase in frequency of turnover. Hence, to increase speed, sprinters need to work on both stride length and frequency.

#### Effect of Aging

Dr. Nancy Hamilton, of U. of Northern Iowa, investigated the effect of aging on running form by videotaping runners at the masters meet in San Diego and the World Masters Championships in Eugene, both in 1989 (Journal of Applied Biomechanics, vol. 9, p 15-26, 1993).

She compared the biomechanics of fast and slow, and older and younger athletes. From computer analysis, she learned of ways to preserve specific aspects of running form to slow down the decline in running speed with age.

#### **Facts**

The following are some of Hamilton's significant findings for runners:

- 1. Stride rate dropped off only a small amount, not statistically significant, after age 55.
- 2. Runners in their 80s had only 4 to 5% slower stride rates than 35-year-olds.
- 3. Stride length of 35-39-year-olds had stride lengths of 4.72 meters compared with 90-year-olds of 2.84 meters a 40% decline. (Note one stride = two steps.)
- 4. Stride length declined after age

Similarly for walkers, with increasing age, stride rate stays nearly the same, but stride length (gait) decreases drastically.

#### **Hamilton's Conclusions**

Hamilton concluded that the decline in stride length and velocity was due to the following, in order of importance:

- 1. Range of motion of hips during backward motion of the support leg decreased 38% between the ages of 35 and 90. This was most significant after age 50. [I call this "decline in toe-off angle," i.e., the angle between the back leg and the ground at push-off Earl Fee.]
- 2. Range of motion of knees during swing phase or forward return of leg

decreased 33% (from 123 to 95 degrees) between the ages of 35 and 90. This was most significant after age 60. [I call this "decline in knee flexion angle" – Earl Fee.]

3. With increased age, there was increased time spent in the support phase, or time spent in contact with the ground.

#### Toe-off Angle

Recommendations to reduce decline in toe-off angle:

- A strong thrust at toe-off also involves powerful calves, quads, hip flexors, gluteus muscles, and ankles. Weight train these areas once or twice per week. Also daily stretching of these areas is essential. One-leg squats are recommended to develop mainly the quads, and glutes, but also the hamstrings.
- To strengthen glutes in particular, lie on stomach with legs stretched out; raise one straight leg about 0.3 meters at your foot, and lower to floor. Do 3 sets of 10 reps daily.
- Strengthening the hip flexors will result in a higher knee of the return leg before touchdown. This, in turn, results in a more powerful toe-off thrust and a longer stride.
- Leg-swinging exercises will result in more flexible hips. I have always been a big advocate of flexibility of the hips to assist running form and economy. The leg-swinging exercises in the chapter on Running in the Pool in my book are recommended also during the warmup on land.
- The lunge exercise is very useful to increase the toe-off angle. Ensure that the back lower leg is parallel to the ground to achieve a great stretch of the hip flexor muscle.
- Toe raise exercises will result in a more powerful toe-off.

#### Knee Flexion

Recommendations to reduce decline in knee flexion:

Ideally the knee should be well flexed during forward return so the foot is near the buttocks. This results in a short lever with the center of gravity of the leg close to the pivot point – the hip. Hence the effort to swing the leg forward is much reduced, resulting in a fast return of the leg to the front.

- Lighter shoes will assist a faster return, since rotating a heavy object at the end of a lever, particularly a long one (as in a 90 degree bent knee), is harder work.
- Stretch the quad, hip flexor and hamstring muscles daily.
- The butt kick drill should be done regularly.

#### **Contact Time**

Recommendations to reduce the contact time during support phase:

- The usual recommendation is to dorsiflex the foot (flexed upward) before it strikes the ground. This also assists to have the foot land under the center of gravity (c. of g.), and helps prevent some possible braking by landing slightly in front of the c. of g.
- The running ABC drills and plyometrics will assist to reduce contact



Sharon Downing, winner of the W45 5000 (17:56.80), 2003 National Masters Championships. The 2004 championships will be held in Decatur, III., Aug. 5-8.

time. Plyometrics, particularly onelegged, will build strength and coordination in the foot, ankle, shin, calf, thigh, and hip, and will also activate the central nervous system. With the drills practiced regularly, it is possible to save about 0.01 per step. For example, this is a saving of over one minute in a 10K race, or one second in a 200 meter race.

 Pilates exercises regularly will improve hip and knee mobility.

• The following typical fast movements: fast feet drill and fast arms drill, punching bag drill, and fast moving of weights, will help preserve the neural pathways and the fast twitch muscles. This will also result in faster reaction times.

#### Useful Exercises

The following will assist stride length and stride frequency:

- Running uphill fast will enhance the dorsiflection of the feet and increase knee lift while building leg strength.
- Running downhill fast or running fast with a strong wind at your back will increase turnover.
- For all runners, strength, flexibility and reaction time are essential to increasing or maintaining stride length and stride frequency, but for distance runners a greater oxygen capacity will assist to a greater extent than these three. This is why elite runners are able to maintain long strides at reasonable frequencies at high speeds making it look easy. Their superior oxygen uptake allows for the additional energy required for a continuous smooth longer stride.

The anaerobic threshold runs, VO<sub>2</sub>max intervals, and long aerobic runs improve the distance runner's aerobic capacity which, in turn, allows for a longer stride.

(Earl Fee is author of How To Be A Champion from 9 to 90. To order see the NMN Publications Order Form on p. 13. This book will not be available next year.)

### Regional Masters Championships Wrap-up

Mid-America

The USATF Mid-America Regional Masters Championships were held at Korte Stadium on the campus of Southern Illinois University-Edwards-ville on June 12-13. The meet was hosted by the Ozark Association and served as its championships.

In the sprints, Bob Lida, 67, Wichita, Kans., M65 gold medalist in the 15th WMA World Championships in Puerto Rico, posted the best performance with a 12.92 in the 100 and a 26.75 in the 200. Anthony Davis, Indianapolis, Ind., won the M30 200 in 22.03.

Zenia Ayrton, W30, ran a 58.63 in the 400. Paul Gorden took the M50 race with a 57.77. Mark Wyckoff, Chicago, was the fastest in the 800, with a 2:00.59.

Jack Thomas, 40, finished the 400H in 58.62. David Sykes, 44, high jumped 6-1 1/2. Christel Donley, 69, equaled her W65 2003 second-ranked mark of 1.15.

Mark Collier, 36, Ballwin, Mo., neared Olympic Trials qualifying range with a 191-0 in the discus. Richard Cochrane, 65, was in M65 U.S. record territory (176-11) with a 174-1.

Tom Pukstys, 36, who has qualified for the Trials in the javelin, finished with a 245-9.

Tim Edwards, 56, had the farthest weight mark (50-8 1/4).

#### Midwest

Tim Graf, M45, was the fastest in the 100 (11.70) and 200 (22.30), at the Midwest Masters Championships in Bourbonnais, Ill., June 26. Pierre Dobrovolny won the M70 100 (15.26). Lynne Ingalls, W60, took the

### **Matson Wins Dipsea**

After a layoff from January to mid-April due to injury, Shirley Matson made a comeback in time to compete in the rugged Dipsea Race on June 13.

In the race, head start minutes are assigned to runners according to age and gender. With a good handicap, Matson, 63, was able to move into the lead early and hold on to make history by winning the Dipsea for the fourth time (1993, 2000, 2001, 2004).

The 7.1 mile trail race starts in Mill Valley, Calif., wth a climb of 676 stairs and continues climbing up Mt. Tamalpais for about 4.5 miles. Then it takes a swift downhill, with runners scrambling through poison oak-lined trails and down more stairs to finish at Stinson Beach on the Pacific Coast.

Since the race began in 1905, only Sal Vasquez has won it more times, with seven to his name. About 10 people have won it twice.

On June 19, Matson continued her comeback in the Shriner's 8K, Sacramento, Calif., winning the W60 race with a 33:48, and breaking Marion Irvine's age-63 record of 35:10, set in 1993 at the Fifty Plus 8K at Stanford.

100 (16.22), 200 (31.70) and 400 (75.70)

Sunder Nix, M40, ran a 50.70 400. Mark Wyckoff (2:01.09) held off Chris Slabach (2:01.65) for the M40 title in the 800. Jack Thomas finished the 400H in 59.41.

Matti Kilpelainen, M55 U.S. indoor record holder, vaulted 3.81.

Ron Summers, M55, outthrew everybody else in the shot put with a 15.80. Ruth Welding, W45, won the discus (37.14).

Pukstys, M35, warmed up for the Olympic Trials in Sacramento with a 259-4 javelin toss.

#### Southeast

The USA Triathlon Training Center in Clermont, Fla., hosted the Southeast Regional Masters Championships at its track & field complex on June 26. Mike Brown, M50, threw the 700g javelin 66.19. The M50 pending world record is 65.88. In other javelin action, Roald Bradstock, M40, Olympic Trials qualifier, finished with a 71.09.

In the 100, Kendrick Wright, M30, ran a 21.78, and Alex Costa, M35, a 21.94. In the 200, Bill Tharpe won the M55 race in 25.73, and Tasha Downing, the W35 in 24.76. Andrea Thomas, W35, ran a 57.09 400.

Tom McDonald, M80, ran the 5000 in 27:47.00.

Gerald Vaughn, M65, was top man in the shot put (13.52). Gloria Bortell, W70, hit 7.16 with the 4k shot, and 19.22 with the 1k discus. Larry Pratt, M60, outdistanced everybody else in the discus (51.27).

Race director Don De Noon, M60, posted the best mark in the 5000 racewalk (27:12.20). □



Leonard Davies, M60 800 winner (2:37.97), Hayward Classic.



JERRY WOJCIK

Start of the M70+ 100, 2003 Huntsman Senior Games. The 2004 Games are scheduled for Oct. 4-16, St. George, Utah.

#### **Josephine Kolda** (1918 - 2004)

Josephine (Josie) Kolda died May 4, 2004, in Akron, Ohio, of a massive stroke. She was born March 24, 1918. A lawyer, she worked for the Social Security Administration until her retirement.

She began running in 1974 and joined the Northern California Seniors TC in 1977, the same year she competed in her first WAVA World Championships in Goteborg, Sweden, winning gold medals in the 100, 400 and 4x100.

She became a dedicated runner, and with Coach Mark Grubi by her side, went on to set many national and world records. At age 64, she held

Fax to: 818-760-4490

three world records, and at 65, she had two more. She competed in the WAVA Championships in Germany, New Zealand and Puerto Rico.

She retired from running to help Grubi with their race horses, and after his death raced two of them to a first and second place in several races at California's Golden Gate Fields.

She served for many years as NCSTC secretary and editor of its newsletter, and, with Grubi, as coordinator and official at the club's meets. She is survived by three brothers and many nieces and nephews. – Shirley Dietderich

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## Report from Britain

By BRIDGET CUSHEN

record 774 athletes entered the 34th British Masters T&F Championships, June 26-27, in Birmingham. With entries averaging three per athlete, officials and stadium facilities were at full stretch. Intermittent heavy showers and blustery wind were not conducive to fast times, but by close of play the M90 5000 world record and 26 British records were broken.

Undefeated in 149 races - his agegroup records have stood the test of time and still dominate the world, European and British record books the tall figure of the mercurial Ron Taylor reappeared on his home track.

After quitting the arena some years ago, saying he could not be bothered and did not want to be bothered about sprinting, a move into the M70 age group proved irresistible.

As he raced away from his seven pursuers down the 100 in characteristic Ron Taylor style, the knee lift may have been a little lower and his stride less snappy, due, he says, to a few excess pounds. His winning time of 13.39 from another luminary, Charlie Williams (14.35), is no mean performance after a long layoff.

He does not have any set plans, but don't rule him out of San Sebastian next year!

Three heats were necessary in the M40 100, won by Anthony Noel in

11.35, who then went on to take the 200 on Sunday (22.72). Alan Meddings, M75, powered through the 100 in 14.55, declaring that it was his swan song in Britain, but he will be competing in the European Championships at the end of the month.

A British W55 200 record fell to Vivien Bonner, right on cue for the Europeans, in 27.53, and W60 world record holder, Ester Linaker, took both sprint titles.

The biggest cheer was for Scotsman Gordon Porteous, 90, winning the M90 British 1500 in a record 9:01.92. He was back on Sunday to break the M90 5000 world record, running 31:25.45 at the back of the M70+ field.

The photo finish equipment failed immediately before the start of the women's 2000m steeplechase. World gold medalist Jane Pidgeon ran a brilliant W40 race in a hand-timed 7:29.0.

Rachel Rossouw, 62, ran a 10:45.7, faster than the existing British record.

Karen Marshall's W50 5000 in 18:29.37 will be ratified.

After running 64.62 for a British W40 record in the long hurdles the previous week, Virginia Mitchell retained her title in Birmingham in difficult conditions in 64.97.

There were meet and British records galore in the field events. The M40 shot put entry was comparatively small, but the contest was excellent when the WMA indoor silver medalist, Andy Turner, clashed with Steve Whyte making his first appearance at a BMAF championships. Whyte won the shot and weight competitions.

M70 Gordon Hickey's shot put of 12.21, and M85 Tony Rawlinson's discus of 13.02 are national records. Mike Small, M50, set a British record of 18.33 in the weight.

Also in top form was Esther Augee, W40, setting records in the hammer (45.59) and weight (12.45).



Kenii Fuiikawa, Chiba, Japan, M65 winner

### (3:52:40), Kona Marathon, Kailua-Kona, Hawaii, June 20.

## WMA/USATF Hurdles and Implements Specifications

	and dade		HURDL			el-mi-m
			WOME			
Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8'/2"	8.5m 27'10'/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	7.0m	19.00m	8
60+	80m	.686m 27"	39'4"	22'11'/2"	62'4"	
30-39 40-49	400m	.762m 30"	45.00m 147'73/4"	35.00m 114'9'/2"	40.00m 131'2'/₂"	10
50-59	300m	.762m 30"	50.00m	35.00m	40.00m	7
60+	300m	.686m 27"	164'0'/2"	114'9'/2"	131'2'/2"	THE WAY
			MEN			mrstar ar
30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10'/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m	7.0m	19.0m	8
80+	80m	.686m 27"	39'4"	22'11'/2"	62'4"	
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	
50-59	400m	.840m 33"	147'7'/2"	114'9'/2"	131'2'/2"	10
60-69	- 300m	.762m 30"	50.00m	35.00m	40.00m	
70+	300m	.686m 27"	164'0'/2"	114'9'/2"	131'23/4"	7
	R. Marie		IMPLEME	NTS		L. Contract
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT SU	PER WEIGH

#### GROUP USATE Wome 4.00k 1.00k 4.00k 600 gms. 20# 35# 3.00k 50-59 1.00k 3.00k 16# 25# 3.00k 1.00k 3.00k 400 gms 25# 60+ 12# Men 30-49 .26k (16 lbs.) .26k (16 lbs.) 800 ams. 35# 56# 700 gms. 50-59 6.00k 1.50k 6.00k 56# 25# 60-69 5.00k 1.00k 5.00k 600 gms. 20# 56# 70-79 4.00k 1.00k 4.00k 500 gms. 16# 35# 80+ 4.00k 1.00k 4.00k 400 gms 12# 35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m) WMA weights are used for USATF weight pentathlons. Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle,

and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.

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## Masters Scene

(14.20), Garden State AC Track Meet, Randolph NJ. June 6.

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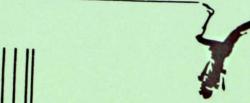
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#### EAST

· John Del Maestro, M45, Woodbury, NY, with a 36:07, and Barbara Gubbins, W40, Southampton, NY, in 40:39, hurried to masters wins worth \$300 apiece in Long Island's Shelter Island 10K, June 12. Over 1200 finished the race.

Stephen Sergeant, M40, 27:28, and Kathy Aragon, W40, 31:50, shot to masters wins in the Battle of Bunker Hill 8K, Cambridge, MA, June 13. Frankie Keane ran away with the M65 race in 35:47. Christine Williamson took the W50 contest in 40:34.

 Christa Winslow, 40, captured the women's race with a 1:29:28, Vestal XX 20K, Vestal, NY, June 19. Gray Fancher, was first M40+ (73:16), Charles Woidt, top M50 (1:22:21). Tony Cerminano won the M65 race (1:31:02)

 Don DiDonato, 46, in 16:56, and Kathy Martin, 52, with a second-female 18:32, were first masters in the David Lerner Associates Long Island Police Appreciation Run 5K, Eisenhower Park, June 19. Oldest finishers were John McManus, 80, 31:27, and Dolly Finkelstein, 74, 37:56. Proceeds from the run, staged by the Greater Long Island RC, went to a special Police Crisis Fund, established to aid Nassau and Suffolk County law enforcement officers and their families in time of emergency, and which has distributed over \$150,000 to local police officers and their families.

· Chris Chattin, 40, Columbia, MD, in an eighth-place 33:15, and Patti Shull, 45, with a fourth-female 37:56, docketed masters firsts in the 14th Lawyers Have Heart 10K, Washington Harbour, DC, June 14. Jim Hage, 46, Kensington, MD, was 10th (33:39). Richard Adams, 53, Herndon, VA, won the W50 race in 37:19. Patrick Griffin, 59, Alexandria, VA, broke the 40-minute barrier, with a 39:10. Paul Lackey, 79, Arlington, VA, ran a 55:07. Over 2200 fin-

. Lloyd Williams, M70, hit the 100m finish line in 13.97; Frank Schiro, M50, was the fastest of the day in the 400 (54.74); Catherine Stone-Borkowski, W40, ran a 2:23.90 800; Roger Price, M55, was second overall in the 5000 (17:33.84), and Charles Roll, M55, had the best SP

June 19. Summer Drown, an 84:34, and Carrie Parsi, W65, posted a

· Jackson Kipng'ok, M40, 46:18, and Firaya Sultanova-Zhdanova, W40, 52:18, steamed to masters firsts, Boilermaker 15K, Utica, NY, July 11. Division winners included Gary Romesser, M50, 52:31, Henry Sypniewski, M80, 1:44:13, and Diane Legare, W50, 59:29.

#### SOUTHEAST

Cindy Pomeroy, 42, was first woman (19:14), and Al Swenson, 57, second man overall (17:39), Run for the Arts, Hartford, CT, June 19. Mark Turkington, 60, won the M60+ contest in 20:07. On June 26, Swenson ran a third overall (17:39) in the Freedom Run 5K, Deerfield Beach, FL. First W40+ was Karen Kastritis, 40, in 21:32. Charlie Galloway, 55, took the Grand Master M50-59 race in 18:44.

 Isaac Izquierdo, 40, 17:17, and Char Davidson, 50, 21:12, blew to masters wins, Weston Hometown July 4 Classic 5K, Weston, FL. Alan Miller won the M55 race in 18:57, Roger Rouiller, the M65 in 19:34, and Jerome Kauffman, 80, the M80+ in 40:02.

#### MIDWEST

 Sprinters Darron Witherspoon, M40, ran a 23.21 200, and Mike Woodbeck, M45, a 55.73 400, USATF Michigan Masters Championships, Grand Rapids, Chuck Sochor, M75, took the 80H (18.14) and 300H (79.22). Skrycki, M35, hit 58.92 with the 16# ham-Charlie Green, M45, stuck a 54.75 with the javelin

 Robert Thomas, M35, ripped to a 49.68 400, and a 22.54 200; Sunder Nix, M40, cranked out a 52.15 400; and Kathleen Shook, W40, a 27.90 200, USATF Indiana Masters Championships, Indianapolis, June 19. Max Walker, M55, led everybody to the finish in the 3000 RW (15:41). Paul Babits, M40, vaulted 16-0.

· In the Cleveland Track Classic, Cleveland Heights, OH, July 3, Nix ran a 50.70 400; Ronald Ruffin, 56, did a 5:17.40 1500 and 11:26.70 3000; and Debbie Lancashire, W40, threw a 128-0 hammer.

· Bill Owens, M40, 21:27, and Jenny Spangler, W40, 22:30, churned out masters firsts in the Steamboat Classic 4 Mile, Division winners Peoria, IL, June 12. included Ray Parella, M65, 25:18, and Judy Teeple, W60, 29:21. Top masters in the 15K were Les Myers, M45, 55:02, and Peggy Joseph, W40, 62:23.

Lynn Tracy set a W50 US record for the 5000 RW with a 26:29.20, USATF Wisconsin Championships, Milwaukee, June 20. The present record is 26:36.99 by Gayle Johnson.

#### **MID-AMERICA**

m Markwardt 45 La Crosse WI 16:52, and Janet Rosen, 50, MN, fourth woman in 19:39, nasters honors in the William A



KONRAD WOJCIK bins broke the M60 U.S. 200 record 79, Hayward Classic, Eugene, Ore.

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Marathon, Steamboat Springs, CO, June 6. Diane Ridgway, W50, was first W40+ (3:29:46)

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Carla Edman Surina, W40, with the 98# weight, 2003 Ultra Weight Classic. The 2004 Classic will be held along with the National Masters Weight & Superweight Championships, Seattle, Sept. 11

overall winner's prize, Mayor's Midnight Sun Marathon, Anchorage, June 18. Esther Jurasek, W40, 3:03:41, won the W40+ contest. Shirley Eubank, W60, finished in 3:20:03. David Kroupa, M45, was initial M40+ in the 10K (34:08).

#### CANADA

· Debbie Brill upped the W50 HJ world record to 1.60 in the BC Masters Championships, Langley, Canada, June 20. Weia Reiboud, NED, holds the record at 1.57 in 2000.

#### INTERNATIONAL

· South African Phillip Rabinowitz's attempt to break the M100 WR for the 100m was foiled when the automatic timer failed in a meet in Cape Town, July 3-4. Rabinowitz, a racewalker, ran a 28.7, nine seconds better than the current record of 36.19 by Erwin Jaskulski in 2002. After the race, Rabinowitz vowed to try again in October, but instead, he opted for another try a week later on the 10th, and became the world's fastest centenarian with a 30.86 at Green Point Stadium, Cape Town. From NMN correspondent Leo Benning, "Although it is mid-winter in South Africa, temperature was about 20C with a slight headwind. Conditions were practically ideal. According to the media, Rabinowitz and Jaskulski might meet in a race in Hawaii in November. As the WMA statistician for Africa, I'll be applying for the ratification of this record."

· Simon Poelman, 41, of New Zealand, scored an age-graded 8277 in the decathlon at a meet in Niedersachsen, GER, June 26-27. The present record is 7789 by Wolfgang Linkmann, GER, in 1981. In October 1998, Poelman was sentenced to five-and-a-half years in prison for importing ecstasy pills with a street value of \$200,000. He was released in January

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#### CORRECTIONS

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Indoor Rankings 2004 M35 Marek Wensel 2nd 6.86 800m: M35 Eric Green 5th 2:01.68 M30 Matt Smith 5th 4:34:87 M35 Eric Green 1st 4:26.17 3000m: M30 Matt Smith 3rd 8:54.19 8:52.29 M35 Eric Green 1st M50 John Carmony 6th M70 Robert Hewitt 1st 3000m Racewalk M40 Michael Carlson 5th 9:10.80 M60 John Elwarner 2nd 16:52.72 W50 Lynn Tracy 1st 15:53.0

## Masters Scene

#### NATIONAL

 Road Race Management is seeking nominations for the Marathon Foto/Road Race Management Road Race Director of the Year Award, presented by Running Times. Nominations close Sept. 2. The winner will be announced at the annual Road Race Management Race Director's Meeting, Oct. 23, Fort Lauderdale, FL. For nomination forms, send a SASE to Jeff Darman, c/o Road Race Management, Race Director of the Year, 110 East State St., Suite 15, Kennett Square, PA 19348; or by downloading from the RRM Web site: www.rrm.com.

 From Andy Martin, USATF Associate Director of Associations & Member Service, in re the "90-day rule": While an official interpretation of the 90-day rule is still forthcoming, I can tell you if an athlete represents (competes for) a member club in a sanctioned event that the athlete is not eligible to represent another member club for 90 days."

 The National Masters 20K RW, listed for Nov. 14 in previous issues, will be held under the sponsorship of the Florida AC on Nov. 21, Tradewinds Park, Coconut Creek. Contact **Bob Fine**, 561-499-3370; bobfine @bellsouth.net.

#### **EAST**

 John Del Maestro, M45, Woodbury, NY, with a 36:07, and Barbara Gubbins, W40, Southampton, NY, in 40:39, hurried to masters wins worth \$300 apiece in Long Island's Shelter Island 10K, June 12. Over 1200 finished the race.

 Stephen Sergeant, M40, 27:28, and Kathy Aragon, W40, 31:50, shot to masters wins in the Battle of Bunker Hill 8K, Cambridge, MA, June 13. Frankie Keane ran away with the M65 race in 35:47.
 Christine Williamson took the W50 contest in 40:34.

 Christa Winslow, 40, captured the women's race with a 1:29:28, Vestal XX 20K, Vestal, NY, June 19. Gray Fancher, M40, was first M40+ (73:16), Charles Woidt, top M50 (1:22:21). Tony Cerminano won the M65 race (1:31:02).

• Don DiDonato, 46, in 16:56, and Kathy Martin, 52, with a second-female 18:32, were first masters in the David Lerner Associates Long Island Police Appreciation Run 5K, Eisenhower Park, June 19. Oldest finishers were John McManus, 80, 31:27, and Dolly Finkelstein, 74, 37:56. Proceeds from the run, staged by the Greater Long Island RC, went to a special Police Crisis Fund, established to aid Nassau and Suffolk County law enforcement officers and their families in time of emergency, and which has distributed over \$150,000 to local police officers and their families.

• Chris Chattin, 40, Columbia, MD, in an eighth-place 33:15, and Patti Shull, 45, with a fourth-female 37:56, docketed masters firsts in the 14th Lawyers Have Heart 10K, Washington Harbour, DC, June 14. Jim Hage, 46, Kensington, MD, was 10th (33:39). Richard Adams, 53, Herndon, VA, won the W50 race in 37:19. Patrick Griffin, 59, Alexandria, VA, broke the 40-minute barrier, with a 39:10. Paul Lackey, 79, Arlington, VA, ran a 55:07. Over 2200 finished.

Lloyd Williams, M70, hit the 100m finish line in 13.97; Frank Schiro, M50, was the fastest of the day in the 400 (54.74); Catherine Stone-Borkowski, W40, ran a 2:23.90 800; Roger Price, M55, was second overall in the 5000 (17:33.84), and Charles Roll, M55, had the best SP

(14.20), Garden State AC Track Meet, Randolph, NJ, June 6.

 Teresa Vaill, W40, 1:10:43, was first woman overall at the USATF National Masters 15K Racewalk Championships, Lincoln, RI, June 13, coming in ahead of first men's master, Mark Green, M45, 1:14:49.

• Ed Kuri, 42, 27:51, and Oleana Plastina, 40, 33:55, led the masters at the annual Lesbian and Gay Pride Run 5-Miler (sponsored by NYRR and Front Runners New York), Central Park, NYC, June 26.

 The WABC Fight Against Prostate Cancer 8K, Central Park, NYC, June 20, drew 2176 runners. Topping out in the masters division were Piotr Karasiewicz, 42, 26:57, and Christina Bilsky, 40, 31:19

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• Masters winners at the MAC/USATF 15K Racewalk Championships, Central Park, NYC, were Alexis Davidson 48, 1:28:56, and Luanne Pennesi, 49, 1:44:43. Barbara Shimasaki, 50, 1:52:12, and Ruth Gersh, 50, 1:52:15, duked it out for first W50 honors.

• Andy Ames, M40, 66:10, and Cathy Pearce, W40, were masters winners up the Mt. Washington 7.6 Mile, Gorham, NH, June 19. Sumner Brown, M60, turned in an 84:34, and Carrie Parsi, W65, posted a 1:52:14.

 Jackson Kipng'ok, M40, 46:18, and Firaya Sultanova-Zhdanova, W40, 52:18, steamed to masters firsts, Boilermaker 15K, Utica, NY, July 11. Division winners included Gary Romesser, M50, 52:31, Henry Sypniewski, M80, 1:44:13, and Diane Legare, W50, 59:29.

#### SOUTHEAST

• Cindy Pomeroy, 42, was first woman (19:14), and Al Swenson, 57, second man overall (17:39), Run for the Arts, Hartford, CT, June 19. Mark Turkington, 60, won the M60+ contest in 20:07. On June 26, Swenson ran a third overall (17:39) in the Freedom Run 5K, Deerfield Beach, FL. First W40+ was Karen Kastritis, 40, in 21:32. Charlie Galloway, 55, took the Grand Master M50-59 race in 18:44.

Isaac Izquierdo, 40, 17:17, and Char Davidson, 50, 21:12, blew to masters wins, Weston Hometown July 4 Classic 5K, Weston, FL. Alan Miller won the M55 race in 18:57, Roger Rouiller, the M65 in 19:34, and Jerome Kauffman, 80, the M80+ in 40:02.

#### MIDWEST

Sprinters Darron Witherspoon, M40, ran a 23.21 200, and Mike Woodbeck, M45, a 55.73 400, USATF Michigan Masters Championships, Grand Rapids, June 19. Chuck Sochor, M75, took the 80H (18.14) and 300H (79.22). Joe Skrycki, M35, hit 58.92 with the 16# hammer. Charlie Green, M45, stuck a 54.75 with the javelin.

Robert Thomas, M35, ripped to a 49.68 400, and a 22.54 200; Sunder Nix, M40, cranked out a 52.15 400; and Kathleen Shook, W40, a 27.90 200, USATF Indiana Masters Championships, Indianapolis, June 19. Max Walker, M55, led everybody to the finish in the 3000 RW (15:41). Paul Babits, M40, vaulted 16-0.

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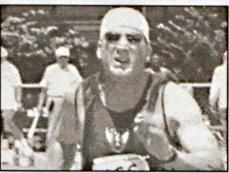
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William Markwardt, 45, La Crosse, WI, ninth in 16:52, and Janet Rosen, 50, Cloquet, MN, fourth woman in 19:39, nabbed masters honors in the William A.



Steve Robbins broke the M60 U.S. 200 record with a 24.79, Hayward Classic, Eugene, Ore.

Irvin 5K, Duluth, MN, June 19. Thom Weddle, 65, won the M65 race (19:12).

• Steve Krebs, 41, propelled to an overall win with a 2:48:34 in the Steamboat Marathon, Steamboat Springs, CO, June 6.

Diane Ridgway, W50, was first W40+

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## 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 open to men and women over age 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene, OR 97405.

#### TRACK & FIELD

#### NATIONAL

August 5-8. 37<sup>th</sup> Annual USATF National Masters Championships, Decatur, Ill. Don Luy, 1184 W. Main St., Decatur, IL 62522. 217-420-6625, www.millikin.edu. Decatur Area Convention & Visitors Bureau, Teri Hammel, Dir. of Sports Marketing, 800-331-4479; teri@decaturcvb.com; http://www.millikin.edu/athletics/track/USATFMasters/04master.html

August 14-15. USATF National Masters Weight Pentathlon Championships, Reading, Pa. Entry form on www.mausatf.org. Aug. 14 SW at 5:00 pm., Albright College, follows first day flights of WP. Top five scores-age graded. Ray Feick, 610-754-6007; ffeick@aol.com

August 21-22. USATF National Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Watry, 3224 CR 2700E, Penfield, IL 61862. 217-367-8438, x152; jwatry@gillathletics.com September 11. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

November 30-December 5. 2004 USATF Annual Meeting, Portland Hilton, Portland, Ore. One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www. usatforg

June 3-18, 2005. National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com

#### EAST

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

August 5. HMRRC Runner's Pentathlon, Shaker HS, near Siena College, Albany, NY. 518-489-5311 (e); kennyskin@earthlink.net August 7-15. Granite State Games, Manchester, NH. Charles Houser, 603-622-9041;

www.nhseniorgames.org

August 14-15. International Implements
Challenge, Dartmouth College, Hanover, N.H.
Carl Wallin, 58 Stoney Brook Rd., Lebanon,

NH 03766. www.lancertiming.com August 17, 24. Wissahickon Wanderers Distance Meets, Philadelphia, PA. Dan Gordon, dgordon95@comeast.net

August 7, 21. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvtc.org September 4-5. Potomac Valley TC Games, Langley HS. 703-671-2520; www.pvtc.org September 10-12. New Jersey Senior Olympics Fort Monmouth. Michael Garamella

ympics, Fort Monmouth. Michael Garamella, 973-618-1111.

September 10-October 8. Maryland Senior Games, Towson II. Baltimore, 410-704-4456.

Games, Towson U., Baltimore. 410-704-4456; email: mso@towson.edu; www.towson.edu/ olympics

September 18. Delaware Fall Throwers Classic, U. of Delaware, Newark. Larry Pratt, 302-322-1718; discoach@aol.com

#### SOUTHEAST

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

August 14. Runner's Pentathlon, Knoxville, TN. Masters & Open; starts with 3200, ends

with 200. Ross Dunton, 865-774-0023; www.coachr.org/tennmastersentry.htm

September 27-October 3. North Carolina Senior Games, Raleigh. 919-851-5456; email: ncsg@mindspring.com; www.ncseniorgames.

September 29-October 2. Georgia Golden Olympics, Warner Robins. Vicki Pilgrim, 404-657-6644; vcpilgrim@dhr.state.ga.us; www.georgiagoldenolympics.org

#### MIDWEST

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

August 6-10. Michigan Senior Olympics, Lansing. Marye Miller, 248-608-0255; www. michiganseniorolympics.org

September 7-19. Wisconsin Senior Olympics, Milwaukee. 262-821-4444; email: wisenioroly mpics@sewaaa.com; www.agingresource.com September 9-14. Indiana Senior Games, Indianapolis. 800-253-2188; spatrow@swirca.org; www.swirca.org

September 14-18. Kentucky Senior Games, Pikeville. Eddie Bowen, 270-358-4321; www.scrtc.com/~wenk4jz

September 15-19, 22-26. Illinois Senior Olympics, Springfield. 217-753-0701; email: dstaley@springfieldparks.com

September 18. Norm Bower Memorial Weight Pentathlon, Kent St. U., Kent, OH. Also individual events. OTHTC, 6744 Connecticut Colony Circle, Mentor, OH 44060. Rex Harvey, 440-954-8122; Jeff Gerson, 473-0636.

#### **MID-AMERICA**

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

August 1. Blair Masters & Open Meet, Blair HS, NE. Mike Maryott, 402-426-5955.

August 12-15. Nebraska Senior Olympics, Kearney. Michael Fearnley, 308-233-3229; www.nebraskaseniorgames.com

www.nebraskaseniorgames.com
August 21. Halstead Masters & Open Mini
Meet, Halstead HS, Kansas. 4 p.m. Bob
Everoski, Halstead Recr. Commission, 316835-3366; 835-2286.

September 4-5. Rocky Mountain Masters Games, CSU-Ft. Collins. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602; Jerry Donley, 719-635-1264

September 8-12. South Dakota Senior Games, Brookings. 605-427-2218; email: letsplay@ iw.net; www.geocities.com/sdseniorgames

September 25-26. Kansas Senior Olympics, Topeka. 5K road Sept. 24. 785-368-3798; bsewell@topeka.org

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 18. Lions 14th Relays, Austin, TX. (s) McNeil HS, Austin. waterlootrack andfield.org

September 18-October 16. Louisiana Senior Olympic Games, Baton Rouge. 225-925-1748; email: lsog@lsog.net; www.lsog.net

September 21-29. Oklahoma Senior Olympics, Tulsa. 918-596-7866; email: danabrown @ci.tulsa.ok.us; www.oksrgames.com

September 24-26. Arkansas Senior Olympics, Hot Springs. 501-321-1441; arsolym@hot springs.net; www.srsports.org November 20. Lions Fall Throws Meet, Lions Fields, Austin, TX. (s) waterlootrackand field.org

#### WEST

Arizona, California, Hawaii, Nevada, New Mexico

August 4-8. New Mexico Senior Olympics, Las Cruces. 505-623-5777; www.nmsenior olympics.org

August 5-8. Elko Senior Olympic Games, Elko, NV. 775-777-2292; cc425@citilink.net September 19. San Diego Senior Olympics, Westview HS. 619-226-1324; www.sdsenior games.org

September 25-October 9. Nevada Senior Games, Las Vegas. (s) NSG, 3111 S. Valley View Blvd. M-103, Las Vegas, NV 89102; nevadaseniorolympics.com

October 2. Ćlub West Masters Meet, UC-Santa Barbara. Gordon McClenathen, 805-964-3005; Beverley Lewis, 969-5852; fax: 969-6613.

October 17. 14th Self-Transcendence Masters Meet, CSU-Long Beach. 40+. Bigalita Egger, 6220 Bristol Parkway, #315, Culver City, CA 90230. 310-645-0271; fax: 645-8618; www. srichinmoyraces.us

#### NORTHWEST

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

August 13-22. Alaska International Senior Games, Fairbanks. Jim Madonna, 907-456-2569.

October 4-16. Huntsman World Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net

#### INTERNATIONAL

August 25-29. NCCWMA Championships, Dorado, Puerto Rico. NCCWMA, PO Box 482, Dorado, PR 00646-0482. WP, 8K XC; half-marathon. 787-528-2003; fax: 787-796-4669; email: frr2728@yahoo.com; www.angelfire.com/games5/dorado2004

October 17-29. South Pacific Masters Championships, Cook Islands. M30+ & W35+. Gary Tuttle, 805-643-1104; 10K28 26@earthlink.net

October 21-27. Oceania Championships, Rarotonga, Cook Islands. www.world-mastersathletics.org

November 6-13. South America Championships, Montevideo, Uruguay. www.worldmasters-athletics.org

masters-athletics.org
November 6-14. Pan Pacific Masters Games,
Queensland, Australia. 45 sports. Phone: +61
7 5564 8733; fax: +61 7 5564 9733; www.mas
tersgames.com.au

July 22-31, 2005. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005worldmasters.com

August 22-September 3, 2005. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

### LONG DISTANCE RUNNING

#### NATIONAL

September 11. American Ultrarunning Association Championships/Olander Park 100 Mile, Sylvania, Ohio. 419-885-7399; www.americanultra.org/olander/text.html

September 26. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 805-239-5200; www.hobfunrun.com

October 2. USATF National Masters Championships/Tussey Mountainback 50 Mile, Boalsburg, PA. Mike Casper, 814-238-5918; email:mcc4@psu.edu; www.nvrun.com/ MTB50.html

October 3. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. www.twincitiesmarathon.org

#### ON TAP FOR AUGUST

#### TRACK AND FIELD

On the 5th, the 37th National Masters Championships rolls into Decatur, IL, for a four-day Midwest stint. From there, throwers can travel leisurely to Reading, PA, for the Masters Weight Pentathlon Championships on the 14th-15th, while combined-eventers can hang out until the Masters Decathlon/ Heptathlon Championships a short distance away in Neosho, MO, on the 21st-22nd. This climactic month ends with the NCCWMA Championships, Dorado, Puerto Rico, on the 25th-29th.

#### LONG DISTANCE RUNNING

From coast to coast, the month opens with the Peoples Beach to Beacon 10K, Cape Elizabeth, ME, and the San Francisco Marathon on the 1st. The Falmouth Race, Falmouth, MA, takes up the 8th. The Midnight Run 5K, Cullman, AL, starts at 11:59 p.m. on the 13th. The NYRR stages the Fifth Avenue Mile, and Hurley, WI. hosts the Paarvo Nurmi Marathon on the 14th. Californians can opt for America's Finest City Half-Marathon, San Diego, or McConnell's Ice Cream 10K. Santa Barbara, on the 15th. Uprunners will head for the Pikes Peak Ascent and Marathon on the 21st-22nd. The final weekend lists the Hood to Coast Relay in Oregon on the 27th; Maggie Valley, NC, Moonlight 8K, Crim Festival 10 Mile, Flint, MI, and Charleston, WV, 15 Mile on the 28th; and the Minnesota Masters 15K, Edina, on the 29th.

#### RACEWALKING

National championship titles will be won in the 5000 track, on the 6th, and 10K road, on the 8th, in Decatur.

October 17. USATF National Masters 5K Cross-Country Championships/Saratoga National Bank Classic, Saratoga Springs, NY. Rob Picotte, 518-869-5898; rpicotte@nycap.rr.com October 17. USATF National Masters Championships/Dupont Forest Trail Marathon, Hendersonville, NC. Greg Walker, 828-692-5774, x11; gregw@mchsi.com; www.ymca hendersonville.org/SpecialEvents/DupontMara thon.htm

November 6. American Ultrarunning Association Championships/San Diego 1 Day-24-Hour Run, San Diego, Calif. 760-967-8348; www.sandiego.ldayrace.com/index.html

www.sandiegoldayrace.com/index.html
November 7. USATF National Masters 8K
Cross-Country Championships, Boston, Mass.
Steve Vaitones, office@usatfne.org

November 14. USATF National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; darksiderunning club@comcast.net

November 30-December 5. 2004 USATF

Annual Meeting, Portland, Ore. Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www. usatf.org December 4. USATF National Masters 10K Cross-Country Championships, Portland, Ore.

www.usatf.org December 18. USATF National Masters Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50k.com

#### EAST

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

August 1. Peoples Beach to Beacon 10K, Cape Elizabeth, ME. 888-480-6940; www.Beach2 Beacon.org

August 3. 45th Yankee Homecoming 10 Mile & 5K, Newburyport, MA. www.yankee race.com

August 7. Debbie Green Memorial 5K/RRCA National Championships, Wheeling, WV. www.debbiegreen5k.com

August 8. Falmouth 7 Mile, Falmouth, MA. www.falmouthroadrace.com

August 9. Bethlehem Cross-Country 5K, Elm Ave. Park, Delmar, NY. Day of race sign-up. Mcleod354@aol.com

August 14. NYRR Fifth Avenue Mile, NYC. 212-860-4455; www.nyrcc.org

August 14. Asbury Park 5K, Asbury Park, NJ. www.isrc.org August 29. NYRR Manhattan Half-Marathon,

Central Park, NYC. See Aug. 14.

August 29. Annapolis 10 Miler, Annapolis, MD. www.annapolisstriders.com

September 4. Great Eastern 100K & 50K Trail Race, Charlottesville, VA. 434-293-7115; www.greateastern100k.com

September 6. New Haven Savings Bank 20K, New Haven, CT. www.newhavenroadrace.org September 12. Komen Race for the Cure 5K, Central Park, NYC. 212-860-4455; www. nyrrc.org

September 17-18. Reach the Beach Relay, Bretton Woods, NH. www.rtbrelay.com

September 19. Jefferson Hospital Philadelphia Distance Run. 215-564-6499; www.philadis

tancerun.org
September 23. NYRR American Heart Association Wall Street 5K, Lower Manhattan. See Sept. 12.

September 26. Cerrone Providence Half-Marathon, Providence, RI. 401-885-4499; providencehalfmarathon.com

September 26. USATF Adirondack Masters 5K Championships, Watervliet, NY. 518-273-

October 2. New Hampshire Marathon & 10K, Newfound Lake. 603-744-2150; www.nhmara thon.com

October 3. Maine Marathon/Relay, & Half-Marathon, Portland. 207-741-2084, Mailbox 4; www.mainemarathon.com

October 9. Hartford Marathon, Half-Marathon & 5K, Hartford, CT. www.hartfordmara thon.com

October 10. HMRRC Mohawk-Hudson River Marathon & Half-Marathon, Schenectady, NY. 435-4500; www.hmrrc.com

October 23-24. Mystic Places Marathon /Relay & 10 Mile, East Lyme, CT. 203-481-5933; mysticplacesmarathon.com

October 24. Army Ten-Miler, Washington,

DC. armytenmiler.com October 31. Cape Cod Marathon, Falmouth, MA. Limited to 1200 marathoners & 170 relay teams. 508-540-6959; www.capecodmara thon.com

#### SOUTHEAST

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

August 3. Crime Prevention 5K, Mobile, AL. 251-473-7223; www.pcpacers.org

August 10. Chickasabogue 2 Miler, Mobile, Al. See Aug. 3.

August 13. 12th 5K Midnight Run, Cullman, AL. 11:59 pm. 256-734-9157; www.cullmanre

creation.org
August 15. Celebration of Running 5K, Orlando, FL. 407-898-1313; www.track shack.com

August 28. Maggie Valley Moonlight 8K, Maggie Valley, NC. 828-926-1686; www. mvmoonlightrace.com

September 3. Midnight Run 5K & 10K, Anderson, SC. 5K, 10 pm; 10K, 11 pm. 864-905-0001: www.andersonroadrunners.com

September 5. Rock 'N' Roll Half-Marathon, Virginia Beach, VA. Limited to 16,000. www.rnrhalf.com

September 11. Hurricane 5K, Dauphin Island, AL. 251-473-7223; www.pcpacers.org

September 18. St. Jude 5K, Point Clear, AL

September 25. Harvest Festival 5K, Saraland, AL. See Sept. 11.

September 25. Fred Brown Lake Winnipesaukee Relay, Weirs Beach, NH. Ken Robichaud, 978-534-4891; kenrob44@aol.com

#### MIDWEST

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

August 1. Pro Football Hall of Fame Festival 5 Mile, Canton, OH. 800-533-4302; profoot ballhoffestival.com

August 1. Chicago Distance Classic Half-Marathon & 5K. www.chicagodistanceclas

Women's Distance Festival 5K, August 7. Toledo, OH. 419-833-6365; toledoroadrun ners.org

August 7. RRCA National Championship /Debbie Green 5K, Wheeling, WV. 740-859-0704; www.debbiegreen5k.com

August 14. Paavo Nurmi Marathon, Hurley, WI. 715-561-4334; www.HurleyWi.com

August 21. News and Sentinel Half-Marathon, Parkersburg, WV. 304-485-1891; www.News andSentinel com

August 28. Crim Festival of Races 10 Mile, Flint, MI. 810-235-3396; www.crim.org

August 28. Charleston Distance Run 15 Mile, Charleston, WV. 304-546-3349; www.charles tondistancerun.com

September 6. Park Forest Scenic 10 Mile, Park Forest, IL. 708-748-2005; www.sce

September 19. Chicago Half-Marathon. 312-347-0233; chicagohalfmarathon.com

September 25. Fox Cities Marathon, Half & Relay Marathon, 13.1 Mile Powerwalk, & 5K. Appleton, WI. Marnie Nordskog, Community First Fox Cities Marathon, PO Box 1315, Appleton, WI 54912-1315. 920-882-9499; 877-230-7223; www.foxcitiesmarathon.org

October 2. Akron Marathon & Team Relays, Akron, OH. 877-375-2786; www.akron

marathon.org
October 10. LaSalle Bank Chicago Marathon. 312-904-9800; chicagomarathon.com

#### MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska,

August 21-22. Pikes Peak Ascent (21st) & Marathon (22nd), Manitou Springs, CO. 719-473-2625; pikespeakmarathon.org August 29. Minnesota Masters 15K, Edina.

651-644-4946; davekuehn@earthlink.net September 12. City of Lakes 25K, Minnea-



JERRY WOJCIK

Pete LaBarge, M60, in the weight throw, West Seattle Stadium. The National Masters Weight & Superweight Championships will be held in Seattle on Sept. 11.

polis. 612-644-8185; tcmbarb@earthlink.net September 18. 25th Turkey Day 10K, Worthington, MN. 800-279-2919; www.turkey day 10k.com

#### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 18. Race for the Cure 5K, Tulsa, OK. 918-744-5099; www.rfctulsa.org September 25. Hurricane Run 8K, Tulsa, OK 918-625-3147; www.hurricanerun.com October 30. Tulsa 15K & 5K, Tulsa, OK. 918-625-3147; www.TulsaRunningClub.com

#### WEST

Arizona, California, Hawaii, Nevada, New Mexico

August 1. San Francisco Chronicle Marathon. 415-284-9653; www.chroniclemarathon.com August 8. 25th Samurai 5K, Los Angeles. 323-252-7246; www.niseiweek.org August 14. Dammit Run 5 Mile, Los Gatos,

CA. Bruce Springbett, 408-354-7365. August 15. McConnell's Ice Cream 10K, Santa Barbara, CA. 805-564-3400; kyoung

@sbre.com August 15. America's Finest City Half-Marathon & 5K, San Diego, CA. H-M limited to 6000. www.afchalf.com

August 19. Sunset in the Park, 2.8 & 4.8 Mile Cross-Country, Huntington Beach, CA. 714-841-5417; www.nealand.com/finishline

August 22. Silver State Marathon & Half-Marathon, Reno-Carson City, NV. www.sil verstatemarathon.com

September 5. New Mexico Marathon, Albuquerque. 505-345-4274; www.newmexico

marathon.org
September 5. Pier to Peak Half-Marathon, Santa Barbara, CA. 805-564-8879; www.run santabarbara.com

September 19. Maui Marathon & Half-Marathon, Hawaii. 808-871-6441; www. mauimarathon.com

October 3. Sacramento Marathon & Half-Marathon, Sacramento, CA. 916-300-4331; www.sacramentomarathon.net

October 7-9. Lake Tahoe Marathon, Half-Marathon, 10k & 5K, South Lake Tahoe, CA. 530-544-7095; www.laketahoemarathon.com October 17. Big Sur Half-Marathon,

Monterey, CA. www.bigsurhalfmarathon.org
October 17. Humboldt Redwoods Marathon & Half-Marathon, Arcata, CA. 707-443-1220; redwoodsmarathon.org

October 31. Rio Grande Marathon, Las Cruces, NM. 505-524-7824; www.riogran demarathon.com

#### *NORTHWEST*

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

August 8. Bridge Run for Clean Water 5K, 12K & Half-Marathon, Portland, OR. www.RunForCleanWater.com

August 27. Fred Meyer Hood to Coast Relay, Mt. Hood to Seaside, OR. 198 miles; 12-person teams. 503-292-4626; hoodtocoast.com September 18. Prefontaine Memorial 10K, Coos Bay, OR. 800-824-8486; www.pre fontainerun.com

October 2. St. George Marathon, St. George, UT. 435-634-5850; stgeorgemarathon.com
October 3. Portland Marathon. www.port landmarathon.org

October 10. Bend Marathon, Bend, OR. 866-702-1110; www.thebendmarathon.com

#### CANADA

August 29. Marathon des Deux Rives, Quebec City. Half-Marathon & 10K. 418-694-4442; email: info@marathonquebec.com

September 26. Toronto Waterfront Marathon, Half-Marathon & 5K. www.torontowaterfront marathon.com
October 24. Niagara International Marathon,

Half-Marathon & 5K, Ontario. 905-356-9460;

www.niagarafallsmarathon.com

#### INTERNATIONAL

May 8-14, 2006. World Masters Athletics Non-Stadia Championships, Vancouver, B.C., Canada. www.wma2006.org

September 26 Berlin Marathon, 800-444-4097; www.marathontours.com

#### RACEWALKING

August 5-8. USATF National Masters 5000m & 10K RW Championships, Decatur, Ill. See National T&F Schedule.

August 8. USATF MAC 3K RW Championships, NYC. Stella Cashman, 212-628-1317; francicash@aol.com

August 27. Portland to Coast Walk Relay, Portland to Seaside, OR. 128 miles; 8-12 person teams. 503-292-4626; hoodtocoast.com

September 12. USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 732-222-9080. Also on Sept. 22, 2005.

September 19. Long Island Association 5K RW Championships, Long Beach, NY. Michael Roth, 631-584-9824.

October 9. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 423-349-6406.

October 10. USATF MAC 30K RW Championships, Central Park, 90th St/5th Ave. Stella Cashman, 212-628-1317; francicash @aol.com

October 11-12 (tent.). NCCWMA 15K Regional RW Championships, Coconut Creek, Fla. Bob Fine, 561-499-3370; bobfine@

October 24. South Florida 15K RW Championships & 5K, RW, Coconut Creek. Dan Koch, 954-970-9634; racewalker@bell

October 31 USATE National Masters & Women's 50K RW Championships, Hauppage, N.Y. Gary Westerfield, 631-979-9603.

November 14. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634

November 14. Gran Prix Racewalk #1, Tavern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; FranciCash@ aol.com

November 21. USATF National Masters 20K RW Championships, Clermont Creek, FL. Bob Fine, 561-499-3370; bobfine@bellsouth.net November 28. Gran Prix Racewalk #2. See

Nov. 18. December 5. Grand Prix Racewalk #3. Tayern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; FranciCash@ aol.com



BARB SPANNUS

Tim Zbikowski, M50, ran the 800 and 1500 in the 2003 National Masters Championships 12 months after a total hip replacement and six months after a heart attack.

M55-59 James Seiler

page 20 M30-34 Kyle Lanier 2:01.45 3-26, 28-04 4:40.1 2-15-04 M35-39 Steven Cassar Paul Kelly M45-49 Richard Punches 10,000 35:57.40 6-26-04

25.0

6-6-04

26.72 5-30-04

## **RECIPIENTS OF ALL-AMERICAN AWARDS**

George Downham	n	400	61.64	5-22-04
M60-64				
Tony Craddock	200	27.88	6-28-04	
,	200	27.66	4-13-04	
Gerard Malaczyn	ski	Mile	5:07	6-26-04
Jim Noone	Mile	5:46.10	6-27-04	
M65-69				
William Eisenhar	t SP	37-10 1/2	6-19-04	
Ted Moore		8:34.20	7-11-04	

M70-74	-		-	in Land
Morren Greenbur	ra	50m	7.62 6	-19-04
Richard Strinni	400m	1:14.23	6-24, 27-0	4
Frank Vellardito	800	2:49.29	6-27-04	
Richard Webber	.1	31.50	8-8, 11-04	
michard Webber		01.00		
W40-44				
Laura Niel		Mile rw	8:04.80 6	13-04
Laura Mer			0.01.00	
W45-49				
Mary Richards		800m	2:44.01 5	7 94
Wary Michards		OOOIII	2.44.01 3	.,

W45-49			
Gall Johns-Rees	200	31.06	2-22-04
W50-54	60m	9.35	2-22-04
Lynn Dow	D	22.34	7-10-04
Kay Glynn	PV	2.3m	3-6, 7-04
	HJ	1.32	3-6, 7-04
	60m	9.01	3-12-04
	SP	8.76	3-12-04
	80hh	15.42	6-26-04
	100	14.58	6-26-04
	200	30.90	6-26-04
	LJ	4.46	6-26-04
	J	23.34	6-26-04
Mary Jilka	100	14.98	6-12-04
	200	31.56	6-12-04

							MERICAN STANDARDS							
	U	.S.	MA	STE	CRS	ALL			ICA	NS	TAN	DAI	RDS	
Event		30-34	35-39	40-44	45-49	50-54	FOR 55-59	MEN 60-64	65-69	70-74	75-79	80-84	85-89	904
55		6.8	6.9	7.1	7.2		7.9	8.1	8.4	8.9	9.4	10.4	11.8	13
60		7.4	7.55	7.7	7.85		8.5	9.0	9.25	9.5	10.0	11.2	12.8	14
100		11.0	11.3	11.5	11.9		12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200		22.4	23.2	23.8	24.6		27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400		51.5	52.5	53.8	56.0		62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800		2:02	2:04	2:06	2:11		2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500		4:20	4:22	4:24	4:35		5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile		4:40	4:40	4:50	5:00		5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000		9:25	9:40	10:00	10:25		11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:
5000		15:45	16:00	16:15	16:45		18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000		32:30	32:50	33:30	36:00		39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H		8.6	8.7	9.0	9.5		10.3	10.6	10.9	11.2	11.6	12.5		
60H		9.0	9.3	9.4	9.8		10.6	10.9	11.1	11.4	12.0	13.6		
110H		15.4	16.5	17.8	18.8		-				1			
100H			-			18.0	19.0	20.0	21.0					
80H								20.0		18.0	21.0	25.0	30.0	
400H		58.0	60.0	62.0	64.0	68.0	71.0					X 5		
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		14:00	33.0	00.0	01.0	7.0.0	00.0	00.0	
2K-SC							14.00	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	
.~		6-23/4	6-1/4	5-91/4	5-6		4-11	4-9	4-61/4	4-11/4	3-91/4	3-31/4	2-71/2	
PV		4.40	4.10	3.95	3.70		3.05	2.70	2.40	2.30	2.00	1.80	1.30	
		14-51/4		12-111/	12-11/2		10-0	8-101/4	7-101/2	7-61/2	6-63/4	5-10%	4-31/4	
W		6.50	6.10	5.85	5.60		4.90	4.50	4.20	3.80	3.35	2.85	2.20	
-		21-4	20-1/4	19-21/4	18-41/2	THE RESERVE OF THE PERSON NAMED IN	16-3/4	14-9	13-91/4		10-11%	941/4	7-21/2	
TJ		13.20	12.60	11.50	10.80		9.50	8.90	8.20	6.96	6.50	5.94	5.51	
		43-3%	41-41/4		35-51/4		31-2	29-21/2	26-11	22-10	21-4	19-6	18-1	
Shot		14.50	14.02		12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
Onor		47-7	46-0	44-0		42-111/4	39-41/2	42-0	37-8%	36-11/4	29-61/2	26-3	19-81/4	
Discus		44.80	42.80	39.50	37.50		41.00	42.00	39.00	34.00	26.00	22.00	15.24	
Discus		147-0	140-5	129-7	123-0		134-6	137-9	127-11	111-6	85-4	72-21/4	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	,
- Contract		155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-71/2	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	62-4	46-0	
35#Wt.		15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
		49-21/2	45-111/4	42-8	39-41/2	32-9%	29-61/2			19-8'/4	16-41/4	13-11/2	9-10	
Weight		15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.
		49-21/2	45-111/4	43-5/4	41-01/4	46-9	43-51/4	45-111/4	43-51/4	44-31/2	38-61/4	32-93/4	28-81/2	19-8
56#Wt.		9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
30#112		31-2	29-61/2		26-3	19-81/4	18-1/2	16-43/4	14-9	11-5%	9-10	8-21/2	6-61/4	
Pent.		2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.		5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
t Pent.		2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	
	•											5000	0000	
lotes:	1)		hurdles			tic time; u	1000	-				79 30"-	804	2
	3)		hurdles:		49: 39 49: 30			59: 36' 59: 33'	ATT TO STATE OF THE PARTY OF TH	69: 33" 69: 30"		79 30";	80+:	-
	4)	Shot				26k (16#);		59: 6k;	JAN DAGGE	69: 5k;	- 500			
	5)		s throw:		49: 21	POLITICA NO DESCRIPTION OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS		59: 1.5						
	6)	Hamr				26k (16#);		59: 6k;		69: 5k;	70-	+: 4k		
	7)	Javel	in:			00g;		59: 700		69: 600		79: 500g	80+:	400
	8)	Weigi			H49: 3	5#	50-	59: 25#	60-	69: 20#	70-	79: 16#	80+:	128
	9)		Dec/Wt.Pr		-39 IA	AF pts.; 4								

						FOR	WOM	EN			NDA		
Event	30-34	-	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0		8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60		9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.9
100	13.8		14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0		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		2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	200000	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
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		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50	-			
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	4-2	4-0	3-8	3-6	3-4	3-21/4	3-01/4	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		
	8-101/4	7-10%	6-10%	5-10%	4-11	3-111/4	3-7%	3-31/4	2-111/2	2-7/2	2-31/2		
W	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50	1	
	15-1	14-6	13-3	12-6	11-1%	10-6	10-2	8-61/4	7-61/2	6-10%	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	10 acres	
	31-2	29-10	27-8	24-7	23-0	21-0	20-41/4	19-81/4	18-1/2	14-9	12-9		alta au
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		03.0
	33-91/2	30-7	27-11	27-6%	26-3	25-6	24-7/4	21-8	19-81/4	17-1/4	14-1%		
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	75-51/2	72-8	65-71/2	55-91/4	52-6	49-21/2	39-41/2		
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	72-21/4	68-10%	59-1/4	52-6	45-11%	42-8	36-11/4	W = 1 124	
lammer	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%	72-21/4	68-10%	59-1/4	45-111/4	39-41/2	29-61/2		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9%	32-9%	29-61/2	26-3	29-61/2	26-3	31-2	28-81/2	25-51/4	21-4	18-01/2	15-7	11-51
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	19-81/4	18-1/2	16-41/4	17-2%	16-4%	15-7	14-9	13-1%	11-5/4	9-10		
Vt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		
Notes:	1)		-	-					tandard		ersion fe	or han	d tim
	2)	Short			-39:	33";	40-5		0"	60+:			
		Long	hurdle	s: 30	-59:	30";	60+	: 2	7"				
	3)	Shot p	out:	30	-49:	4k;	50+	: 3	k				
	4)	Javeli	n:	30	-49:	600g;	50-5	9: 5	00g;	60+:	400g		
	5)	Hamm	ner:	-	1-49:	4k;	50+	10.11	k				
	6)	Weigh			-49: 2		50-5		6#;	60+:	12#		
	7)	Suner	weigh	t. 30	-49:	35-lb;	50+	. 2	5-lb				

	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
N40	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
N45	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	7:12:4
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	8:11:3
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	8:49:2
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	9:47:3
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	10:39:1
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
							MEN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:0
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	4:34:5
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	4:44:4
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	4:56:2
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	5:09:2
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	5:24:2
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	5:41:2
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	6:01:0
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	6:23:5
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	-
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	7:24:1
M85	The same of the sa	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	8:07:5
M90		13:39	1000	44:45		1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	

#### APPLICATION FOR AN **ALL-AMERICAN CERTIFICATE/PATCH**

NAME	AGE-G	ROUP
ADDRESS		SEX: MF_
CITY		STATEZIP
MEET	DA	TE OF MEET
MEET SITE		A MARIE CONTRACTOR
EVENT	MARK	
HURDLE HEIGHT	WEIGHT OF	IMPLEMENT
CERTIFICATE	1 PATCH	1 PATCH TA

- 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
- 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
- 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.

  4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
- 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

29.53

37 65

37.56

34.06

29.61

41 66

41.36

30.80

24.72

30 20

32 53

31.51

45.07

47.70

40.61

23.90

23.62

24.49

39.04

32 46

26.47

7.75

12.73

967

13.88

8.94

11.24

10 44

10:02.99

10:03.56

10:54 65

10:46.76

1880

1018

3268

2591

2533

2493

852

1206

1978

M45 Rubin, Michael

M55 Eisner, Marty

Shuman, Terry

Bronstein, John

Levine, Carl

Miles, Tim

M70 Maasik, Meemo

Kintish, Martin

DeBenedetto, Jan

Dunne, Gerard

Maasik Meemo

M65 Dedham Dick

M50 Riva, Steven

M55 Monroe, Frank

M60 Levine, Carl

M70 Youngs, Bob

M45 Rubin, Michael

M55 Shuman, Terry

Salvio, Ron

Levine, Carl

Kintish, Marty

M60 Bronstein, John

M70 Maasik Meemo

Mile Race Walk

M40 Miller, Randy

M45 Salvio, Ron

M60 Hartman Tom

W35 Wrotny, Taryn

Meet, Gilbertsville, PA

June 6

300#

1.24

2.66

281

5.21

4.11

3.87

4.55

4.30

3.70

9.63

8.02

7.32

8.49

12.93

10.17

10.17

5.94

14.20

11.70

9.63

9.04

10.20

8.93

7.65

10.74

7.92

40 69

M75 Kiwitti, Sid

**Weight Throw** 

Javelin M45 Biagioni, R.V.

Roll, Charles

Salvio, Ron

M60 Busch, Roger

#### 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 / 2-1/4" wide) in metric in our format receive preference. Deadline is the issue date.

#### EAST

## Pittsylvania Mile

Pittsburgh, PA; Ju	ine 5
M40 Phil Pillin	5:38.5
Ed Kuenzig	5:52.8
M45 Jim McCarthy	5:21.6
Scott Ferrari	5:50.9
Swad Swadlo	6:16.1
M50 Geo Deiffenbach	5:24.9
Dave Sobal	5:27.4
Rich Kelly	5:53.7
Richard Rogus	6:09.2
M55 Wayne Jacobs	5:41.4
Ken Krynski	5:51.6
Jack Neff	5:58.8
Bob Gracie	6:01.2
M60 Dick Monheim	6:21.7
David Zinser	7:08.4
M70 Gehrett Smith	7:28.9
Elmer Gasper	7:54.9
M80 Sam Madia	10:05.4
W40 Karen Mizikar	6:39.6
W60 Joyce Geroux	8:26.9

#### Throw-A-Thon **Albright College** Reading, PA; June 5

Name	Age	Pts.	WP
Lawson Ku	nle 32	8370	2815
Jim Weten	hall 49	10,950	3621
Carl Shield	s 50	8407	2857
Nick Helfrid	h 50	7101	2477
Bob Sager	56	8353	2841
Bob Cahne	ers 61	9735	2988
Jack Kuhn	s 65	10,100	3450
Ray Feick	72	11,037	3678
Pay Carste	nsen72	9738	3404
PaulEberha	rdinger 8	4 3205	1199
Oneithea L	ewis43	11,876	4376
Debbie Eck	clund 4	5 3932	1781
Kathy Wete	enhall 5	0 7666	2640
Roz Katz	52	7160	2640
Ann Cirulni	ck 69	5612	2087
Single Eve	nts		
Brenda Star	t 30	+	T55.02
GlennThom 2" rain/54 c		P16.29/0	T46.16

#### Garden State AC Track Meet Randolph, NJ: June 6

Kandolphi, NJ, J	une o
100m	
M50 Hudson, Rockdale	13.45
Friedman, Dave	15.54
M55 Henry, Paul	13.34
M60 Ballard, Gene	14.52
M65 Byrd, Nate	14.31
M70 Williams, Lloyd	13.97
Johnson, Alexander	17.77
M75 Bruce, Robert	16.18
200m	
M35 Pompey, Ken	23.83
M45 Fulton, Tony	24.23
Glaspy, Archie	25.06
M50 Gonera, Edward	24.71
Schiro, Francis	24.73
Hudson, Rockdale	27.57
Zwick, Larry	27.76
M55 Ihne, Bob	30.53
M60 Siegried, Dave	33.13
M65 Byrd, Nate	29.92
Colyer, Bob	31.98
M70 Williams, Lloyd	30.33
Johnson, Alexander	36.62
M75 Bruce, Robert	33.52
Cherniak, Ray	36.69
400m Meter Run	
M35 Pompey, Ken	55.28
Gardner, Adam	55.86
M40 Bynoe, Dave	53.30
Gaughran, Michael	55.22
Scesney, Jim	55.82
Fix, Mark	1:00.23
M50 Schiro, Francis	54.74
Gonera, Edward	56.21
Zwick, Larry	1:02.23
Pleasant, Charles	1:06.66
M55 Henry, Paul	1:01.50

the 10th of the month p	rior to
Nitkowski, Jessie	1:03.87
M60 Kuhi, John	1:13.75
Siegried, Dave	1:14.39
M70 Williams, Lloyd	1:11.86
Johnson, Alexander	1:20.07
M75 Cherniak, Ray	1:24.22
800m	
M35 Mann, Jonathan	2:03.32
Busch, Jeremy	2:04.38
Collura, Joe	2:13.30
Sundberg, Jeff	2:16.04
M40 Gaughran, Michael	2:06.23
Price, Christopher	2:07.19
Bynoe, Dave	2:08.67
Williams, Mike	2:10.67
M45 Noden, Merrell	2:32.80
Blake, Barry	2:45.48
M50 Pierret, Kirk	2:24.31
Estok, John	3:00.04
M55 Indek, Bill	2:51.71
M60 Gerridge, Dave	2:43.24
Saarmann, John	2:47.03
Kuhi, John	2:57.50
W40 Stone-Borkowski, C.	2:23.90
Fales, Pam	2:51.93
W45 Muhaw, Sue	3:03.21
Mile	
M35 Harasts, Angelo	5:12.74
Fox, Jim	6:00.13
M40 Miller, Randy	5:27.09
M45 Higgins, Kevin	5:12.79

Zurheide, Dave

Noden, Merrell

M60 Kuhi, John M90 Healy, Dudley

W40 Fales, Pam

W45 Muhaw, Sue

M35 Harasts, Angelo

M45 Zurheide, Dave

M50 Pierret, Kirk

M55 Price, Roger

Short Hurdles

High Jump

Pole Vault M50 Roberti, Mike, Sr.

Long Jump

Triple Jump M50James, Clark

Shot Put

M65 Denham, Dick

M45 Mc Mahon, Tim

M50 Friedman, Dave

W30 Jackson, Bridigette

Gawrys, Amy

M40 Murphy, Dave

M55 Freidman, Dave

M55 Dunne, Gerard

M45 Choppa, Rich

Friedman, Dave

Dunne, Gerard

Monroe, Frank

Estok, John

M55 Dunne, Gerarld

M40 Taylor, Warren

M45 Rubin, Michael

M50 Kalnas, Mike

M55 Roll, Charles

M60 Kalnas, Joe

Friedman, Dave

Friedman, Dave

Eisner, Marty

Shuman, Terry

Dunphy, Rich

Levine, Carl

Miles. Tim

M70 Maasik, Meemo Kintish, Marty

M40 Warren Taylor

Discus

M55 Nitkowski, Jessie

M50 Clark, Fred

Dunne, Gerard

M45 Carr, Tim

Anderson, Dianna

King, Joseph Ford, Michael

5000m

## W70 Stone, Diane Superweight & Ultraweight

5:12.79	June 6
5:35.98	56#/98#/200#/300#
5:39.62	Kunle Lawson 32
6:25.88	9.09/5.47/1.78/0.98
4:40.85	R Raines 34
6:14.02	6.45/3.37/1.23/0.51
6:28.57	Jim Wetenhall 49
	11.50/6.76/2.62/1.47
7:32.95	R Allen 57
9:05.37	7.49/3.98/1.90/1.08
9:10.03	Bob Sager 56
8:42.88	6.81/-/-/-
9:18.92	35#/56#/98#/200#
7:33.84	Ray Feick 72
7:54.25	8.21/5.74/2.96/1.16
	Pay Carstensen 72
19.02	7.74/3.94/3.05/1.45
27.99	J Reider 70
14.82	3.81/2.71/1.49/0.45
15.34	Paul Eberhardinger 84
18.26	2.41/1.53/0.98/0.28
10.20	Deborah Ecklund 45
1.65	3.71/2.47/1.47/0.52
1.60	Kathy Wetenhall 50
1.29	7.33 (25#)/3.11/2.05/0.78
1.29	

Carstensen 0.81/Wetenhall 0.36

Syracuse Charger Syracuse, NY; Ju	
100m	
M30 Aaron Lambert	12.7
M55 Bob Micho	13.7
M60 Paul Stelmaszyk	15.0
M65 Tom Fondy	14.0
400m	
W50 Linda Orlicz	76.1
M30 Aaron Lambert	56.0
M40 Tony Ariola 40	58.9
David Ariola 41	59.6
M45 Ric Bond	56.8
M55 Bob Nicholson	72.7
M60 Paul Stelmaszyk	67.1
M65 Tom Fondy	75.4
3000m	
W50 Linda Orlicz	14:43.9
M30 Richard Terpening	
M35 Glen Miley	10:09.7
M40 David Ariola 41	9:545.3
M45 Mark Rybinski	10:32.2
Kevin Hanlon	10:41.2
M55 Bob Nicholson	13:56.4
Hurdles	
M50 Irene Thompson	14.3
M60 Paul Stelmaszyk	14.9
High Jump	
M40 Eric Lauber	4-6
M65 John Hurley	4-0

Long Jump W50 Irene Thompson	14-5
Shot Put	14-5
M55 Frank Lore	9.04
Discus	
W30 Angel	18.02
M40 Eric Lauber	21.17
M50 Pat Lynn	26.27
M55 Frank Lore	29.78
M60 Gary Crawford	36.53
M75 Bob Metzner	17.11
Hammer	
W30 Angel —	19.38
M50 Pat Lynn	38.83
M60 Gary Crawford	30.67

Pole Vault

Jim Kelly Tomlinson Rauscher

M50 Jim Kelly M55 Tomlinson Rausch M70 David Rider W50 Gloria Nasa W55 Hillen Studendorff

M50 Carl Van Gelder M55 Darryl Decker M60 Howard Dewey M70 Louis Dicocco

John sheridan

W50 Gloria Nasa W55 Hillen Stubendorff

W60 Nancy Hammond

W65 Delores Stewart

W75 Patricia Peterson W80 Letticve Graham

W90 Dorothy Bavaro

Shot Put M50 Joe Myers M55 Martin Eisner M60 Gary Crawford M65 Chuck Yost

M70 Louis Capano M75 John Sheridan

W50 Evita Belmonte

W55 Cassandra Clark W60 Marianne Neuber

W65 Willie Murphy W70 Dolores Faber W75 Joan Gillyean W80 Regina Purvis W85 Natalie Homjak W90 Dorothy Bavaro Discus

M50 Ed Ferraro M55 John Busch M60 Gary Crawford M65 Chuck Yost M70 Martin Kintish

M75 John Sheridan

W50 Evita Relmonte

W55 Barbara Lopiccolo W60 Marianne Neuber

W70 Edna Hyer W75 Joan Gillyean W80 Regina Purvis W85 Natalie Homjak W90 Dorothy Bavaro

M50 George Sandas M55 Kenneth Straley M60 Gary Crawford M65 Edmund Joyce

M70 Louis Capano M75 John Sheridan

W55 Barbara Lopiccolo W60 Joyce Bahr W70 Dolores Faber

M55 Gene Spanneut M60 Norm Chambliss

M70 Remo Carrozzi M75 Robert Webber

MAO

M65 Armand Courchesne M70 Remo Carrozzi

Joseph Scorcia Gloria Masa

W55 Barbara Lopiccolo W60 Marianne Neuber W70 Dolores Faber

W75 Trudy Welsh 1500m RW M55 Marc Olshan

M60 Eduardo Sorrenti M65 Stanley Feingold M70 George Freeman M75 Sidney Wankoff M80 Jay Charles W55 Toni Olshan

W55 Toni Olshan
W60 Sylvia Cunningham
W65 Margaretta Goines
W70 Edna Hyer
W75 Helen Fitzgerald
W80 Minna Charles
W85 Rose Manginelli
5000m RW
M50 Bill Fatiga
M55 Marc Olshan
M60 Edoardo Sorrenti
M65 Stanley Feingold
M70 Bob Barrett
W50 Lavern Rector

W50 Lavern Rector W55 Toni Olshan

W60 Diane Lawrence W65 Margaretta Goines W70 Kim Dinardo

W75 Bernice Washington

M60 Robert Domachowski M65 Joe Cordero M70 Donald Farley M75 Clifford Auth M80 Russell More

W80 Minna Charles W85 Rose Manginelli 5K Road Race

M50 Greg Grund M55 Hector Bauza

W50 Debra Lynn

M50 Joe Myers

Hammer

Joseph Scorcia M85 Edwin Koch

13:45

15:24

43:10 39:22 34:42

46:51

Long Jump

M50 Stanley Washuk M55 Peter Fichter

M50 Rick Censullo

M65 Grudeau Singh M70 William Weight M75 Horst Lange

M55 Michael Faragao M60 Stephen Jacobson

M75 Horst Langer
M80 Raoul Rodriques
M85 Lawrence Dyer
W60 Martha Oppenheim
W65 Elisabeth Abrams
W70 Ellen Brannigan
W75 Joan Gilyean

W75 Joan Gilyean W80 Anne McGowan

W70 Rosalia Gioia

M75 John sherida M80 Ernest Ross

M85 Edwin Koch

## **Empire State Senior Games**

	Cortland, NY; June	8-1
1	100m	
ı	M50 Xiaonong He	13
ı	M55 Darryl Decker	13
	M60 Paul Gansle	14
	M65 Thomas Fondy	14
	M70 Lloyd Williams	13
ı	M75 Ed Cox	15
ı	M80 Anthony Nero	19
١	M85 Edwin Koch	20
ı	M90 Frank Tokarz	27
ı	W50 Lewanne Dudley	15
ı	W55 Hillen Stubendorff	15
	W60 Y Tasker-Rothenberg	18
ı	W65 Willie Murphy	18
ı	W70 Rosalia Gioia	21
ı	W75 Patricia Peterson	19
ı	W80 Lettice Graham	25
	W85 Lona Flynn	40
	200m	- 3
	M50 Stan More	33
	M55 Darryl Decker	28
	M60 Paul Gansle	29
	M65 Thomas Fondy	29
	M70 Lloyd Williams	28
	M75 Robert Bruce	32
١	M80 Ed Cox	33
	M80 Anthony Nero	38
ı	M85 Edwin Koch	50
١	W50 Diane Sherrer	45
J	W55 Hillen Stubendorff	32
١	WIGH V Tacker-Rothenhern	40

4	M/5 Robert Bruce	32.
	M80 Ed Cox	33
Ì	M80 Anthony Nero	38.
	M85 Edwin Koch	50
1	W50 Diane Sherrer	45
i	W55 Hillen Stubendorff	32
	W60 Y Tasker-Rothenberg	
1	W65 Helgi Mepham	43
	M70 Edna Hyer	46
١	W75 Patricia Peterson	42
1	400m	27
í	M50 Robert Albinski	1:06
i	M55 Darryl Decker	1:04
1	M60 Paul Gansle	1:01
	M65 Thomas Fondy	1:11.
	M70 Lloyd Williams	1:08
1	M75 Harold Larkin	1:30
	M80 Anthony Nero	1:39
	M85 Edwin Koch	2:29
	W50 Diane Sherrer	1:26
	W55 Hillen Stubendorff	1:12
	W60 Y Tasker-Rothenberg	1:25
1	MICE Hale: Machan	4.45

N65	Helgi Mepham	1:45.1
N70	Gloria Santarpia	1:47.0
	Patricia Peterson	2:05.1
	Lettice Graham	2:43.2
	Dorothy Bararo	9:33.4
300m		17
	David Bowen	2:29.0
155	William Camperlino	2.41.6
	R Domachowski	2:33.5
	Christopher Rush	2:39.9
	Fritz Schlereth	3:12.2
	Harold Larkin	3:39.1
	Anthony Neto	3:56.0
	Diane Sherrer	3:05.5
	Bridget Pawelczak	3.43.5
	Tasker-Rothenberg	5.27.7
	Willie Murphy	3:15.1
	Gloria Santarpia	3.15.1
1500		
	David Bowen	5:16.2
	Robert Nicholson	6:10.6
	John Allen	5:48.8
	Joe Cordero	5:40.0
	George Freeman	6:55.9
	David Welsh	18:16.5
M80	Anthony Nero	8:18.8

	Zsofia Franck	5:51.0
	Bridget Pawelczak	7:23.1
	Tasker-Rothenberg	6:45.8
	E Gissendanner	13:08.5
W70	Gloria Santarpia	8:14.8
High	Jump	
M50	Chuck Schwab	1.42
M55	Gerard Dunne	1.27
M60	Howard Dewey	1.48
M65	John Hurley	1.14
M70	David Rider	1.10
M75	John Sheridan	.70
M80	Joseph Scorcia	.94
W50	Gloria Nasa	.96
W55	Phyllis Meade	1.18
W60	Gwendolyn Gutliffe	.86
W70	Rosalia Gioia	.86
W75	Patricia Peterson	.86
W80	Lettice Graham	.70

		-
2.65 3.15 2.25 92	W50 Zsofir Franck W55 Bridget Pawelczak W60 Y Tasker-Rothenberg W70 Kim Dinardo 10K Road Race	21:30 25:28 23:47 30:58
2.65 4.70 4.58 4.65 3.61 1.38 2.50 1.30 2.42 3.92	M50 Stephen Page M55 Harland Bigelow M60 Robert Domachowski M65 Robert Hasseler M70 Donald Farley M80 Joseph Familo M85 Goryun Nigogosyan W55 Bridget Pawelczak W60 Mateele Kall W70 Kim Dinardo	42 30 43 20 48 07 43 03 46 10 1 15 49 1 16 22 53 45 1 09 22 1 08 14
2 18	Connecticut Cario	_

3.92	THE THIN SHIDING	1.00.14
2.18	Connecticut Seni	or Games
2.29	Trinity College,	
1.84	June 19, 26	5-27
1.23	100m	12.60
.03	M50 Neil Steinberg M55 Stephen Bates M60 Bob Rottler M70 Dennis Melanson	12.78
12.80	M60 Bob Rottler	14.84
12.04	M70 Dennis Melanson	13.99
11.67	Woo Radul Rounques	10.31
9.56	W60 Julie Bradley	20.46 18.36 18.81
7.79 5.78	W60 Julie Bradley W65 Mary Roman	18.81
	W70 Ellen Brannigan	20.39 26.61
8.86 8.59	W80 Anne McGowan	22.34
6.67	200m	
5.82	M50 Jesse Norman	25.41 25.89
4.86 3.74	M55 Stephen Bates M60 Bob Rottler	31.00
1.76	M60 Bob Rottler M65 Spencer Parrish M70 Dennis Melanson	31.48
2.04	M70 Dennis Melanson	30.05
20 14	M75 Horst Langer M80 Raoul Rodriques	47.09 35.04
39.14 35.45	MICO India Deadless	42 05
39.74	W65 Marjorie Sasilea W70 Jeannette Cyr W75 Joan Gilyean	48.63
34.07	W70 Jeannette Cyr	48.69
32.41 22.52	W80 Anne McGowan	54.64
17.20 10.94	400m	
10.94	M50 Jesse Norman	1:02.46
12.10 24.52	M55 William Brower M60 Alfred Freniere	1:28.73
21.20	M65 Spencer Parrish	1:17.21
16.88	M70 Walt Gale	1:17.21 1:21.32
10.56	M75 Bob Davidson	1:35.01 1:34.34
7.56 3.47	M80 Earl Sweeney W60 Julie Bradley	1:40.37
.62	W65 Marjorie Sasiela	2:17.65
10.46	W/O Jeannette Cyr	2:00.32
40.46 26.81	M50 Chris Armen	2:27:23
29.26	M50 Chris Armen M55 Julian Nichols	2 27 23 2 51 93
26.11 22.55	M60 Ted Phillips	2:50.65 3:00.71
20.05	M65 Jerry Levasseur M70 Frank Vellardito	2.49.29
17.75	M75 Bob Davidson	3:36.69
26.19	M80 Bill Tribou	4:11.90
20.70	W55 Patricia Phillips W65 Marjorie Sasiela	4:00.90 5:08.14
	W/U Jeannette Cyr	4:15.90
36.84	1500m	5.00 44
39.09 32.04	M50 Chris Armen M55 Julian Nichols	5:00.11 5:48.79
31.33	M60 Rill Borla	4.59.89
25.98	M65 Jerry Levasseur M70 Walt Gale	6:01.67
18.34	M70 Walt Gale M75 Bob Davidson	6:30.80 7:18.18
8.66 9.63	M80 Bill Tribou	8:17.63
23.90	M85 George Whitney	8:58.74
16.06	W55 Patricia Phillips	7:39.01
15.97	W60 Julie Bradley W65 Marjorie Sasiela	7:18.85 10:04.68
0.94	W70 Jeannette Cyr	8.14.45
8:01.9	W90 Mary Haines	17:25.59
8:09.9	M50 David Payne	12:45.53
10.22.5	M55 Julian Nichols	13:06.62
13:45.1	M60 Bill Borla	10:42.75
12:52.7	M65 Jerry Levasseur W55 Patricia Phillips	13:35.20
11:05.4 14:59.7	W55 Patricia Phillips	16:35.07
12:35.5	High Jump	
11:49.2	M50 Robert Kortmann M55 Richard Sobel	1.47
14:21.6 14:21.9	M60 Bob Rottler	1.27
15.24.9	M65 Jack McDonald	1.12
	M75 Horst Langer M80 Raoul Rodriques	.91 1.12
29:56	W60 Julie Bradley	.91
28:31 30:17	W65 Elisabeth Abrams	.91
37:02	W70 Ellen Brannigan	1.02
28:41	Pole Vault	0.50

2.59

4 70

2.03

3.09

3.02

Shot Put				Nati	onai wi	asters News				August 2004
SHOLFUL		M40 Mike Kinsella 2	29-4.5	3000m RW		Collin Mitchell	26.35	David Sheilds	4.86	M70 Bob Fine 36:12.57
M50 Mark Hogan	10.26	Discus	23-4.5		19:54.0h	Martin Spencer	28.45	Robert Norton	4.24	W75 Doris Mc Donald 47:24.91
M55 Ken Rose	12.41		106-4		19:27.0h	George McNeill	28.45 25.73	M65 Chuck Tosch M70 Benjamin Jimenez	3.52 3.56	W80 Violette Gamache 38:29.38
M60 Stephen Lawrence	10.85		100-4	M60 Michael Schwed	19:32.0h	M55 Bill Tharpe Owen Rogers	25.90	Raymond Wright	2.82	
M65 Alan Brooks M70 Leonard Rosen	11.32	M35 Norm Deep 4	40.72			Roosevelt Owens	28.48	M75 William Daprano	3.57	Potomac Valley TC Meet
M75 Edward Keene	8.27			Potomac Valley T		M60 Wayne Hansen	27.58	W50 Linda Lowery	4.49	Langley HS, VA; June 27
M80 Earl Sweeney	7.40	SOUTHEAST	T	McLean, VA; Ju	ine 13	John Shenk	29.52	W70 Gloria Bortell	2.77	100m
W50 Barbara McCuen	7.02			100m		James Zimmerman M65 William Burch	34.42 30.22	Triple Jump M30 Richard Curry	14.50	M30 Kevin Brown 11.50 M35 Andrew Higgins 11.20
W55 Patricia Fogg	8.12 8.66	USATF North Caroli	lina		11.44	Joe Shanahan	36.59	M40 John Allen	9.80	M40 Jeff Gold 11.40
W60 Joyce Bahr W65 Mary Roman	7.91	Masters Championsh			15.54	M70 Benjamin Jimenez	41.46	M45 Jesus Virella	9.94	W30 Sarah Stall 14.40
W70 Marcia Crooks	6.46	NC St. U., Raleigh; Ma	The same of the sa	W40 Jane Macht	17.54	W30 Tasha Downing	24.76	M50 Glen Turner	11.32	W40 Kim Franklin 17.00
W75 Joan Gilyean	4.82	(Results omitted from June iss			22.04	W35 S Williams-Hill	29.33	Bob Rockwell	10.99	W45 Sunny Fitzgerald 16.80 W60 Janie Mortensen 20.90
W80 Anne McGowan	4.51			200m	22.90	Maria Gomez W50 Jocelyn Lowther	32.27 29.23	Bobby Terrell Pat Crandall	10.41	200m
Discus M50 Mark Hogan	27.36	200m			32.80	Pattie Harris	38.34	M55 Roger Crockett	10.01	M30 Kevin Brown 24.00
M55 Kenneth Straley	31.95	M30 Archie Derrick 22	2.65	M55 D J Bertagnoli	33.70	400m		David Sheilds	8.08	M35 Andrew Higgins 23.10
M60 Bob Rottler	31.80	Jimmy Metayer 22		M60 Alby Williams	27.00	M35 Alonzo Ponder	53.11	M65 Chuck Tosch	6.86	M40 Darnell Smith 23.80
M65 Alan Brooks	39.27	M35 Chris Sarsony 27			32.00	Kerry Jackson	56.18	W50 Linda Lowery	9.12	M50 Jay J Wind 45.80 M70 James Stookey 29.90
M70 Leonard Rosen	37.69 23.83	M40 Robert Harding 23			31.00 26.50	Celilio Farinas M40 James Eckenrode	1:00.02	Shot Put M35 Michael Bennett	12.78	W30 Sarah Stall 30.50
M75 Edward Keene M80 John McCarthy	19.79	Marcus Shute 23			04.0h	Peter Blount	54.15	M40 Richard Wallace	10.12	W40 Wanda Gardiner 38.00
W50 Barbara McCuen	18.16	Michael Kountze 24		400m		Jim Wiley	56.34	John Allen	9.70	W45 Sunny Fitzgerald 36.70
W55 Patricia Fogg	19.96			M35 Troy Nelson	1:00.10	M45 Jeffrey Elliott	57.55	M50 Michael Wasp	12.55	W60 Janie Mortensen 55.40
W60 Joyce Bahr	19.15		VIII. 1	M40 Darnell Smith	54.90	Davic Rauh M50 Collin Mitchell	1:02.23 59.71	Mike Thomason Dave Grossman	12.27 11.86	M30 John Jendzurski 69.50
W65 Joan Youngs W70 Ellen Brannigan	18.49 17.55			M50 Larry Hart M55 D J Bertagnoli	1:12.90	M55 Owen Rogers	59.19	Gerry Ellison	11.56	M35 Robert Forsythe 57.60
W75 Joan Gilyean	9.27	The second secon	0.07	800m	1.11.10	Roosevelt Owens	1:11.72	Dan Pierce	10.61	M40 Damell Smith 54.40
W80 Jeanne Berlepsch	9.98		5.94	M30 Mario Watson	1:52.50	M60 John Shenk	1:06.88	M55 Paul Adams	11.95	M45 Gregory Ruhlian 61.80
Hammer	20.75			M35 Mike Hannan	2:43.90	James Zimmerman	1:19.63	Miguel Ruiz	10.78	M55 D J Bertagnoli 68.40 W50 Nirmal Mathrani 76.70
M55 Art Ellis	39.75 26.01			M60 Jim Noone Mile	2:45.60	M65 Joe Shanahan W35 Andrea Thomas	1:26.81 57.09	M60 Gary Winters	12.65	800m
M60 Carl Levine M65 Nicholas Leras	32.03	The second secon	.00	M30 Brian Tullis	4:26.50	S Williams-Hill	1:08.06	Jerry Arline Tom Harasti	10.18 8.96	M30 Aaron Linz 2:00.50
M70 A Anthopoulos	29.36		9.95	M35 Joshua Seidman	5:25.40	Maria Gomez	1:13.44	M65 Gerald Vaughn	13.52	M35 Greg Pennell 2:23.80
W50 Barbara McCuen	11.48		140	M40 Stuart Pineo	5:03.00	W50 Jocelyn Lowther	1:07.26	Rudplph Houg	11.53	M45 Ben Richter 2:44.70 W45 Lanetta Gibson 3:21.00
W55 Patricia Fogg	21.82 19.99		3.10	M45 Curtis Davis	5:10.90	M30 Fred Thomas	2:24.90	James Turner	9.25	W70 MaryAlice Stookey4:43.80
W60 Joyce Bahr W65 Mary Roman	19.99		2.42	M50 Jay Wind	5:57.30 5:53.30	M35 Brian Hickey	2:11.25	William Burch	9.17	1500m
W70 Delores Faber	21.06		7.13	M60 Jim Noone 3000m	0.00.00	Celilio Farinas	2:20.66	M70 Pay Carstensen	10.07 8.92	M50 Anthony Markley 5:59.70
W80 Ann McGoran	10.90			M40 Ted Poulos	10:10.40	M40 Miguel Diaz	2:23.30	Richard Lowery Benjamin Jimenez	6.78	Mile M30 Marshall Contino 5:10.70
Javelin	10.50		15	M45 James Scarborough	13:15.00	John Allen	2:25.39	Luis Velez	6.65	M35 Ray Pugsley 4:32.60
M50 John Contro	34.37			W30 Susannah Kvasnick	a 5:39.90	M45 Steven Wheeler Brian Gallagher	2:23.75 2:27.30	M75 Dick Mulkern	8.99	M40 Neil Kelly 5:18.10
M55 Buzz Gagne	49.07	Potomac Valley TC N	Meet	W40 Julie Hayden W45 C Caravoulias	5:49.10 8:58.60	M50 DeWayne Schmidt	2 25 80	W60 Rosalie Lasby	6.30	M45 Bruce Hamilton 4:55:10
M60 Bob Rottler M65 Patrick Conley	35.74 31.65	McLean, VA; May		Short Hurdles	0.50.00	M60 Danvers Long	2:56.79	W65 Loyda Jimenez W70 Gloria Bortell	4.53 7.16	M50 Larry Washington 5:17.20 M60 Jim Noone 5:46.10
M70 A Anthopoulos	35.48	100m	200	M65 Bob Paulen	19.74	M70 Bob Fine	3:42.10	Discus	7.10	W30 Marybeth Smith 6:06:90
M75 Aaron Chernus	22.38	M30 Marcus Knowles	11.94	M70 James Stookey	14.44	W45 Jo-Anne Miller	2:48.80 2:52.64	M35 Michael Bennett	49.36	W45 ChrisCaravoulias 9:10.50
M80 John McCarthy	20.22	11100 1111010111133	11.3h 13.64	Lo ng Hurdles M65 Bob Paulen	54.20	W50 Char Davidson W55 Ann Makoske	3:04.02	Bill Dilon	33.62	W70 MaryAlicStookey 10:05:20
W50 Barbara McCuen	16.08		15.24	M70 James Stookey	55.40	W60 Willie Moolenaar	3:59.38	M40 John Allen Richard Wallace	33.13 29.95	3000m M30 Jeff Lifur 10:14.60
W55 Patricia Fogg W60 Martha Oppenheim	18.64 18.57		12.04	High Jump		1500m		M55 Miguel Ruiz	31.00	M40 Ted Poulos 9:57:60
W65 Joan Youngs	20.37	W40 Jane Macht	17.84	M65 Bob Paulen	1.37	M30 Fred Thomas	5:01.52	Fernando Romos	29.92	M45 John Winkert 15:40.70
W70 Delores Faber	16.64		16.14	Long Jump	264	M35 Brian Bickey M40 Miguel Diaz	4:31.49 4:51.70	M60 Larry Pratt	51.27	M50 Jay J Wind 12:33.60
W80 Jeanne Berlepsch	11.28	200m	21.97	M60 Jim Noone M65 Bob Paulen	3.64 4.22	M45 Bob Stachow	4:37.85	Gerry Arline Pierre Leroux	38.72 29.95	W45 ChrisCaravoulias 19:38.50 Short Hurdles
M50 Joseph Steele	13:21.42		23.34	Shot Put	Call	Brian Gallagher	5:02.32	M65 Rudolph Houg	43.77	M30 John Jones 18.73
M55 Dan O'Donnell	10:29.34	M40 Darnell Smith	25.14	M60 Victor Litwinski	10.01	Steven Wheeler	5:02.34	Chuck Tosch	33.77	M50 Anthony Markley 20.06
M60 Gerald Patrick	9:51.81	M50 Robert Bowen	24.54	M65 Jack Kuhns	10.58	M50 DeWayne Schmidt M55 Herbert Askett	4:54.11 5:24.84	James Turner	30.41	M70 James Stookey 14.67
M65 Spencer Parrish	10:29.97	1110 1 0111010 201101	37.84 34.34	M60 Russ White	36.21	M60 John Shenk	6:04.38	M70 Richard Lowery	37.70 28.83	W65 Evelyn Wright 20.81 Long Hurdles
M75 Ben Lezon W65 Barbara Frasca	11:05.72 10:25.74	W70 Audrey Lary	34.54	M65 Jack Kuhns	35.87	M70 Martin Quinn	7:30.40	Jim Cleveland Benjamin Jimenez	17.57	M70 James Stookey 54.54
Troo Barbara Frasca	10.20.11	M40 Damell Smith	55.14	Javelin	20.04	M80 Tom McDonald	7:29.70	M75 Dick Mulkern	32.29	High Jump
D. d		M50 Robert Bowen	55.74	M30 Kevin Brown	38.01		5:48.46	William Daprano	20.14	M45 Jim Barrineau 1.72
				MED Duce White	19 65	W50 Char Davidson	6.02 98	Dishard Damashard		M50 Anthony Markley 1 46
Dartmouth Throws		M35 Troy Nelson 1:0	00.84	M60 Russ White M65 Jack Kuhns	48.65 28.26	W55 Ann Makoske W60 Willie Moolenaar	6:02.98 7:19.49	Richard Bergenback	19,.19	M50 Anthony Markley 1.46
Hanover, NH; Jur		M35 Troy Nelson 1:0 M80 Walt Washburn 1:5	50.14	M60 Russ White M65 Jack Kuhns M70 Jim Eyer	48.65 28.26 26.25	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano	6:02.98 7:19.49 6:49.29	W70 Gloria Bortell		M50 Anthony Markley 1.46 M65 Jack Kuhns 1.21 M70 James Stookey 1.27
Hanover, NH; Jur 16# Shot Put	ne 26	M35 Troy Nelson 1:0 M80 Walt Washburn 1:5 W40 Yue Guan 1:2	50.14 27.24	M65 Jack Kuhns M70 Jim Eyer Weight Throw	28.26 26.25	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m	7:19.49 6:49.29	W70 Gloria Bortell Hammer M35 Bill Dilon	19,.19 13.10 31.08	M50 Anthony Markley 1.46 M65 Jack Kuhns 1.21 M70 James Stookey 1.27 W65 Evelyn Wright 1.21
Hanover, NH; Jur	ne 26	M35 Troy Nelson 1:0 M80 Walt Washburn 1:5 W40 Yue Guan 1:2 800m M50 Larry Hart 2:5	50.14 27.24 50.30	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski	28.26 26.25 11.92	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin	7:19.49 6:49.29 16:45.20	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason	19,.19 13.10 31.08 36.77	M50 Anthony Markley 1.46 M65 Jack Kuhns 1.21 M70 James Stookey 1.27 W65 Evelyn Wright 1.21 Pole Vault
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50	ne 26 40-8.5	M35 Troy Nelson 1:0 M80 Walt Washburn 1:5 W40 Yue Guan 1:2 800m 1:0 M50 Larry Hart 2:5 M80 Walt Washburn 4:0	50.14 27.24 50.30 00.50	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns	28.26 26.25	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m	7:19.49 6:49.29 16:45.20 16:56.50	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz	19, 19 13.10 31.08 36.77 25.79	M50 Anthony Markley 1.46 M65 Jack Kuhns 1.21 M70 James Stookey 1.27 W65 Evelyn Wright 1.21
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put	40-8.5 40-0 38-3	M35 Troy Nelson 1:0 M80 Walt Washburn 1:5 W40 Yue Guan 800m M50 Larry Hart 2:5 M80 Walt Washburn 4:0 W40 Patricia Zerfas 3:0	50.14 27.24 50.30	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski	28.26 26.25 11.92	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa	7:19.49 6:49.29 16:45.20 16:56.50 21:53.40 19:26.90	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran	19, 19 13.10 31.08 36.77 25.79 34.18	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 James Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k	40-8.5 40-0 38-3 46-10	M35 Troy Nelson 1:0 M80 Walt Washburn 1:5 W40 Yue Guan 800m M50 Larry Hart 2:5 M80 Walt Washburn 4:0 W40 Patricia Zerfas 3:0 Mile	50.14 27.24 50.30 00.50	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn	7:19.49 6:49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez	31.08 36.77 25.79 34.18 24.22 33.43	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 James Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5	M35 Troy Nelson 1:0 M80 Walt Washburn 1:5 W40 Yue Guan 800m M50 Larry Hart 2:5 M80 Walt Washburn 4:0 M80 Walt Washburn 4:0 M80 Walt OPatricia Zerfas 3:0 Mile M35 Mel Peterson 4:5 M40 Gary Grilliot 4:5	50.14 27.24 50.30 00.50 03.80 51.70 55.50	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias	28.26 26.25 11.92 12.69 12:14.5h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount	7:19.49 6:49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern	31.08 36.77 25.79 34.18 24.22 33.43 27.45	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 James Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       3.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       M40 Greg Coan       3.11
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k	40-8.5 40-0 38-3 46-10 43-8.5	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas Mile M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M55 Larry Hart M60 Walt Washburn M60 Washburn M60 Walt Washburn M60 Washburn M60 Walt Washburn M60 Walt Washburn M60 Washburn M60 Washburn M60 Walt Washburn W60 Walt W60 Walt W60 Walt W60 Walt W60 Walt W60	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW	28.26 26.25 11.92 12.69 12:14.5h 8.04.8h 12:32.0h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald	7:19.49 6:49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback	31.08 36.77 25.79 34.18 24.22 33.43 27.45	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 James Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6	M35 Troy Nelson 1.0 M80 Walt Washburn 1.5 W40 Yue Guan 800m M50 Larry Hart 2.5 M80 Walt Washburn 4.0 W40 Patricia Zerfas 3.0 Mile M35 Mel Peterson 4.5 M40 Gary Grilliot 4.5 M45 Jim Darr 5.4 M50 Larry Hart 6.5	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles	7:19.49 6:49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin	31.08 36.77 25.79 34.18 24.22 33.43 27.45	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 James Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas Mile M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Larry Hart M50 Larry Hart M55 Bob Weiner M55 Bob Weiner M60 James Verdier	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 39.50 43.00	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 26.20.5h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson	7:19.49 6:49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 James Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       3.11         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas Mile M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Larry Hart M55 Bob Weiner M60 James Verdier M80 Walt Washburn 83	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 39.50 43.00 28.00	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 26.20.5h 21.45.8h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.90 26.23.50 28.36.70 27.47.00 24.08.70	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 James Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas Mile M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Larry Hart M55 Bob Weiner M60 James Verdier M60 James Verdier M60 Walt Washburn M80 Walt Washburn W40 Patricia Zerfas S1	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 39.50 43.00 28.00 58.60	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 26.20.5h 21.45.8h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 James Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       3.39         M35 James Barr       13.12         M45 Joe Johns       12.19
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas Mile M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Bob Weiner M50 James Verdier M80 Walt Washburn M40 Walt Washburn M40 Patricia Zerfas M55 Bob Weiner M60 James Verdier M80 Walt Washburn M40 Patricia Zerfas W45 Bernadette Flynn 7.50	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 39.50 43.00 28.00	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover	28.26 26.25 11.92 12.69 12.14.5h 8:04.8h 12:32.0h 20:02.3h 18:32.0h 26:20.5h 21:45.8h 19:28.0h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 Jarnes Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       1.1         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       M30 Kunle Lawson       13.39         M35 James Barr       13.12         M45 Joe Johns       12.19         M50 Jay J Wind       5.34
Hanover, NH; Jur 16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas Mile M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Larry Hart M50 Larry Har	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 39.50 43.00 28.00 58.60 106.30 49.50	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 26.20.5h 21.45.8h 19.28.0h 20.36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.90 26.23.50 28.36.70 27.47.00 24.08.70 17.95 16.92 20.09 17.69 16.04	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24 66.17 55.56 49.69	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 James Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       1.1         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       3.39         M35 James Barr       13.12         M45 Joe Johns       12.19         M50 Jay J Wind       5.34         M60 Vic Litwinski       10.31
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan M800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M60 Gary Grilliot M45 Jim Darr M50 James Verdier M60 James Verdier M60 James Verdier M60 James Verdier M80 Walt Washburn W40 Patricia Zerfas W45 Bernadette Flynn M60 Gary Grilliot M75 Bernadette Flynn M7000m M70 Gary Grilliot M75 Bernadette Flynn M7000m M70 Gary Grilliot M75 Bernadette Flynn M7000m M70 Gary Grilliot M75 Peter Blank M75 Peter Blank	50.14 27.24 50.30 00.50 03.80 51.70 55.55 43.30 11.60 39.50 43.00 28.00 63	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 26.20.5h 21.45.8h 19.28.0h 20.36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24 66.17 55.56 49.69 48.86	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 James Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       1.1         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       3.39         M35 James Barr       13.12         M45 Joe Johns       12.19         M50 Jay J Wind       5.34         M60 Vic Litwinski       10.31
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M80 M95 Mel Peterson M40 Gary Grilliot M45 Jim Darr M55 Bob Weiner M55 Bob Weiner M60 James Verdier M80 Walt Washburn M40 Patricia Zerfas M55 Bob Weiner M50 James Verdier M80 Walt Washburn M40 Gary Grilliot M45 Peter Blank M46 Walt Washburn M50 Walt Washburn	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 139.50 43.00 28.00 149.50 149.50 111.50 118.80	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.02.3h 21.45.8h 21.45.8h 20.36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.90 26.23.50 28.36.70 27.47.00 24.08.70 17.95 16.92 20.09 17.69 16.04	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javellin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24 66.17 55.56 49.69 48.86 47.93	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 Jarnes Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       4.69         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       3.39         M35 Jarnes Barr       13.39         M35 Jarnes Barr       13.12         M45 Joe Johns       12.19         M50 Jay J Wind       5.34         M60 Vic Litwinski       10.31         M65 Jack Kuhns       10.95         M70 Jim Condell       9.24         W30 Jennifer Stephens       10.17
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k F Fusco 1k S Messiter 1k	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7	M35 Troy Nelson         1:0           M80 Walt Washburn         1:5           W40 Yue Guan         1:5           800m         1:2           M50 Larry Hart         2:5           M80 Walt Washburn         4:0           W40 Patricia Zerfas         3:0           Mile         4:1           M35 Mel Peterson         4:5           M40 Gary Grilliot         4:5           M50 Larry Hart         6:1           M55 Bob Weiner         6:2           M60 James Verdier         6:4           M50 Walt Washburn         8:2           W45 Bernadette Flynn         3000m           M40 Gary Grilliot         9:4           M45 Peter Blank         12:4           M80 Walt Washburn         15:5           W40 Patricia Zerfas         12:4           W40 Patricia Zerfas         12:4	50.14 27.24 50.30 00.50 03.80 51.70 55.55 43.30 11.60 39.50 43.00 28.00 63	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker	28.26 26.25 11.92 12.69 12:14.5h 8.04.8h 12:32.0h 20:02.3h 18:32.0h 20:02.3h 19:28.0h 20:36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.30 26.23.50 27.47.00 24.08.70 17.95 16.92 20.09 17.69 16.04	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24 66.17 55.56 49.69 48.86 47.93 42.00	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 Jarnes Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       2.87         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       4.69         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       3.19         M30 Kunle Lawson       13.39         M35 James Barr       13.12         M45 Joe Johns       12.19         M50 Jay J Wind       5.34         M60 Vic Litwinski       10.31         M65 Jack Kuhns       10.95         M70 Jim Condell       9.24         W30 Jennifer Stephens       10.17         W40 Wanda Gardiner       7.62
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8	M35 Troy Nelson       1:0         M80 Walt Washburn       1:5         W40 Yue Guan       1:2         800m       1:2         M50 Larry Hart       2:5         M80 Walt Washburn       4:0         W40 Patricia Zerfas       3:0         Mile       4:0         M35 Mel Peterson       4:5         M40 Gary Grilliot       4:5         M55 Bob Weiner       6:0         M60 James Verdier       6:0         M80 Walt Washburn       8:0         W45 Bernadette Flynn       7:0         3000m       M40 Gary Grilliot       9:4         M40 Gary Grilliot       9:4         M80 Walt Washburn       15:0         W40 Patricia Zerfas       12:0         M80 Walt Washburn       15:0         W40 Patricia Zerfas       12:0         Long Hurdles       12:0	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 28.00 58.60 06.30 49.50 11.50 11.50 11.80 20.11.40	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 26.20.5h 21.45.8h 19.28.0h 20.36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen M45 Mark Williamson	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javellin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24 66.17 55.56 49.69 48.86 47.93	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 Jarnes Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       4.9         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       3.12         M45 Joe Johns       12.19         M50 Jay J Wind       5.34         M60 Vic Litwinski       10.31         M65 Jack Kuhns       10.95         M70 Jim Condell       9.24         W30 Jennifer Stephens       10.17         W40 Wanda Gardiner       7.62         W65 Evelyn Wright       7.80
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M80 M95 Mel Peterson M40 Gary Grilliot M45 Jim Darr M55 Bob Weiner M50 James Verdier M80 Walt Washburn M40 James Verdier M80 Walt Washburn M40 Gary Grilliot M45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M50 Gary Grilliot M50 Gary Grilliot M50 Fitz Crick M50 Walt Washburn M50 Fitz Crick High Jump	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 28.00 29.00 20	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter	28.26 26.25 11.92 12.69 12:14.5h 8.04.8h 12:32.0h 20:02.3h 18:32.0h 20:02.3h 19:28.0h 20:36.2h 20:36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen M40 Mark Williamson M50 Dan Pierce	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.90 26.23.50 28.36.70 27.47.00 24.08.70 17.95 16.92 20.09 17.69 16.04	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24 66.17 55.56 49.69 48.86 47.93 42.00 33.39	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 Jarnes Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       2.87         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       4.69         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       3.19         M30 Kunle Lawson       13.39         M35 James Barr       13.12         M45 Joe Johns       12.19         M50 Jay J Wind       5.34         M60 Vic Litwinski       10.31         M65 Jack Kuhns       10.95         M70 Jim Condell       9.24         W30 Jennifer Stephens       10.17         W40 Wanda Gardiner       7.62
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3	M35 Troy Nelson         1:0           M80 Walt Washburn         1:5           W40 Yue Guan         1:5           800m         1:2           M50 Larry Hart         2:5           M80 Walt Washburn         4:0           W40 Patricia Zerfas         3:0           Mile         3:0           M35 Mel Peterson         4:1           M40 Gary Grilliot         4:5           M50 Larry Hart         6:1           M55 Bob Weiner         6:1           M55 Bob Weiner         6:2           M60 James Verdier         8:1           M40 Patricia Zerfas         5:2           W45 Bernadette Flynn         3000m           M40 Gary Grilliot         9:4           M50 Peter Blank         12:1           M80 Walt Washburn         15:1           W40 Patricia Zerfas         12:1           Long Hurdles         13:1           M30 Fitz Crick         15:1           High Jump         M40 John Casale	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 28.00 58.60 06.30 49.50 11.50 11.50 11.80 20.11.40	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright	28.26 26.25 11.92 12.69 12:14.5h 8.04.8h 12:32.0h 20:02.3h 18:32.0h 26:20.5h 21:45.8h 19:28.0h 20:36.2h 20:36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen M45 Mark Williamson	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24 66.17 55.56 49.69 48.86 47.93 42.00 33.39 31.79 29.18	M50 Anthony Markley
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3	M35 Troy Nelson         1.0           M80 Walt Washburn         1.5           W40 Yue Guan         1.5           800m         1.2           M50 Larry Hart         2.5           M80 Walt Washburn         4.0           W40 Patricia Zerfas         3.0           Mile         4.3           M35 Mel Peterson         4.5           M40 Gary Grilliot         4.5           M50 Larry Hart         6.7           M50 Larry Hart         6.7           M50 Larry Hart         6.7           M50 Larry Hart         6.7           M50 James Verdier         6.4           M80 Walt Washburn         8.7           W40 Patricia Zerfas         5.5           W45 Bernadette Flynn         3000m           M40 Gary Grilliot         9.4           M45 Peter Blank         12           M80 Walt Washburn         15           W40 Patricia Zerfas         1.5           Long Hurdles         1.5           M40 Fitz Crick         1.5           M50 Walt Washburn         15           W40 Patricia Zerfas         1.2           Long Hurdles         1.2           M50 Fitz Crick         1.5	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 28.00 58.60 11.50	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 26.20.5h 21.45.8h 20.36.2h 20.36.2h 20.36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen M45 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.50 1.50 1.50	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Torn Harasti M65 Armando Pietri James Turner	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24 66.17 55.56 49.69 48.86 47.93 42.00 33.39 31.79	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 Jarnes Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       4.9         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       3.12         M45 Joe Johns       12.19         M50 Jay J Wind       5.34         M60 Vic Litwinski       10.31         M65 Jack Kuhns       10.95         M70 Jim Condell       9.24         W30 Jennifer Stephens       10.17         W40 Wanda Gardiner       7.62         W65 Evelyn Wright       7.80         Discus       M30 Kunle Lawson       43.72         M35 James Barr       38.68         M40 Horace Pendergrass48.38
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3	M35 Troy Nelson         1.0           M80 Walt Washburn         1.5           W40 Yue Guan         1.2           800m         4.0           M50 Larry Hart         4.0           M80 Walt Washburn         4.0           W40 Patricia Zerfas         3.0           Mile         3.0           M35 Mel Peterson         4.5           M40 Gary Grilliot         4.5           M5 Jim Darr         5.4           M50 Larry Hart         6.5           M55 Bob Weiner         6.5           M60 James Verdier         6.0           M80 Walt Washburn         8.0           W40 Patricia Zerfas         12           W45 Bernadette Flynn         7.0           3000m         M40 Gary Grilliot         9.0           M45 Peter Blank         12           M80 Walt Washburn         15           W40 Patricia Zerfas         12           Long Hurdles         12           M30 Fitz Crick         14           High Jump         M40 John Casale           Long Jump         M40 John Casale	50.14 27.24 50.30 00.50 00.380 51.70 55.50 43.30 28.00 28.00 63.950 43.00 28.00 63.950 43.00 28.00 63.00	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch	28.26 26.25 11.92 12.69 12:14.5h 8.04.8h 12:32.0h 20:02.3h 18:32.0h 20:02.3h 19:28.0h 20:36.2h 20:36.2h 20:36.2h 20:36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen M45 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M65 Chuck Tosch	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.50 1.20 1.30	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 41, 96 42, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 00 33, 39 31, 79 29, 18 27, 14 26, 20 23, 65	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 Jarnes Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       4.69         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       3.18         M30 Kunle Lawson       13.39         M35 James Barr       13.12         M45 Joe Johns       10.31         M65 Jack Kuhns       10.31         M65 Jack Kuhns       10.95         M70 Jim Condell       9.24         W30 Jennifer Stephens       10.17         W40 Wanda Gardiner       7.62         W65 Evelyn Wright       7.80         Discus       36.68         M40 Horace Pendergrass48.38         M45 Joe Johns       36.13
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J 200m	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3 **Meet uly 5	M35 Troy Nelson         1.0           M80 Walt Washburn         1.5           W40 Yue Guan         1.5           800m         1.2           M50 Larry Hart         2.5           M80 Walt Washburn         4.0           W40 Patricia Zerfas         3.0           Mile         4.3           M35 Mel Peterson         4.5           M40 Gary Grilliot         4.5           M50 Larry Hart         6.7           M50 Larry Hart         6.7           M50 Larry Hart         6.7           M50 Larry Hart         6.7           M50 James Verdier         6.4           M80 Walt Washburn         8.7           W40 Patricia Zerfas         5.5           W45 Bernadette Flynn         3000m           M40 Gary Grilliot         9.4           M45 Peter Blank         12           M80 Walt Washburn         15           W40 Patricia Zerfas         1.5           Long Hurdles         1.5           M40 Fitz Crick         1.5           M50 Walt Washburn         15           W40 Patricia Zerfas         1.2           Long Hurdles         1.2           M50 Fitz Crick         1.5	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 28.00 63.39 50 11.50	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews	28.26 26.25 11.92 12.69 12:14.5h 8.04.8h 12:32.0h 20:02.3h 18:32.0h 26:20.5h 21:45.8h 19:28.0h 20:36.2h 20:36.2h 20:36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion H55 Ozzie Binion H55 Ozzie Binion H55 Mark Williamson M50 Dan Allen M45 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M50 Jim Cleveland	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.50 1.20 1.30 1.15	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 19, 62 71, 09 49, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 00 33, 39 31, 79 29, 18 27, 14 26, 20 23, 65 22, 35	M50 Anthony Markley       1.46         M65 Jack Kuhns       1.21         M70 Jarnes Stookey       1.27         W65 Evelyn Wright       1.21         Pole Vault       1.21         M30 John Jones       2.87         M45 David Lippad       2.36         M50 Anthony Markley       2.40         Long Jump       1.1         M40 Greg Coan       3.11         M45 Bruce Hamilton       4.69         M50 Anthony Markley       4.56         W65 Evelyn Wright       3.18         Shot Put       3.18         M30 Kunle Lawson       13.39         M35 James Barr       13.12         M45 Joe Johns       12.19         M50 Jay J Wind       5.34         M60 Vic Litwinski       10.31         M65 Jack Kuhns       10.95         M70 Jim Condell       9.24         W30 Jennifer Stephens       10.17         W40 Wanda Gardiner       7.62         W65 Evelyn Wright       7.80         Discus       10.17         M30 Kunle Lawson       43.72         M35 James Barr       38.68         M40 Horace Pendergrass 48.38       M45 Joe Johns         M40 Horace Pendergrass 4
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J 200m W50 Irene Thompson	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3 S Meet uly 5	M35 Troy Nelson         1.0           M80 Walt Washburn         1.5           W40 Yue Guan         1.5           800m         1.2           M50 Larry Hart         4.0           M80 Walt Washburn         4.0           W40 Patricia Zerfas         3.0           Mile         3.0           M35 Mel Peterson         4.5           M40 Gary Grilliot         4.5           M5.1 Jim Darr         5.4           M5.2 Jim Darr         6.2           M5.3 Bob Weiner         6.3           M5.4 Darry Hart         6.3           M5.5 Bob Weiner         6.3           M8.0 Walt Washburn         8.4           W4.0 Patricia Zerfas         5.5           W4.5 Bernadette Flynn         3000m           M4.5 Peter Blank         12           M8.0 Walt Washburn         15           W40 Patricia Zerfas         12           Long Hurdles         12           M3.0 Fitz Crick         16           High Jump         15           W40 John Casale         12           Long Jump         12           M45 Marcus Battle         17           Triple Jump         16           M	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 28.00 58.60 06.30 49.50 11.50	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 26.20.5h 19.28.0h 20.36.2h 20.36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion H950 Douglas Boehr M55 Ozzie Binion H950 Douglas Boehr M55 Ozzie Binion H961 Jump M40 John Allen M45 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.69 16.04 1:20.52 1:11.15 1.45 1.50 1.50 1.50 1.30 1.30 1.30	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 41, 96 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 47, 93 47, 93 48, 86 47, 93 48, 93 48	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         1.21           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         1.1           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         M30 Kunle Lawson         13.39           M35 James Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.92           M30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         M30 Kunle Lawson         43.72           M35 James Barr         M60 Kinle Lawson         43.72           M35 James Barr         36.68           M40 Horace Pendergrass 48.38         M45 Joe Johns
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J 200m	40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3 **Meet uly 5	M35 Troy Nelson         1.0           M80 Walt Washburn         1.5           W40 Yue Guan         1.5           800m         1.2           M50 Larry Hart         4.0           M80 Walt Washburn         4.0           W40 Patricia Zerfas         3.0           Mile         M35 Mel Peterson         4.5           M45 Jim Darr         5.4           M50 Larry Hart         6.7           M50 Larry Hart         6.7           M50 Larry Hart         6.7           M50 Larry Hart         6.7           M50 James Verdier         6.4           M80 Walt Washburn         8.0           W40 Patricia Zerfas         5.5           W45 Bernadette Flynn         3000m           M40 Gary Grilliot         9.4           M80 Walt Washburn         15           W40 Patricia Zerfas         12           Long Hurdles         12           M30 Fitz Crick         13           M40 John Casale         12           Long Jump         M40 John Casale           M45 Marcus Battle         Triple Jump           M40 John Casale         12           M5 Marcus Battle         12           M60 John Casal	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 11.60 28.00 63.39 50 11.50	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.23.5h 21.45.8h 19.28.0h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen M45 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch W50 Linda Lowery	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.50 1.20 1.30 1.15	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24 66.17 55.56 49.69 48.86 47.93 42.00 33.39 31.79 29.18 27.14 26.20 23.65 22.35 19.60 28.00	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         1.21           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         1.469           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         3.19           M30 Kunle Lawson         13.39           M35 Jarnes Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         38.68           M40 Horace Pendergrass48.38         38           M45 Joe Johns         36.13           M45 Jo
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3 SMeet uly 5 29 0 26 8 25 4 25 8	M35 Troy Nelson         1:0           M80 Walt Washburn         1:5           W40 Yue Guan         1:5           800m         4:0           M50 Larry Hart         2:5           M80 Walt Washburn         4:0           W40 Patricia Zerfas         3:0           Mile         3:0           M35 Mel Peterson         4:5           M40 Gary Grilliot         4:5           M50 Jim Darr         5:4           M50 James Verdier         6:0           M80 Walt Washburn         8:0           W40 Patricia Zerfas         8:0           W45 Bernadette Flynn         7:0           3000m         M40 Gary Grilliot         9:0           M45 Peter Blank         12:0           M45 Peter Blank         12:0           M40 Patricia Zerfas         12:0           Long Hurdles         15:0           M30 Fitz Crick         16:0           High Jump         M40 John Casale           Long Jump         M40 John Casale           M45 Marcus Battle         Triple Jump           M40 John Casale         M5:0           M5 Marcus Battle         Triple Jump           M40 John Casale         M5:0	50.14 27.24 50.30 00.50 00.380 51.70 55.50 43.30 28.00 28.00 63.00 49.50 11.50 18.80 201.40 52.66 1.52 4.80 5.37 9.95 11.96	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard	28.26 26.25 11.92 12.69 12:14.5h 8.04.8h 12:32.0h 20:02.3h 18:32.0h 20:036.2h 21:45.8h 20:36.2h 20:36.2h 20:36.2h 20:36.2h 20:36.2h 20:36.2h 20:36.2h 20:36.2h 20:36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion H55 Dozzie Binion H56 Douglas Boehr M57 Douglas Boehr M58 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M50 Dim Cleveland Benjamin Jimenez M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch M70 Linda Lowery Pole Vault	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.50 1.20 1.30 1.15 1.10 1.30 1.25	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 41, 96 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 47, 93 47, 93 48, 86 47, 93 48, 93 48	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         1.21           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         1.11           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         3.18           M30 Kunle Lawson         13.39           M35 James Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         36.13           M40 Horace Pendergrass48.38         M45 Joe Johns           M45 Joe Johns         36.13           <
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3 S Meet uly 5 29 0 26 8 25 4 29 6	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M80 M95 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 James Verdier M80 Walt Washburn M40 James Verdier M80 Walt Washburn M40 Gary Grilliot M45 Bernadette Flynn M40 Gary Grilliot M45 Peter Blank M40 Gary Grilliot M45 Peter Blank M50 Bernadette Flynn M40 Gary Grilliot M50 Feter Blank M50 Fitz Crick High Jump M40 John Casale Long Jump M40 John Casale M45 Marcus Battle Triple Jump	50.14 27.24 50.30 00.50 00.380 51.70 55.50 43.30 139.50 43.00 28.00 11.50 18.80 201.40 52.66 1.52 4.80 5.37 9.95 11.96	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Mana Gomez	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.02.3h 18.32.0h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion M50 Don Pierce Bob Rockwell Pat Crandall M55 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch W50 Linda Lowery Pole Vault M40 C Leeuwenburgh	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.30 1.30 1.25 4.70	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 49, 62 71, 09 49, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 90 42, 90 43, 93 47, 93 47, 93 48, 69 48, 69 48, 69 48, 69 48, 69 48, 69 48, 69 49, 69 49 49, 69 49, 69 49, 69 49, 69 49, 69	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         1.21           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         1.469           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         3.19           M30 Kunle Lawson         13.39           M35 Jarnes Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         M30 Kunle Lawson         43.72           M35 James Barr         38.68           M40 Horace Pendergrass48.38         M45 Joe Jo
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy John Hurley	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3 SMeet uly 5 29 0 26 8 25 4 25 8	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan M800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas Mile M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Larry Hart M55 Bob Weiner M60 James Verdier M80 Walt Washburn M40 Patricia Zerfas W45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M50 Fitz Crick High Jump M40 John Casale Long Jump M40 John Casale Long Jump M40 John Casale M45 Marcus Battle Triple Jump	50.14 27.24 50.30 00.50 00.380 51.70 55.50 43.30 28.00 28.00 63.00 49.50 11.50 18.80 201.40 52.66 1.52 4.80 5.37 9.95 11.96	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Maria Gomez W50 Jocelyn Lowther	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.02.3h 21.45.8h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen M45 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch W50 Linda Lowery Pole Vault M40 C Leeuwenburgh Thad Brady	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.20 1.30 1.25 4.70 4.03	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez W70 Bloria Bortell	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 19, 62 71, 09 49, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 00 33, 39 31, 79 29, 18 27, 14 26, 20 23, 65 22, 35 19, 60 28, 00 23, 42 19, 38	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         4.69           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         3.18           M30 Kunle Lawson         13.39           M35 Jarnes Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         36.88           M40 Horace Pendergrass48.38         4.68           M45 Joe Johns         36.13           M65 Jack Kuhns         35.33
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3 S Meet uly 5 29 0 26 8 25 4 29 6	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan M800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M80 M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Larry Hart M55 Bob Weiner M60 James Verdier M60 James Verdier M80 Walt Washburn W40 Patricia Zerfas W45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M80 Walt Washburn W40 Patricia Zerfas W45 Peter Blank M80 Walt Washburn M40 Patricia Zerfas M45 Peter Blank M80 Walt Washburn M40 Feter Blank M80 Walt Washburn M40 John Casale Long Hurdles M30 Fitz Crick High Jump M40 John Casale Long Jump M40 John Casale Long Jump M40 John Casale Long Jump M40 John Casale M45 Marcus Battle Triple Jump M40 John Casale M45 Marcus Battle Triple Jump M40 John Casale M45 Marcus Battle Shot Put M30 Brian Butt M35 Patrick Owens W30 Jennifer Stephens	50.14 50.30 60.50 60	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Mana Gomez	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.02.3h 18.32.0h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h 20.36.2h	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion M50 Don Pierce Bob Rockwell Pat Crandall M55 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch W50 Linda Lowery Pole Vault M40 C Leeuwenburgh	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.30 1.30 1.25 4.70	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez W70 Bloria Bortell Weight Throw	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 41, 96 42, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 00 33, 39 31, 79 29, 18 27, 14 26, 20 23, 65 22, 35 19, 60 28, 00 28, 00 28, 00 29, 97 19, 22	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         2.87           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         3.39           M35 James Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         36.13           M30 Kunle Lawson         43.72           M35 James Barr         38.68           M45 Joe Johns         36.13           M65 Litwinski         34.03 <tr< th=""></tr<>
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy John Hurley  800m M35 Glen Miley M45 Kevin Hanlon	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan M800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M80 Malt Washburn W40 Patricia Zerfas M40 Gary Grilliot M45 Jim Darr M55 Bob Weiner M60 James Verdier M80 Walt Washburn W40 Patricia Zerfas W45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M25 Bernadette Flynn M40 Gary Grilliot M45 Peter Blank M55 Bob Weiner M60 James Verdier M80 Walt Washburn M40 Patricia Zerfas W45 Bernadette Flynn M40 Gary Grilliot M50 Feter Blank M50 Fitz Crick High Jump M40 John Casale Long Jump M40 John Casale Long Jump M40 John Casale M45 Marcus Battle Triple Jump M40 Brian Butt M30 Brian But	50.14 27.24 50.30 00.50 03.80 51.70 55.50 43.30 28.00 39.50 43.00 28.00 66.30 49.50 11.50 11.50 11.52 4.80 52.66 1.52 4.80 53.7 9.95 11.96 10.00 9.04 9.98 4.01	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Maria Gomez W50 Jocelyn Lowther W60 JoAnn Sampson W65 Louise Tricard 200m	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.23.5h 21.45.8h 20.36.2	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen M45 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch W50 Linda Lowery Pole Vault M40 C Leeuwenburgh Thad Brady M45 Harry Hackett	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.50 1.30 1.25 4.70 4.03 3.28 2.68 3.43	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez W70 Bloria Bortell	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 49, 62 71, 09 49, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 90 42, 90 43, 93 47, 93 47, 93 48, 69 48, 69 48, 69 48, 69 48, 69 48, 69 48, 69 49, 69 49 49, 69 49, 69 49, 69 49, 69 49, 69	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         1.21           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         1.1           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         M30 Kunle Lawson         13.39           M35 James Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         M30 Kunle Lawson         43.72           M35 James Barr         38.68           M45 Joe Johns         36.13           M60 Vic Litwinski
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Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy John Hurley B00m M35 Glen Miley M45 Kevin Hanlon M50 Dave Oja 1500m	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3 S Meet uly 5 29 0 26 8 25 4 25 8 29 6 20 7 21 7 21 6 22 7 25 8 29 6 20 8 20	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan M800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M81 M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Larry Hart M55 Bob Weiner M60 James Verdier M60 James Verdier M80 Walt Washburn W40 Patricia Zerfas W45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M80 Walt Washburn W40 Patricia Zerfas W45 Peter Blank M80 Walt Washburn M40 Patricia Zerfas M30 Fitz Crick High Jump M40 John Casale Long Hurdles M30 Fitz Crick High Jump M40 John Casale Long Jump M40 John Casale Long Jump M40 John Casale M45 Marcus Battle Triple Jump M40 John Casale	50.14 27.24 50.30 00.50 00.38 51.70 55.50 43.30 28.00 28.00 63.95 43.30 28.00 63.95 63	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Maria Gomez W50 Jocelyn Lowther W60 JoAnn Sampson W65 Louise Tricard 200m M30 Kendrick Wright Aaron Prather	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.36.2h 21.45.8h 19.28.0h 20.36.2	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen M45 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch W50 Linda Lowery Pole Vault M40 C Leeuwenburgh Thad Brady M45 Harry Hackett M50 Mark Gomez M55 David Johnston M60 Charlie Polhamus Long Jump	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.90 26.23.50 28.36.70 27.47.00 24.08.70 17.95 16.92 20.09 17.69 16.04 1.20.52 1.11.15 1.45 1.50 1.50 1.50 1.30 1.25 4.70 4.03 3.28 2.68 3.43 3.28	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez W70 Bloria Bortell Weight Throw M40 John Allen M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 19, 62 71, 09 49, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 00 33, 39 31, 79 29, 18 27, 14 26, 20 23, 65 22, 35 19, 60 28, 00 28, 42 19, 38 9, 97 19, 22 10, 64 13, 84 10, 44 13, 97	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 James Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         3.22           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         4.69           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         3.39           M35 James Barr         13.12           M45 Joe Johns         10.31           M50 Jay J Wind         5.34           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         38.68           M45 Joe Johns         36.13           M65 Jack Kuhns         35.33           M70 Jim Condell
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M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kednck Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Maria Gomez W50 Jocelyn Lowther W60 JoAnn Sampson W65 Louise Tricard 200m M30 Kendrick Wright	28.26 26.25 11.92 12.69 12:14.5h 8.04.8h 12:32.0h 20:02.3h 18:32.0h 20:02.3h 21:45.8h 20:36.2	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano S000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion M50 Douglas Boehr M55 Ozzie Binion M50 Douglas Boehr M55 Ozzie Binion M50 Dan Pierce Bob Rockwell Pat Crandall M55 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch M70 James Eckett M50 Mark Gomez M55 David Johnston M60 Charlie Polhamus Long Jump M40 James Eckenrode	7.19.49 6.49.29 16:45.20 16:56.50 21:53.40 19:26.90 26:23.50 28:36.70 27:47.00 24:08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.50 1.30 1.25 4.70 4.03 3.28 2.68 3.43	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez W70 Bloria Bortell Weight Throw M40 John Allen M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M50 Jim Corcoran M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M70 Luiz Helez	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 19, 62 71, 09 49, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 20 23, 39 31, 79 29, 18 27, 14 26, 20 23, 65 22, 35 19, 60 28, 00 23, 42 19, 38 9, 97 19, 22 10, 64 13, 84 10, 44 11, 97 12, 24	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         1.21           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         4.69           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         M30 Kunle Lawson         13.39           M35 Jarnes Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         M30 Kunle Lawson         43.72           M35 James Barr         38.68           M45 Joe Johns         36.13           M60 Vic Litwinski
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy John Hurley  800m M35 Glen Miley M45 Kevin Hanlon M50 Dave Oja 1500m M30 Richard Terpening M35 Glen Miley M35 ODAVE Oja	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas Mile M35 Mel Peterson M40 Gary Grilliot M50 Larry Hart M50 Larry H	50.14 27.24 50.30 00.50 00.380 51.70 55.50 43.30 139.50 43.30 139.50 43.30 149.50 111.50 118.80 11.52 4.80 52.66 1.52 4.80 5.37 9.95 11.96 10.00 9.98 4.01 29.83 28.71 14.30	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Maria Gomez W50 Jocelyn Lowther W60 JoAnn Sampson W65 Louise Tricard 200m M30 Kendrick Wright Aaron Prather M35 Alex Acosta Larry Gardner Ralph Anrich	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.36.2	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion High Jump M40 John Allen M45 Mark Williamson M50 Pat Crandall M55 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch W50 Linda Lowery Pole Vault M40 C Leeuwenburgh Thad Brady M45 Harry Hackett M50 Mark Gomez M60 Charlie Polhamus Long Jump M40 James Eckenrode John Allen M45 Peter Houba	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.90 26.23.50 28.36.70 27.47.00 24.08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.50 1.50 1.30 1.15 1.10 1.30 1.25 4.70 4.03 3.28 2.68 3.3.28 6.47 4.99 6.18	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez W70 Bloria Bortell Weight Throw M40 John Allen M50 Mike Thomason M50 Miguel Ruiz M60 Jim Corcoran M70 Luiz Helez M75 Dick Mulkern W70 Gloria Bortell Weight Throw M40 John Allen M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M70 Luiz Helez M75 Dick Mulkern W70 Gloria Bortell	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 19, 62 71, 09 49, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 00 33, 39 31, 79 29, 18 27, 14 26, 20 23, 65 22, 35 19, 60 28, 00 28, 42 19, 38 9, 97 19, 22 10, 64 13, 84 10, 44 13, 97	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         1.21           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         1.469           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         M30 Kunle Lawson         13.39           M35 Jarnes Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         M30 Kunle Lawson         43.72           M35 James Barr         38.68           M45 Joe Johns         36.13           M60 Vic Litwinski
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy John Hurley B00m M35 Glen Miley M45 Kevin Hanlon M50 Dave Oja 1500m M30 Richard Terpening M35 Glen Miley M45 Glen Miley M50 Dave Oja High Jump	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan M800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M80 M85 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Larry Hart M55 Bob Weiner M60 James Verdier M80 Walt Washburn W40 Patricia Zerfas W45 Bernadette Flynn M80 Walt Washburn W40 Patricia Zerfas W45 Bernadette Flynn M80 Walt Washburn W40 Patricia Zerfas W45 Peter Blank M80 Walt Washburn M40 Gary Grilliot M45 Peter Blank M80 Walt Washburn M40 Patricia Zerfas Long Hurdles M30 Fitz Crick High Jump M40 John Casale Long Jump M40 John Casale Long Jump M40 John Casale Long Jump M40 John Casale M55 Marcus Battle Triple Jump M40 John Casale M45 Marcus Battle M55 Patrick Owens W30 Jennifer Stephens W70 Sharon Good Discus M30 Brian Butt M40 John Casale M80 George Ryffel W30 Jill Kennedy W70 Sharon Good Javelin	50.14 27.24 50.30 00.50 00.380 51.70 55.50 43.30 28.00 63.950 43.00 28.00 63.950 43.00 28.00 63.950 63	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Maria Gomez W50 Jocelyn Lowther W60 JoAnn Sampson W65 Louise Tricard 200m M30 Kendrick Wright Aaron Prather M35 Alex Acosta Larry Gardner Ralph Annich Kerry Jackson	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.36.2h 19.28.0h 20.36.2	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion H55 Ozzie Binion H55 Ozzie Binion H55 Ozzie Binion H55 Nobert Norton M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M50 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch M70 Jimes Eckenrode John Allen M40 James Eckenrode John Allen M45 Peter Houba Ragnar Mossberg	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.90 26.23.50 28.36.70 27.47.00 24.08.70 17.95 16.92 20.09 17.69 16.04 1.20.52 1.11.15 1.45 1.50 1.50 1.50 1.30 1.15 1.10 1.30 1.25 4.70 4.03 3.28 2.68 3.43 3.28 2.68 3.43 3.28 6.47 4.99 6.18 5.28	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez W70 Bloria Bortell Weight Throw M40 John Allen M50 Mike Thomason M55 Miguel Ruiz Weight Throw M40 John Allen M50 Dick Mulkern W60 Gloria Bortell M60 Jim Corcoran M70 Luiz Helez M75 Dick Mulkern W70 Gloria Bortell S000m RW	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 19, 62 71, 09 49, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 00 33, 39 31, 79 29, 18 27, 14 26, 20 23, 65 22, 35 19, 60 28, 00 23, 42 19, 38 9, 97 19, 22 10, 64 13, 84 10, 44 11, 97 12, 24 11, 07 8, 86	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         1.21           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         4.69           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         M30 Kunle Lawson         13.39           M35 James Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         M30 Kunle Lawson         43.72           M35 James Barr         38.68           M45 Joe Johns         36.13           M60 Vic Litwinski
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy John Hurley  800m M35 Glen Miley M45 Kevin Hanlon M50 Dave Oja 1500m M30 Richard Terpening M35 Glen Miley M45 Glen Miley M50 Dave Oja 1500m M30 Richard Terpening M35 Glen Miley M50 Dave Oja High Jump M65 John Hurley	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3 **S Meet uly 5 29.0 26.8 25.4 29.6 38.7 2.17.6 2.23.7 2.56.1 4.33.5 4.45.6	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M81e M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Larry Hart M55 Bob Weiner M60 James Verdier M80 Walt Washburn M40 Patricia Zerfas W45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M80 Walt Washburn M40 Patricia Zerfas W45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M80 Walt Washburn M40 Patricia Zerfas Long Hurdles M30 Fitz Crick High Jump M40 John Casale Long Jump M40 John Casale M45 Marcus Battle Triple Jump	50.14 27.24 50.30 00.50 00.380 51.70 55.50 43.30 28.00 28.00 63.00 6	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Maria Gomez W50 Jocelyn Lowther W60 JoAnn Sampson W65 Louise Tricard 200m M30 Kendrick Wright Aaron Prather M35 Alex Acosta Larry Gardner Ralph Anrich Kerry Jackson M40 Orlando Mathews	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.36.2	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion M50 Douglas Boehr M55 Ozzie Binion M50 Douglas Boehr M55 Ozzie Binion M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M60 Charle Polhamus Long Jump M40 John Allen M45 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch W50 Linda Lowery Pole Vault M40 C Leeuwenburgh Thad Brady M45 Harry Hackett M50 Mark Gomez M55 David Johnston M60 Charlie Polhamus Long Jump M40 James Eckenrode John Allen M45 Peter Houba Ragnar Mossberg M50 Glen Turner	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.90 26.23.50 28.36.70 27.47.00 24.08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.20 1.30 1.25 4.70 4.03 3.28 2.68 3.43 3.28 6.47 4.99 6.18 5.59	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez W70 Bloria Bortell Weight Throw M40 John Allen M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M70 Luiz Helez M75 Dick Mulkern W70 Gloria Bortell S000m RW M40 Steve Renard	19, 19 13.10 31.08 36.77 25.79 34.18 24.22 33.43 27.45 19.62 71.09 49.20 42.23 47.24 66.17 55.66 49.69 48.86 47.93 42.00 23.39 31.79 29.18 27.14 26.20 23.42 19.38 9.97 19.22 10.64 13.84 10.44 13.87 12.24 11.07 8.86 32.54.37	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         1.21           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         1.1           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         M30 Kunle Lawson         13.39           M35 Jarnes Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         M30 Kunle Lawson         43.72           M35 James Barr         36.68           M40 Horace Pendergrass 48.38         M45 Joe Johns         36.13
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy John Hurley B00m M35 Glen Miley M45 Kevin Hanlon M50 Dave Oja 1500m M30 Richard Terpening M35 Glen Miley M45 Glen Miley M50 Dave Oja High Jump	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M80 M85 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 James Verdier M80 Walt Washburn M40 James Verdier M80 Walt Washburn M40 Patricia Zerfas W45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M20 Gary Grilliot M45 Peter Blank M20 Walt Washburn M40 Patricia Zerfas W45 Bernadette Flynn M40 Gary Grilliot M50 Feter Blank M50 Fitz Crick High Jump M40 John Casale Long Jump M40 John Casale Long Jump M40 John Casale M45 Marcus Battle Triple Jump M40 John Casale M40 Don Casale M40 Don Casale M50 Don Ampansin W35 Valerie Eichenberger	50.14 27.24 50.30 00.50 00.380 51.70 55.50 43.30 28.00 63.950 43.00 28.00 63.950 43.00 28.00 63.950 63	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Maria Gomez W50 Jocelyn Lowther W60 JoAnn Sampson W65 Louise Tricard 200m M30 Kendrick Wright Aaron Prather M35 Alex Acosta Larry Gardner Ralph Annch Kerry Jackson M40 Orlando Mathews Jim Wiley	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.02.3h 20.03.6.2h 20.36	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion H950 Douglas Boehr M55 Ozzie Binion H950 Douglas Boehr M55 Ozzie Binion H961 Jump M40 John Allen M45 Mark Williamson M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch W50 Linda Lowery Pole Vault M40 C Leeuwenburgh Thad Brady M45 Harry Hackett M50 Mark Gomez M55 David Johnston M60 Charlie Polhamus Long Jump M40 James Eckenrode John Allen M45 Peter Houba Ragnar Mossberg M50 Glen Turner Bobby Terrell	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.90 26.23.50 28.36.70 27.47.00 24.08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.50 1.50 1.20 1.30 1.15 1.10 1.30 1.25 4.70 4.03 3.28 2.68 3.43 3.28 6.47 4.99 6.18 5.59 5.49	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez W70 Bloria Bortell Weight Throw M40 John Allen M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M70 Luiz Helez M70 Gloria Bortell S000m RW M40 Steve Renard	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 19, 62 71, 09 49, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 00 33, 39 31, 79 29, 18 27, 14 26, 20 23, 65 22, 35 19, 60 28, 00 23, 42 19, 97 19, 22 10, 64 13, 84 10, 44 11, 10, 7 8, 86 32, 54, 37 31, 46, 01	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         1.21           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         1.469           M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         3.19           M30 Kunle Lawson         13.39           M35 Jarnes Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         M30 Kunle Lawson         43.72           M35 James Barr         38.68           M40 Horace Pendergrass48.38         38
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy John Hurley 800m M35 Glen Miley M45 Kevin Hanlon M50 Dave Oja 1500m M30 Richard Terpening M35 Glen Miley M45 John Hurley Triple Jump M65 John Hurley Triple Jump M65 John Hurley Triple Jump W50 Irene Thompson Shot Put	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan M50 Larry Hart M80 Walt Washburn M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas M61 M55 Mel Peterson M40 Gary Grilliot M55 Jim Darr M50 Larry Hart M55 Bob Weiner M50 James Verdier M60 James Verdier M60 James Verdier M80 Walt Washburn W40 Patricia Zerfas W45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M80 Walt Washburn M40 Patricia Zerfas Long Hurdles M30 Fitz Crick High Jump M40 John Casale Long Jump M40 John Casale Long Jump M40 John Casale M45 Marcus Battle Triple Jump M40 John Casale M45 Marcus Battle M50 Patrick Owens W30 Jennifer Stephens W70 Sharon Good Discus M30 Brian Butt M40 John Casale M80 George Ryffel W30 Jill Kennedy W70 Sharon Good Javelin M30 Don Ampansin W35 Valerie Eichenberger W40 Becky Hartley W70 Sharon Good	50.14 27.24 50.30 00.50 00.380 51.70 55.50 43.30 28.00 39.50 43.30 28.00 50.630 49.50 11.50 11.50 11.52 4.80 52.66 1.52 4.80 53.7 9.95 11.96 10.00 9.04 9.98 4.01 29.83 17.30 10.70 48.14 23.80	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; Ju 100m M30 Jonathon Carter Marcel Carter Kedrick Wright M35 Alex Acosta James Fleming Roderick Gooch M40 Orlando Mathews W30 Teneeshia Jones Tasha Downing Valma Bass W35 Anita Howard Maria Gomez W50 Jocelyn Lowther W60 JoAnn Sampson W65 Louise Tricard 200m M30 Kendrick Wright Aaron Prather M35 Alex Acosta Larry Gardner Ralph Anrich Kerry Jackson M40 Orlando Mathews	28.26 26.25 11.92 12.69 12.14.5h 8.04.8h 12.32.0h 20.02.3h 18.32.0h 20.36.2	W55 Ann Makoske W60 Willie Moolenaar W65 Jeanne Daprano 5000m M40 Mark Coughlin Albert Hooke M45 A J Hart M55 Albert Wieringa M70 Martin Quinn M75 Jim Blount M80 Tom McDonald W40 Jacqueline Johnson Short Hurdles M45 Mark Williamson M50 Pat Crandall Douglas Boer M55 Ozzie Binion W50 Linda Lowery Long Hurdles M50 Douglas Boehr M55 Ozzie Binion M50 Douglas Boehr M55 Ozzie Binion M50 Douglas Boehr M55 Ozzie Binion M50 Dan Pierce Bob Rockwell Pat Crandall M55 Robert Norton M60 Charle Polhamus Long Jump M40 John Allen M45 Robert Norton M65 Chuck Tosch M70 Jim Cleveland Benjamin Jimenez M65 Chuck Tosch W50 Linda Lowery Pole Vault M40 C Leeuwenburgh Thad Brady M45 Harry Hackett M50 Mark Gomez M55 David Johnston M60 Charlie Polhamus Long Jump M40 James Eckenrode John Allen M45 Peter Houba Ragnar Mossberg M50 Glen Turner	7.19.49 6.49.29 16.45.20 16.56.50 21.53.40 19.26.90 26.23.50 28.36.70 27.47.00 24.08.70 17.95 16.92 20.09 17.69 16.04 1:20.52 1:11.15 1.45 1.75 1.60 1.50 1.50 1.30 1.15 1.10 1.30 1.25 4.70 4.03 3.28 2.68 3.43 3.28 6.47 4.99 6.18 5.28 5.59 5.49 5.08 4.93	W70 Gloria Bortell Hammer M35 Bill Dilon M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M65 James Turner M70 Luis Velez M75 Dick Mulkern Richard Bergenback Javelin M40 Ronald Bradstock Daniel Slankard John Allen M45 Jesus Virella M50 Mike Brown Bob Kounolo Michael Wasp Ray Mushinski Ed Calabello M60 Tom Harasti M65 Armando Pietri James Turner William Burch Chuck Tosch M70 Jim Cleveland Raymond Wright Benjamin Jimenez Paul Gaulden M75 William Daprano Dick Mulkern W60 Rosalie Lasby W65 Loyda Jimenez W70 Bloria Bortell Weight Throw M40 John Allen M50 Mike Thomason M55 Miguel Ruiz M60 Jim Corcoran M70 Luiz Helez M75 Dick Mulkern W70 Gloria Bortell S000m RW M40 Steve Renard	19, 19 13, 10 31, 08 36, 77 25, 79 34, 18 24, 22 33, 43 27, 45 19, 62 71, 09 49, 20 42, 23 47, 24 66, 17 55, 56 49, 69 48, 86 47, 93 42, 00 33, 39 31, 79 29, 18 27, 14 26, 20 23, 65 22, 35 19, 60 23, 42 19, 38 9, 97 19, 22 10, 64 13, 97 12, 24 11, 07 8, 86 32, 54, 37 31, 46, 01 32, 40, 00	M50 Anthony Markley         1.46           M65 Jack Kuhns         1.21           M70 Jarnes Stookey         1.27           W65 Evelyn Wright         1.21           Pole Vault         2.87           M30 John Jones         2.87           M45 David Lippad         2.36           M50 Anthony Markley         2.40           Long Jump         M40 Greg Coan         3.11           M45 Bruce Hamilton         4.69           M50 Anthony Markley         4.56           W65 Evelyn Wright         3.18           Shot Put         M30 Kunle Lawson         13.39           M35 Jarnes Barr         13.12           M45 Joe Johns         12.19           M50 Jay J Wind         5.34           M60 Vic Litwinski         10.31           M65 Jack Kuhns         10.95           M70 Jim Condell         9.24           W30 Jennifer Stephens         10.17           W40 Wanda Gardiner         7.62           W65 Evelyn Wright         7.80           Discus         10.17           M30 Kunle Lawson         43.72           M35 James Barr         38.68           M40 Horace Pendergrass48.38         M40           M45 Joe Joh
Hanover, NH; Jur  16# Shot Put Carl Wallin age-62 WR Bob Mead 59 Don Filkins 50 Shot Put C Wallin 5k B Mead 6k D Filkins 6k Packy Fusco 61 5k Hammer C Wallin 5k Bill Cotter 39 16# D Filkins 6k Sam Messiter 75 4k Discus D Filkins 1.5k B Cotter 2k C Wallin 1k P Fusco 1k S Messiter 1k Javelin C Wallin 600g S Messiter 500g  Syracuse Charger Syracuse, NY; J  200m W50 Irene Thompson M40 Kevin Didio M45 Brendan Jackson Ric Bond M65 Tom Fondy John Hurley B00m M35 Glen Miley M45 Kevin Hanlon M50 Dave Oja 1500m M30 Richard Terpening M35 Glen Miley M45 John Hurley Tiple Jump M65 John Hurley Triple Jump M65 John Hurley Triple Jump M50 Irene Thompson	40-8.5 40-8.5 40-0 38-3 46-10 43-8.5 39-11.5 32-6 145-7 142-8 133-1 85-10 123-7 122-6 120-7 115-11 72-8 111-3 80-3 <b>S Meet</b> <b>uly 5</b> 29.0 26.8 25.4 25.4 25.6 38.7 2.17.6 2.23.7 2.17.6 2.23.7 2.56.1 4.33.5 4.45.6 6.00.8 3-8	M35 Troy Nelson M80 Walt Washburn W40 Yue Guan 800m M50 Larry Hart M80 Walt Washburn W40 Patricia Zerfas Mile M35 Mel Peterson M40 Gary Grilliot M45 Jim Darr M50 Larry Hart M55 Bob Weiner M60 James Verdier M80 Walt Washburn W40 Patricia Zerfas W45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M20 Walt Washburn M40 Patricia Zerfas W45 Bernadette Flynn 3000m M40 Gary Grilliot M45 Peter Blank M20 Walt Washburn M40 Patricia Zerfas M30 Fitz Crick High Jump M40 John Casale Long Jump M40 John Casale Long Jump M40 John Casale M45 Marcus Battle Triple Jump M40 John Casale M40 J	50.14 27.24 50.30 00.50 00.380 51.70 55.50 43.30 139.50 43.30 139.50 43.30 149.50 111.50 118.80 111.50 118.80 119.60	M65 Jack Kuhns M70 Jim Eyer Weight Throw M60 Victor Litwinski W65 Jack Kuhns Mile RW M45 Peter Blank W40 Laura Niel W45 C Caravoulias 3000m RW M45 Jim Gilmour M60 Victor Litwinski M70 Marvin Dicker W45 Kimberly Light W50 Deborah van Dover W60 Lois Dicker  USATF SE Reg Masters Champio Clermont, FL; 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August 2004		
W45 ChrisCaravoulias 1 W55 Barbara Roberts 1 3000m Racewalk M45 Jim Gilmour 2 M60 Vic Litwinski 1	5:11.10	M50 Stuart M55 James M60 David Steven
W60 BarbaraCharles 2		James M65 Robert
MIDWES	The second second	M70 Vernor M75 Howard
USATF Indiana Ma Championship	s	W40 Angela W50 Maure
Indianapolis; Jun	e 19	W55 Christii Debbie
M30 Andre Kirtz	10.88	200m
Anthony Davis M35 Robert Thomas	10.90	M30 Anthor Bradle
M45 Wm Edwards Kurt Koehler	11.48 12.88	Nkanu M40 Robert
Lawrence Finley	13.14	John B
M55 Rick Parker W35 Kisha Carman	13.42 nta	Joseph M45 Ed Mu
W40 Kathleen Shook W45 Jo Welch	nta nta	Kurt Ko
W55 Christine Davis	nta	M50 Stuart Dougls
200m M30 Anthony Davis	22.70	M55 James M60 David
M35 Robert Thomas M40 James Lundberg	22.54	Stever Arnold
M45 Lawrence Finley	26.91	M65 Robert
M55 Rick Parker M60 Arnold Graves	29.85 32.98	W40 Angela
W35 Kisha Carman W40 Kathleen Shook	29.31 27.90	400m
JaDora Sailes	30.17	M30 Bradle M35 David
Angela Nealey	31.84	M40 Bruce
M35 Robert Thomas M40 Sunder nix	49.68 52.15	Joseph M45 Lawren
James Lundberg	53.45	M50 Paul G Stuart
M45 Lawrence Finley M55 Rick Parker	61.79	M60 Steven
M60 Arnold Graves W40 Kathleen Shook	74.0 64.0	W30 Zenia
800m		800m M35 Steven
M35 Will Burris David Buysse	2:15	John A
M45 Scott Caldwell Mike Jaskoski	2:22	M40 Mark V
M50 Byron Batteiger	2:20	M60 Steven W55 Debbie
David Woods M65 Gene Lausch	2:59	1500m
W40 Wanda Toro 1500m	2:38	M35 Steven William
M35 David Buysse M40 Chas Wappes	4:27.94 5:57.36	M50 James M55 Thoma
M40 Chas Wappes M45 Curtis Stautz	4 32 48	5000m M35 David 8
M65 Gene Lausch W40 Wanda Toro	5.19.79	Steven
W45 Lana Henricks 5000m	6:52.92	M45 Dan Sh
M40 Mark Doctor M45 Curtis Stautz	17:54 16:55	M55 Thoma Short Hurdle
Pole Vault M35 Tim Palmer	12-0	M50 Dougla M65 Ronald
M40 Paul Babits	16-0	M70 Clarent
M45 Gary Hunter M55 Dick Kochert	14-6 11-6	Long Hurdle M40 Jack B
W40 Karen Rieger High Jump	7-0	M50 Dougla High Jump
M40 Thom Masterson M55 David Knott	5-4 4-7	M35 Anthon
Long Jump		M40 David S
M55 Dick Kochert W45 Jo Welch	4.49 3.84	M45 Gary P Craig L
Shot Put M45 Kurt Koehler	9.83	M50 Kim Bro
M55 David Stebing	11.83	Dougla: David H
M70 Pete Augsburger M80 John Adams	6.30	M65 Ronald Louis V
W55 Christine Davis	6.00	Robert
Discus M45 Kurt Koehler	30.81	M70 Clarence Ronald
M55 David Stebing Javelin	36.39	W65 Christel Pole Vault
M35 Rob Vorhees M40 John Smith	55.45 41.04	M50 Kim Bro Stepher
M45 Kurt Koehler	31.32	M70 Jerry Do
M55 David Stebing Gary Walkup	38.03 33.80	Clarence Long Jump
Dave Knott 3000m Racewalk	28.70	M40 Joseph
M40 Ed Blackwood	20:11	M45 Gary Pi M50 Dougla
M45 Damon Clements M50 Craig Woodall	18:30	M65 Robert
Greg Gember M55 Max Walker	19:40 15:41	M70 Ronald Clarence
M60 David Moebs	20 32 18 54	W40 Robin H Patty H
W50 Cathy Mayfield W55 Tish Roberts	20:54	Triple Jump
W60 Janet Higbie	19:56	M45 Craig L Gary Pi
USATF Mid-Amer	rica	M50 Douglas M60 James
Regional Maste	The second second	M65 Robert M70 Clarence
Championship		W40 Patty H

Edv	Regional Mas Championsh vardsville, IL; Ju	ters ips
100n	1	
M30	Anthony Davis	11.18
-	Nkanu Eko	12.71
M35	Steve Bunn	12.07
	Glenn Paul Glynn	13.03
M40	Robert Sweeney	12.51
11170	John Brady	12.97
1445	Ed Muehsam	12.71
1417	Kurt Koehler	13.05

M50	Lawrence Finlay Stuart Radloff	13.26 13.08
M55 M60	James Seiler	13.28 13.41
MOU	Steven Cottle	14.72
M65	James Snook Robert Lida	
	Ronald Dennert	12.92 15.45
M70 M75	Vernon Schewe Howard Byers	15.56 16.36
W40	Angela Nealy	15.01
	Maureen Halloran Christine Davis	16.66 17.15 17.55
200	Debbie Stiles	17.55
	Anthony Davis	22.03
	Nkanu Eko	27 09
M40	Robert Sweeney	27.09 25.45 26.17
-	John Brady Joseph Peebles	27.68
M45	Ed Muehsam	26.65
M50		27.32 27.21
M55	Dougls Boehr James Seiler	30.96 26.92
M60	David Golden	28.22
	Steven Cottle Arnold Grves	31.54 33.51
M65	Robert Lida	26.75 33.06
M70 W40	Vernon Schewe Angela Nealy	32.41
400		52 93
M35	David Lewis	53.82
M40	Bruce Auch	56.96
M45		1:04.03
M50	Paul Gorden	57.55
M60	Stuart Tadloff Steven Cottle	1:04.68
	Arnold Graves Zenia Ayrton	1.16.39 58.63
800r	n	
M35	Steven Cassar John Andre Ritchie	2.09.05
	William Walters	2:24.68
M40 M60		2:00:59
W55	Debbie Stiles	3:26.20
1500 M35	Steven Cassar	4:21.87
M50	William Walters	4:55.25
M55	Thomas Wolfe	4:49.50 4:59.22
5000 M35	David Buysse	17:18.96
	David Buysse Steven Cassar William Walters Dan Shriver Thomas Wolfe	17:52 77
M45	Dan Shriver	20:15.15
M55	Thomas Wolfe t Hurdles	20:17.00
M50	Douglas Boehr	19.73
M65	Douglas Boehr Ronald Dennert Clarence Bruce	22.48
		24 30
Long	Hurdles	
M40 M50	Jack BradleyThoma Douglas Boehr	s 58.62 1:18.93
M40 M50	Jack BradleyThoma Douglas Boehr	s 58.62 1:18.93
M40 M50	Jack BradleyThoma Douglas Boehr	s 58.62 1:18.93
M40 M50	Jack BradleyThoma Douglas Boehr	s 58.62 1:18.93
M40 M50	Jack BradleyThoma Douglas Boehr	s 58.62 1:18.93
M40 M50	Jack BradleyThoma Douglas Boehr	s 58.62 1:18.93
M40 M50	Jack BradleyThoma Douglas Boehr	s 58.62 1:18.93
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M40 M50	Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley	s 58.62 1:18.93 1.62 1.62 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.27 1.22 1.12 1.07
M40 M50	Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley	s 58.62 1:18.93 1.62 1.62 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.27 1.22 1.12 1.07
M40 M50 M50 M45 M45 M50 M65 M70 W65 Pole	Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley	s 58.62 1:18.93 1.62 1.62 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.27 1.22 1.12 1.07
M40 M50 High M35 M40 M45 M50 M65 M70 W65 Pole M50	Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley	s 58.62 1:18.93 1.62 1.62 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.27 1.22 1.12 1.07
M400 M50 High M35 M40 M45 M50 M65 M70 W65 Pole M50	Hurdles Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce	s 58.62 1:18.93 1.62 1.62 1.67 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.27 1.12 1.07 1.15 3.05 2.90 2.59 1.53
Long M40 M50 High M35 M40 M45 M50 M65 M70 W65 Pole M50 M70 Long M40 M45	Hurdles Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Jump Joseph Peebles	s 58.62 1:18.93 1.62 1.62 1.67 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.27 1.15 3.05 2.90 2.59 1.53 4.43
M40 M50 M40 M45 M40 M45 M50 M65 M70 W65 Pole M50 M40 M45 M50	Hurdles Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Bruce Bruce Jump Joseph Peebles Gary Pirch	s 58.62 1:18.93 1.62 1.87 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.22 1.12 1.07 1.15 3.05 2.90 2.59 1.53 4.43 4.46
M40 M50 High M35 M40 M45 M50 M65 M70 W65 Pole M50 M70 Long M40 M45 M50 M65	Hurdles Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Bruce Bruce Jump Joseph Peebles Gary Pirch	s 58.62 1:18.93 1.62 1.87 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.22 1.12 1.07 1.15 3.05 2.90 2.59 1.53 4.43 4.46
M40 M50 M40 M450 M450 M65 M70 M65 M70 Long M40 M45 M50 M70	Hurdles Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Bruce Bruce Jump Joseph Peebles Gary Pirch	s 58.62 1:18.93 1.62 1.87 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.22 1.12 1.07 1.15 3.05 2.90 2.59 1.53 4.43 4.46
M40 M50 M40 M45 M40 M45 M50 M65 M70 W65 Pole M50 M70 Long M40 M45 M50 M40 M45 M50 M40 M45 M50 M70 W40 W40	Hurdles Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge	s 58.62 1:18.93 1.62 1.87 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.22 1.12 1.07 1.15 3.05 2.90 2.59 1.53 4.43 4.46
M40 M40 M40 M450 M450 M450 M450 M450 M45	Hurdles Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Bruce Romald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge	s 58.62 1:18.93 1.62 1.62 1.87 1.67 1.67 1.62 1.42 1.22 1.27 1.22 1.12 1.07 1.15 3.05 2.59 1.53 4.43 4.46 4.31 3.15 3.30 3.25 3.48 3.11
M40 M50 M40 M45 M40 M45 M50 M65 M70 W65 Pole M50 M40 M45 M50 M40 M40 M45 M70 W40 M40 M45 M70 W40 M45	Hurdles Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Bruce Romald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge	s 58.62 1:18.93 1.62 1.62 1.87 1.67 1.67 1.62 1.42 1.22 1.27 1.22 1.12 1.07 1.15 3.05 2.59 1.53 4.43 4.46 4.31 3.15 3.30 3.25 3.48 3.11
M40 M450 M450 M450 M450 M450 M450 M450 M	Jack BradleyThoma Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge Jump Craig Leving Gary Pirch Douglas Roehr	s 58.62 1:18.93 1.62 1.62 1.87 1.67 1.67 1.62 1.42 1.22 1.27 1.22 1.12 1.07 1.15 3.05 2.59 1.53 4.43 4.46 4.31 3.15 3.30 3.25 3.48 3.11
M40 M450 M450 M450 M450 M450 M450 M450 M	Jack BradleyThoma Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge Jump Craig Leving Gary Pirch Douglas Roehr	s 58.62 1:18.93 1.62 1.62 1.87 1.67 1.67 1.62 1.42 1.22 1.27 1.22 1.12 1.07 1.15 3.05 2.59 1.53 4.43 4.46 4.31 3.15 3.30 3.25 3.48 3.11
M40 M450 M450 M450 M450 M450 M450 M450 M	Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge Jump Craig Leving Gary Pirch Douglas Boehr James Snook Robert Herron Clarence Bruce Patty Hodge	s 58.62 1:18.93 1.62 1.62 1.87 1.67 1.67 1.62 1.42 1.22 1.27 1.22 1.12 1.07 1.15 3.05 2.59 1.53 4.43 4.46 4.31 3.15 3.30 3.25 3.48 3.11
M40 M45 M40 M40 M45 M50 M65 M70 M40 M40 M65 M70 M40 M40 M40 M40 M40 M40 M40 M40 M40 M4	Jack BradleyThoma Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Bruce Ronald Jelinek Christel Donley Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge Jump Craig Leving Gary Pirch Douglas Boehr James Craig Leving Gary Pirch Douglas Boehr James Snook Robert Herron Clarence Bruce Patty Hodge Put	s 58.62 1:18.93 1.62 1.62 1.87 1.67 1.67 1.67 1.62 1.42 1.22 1.27 1.22 1.12 1.07 1.15 3.05 2.90 2.59 1.53 4.43 4.46 4.31 3.15 3.30 3.25 3.48 3.11
M40 M450 M450 M450 M450 M450 M450 M450 M	Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Bruce Bruce Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge Jump Craig Leving Gary Pirch Douglas Boehr James Snook Robert Herron Clarence Bruce Patty Hodge Put Gary Hammock Fdwin Cockrell	s 58.62 1:18.93 1.62 1.87 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.27 1.22 1.12 1.07 1.15 3.05 2.90 2.59 1.53 4.43 4.46 4.31 3.15 3.30 3.25 3.48 3.11
M40 M45 M50 M65 M70 W40 Triple M45 M50 M65 M70 W40 Triple M45 M50 M65 M70 W40 M65 M40 M65 M40 M65 M40 M45	Hurdles Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge Jump Craig Leving Gary Pirch Douglas Boehr James Craig Leving Gary Pirch Douglas Boehr James Craig Leving Gary Pirch Douglas Boehr James Snook Robert Herron Clarence Bruce Patty Hodge Put Gary Hammock Edwin Cockrell Russ Taylor Robert Barrows	s 58.62 1:18.93 1.62 1.62 1.87 1.67 1.67 1.67 1.62 1.42 1.22 1.27 1.22 1.107 1.15 3.05 2.90 2.59 1.53 4.43 4.46 4.31 3.15 3.25 3.48 3.11 10.64 9.30 8.93 7.67 6.89 6.25 6.63
M40 M45 M50 M65 M70 W40 M65 M70 W40 Triple M50 M65 M70 W40 M65 M40 M65 M70 W40 M65 M40 M65 M40 M45	Hurdles Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge Jump Craig Leving Gary Pirch Douglas Boehr James Craig Leving Gary Pirch Douglas Boehr James Craig Leving Gary Pirch Douglas Boehr James Snook Robert Herron Clarence Bruce Patty Hodge Put Gary Hammock Edwin Cockrell Russ Taylor Robert Barrows	s 58.62 1:18.93 1.62 1.87 1.67 1.67 1.67 1.62 1.42 1.22 1.42 1.27 1.22 1.12 1.07 1.15 3.05 2.90 2.59 1.53 4.43 4.46 4.31 3.15 3.30 3.25 3.48 3.11 10.64 9.30 8.93 7.67 6.89 6.25 6.63 8.07 11.83
M40 M45 M50 M65 M70 W40 Triple M45 M50 M65 M70 W40 Triple M45 M50 M65 M70 W40 M65 M40 M65 M40 M65 M40 M45	Jack BradleyThoma Douglas Boehr Jump Anthony Coates Glenn Paul Glynn David Sykes Gary Pirch Craig Levine Kim Brokaw Douglas Boehr David Hensen Ronald Dennert Louis Vodopya Robert Herron Clarence Bruce Ronald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Romald Jelinek Christel Donley Vault Kim Brokaw Stephen Estep Jerry Donley Clarence Bruce Jump Joseph Peebles Gary Pirch Douglas Boehr Robert Herron Ronald Jelinek Clarence Bruce Robin Hanson Patty Hodge Jump Craig Leving Gary Pirch Douglas Boehr James Craig Leving Gary Pirch Douglas Boehr James Snook Robert Herron Clarence Bruce Patty Hodge Put Gary Hammock Edwin Cockrell Puses Taylor	s 58.62 1:18.93 1.62 1.62 1.87 1.67 1.67 1.67 1.62 1.42 1.22 1.27 1.22 1.107 1.15 3.05 2.90 2.59 1.53 4.43 4.46 4.31 3.15 3.25 3.48 3.11 10.64 9.30 8.93 7.67 6.89 6.25 6.63

	Natio	nal M	2
M60	Franklin Donahue	8.40	I
M65	Richard Cochran Louis Vodopya Robert Herron Clarence Bruce	12.88	ı
M70	Robert Herron	10.24	ı
	James Krull	9.14	ı
M/5 W40	Phillip Brusca Robin Hanson	10.53 8.41 7.66	ı
	Christel Donley	7.66	ı
Discu			ı
M30 M35	William Summers Mark Collier	52.82	ı
1445	William Summers Mark Collier Gary Hammock Russ Taylor Robert Barrows Garry Ladd Willis Garland David Hansen Valentino Martinez Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Richard Cochran Robert Herron Ronald Dennert Ronald Jelinek James Krull Clarence Bruce	23.60	١
M45	Robert Barrows	29.76	ı
M50	Garry Ladd Willis Garland	28.46	ı
1455	David Hansen	32.70	ı
M55	Jerry Bookin-Weiner	46.55 37.54	ı
MED	Gregory Zachwieja	37.50	١
M65	Richard Cochran	53.07	١
	Robert Herron Robert Herron	34.92	l
M70	Ronald Jelinek	28.99	ı
	James Krull Clarence Bruce Phillip Brusca	28.75	١
M75	Phillip Brusca	33.14	ı
W65 Ham		d 12.00	١
M45	Jeff Crothers	38.18	١
M55	Tim Edwards Jerry Bookin-Weiner Gregory Zachwieja	40.81 37.15	1
MEO	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca lin Tom Pukstys Glenn Paul Glynn Kurt Koehler	31.02	١
M65	Robert Herron	35.22	ı
M75	Phillip Brusca	28.57	l
M35	Tom Pukstys	74.90	١
M45	Glenn Paul Glynn Kurt Koehler Gary Pirch David Hansen Kim Brokaw Jerry Bookin-Weiner Franklin donahue Robert Herron Clarence Bruce James Krull	35.02	١
MED	Gary Pirch	30.62	١
MOU	Kim Brokaw	27.29	ı
M55	Jerry Bookin-Weiner	30.42	١
M65	Robert Herron	22.80	١
M70	James Krull	24.42	ı
M75	Phillip Brusca	25.83	١
W40 W65	James Krull Phillip Brusca Robin Hanson Christel Donley Charmaine Sobkowsi	21.90	ı
Wain	Charmaine Sobkowsi	di 16.26	١
M45	loff Crothorn	44.00	
	Jen Cromers	11.08	ı
6.5	Jeff Crothers Tim Edwards Jerry Bookin-Weiner	15.45 13.69	
6.5	Jerry Bookin-Weiner	15.45 13.69	
6.5	Jerry Bookin-Weiner	15.45 13.69	
M60 M65 M75	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca	15.45 13.69	
M60 M65 M75 Deca	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca	15.45 13.69 11.67 8.51 11.73 12.55	
M60 M65 M75 Deca M50	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740	
M60 M65 M75 Deca M50 5000	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW	15.45 13.69 11.67 8.51 11.73 12.55	
M60 M65 M75 Deca M50 5000 M45	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27:24.41	
M60 M65 M75 Deca M50 5000 M45	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27:24.41	
M60 M65 M75 Deca M50 5000 M45	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41	
M60 M65 M75 Deca M50 5000 M45	Jerry Bookin-Weiner Gregory Zachweia Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27:24.41 sters 6 e 19	
M60 M65 M75 Deca M50 5000 M45	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27:24.41 sters 6 e 19	
M60 M65 M75 Deca M50 5000 M45	Jerry Bookin-Weiner Gregory Zachweia Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters 6 e 19	
M60 M65 M75 Deca M50 5000 M45 US	Jerry Bookin-Weiner Gregory Zachweia Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters 6 e 19	
M60 M65 M75 Deca M50 5000 M45 US G100n M40	Jerry Bookin-Weiner Gregory Zachweia Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters 6 e 19	
M60 M65 M75 Deca M50 S000 M45 US G100r M40 M45	Jerry Bookin-Weiner Gregory Zachweia Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27:24.41 sters 6 e 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.09	
M60 M65 M75 Deca M50 5000 M45 US G 100rr M40 M45 M60 M70	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Ernie Alcocer Dean Shaw	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters 6 e 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.04 15.58	
M60 M65 M75 Deca M50 5000 M45 US G100r M40 M45 M60 M70	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca tthlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Ernie Alcocer Dean Shaw Jack Hinnle	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters ie 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.81 18.28	
M60 M65 M75 Deca M50 5000 M45 US G100r M40 M45 M60 M70	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca tthlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Ernie Alcocer Dean Shaw Jack Hinnle	15.45 13.69 11.67 8.51 11.73 12.55 4200 27.40 27.24.41 sters 6 e 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.04 15.59 15.81 18.28 18.21 15.24	
M600 M65 M75 Deca M50 S000 M45 US G100r M40 M45 M60 M70 M80 W45 W50 W80 W80 W80	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca tthlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Ernie Alcocer Dean Shaw Jack Hipple Kim Davis K Defever-Gothro Georgia Johnson Mary Holland	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters ie 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.81 18.28	
M600 M65 M75 Deca M50 S000 M45 US G100r M40 M45 M60 M70 M80 W70 W70 W80 W200r W80	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Ernie Alcocer Dean Shaw Jack Hipple Kim Davis K Defever-Gothro Georgia Johnson Mary Holland n David Dawson	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters 6 e 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.59 15.81 18.28 18.21 15.24 20.59 22.14	
M600 M65 M75 Deca M50 S000 M45 US G100r M40 M45 M60 M70 M80 W70 W70 W80 W200r W80	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Ernie Alcocer Dean Shaw Jack Hipple Kim Davis K Defever-Gothro Georgia Johnson Mary Holland n David Dawson David Dawson Davron Witherspoon	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters ie 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.04 15.58 18.21 15.24 20.59 22.14	
M600 M655 M75 Deca M50 M50 M50 M50 M45 US G100r M40 M45 M60 M70 M800 W455 W50 W70 W800 M30 M30 M30 M30 M30 M30 M30 M30 M30 M	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Ernie Alcocer Dean Shaw Jack Hipple Kim Davis K Defever-Gothro Georgia Johnson Mary Holland n David Dawson Darron Witherspoon Ed Marchand John Schneider	15.45 13.69 11.67 8.51 11.73 12.55 4200 27.40 27.24 41 sters 6 e 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.04 20.59 22.14 27.06 23.21 29.98 26.07	
M600 M65 M75 Deca M50 M50 M45 US G100r M40 M45 M60 M70 M80 W45 W50 W70 M80 M40 M40 M40 M40 M40 M40 M40 M40 M40 M4	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Emie Alcocer Dean Shaw Jack Hipple Kim Davis K Delever-Gothro Georgia Johnson Mary Holland n David Dawson Darron Witherspoon Ed Marchand John Schneider Lieff Ziel	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters ie 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.81 18.28 18.21 15.24 20.29 22.14 27.06 23.21 29.98 26.07 28.86	
M600 M65 M75 Deca M50 M50 M45 US G100r M40 M45 M60 M70 M80 W45 W50 W70 M80 M40 M40 M40 M40 M40 M40 M40 M40 M40 M4	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Emie Alcocer Dean Shaw Jack Hipple Kim Davis K Defever-Gothro Georgia Johnson Mary Holland n David Dawson Darron Witherspoon Ed Marchand John Schneider Jeff Ziel Wally Barnowski	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters ie 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.81 18.28 18.21 15.24 20.29 22.14 27.06 23.21 29.98 26.07 28.86	
M600 M65 M75 Decas M50 S0000 M45 US G 100r M40 M45 M60 M70 W80 200r M40 M45 M60 M45	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Ernie Alcocer Dean Shaw Jack Hipple Kim Davis K Defever-Gothro Georgia Johnson Mary Holland n David Dawson Darron Witherspoon Ed Marchand John Schneider Jeff Ziel Wally Barnowski Zbigy Zlobicki Don Snider	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24 41 sters 6 e 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.04 15.58 18.28 18.21 15.24 20.59 22.14 27.06 23.21 29.98 20.00 27.28.86 30.20 26.64 29.71	
M600 M65 M75 Decas M50 Decas M50 S000 M45 US G100r M40 M45 M60 M70 M80 W45 W50 W70 M80 M40 M45 M50 M55	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Ernie Alcocer Dean Shaw Jack Hipple Kim Davis K Defever-Gothro Georgia Johnson Mary Holland n David Dawson Darron Witherspoon Ed Marchand John Schneider Jeff Ziel Wally Barnowski Zbigy Zlobicki Don Snider Don Yeager Philip Variline	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters ie 19 11.15 12.70 13.17 14.52 12.75 14.52 12.75 14.52 12.75 14.52 12.75 14.52 12.75 14.52 12.75 13.69 15.81 18.28 18.21 15.29 22.14 27.06 23.21 29.98 26.07 28.64 29.74 29.74 29.74 20.75	
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M600 M655 M75 Deca M50 M60 M45 US G100r M40 M45 M60 M70 M80 M45 M50 M55 M60 M70 M80 M45 M60 M45 M60 M45 M50 M40 M45 M60 M45 M60 M45 M60 M40 M45 M60 M45 M60 M40 M45 M60 M40 M45 M60	Jerry Bookin-Weiner Gregory Zachwieja Franklin Donahue Robert Herron Phillip Brusca thlon Kelly Meares John Tyler m RW David Couts  ATF Michigan Ma Championships rand Rapids; Jun n Darron Witherspoon Paul Zelmanski Rodney Wilson Mike Simmons Zbigy Zlobicki Philip Varilone Frank Bonham Raymond Bentley Emie Alcocer Dean Shaw Jack Hipple Kim Davis K Defever-Gothro Georgia Johnson Mary Holland n David Dawson Darron Witherspoon Ed Marchand John Schneider Jeff Ziel Wally Barnowski Zbigy Zlobicki Don Snider Don Yeager Philip Variline Frank Bonham Raymond Bentley Emie Alcocer Jeff Ziel Wally Barnowski Zbigy Zlobicki Don Snider Don Yeager Philip Variline Frank Bonham Raymond Bentley Ernie Alcocer Jack Hipple Stephanie Mills n David Dawson Russell Layne Ed Marchand Mike Woodbeck John Schmieder Jeff Ziel Don Snider Leon Savenas	15.45 13.69 11.67 8.51 11.73 12.55 4200 2740 27.24.41 sters ie 19 11.15 12.70 13.17 14.52 12.75 14.57 13.69 15.04 15.59 15.81 18.28 18.21 15.24 20.59 22.14 27.06 23.21 29.98 26.07 27.28.86 30.20 26.64 29.71 29.84 30.72 30.	
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800r	n William Walters	2:28.0h	
M40	Mark Wyckoff	2:02.5h	
	Russell DeRoos Todd Foster	2:02.5h 2:21.5h 2:39.8h	
M45	Mike Woodbeck Wally Barnowski	2-15 Oh	
M50		2:24.3h 2:35.5h	
M65 W40	Rod Smith Pam Malmsten	2:54.4h 2:53.79	
1500 M35	m Rick Admiral	4:47.73	
	William Walters	4:54.63	
M40	William Walters Russell DeRoos Todd Foster	5:14.14	
M65 W45	Rod Smith	5:23.6h 7:02.18	
5000	m	17:16.54	
M35	William Walters	18:18.43	
	t Hurdles Paul Zalmanski	18.18	
M75	Charles Sochor Hurdles	18.14	
M75	Charles Sochor	1:19.22	
M30	Jump David Dawson	1.95	
M35 M45	Cur Stockard	1.77 1.50	
M50	James Pocan Gary Krueger	1.37	
M55 M60	Raymond Bentley	1.20 1.10 1.10	
M70	William Rothley Cliff Dickman	1.10	
Pole M50	Vault	13-0	
M55	Gary Krueger	7-0	
M70	Eugene Kester William Rothley	6-6 6-0	
Long M40	Jump Paul Zelmanski	4.91	
M45	Rocky Ybarra	5.38	
M50 M55	James Pocan Greg Krueger	4.00 3.03	
M60	Eugene Kester	2.19	
M70	William Roghley Cliff Dickman Charles Sochor	3.96	
M75	Cliff Dickman Charles Sochor	3.15 3.68	2000
M80 W80	Jack Hipple	2.43	1
Shot	Put	Tall and	h
M30	Marty Malcolm Dave Senay	13.58 12.53	
M35 M45	Dan Boboltz Larry Munski	12.02	
	Larry Munski Paul Walderzak Jim O'Neill	11.90 9.06	
M55	Hilary Goerge	12.67	1
	Gary Krueger Mark Ketola	9.00 5.68	
M60 M65	Malachi McGruder Stephen Cohen	10.36 11.04	
	Bill Rykhus	10.22	
M70	Cliff Dickman William Rothley	10.05 9.56	
M75 M80	Karlis Ezerins	10.05 6.56	-
W40	Monica Thornton	6.82	
W/5 M80	Georgia Johnson Mary Holland	5.68	
Ham M30		44.82	
	Marty Malcolm Joe Skrycki	34.55	
M35 M40	Greg Theologes	58.92 38.42	
M45	Jim O'Neill Paul Walderzak	30.10 31.97	100000
M55	Hilary Goerge Greg Zachwieja	37.80 32.09	
	Greg Zachwieja Gary Krueger	32.09 26.12	
M70 Disc	Cliff Dickman	25.75	
	Dave Senay	34.15 34.11	
M35	Marty malcolm Joe Skrycki	41.85	
M40	Dan Boboltz	37.77 34.41	
M45	Larry Munski Paul Walderzak	36.10 33.10	
M55	Jim O'Neill Hilary Goerge	39.69	
	Greg Zachwieja Gary Krueger	33.43 23.22	
M60 M65	Malachi McGruder	36.54 38.40	
	Stephen Cohen Bill Rykhus	31.11	
M70	Cliff Dickman	26.92 24.33	
M75 W65	Karlis Ezerins Joan Berman	29.94 18.58	
W70	Georgia Johnson	11.27	
	Al Wenzel	55.22	
M40 M45	Ed Marchand Charley Green	41.18 54.75	
	Charley Green Rodney Wilson	36.87	
M55	Gary Krueger Mark Ketola	22.73 22.35	
M60	Malachi McGruder Raymond Bentley	34.33	
M70	Raymond Bentley William Rothley	00.01	
M80	Cliff Dickman Jack Hipple	18.79 19.80	

rs News			
Jack Hipple Ruth Thelen	1:34.9h 1:26.65	W30 Terry Wenzel W65 Joan Berman	30.96 14.12
Milliam Walters	2:28.0h	Weight Throw M30 Dave Senay	14.76
Mark Wyckoff Russell DeRoos	2:02.5h 2:21.5h	M35 Dan Boboltz	12.26
Todd Foster	2.39.8h	M40 Greg Theologes M45 Jim O'Neill	11.60 11.82
Mike Woodbeck Wally Barnowski	2:15.0h 2:24.3h	M55 Greg Zachwieja M70 Cliff Dickman	11.96 7.60
Fritz Yanuck	2:35.5h	Superweight	
Rod Smith Pam Malmsten	2.54.4h 2.53.79	M30 Dave Senay M35 Dan Boboltz	9.63 8.66
m Rick Admiral	4:47.73	M40 Greg Theologes M45 Jim O'Neill	8.12 8.51
William Walters Russell DeRoos	4:54.63 4:37.96	M70 Cliff Dickman 3000m RW	3.99
Todd Foster	5:14.14	M50 Hank Meyer	16.55.01
Rod Smith Stephanie Mills	5:23.6h 7:02.18	W65 Joan Berman	21:09.32
m Rick Admiral	17:16.54	USATF Midwest Ma	sters
William Walters	18:18.43	Championships	
t Hurdles Paul Zalmanski	18.18	Bourbonnais, IL; Ju	ne 26
Charles Sochor Hurdles	18.14	M40 Ennis Taylor	12.56
Charles Sochor Jump	1:19.22	Paul Zelmanski M45 Tim Graf	12.92 11.70
David Dawson	1.95	Rodney Wilson Mark Chaplin	13.49
Guy Stockard Rocky Ybarra	1.77	M50 Charlie Powell	12.99
James Pocan Gary Krueger	1.37	M55 Paul Montgomery Rick Parker	13.57 13.58
Raymond Bentley	1.10	M60 Larry Gunn Pete Lazzari	13.12 15.84
William Rothley Cliff Dickman	1.10	M65 Al Matheis	15.63
Vault Bob Levering	13-0	Mike Davidson Charles Townsend	15.82 18.31
Gary Krueger Eugene Kester	7-0 6-6	M70 Pierre Dobrovolny M75 Howard Byers	15.26 16.41
William Rothley	6-0	Rich Rucoba W35 Lori Schutt	17.85 13.61
Paul Zelmanski	4.91	Kisha Carman	13.90
Rocky Ybarra James Pocan	5.38	W40 Kathleen Shook W60 Lynne Ingalls	14.05 16.22
Greg Krueger	3.03	M40 Ennis Taylor	24.20
Raymond Rentley	4.01	Mark Wyckoff	24.60
William Roghley Cliff Dickman	3.96 3.15	M45 Tim Graf Joe Schwieterman	22.30 25.50
Charles Sochor Jack Hipple	3.68	M50 Charlie Powell M55 Paul Montgomery	24.80 26.50
Mary Holland	2.43	Leon Lavenas	27.70 27.90
Put Marty Malcolm	13.58	Rick Parker M60 Larry Gunn	25.70
Dave Senay Dan Boboltz	12.53	Harry Tolliver Pete Lazzari	26.70 30.60
Larry Munski Paul Walderzak	11.50 11.90	M65 Mike Davidson M75 Howard Byers	
Jim O'Neill	9.06	W35 Lori Schutt Kisha Carman	27.10 28.60
Hilary Goerge Gary Krueger	9.00	W40 Kathleen Shook	27.40
Mark Ketola Malachi McGruder	5.68	W60 Lynn Ingalls 400m	31.70
Stephen Cohen	11.04	M40 Sunder Nix Jim Bennett	50.70 57.77
Bill Rykhus Cliff Dickman	10.22 10.05	M45 Mark Chaplin	1:02.52
William Rothley Karlis Ezerins	10.05	M55 Leon Savenas M60 Larry Gunn	1:00.52
Jack Hipple Monica Thornton	6.56 6.82	Harry Tolliver M75 Rich Rucoba	1:02.53
Georgia Johnson	5.68	W35 Lori Schutt W40 Kathleen Shook	1:03.37
Mary Holland mer	4.77	W60 Lynne Ingalls	1:15.70
Dave Denay Marty Malcolm	44.82 34.55	800m M40 Mark Wyckoff	2:01.09
Marty Malcolm Joe Skrycki	58 92	Chris Slabach David Olshan	2:01.65 2:09.45
Greg Theologes Jim O'Neill		M45 Dan Weber M50 Paul Gorden	2.38.62
Paul Walderzak Hilary Goerge	31.97 37.80	W55 Terry Foody	4:12.77
Hilary Goerge Greg Zachwieja Gary Krueger	32.09	1500m M40 David Olshan	4:15.00
Cili Dickman	25.75	M55 Paul Skubic	5 58 01 5 52 25
	34.15	W40 Alison Slabach W55 Terry Foody	8:21.15
Marty malcolm Joe Skrycki	34.11 41.85	Short Hurdles M40 Paul Zelmanski	18.07
Dan Boboltz	37.77 34.41	M45 Joe Schwieterman M65 Bruce Mills	17.44 22.39
Larry Munski Paul Walderzak	36.10	Long Hurdles M40 Jack Thomas	59.41
Jim O'Neill Hilary Goerge	33.10 39.69	M50 Gene Iwen	1:12.09
Greg Zachwieja Gary Krueger	33.43 23.22	M35 Guy Stockard M40 Al Sheriff	1.73
Malachi McGruder	36.54	M45 Jeff Watry	1.83
Stephen Cohen Bill Rykhus	38.40 31.11	M50 Kim Brokaw M65 Mike Davidson	1.53
Bill Rykhus Bill Rothley Cliff Dickman	26.92 24.33	Pole Vault	1.00
Karlis Ezerins Joan Berman	29.94 18.58	M40 Al Sheriff	3.05
Georgia Johnson		Paul Zelmanski M45 Terry Christopher	2.75 4.12
lin Al Wenzel	55.22	Doug Gabbert Jeff Watry	4.12 2.75
Ed Marchand Charley Green	41.18	M55 Matti Kilpelainen	3.81
Charley Green Rodney Wilson	36.87	Merle Norberg Long Jump	2.90
Gary Krueger Mark Ketola Malachi McGruder	22.73	M40 Paul Zelmanski M45 Jeff Watry	5.00
Malachi McGruder Raymond Bentley	34.33	M40 Paul Zelmanski M45 Jeff Watry M50 Gene Iwen M55 Paul Skubic M65 Al Matheis	4.57
Raymond Bentley William Rothley	35.87		4.38
Cliff Dickman Jack Hipple	18.79	Triple Jump M50 Gene Iwen	9.31

		page 23
30.96	Shot Put	100 E 100
14.12	M30 David Senay	13.00
	M40 Walter Shields	14.69
14.76	Larry Munski	12.00
12.26	M45 Kurt Koehker	10.96
11.60	M50 Ron Summers	15.80
11.82	M55 Loam Robertson	
11.96	Hilary George	11.34
	M60 Mickey Bitsko	12.64
7.60	M65 Stephen Cohen	12.64 11.27
	Al Matheis	9.92
9.63	W45 Ruth Welding	9.82
8.66	Sue Hallen	8.00
8.12	W60 Karen Huff	7.92
8.51		1.52
3.99	Discus	E2 10
	M30 Will summers	52.19
6:55.01	David Senay	35.60
1:09.32	M40 Walter Shields	38.89
	Larry Munski	37.29
	M45 Kurt Kowhker	30.65
ers	M55 Hilary George	41.77
	Loarn Robertson	
26	Greg Zachwieja	35.89
	M60 Terry Simons	41.47
	Mickey Bitsko	40.82
12.56	M65 Stephen Cohen	39.03
12.92	Al Matheis	30.31
11.70	W45 Ruth Welding	37.14 22.23
13.49	Sue Hallen	22.23
13.63	W60 Karen Huff	18.28
12.99	Hammer	
13.57	M30 David Senay	45.69
13.58	M55 Hilary George	38.72
13.12	Greg Zachwieja	33.27
15.84	M60 Mickey Bitsko	44.58
15.63	W45 Ruth Welding	31.42
15.82	Sue Hallen	28.90
18.31		20.00
15.26	Javelin	79.04
16.41	M35 Tom Pukstys	
17.85	Rob Voorhees	56.93
13.61	M40 J W Smith	39.36
13.90	M45 Charlie Greene	56.63
14.05	Jeff Watry	37.03 36.61
16.22	Rodney Wilson	36.61
10.22	M50 Kim Brokaw	26.78
24.20	M60 Mickey Bitsko	28.38
24.60	M65 Al Matheis	30.48
22.20	W40 Carla Greene	39.43
22.30	W45 Ruth Welding	23.62
25.50	W60 Karen Huff	20.56
24.80		
26.50		01 1
27.70	Cleveland Track	
26.50 27.70 27.90 25.70	Cleveland Heig	hts, OH
25.70	July 3	
26.70	Cany o	

	July 3	
60	-	
W40	1 Klesta, Janice	44 9.20
M30	l Klesta, Janice l Watson, William l Bunn, Steve	34 7.60 39 7.20
M35	1 Watson, William 1 Bunn, Steve 2 Gainey, Derek 1 Zbolocki, Ziggy 2 Jones, Jr., Doston 1 Butts, Tim 2 Hamilton, Thomas 1 Williams, Paul 0m	39 7.20
	2 Gainey, Derek	38 8.00
M50	1 Zbolocki, Ziggy 2 Jones, Jr., Doston	38 8.00 54 7.50 54 7.80
M60	2 Jones, Jr., Doston	61 8.30
Men	2 Hamilton, Thomas	61 8.30 62 9.40
M65	1 Williams, Paul	69 9.10
10	Om	
10 W40 W80	1 Klesta, Janice 1 Friedman, Diane 1 Watson, William 2 Wilkes, Ingo	44 13.40
W80	1 Friedman, Diane	82 27.50
M30	1 Watson, William	34 11.70
	2 Wilkes, Ingo 2 Wilkes, Ingo 2 Childs, Mandel 3 Gainey, Derek 1 Tissenbaum, Alan 2 Johnson, Chip 3 Makory, Frank 1 Jones, Jr., Doston 0 °Conner, Malter 2 Gosky, Gary 1 Butts, Tin 2 Hamilton, Thomas	33 11.90
	1 Bunn, Steve	39 11.60
	2 Childs, Mandel	35 12.30
	3 Gainey, Derek	38 13.10
M40	1 Tissenbaum, Alan 2 Johnson, Chip	44 11.10
	3 Makozy, Frank	44 14 00
MSO	1 Jones, Jr., Doston	54 12 30
M55	1 O'Conner, Walter	55 12 50
1933	2 Gosky, Gary	57 15.50
M60	1 Butta, Tim	61 13 40
,,,,,	2 Hamilton, Thomas	62 15.30
	3 Hughley, Ralph	60 20.50
M65	1 Williams, Paul	69 14.70
M75	1 Soller, Richard 1 Means, John	77 17.50
M80		61 13.40 62 15.30 60 20.50 69 14.70 77 17.50 84 17.00
20	Om.	
M80	Om I Friedman, Diane I Wilkes, Ingo I Childs, Mandel I Tissenbaum, Alan I Hawkins, Walter I Zbolocki, Ziggy I O'Conner, Walter I Butts, Tim I Soller, Richard Om	82 1:09.50 33 24.60 35 26.00
M30	1 Wilkes, Ingo	33 24.60
M35 M40 M45 M50	1 Childs, Mandel	35 26.00
M40	l Tissenbaum, Alan	44 22.40
M45	1 Hawkins, Walter	49 25.50
MSU	1 Zbolocki, Ziggy	54 23.40 55 25.40
M55	1 O'Conner, Walter	61 28.90
M75	1 Soller Bichard	77 37.50
	1 Soller, Richard	11 31.30
W35	Om 1 Liebshner, Sheri 1 Nix, Sunder 2 Johnson, Chip 3 Makozy, Frank 1 Hawkins, Walter 1 Glisic, Bernie 1 O'Conner, Walter 1 Means, John	37 1:19.40
MAD	1 Niw Sunday	40 50.70
1140	2 Johnson Chin	40 50.70 41 56.40
	3 Makory Frank	44 1:04.80
M45	1 Hawking, Walter	49 59.30
M50	1 Glisic, Bernie	52 1:10.30
M55	1 O'Conner, Walter	55 1:01.20 84 1:33.00
		49 59.30 52 1:10.30 55 1:01.20 84 1:33.00
W35	1 Liebshner, Sheri	37 2:58.70 44 2:25.10 43 2:53.00
M40	1 Stavarz, David	44 2:25.10
	2 Boerlo, Anthony	49 2:29.10
H45	Om I Liebshner, Sheri I Stavarr, David I Stavarr, David I Boerio, Anthony I Hawkins, Walter 2 Woods, Charles I Liscynesky, Roman I Ruffin, Ronald I Bixler, Jon	47 2:29.10
MEN	1 (incumenty Roman	47 3:12.40 50 2:37.10
MSS	Buffin Bonald	56 2:40.30
	rottin, noneiu	30 2.40.30
150	Bixler, Jon	66 3:02.20
131	JOB.	
M45	Siegel, Joanne	45 6:05.80
1140	Bearing, David	44 5:30.40
MIS	Jom 1 Siegel, Joanne 1 Stavarz, David 2 Boerio, Anthony 1 Woods, Charles 1 Ruffin, Ronald	43 6:18.40
M55	Buffin Bonald	66 6-17 40
300	Ruffin, Ronald  Om  Siegel, Joanne  Woods, Charles  Ruffin, Ronald  Gerson, Jeff  Om Racewalk  Bailey, Tim  str Hurdles	36 3:17.40
W45 1	Siegel, Joanne	45 13:13 20
H45	Woods, Charles	45 13:13.70 47 14:11.70
M55 1	Ruffin, Ronald	45 13:13.70 47 14:11.70 56 11:26.70 57 16:46.60
- 2	Gerson, Jeff	57 16:46.60
300	Om Racewalk	
M45 1	Bailey, Tim	47 17:05.55
Sho	rt Hurdles	
M30 1	Walters, Tim	52 15.30
300	m Hurdlan	52 15.30 79 18.70
M60 1	m nurdies	60 1:47.30
HJ	major , major	00 1:07.30
M40 1	Makozy, Frank	
M55 1	Gosky, Gary	57 3-10
M65 1	Blair, Glenn	69 4-06
M75 1	Makozy, Frank Gosky, Gary Blair, Glenn Rirsimaki, Fred Soller, Richard	69 4-06 79 3-10 77 3-06
2	Soller, Richard	79 3-10 77 3-06
PV		
455 1		58 12-08
PV 455 1 460 1 475 1	Sloan, John	64 8-08
475 1 LJ	Sloan, John Hirsimaki, Fred	79 5-00
140 1		** ** **
140 1	Johnson, Chip Ocheltree, Phil	41 18-00 40 10-06
-	omercies, Fill	10-06

M50 1 Walters, Tim 5											
	52 15-10	M55 Dave Knott	1:06.72	M65 Larry Reed 5	59:49	Long Jump	13-10	M55 Larry Rodenbeck M60 Clifton Manning	17-1.50 13-6.25	Christel Donley	W69
M55 1 Boswell, Jerry 5	53 14-06 57 17-06	M60 Tom Ciesielski	1:03.89			M55 James Flowers M60 Alex Meyer	11-8	M65 Bob Bryant	15-0	7.82/17.85/23.30/	
M60 1 Hamilton, Thomas 6	67 11-06 62 10-10	M65 Howard Weisser M70 Alvin Ravenscroft	1:05.93	Colorado Masters Thro	wers	M65 Robert Herron	11-3	M70 Vern Schewe	11-2	Paul Barrett	M37
M70 1 Kellarney, Dan 7 M75 1 Soller, Richard 7	74 10-06	M75 Darrell Mitchell	1:22.85	Association Meet #	16	M70 Richard Larkin	11-00 8-10	M75 Richard Soller M80 Paul Saunders	11-3.50	/43.11//	
2 Hirsimaki, Fred 7	9 10-01	W55 Normi Arthur	2:00.25	Fort Collins; June 1	19	M75 Frank Condie M80 Roger Lee	6-10	W50 Maureen Halloran	7-8.25 11-3	Milt Girouard	1412
2 Unton Thomas 5	37 32-07 36 20-00	W60 Helen James	1:59.0h 1:59.0h	JT/HTMT		M85 Ed Carter	10-1	W55 Kathy Lord	11-7.50		M42
M60 1 Sloan, John 6 M70 1 Kellarney, Dan 7	4 21-10	W65 Betty Hoff 800m	1.55.011	Paul Barrett 37 51.70 Bob Jones 42 30.49/39.34/1	12.04	W50 Kristin Winn	10-11	W60 Peggy O'Neill	12-3	14.28/42.33//	
M75 1 Hirsimaki, Fred 7	9 23-04.50	M50 Tim Murphy	2:26.95	Rande Treece 43 32.06/49.63/1		W55 Sharon Raham	11-0 6-8	W70 Alice Purdes Shot Put	4-2.50	Bob Jones	M42
W40 1 Lancashire, Debbie 4	0 38-04.50	M55 Gary Cowman	2,39.29	Tim Edwards 56 -/42.53/1	16.24	W70 Marian Seder W75 Marilyn Olen	6-7	M50 Bill Leffler	47-11	12.31/41.16/32.35/	8.19
W75 1 Holland, Bernice 7	7 21-10	M60 Ron McKay M65 Howard Weisser	2:28.0h 2:38.0h	JBookinWeinr57 32 22/40 30/1		W80 Molly MacKown	7-2	M55 Bob Peters	45-4	Barry Ryan	M50
W80 1 Friedman, Diane 8	2 15-03 7 25-11	M70 Alvin Ravenscroft	3:09.0h	Jim Francis 62 34.35 Robin Herron67 22.15/31.40/1		Shot Put	42.0	M60 John Bourn	38-4		14130
MSO 1 Walters, Tim 5	2 37-06 6 29-03.25	W50 Roberta Blakeman	3:25.49	Joy Kaylor 66 -/26.20/1		M50 Douglas Arendell M55 Ian Percy	43-0 39-5.25	M65 Richard Cochran M70 Cyrus Deem	42-4	//42.36/	A VIEW
2 Gosky, Gary 5	7 27-02.50	W60 Helen James	3:49.0h 4:03.0h			M60 Alex Meyer	39-9.50	M75 Phillip Brusca	36-5 33-11.50	Ian Percy	M58
H75 1 Clarke, Richard 7	8 25-10.50	W65 Betty Hoff W60 Peggy Kane	2:20:34	Rocky Mountain Seni	ior	M65 James Koch	42-2	M80 Howard Dewell	25-1	12.15/41.76/38.70/	7.17
2 Roudebush, George 7: 3 Sprockhoff, Gunter 7:	9 23-02.75 9 19-08.50	Megan Sampson	2:21.55	Games, Greeley, CO	)	M70 Chuck Darling	30-7	W50 Mary Jane Wieberg		Jerry Bookin-Weine	er M58
W40 1 Lancashire, Debbie 4	0 123-02	W65 Miriam Rand	2:00.20	June 25-27		M75 Willard Froseth M80 Francis Bowles	22-5.50 29-0	W55 Myrie Mensey M60 Mary Pat Henehan	33-8.50	/37.89//	
W75 1 Holland, Bernice 7	7 56-09.50 3 66-04	M50 Tim Murphy	5.05.49	50m		10K Road Race	25-0	W65 Char Sobkowski	25-9.50 22-7.25		1400
MSO 1 Walters, Tim 5.	2 102-03	M55 Don Utsinger	5:16.0h		7.90	M50 Michael Crawford	46:55	W70 Betty Adams	21-7.25	Bob Maltby	M58
2 Gosky, Gary 5	7 76-04.25 6 70-04	M60 Ron McKay	5:10.0h		0.54	M55 Paul Lewandowski	47:03	Discus		10.10/31.17/29.05/-	•
M60 1 Bitsko, Mickey 61	1 132-05	M65 Bill Drueger	8:17.0h 6:24.0h		0 25	M65 Hans Sinkovec M70 William Smythe	49:15 56:24	M50 Bill Leffler	144-6	George Soulé	M64
3 Sheinker, Abraham 64	4 100-07 4 67-06.75	M70 Alvin Ravenscroft W60 Helen James	9:01.0h		2.28	M75 Raymond Sons	1:11:10	M55 Valentino Martinez	147-3 99-7	11.48/34.10//	
H75 1 Roudebush, George 75	9 68-10 8 67-06	W65 Berry Hoff	9:01.0h		11.85	W55 Patricia Maloney	46.55	M60 Denny Paulsell M65 Richard Cochran	169-3	Robin Herron	M67
3 Sprockhoff, Gunter 75	, 33-07	High Jump	0.0	M55 Andre Zarb-Cousin 1		W65 Judith Smythe	58:46	M70 Cyrus Deem	98-2		
	0 128-00	M50 Gene Iwen	4-6		3.16	W70 Marian Seder	1:06:31	M75 Phillip Brusca	109-7	10.04/33.73/20.36/4	
MSS 1 Butzin, Bill 56		M55 Tarry Cory	4-8	M65 Richard McKisson 14	4.12	W. A. LEW T. S. L.		M80 Edgar Curtis	79-5	Rich Larkin	M70
2 Sloan, John 64	89-00	M60 Les Lane	4-10 4-2		4.94	Missouri State S		M85 Bruce McDonald	68-5	8.11/25.85/20.81/	
W75 1 Holland, Bernice 77		M65 Jerrol Springer M70 Ross Vrooman	4-0		8.59	Games, Columbia;	June 26	W50 Mary Jane Wieberg W55 Connie Strobach	53-0 76-2	Frank Bowles	M83
M40 1 Makozy, Frank 44	112-11	M75 Frank Bollinger	3-10		5.75	M50 Poy Poherson	7.04	W60 Mary Pat Henehan	54-11		14103
MSS 1 Opton, Thomas 56	97-06	W50 Kay Glynn	4-4	W55 Sharon Raham 16	6.78	M50 Roy Roberson M55 James Seiler	7.04	W65 Char Sobkowski	66-3	/22.65/24.81/	
3 Gosky, Gary 57	52-09	W55 Normi Arthur	3-1	W75 Betty Herder 23	3.88	M60 Bob Shoemaker	7.60	W70 Betty Adams	48-4	SOUTHWE	EST
2 Bitsko, Mickey 61	90-10	Long Jump M50 Gene Iwen	14-5		7.60	M65 Bob Bryant	7.60	M50 John Schrock	140-9	Oklahoma State Ag	
475 1 Hirsinaki, Fred 79	77-11	M55 Tarry Cory	15-7		1 81	M70 Vern Schewe	8.23	M55 Stan Szydlowski	117-7	Championships,	
MID AMEDI	CA	M60 Carl Etter	15-5.25	200m		M75 Curt Davison	8.70 11.06	M60 Patrick O'Mealy	117-9	-May 22	
MID-AMERI	CA	M65 Al Matheis M70 Bill Park	12-7	M50 Charles Rhodes 32	2.43	M80 Paul Saunders W50 Maureen Halloran	8.65	M65 Bob Bryant	104-11	100m	Section.
St. Louis TC Series M		M70 Bill Park M75 Frank Bollinger	8-11.5		0.33	W55 Bonnie Bell	9.61	M70 Jim Krull M75 Phillip Brusca	87-6 93-10	W35 Elaine Boda	14.12
St. Louis, MO; June	8	W50 Kay Glynn	14-6.50			W75 Dottie Gray	12.86	M80 Howard Dewell	64-9	W40 Andrea Troupe M35 Christian Boda	15.04 12.05
Men Men		W55 Normi Arthur	9.5-50		1.10	100m	12.74	M85 Bruce McDonald	81-10	M65 Glen Stone	15.28
Jacob Dressler 22	4.51	W65 Betty Hof W70 Carolyn Dodd	8-5.50 4-5.50	M85 Ed Carter 41	1.30	M50 Roy Michael M55 Ike Murphy	13.46	W50 Maureen Halloran	59-1	200m	
Steve Cooper 43	4.01	W75 Frances Young	3-3	M95 Doral Miller 1:15	5.72	M60 Clifton Manning	14.10	W55 Kathy Lord W60 Mary Pat Henehan	73-10 31-0	W40 Andrea Troupe	32.99
Jim Hixson 47 Jeff Walters 40		Shot Put			3.60	M65 Bob Lida	13.26	W65 Char Sobkowski	53-4	M45 David Scofield	76.07
Sam La Brie 38	5:20	M50 Tim Fuehrer	31-9			M70 Vern Schewe	15.17 16.58	W70 Betty Adams	45-5	1500m	
Tom Wolfe 55	5:29	M55 Bob Peters M60 Ralph Check	40-2 36-11.50			M75 Curt Davison M80 Paul Saunders	21.35	Weight Throw		W40 Terri Cassel	5:09.28
1 Chris Ludbrook 30	3.41	M65 Al Salmon	39-2			W50 Maureen Halloran	16 21	M50 Bill Leffler M55 Larry Windmoeller	41-1 25-9	M45 David Scofield Short Hurdles	6:15.96
2 Ben Edmonson 30 3 Ron Ayers 44		M70 Otto Welfring	31-9	400m	- 10	W55 Lillie Kelley	16.10	M60 Jack Crawford	36-4	M65 Glen Stone	16.25
4 Bob Bellora 54	5.58	M75 Victor Ducholz	28-2		5.18	W60 Peggy O'Neill	15.96 22.24	M65 Al Salmon	30-6	M45 Ken Ellis	16.66
6 Richard Hamra 52	0.00	M80 Bud Braunlich M85 Adolph Peschke	28-10 16-11.50		5.53	W65 Char Sobkowski W75 Dottie Gray	25.35	M70 Bill Webb M75 Phillip Brusca	32-8 39-7	M60 Ron Colliver	52.34
28 Paul Starke 64		W50 Linda Rowe	29-9			200m		M80 Howard Dewell	32-7	High Jump	52,54
Vomen Sarah Rapisario 13		W55 Barb Tiedemann	22-9	M70 Ray Franks 1:11	1.12	M50 Marty McClintock	26.52	W50 Mary Jane Wieberg	24-7	M40 Steve Selvidge	1.55
Beth Morris 39	7:02	W60 Lois Kolbe	10-4.75		0.90 9.82	M55 James Seiler	26.52 29.97	W55 Myrie Mensey	30-0	M45 Ken Ellis	1.75
Wendy Ludbrook 31	1.11	W65 Bertha Aldrich	25-6.50 16-2.25	W50 Patricia Jones 2:09 W60 Dorothy Haskins 1:25		M60 Bob Shoemaker M65 Bob Lida	26.66	W60 Madeline Smith	24-0	M60 Ron Colliver M70 Ross Vrooman	1.38
Debbie Stiles 55	1.20	W70 Carolyn Dodd W75 Frances Young	10-2.25	W65 Judith Smythe 1:41		M70 Vern Schewe	31.11	W65 Char Sobrowski 1500m RW	26-6	Pole Vault	1.17
Tina Akin 42 Carole Peluso 62		W80 Winifred Canady	8-4.50	W70 Marian Seder 2:14	4.19	M75 Curt Davison	35.87	M50 Dean Homan	9.50	M40 Lonnie Gilliland	11-6
Carole Feluso 62	1.00	Discus		W85 Velma Jacobs 2:58	8.09	W50 Carol Papenberg	39.3h	M60 Ray Braudis	8 43	M45 Ken Ellis	14-6
Iowa Senior Games		M50 Tim Fuehrer	85-7	800m M50 Michael Crawford 3,15	5.85	W55 Bonnie Bell W75 Dottie Grav	33.4h 56.2h	M65 Alan Poisner	9.04	David Swezey M50 Jim Dolezel	13-0 9-6
W. Des Moines		M55 Bob Peters M60 Ronald Wheeler	117-4 120-1			400m	00.2	M70 Fred Adams M75 Herbert Mittelhauser	9.54 12.03	M60 Ron Colliver	10-0
June 10-13, 26		M65 Ron Anderson	151-1	M60 Tim Linnell 2:53		M50 James Freund	1:01.63	M85 Thomas Young	13.10	M65 Pel Stringer	8-0
0m		M70 Otto Welfring	116-6	M65 Paul Driskill 3:51		M55 Randy Taylor	1:01.37	W60 Mary Pat Henehan	11.35	Long Jump	5.46
150 Curt Nash		M75 Dick Mulkern	106-10	M70 George Mathes 2:51 M75 Willard Froseth 5:12		M60 Steve Cottle M65 Bob Lida	1:00.86	W70 Maurine Lia 5000 RW	9.18	M40 Steve Selvidge M50 Jim Dolezel	4.79
155 David Lee	1.16	M80 Howard Dewell	78-7 38-9	W50 Patricia Jones 4:09		M70 Richard Strinni	1:14.23	M60 Ray Braudis	31:12	M65 Pel Stringer	1.57
160 Bery Engebretsen	0.00	M85 Adolph Peschke W50 Linda Rowe	38-9 99-6	W60 Dorothy Haskins 4:08	8.84	M75 Curt Davison	1:31.99	M70 Fred Adams	34:12	M70 Ross Vrooman	2.21
65 Mike Murphy 170 Tom Novak	9.38	N55 Barb Tiedemann	55	W85 Betty Sanford 8:34		W50 Patty Avery	1:49.76	M85 Thomas Young	44:27	Triple Jump	10.49
175 Frank Bollinger	11.82	N65 Bertha Aldrich	57-6	1500m M50 Ben Wiley 5:20		W55 Jane Kaiser W60 Carol Kuhlmann	1:48.96 1:52.40	W70 Maurine Lia	34:44	M40 Steve Selvidge M50 Jim Dolezel	10.49
180 Melvin Larsen	8.58	N70 Kay Allen	39-6 27-11	M50 Ben Wiley 5:20 M55 Dennis Brace 7:09		800m		5K Road Race	27:20	Shot Put	
185 Adolph Peschke	10.00	N75 Glendoris Caswell N80 Winifred Canady	19-4	M65 Paul Driskill 7:26	6.56	M50 Keith Jantz	2:28.06	M50 Jeffrey Moran M55 Rudy Kelley	19:54	W40 Jean Dalsing	6.72
V50 Kay Glynn V55 Normi Arthur		1500m RW		M70 George Mathes 6:01	1.19	M55 Randy Tayalor	2:27.02	M60 Richard Nistendirk	22:59	M40 Walter Hamilton	11.63 11.49
V60 Lois Kolbe	23.06	M50 Robert Shires	7:38.68	W50 Patricia Jones 8:29 W65 Judith Smythe 7:26		M60 Steve Cottle M65 Walter Schlereth	2:51.08 2:53.39	M65 Jim Johnson	24:33	M45 Ken Ellis M50 David Rhatigan	12.28
V65 Betty Hoff	10.85	M55 Jon Benedict	9:30.0h	W65 Judith Smythe 7:26 High Jump		M70 Richard Strinni	2:58.57	M70 Alvin Ravenscroft	23:19	M55 Dale Deuvall	9.76
V70 Carolyn Dodd	12.00		8:54.0h 9:43.50	M55 James Flowers 4-10	0	M75 Curt Davison	4:14.72	M75 Don Johnson	33:10 37:19	M60 Sheppard Miers	12.70
V75 Frances Young		M65 Bill Krueger M70 Frank Broan	8:56.49	M60 Bob Fulton 4-2		W50 Mary Jane Wieberg	4:41.77	M80 Ed Burnham W50 Betty Bohon	23:07	M65 Pel Stringer M70 Ross Vrooman	7.37 8.30
M50 Paul Matzen		M75 Bob McClaran	10:56.0h	M65 Armand Zahn 4-6		W55 Debbie Stiles	3:19.74	W55 Linda Vogt	35:19	Bob Santine	8.06
155 Tom Bassett	12.68	W50 Jane Hein	9.53.39	M70 Richard Larkin 3-6 M75 Frank Condie 3-10	0	W60 Carol Kuhlmann	4:05.00	W60 Carol Kuhlmann	27:56	Discus	
M60 Les Lane	13 15	W55 Lynn Johnson	10:00.0h	M85 Ed Carter 3-8		W75 Dottie Gray 1500m	5:29.25	W65 Nancy Fritsch	32:22	M40 Walter Hamilton	38.61
M65 Howard Weisser	14.03	W60 Eileen Gunderson W65 Bertha Aldrich	9.57.39	W55 Sharon Raham 3-8	000	M50 James Crowe	4:53.21	W70 Georgia Morehouse 10K Road Race	29:06	Steve Selvidge	32.21
M70 Tom Novak	10.13	W70 Carolyn Dodd	13:27.02	W70 Marian Seder 2-8		M55 Randy Taylor	5:05.46	M50 Jack Uhrig	42:13	M45 Ken Ellis M50 David Rhatigan	37.32 36.77
M75 William Melville M80 Melvin Larsen	14.30	W75 Frances Young	14:26.0h	W75 Marilyn Olen 2-1		M60 Bill Wright	7:02.67	M55 Rudy Kelley	41:57	M55 Dale Deuvall	27.18
M85 Donald Peschke	20.60	5000m RW	20.57.41	Discus M50 Mike McGraw 138-	3-4	M65 Bob Bryant	6:35.90	M60 Richard Nistendirk	49:06	M60 Sheppard Miers	42.74
W50 Kay Glynn	1170	M50 Robert Shires	28.57.4h	M55 Ian Percy 138-		M70 Alvin Ravenscroft W50 Mary Jane Wieberg	6:19.50 9:20.80	M75 Bib Nagibet	57:18	Ron Colliver	34.35
W55 Normi Arthur	16.56	M55 Jon Benedict M60 Gary O'Daniels	33:25.0h 31:34.0h	M60 George Soule 117-	-0	W50 Mary Jane Wieberg W55 Jane Kaiser	9.49.30	M80 Ed Burnham W50 Betty Bohon	1.21:19	M65 Pel Stringer	25.37
W65 Betty Hoff	17.20	M65 Bill Krueger	33:59.0h	M65 Vernon Spencer 114-		W75 Dottie Gray	10 23.10	W60 Carol Kuhlmann	59:39	M70 Ross Vrooman Bob Santine	26.28 24.69
W70 Carolyn Dodd W75 Frances Young	211/5	M70 Frank Brown	34:22.0h	M70 Chuck Darling 98-		High Jump		Carol Rammann	50.00	Javelin	
W75 Frances Young 200m		M75 Bob McClaran	37:38.0h		2-10	M50 Kelly Meares	4-10	Colorado Masters Th	rowers	M45 Kenn Ellis	40.41
M50 Paul Matzen	20.34	W55 Faith Rulapaugh W60 Eileen Gunderson	36:28.0h 34:10.0h	W50 Linda Calogero 39		M55 Robert Juett	4-6 4-10	Association Meet	Control of the Contro	M50 Jim Dolezel	28.24
M55 Tom Bassett	27.31	W65 Bertha Aldrick	35:37.0h	W55 Sharon Raham 74	1-1	M60 Henry Clapper M65 Rodger Young	4-10	Fort Collins; July		M55 Rick Arcide M60 Ron Colliver	38.29 35.37
M60 Les Lane		5K Road Race		W60 F Dudenhoeffer 43	3-7	M70 C L Bruce	3-10			M65 Pel Stringer	18.40
M65 Howard Weisser M70 Tom Novak	34.09	M50 John Bartello	18:54	W65 Joy Kaylor 72	2-1	M75 Franklin Bollinger	4-10	SP/DT/JT/SW	151531	M70 Bob Santine	28.56
M75 Milliam Melville	31.41	M55 David Brown M60 Ron McKay	45:34	lavalia	11/24	M80 Howard Dewell	3-6 3-8	Marilene Sisco	W52	3000 Racewalk	
M80 Melvin Larson	31.72	M65 Rich Robbins	19:30 35:53	M50 Vance Lowe 118	8-2	W50 Maureen Halloran W55 Kathy Lord	3-8		W 32	M55 John Dixon	20:06.53
W50 Kay Glynn	31.04	M70 Jerry Triplett	25:54	M55 Ian Percy 140		Pole Vault		7.01//	ALEE TO		
W55 Normi Arthur W65 Betty Hoff	38.06	W50 Roberta Blakeman	26:43	M60 Leonard Sokoloski 108	8-9	M50 Kelly Meares	13-0	Sharon Raham	W58	Jackrabbit Relays	
	1:00.06	W65 Mary Cochran 10K Road Race	32:35	M65 Armand Zahn 91	1-1	M60 Johnston Ewing	9-6	7.48/22.48/25.43/4.8	8	Odessa, TX; June	12
W70 Carolyn Dodd	4.45.00	M50 John La Claire	40:52	M70 Ronald Leggett 107 M75 Frank Condie 64	7-5	M70 C L Bruce W55 Jane Kaiser	4-0 5-6	Joy Kaylor	W66	M40 Raphael August	12.15
W75 Frances Young	1.15.05	WIDO JOHN LA CIANC									
W75 Frances Young 400m	1.02.24	M55 Gary Patton M60 Jim Floyd	41:25	M80 Francis Bowles 72: M85 Martin McCloy 24:		Long Jump	16-5	7.28/21.53/18.65/4.9	1	M45 Ronald Boleware	12.74

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M65 Wayne Bennet 14.22	W45 Debbie Selby 15.80	MCE Church Delieni 2004	MO To D	W55 Latanya Glass 9.14	M60 Larry Barnum 56.74
M80 John Alexander 18.02		M65 Chuck Polizzi 38.94	M40 Tony Reyes 2:00.36	1100	
W50 Oneala O'Briant 16.51	W50 Brenda Matthews 14.30	M70 Doug Tomlinson 32.38	Wes Ashford 2:01.99	Discus	Ronald Salupo 1:00.95
	W60 Kathy Bergen 14.30	M80 Don Roser 24.31	Edward Arembureg 2:13.88	M35 Angelo Rosseli 24.00	Simeon Baldwin 1:03.61
	W70 Magdalena Kuehne 18.10	W45 Christine Stone 41.60	M45 David Lucas 2:04.27	M40 Hank Kraychir 44.60	M65 Richard Gardner 1:37.46
W65 Sylvia Brooks Smith 18.85	200m	W60 Kathy Bergen 57.90	Rob Duncanson 2:12.16	Dolf Berle 36.32	M70 Brian McCarthy 1:47.70
200m	M35 Brian Gore 25.40	W65 Cherrie Sherrard 68.70	M50 Mike Tipping 2:18.00	M45 James Barry 33.77	M75 Jim Selby 1:17.88
M40 Raphael August 25.31	M40 Kettrell Berry 22.50	Javelin	Gary Shapiro 2:18.43	M65 Bob Humphreys 44.01	John Cross 1:49.80
M45 Ronald Boleware 25.71	M45 James Chinn 23.30	M30 Tyler Dixon 41.17	Don Irvine 2:21.75	Chuck Polizzi 40.77	M80 Steven Schanes 1:54.16
M65 Wayne Bennett 28.85	M50 Robert Richardson 25.10			Alan Rosen 35.69	W40 Stephanie Bach 1:12.63
W30 Kathy Wilde 29.24				M80 Bob Davidson 12.94	W45 Debbie Selby 1:23.73
W50 Oneala O'Briant 34.84	M55 Herman Castille 26.00	M45 Rob Duncanson 38.91	M75 Jim Selby 3:10.59	W75 Johnnye Valien 12.42	W50 Jeanne Bowman 1:12.59
400m	M60 Doug Smith 26.70	M50 Gary Schmidt 34.52	W30 Liz Guerrini 2:13.35	Hammer	W60 Marilyn Ongley 1:33.05
M40 Dudley Wright 1:00.03	M70 Don Cheek 29.40	M60 Kurt Slocum 37.51	Erica Niemers 2:28:24	M35 Angelo Rosselli 21.93	W80 Gerry Davidson 2:07.71
M60 Troy Scoggins 1:12.39	M75 Louis Beadle 31.10	M65 Phil Fehlen 40.63	W40 C Groenendaal 2:21.74	M65 Bob Humphries 37.86	800m
M65 James Leggitt 1:10.46	W35 Colleen Barney 26.70	M80 Ed Chynoweth 30.03	W50 Denise Janneck 2:50.99	Chuck Polizzi 37.86	M35 Jim Mount 2:11.41
W30 Kathy Wilde 1:03:39	W45 Michelle Freeman 30.80	W40 Nicole Hirschfield 22.06	1500m	W30 Leslie Coons 63.36	Norman Suguitan 2:49.49
W50 Oneala O'Briant 1:23.52	W50 Tina Bowman 31.30	W50 Tina Bowman 29.76	M30 Sven Haug 4:10.03	Javelin 05.50	M40 Andy Thatcher 3:04.36
800m	W70 Magdalena Kuehne 39.60		Robert Davis 4:33.37	M30 John Lacy 60.87	M45 Rob Duncanson 2:14.30
	400m		M35 Luis Jacodo 4:29.21	M35 Angelo Rosselli 28.41	Stephen Burch 2:33.21
			M40 Ken Ernst 4:19:47	M45 John Hansen 55.47	M50 Gary Shapiro 2:18.42
High Jump		W70 Magdalena Kuehne 14.53	Michael Friedl 4:48.14	Douglas Fernandez 54.88	
M65 James Leggitt 4-0	M40 Alec Chenault 1:04.00	Hammer	Tom Cupp 4:56.50	M50 David Hamel 48.01	
M75 Val Smith 3-8	M45 Vincent Calloway 55.70	M50 Gary Schmidt 29.21	M45 Angelo DeCollibus 4:41.79	Dave Perin 40.73	M55 Herman Castille 2:22.53
W55 Laurie Barton 3-10	M50 Liam Fitzpatrick 60.40	M65 Chuck Polizzi 37.83	Frank Boegeman 4:45.24		Tony Marshall 2:28.21
Pole Vault	M55 Herman Castille 58.30	M70 Doug Tomlinson 32.18	Mark Cleary 4:47.83		M60 Larry Barnum 2:18.92 Ronald Salupo 2:21.43
M40 Willie Ruiz 10-6	M75 Rodney Brown 1:13.80		M50 Don Irvine 4:48.90		
Long Jump	W45 Debbie Selby 1:23.30	USATF So. Calif. Assoc.	Hugo Velazquez 4:55.64	Ron Rook 38.55	Simeon Baldwin 2:44.51
M50 John Barton 11-8.75	W50 Jeanne Bowman 1:15.80		John McAndrew 4:59.81	M65 Bob Humphreys 27.35	M65 Ed Karas 3:43.80
M75 Val Smith 8-3 50	W65 Yoko Cochran 1:46.70	Masters Championships,	M65 Tom Dilday 5:57.87	Marty Olsen 20.23	Richard Gardner 4:20.47
Triple Jump	800m	Cerritos College, Norwalk;	M75 Jim Selby 6:31.34	M75 Allan Trefry 30.55	M75 Jim Selby 3:07.63
M75 Val Smith 17-4	M35 Tim Hickok 2:10.70	June 12	W50 Denise Janneck 5:38.94	M80 Ed Chynowith 30.45	W40 Jai Black 2:49.06
Shot Put		55m	3000m	Don Roser 26.48	W80 Gerry Davidson 4:52.88
M30 Arthur Portillo 29-3.75	M40 Angel Roman 2:04.50	M35 Cliff Curne 6.67	M40 Peter Maqill 8:32.04	W30 Sarah Donaldson 35.15	1500m
M45 Steve Partiedge 48-9.25	M45 Rob Duncanson 2:12.80		Oscar Gonzalez 8:58.93	W45 Karen Vaughn 20.84	M35 Norman Suguitan 5:52.13
M55 Horacio Loya 32-1.50	M50 Bob Morris 2:13.80		M45 Angelo DeCollibus 9:44.99	W50 Linda Cohn 32.29	M40 Andy Thacher 5:36.37
M60 Eulogio Arroyo 37-3.25	M55 Herman Castille 2:27.20	M45 James Chinn 6.95		Tina Bowman 28.49	M45 Stephen Burch 4:59.65
M65 James Koch 41-6	M60 George Cohen 2:33.10	Ken Stone 8.08	M55 Michael Blakeman 15:33.50	W55 Latanya Glass 19.20	Joe Crosswhite 5:21.77
M70 Wendell Palmer 40-4.50	M70 Ray Archibald 4:04.20	M50 Greg Pizza 7.37	W55 Yoko Eickel 13:31.54	W60 Kathy Bergen 23.70	M50 Steven Edwards 5:31.17
M75 Val Smith 28-7	M75 Jim Selby 2:51.20	Noel Weiss 7.80	W80 Gerry Davidson 20:55.05		Paul Baumhoefner 5:37.23
W50 Yolanda Hernandez 23-8	W40 Caren Ware 2:46.70	M60 Doug Smith 7.58	5000m	HEATE CO. D.	M55 Tony Marshall 4:54.26
W55 Elva Molinar 22-4.50	W65 Yoko Cochran 3:58.20	Richie Findlay 7.99	M40 David Olshan 15:49.88	USATF San Diego Masters	Jack Farnan 5:06.92
		M75 Jim Selby 9.43	10,000m	Championships / Chuck	
Discus MAS Stove Padridge 160.6	1500m M30 Barry Greens 4:24.50	W35 Angelina Edwards 6.99	M75 Gunnar Linde 47:30.88	McMahon Memorial Meet	
M45 Steve Partridge 160-6	M30 Barry Givens 4:24.50	W45 Debbie Selby 9.44	Short Hurdles	Poway, CA: June 26	
M55 Horacio Loya 101-8	M35 Jim Casey 4:37.50	100m	M30 George Garcia 15.35		
M60 Eulogio Arroyo 146-2	M40 David Olshan 4:16.00	M30 Louis Foy, Jr 10.84	M35 Richard Benoy 14.30	100m	Earl Welliver 7:50.20 M70 Brian McCarthy 8:18.48
M70 Wendell Palmer 148-3	M45 Matthew Neve 4:47.00	John Gilmer 11.07	Richard Ho0lmes 15.69	M30 Marcus Osborne 10.98	
M75 Val Smith 93-3	M50 Bob Morris 4:40.00	Orlando Ervin 11.67	M45 Eugene Anton 17.41	Hugo Estrada 11.78	M75 Jim Selby 6:28.37
W50 Yolanda Hernandez 64-1	M60 Ron Salupo 4:53.30	M35 Felton Turnage 11.36	M50 Dave Perrin 15.25	M35 Felton Turnage 11.21	John Cross 8:26.69
W55 Guillermina Pina 57-9	M70 Ray Archibald 8:26.40	Ngala Edwards 11.97	W50 Anna Wlodarczyk 13.50	M40 Cornell Stephenson 11.44	M80 Steven Schanes 9:49.08
W65 Sylvia Brooks Smith 49-4	M75 Jim Selby 6:13.20	M40 Kettrell Berry 10.83	Tina Bowman 15.05	Trent Hagler 11.57	W30 Stephanie Bache 5:40.72
W80 Alatha Cole 25-1	W50 Denise Janneck 5:55.60	Cornell Stephenson 11.43	Long Hurdles	Eric Dixon 12.12	W40 Jai Black 5:56.54
Hammer		Frank Strong 11.47	M30 Aaron Lacy 52.03	M45 Steve Cummings 12.53	5000m
M45 Steve Partridge 165-2	W55 Yoko Eichel 6:08.70	M45 James Chinn 11.69	Hassan Bangurah 54.52	Pete Wilkinson 12.97	M35 Alex Tamayo 21:05.9h
M55 Horacio Loya 132-8	3000m	Rory McDermed 12.31	M45 Andrew Hecker 1:11.30	Hillel Katzef 13.42	Norman Suguitan 21:22.7h
M60 Eulogio Arroyo 102-8	M30 Barry Givens 9:52.80		Mike Merrigan 1:11:31	M50 Greg Pizza 12.35	M40 Andy Thacher 19:41.0h
M70 Wendell Opalmer 123-3	M45 Ang Decollibus 10:03.50	Joe Gilboy 15.48 M50 Greg Pizza 12.51	W40 Caren Ware 1:20:19	Ernie Stucki 12.81	M45 Stephen Burch 18:16.3h
M75 Val Smith 49-10	M55 Michael Blakeman 15:53.60	Thomas Mike 12.83	W50 Tina Bowman 56 91	Thomas Mike 13.01	M50 Steven Elliott 22:22.3h
W50 Yolanda Hernandez 76-10	M70 Ray Archibald 17:06:20		2000m Steeplechase	M55 Joseph McCulley 13.68	M55 Ron Enos 20:08.9h
W55 Guillermina Pina 77-5	M75 Gunnar Linde 13:04.30		M75 Jim Selby 10:28.87	Barry Green 14.03	M65 Earl Welliver 26:36.5h
Javelin	W50 Denise Jannock 12:39:20			Dan Girling 15.07	Ed Karas 26:42.5h
M55 Horacio Loya 92-5	80mH	Dan Girling 15.20	W30 Pilar Delgado 8:55.41	M60 Doug Smith NTA	Richard Gardner 34:36.8h
M60 Mickey Miller 132-2	W50 Tina Bowman 15.01	M60 Walt Butler 13.74	W40 Caren Ware 8:55.21	Charlie Wiley NTA	M70 Brian McCarthy 29:03.2h
M65 Tom Rodgers 80-11	110mH	Richie Findlay 13.93	5000m RW	Gary Eikermann NTA	M75 John Cross 31.23.5h
M70 Wendell Palmer * 69-7		M70 Frank Kishi 16.16	M45 Mario Lopez 29:51.0	M65 Karl Thorpe NTA	W30 Stephanie Bache 21:26.3h
	M35 Johnny Watson 16.40	M75 Jim Selby 16.20	M50 David Ciccone 25:13.6		W65 Martha Walker 27:43.1h
	M45 Eugene Anton 17.20	M80 Robert Davidson 30.03	M55 Rick Campbell 31:14.8		Short Hurdles
W50 Yolanda Hernandez 59-10	400mH	W35 Colleen Barney 13.01	Michael Blakeman 38:51.2	And a second second	
W55 Guillermina Pina 59-8	M30 Darien Hawkins 1:00.90	W40 Kelle Taylor 14.15	M60 Stuart Ray 34:12.3	Paul Evans 17.38	M70 Dave Douglass 17.05 W50 Anna Wlodarczyk 13.70
W65 Sylvia Brooks Smith 54-3	M45 Eugene Anton 1:13.20	W45 Debbie Selby 17.25	M65 Bob Nyman 32:43.4	M80 Ray Crawford 22.06	
Weight Throw	W40 Caren Ware 1:17.00	Karen Toshiyuki 20.18	M70 Carl Acosta 32:39.1	Steven Schanes 23.84	Long Hurdles
M30 Arthur Portillo 38-2	High Jump	W50 Anna Wlodarczyk 13.92	Arvid Rolle 34:03.4	Robert Davidson 30.93	M60 Terry Rowan 53.26
M55 Horacio Loya 46-9	M55 James Goodreau 1.5	Rita Hanscom 14.15	George Solis 37:55.5	M90 Bert Morrow 26.00	High Jump
M60 Eulogio Arroyo 49-10			M75 Bill Moremen 32:54.0	W35 Colleen Barney 12.91	M45 Mike Dillow 1.45
M70 Wendell Palmer 59-2			M80 Masashi Noritak 37:56.0	Asa Larsen 13.98	M50 John Little 1.55
M75 Val Smith 34-10	W45 Karen Vaughn 1.3	Nadine O'Connor 14.39	W55 Donna Cunningham 28:15.9	W45 Beverly Jephcott 13.53	Richard Watson 1.45
W55 Guillermina Pina 25-8	W50 Annelies Steekelenburg 1.4	200m		Debbie Selby 16.51	M65 Davie Perry 1.50
1500m RW	W60 Kathy Bergen 1.3	M30 Louis Foy, Jr 22.25		Christine Stone 19.94	M70 Dave Douglass 1.25
W50 Yolanda Hernandez 10:53.10	Pole Vault	Hugo Estrada 23.87		W50 Rita Hanscom 13.69	M90 Leland McPhie 1.00
W55 Maria Cruz 10:59:59	M50 Steve Morris 3.5	M35 Felton Turnage 23.72	W70 Patti Kennedy 40:30.4 Grace Moremen 41:25.7	Anna Wlodarczyk 13.90	IMOD Line Direk 100
3000m RW	M65 Ray Fitzhugh 2.2	Richard Holmes 24.49			W30 Lisa Riech 1.85
W50 Pam Brewer 20:19.21	M75 Bob Holmes 2.3	Brian Gore 25.12		Brenda Matthews 14.53	Pole Vault
W55 Maria Cruz 22:24.75			High Jump	Brenda Matthews 14.53 W55 Karen Brookfield 19.01	Pole Vault M50 Mike Ramoska 3.20
Troo mand orde EE,E4.75	MBU Don Boser	M40 Kettrell Berry 22.07	High Jump M40 Ron Lee 1.94	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19	Pole Vault M50 Mike Ramoska 3.20 Bill McNeal 3.05
TUECO		M40 Kettrell Berry 22.07 Cornell Stephenson 22.91	High Jump M40 Ron Lee 1.94 Lee Balkin 1.74	Brenda Matthews   14.53   W55   Karen Brookfield   19.01   W60   Nadine O'Connor   14.19   Marilyn Ongley   17.41	Pole Vault           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50
	Long Jump	M40 Kettrell Berry 22.07 Cornell Stephenson 22.91 Alec Chenault 25.17	High Jump M40 Ron Lee 1.94 Lee Balkin 1.74 Dolf Berle 1.63	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50	Pole Vault         3.20           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50           M75 Bud Held         2.75
WEST	Long Jump M45 William Long 6.0	M40 Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45 James Chinn         23.13	High Jump       M40 Ron Lee     1.94       Lee Balkin     1.74       Dolf Berle     1.63       M45 Jeff Davison     1.37	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m	Pole Vault           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50
CONTRACTOR OF THE PARTY OF THE	Long Jump         6.0           M45 William Long         6.0           M60 Ron Muranaka         4.2	M40 Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45 James Chinn         23.13           Rory McDermed         24.53	High Jump       M40 Ron Lee     1.94       Lee Balkin     1.74       Dolf Berle     1.63       M45 Jeff Davison     1.37       M80 Donald Rosen     1.07	Brenda Matthews	Pole Vault           M50         Mike Ramoska         3.20           Bill McNeal         3.05           M55         Steve Morris         3.50           M75         Bud Held         2.75           W50         Rita Hanscom         2.75
Hawaii Masters Decathlon	Long Jump           M45         William Long         6.0           M60         Ron Muranaka         4.2           M65         Bert Bergen         4.2	M40 Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45 James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86	High Jump       M40 Ron Lee     1.94       Lee Balkin     1.74       Dolf Berle     1.63       M45 Jeff Davison     1.37       M80 Donald Rosen     1.07       W30 Spring Harris     1.79	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38	Pole Vault           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50           M75 Bud Held         2.75           W50 Rita Hanscom         2.75           W60 Nadine O'Connor         2.75
CONTRACTOR OF THE PARTY OF THE	Long Jump           M45         William Long         6.0           M60         Ron Muranaka         4.2           M65         Bert Bergen         4.2           M75         Paul Evans         3.1	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44	High Jump     1.94       M40 Ron Lee     1.94       Lee Balkin     1.74       Dolf Berle     1.63       M45 Jeff Davison     1.37       M80 Donald Rosen     1.07       W30 Spring Harris     1.79       W40 Lisa Riech     1.79	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32	Pole Vault         3.20           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50           M75 Bud Held         2.75           W50 Rita Hanscom         2.75           W60 Nadine O'Connor         2.75           Long Jump         2.75
Hawaii Masters Decathlon	Long Jump           M45         William Long         6.0           M60         Ron Muranaka         4.2           M65         Bert Bergen         4.2           M75         Paul Evans         3.1           W40         Caren Ware         4.4	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60	High Jump     1.94       M40 Ron Lee     1.94       Lee Balkin     1.74       Dolf Berle     1.63       M45 Jeff Davison     1.37       M80 Donald Rosen     1.07       W30 Spring Harris     1.79       W40 Lisa Riech     1.79       W50 Tina Bowman     1.17	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51	Pole Vault         3.20           MSO         Mike Ramoska         3.20           Bill McNeal         3.05           M55         Steve Morris         3.50           M75         Bud Held         2.75           W50         Rita Hanscom         2.75           W60         Nadine O'Connor         2.75           Long Jump         M50         John Little         5.09
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5	Long Jump           M45         William Long         6.0           M60         Ron Muranaka         4.2           M65         Bert Bergen         4.2           M75         Paul Evans         3.1           W40         Caren Ware         4.4           W50         Tina Bowman         4.1	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85	High Jump     1.94       M40 Ron Lee     1.94       Lee Balkin     1.74       Dolf Berle     1.63       M45 Jeff Davison     1.37       M80 Donald Rosen     1.07       W30 Spring Harris     1.79       W40 Lisa Riech     1.79       W50 Tina Bowman     1.17       W60 Kathy Bergen     1.32	Brenda Matthews	Pole Vault         3.20           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50           M75 Bud Held         2.75           W50 Rita Hanscom         2.75           W60 Nadine O'Connor         2.75           Long Jump         5.09           M50 John Little         5.09           Richard Watson         4.54
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5 M40 Philip Oyape 2906	Long Jump           M45         William Long         6.0           M60         Ron Muranaka         4.2           M65         Bert Bergen         4.2           M75         Paul Evans         3.1           W40         Caren Ware         4.4	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39	High Jump       M40 Ron Lee     1.94       Lee Balkin     1.74       Dolf Berle     1.63       M45 Jeff Davison     1.37       M80 Donald Rosen     1.07       W30 Spring Harris     1.79       W40 Lisa Riech     1.79       W50 Tina Bowman     1.17       W60 Kathy Bergen     1.32       Pole Vault	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51 Michael Shea 25.63 M45 Steve Cummings 25.45	Pole Vault         3.20           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50           M75 Bud Held         2.75           W50 Rita Hanscom         2.75           W60 Nadine O'Connor         2.75           Long Jump         5.09           M50 John Little         5.09           Richard Watson         4.54           M60 Terry Rowan         4.33
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5 M40 Philip Oyape 2906 M50 Vince Costello 2371	Long Jump         6.0           M45         William Long         6.0           M60         Ron Muranaka         4.2           M65         Bert Bergen         4.2           M75         Paul Evans         3.1           W40         Caren Ware         4.4           W50         Tina Bowman         4.1           W75         Johnnye Valien         2.4	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39	High Jump     1.94       M40 Ron Lee     1.94       Lee Balkin     1.74       Dolf Berle     1.63       M45 Jeff Davison     1.37       M80 Donald Rosen     1.07       W30 Spring Harris     1.79       W40 Lisa Riech     1.79       W50 Tina Bowman     1.17       W60 Kathy Bergen     1.32       Pole Vault     3.97	Brenda Matthews	Pole Vault         3.20           Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50           M75 Bud Held         2.75           W50 Rita Hanscom         2.75           W60 Nadine O'Connor         2.75           Long Jump         5.09           Richard Watson         4.54           M60 Terry Rowan         4.33           Ron Muranaka         4.25
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5 M40 Philip Oyape 2906	Long Jump         6.0           M45         William Long         6.0           M60         Ron Muranaka         4.2           M65         Bert Bergen         4.2           M75         Paul Evans         3.1           W40         Caren Ware         4.4           W50         Tina Bowman         4.1           W75         Johnnye Valien         2.4           Triple Jump         2.4	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39	High Jump     1.94       Lee Balkin     1.74       Dolf Berle     1.63       M45 Jeff Davison     1.37       M80 Donald Rosen     1.07       W30 Spring Harris     1.79       W40 Lisa Riech     1.79       W50 Tina Bowman     1.17       W60 Kathy Bergen     1.32       Pole Vault     3.97       Dolf Berle     3.35	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51 Michael Shea 25.63 M45 Steve Cummings 25.45	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564	Long Jump	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39	High Jump       M40 Ron Lee     1.94       Lee Balkin     1.74       Dolf Berle     1.63       M45 Jeff Davison     1.37       M80 Donald Rosen     1.07       W30 Spring Harris     1.79       W40 Lisa Riech     1.79       W50 Tina Bowman     1.17       W60 Kathy Bergen     1.32       Pole Vault     3.97       Dolf Berle     3.35       M50 Murray Mead     3.97	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51 Michael Shea 25.63 M45 Steve Cummings 25.45 Rob Duncanson 25.63 M50 Greg Pizza 25.02 David Kalb 25.80	Pole Vault         3.20           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50           M75 Bud Held         2.75           W50 Rita Hanscom         2.75           W60 Nadine O'Connor         2.75           Long Jump         M50 John Little         5.09           Richard Watson         4.54           M60 Terry Rowan         4.33           Ron Muranaka         4.25           M75 Paul Evans         2.83           M90 Leland McPhie         2.29
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57	High Jump         1.94           Lee Balkin         1.74           Dolf Berle         1.63           M45 Jeff Davison         1.37           M80 Donald Rosen         1.07           W30 Spring Harris         1.79           W40 Lisa Riech         1.79           W50 Tina Bowman         1.17           W60 Kathy Bergen         1.32           Pole Vault         3.97           M40 Tim McIntyre         3.97           Dolf Berle         3.35           M50 Murray Mead         3.97           M65 Terry Cannon         3.04	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51 Michael Shea 25.63 M45 Steve Cummings 25.45 Rob Duncanson 25.63 M50 Greg Pizza 25.02 David Kalb 25.80 Paul Baumhoefner 29.24	Pole Vault         3.20           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50           M75 Bud Held         2.75           W50 Rita Hanscom         2.75           W60 Nadine O'Connor         2.75           Long Jump         5.09           M50 John Little         5.09           Richard Watson         4.54           M60 Terry Rowan         4.33           Ron Muranaka         4.25           M75 Paul Evans         2.83           M90 Leland McPhie         2.29           W50 Brenda Matthews         3.87
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182	Long Jump         6.0           M45         William Long         6.0           M60         Ron Muranaka         4.2           M65         Bert Bergen         4.2           M75         Paul Evans         3.1           W40         Caren Ware         4.4           W50         Tina Bowman         4.1           W75         Johnnye Valien         2.4           Triple Jump         M40         LaVell Davenport         12.9           W40         Caren Ware         9.1           W55         Anelies Steekelenburg         8.6	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.40           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84	High Jump M40 Ron Lee 1.94 Lee Balkin 1.74 Dolf Berle 1.63 M45 Jeff Davison 1.37 M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen 1.32 Pole Vault M40 Tim McIntyre 3.97 Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon 3.04 M75 Bud Held 3.04	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51 Michael Shea 25.63 M45 Steve Cummings 25.45 Rob Duncanson 25.63 M50 Greg Pizza 25.02 David Kalb 25.80	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947	Long Jump         6.0           M45         William Long         6.0           M60         Ron Muranaka         4.2           M65         Bert Bergen         4.2           M75         Paul Evans         3.1           W40         Caren Ware         4.4           W50         Tina Bowman         4.1           W75         Johnnye Valien         2.4           Triple Jump         M40         LaVell Davenport         12.9           W40         Caren Ware         9.1           W55         Anelies Steekelenburg         8.6           W70         Magdalena Kuehne         6.5	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41	High Jump         1.94           Lee Balkin         1.74           Dolf Berle         1.63           M45 Jeff Davison         1.37           M80 Donald Rosen         1.07           W30 Spring Harris         1.79           W40 Lisa Riech         1.79           W50 Tina Bowman         1.17           W60 Kathy Bergen         1.32           Pole Vault         3.97           M40 Tim McIntyre         3.97           Dolf Berle         3.35           M50 Murray Mead         3.97           M65 Terry Cannon         3.04	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51 Michael Shea 25.63 M45 Steve Cummings 25.45 Rob Duncanson 26.63 M50 Greg Pizza 25.02 David Kalb Paul Baumhoefner 29.24 M55 Herman Castille 25.54	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936	Long Jump         6.0           M45         William Long         6.0           M60         Ron Muranaka         4.2           M65         Bert Bergen         4.2           M75         Paul Evans         3.1           W40         Caren Ware         4.4           W50         Tina Bowman         4.1           W75         Johnnye Valien         2.4           Triple Jump         M40         LaVeil Davenport         12.9           W40         Caren Ware         9.1           W55         Anelies Steekelenburg         8.6           W70         Magdalena Kuehne         6.5           W75         Johnnye Valien         5.3	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02	High Jump M40 Ron Lee 1.94 Lee Balkin 1.74 Dolf Berle 1.63 M45 Jeff Davison 1.37 M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen 1.32 Pole Vault M40 Tim McIntyre 3.97 Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon 3.04 M75 Bud Held 3.04 W50 Rita Hanscom 2.59 Long Jump	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51 Michael Shea 25.63 M45 Steve Cummings 25.45 Rob Duncanson 25.63 M50 Greg Pizza 25.02 David Kalb 25.80 Paul Baumhoefner 29.24 M55 Herman Castille 25.54 M65 Karl Thorpe 30.89	Pole Vault         3.20           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50           M75 Bud Held         2.75           W50 Rita Hanscom         2.75           W60 Nadine O'Connor         2.75           Long Jump         M50 John Little         5.09           Richard Watson         4.54           M60 Terry Rowan         4.33           Ron Muranaka         4.25           M75 Paul Evans         2.83           M90 Leland McPhie         2.29           W50 Brenda Matthews         3.87           W55 Lorraine Tucker         3.54           Karen Brookfield         2.07           W60 Marilyn Ongley         3.04
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   8.5   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   Short Maranaka   Shot Put   Short Magdalena Kuehne   5.3   Shot Put   M65   M60   M60	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32	High Jump M40 Ron Lee Lee Balkin Dolf Berle 1.63 M45 Jeff Davison 1.37 M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen 1.32 Pole Vault M40 Tim McIntyre Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon 3.04 M75 Bud Held W50 Rita Hanscom Long Jump M30 J T Thiesen 1.94 1.94 1.94 1.94 1.95 1.97 1.97 1.98 1.97 1.98 1.99 1.90 1.90 1.90 1.90 1.90 1.90 1.90	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51 Michael Shea 25.63 M45 Steve Cummings 25.45 Rob Duncanson 25.63 M50 Greg Pizza 25.02 David Kalb 25.80 Paul Baumhoefner 29.24 M55 Herman Castille 25.54 M65 Karl Thorpe 30.89 Richard Gardner 43.87	Pole Vault         3.20           M50 Mike Ramoska         3.20           Bill McNeal         3.05           M55 Steve Morris         3.50           M75 Bud Held         2.75           W50 Rita Hanscom         2.75           W60 Nadine O'Connor         2.75           Long Jump         M50 John Little         5.09           Richard Watson         4.54           M60 Terry Rowan         4.33           Ron Muranaka         4.25           M75 Paul Evans         2.83           M90 Leland McPhie         2.29           W50 Brenda Matthews         3.87           W55 Lorraine Tucker         3.54           Karen Brookfield         2.07           W60 Marilyn Ongley         3.04           Triple Jump
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M65   Rondon M40   M40   Hank Kraychir   13.47   M65   Rondon M40	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.40           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81	High Jump M40 Ron Lee 1.94 Lee Balkin 1.74 Dolf Berle 1.63 M45 Jeff Davison 1.37 M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen 1.32 Pole Vault M40 Tim McIntyre 3.97 Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon 3.04 M75 Bud Held 3.04 W50 Rita Hanscom 2.59 Long Jump	Brenda Matthews	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63	High Jump M40 Ron Lee Lee Balkin Dolf Berle 1.63 M45 Jeff Davison M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen 1.32 Pole Vault M40 Tim McIntyre Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon M75 Bud Held W50 Rita Hanscom Long Jump M30 J T Thiesen 1.94 1.94 1.94 1.94 1.95 1.97 1.97 1.98 1.97 1.98 1.98 1.99 1.99 1.90 1.90 1.90 1.90 1.90 1.90	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 18.50 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51 Michael Shea 25.63 M45 Steve Cummings 25.45 Rob Duncanson 25.63 M50 Greg Pizza 25.02 David Kalb 25.80 Paul Baumhoefner 29.24 M55 Herman Castille 25.54 M65 Karl Thorpe 30.89 Richard Gardner 43.87 M75 Jim Selby 34.15 Paul Evans 36.25	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936 W60 Brenda Andrieu 3363	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M50   M60   M6	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         101.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23	High Jump M40 Ron Lee 1.94 Lee Balkin 1.74 Dolf Berle 1.63 M45 Jeff Davison 1.37 M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen 1.32 Pole Vault M40 Tim McIntyre 3.97 Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon 3.04 W50 Rita Hanscom 2.59 Long Jump M30 J T Thiesen 6.84 Kyle Hopkins 6.45 M40 Dolf Berle 4.78	Brenda Matthews 14.53 W55 Karen Brookfield 19.01 W60 Nadine O'Connor 14.19 Marilyn Ongley 17.41 W70 Magdalena Kuehne 200m M30 Hugo Estrada 23.60 M35 Norman Suguitan 34.38 M40 Trent Hagler 23.32 Eric Dixon 24.51 Michael Shea 25.63 M45 Steve Cummings 25.45 Rob Duncanson 25.63 M50 Greg Pizza 25.02 David Kalb 25.80 Paul Baumhoefner 29.24 M65 Karl Thorpe 30.89 Richard Gardner 43.87 M75 Jim Selby 34.15 Paul Evans 36.25 M80 Ray Crawford 51.35	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936 W60 Brenda Andrieu 3363	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Griling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         29.81           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56	High Jump M40 Ron Lee Lee Balkin Dolf Berle 1.63 M45 Jeff Davison 1.37 M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen Pole Vault M40 Tim McIntyre Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon M75 Bud Held W50 Rita Hanscom Long Jump M30 J T Thiesen Kyle Hopkins M40 Dolf Berle 4.78 W40 Caren Ware 4.36	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne 200m W30 Hugo Estrada W35 Norman Suguitan W40 Trent Hagler Eric Dixon Michael Shea W55 Steve Cummings R05 Duncanson W50 Greg Pizza David Kalb Paul Baumhoefner W55 Herman Castille W65 Karl Thorpe Richard Gardner W75 Jim Selby Paul Evans W80 Bert Morrow W150 19.01	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936 W60 Brenda Andrieu 3363  So. Cal. Striders Meet of Champions	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   8.6   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56	High Jump M40 Ron Lee Lee Balkin Dolf Berle 1.63 M45 Jeff Davison 1.37 M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen 1.32 Pole Vault M40 Tim McIntyre Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon 3.04 M75 Bud Held W50 Rita Hanscom Long Jump M30 J T Thiesen Kyle Hopkins M40 Dolf Berle 4.78 W40 Caren Ware W50 Anna Wlodarczyk 4.77	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne 200m W30 Hugo Estrada W30 Hugo Estrada W30 Trent Hagler Eric Dixon Michael Shea W55 Steve Cummings Rob Duncanson W50 Greg Pizza David Kalb Paul Baumhoefner W55 Herman Castille W65 Karl Thorpe Richard Gardner W38 Ray Crawford W75 Colleen Barney W65 Karl Morrow W35 Colleen Barney W65 Karl Morrow W75 Jim Selby Paul Evans	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936 W60 Brenda Andrieu 3363	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56           400m         M30         Fred Zarie         53.68	High Jump M40 Ron Lee 1.94 Lee Balkin 1.74 Dolf Berle 1.63 M45 Jeff Davison 1.37 M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen 1.32 Pole Vault M40 Tim McIntyre 3.97 Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon 3.04 M75 Bud Held 3.04 W50 Rita Hanscom 2.59 Long Jump M30 J T Thiesen 6.84 Kyle Hopkins 6.45 M40 Dolf Berle 4.78 W40 Caren Ware 4.36 W50 Anna Wlodarczyk 4.77 Triple Jump	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne W70 M30 Hugo Estrada W70 Tent Hagler W70 Michael Shea W70 Michael Shea W70 Steve Cummings W70 Michael Shea W70 Michael W70 Shea W70 M30 M30 M30 M30 M30 M30 M30 M30 M30 M3	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936 W60 Brenda Andrieu 3363  So. Cal. Striders Meet of Champions	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64	M40 Kettrell Berry Cornell Stephenson         22.97 22.91 Alec Chenault         22.91 25.17           M45 James Chinn         23.13 Rory McDermed         24.53 Ken Stone         27.86           M50 Steve Klosch Robert Richardson         25.60 Greg Pizza         25.85           M55 Dan Girling         31.39 M60 Doug Smith         26.39 Willie Roberson         29.21           M70 Frank Kishi         34.57           M75 Louis Beadle Jim Selby         34.41           M80 Robert Davidson         1:01.02           W35 Colleen Barney         26.32           W40 Kelle Taylor         29.81           W45 Debbie Selby         35.63           W50 Rita Hanscom         29.23           Denise Janneck         30.56           M30 Fred Zarie         53.68           M35 Bran Gore         55.11	High Jump M40 Ron Lee	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne W70 Hagder W70 Hagder W70 Steve Cummings W70 Steve	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936 W60 Brenda Andrieu 3363  So. Cal. Striders Meet of Champions Long Beach, CA; May 8	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.40           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         29.81           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         400m           M30         Fred Zarie         53.68           M35         Brian Gore         55.11           M40         David Olshan	High Jump M40 Ron Lee Lee Balkin Dolf Berle 1.63 M45 Jeff Davison 1.37 M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen Pole Vault M40 Tim McIntyre Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon M75 Bud Held W50 Rita Hanscom Long Jump M30 J T Thiesen Kyle Hopkins 4.78 W40 Caren Ware W40 Caren Ware W50 Anna Wlodarczyk Triple Jump M40 Lavelle Davenport M40 Lavelle Davenport M45 Jeff Davison 9 07	Brenda Matthews	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936 W60 Brenda Andrieu 3363  So. Cal. Striders Meet of Champions Long Beach, CA; May 8 100m M30 Johnny Watson 12.50	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56           400m         55.11           M40         David Olshan         1:00.54           Kurt Garcia         1:03.79	High Jump M40 Ron Lee 1.94 Lee Balkin 1.74 Dolf Berle 1.63 M45 Jeff Davison 1.37 M80 Donald Rosen 1.07 W30 Spring Harris 1.79 W40 Lisa Riech 1.79 W50 Tina Bowman 1.17 W60 Kathy Bergen 1.32 Pole Vault M40 Tim McIntyre 3.97 Dolf Berle 3.35 M50 Murray Mead 3.97 M65 Terry Cannon 3.04 W75 Bud Held 3.04 W50 Rita Hanscom 2.59 Long Jump M30 J T Thiesen 6.84 Kyle Hopkins 6.45 M40 Dolf Berle 4.78 W40 Caren Ware 4.36 W50 Anna Wlodarczyk 4.77 Triple Jump M40 Lavelle Davenport 13.13 M45 Jeff Davison 9.07 M50 Robert Richardson 10.64	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne 200m W30 Hugo Estrada W50 Hugo E	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5  M40 Philip Oyape 2906 M50 Vince Costello 2371 M55 Robert Larson 2564 M60 Robert Taylor 4618 Jack Karbens 4182 M65 Robert Molyneux 1947 M70 Bob Husic 1936 W60 Brenda Andrieu 3363  So. Cal. Striders Meet of Champions Long Beach, CA; May 8  100m M30 Johnny Watson 12.50 M40 Alec Chenault 12.10	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   8.6   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51   W55   Latanya Glass   9.62	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56           400m         55.11           M40         David Olshan         1:00.54           Kurt Garcia         1:03.79	High Jump         1.94           Lee Balkin         1.74           Dolf Berle         1.63           M45 Jeff Davison         1.37           M80 Donald Rosen         1.07           W30 Spring Harris         1.79           W40 Lisa Riech         1.79           W50 Tina Bowman         1.17           W60 Kathy Bergen         1.32           Pole Vault         3.97           M40 Tim McIntyre         3.97           Dolf Berle         3.35           M50 Murray Mead         3.97           M65 Terry Cannon         3.04           W50 Rita Hanscom         2.59           Long Jump         6.45           M40 Dolf Berle         4.78           W40 Caren Ware         4.36           W50 Anna Wlodarczyk         4.77           Triple Jump         M40 Lavelle Davenport         13.13           M45 Jeff Davison         9.07           M50 Robert Richardson         10.64           W40 Caren Ware         8.84	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne W70 Magdalena W70 M70 Magdalena W70 M70 M70 M70 M70 M70 M70 M70 M70 M70 M	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51	M40 Kettrell Berry Cornell Stephenson         22.97 22.91 25.17           M45 James Chinn         23.13 Rory McDermed         24.53 Ken Stone           M50 Steve Klosch Robert Richardson Greg Pizza         25.60 Greg Pizza         25.85 M55 Dan Girling           M50 Doug Smith Willie Roberson         29.21 M70 Frank Kishi         34.57 M75 Louis Beadle Jim Selby         34.57 M75 Louis Beadle Jim Selby         34.45 M40           M80 Robert Davidson         100.02 W35 Colleen Barney         29.81 W40 Kelle Taylor         29.81 W45 Debbie Selby         35.63 W50 Rita Hanscom Denise Janneck         32.56 M00m           M30 Fred Zarie M40 David Olshan Kurt Garcia         53.68 M35 Brian Gore M40 David Olshan Kurt Garcia         55.11 M40 David Olshan Kurt Garcia         1.00.54 M50 Steve Klosch           M50 Steve Klosch         58.45	High Jump M40 Ron Lee	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne 200m W30 Hugo Estrada W35 Norman Suguitan W40 Trent Hagler Eric Dixon Michael Shea W55 Steve Cummings Rob Duncanson W56 Greg Pizza David Kalb Paul Baumhoefner W55 Herman Castille W65 Karl Thorpe Richard Gardner W55 M80 Ray Crawford W35 Colleen Barney W55 Colleen Barney W55 Karen Brookfield W50 Mardlyn Ongley W60 Marilyn Ongley W60 Marilyn Ongley W60 Marilyn Ongley W61 Magdalena Kuehne	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51   W55   Latanya Glass   9.62   W60   Hattle Perry   6.25	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56           400m         55.11           M40         David Olshan         1:00.54           Kurt Garcia         1:03.79	High Jump M40 Ron Lee	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne W70 Magdalena W70 M70 Magdalena W70 M70 M70 M70 M70 M70 M70 M70 M70 M70 M	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51   W55   Latanya Glass   9.62   W60   Hattle Perry   6.25   W65   Sherrie Sherrard   9.60	M40 Kettrell Berry Cornell Stephenson         22.97 22.91 25.17           M45 James Chinn         23.13 Rory McDermed         24.53 Ken Stone           M50 Steve Klosch Robert Richardson Greg Pizza         25.60 Greg Pizza         25.85 M55 Dan Girling           M50 Doug Smith Willie Roberson         29.21 M70 Frank Kishi         34.57 M75 Louis Beadle Jim Selby         34.57 M75 Louis Beadle Jim Selby         34.45 M40           M80 Robert Davidson         100.02 W35 Colleen Barney         29.81 W40 Kelle Taylor         29.81 W45 Debbie Selby         35.63 W50 Rita Hanscom Denise Janneck         32.56 M00m           M30 Fred Zarie M40 David Olshan Kurt Garcia         53.68 M35 Brian Gore M40 David Olshan Kurt Garcia         55.11 M40 David Olshan Kurt Garcia         1.00.54 M50 Steve Klosch           M50 Steve Klosch         58.45	High Jump M40 Ron Lee	Brenda Matthews	Pole Vault
Hawaii Masters Decathlon   Kaiser HS; Honolulu   May 4-5	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51   W55   Latanya Glass   9.62   W60   Hattie Perry   6.25   W65   Sherrie Sherrard   9.60   Discus	M40         Kettrell Berry         22.07           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.44           Robert Richardson         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W45         Debbie Selby         35.63           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56           400m         30.54           M30         Fred Zarie         53.68           <	High Jump M40 Ron Lee	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne 200m W30 Hugo Estrada W50 Hugo Hugo Hugo Hugo Hugo Hugo Hugo Hugo	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51   W55   Latanya Glass   9.62   W60   Sherrie Sherrard   9.60   Discus   M35   Jeffrey Gonzales   32.19	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56           400m         55.11           M40         David Olshan         1:00.54           Kurt Garcia         1:03.79           M45         Vincent Calloway         56.74     <	High Jump M40 Ron Lee Lee Balkin Dolf Berle 1.63 M45 Jeff Davison M80 Donald Rosen M70 Spring Harris W40 Lisa Riech W50 Tina Bowman 1.77 W60 Kathy Bergen Pole Vault M40 Tim McIntyre Dolf Berle 3.35 M50 Murray Mead 3.97 M55 Bud Held W50 Rita Hanscom Long Jump M30 J T Thiesen Kyle Hopkins M40 Dolf Berle 4.78 W40 Caren Ware W50 Anna Wlodarczyk Triple Jump M40 Lavelle Davenport M45 Jeff Davison M55 Robert Richardson W40 Caren Ware W40 Caren Ware W50 Robert Richardson M50 Robert Richardson M50 Robert Richardson M40 Caren Ware W40 Caren Ware W40 Caren Ware M40 Caren Ware M40 Lavelle Davenport M50 Robert Richardson M50 Angelo Rosselli M50 Angelo Rosselli M50 Angelo Rosselli M50 Angelo Rinaldi	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne 200m M30 Hugo Estrada M35 Norman Suguitan M30 Hugo Estrada M40 Trent Hagler Eric Dixon Michael Shea M55 Steve Cummings Rob Duncanson M50 Greg Pizza David Kalb Paul Baumhoefner M55 Herman Castille M55 Karl Thorpe Richard Gardner M55 Jim Selby Paul Evans M80 Ray Crawford M95 Deth Morrow W15 Debbie Selby W50 Rita hanscom U85 Karen Brookfield W55 Karen Brookfield W50 Marilyn Ongley W70 Magdalena Kuehne W80 Gerry Davidson W80 Selby W80 Gerry Davidson W80 Selby W80 Gerry Davidson Selby Selby W80 Gerry Davidson Selby W80 Gerry Davidson Selby W80 Gerry Davidson Selby Selby W80 Gerry Davidson	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5   M40 Philip Oyape   2906   M50 Vince Costello   2371   M55 Robert Larson   2564   M60 Robert Taylor   4618   Jack Karbens   4182   M65 Robert Molyneux   1947   M70 Bob Husic   1936   W60 Brenda Andrieu   3363   So. Cal. Striders Meet of Champions   Long Beach, CA; May 8   100m   M30   Johnny Watson   12.50   M40   Alec Chenault   12.10   M45   James Chinn   11.40   M50   Robert Richardson   12.20   M55   Lance Pierce   14.10   M60   Doug Smith   12.50   M65   Roger Tsuda   14.00   N65   Roger Tsuda   14.00   N65   Roger Tsuda   N60	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   8.6   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51   W55   Latanya Glass   9.62   W60   Hattie Perry   6.25   W65   Sherrie Sherrard   9.60   Discus   M35   Jeffrey Gonzales   32.19   M40   Hank Kraychir   45.50	M40 Kettrell Berry Cornell Stephenson Alec Chenault         22.91 22.91 25.17           M45 James Chinn Rory McDermed Ken Stone         23.13 27.86           M50 Steve Klosch Robert Richardson Greg Pizza         25.60 25.60 25.60           M50 Doug Smith Willie Roberson         29.21 25.85           M55 Dan Girling Willie Roberson         31.39 29.21           M70 Frank Kishi Jim Selby         34.57 31.84 31.84 31.84 31.84 31.84           Jim Selby         34.41 34.57           M80 Robert Davidson         101.02 29.81 29.81           W45 Debbie Selby         35.63 32.56           400m         32.56           M30 Fred Zarie M40 David Olshan Kurt Garcia         53.68 32.56           M55 Steve Klosch Robert Richardson Hugo Velazquez         59.94 104.39 104.39 104.39           M70 Louis Beadle W45 Debbie Selby         122.92 123.15	High Jump M40 Ron Lee	Brenda Matthews	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   2.4   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51   W55   Latanya Glass   9.62   W60   Hattle Perry   6.25   W65   Sherrie Sherrard   9.60   Discus   M35   Jeffrey Gonzales   M45   James Barry   34.11	M40 Kettrell Berry Cornell Stephenson Alec Chenault         22.91 22.91 25.17           M45 James Chinn Rory McDermed Ken Stone         23.13 27.86           M50 Steve Klosch Robert Richardson Greg Pizza         25.40 25.85           M55 Dan Girling         31.39 M60 Doug Smith         26.39 27.86           M55 Dan Girling         31.39 26.39 27.30           M60 Doug Smith         26.39 29.21           M70 Frank Kishi         34.57           M75 Louis Beadle Jim Selby         34.41           M80 Robert Davidson         101.02           W35 Colleen Barney         26.32           W40 Kelle Taylor         29.81           W45 Debbie Selby         35.63           M50 Rita Hanscom         29.23           Denise Janneck         32.56           400m         55.11           M40 David Olshan         1.00.54           Kurt Garcia         1.03.79           M45 Vincent Calloway         56.74           M50 Steve Klosch         58.45           Robert Richardson         59.94           Hugo Velazquez         1.04.39           M70 Louis Beadle         1.21.92           W45 Debbie Selby         1.23.15           W80 Gerry Davidson         2.12.21	High Jump M40 Ron Lee Lee Balkin Dolf Berle 1.63 M45 Jeff Davison M80 Donald Rosen M70 Spring Harris W40 Lisa Riech W50 Tina Bowman 1.77 W60 Kathy Bergen Pole Vault M40 Tim McIntyre Dolf Berle 3.35 M50 Murray Mead 3.97 M55 Bud Held W50 Rita Hanscom Long Jump M30 J T Thiesen Kyle Hopkins M40 Dolf Berle 4.78 W40 Caren Ware W50 Anna Wlodarczyk Triple Jump M40 Lavelle Davenport M45 Jeff Davison M55 Robert Richardson W40 Caren Ware W40 Caren Ware W50 Robert Richardson M50 Robert Richardson M50 Robert Richardson M40 Caren Ware W40 Caren Ware W40 Caren Ware M40 Caren Ware M40 Lavelle Davenport M50 Robert Richardson M50 Angelo Rosselli M50 Angelo Rosselli M50 Angelo Rosselli M50 Angelo Rinaldi	Brenda Matthews	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   Triple Jump   M40   LaVell Davenport   2.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51   W55   Latanya Glass   9.62   W60   Hattle Perry   6.25   W65   Sherrie Sherrard   9.60   Discus   M35   Jeffrey Gonzales   32.19   M40   Hank Kraychir   45.50   M45   James Barry   34.11   M50   Gary Schmidt   37.66	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56           400m         32.56           M35         Bran Gore         55.11           M40         David Olshan         1:00.54           Kurt Garcia         1:03.79	High Jump M40 Ron Lee	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne 200m M30 Hugo Estrada M35 Norman Suguitan M30 Hugo Estrada M40 Trent Hagler David Kalb Paul Baumhoefner M55 Herman Castille M65 Karl Thorpe Richard Gardner M75 Jim Selby Paul Evans M80 Ray Crawford M93 Bert Morrow W55 Colleen Barney W55 Karen Brookfield W50 Marilyn Ongley W70 Magdalena Kuehne W80 Gerry Davidson M80 Gerry Davidson M80 Trent Hagler M75 Jim Selby M80 Ray Crawford M95 Colleen Barney W55 Karen Brookfield W56 Marilyn Ongley W70 Magdalena Kuehne W80 Gerry Davidson M80 Trent Hagler M80 David Kalb S792	Pole Vault
Hawaii Masters Decathlon   Kaiser HS; Honolulu   May 4-5	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   Triple Jump   M40   LaVell Davenport   12.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   6.5   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51   W55   Latanya Glass   9.62   W60   Hattie Perry   6.25   W65   Sherrie Sherrard   9.60   Discus   M35   Jeffrey Gonzales   M32   Jeffrey Gonzales   M35   Jeffrey Gonzales   M35   James Barry   M40   Hank Kraychir   45.50   M45   James Barry   34.11   M50   Gary Schmidt   37.66   M55   Mike Deller   4.28	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M75         Louis Beadle         31.84           Jim Selby         34.41           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56           400m         55.11           M40         David Olshan         1:00.54           Kurt Garcia         1:03.79           M45         Vincent Calloway           <	High Jump M40 Ron Lee	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne 200m W30 Hugo Estrada W30 Hugo Estrada W30 Trent Hagler Eric Dixon Michael Shea W45 Steve Cummings Rob Duncanson Serge Pizza David Kalb Paul Baumhoefner W55 Herman Castille W65 Karl Thorpe Richard Gardner W75 Jim Selby Paul Evans W36 Colleen Barney W45 Debbie Selby W45 Debbie Selby W55 Karen Brookfield W50 Marilyn Ongley W70 Magdalena Kuehne W80 Gerry Davidson W40 Trent Hagler W50 David Kalb Paul Evans S6 25 W60 Marilyn Ongley W70 Magdalena Kuehne W80 Gerry Davidson W40 Trent Hagler M50 David Kalb P57 92 Robert Richardson S7 21 R5 22 R5 22 R6 25 R7 27 R7 25 R7 27 R7	Pole Vault
Hawaii Masters Decathlon Kaiser HS; Honolulu May 4-5	Long Jump   M45   William Long   6.0   M60   Ron Muranaka   4.2   M65   Bert Bergen   4.2   M75   Paul Evans   3.1   W40   Caren Ware   4.4   W50   Tina Bowman   4.1   W75   Johnnye Valien   Triple Jump   M40   LaVell Davenport   2.9   W40   Caren Ware   9.1   W55   Anelies Steekelenburg   W70   Magdalena Kuehne   W75   Johnnye Valien   5.3   Shot Put   M40   Hank Kraychir   13.47   M50   Gary Schmidt   12.11   M55   Mike Deller   13.42   M60   Kurt Slocum   10.31   M65   Alan Rosen   8.92   M70   Doug Tomlinson   11.64   W45   Karen Vaughn   8.30   W50   Brenda Matthews   8.51   W55   Latanya Glass   9.62   W60   Hattle Perry   6.25   W65   Sherrie Sherrard   9.60   Discus   M35   Jeffrey Gonzales   32.19   M40   Hank Kraychir   45.50   M45   James Barry   34.11   M50   Gary Schmidt   37.66	M40         Kettrell Berry Cornell Stephenson         22.97           Cornell Stephenson         22.91           Alec Chenault         25.17           M45         James Chinn         23.13           Rory McDermed         24.53           Ken Stone         27.86           M50         Steve Klosch         25.60           Greg Pizza         25.85           M55         Dan Girling         31.39           M60         Doug Smith         26.39           Willie Roberson         29.21           M70         Frank Kishi         34.57           M70         Frank Kishi         34.47           M80         Robert Davidson         1:01.02           W35         Colleen Barney         26.32           W40         Kelle Taylor         29.81           W45         Debbie Selby         35.63           W50         Rita Hanscom         29.23           Denise Janneck         32.56           400m         55.11           M40         David Olshan         1:03.79           M45         Vincent Calloway         56.74           M50         Steve Klosch         58.45           Robert Richardson	High Jump M40 Ron Lee	Brenda Matthews W55 Karen Brookfield W60 Nadine O'Connor Marilyn Ongley W70 Magdalena Kuehne 200m M30 Hugo Estrada M35 Norman Suguitan M30 Hugo Estrada M40 Trent Hagler David Kalb Paul Baumhoefner M55 Herman Castille M65 Karl Thorpe Richard Gardner M75 Jim Selby Paul Evans M80 Ray Crawford M93 Bert Morrow W55 Colleen Barney W55 Karen Brookfield W50 Marilyn Ongley W70 Magdalena Kuehne W80 Gerry Davidson M80 Gerry Davidson M80 Trent Hagler M75 Jim Selby M80 Ray Crawford M95 Colleen Barney W55 Karen Brookfield W56 Marilyn Ongley W70 Magdalena Kuehne W80 Gerry Davidson M80 Trent Hagler M80 David Kalb S792	Pole Vault

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W70 Nina Duncan 5.86	Pole Vault	400m	05.40	M70 Hewitt, Bob	29.69	M80	Mallon, Joe	17:35.67	M40	Tyson, William	10.05
Discus	M35 Scott Steffan 4.11	W40 Norah McCabe M30 Keith Stuffie	65.10 52.20	Schlewitz, Jim	35.46	5000m	Racewalk		M45	Burton, Ray	12.36
M50 Gary Schmidt 37.94	M40 George Barber 4.26	M45 Rick Lundgren	60.20	M85 Bulkley, Dan	41.70	M45	Kale, Bart	30:08.46	M50	Wells, John	11.86
Stephen Weeks 27.36 M55 David Fikermann 31.09	M45 Dan Ashcraft 3.20	M55 Rich Tucker	60.90	W40 Butler, Linda	29.64	M50	Detloff, Pat	26:15.89	M50	Grigsby, Jan	8.79
1000 David Emerinan	M70 Jerry Donley 2.59	M60 John Galazin	62.40			and the same			M60	Johnson, Joe	11.65
M60 Michael Woodward 45.06 Terry Rowan 44.63	Long Jump	800m		W55 Cooney,	36.95	M50	Frank, Rob	29:10.26			
Gary Eilermann 44.51	M40 David Hampton 4.43		25.90	Caroline Moule, Jean	47.66	M55	Charaminski, Stan	27:21.58	M60	McCormick, C.	11.07
M65 Bob Humphrey 43.59	M60 Stan Allen 3.86		26.30			M55	Novak, Bob	27:31.37	M60	Myers, Joseph	10.31
Alan Rosen 36.08			24.70	W70 MacLeod, Suzi	38.78	M60	Opsahl, George	28:42.80	M60	McCrea, Don	9.68
M70 Doug Tomlinson 35.55	M65 Ross Aragon 3.77	M65 Des O'Rourke 2: 1500m	2:47.50	W75 Whinston,	58.44	M60	Backlund, John	29:36.02	M60	Miller, Jack	9.58
Dave Douglass 30.04	M75 Chet Warwick 2.52		41.20	Melicent							
Eugen Staniciu 20.48 M75 Kio Shik Song 22.98	W45 Lisa Hampton 3.09		09.50	400m		M65	Zerbe, Richard	33:17.28	M60	Long, Bob	8.78
M75 Kio Shik Song 22.98 M80 Robert Davidson 12.97	W50 Deb Vestal 2.22		35.70	M40 Puckett, Doug	55.13	M70	MacPike, Ron	33:21.58	M60	Kondrasuk, Jack	8.43
M90 Leland McPhie 17.10	Triple Jump	3000m	5	M45 Andrews, Mike	55.65	M70	Vaughn, Dick	34:58.68	M65	Koch, James	12.99
W55 Lorraine Tucker 22.76	M40 Darryl Smith 11.41		3.57.70	Connolly, Tim	1:01.24	W55	Beuchet, Coco	33:46.44	M65	Saling, Neil	11.49
W60 Ingrid Mancini 17.41	W50 Deb Vestal 4.96	5000m		M55 Tucker, Rich							
W70 Nina duncan 10.66	Shot Put	M50 Mark Schumaker 22 M55 James Peterson 24			1:00.13	W55	Backlund, Darlene	34:50.50	M65	Lawson, Bob	11.46
Hammer	M35 Pat Hochanadel 13.97	10.000m	.00.40	M60 Peirce, Stephen	1:10.02	80m H	urdles		M65	King, John	7.43
M40 Kyong Song 48.95	M45 Jeff Crothers 10.44		03.00	M65 Stepan, Paul	1:15.70	W65	Sisley, Becky	17.80	M70	Allison, Tom	11.38
M50 Richard Watson 36.69	Ricardo Gonzales 10.42	M50 Brian Kingsbury 41		Sawyer, Dale	1:18.60	100m H			M70	Sabin, Wayne	10.34
Gary Schmidt 29.64	Calvin Steckler 8.29	400mH	Security 1	Wright, Larry	1:25.00			40.40			9.93
M60 George Mathews 53.35	M50 Tim Fuehrer 9.84	M40 Eri Johnson	72.70	M70 Coy, Jack	The state of the s	M50	Jacquet-Acea, R.	16.10	M70	Loosli, C. Gary	
Michael Woodward 33.72 M65 Bob Humphreys 40.00	Patrick Jaramillo 8.52	2000m SC	16.00		1:19.57	M60	Peirce, Stephen	21.40	M75	Lewellen, Harvey	11.51
M70 Doug Tomlinson 34.21	M55 Paul Economides 13.56	W30 Shannon Overbay 8: 4x400m Relay	0.40.00	M85 Bulkley, Dan	1:43.97	M60	Dillemuth, Fred	22.20	M75	Wallace, Hal	11.35
Dave Douglass 34.01	M60 Stan Allen 3.86	W45 Comets TC 'A' 5	53.70	W40 Butler, Linda	1:09.47	110m H	lurdles		M75	Hersey, Cal	8.97
M75 Kio Shik Song 28.19	M65 James Koch 12.78	Schumaker/McCabe/Whe	eeler/	W55 Puterbaugh, Candy	1:13.32	M35	Jannsen, Andrew	18.00	M80	Craig, Bob	7.42
Javelin	M80 Hugh Hackett 6.62	Wiebold	1 4 10	800m				10.00	W75	THE RESERVE OF THE PERSON NAMED IN	5.40
M45 Dennis Morris 49.50	W35 Cherie Madlock 6.80	High Jump		M40 Paulk, Kevin	2:00.11	300m H			VV/5	Whinston, Melicent	3.40
Rob Duncanson 40.06	W45 Lisa Hampton 7.48	M40 Steven Kutsch	5-0	Bailey, David	2:02.71	M60	Peirce, Stephen	55.63	W75	Osmon, Pat	5.21
Jon Stampfli 31.95 M50 Richard Watson 43.19	W65 Christel Donley 7.96	Eri Johnson Long Jump	4-4			M70	Nelson, John	1:13.95	Discus		
Gary Schmidt 32.65	Discus Throw		12-9.5	Case, Charlie	2:06.51	W55	Moule, Jean	1:29.72		Classes Mit	27.22
M55 David Johnson 48.84	M40 David Hampton 26.11	Triple Jump		Conradt, Robert	2:10.92	W65	Sisley, Becky	1:06.91	M30	Gleason, Kirby	27.33
Ron Rook 36.76	M45 Ricardo Gonzales 35.68	M40 Eri Johnson	27-6	M55 Tucker, Rich	2:19.36	400m H			M35	Hebb, Rick	31.42
M70 Eugen Staniciu 27.73	M50 Dennis Umshler 44.92	Shot Put	05.0-	Loewe, Donald	2:31.97				M40	Tyson, William	30.51
M80 W Edward Chynowith 28.84			35-0.5	Tanner, Ed	2:57.10	M35	Jannsen, Andrew	1:04.14	M45	Burton, Ray	42.72
M90 Leland McPhie 14.23	Patrick Jaramillo 25.68		26-5.5 18-1		4-3-	M50	Jacquet-Acea, R.	1:04.24	M60	Myers, Joseph	42.01
W70 Magdalena Kuehne 14.35	David Salazar 23.04		19-0	Burleson,	3:08.07	Pole Va	ault				
	M55 Paul Economides 43.10		36-0.5	Joseph M60 Peirce, Stephen	2:51.83	M45	Baucom, Louis	4.27	M60	Miller, Jack	35.84
LICATE Nam Marian Manton	M65 Ross Aragon 34.37	Discus			The second second	M50			M60	Banister, Ora	33.17
USATF New Mexico Masters	M70 Floyd Riddle 35.04		112-11	Ryan, Michael	3:05.38		Jacquet-Acea, R.	3.35	M60	McCrea, Don	30.25
Championships	M80 Hugh Hackett 14.57	Lani Powell	93-10	M65 O'Rourke, D.	2:42.22	M55	Cash, Jerry	3.81	M60	Dillemuth, Fred	29.67
Albuquerque, NM; July 11	W35 Cherie Madlock 13.06	W55 Susan Hinz	65-2	Wright, Larry	3:04.04	M55	Phillips, Dennis	3.66	M60	Kondrasuk, Jack	29.26
100m	W45 Lisa Hampton 19.18	M55 David Kolva Hammer	62-8	M70 Kane, Don	3:03.64	M55	Altendorf, John	3.66	M65		
M45 Lindy Raney 13.70	Hammer Throw	W55 Susan Hinz	98-5	W40 Butler, Linda	3:01.97	M55	Clintworth, Dick	3.20	MOS	Sundholm, Conrad	40.36
M50 Stacey Price 13.90	M45 Jeff Crothers 34.28	Bessie Kolva	76-11		3:21.99	M55	Patterson, John	3.05	M65	Lawson, Bob	40.06
M55 Richard Wild 13.77	Ricardo Gonzales 20.30	W60 Ruth Van Kuren	54-8	W70 MacLeod, Suzi	3.21.99	1000			M65	Saling, Neil	38.71
Chuck Fuller 14.79	M55 Paul Economides 45.38	M45 Robert Wurz	55-6	1500m		M60	Johnston, Joe	3.66	M65	Dow, Dick	36.50
M65 Ron Kirkpatrick 14.01	M80 Hugh Hackett 19.67	M55 David Kolva Javelin	81-1	M35 Dudman, Joe	4:25.50	M60	Holmes, Larry	3.35			
M75 Andy Anderson 16.34	W45 Lisa Hampton 14.18	W55 Susan Hinz	57-7	M40 Conradt, Robert	4:27.00	M60	McCrea, Don	2.44	M65	Labarge, Pete	35.56
Chet Warwick 21.36	W70 Judy Fetherston 21.16	W60 Ruth Van Kuren	37-11	M50 Bell, Ken	5:01.20	M65	Steinman, John	2.74	M65	King, John	33.05
W45 Lisa Hampton 18.36	Javelin		144-11	M55 Wiitalla, Marc	4:58.07	W65	Sisley, Becky	2.12	M70	Allison, Tom	33.48
W50 Colleen Burns 15.72	M40 David Hampton 33.04		101-1 128-5	Loewe, Donald	5:04.08	W65	Sisley, Becky	2.12	M70	Loosli, C. Gary	31.22
W55 Jane Fuller 21.10	M45 Ricardo Gonzales 31.10 M50 Patrick Jaramillo 29.53	1500m Racewalk	1200	Tanner, Ed	6:20.55	Long Ju	ump	9	M70	Sabin, Wayne	29.87
W70 Joan Blaie 27.49		W35 Lauriea Blume 12	2:10.00	Burleson, Joseph	6:53.18	M40	Toll, Mike	5.91	M75	Lewellen, Harvey	40.17
200m			0:54.20					4.86	M75	Wallace, Hal	33.38
M45 Lindy Raney 25.25	M65 Ross Aragon 32.94		18.60	M60 Peirce, Stephen	6:47.51	M50	Jacquet-Acea, R.				26.57
M50 Mike Pannell 25.73	M75 Chet Warwick 17.23	3000m Racewalk		M65 O'Rourke, D.	5:49.99	M60	Dillemuth, Fred	4.11	M75	Hersey, Cal	
David Salazar 27.07	M80 Hugh Hackett 16.49		5:11.10	Wright, Larry	6:17.45				M80	Craig, Bob	17.60
David Zacharias 28.50	W35 Cherie Maclock 15.48		9.09.60	W70 MacLeod, Suzi	6:55.92	M60	Peirce, Stephen	4.05	W50	Dow, Lynn	18.39
Jim Fallen 28.51	W45 Lisa Hampton 17.45		18.60	3000m		M65	MacLeod, Norm	4.42	W55	Moule, Jean	18.03
M55 Donald Neidig 24.91	W65 Christel Donley 19.75	moo Haver Beama 10				M70	Hewitt, Bob	4.72	W60	Cutler, Georgia	22.45
Richard Wild 28.69	Weight Throw	Deathard Markey To		M35 Dudman, Joe	9:32.18	M70	Nelson, John	3.00	W60	Labarge, Patty	15.32
Chuck Fuller 30.77	M45 Ricardo Gonzales 10.47	Portland Masters Tra	ack	M40 Bogus, James	10:28.00	W55	Cooney, Caroline	3.43	W70		12.80
M65 Ron Kirkpatrick 28.36	M80 Hugh Hackett 9.86	Classic Meet		M50 Bell, Ken	11:02.19			The second second		Cleveland, Sabra	
M75 Andy Anderson 33.71	W45 Lisa Hampton 6.61	Gresham, OR; June 19	9-20	Satterfield, Jim	11:37.80	W65	Sisley, Becky	3.33	W75	Osmon, Pat	10.11
	Super Weight	100m		M55 Loewe, Donald	10:50.12	W75	Whinston,	2.26	Javelin		
	M45 Ricardo Gonzales 6.30	M60 Edens, Paul	12.02		11:19.33	High Ju	Melicent	WIE - N	M35	Hebb, Rick	35.41
W45 Lisa Hampton 38.74 W50 Colleen Burns 32.73	W45 Lisa Hampton 3.61	Peirce, Stephen	13.72	Wiitalla, Marc					M40	Scott, Dan	42.34
	Weight Pentathlon			Castle, Les	11:54.69	M40	Toll, Mike	1.62	M45	Valley, Brian	45.62
	HT/SP/DT/JT/WT	Dillemuth, Fred	15.07	M60 Peirce, Stephen	14:43.79	M50	Jacquet-Acea, R.	1.42			
	M45 Ricardo Gonzales 2447	M65 Graves, Ray	14.67	M65 Wright, Larry	13.09.01	M55	Jensen, Sig	1.46	M50	Hutchinson, Randy	46.51
	20.30/10.42/35.68/	Stepan, Paul	15.33	Ogden, Ken	13:37.87	M60	McCrea, Don	1.28	M50	Chamberlain, Walt	43.26
400m	31.10/10.47	Sawyer, Dale	16.01	Kiever, Bob	16:10.20	M60	Kondrasuk, Jack	1.24	M60		47.40
M40 Darryl Smith 57.33	M80 Hugh Hackett 2581	M70 Hewitt, Bob	14.38			M60	Johnson, Joe	1.20		Appel, Doug	
David Hampton 1.00.20	19.07/5.92/13.65/			M70 Keener, Bob	14:18.51		The second secon		M60	Dillemuth, Fred	34.70
M50 Mike Pannell 57.27	16.49/9.86	Kane, Don	15.65	W45 Dougherty,	12:10.89	M60	Banister, Ora	1.16	M60	McCrea, Don	31.04
Jim Fallen 1.01.58	W45 Lisa Hampton 1829	Coy, Jack	16.18	Deeann 5000m		M60	Dillemuth, Fred	1.12	M60	Long, Bob	28.63
David Zacharias 1.05.00	14.18/6.54/19.18/	Schlewitz, Jim	16.61		18:21 10	M70	Keener, Bob	1.12	M60	McCormack, C.	
Mike Apel 1.14.06	16.69/5.92	M85 Bulkley, Dan	19.81	M40 Bogus, James	18:21.10	M75	Lewellen, Harvey	1.24			25.55
M55 Donald Neidig 54.25	3000m Racewalk	W40 Butler, Linda	14.51	M45 Punches, Richard	17:09.01	M80	Young, Gilbert	1.08	M65	Labarge, Pete	39.67
W40 Michaeli Smith 1.07.41	M45 Greg Jochems 17.15.20	W55 Puterbaugh, Candy	15.62	M55 Loewe, Donald	18:29.40	W35	Toll, Julie	1.24	M65	Lawson, Bob	36.35
W50 Karen Blackmore 1.22.60	M75 Ryszard Nawrocki 24.05.80		16.98	M65 Wright, Larry	23:21.95				M65	King, John	21.84
	ווווט ווויטבמוט וומוווטטאוביי.טט.טט	W55 Cooney, Caroline		M65 Kiever, Bob	28:14.37	W35	Toll, Julie	1.24	M70	Loosli, C. Gary	36.45
W70 Joan Blair 2.40.99	WAD Laura Draelos 18 51 40	Bell, Teddie	19.49	2000mSC	THE PLANT	W55	Cooney, Caroline	1.12	M70	Hewitt, Bob	32.64
W70 Joan Blair 2.40.99 800m	W40 Laura Draelos 18.51.40	The second secon	19.89		10:01 52	W55	Moule, Jean	0.96	M70	AND RESIDENCE OF STREET	
W70 Joan Blair 2.40.99 800m M40 Darryl Smith 2.28.10		W60 Schlewitz, Rose	100000000000000000000000000000000000000	M60 Peirce, Stephen	10:01.52	W65	Sisley, Becky			Allison, Tom	32.41
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22	NORTHWEST	W60 Schlewitz, Rose Stepan, Laura	20.63	1100	40.44	4402	Disiey, Deany	1.16		Cable II	
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36	NORTHWEST USATF Inland NW			M60 Johnson, Joe	12:11.17	Triple J		1.16	M70	Schlewitz, Jim	22.40
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30	NORTHWEST	Stepan, Laura	20.63	M60 Johnson, Joe 3000mSC		Triple J	Jump			Schlewitz, Jim Nelson, John	22.40
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m	NORTHWEST USATF Inland NW	Stepan, Laura W75 Whinston, Melicent 200m	20.63 24.45		12:11.17	Triple J M40	Jump Coushay, Brian	13.22	M70		
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70	NORTHWEST  USATF Inland NW Championships Pullman, WA; June 12	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug	20.63 24.45 26.81	3000mSC		Triple J M40 M40	Jump Coushay, Brian Toll, Mike	13.22 12.60	M70 M70	Nelson, John Sabin, Wayne	20.83 17.42
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70  M50 David Salazar 4.37.45	NORTHWEST  USATF Inland NW Championships Pullman, WA; June 12	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug M50 Venable, William	20.63 24.45 26.81 26.91	3000mSC M50 Satterfield, Jim 1 mile Racewalk	13:31.05	Triple J M40	Jump Coushay, Brian	13.22 12.60 9.33	M70 M70 M70 M75	Nelson, John Sabin, Wayne Wallace, Hal	20.83 17.42 31.90
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70  M50 David Salazar 4.37.45  W50 Colleen Burns 5.56.54	NORTHWEST  USATF Inland NW Championships Pullman, WA; June 12  100m W55 Bessie Kolva  18.80	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug M50 Venable, William M55 Tucker, Rich	20.63 24.45 26.81 26.91 27.78	3000mSC M50 Satterfield, Jim 1 mile Racewalk W50 Goodman, Cyndy	13:31.05	Triple J M40 M40	Jump Coushay, Brian Toll, Mike	13.22 12.60	M70 M70 M70 M75 M75	Nelson, John Sabin, Wayne Wallace, Hal Hersey, Cal	20.83 17.42 31.90 24.79
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70  M50 David Salazar 4.37.45  W50 Colleen Burns 5.56.54	VSATF Inland NW Championships Pullman, WA; June 12  100m W55 Bessie Kolva Janet Wiebold 21 00	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug M50 Venable, William	20.63 24.45 26.81 26.91	3000mSC M50 Satterfield, Jim 1 mile Racewalk W50 Goodman, Cyndy W60 Dillemuth, Christin	13:31.05 12:43.71 11:54.61	M40 M40 M60	Coushay, Brian Toll, Mike Chaney, Victor	13.22 12.60 9.33	M70 M70 M70 M75 M75 M80	Nelson, John Sabin, Wayne Wallace, Hal Hersey, Cal Craig, Bob	20.83 17.42 31.90 24.79 14.00
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70  M50 David Salazar 4.37.45  W50 Colleen Burns 5.56.54  100m Hurdles  M50 Stacey Price 14.94	NORTHWEST  USATF Inland NW Championships Pullman, WA; June 12  100m W55 Bessie Kolva Janet Wiebold Janet Wiebold W60 Ruth VanKuren 23.70	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug M50 Venable, William M55 Tucker, Rich	20.63 24.45 26.81 26.91 27.78	3000mSC M50 Satterfield, Jim 1 mile Racewalk W50 Goodman, Cyndy	13:31.05	M40 M40 M60 M60	Coushay, Brian Toll, Mike Chaney, Victor Peirce, Stephen	13.22 12.60 9.33 8.10 8.03	M70 M70 M70 M75 M75 M80 M80	Nelson, John Sabin, Wayne Wallace, Hal Hersey, Cal	20.83 17.42 31.90 24.79
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70  M50 David Salazar 4.37.45  W50 Colleen Burns 5.56.54  100m Hurdles  M50 Stacey Price 14.94  High Jump	VSATF Inland NW Championships Pullman, WA; June 12  100m W55 Bessie Kolva Janet Wiebold W60 Ruth VanKuren M35 Bryce Hall M45 Bruce Mathison 13 30	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug M50 Venable, William M55 Tucker, Rich Wiitalla, Marc M60 Edens, Paul	20.63 24.45 26.81 26.91 27.78 28.85 25.64	3000mSC M50 Satterfield, Jim 1 mile Racewalk W50 Goodman, Cyndy W60 Dillemuth, Christin	13:31.05 12:43.71 11:54.61	M40 M40 M60 M60 M60 M65	Coushay, Brian Toll, Mike Chaney, Victor Peirce, Stephen Dillemuth, Fred MacLeod, Norm	13.22 12.60 9.33 8.10 8.03 9.43	M70 M70 M70 M75 M75 M80	Nelson, John Sabin, Wayne Wallace, Hal Hersey, Cal Craig, Bob	20.83 17.42 31.90 24.79 14.00
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70  M50 David Salazar 4.37.45  W50 Colleen Burns 5.56.54  100m Hurdles  M50 Stacey Price 14.94  High Jump  M40 Ron Lee 1.90	VSATF Inland NW Championships Pullman, WA; June 12  100m W55 Bessie Kolva Janet Wiebold 21 00 W60 Ruth VanKuren M35 Bryce Hall M45 Bruce Mathison M55 David Kolva 17.70	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug M50 Venable, William M55 Tucker, Rich Wiitalla, Marc M60 Edens, Paul Peirce, Stephen	20.63 24.45 26.81 26.91 27.78 28.85 25.64 30.61	3000mSC M50 Satterfield, Jim 1 mile Racewalk W50 Goodman, Cyndy W60 Dillemuth, Christin M50 Detloff, Pat	13:31.05 12:43.71 11:54.61 7:57.85	M40 M40 M60 M60 M60 M65 M65	Coushay, Brian Toll, Mike Chaney, Victor Peirce, Stephen Dillemuth, Fred MacLeod, Norm Labarge, Pete	13.22 12.60 9.33 8.10 8.03 9.43 8.17	M70 M70 M70 M75 M75 M80 M80	Nelson, John Sabin, Wayne Wallace, Hal Hersey, Cal Craig, Bob Mallon, Joe Butler, Linda McCormick,	20.83 17.42 31.90 24.79 14.00 12.55
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70  M50 David Salazar 4.37.45  W50 Colleen Burns 5.56.54  100m Hurdles  M50 Stacey Price 14.94  High Jump  M40 Ron Lee 1.90  Darryl Smith 1.60	NORTHWEST  USATF Inland NW Championships Pullman, WA; June 12  100m W55 Bessie Kolva Janet Wiebold 21 00 W60 Ruth VanKuren 23 70 M35 Bryce Hall 13 00 M45 Bruce Mathison M55 David Kolva M60 John Galazin 13 60	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug M50 Venable, William M55 Tucker, Rich Wiitalla, Marc M60 Edens, Paul Peirce, Stephen Ryan, Michael	20.63 24.45 26.81 26.91 27.78 28.85 25.64 30.61 41.70	3000mSC M50 Satterfield, Jim 1 mile Racewalk W50 Goodman, Cyndy W60 Dillemuth, Christin M50 Detloff, Pat M50 Frank, Rob M60 Opsahl, George	13:31.05 12:43.71 11:54.61 7:57.85 8:38.17 8:47.02	M40 M40 M60 M60 M60 M65 M65 M70	Coushay, Brian Toll, Mike Chaney, Victor Peirce, Stephen Dillemuth, Fred MacLeod, Norm Labarge, Pete Hewitt, Bob	13.22 12.60 9.33 8.10 8.03 9.43 8.17 9.53	M70 M70 M70 M75 M75 M80 M80 W40 W45	Nelson, John Sabin, Wayne Wallace, Hal Hersey, Cal Craig, Bob Mallon, Joe Butler, Linda McCormick, Allison	20.83 17.42 31.90 24.79 14.00 12.55 27.92 27.56
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70  M50 David Salazar 4.37.45  W50 Colleen Burns 5.56.54  100m Hurdles  M50 Stacey Price 14.94  High Jump  M40 Ron Lee 1.90  Darryl Smith 1.60  Richard Brunson 1.50	VSATF Inland NW Championships Pullman, WA; June 12  100m W55 Bessie Kolva Janet Wiebold W60 Ruth VanKuren M35 Bryce Hall M45 Bruce Mathison M55 David Kolva M60 John Galazin M60 John Galazin M60 John Galazin	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug M50 Venable, William M55 Tucker, Rich Wiitalla, Marc M60 Edens, Paul Peirce, Stephen Ryan, Michael M65 Graves, Ray	20.63 24.45 26.81 26.91 27.78 28.85 25.64 30.61 41.70 30.26	3000mSC M50 Satterfield, Jim 1 mile Racewalk W50 Goodman, Cyndy W60 Dillemuth, Christin M50 Detloff, Pat M50 Frank, Rob M60 Opsahl, George M60 Durrell, Mike	13:31.05 12:43.71 11:54.61 7:57.85 8:38.17 8:47.02 10:24.43	M40 M40 M60 M60 M60 M65 M65 M70 W35	Coushay, Brian Toll, Mike Chaney, Victor Peirce, Stephen Dillemuth, Fred MacLeod, Norm Labarge, Pete Hewitt, Bob Toll, Julie	13.22 12.60 9.33 8.10 8.03 9.43 8.17	M70 M70 M70 M75 M75 M80 M80 W40 W45	Nelson, John Sabin, Wayne Wallace, Hal Hersey, Cal Craig, Bob Mallon, Joe Butler, Linda McCormick, Allison Bell, Teddie	20.83 17.42 31.90 24.79 14.00 12.55 27.92 27.56 25.45
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70  M50 David Salazar 4.37.45  W50 Colleen Burns 5.56.54  100m Hurdles  M50 Stacey Price 14.94  High Jump  M40 Ron Lee 1.90  Darryl Smith 1.60  Richard Brunson 1.50  W50 Karen Blackmore 1.11	VSATF Inland NW Championships Pullman, WA; June 12  100m W55 Bessie Kolva Janet Wiebold W60 Ruth VanKuren M35 Bryce Hall M45 Bruce Mathison M55 David Kolva M55 David Kolva M55 David Kolva W35 Kelley Hewett W35 Kelley Hewett W35 Kelley Hewett  28 30	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug M50 Venable, William M55 Tucker, Rich Wiitalla, Marc M60 Edens, Paul Peirce, Stephen Ryan, Michael M65 Graves, Ray Stepan, Paul	20.63 24.45 26.81 26.91 27.78 28.85 25.64 30.61 41.70 30.26 31.83	3000mSC M50 Satterfield, Jim 1 mile Racewalk W50 Goodman, Cyndy W60 Dillemuth, Christin M50 Detloff, Pat M50 Frank, Rob M60 Opsahl, George M60 Durrell, Mike M70 MacPike, Ron	13:31.05 12:43.71 11:54.61 7:57.85 8:38.17 8:47.02 10:24.43 10:10.11	M40 M40 M60 M60 M60 M65 M65 M70	Coushay, Brian Toll, Mike Chaney, Victor Peirce, Stephen Dillemuth, Fred MacLeod, Norm Labarge, Pete Hewitt, Bob Toll, Julie	13.22 12.60 9.33 8.10 8.03 9.43 8.17 9.53	M70 M70 M70 M75 M75 M80 M80 W40 W45	Nelson, John Sabin, Wayne Wallace, Hal Hersey, Cal Craig, Bob Mallon, Joe Butler, Linda McCormick, Allison	20.83 17.42 31.90 24.79 14.00 12.55 27.92 27.56
W70 Joan Blair 2.40.99  800m  M40 Darryl Smith 2.28.10  M45 David Lopez 2.15.22  M50 David Salazar 2.14.36  W40 Michaeli Smith 2.47.30  1500m  M45 David Lopez 4.35.70  M50 David Salazar 4.37.45  W50 Colleen Burns 5.56.54  100m Hurdles  M50 Stacey Price 14.94  High Jump  M40 Ron Lee 1.90  Darryl Smith 1.60  Richard Brunson 1.50	VSATF Inland NW Championships Pullman, WA; June 12  100m W55 Bessie Kolva Janet Wiebold W60 Ruth VanKuren M35 Bryce Hall M45 Bruce Mathison M55 David Kolva M60 John Galazin 200m W35 Kelley Hewett 28 30	Stepan, Laura W75 Whinston, Melicent 200m M45 Mathias, Doug M50 Venable, William M55 Tucker, Rich Wiitalla, Marc M60 Edens, Paul Peirce, Stephen Ryan, Michael M65 Graves, Ray	20.63 24.45 26.81 26.91 27.78 28.85 25.64 30.61 41.70 30.26	3000mSC M50 Satterfield, Jim 1 mile Racewalk W50 Goodman, Cyndy W60 Dillemuth, Christin M50 Detloff, Pat M50 Frank, Rob M60 Opsahl, George M60 Durrell, Mike M70 MacPike, Ron	13:31.05 12:43.71 11:54.61 7:57.85 8:38.17 8:47.02 10:24.43	M40 M40 M60 M60 M60 M65 M65 M70 W35	Coushay, Brian Toll, Mike Chaney, Victor Peirce, Stephen Dillemuth, Fred MacLeod, Norm Labarge, Pete Hewitt, Bob Toll, Julie	13.22 12.60 9.33 8.10 8.03 9.43 8.17 9.53	M70 M70 M70 M75 M75 M80 M80 W40 W45	Nelson, John Sabin, Wayne Wallace, Hal Hersey, Cal Craig, Bob Mallon, Joe Butler, Linda McCormick, Allison Bell, Teddie	20.83 17.42 31.90 24.79 14.00 12.55 27.92 27.56 25.45

						14	ational Master	snews						Page 27
W75	Osmon, Pat	10.78		3 Johnson, Robert 1 Maier, William	48 1:04.93 50 57.78	W40 1	furdles Amarasekara, Veroni		1000	1 Burton, Ray 2 Blackburn, Bob	48 12.90m 48 8.60m	MBO 1	Dover, Myron	84 18.34m
M35	Hebb, Rick	22.86		2 Hiebert, Jim	53 59.77		Jordan, Barbara Hurdles	68 17.20		1 Neal, Mark 2 Housen, Jim	51 12.66m 53 11.27m	M30	l Payne, Bryan	34 9.90m
M40	Tyson, William	22.64	M55	3 Tipping, Mike 1 Brocato, Charles	51 1:01.64 59 58.76	M50 1	Jacquet-Acea, Russe Helton, Don	51 15.96		3 Garcia, Carlos 4 Helton, Don	54 10.97m 50 7.84m		1 Tyson, William 2 Loosli, Charles	43 9.03m 43 8.18m
M45	Burton, Ray	30.40	M65	2 Ortiz-Hernandez, Ed 1 Sims, Gary	56 59.78 66 1:06.78	M55 1	Parnell, Roger Lamothe, Grant	55 16.22		1 Rice, Robert 2 Jacobson, Vance	57 10.90m 55 7.83m	M45	1 Burton, Ray	48 14.47m
M55	Taylor, Todd	53.34		2 Forseille, Larry 3 Stepan, Paul	67 1:09.71 66 1:15.49			60 20.34	M60	1 Gage, Tom 2 Cahners, Bob	61 14.99m 62 11.27m		1 Neal, Mark 1 Gage, Tom	51 16.11m 61 21.80m
M65	Lawson, Bob	31.48	M70	1 Kane, Don 2 Coy, Jack	72 1:11.55	M35 1	Jannsen, Andrew	36 17.83		3 McCormick, Corneliu 4 McCrea, Don	60 10.93m	177	2 Cahners, Bob	62 17.93m
M70	Allison, Tom	39.76	M75	1 Brown, Rodney	73 1:21.09 77 1:14.41	W55 1	Moule, Jean	58 1:28.70		5 Miller, Jack	63 10.21m 61 10.19m		3 Lamothe, Grant 1 Hotchkiss, Richard	60 9.19m 65 15.94m
	Sabin, Wayne	28.40	800m	1 Bulkley, Dan	87 1:39.75	W65 1	Lamothe, Grant Jordan, Barbara	60 55.87	M65	6 Myers, Joe 1 Fasteen, Jerry	64 9.76m 68 11.26m		2 Fasteen, Jerry	68 11.03m
M75	Lewellen, Harvey	41.58		1 Thompson, Adele 1 Everton, Nicola	34 2:28.04	400m			1000	2 Saling, Neil 3 Hotchkiss, Richard	68 11.00m 65 10.04m		1 Wojcik, Jerry 2 Allison, Tom	74 12.86m 74 12.35m
W60	Wallace, Hal	28.00	W40	1 Wright, Sheri	40 2:25 06	MED 1	Ortman David	40 1:09.27 51 1:03.01	M70	1 Ward, Bob 2 Allison, Tom	70 12.36m 74 10.88m		3 Sabin, Wayne	71 11.70m 70 18.18m
W75	Osmon, Pat	15.85	W45	2 Johnson, Mary 1 Willis, Katherine	41 2:44.60 45 2:47.29	2000m	Stewart, Nicole	30 8:13.41	1	3 Sabin, Wayne	71 10.14m	100	<ul> <li>Ward, Bob (did not compete in his a</li> </ul>	
	t Throw	15.05	W50	2 Grigsby, Sue 1 Janneck, Denise	47 2:55.29 50 2:41.94	M60 1	Clark, Fred	60 8:53.96	M75	4 Loosli, C. Gary 1 Lewellen, Harvey	71 9.53m 75 11.10m		1 Lewellen, Harvey 2 Wallace, Hal	75 15.20m 76 10.89m
M40	Tyson, William	6.00		1 MacLeod, Suzi 1 Martin, Joe	70 3:22.69	M/0 1	McClenathen, Gordon	68 9:46.44 70 10:17.4	3	2 Wallace, Hal 3 Hersey, Cal	76 10.98m 77 8.68m	The Contract of	1 Dover, Myron	84 8.28m
M50	Grigsby, Jan	4.10	M40	1 Wyckoff, Mark	41 2:01.58	3000	SC Kennedy-O'Shaughnes		M80	1 Dover, Myron	84 6.60m		1 Finsrud, Carol 1 Green, Martha	47 14.59m 53 8.58m
M65	Lawson, Bob	5.33		2 Mann, Jeff 3 Gideon, Steve	40 2:04.20	M55 1	Pate, Ron Domangue, Herman	57 12:34.6 59 13:44.5	4 W40	1 Powell, Lani	44 28.06m		1 Cutler, Georgia	61 12.39m
M70	Allison, Tom	6.11		4 Case, Charlie 5 Aasum, Jamin	42 2:07.90	41800	m Relay	37 13:44.3	W50	1 Finsrud, Carol 1 Green, Martha	47 47.08m 53 20.06m		2 Anderson, Sandy 1 Lary, Audrey	64 9.37m 70 10.09m
M75	Lewellen, Harvey	8.66		6 Johnson, Steven 7 Adams, Brad	40 2:18.73	M40	MITM (Hinton, Pope,	7:54.17		2 Dow, Lynn 1 Moule, Jean	53 19.14m 58 18.38m	W75	1 McLeod-Smith, Dorec	n 78 5.77m
Super	Weight Throw		M45	1 Podolski, Lance 2 Davis, Mike	47 2:12.14 45 2:14.55	4xMil	Paulk, Young) e Relay	7	W60	1 Cutler, Georgia 2 Anderson, Sandy	61 21.58m 64 20.38m		2 Osmon, Patricia 1 Reske, Melanie	77 5.76m 83 4.99m
M40	Tyson, William	6.00		3 Cleary, Mark	45 2:18.39	M40	MITM (Magin, rope,	17:14.31	W65	1 Sherrard, Cherrie	65 20.44m	W85	1 Kotelko, Olga	85 7.68m
M50	Grigsby, Jan	4.10	M50	4 Guardino, Thomas 1 Maier, William	48 2:29.59 50 2:15.20	нл	Hinton, Young)			1 Lary, Audrey 2 Gray, Marilyn	70 21.32m 70 11.00m		r Weight 1 Payne, Bryan	34 6.15m
M65	Lawson, Bob	5.33		2 Tipping, Mike 3 Bell, Ken	51 2:19.59 53 2:26.58	W45 1	Mendenhall, Martha Cooney, Caroline	45 1.53m 57 1.13m		3 Cleveland, Sabra 1 Dietderich, Shirley	72 10.72m 77 13.00m	M40	1 Tyson, William	43 5.90m
M70	Allison, Tom	6.11 8.66		1 Pate, Ron 1 Davies, Leonard	57 2:33.88 61 2:37.97	W60 1	Radcliffe, Marg	61 1.21m		2 McLeod-Smith, Doree 3 Osmon, Patricia		The second second	2 Loosli, Charles 1 Neal, Mark	43 5.18m 51 8.76m
M75	Lewellen, Harvey	8.00	M65	1 McCormack, Dan 2 Wright, Larry	65 2:30.38 67 3:09.08	W65 1	Anderson, Sandy Jordan, Barbara	64 1.17m 68 1.09m	W80	1 Reske, Melanie	83 10.60m	10 (20 (a) (a)	1 Gage, Tom	61 7.84m
н	layward Classic Me	at		1 Kane, Don	72 3:09.06		Styles, Fran Kotelko, Olga	76 0.93m 85 0.89m		1 Kotelko, Olga 1 Payne, Bryan	85 14.20m 34 38.06m		2 Cahners, Bob 1 Hotchkiss, Richard	62 7.13m 65 5.66m
_	igene, OR; June 26		1500s W35	1 Hayes, Autumn	36 5:37.62	M40 1	Forier, John	42 1.89m	M40	1 Tyson, William 2 Loosli, Charles	43 31.56m 43 28.94m	100	2 Fasteen, Jerry	68 4.82m
100m	7 7 20	The State of the S	W40 1	l Toro Schieb, Wanda	41 5:18.19	M45	Toll, Mike Vincent, Rick	40 1.65m 48 1.53m	M50	1 Neal, Mark	51 41.20m		1 Wojcik, Jerry 2 Sabin, Wayne	74 6.97m 71 6.56m
W40 1	Amarasekara, Veron Mendenhall, Martha		W50	1 Dougherty, Dee Ann 1 Janneck, Denise	45 5:29.83 50 5:40.26		Blackburn, Bob 1 Garcia, Carlos	48 1.41m 54 1.61m	M55	2 Housen, Jim 1 Fahey, Thomas	53 34.54m 56 51.32m	1	3 Allison, Tom	74 6.24m
W50 1	Mitchell, Rebecca	50 15.30		l Frankel, Bonnie l Martin, Joe	59 7:19.46 32 4:30.69	Total Control	2 Helton, Don	50 1.45m		1 Gage, Tom 2 Stenerson, Gordon	61 51.86m 60 47.76m		* Ward, Bob (did not compete in his a	70 11.01m
	Works, Nina Cooney, Caroline	50 15.65	M40	1 Magill, Peter 2 Bailey, David	43 4:05.87		1 Jensen, Sig 2 Beswick, Richard	55 1.53m 56 1.45m		3 Myers, Joe 4 Miller, Jack	64 38.74m 61 34.90m		1 Lewellen, Harvey	75 9.05m
W60 1	Radcliffe, Marg Schlewitz, Rose	61 15.75		3 Halse, Brent	40 5:13.55		3 Jacobson, Vance 1 McCrea, Don	55 1.37m 63 1.29m	1050	5 Banister, Ora 6 Johnson, Norman	63 32.38m 63 31.10m		1 Dover, Myron	84 4.39m
3	Stepan, Laura	64 19.92		1 Wojcik, Daniel 2 DeCollibus, Angelo	48 4:30.49	1	2 Johnson, Joe 1 Steinman, John	62 1.21m 67 1.17m	M65	1 Sundholm, Conrad	65 44.18m		1 Finsrud, Carol 1 Green, Martha	47 9.59m 53 6.53m
2	Jordan, Barbara Rickson, Marilyn	68 15.77		3 Stonkus, Arny 4 Cleary, Mark	49 4:47.09	M75	1 Propst, Ray	. 75 1.29m		2 Hotchkiss, Richard 3 Saling, Neil	65 42.50m 68 39.56m	W60	1 Cutler, Georgia	61 6.18m
	Lary, Audrey Styles, Fran	70 15.72 76 18.98	1	5 Stasiak, James	49 5:36.25	PV	2 Lewellen, Harvey	75 1.25m		4 Fasteen, Jerry 5 Dow, Dick	68 38.14m 65 37.88m	The second second	2 Anderson, Sandy 1 Lary, Audrey	64 5.33m 70 6.88m
2	McLeod-Smith, Dore Dietderich, Shirle			1 Spinney, Ed 2 Allison, Michael	50 4:43.50 52 4:48.50	M40	1 Umenhofer, Dan	44 4.30m	I Should	6 Darling, Robert	68 36.72m		1 McLeod-Smith, Dore	en 78 3.63m
4	Whinston, Melicent	76 23.71		1 Wiitala, Marc 2 Loewe, Donald	56 5:00.75 56 5:17.45		2 Jaqua, Michael 3 Angel, Paul	41 3.70m 41 3.10m	M70	7 King, John 1 Allison, Tom	65 32.20m 74 35.02m	Toronto Maria	1 Reske, Melanie	83 3.79m
M30 1	Kotelko, Olga Kennedy-O'Shaughne		M65	1 Wright, Larry 1 Wood, Glynn	67 6:20.98		3 McCormick, Bob 1 West, Dan	42 3.10m 49 4.20m		2 Sabin, Wayne 3 Loosli, C. Gary	71 29.66m 71 29.48m		le Walk 1 VerMeer, Marie	43 10:58.94
	Gibbon, David Petroff, Ken	38 11.80 40 11.95	M75	1 Keston, John	79 6:28.51	- 4.2	2 Baucom, Louis	47 4.00m 46 3.70m		1 Lewellen, Harvey 2 Wallace, Hal	75 41.58m 76 35.44m	M45	1 Aunan, Tommy 1 Detloff, Pat	45 7:51.75 52 7:39.69
	Blake, Aaron Patton, Charles	43 12.48		2 McChesney, Bill 3 McMicken, Craig	76 6:42.50 78 8:22.33	-	3 Hadley, Joe 4 Logan, Ronald	49 2.90m		3 Hersey, Cal	77 25.96m	M60	1 Opsahl, George	62 8:40.86
4	Hubbard, Bill	41 12.70	Nation	nal Masters News Age-Grad	ded Mile Time A-G%	M55	1 Jacquet-Acea, Russe 1 Cash, Jerry	55 3.80m	M80	1 Dover, Myron	84 23 34m		1 Lafayette, Donna 1 MacPike, Ron	71 10:16.92
2	Budziszewski, Jose Johnson, Jim	48 13.93		Keston 79 OTCM	6 42 71 87 54 5 34 76 87 44		2 Phillips, Dennis 3 Altendorf, John	57 3.70m 58 3.40m	W45	1 Finarud, Carol	47 42.02m		2 Vaughn, Dick 1 Warberg, Sally	73 10:47.32 70 12:49.04
	Ortman, David Imrie, Donn	51 12.34 54 12.51	Roger	McCormack 65 OTCM Davies 69 CRR	5 52 49 85 92		4 Clintworth, Dick 5 Hammonds, Chuck	57 3.20m 57 3.10m		1 Taylor, Joyce 2 Green, Martha	53 38.00m 53 24.02m	5000	m Walk	
_ 3	Venable, Willie Brocato, Charles	54 12.87 59 13.15	Ed Ca Don In	vine 54 Cal Coast TC	5:22 70 85 43 5:11.51 84 63		6 Patterson, John 1 Johnston, Joe	55 2.90m 60 3.30m	36 255	1 Cutler, Georgia 2 Anderson, Sandy	61 34.16m 64 20.28m	W40	1 Murphey Glenn, K 2 Jackinsky, Carme	n 41 28:54.88
2	Jacobson, Vance	55 13.35	Ken B Helly	Visser 70 CRR	5 11 12 84 02 7 20 93 82 47	-	2 Holmes, Larry	62 3.20m		1 Lary, Audrey 1 Osmon, Patricia	70 17.64m 77 17.48m	M45	1 Aunan, Tommy 2 Kale, Bart	45 26:48.91 48 29:41.66
4	Horsley, Chris Lyden, George	57 13.96 59 14.70	Mike [	McLeod 70 OTCM Davis 45 Southern OR	7:27.46 81 27 5:09.77 79 18		3 Cunningham, Dick 4 McCrea, Don	64 2.90m 63 2.60m		2 McLeod-Smith, Doree 1 Reske, Melanie		M50	1 Detloff, Pat	52 25:44.51
	Robbins, Stephen Edens, Paul	61 12.33 63 12.74	Nicola Leona	ard Davies 61 unat	5.58.16 78.47	M65	1 Matejka, Jim 2 Steinman, John	66 2.90m 67 2.80m	W85	1 Kotelko, Olga	85 17.28m	M55	2 VerMeer, Douglas 1 Novak, Bob	55 27:22.04
	Sims, Gary Armstrong, Merv	66 13.51 65 14.17	Steve	n Johnson 40 Anacortes RC	7 19 31 76 55	19.25	3 Gray, Donald	69 2.70m	M40	1 Payne, Bryan 1 Hebb, Rick	34 20.28m 40 26.52m		1 Lafayette, Donna 1 Opsahl, George	62 28:23.33
3	Graves, Raymond Forseille, Larry	69 14.33 67 14.53	Rick S	Sherman 40 Anacortes RC	6 20 00 74 09	M75	1 Morris, Allen 1 Cleveland, John	70 2.40m 79 2.20m		2 Tyson, William 1 Burton, Ray	43 24.92m 48 45.60m	M70	1 MacPike, Ron 2 Vaughn, Dick	71 32:59.75 73 34:38.31
5	Stepan, Paul	66 15.00	Kathe	rine Willis 45 Etobicoke G Wright 67 PMTC	6 19 29 72 92 6 53 82 72 35	LJ	2 Propst, Ray	75 1.80m	M50	1 Meyer, Thomas 1 Taylor, Todd	52 46.36m 57 52.80m	W70	1 Warberg, Sally	70 39:32.12 76 39:32.12
2	Lesage, Norm Ford, Benson	74 14.97 73 15.79		Prathe 50 Club NW	7:10.16 67.27	W40	1 Amarasekara, Veron		M60	1 Gage, Tom	61 60 44m 62 48 80m	M75	1 Hoeberigs, Paul	70 39:32.12
	Coy, Jack Schlewitz, Jim	73 16.09 70 16.52	3000r	n 1 King, John	34 9:02.31	W60	1 Cooney, Caroline 1 Anderson, Sandy	57 3.40m 64 3.22m	M65	2 Cahners, Bob 1 Hotchkiss, Richard	65 43.84m		Firecracker Invi	tational
M85 1	Bulkley, Dan	87 19.55	M35	1 Kohles, Sean	39 9:11.34	W65	1 Jordan, Barbara 1 Lary, Audrey	68 3.55m 70 3.76m	M70	2 Fasteen, Jerry 1 Ward, Bob	68 26.88m 70 50.90m	1	Pullman, WA;	July 3
200m W50 1	Mitchell, Rebecca	50 32.05		1 Magill, Peter Adams, Brad	43 8:45.47	W75	1 Styles, Fran 2 Whinston, Melicent	76 2.25m	1	2 Wojcik, Jerry 3 Allison, Tom	74 33.08m 74 29.78m	100		10.00
W60 1	Radcliffe, Marg	61 33.62	3	Halse, Brent	40 10:44.28	W85	1 Kotelko, Olga	85 2.01m		4 Sabin, Wayne 1 Lewellen, Harvey	71 27.80m 75 41.20m		5 Bruce Mathison 0 Dean Funabiki	12.80 13.60
W65 1	Stepan, Laura Jordan, Barbara	64 44.33 68 33.15	W40 1	Hilliard, Randy Kruell, Kelly	43 11:12.74 44 11:25.17	M40	1 Swim, Corey 1 Toll, Mike	35 6.42m 40 6.16m		2 Wallace, Hal	76 28.96m	W4	0 Wafa Alkurdi	21.20
	Lary, Audrey MacLeod, Suzi	70 33.26		Burns, Rich Wojcik, Daniel	49 9:37.11 48 9:43.89		2 Forier, John 1 Helton, Don	42 5.86m 50 4.23m	JT M80	1 Dover, Myron	84 17.24m	200 M4	5 Bruce Mathison	27.20
W75 1	Styles, Fran McLeod-Smith, Dore	76 42.50	3		47 9:46.13 45 10:27.69	M55	1 Parnell, Roger 2 Jacobson, Vance	55 5.56m 55 4.42m	W45	1 Kendall, Monica	48 37.50m	M54	0 Dean Funabiki	29.80
	Kotelko, Olga	85 50.44	W45 1	Teppo, Jenny	45 10:55.03		3 Rice, Robert	57 4.39m	-	2 Finsrud, Carol 3 McCormick, Allison		W5	5 Janet Wiebold	40.60
200m	Coushay, Brian	40 24.33		Russell, Rick Hilton, Gordon	51 11:28.07 54 12:03.93		1 Chaney, Victor 2 Banister, Ora	63 4.05m 63 2.98m	W55	1 Green, Martha 1 Bell, Teddie	53 16.38m 57 22.74m		0 Ann Schumaker	85.00
2	Petroff, Ken	40 24.95		Janneck, Denise Spannaus, Barbara	50 12:06.11	-	1 Walker, Kermit 2 Armstrong, Merv	68 4.41m 65 4.23m	W60	1 Radcliffe, Marg 2 Anderson, Sandy	61 28.60m 64 25.52m		00m 0 Mark Schumaker	5:53.80
M45 1	Blake, Aaron Budziszewski, Jose	p 45 25.43	M65 1	Wright, Larry	67 13:16.16	M75	1 Propet, Ray	75 3.69m	1	3 Cutler, Georgia	61 23.22m	MO	James Harsh	5:59.80
	Johnson, Jim Ortman, David	48 27.96 51 25.31	M75 1	Keston, John	79 13:21.13	W35	1 Toll, Julie	38 8.72m	1	1 McLeod-Smith, Doree 2 Osmon, Patricia	77 10.98m		O Des O'Rourke	6:09.80
2	Jacquet-Acea, Russ		W30 1	Compton Jenifer	32 18:01.03	W55	1 Moule, Jean 1 Jordan, Barbara	58 6.20m 68 7.12m	W80 1	3 Dietderich, Shirley 1 Reske, Melanie	83 8.42m		00m 0 Mark Schumaker 1	12:31.10
M55 1	Venable, Willie Parnell, Roger	55 25.60	M40 1	Bye, Steven	40 16:34.78	W70	1 Lary, Audrey	70 8.25m	W85	1 Kotelko, Olga 1 Swim, Corey	85 18.56m 35 60.10m	1000	James Harsch 1	13:09.90
	Brocato, Charles Horsley, Chris	59 25.98 57 27.94		Halse, Brent Sanders, Odis	40 18-33 73	W75	1 Styles, Fran 1 Coushay, Brian	76 5.06m 40 13.12m	M4.0 1	1 Scott, Dan	40 43.34m	W4	O Ann Schumaker 1 Kim Keizur 1	4:08.30 4:08.30
M60 1	Robbins, Stephen Edens, Paul	61 24.79 63 25.37	2	Knoop, Alan	47 16:30.99 45 17:05.61		2 Toll, Mike 1 Housen, Jim	40 12.35m 53 8.90m	16.00	2 Hebb, Rick 3 Loosli, Charles	40 35.16m 43 30.64m		ng Jump	
3	Lamothe, Grant	60 29.52	4	Punches, Richard	45 17:16.94	M60	1 Chaney, Victor	63 9.26m		1 Hansen, John 2 Valley, Brian	46 51.62m 48 45.56m		5 Janet Wiebold	8-8
2	Sims, Gary Armstrong, Merv	66 28.09 65 29.28		Pine, Larry Irvine, Don	51 18:15.80 54 18:29.78		Lamothe, Grant Walker, Kermit	60 8.18m 68 9.79m	3	3 Blackburn, Bob	48 28.72m	M30	Bryan Payne	38-10
3	Graves, Raymond Forseille, Larry	69 29.78	W50 1	Nippold, Marilyn Loewe, Donald	53 20:52.03	1103	Armstrong, Merv	65 8.31m 75 8.00m	2	1 Garcia, Carlos 2 Tipping, Mike	54 45.54m 51 41.62m		5 Susan Hinz	24-11
M70 1	Lesage, Norm	74 30.67	2	Cadman, Ed	59 18:19.38	SP	Propst, Ray			Chamberlain, Robert Jacquet-Acea, Russe		M30	Bryan Payne	121-5
3	Kane, Don Ford, Benson	72 31.61 73 31.97	4	Domangue, Herman	57 19:38.53 59 21:34.47	W45	Kendall, Monica	48 12.52m 47 12.21m	5	Helton, Don	50 28.92m	M40	Paul Wheeler	75-5 67-6
4	Schlewitz, Jim Brown, Rodney	70 35.48	M65 1	Davies, Roger	69 20:29.41 68 21:37.38	W50	2 Finarud, Carol 1 Green, Martha	53 9.10m	M60 1	Rice, Robert. 1 Appel, Doug	57 40.68m 62 45.10m		5 David Kolva 5 Susa Hinz	67-6 62-3
M85 1	Bulkley, Dan	87 42.07	3	Wright, Larry	67 22:45.04 68 27:39.81	MP.0	Anderson, Sandy Cutler, Georgia	64 8.61m 61 7.75m	3	Banister, Ora McCrea, Don	63 31.34m 63 29.80m	Jav	elin	
400m W30 1	Thompson, Adele	34 1:05.11	M75 1	Kiever, Robert Keston, John		WES	Sherrard, Cherrie	65 9.82m 70 7.08m	4	McCormick, Corneliu Darling, Robert			0 Janet Johnson 0m Racewalk	43-6
W40 1	Johnson, Mary	41 1:08.49	2	McMicken, Craig Lachman, Helen	78 28:11.86 79 40:05.33		2 Gray, Marriyii	70 4.70m	2	2 Armstrong, Merv	65 33.88m	M50	Dean Funabiki 1	12:22:30
W45 1	Toro Schieb, Wanda Willis, Katherine	45 1:16.18	10000	m		W75	1 McLeod-Smith, Dores 2 Osmon, Patricia	77 5.09m	1	Fasteen, Jerry King, John	68 33.26m 65 23.02m	M5	5 David Kolva	9:02:30
W50 1	Mitchell, Rebecca MacLeod, Suzi			Godwin, Craig Coats, Chuck	37 34:12.74 44 33:17.33	WBO	Whinston, Melicent Reske, Melanie	76 4.70m 83 4.99m	M70 1	Loosli, C. Gary Ward, Bob	71 36.36m 70 33.40m	1	~.	
M40 1	Gideon, Steve Hubbard, Bill	41 56.03 41 58.15	M45 1	Punches, Richard Hill, Leonard	45 35:57.40	W85	1 Kotelko, Olga 1 Payne, Bryan	85 5.77m 34 12.48m	3	Allison, Tom	74 32.94m 74 26.66m	1	1	
3	Patton, Charles	40 1:00.96	M55 1	Loewe, Donald	56 38:26.65	M40	1 Tyson, William	43 9.71m	5	Wojcik, Jerry S Schlewitz, Jim	70 21.32m		13	
	Andrews, Mike Budziszewski, Jose	47 54.92 p 45 56.82	M65 1	Wright, Larry Leutzinger, Richard	67 46:41.44		2 Loosli, Charles 3 Hebb, Rick	43 9.60m 40 8.78m		Wallace, Hal Hersey, Cal	76 30.12m 77 26.62m		[ .	

#### INTERNATIONAL

INTERNATIO	ONAL	W60 Betty Strace W65 Pamela Jon
British Masters C		W70 Betty Norrisi
ships, Birming England; June		M35 Ian Johnstor M40 Mike Boyle
100m		M45 Andrew Wet
M35 Derek Morgan	11.50	M50 Tony Seakin M55 Liam O'Hare
M35 Derek Morgan M40 Anthony Noel M45 John Wright M50 Steve Peters	11.35 12.00	M60 Robert Your
M50 Steve Peters M55 Tony Wells M60 Robert Swan M65 Tony Bowman M70 Ron Taylor M75 Allan Meddings	11.70	M65 Fred Gibbs M70 Geoffrey Oliv
M55 Tony Wells M60 Robert Swan	13.50 13.60	M75 Stephen Cha
M65 Tony Bowman	14.07	W35 Jill Postlethy
M70 Ron Taylor M75 Allan Meddings M85 Tony Rawlinson W35 Beverley Matthews	13.39	W40 Anne Brizell W45 Sheila Kamo
M85 Tony Rawlinson	24.07	W50 Christine Kill
W35 Beverley Matthews	14.25 13.27	W55 Margaret Mc W60 Betty Strace
W40 Julie Money W45 Averil McClelland W50 Emily McMahon	13.28	W65 Pamela Jone
W50 Emily McMahon W55 Vivien Bonner	14.60 13.95	M40 Greg Dunsor
W60 Esther Linaker	15.15	M45 John Mayor 100mH
W65 Dorothy Fraser W70 Betty Steedman	17.32 18.28	M50 Philip McIlfati
		M55 Tony Wells M60 Barry Fergus
M35 Derek Morgan M40 Anthony Noel M45 Barry Morris M50 Steve Peters	22.96	M65 Tony Bowma
M45 Barry Morris	23.80	W35 Catherine Go 80mH
		M70 Gordon Dabo
M55 Paul Anthony M60 Robert Swan M65 Tony Crocker M70 George Cheetham M75 Allan Meddings	26.61	M75 Norman Carte
M65 Tony Crocker	28.24	W40 Manndy Lain W45 Paula Booth
M75 Allan Meddings		W50 Emily McMah
W35 Angie Alstrachen W40 Wendy Dunn	28.49 27.92	W60 Jackie Charle 400mH
MALE Avori Maclolland	26 00	M40 Greg Dunson
W45 Caroline Powell W55 Vivien Bonner W60 Esther Linaker W65 Dorothy Fraser	28.37	M45 Howard Mosc M50 Robert Steven
W60 Esther Linaker	30.72	M55 Tony Wells
W65 Dorothy Fraser W70 Betty Steedman	35.78 39.06	W35 Kim Heffema W40 Virginia Mitch
400m	A Property	W45 Veronica Bod
M40 Martin Blackman M45 Alan Harrison	50.30	M60 Frederick Bus
MEO Stove Potors	52 71	M65 Tony Bowman
M55 Paul Anthony	55.90	M70 Gordon Dobo W50 Emily McMah
M60 Laurence Oldfield M65 Wilfred Morgan	65.63	W60 Rachel Rosso
M65 Wilfred Morgan M70 Charles Williams M75 John Quantrell W35 Fiona Palmer	65.89	3000m Steeplecha M40 Nicholas Mar
W35 Fiona Palmer	61.16	M45 William McGr
W40 Virginia Mitchell W45 Lynn Talbert	59.39 61.82	M50 Stephen Bun M55 A. Swiecicki
W50 Caroline Powell	62.46	2000m Steeplecha
W55 Yvonne Priestman W60 Marjorie Hocknell	71.05	M60 Frederick Bus W35 Deborah Doh
W65 Dorothy Fraser	80.53	W40 Jane Pidgeor W45 Gwyneth Hue
800m M35 Robert Poulter	2:05.87	W50 Anne Darby
M40 Sean Price	2:05.17	W60 Rachel Rosso High Jump
M45 Dominic Swords M50 David Bedwell	2:07.37	M40 Steven Linsel
M55 Mike Erith M60 Colin Turner	2:14.15 2:29.48	M45 Stephen Gill M50 Duncan Talbo
M65 John Newcombe	2:26.66	M60 Collin Green
M70 Mike Fox	2:34.85 3:05.53	M65 Tony Crocker M70 Jim Day
M90 Gordon Porteous		M75 Norman Carte W35 Catherine Go
W35 Mary Edwards	2:23.88 2:13.98	W35 Catherine Go
W45 Lesley Felton	2:24.23	W40 Wendy Laing W45 Teresa May W50 Pam Garvey
W50 Caroline Powell W55 Pat Gallagher	2:29.60 2:42.26	W60 Carol Raffert
W60 Iris Hornsey	3:08.10	Pole Vault
1500m M40 Kofi Agyei	4:17.05	M35 Simon Eastw M40 John Andrew
M45 Christopher Waugh	4:18.18	M45 John Taylor
M50 David Bedwell M55 Michael Mann	4:23.72 4:37.94	M50 Allan Williams M55 Bruce Hendri
M60 Robert Young	4:54.16	M60 John Bradley
M65 Ian Barnes M70 Derek Howarth	5:10.29 6:01.10	M70 Jim Day M75 Alfred Woods
M75 Donald Adie	6:09.43	W35 Irie Hill
M90 Gordon Porteous W35 Clare Hayes	9:01.92 4:49.17	W45 Christine Jan W50 Gill Hevingha
W40 Alison Hurford	4:48.16	W60 Margaret Coo
W45 Elizabeth Batty W50 Nancy Hitchmough	5:05.13	W65 Dorothy McLi Long Jump
W55 Pat Gallagher	5:26.47	M40 Claude Peter
W60 Johanna Jay	5:56.60	M45 Trevor Wade M50 Paul Pinningt
5000m M35 Tim Bailey	16:34.09	M55 John Charlton
M40 Keith Newton	15:27.24	M60 Peter Duckers M65 Colin Field
M45 Steve Smith M50 Peter Parker	15:33.77 16:59.74	M70 Geoffrey Feat
M55 Liam O'Hare	17:11.48	M75 Ajit singh Kali W35 Catherine Go
M60 Robert Young M65 Ian Barnes	17:49.74 19:40.75	W35 Catherine Go W40 Wendy Laing
M70 Cooffron Oliver	21-13 20	W45 Carole Filer W50 Emily McMah
M75 Stephen Charlton M90 Gordon Porteous	20:36.42	W50 Emily McMah W55 Rosemary Ch
W35 Nicki Nealon	17:28.03	W60 Iris Holder W65 Anne Martin
W40 Jane Clarke W45 Jane Laws	18:09.01	W80 Mary Wixey Triple Jump
W35 Nicki Nealon W40 Jane Clarke W45 Jane Laws W50 Karen Marshall W55 Dot Fellows	18:29.37	M40 Anthony Jack
W55 Dot Fellows	21:06.75	M45 Albert Earle

		Nati	onal N	1as
W60 Betty Stracey	23:46.00	M50 Paul Pinnington	11.39	М
W65 Pamela Jones W70 Betty Norrish	23:27.07 32:01.31	M55 Robert Cutler M60 Sean Power	9.87	W
10,000m		M65 Tony Crocker M70 Clifford Taylor	9.77 6.56	W
M35 Ian Johnstone M40 Mike Boyle	32:51.86 32:01.26	M75 Ajit singh Kalirai	7.47	W
M45 Andrew Wetherill M50 Tony Seakins	32:59.00 35:45.30	W35 Claire Bowman W40 Manndy Laing	9.37	50 50
M55 Liam O'Hare	36:14.22	W45 Teresa May	9.42	M
M60 Robert Young M65 Fred Gibbs	37:40.24 39:47.45	W50 Lyn Ahmet W55 Pat Oakes	7.76	M
M70 Geoffrey Oliver M75 Stephen Charlton	42:55.46 43:39.31	W60 Jackie Charles W80 Mary Wixey	7.85 3.34	ı
W35 Jill Postlethwaite	39:52.01	Shot Put M40 Steve Whyte	15.82	F
W40 Anne Brizell W45 Sheila Kamdar	40:09.90 44:45.46	M45 Bob Broadbridge	11.78	P
W50 Christine Kilkenny W55 Margaret Moody	38:58.94 44:37.87	M50 Michael Small M55 Neil Griffin	14.56 13.51	
W60 Betty Stracey	50:24.90	M60 James Sloan	11.09	
W65 Pamela Jones 110mH	48:25.08	M65 John Freebaim M70 Gordon Hickey	10.49	000
M40 Greg Dunson M45 John Mayor	14.63 16.28	M75 Alfred Woods W35 Susan Freebairn	7.73 9.79	W
100mH		W40 Esther Augee	10.22	W
M50 Philip McIlfatrick M55 Tony Wells	14.99 15.04	W45 Claire Cameron W50 Vilma Thompson	10.33 9.74	W
M60 Barry Ferguson M65 Tony Bowman	16.94 19.14	W55 Elizabeth Sissons W60 Margery Swinton	9.12 7.87	W
W35 Catherine Goddard		W65 Evaun Williams	9.77	W
80mH M70 Gordon Daborn	15.59	M35 Simon Eastwood	26.70	-
M75 Norman Carter	20.56 12.31	M40 Steve Whyte	45.84	1
W40 Manndy Laing W45 Paula Booth	14.70	M45 Bob Broadbridge M50 Michael Small	35.94 49.60	O
W50 Emily McMahon W60 Jackie Charles	13.94 16.89	M55 Neil Griffin M60 Peter Eddy	47.47 38.45	C
400mH		M65 Jack Kee	37.89	M
M40 Greg Dunson M45 Howard Moscrop	56.57 57.79	M70 Michael McGarry M75 Robert Laidler	32.98 24.65	1
M50 Robert Stevenson	60.17	M85 Tony Rawlinson	13.02	M
M55 Tony Wells W35 Kim Heffeman	63.76 65.55	W35 Susan Freebairn W40 Esther Augee	39.32	
W40 Virginia Mitchell W45 Veronica Boden	64.97 67.48	W45 Claire Cameron	35.39	M
300mH	07.40	W50 Vilma Thompson W55 Barbara Terry	22.95	
M60 Frederick Bush M65 Tony Bowman	48.96 52.08	W60 Dorothy Morgan W65 Evaun Williams	21.46 25.75	M
M70 Gordon Doborn	64.88	W80 Mary Wixey	8.66	
W50 Emily McMahon W60 Rachel Rossouw	52.81 68.43	Hammer M40 Steve Whyte	58.98	M
3000m Steeplechase	9:40.30	M45 Malcolm Fenton	54.54	10
M45 William McGrory	10:21.99	M50 Alan Woods M55 Christopher Melluish	49.42 47.62	M
M50 Stephen Bunn M55 A. Swiecicki	11:05.69	M60 Patsy Conboy	44.63	1
2000m Steeplechase	7:40.0	M70 Peter Barber	39.57	W
W35 Deborah Doherty	8:24.7	W35 Susan Freebaim	23.41 36.18	
W40 Jane Pidgeon W45 Gwyneth Hueter	7:29.0 7:55.0	W40 Esther Augee	45.59	W
M40 Nicholas Martyn M45 William McGrory M50 Stephen Bunn M55 A. Świecicki 2000m Steeplechase M60 Frederick Bush W35 Deborah Doherty W40 Jane Pidgeon W45 Gwyneth Hueter W50 Anne Darby W60 Rachel Rossouw High Jump	9:02.1	W50 Christine Smith	29.91	
W60 Rachel Rossouw High Jump M40 Steven Linsell M45 Stephen Gill M50 Duncan Talbot M60 Collin Green M65 Tony Crocker M70 Jim Day M75 Norman Carter W35 Catherine Goddard W40 Wendy Laing W45 Teresa May W50 Pam Garvey W60 Carol Rafferty Pole Vault M35 Simon Eastwood M40 John Andrews M45 John Taylor M55 Bruce Hendrie M60 John Bradley M70 Jim Day M75 Alfred Woods W35 Irie Hill W45 Christine James W50 Gill Hevingham W60 Margaret Coombe W65 Dorothy McLennan Long Jump M40 Claude Peter-Thom	10:45.7	M55 Christopher Melluish M60 Patsy Conboy M65 Jack Kee M70 Peter Barber M75 William Kingsbury W35 Susan Freebairn W40 Esther Augee W45 Claire Cameron W50 Christine Smith W55 Lesley Shrosbree W60 Margery Swinton W65 Evaun Williams Javelin	37.37 29.87	W
M40 Steven Linsell M45 Stephen Gill	1.80	W65 Evaun Williams	33.93	
M50 Duncan Talbot	1.60	M35 Simon Eastwood	40.42	W
M60 Collin Green M65 Tony Crocker	1.35	M40 Trevor Ratcliffe M45 Kevin Murch	60.98 57.47	L
M70 Jim Day	1.21	M50 Mike Bennett	43.80	
W35 Catherine Goddard	1.40	M60 Ashley Fox	40.67	
W40 Wendy Laing W45 Teresa May	1.55	M65 Colin Brand	38.87	1
W50 Pam Garvey	1.35	M75 Robert Laidler	24.66	1
Pole Vault	1.04	W35 Norma Bruce	12.95 30.03	1
M35 Simon Eastwood	3.60	W40 Caroline Garratt	39.67	
M45 John Taylor	3.40	W50 Joylyn Mullin	29.03	١,
M50 Allan Williams M55 Bruce Hendrie	2.80	W55 Elizabeth Sissons W60 Margaret Coombe	27.10	1
M60 John Bradley	3.00	W65 Evaun Williams	33.12	
M75 Alfred Woods	2.30	Weight Wixey	7.39	,
W35 Irie Hill W45 Christine James	3.70	M40 Steve Whyte	17.46	1
W50 Gill Hevingham	2.00	M50 Michael Small	18.33	
W65 Dorothy McLennan	1.90	M55 Christopher Melluish M60 Patsy Conboy	16.41	1
Long Jump	620	M65 Jack Kee	16.08	
M45 Trevor Wade	6.15	M75 William Kingsbury	10.10	1
M50 Paul Pinnington M55 John Charlton	5.63	W35 Camilla Thrush	11.92	,
M60 Peter Duckers	5.19	W45 Claire Cameron	10.12	1
M70 Geoffrey Feast	3.75	W50 Vilma Thompson	9.54	,
M75 Ajit singh Kalirai	3.01	W60 Margery Swinton	11.00	
W40 Wendy Laing	5.32	W65 Evaun Williams Javelin M35 Simon Eastwood M40 Trevor Ratcliffe M45 Kevin Murch M50 Mike Bennett M55 Les Hatton M60 Ashley Fox M65 Colin Brand M70 Gordon Daborn M75 Robert Laidler M85 Tony Rawlinson W35 Norma Bruce W40 Caroline Garratt W45 Gill Dobson W50 Joylyn Mullin W55 Elizabeth Sissons W60 Margaret Coombe W65 Evaun Williams W80 Mary Wixey Weight M40 Steve Whyte M45 Malcolm Fenton M50 Michael Small M55 Christopher Melluish M60 Patsy Conboy M65 Jack Kee M70 Peter Barber M75 William Kingsbury W35 Camilla Thrush W40 Esther Augee W45 Claire Cameron W50 Vilma Thompson W55 Elizabeth Sissons	13.06	1
W45 Carole Filer W50 Emily McMahon	5.10 4.19	3000m Walk M40 Patrick Murphy	14:49.0	1
W55 Rosemary Champie	on 3.42	M45 Colin Bradley	15:39.3	
Long Jump M40 Claude Peter-Thom M45 Trevor Wade M50 Paul Pinnington M55 John Charlton M60 Peter Duckers M65 Colin Field M70 Geoffrey Feast M75 Ajit singh Kalirai W35 Catherine Goddard W40 Wendy Laing W45 Carole Filer W50 Emily McMahon W50 Emily McMahon W50 Iris Holder W65 Anne Martin W80 Mary Wixey Triple Jump M40 Anthony Jackson	3.07	M55 Bob Care	13:59.4	
W80 Mary Wixey Triple Jump	1.70	M60 Colin Turner M65 David Stevens	15:46.7 16:58.7	1
M40 Anthony Jackson	10.01	M40 Patrick Murphy M45 Colin Bradley M50 Rod Dunn M55 Bob Care M60 Colin Turner M65 David Stevens M70 Doug Fotheringham M75 Karl Abolins	17:52.0 19:47.6	
WI45 Albert Earle	12.61	INTO KAIT ADOINS	13.47.0	-

aste	EL2 MEM2	
M80	Len Creo	20:10.4
	George Mitchell	24:41.0
	Julie Bellfield	17:34.7
	Elizabeth Harris	19:48.7
	Sheila Owen	16:52.8
	Ann Lewis	17:03.7
	Maureen Spelman	19:25.5
	m Walk	
M35	Mark Williams	23:47.23
	Patrick Murphy	25:49.60
	Nicholas Silvester	25:13.66
	ONC D	CTA

١	M50 Andrew Cox	28:58.24
	M55 Bob Care	24:06.27
	M60 Amos Seddon	27:22.50
	M65 David Stevens	29:10.10
	M70 Ken Livermore	34:16.80
	M75 Karl Abolins	34:03.10
	M80 Len Creo	35:13.80
	W45 Fiona Bishop	30:03.10
	W55 Ann Lewis	29:13.90
	W65 Maureen Spelman	33:13.50
		7797

## LONG DISTANCE RESULTS

#### EAST

#### Circle of Friends NY Mini 10K, Central Park, NYC June 12

June 12	
Overall	
Deena Kastor 31	31:44
W40 Mary Evans	38:40
W45 Joan Samuelson	38:12
W50 Mary Rosado	47:15
W55 Ann Davies	44:42
W60 Carol Johnston	48:47
W65 Helene Bedrock	50:12
W70 Ginette Bedard	50:32
W75 Joan Rowland	1:12:30
W80 Edith Farias	1:25:22

#### Battle of Bunker Hill 8K Cambridge, MA; June 13

C	ambridge, MA; J	une 13
	RALL	
Chr	is Teague 35	26:23
Katl	ny Aragon 44	31:50
M40	StephSergeant	27:28
	Richard Byers	28:26
	Thomas Cotter	29:13
M45	Dennis Donoghue	28:57
	John Conforti	30:29
	Bob Strout	31:42
M50	Chas Mccormick	34:39
	James Clarke	34:56
	Stephen Mcavoy	37:15
M55	Noel Robinson	36:18
	Matt Brown	38:30
	Richard Moore	44:25
M60	Charles Sawyer	
	Frank Donovan	39:43
W.	Thomas Ward	47:40
M65	Frankie Keane	35:47
	Bobby Fee	50:34
200	Alton Frabetti	50:51
M70		56:40
W40		31:50
	Karen Reece	40:34
	Ann Connolly	41:05
W45	Lisa Jewett	41:25
	Paula Laphere	43:06
	Debbie Fichtner	
W50		40:34
	Jacq Reith	46:51
	Eleanor Amidon	
W55	Davi Chabner	54:55
	Joan Howell	56:40

#### Shelter Island 10K Shelter Island, NY; June 1

Sn	elter Island, NY; June 14	1
	RALL	1.
	USTUS KAVUTU 26 29:30	1
	LALECH KETEM 20 34:56	
M40	MICHAEL TRUNDY 37:20	
	KEVIN BARRY 37:33 ADAM NEWMAN 38:11	1
	ADAM NEWMAN 38:11	
	ROB LOUGHLIN 38:50	1.
	ALEC RAINSBY 39:24	1
M45	ALEC RAINSBY 39:24 J DEL MAESTRO 36:07 RICK BUCKHEIT 38:56	1
	RICK BUCKHEIT 38:56	1
	MARK SODERSTROM39:06	1
	JOHN MCKIM 39:39	Г
	JOHN MCKIM 39:39 WILLIAM LEHR 39:43	
M50	BOB MORITZ 41:12 PETER PETRE 42:10	1
		1
	ANTHONY LOFASO 43:28	П
	E NOLAN, JR. 44:30	1
	JOHN HILL 45:04	1
M55	E NOLAN, JR. 44:30 JOHN HILL 45:04 STEVE CONWAY 41:43 TOM POWER 42:51	
	TOM POWER 42:51	1
	DENNIS MICHEL 44:15	Т
M60	ROBERT LASSETER47:54	1
	J MOOSBRUGGER 50:29	1
	RONALD DREYFUS 51:46	
M65	DONALD DAVIS 47:03	1
	B MITCHELL, SR.51:41	1
	DAVID KENNEY 52:13	1
M70	AMERICO FIORE 53:39	1
	IRA BROTMAN 1:04:23	1
	JOHN BYINGTON1:08:29	1
M75	LEN SCHEER 1:19:07	н
W40	BARBARA GUBBINS40:39	
	KIM MCLOUGHLIN 44:05	н
	MARY VILLANI 45:16	1
	CHRISTINE KATZ 47:05	1
	FRANCES WALTON 48:47	1
W45	MARIE WICKHAM 42:52	
	ERIN O'DRISCOLL45:27	
	MARTHA KELLER 49:41	
	REBECCA HARRIS 51:16	-
	MARY FRAKER 51:22	

W50	JOAN COOK	52:20
	ELAINE TUTHILL	52:24
	ZOILA DENIS	52:39
	C GILMARTIN	52:56
	P CARROLL	55:55
W55	S MCCLANAHAN	54:47
	FRANCES HATCH1:	05:57
	HELEN CORSO 1:	07:41
W60	MIMI MEYERS	58:10
	JOAN SCHUBERT1:	07:32
	BECKY KOTLER 1:	08:26
W65	P MCGORRY 1:	29:38

#### Lawyers Have Heart 10K Washington Harbour, DC June 14

٦	Julie	14	
	Overall		
١	Philippe Rolly 31	3	1:23
١	Smia Akbar 22		5:59
١			200000
١	M35 Alex Grant		5:53
1	M40 Chris Chatt	in 3:	3:15
	Ted Poulos	3	5:08
1	Will Jacobi	31	5:41
	Rich Robin		3:32
	M45 Jim Hage		3:39
1	Dan Lawso		1:35
1	Wilhelm An	derson 37	1:41
H	David Wild	40	16
1	M50 Richard Ad		119
1	Mick Slona		44
ı	Jay Wind		57
١	M55 Patrick Griff	ith 39	10
	Ron Goetz	40	:53
	Clifford Gad	ddy 42	2:15
1	M60 Jim Noone		35
	Lou Shapir		2:14
1			
	Stephen Fo		3:07
	M65 Carl Cox		7:25
ì	Richard Wi	lliams 47	7:33
	Alan Morris	on 55	:38
1	M70 Thomas Jo	nes 58	3:20
	Dick Coogs		0:31
	M75 Paul Lackey		5:07
1	Paul Cronir		3:09
١	M80 Walt Washb		0:04
	W35 Maria Kozlo	oski 39	9:57
d	W40 Laura Freix	39	9:10
d	Terri Rath		1:43
1	Sarah Buck	heit 4	5:33
	W45 Patti Shull		:56
1			3:27
-	Amy Davie:	5 40	
9	Robbie Leo		:58
ı	W50 Betty Blank		:57
i	Pat Donohi	ie 45	:19
ı	Karen Erb	46	3:23
١	W55 Alice Frank	5 44	1:46
	Cathy VanE	Brocklin 45	3:51
	Jeanine Ma	to 40	02
	W60 RosemSch		
	Elizabeth L		2:48
	W65 Diane Olsse		:06
	Jaime Wolls	ard 64	1:53
	W70 Jacqueline	O'Neil 70	29
í	1		

#### George Sheehan Classic 5M Red Bank, NJ; June 19

R	ed Bank, NJ; June	19
Over	all	
Jose	ah Matui	23:51
Atale	iech Ketena	28:03
M40	Matthew Jacobson	31:54
H	Miles Hersey	32:01
	Bob Derringer	32:15
	Steve Ludeking	32:17
	Jim I O'hern	32:31
M45	Mike Mooney	29:45
	Lee Kauffman	29:56
1	John Sheehan	30:29
F 34	Henry Mercer	30:40
	Bill Winterbottom	30:59
M50	Richard Henderson	32:40
	Bill Quinn	32:45
	Carl Ehnis	35:26
1	John R Hill	35:36
Title !	Peter Michael Auteri	35:47
M55	Ron Cohen	33:59
	Patrick Cavanaugh	35:00
and the same	Russell Stallone	35:11
	Walter Macgowan	35:43

-		
	Peter Gulla	36:47
M60	Art Burger	32:18
1315	Pat Cosgrove	33:35
	William Fannings	37:35
M65	Roland Ratmeyer	35:27
	John F Leonard	36:41
	Michael Mcdonnell	37:46
M70	Joseph Labruno	44:57
	Lawrence Corley	45:18
	Robert Thien	46:44
M75	Frank Maggion	1:16:14
M80	Clarence Lurch	1:14:54
W40	Alicia Kelly	29:53
	Kathleen Clifton	32:52
	Jennifer L Allen	35:23
W45	Kathleen Lifland	36:16
	Dawn Ciccone	37:27
	Cathy Capozzi	37:57
W50	Leslie Kiesel	43:02
	Camille Horyath	43:26
	Lynn Desalvo	44:11
W55	Betty Shonts	37:50
	Dale Barth	41:02
	Linda Piff	42:14
W60	Marilyn Ryder	49:08
	Donna Mehler	49:20
	Trudy Parton	52:55
W65	Gloria Jenkins	44:11

#### Mt. Washington Road Race 7.6M Up, Gorham, NH June 19

Overall	7	7.6M Up, Gorham,	NH
Mathematics			
Anna Pichrtova 31			
M40         Andy Ames Joel St-Louis Joel St-Louis Bruce Bridgham I:10:39 Matt Ebiner Daniel Verrington I:10:44 Daniel Verrington I:10:56 Guy Stearns Bob Winn I:12:03 Brad Lebo I:15:12 Mark Berman Virgil Luca I:18:01 M50 John Barbour I:16:46 Keith Woodward I:17:17 Rob Higley I:20:46 Robert Evers I:21:55 William Pine I:23:09 J Stableford I:29:10 Bill Reilly I:31:58 Thomas Norton I:32:09 Marshall Randolph I:32:09 Marshall Randolph I:32:09 Marshall Randolph I:32:39 Harry Masterton I:32:47 M60 Sumner Brown I:24:34 Jerry Rosa I:26:50 Peter Orni I:35:35 Zeke Zucker I:39:42 Al Peterson I:44:02 M65 Bob Coughlin I:46:47 Eldon Burkinshaw I:46:56 Rodney L'italien I:52:42 M70 Richard Fedion 2:00:53 Raymond Guerette 2:02:19 Don Ross 2:03:31 M75 Robert Hall 2:06:06 Peter Pantelis 2:17:37 M80+Carlton Mendell 2:47:58 W40 Cathy Pearce I:18:54 Julie Peterson I:24:39 Suzy West I:26:01 Vist Miller Vist Miller I:48:15 Marjorie Kos I:35:57 W50 R Stockdale-Woolley I:31:18 Missy Foote Vick Miller I:48:15 Marjorie Kos I:58:07 Faye Gagnon I:59:08 Pamela Parker 2:06:39 W60 Louisa Dunlap 2:01:54 Kathy Engle 2:22:54 Gail Connolly 2:24:58 W65 Carrie Parsi I:52:14 Diana Avery Sally Rusby 2:28:31 W70 Barbara Robinson 2:00:42 Dorothy Nepshinsky 2:43:55           W70 Barbara Robinson 2:00:142 Dorothy Nepshinsky 2:43:55           W70 Barbara Robinson 2:00:142 Dorothy Nepshinsky 2:43:55			and the second s
Joel St-Louis			
Bruce Bridgham   1:10:39	M40		0000000
Matt Ebiner			
Daniel Verrington			
M45         Guy Stearns         1:10:29           Bob Winn         1:12:03           Brad Lebo         1:15:12           Mark Berman         1:15:49           Virgil Luca         1:18:01           M50         John Barbour         1:16:46           Keith Woodward         1:17:17           Rob Higley         1:20:46           Robert Evers         1:21:55           William Pine         1:23:09           M55         J Stableford         1:29:10           Bill Reilly         1:31:58           Thomas Norton         1:32:09           Marshall Randolph         1:32:39           Harry Masterton         1:32:47           M60         Sumner Brown         1:24:34           Jerry Rosa         1:26:50           Peter Orni         1:35:35           Zeke Zucker         1:39:42           Al Peterson         1:44:02           M65         Bob Coughlin         1:46:47           Eldon Burkinshaw         1:46:56           Rodney L'Italien         1:52:42           M70         Richard Fedion         2:00:53           Raymond Guerette         2:00:331           Don Ross         2:03:31			
Bob Winn	MAE		
Brad Lebo	M143		
Mark Berman Virgil Luca  M50 John Barbour Keith Woodward Robert Evers William Pine  1:23:09 M55 J Stableford Bill Reilly Thomas Norton Bill Reilly Thomas Norton Marshall Randolph Harry Masterton Jerry Rosa Peter Orni Jerry Rosa Jerry Rosa Jerry Rosa Peter Orni Leke Zucker Al Peterson M65 Bob Coughlin Eldon Burkinshaw Rodney L'italien Don Ross Raymond Guerette Don Ross Raymond Guerette Don Ross Lettry Partel M60 Cathy Pearce Julie Peterson Suzy West M54 Kari Distefano Donna Smyers Leslie Krichko M55 Marjorie Kos Pared Gagnon Parker M60 Rodney L'italien L'52:42 M75 Robert Hall Peter Pantelis M76 Robert Hall Peter Pantelis M77 Robert Hall Peter Pantelis M780 Cathy Pearce Julie Peterson L'24:39 Suzy West Leslie Krichko M65 Rotockdale-Woolley Leslie Krichko M65 Rotockdale-Woolley Nicki Miller M75 Rotockdale-Woolley Leslie Krichko M67 Rotockdale-Woolley Leslie Krichko M680 Rodney M69 Louisa Dunlap Robert Parsi Diana Avery Sally Rusby M70 Barbara Robinson L'20:042 Lessile Veschischer L'55:042 Leslie Veschischer L'55:05 Leslie Veschischer L'56:06 Louisa Dunlap L'56:07 L'57:07 L			
Virgil Luca			
M50         John Barbour         1:16:46           Keith Woodward         1:17:17           Rob Higley         1:20:46           Robert Evers         1:21:55           William Pine         1:23:09           M55         J Stableford         1:29:10           Bill Reilly         1:31:58           Thomas Norton         1:32:09           Marshall Randolph         1:32:39           Harry Masterton         1:32:47           M60         Sumner Brown         1:24:34           Jerry Rosa         1:26:50           Peter Orni         1:35:35           Zeke Zucker         1:39:42           Al Peterson         1:46:47           Eldon Burkinshaw         1:46:47           Eldon Burkinshaw         1:46:47           Eldon Burkinshaw         1:46:56           Rodney L'italien         1:52:42           M70         Richard Fedion         2:00:53           Raymond Guerette         2:00:53           Raymond Guerette         2:02:19           Don Ross         2:03:31           M75         Robert Hall         2:06:06           Peter Pantelis         2:17:37           M80+Carlton Mendell         2:47:5		Control of the Contro	
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Robert Evers   1:21:55		Rob Higley	
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Marshall Randolph		Bill Reilly	1:31:58
Harry Masterton	150		
M60         Sumner Brown         1:24:34           Jerry Rosa         1:26:50           Peter Orni         1:35:35           Zeke Zucker         1:39:42           Al Peterson         1:44:02           M65         Bob Coughlin         1:46:56           Eldon Burkinshaw         1:46:56           Rodney L'italien         1:52:42           M70         Richard Fedion         2:00:53           Raymond Guerette         2:02:19           Don Ross         2:03:31           M75         Robert Hall         2:06:06           Peter Pantelis         2:17:37           M80+Carlton Mendell         2:47:58           W40         Cathy Pearce         1:18:54           Julie Peterson         1:24:39           Suzy West         1:26:01           W45         Kari Distefano         1:23:05           Donna Smyers         1:29:02           Leslie Krichko         1:35:57           W50         R Stockdale-Woolley         1:31:18           Missy Foote         1:40:39           Vicki Miller         1:48:15           W55         Marjorie Kos         1:59:08           Pamela Parker         2:06:39	131		
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W60         Louisa Dunlap         2:01:54           Kathy Engle         2:22:54           Gail Connolly         2:24:58           W65         Carrie Parsi         1:52:14           Diana Avery         2:10:01           Sally Rusby         2:28:31           W70         Barbara Robinson         2:00:42           Dorothy Nepshinsky         2:43:55			
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W75 Hildy Fosse 2:24:43	THE REAL PROPERTY.		
W80 Louise Rossetti 3:00:52	W80	Louise Hossetti	3:00:52

#### Long Island Police Appreciation 5K Eisenhower Park, L.I., NY June 19

35:11 Overall Carlos Castro Jr 35 16:29

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Overall Law Enforcement David Stein 38 18:00	W65 Joan Bondell 45:36	M60 Hugh Dunseath 1:10:54	Bill Rodgers 58:12	VICTOR BENINATE 57 22:17	Mike Kinzel 18:41
David Stein 38 18:00 MariaGarciaNewland40 22:46	W70 Ginette Bedard 40:13 W75 Joan Rowland 58:45	Stan Westoff 1:16:58	James R. Mattingly 58:17	LARRY DAVIS 58 23:47 P.J. WALKER 57 24:27	M50 Louis Molina 20:21
Masters Law Enforcement	W/5 Joan Rowland 58:45	Ray Newkirk 1:19:44	Bruce Watson 1:02:17	F55	Ted Zelman 20:30
Frank Borgi 41 20:43 Barbara Friel 47 28:03	FRNY / NYRR Lesbian and	M65 Robert Husted 1:16:11 Wade Stockman 1:20:34	M60 Doug Goodhue 58:51	BARBARA ZARETSKY 59 29:39	Larry Tomsic 20:43
M40 Thomas Taylor 17:38	Gay Pride 8K, Central Park,	Jack Kampf 1:56:02	M60 Doug Goodhue 58:51 Paul L. Collard 1:01:10	MARY ANN HEALY 59 30:30 MADELINE PASSANTINO5942:29	M55 Lou Marjon 21:26 Larry ray 21:49
John Lovejoy 18:10 M45 Donald DiDonato 16:56	NYC; June 26	M70 Joe Corrigan 1:28:03		M60	Glenn Gaudi 22:30
John Del Maestro 17:07	Overall Kassahun Kabiso 20 24:48	Ed Doucette 1:30:11	M65 Fay Bradley 1:03:55	MICHAEL SCOTT 61 26:58 HAROLD WRIGHT 64 28:44	M60 Jim Derham 20:54
M50 Kevin Carroll 18:14	Kassahun Kabiso 20 24:48 Atalelech Ketma 21 28:43	Harry Hennessy 2:09:17	Anthony Cerminaro 1:04:27	TONY JASWINSKI 64 32:32	Jim McFadden 21:11
Eddie Arbeiter 18:59 M55 Michael Demicco 18:46	M40 Ed Kuri 27:51	M80 Vernon Collins 2:27:14 W40 Sandra Reulet 1:09:54	M70 Rich Hause 1:16:01	DOLORES COCCIA 64 55:24	Richard Schmidt 21:55
Bryan Pearsall 20.05	M45 Randall White 28:02 M50 Vincent Shaw 33:37	Helen Shekerjian 1:10:03	M70 Rich Hause 1:16:01 Bill Engle 1:23:28	M70	M65 John Bolas 23:15 Phil Teders 26:20
M60 Jorge Aguilera 20:15 Jerry Coiro 21:54	M55 Arthur Weisberg 34:45	Jane Hawksley Ogle 1:13:25	Joseph Corrigan 1:33:11	HANS FENDL 74 25:13	Don Wirth 26:24
M65 Joe Cordero 21:12	M60 Arnold Gore 38:40 M65 Michael Goldman 37:20	W45 Nancy Taormina 1:08:13		GEORGE GEORGE 72 30:25 ROBERT TULL 70 31:06	M70+Jack Hendrickson 30:10
M70 Geza Feld 24:19 M75+Bert Jablon 77 27:57	M70 Alfred Finger 34:50	Karen Provencher 1:13:06	Joseph Penabad 1:31:47	M75	Robert Robins 32:02
John McManus 80 31:27	M75 Joseph Burns 42:38 M80 Sab Koide 50:24	Hope Plavin 1:14:09 W50 Marcia Whitney 1:13:29	E. J. Szulwach 1:32:41 M80 Henry Sypniewski 1:44:13	HERBERT MUIRHEAD 77 45:44	Mike Hamlin 34:37 W35 Lisa Belmarsh 22:24
W40 Karen Cotty 20:29 Susan Murray 20:59	W40 Oleana Plastinina 31:55	Judy Phelps 1:22:30	Joseph G. Familo 2:14:17	M80	Kim Culpepper 22:59
Susan Murray 20:59 W45 Lori Harfenes 21:01	W45 Debra Kenney 35:54	Jill Pederson 1:28:55	W35 Liz Wilson 54:29	JEROME KAUFFMAN 80 40:02	Margot Gambra 24:34
Margarita Marascia 21:46	W50 Cathy Groneman 39:07 W55 Carol Hansen 37:46	W55 Candi Schermerhorn 1:27:37	W40 F Sultanova-Zhdanova 52:18		W40 Karen Campbell 20:32
W50 Kathy Martin 18:32 Judi Gallop 24:11	W60 Melanie Benvenue 43:36	Ginny Pezzula 1:31:30 Mary Collins Finn 1:34:05	Valentina Egorova 53:19	Weston Hometown July 4th	Erica Szilagyi 20:56
W55 Melissa Kennedy 22:08	W65 Naomi Vogel 49:24 W70 Arlene Eneman 1:07:40	Mary Collins Finn 1:34:05 W60 Coral Crossman 1:34:11	Elena Paramonova 54:45 Caryle Zipprich 1:01:34	Classic 5K, Weston, FL July 4	Denise Piefkey 22:13 <b>W45</b> Karen Lui 22:07
W60 MarieL Michelsohn 21:19 W65 Patricia Delaney 31:56	W75 Joan Rowland 57:42	W70 Anny Stockman 1:31:08		Overall	Sindee Furshman 24:12
W70 Dolly Finkelstein 37:56	W80 Edith Farias 1:08:49	W75 Regina Tumidajewicz 2:20:51	Mary Ann Protz 57:41	JIMMY VILLALOBOS 34 15:55	Narda Bad-Ormendl 27:09
	Fairfield Road Races Half-	Four on the Fourth 444	Carolyn J. Silvey 1:01:13	EMILIE AMARO 14 18:48	W50 Peggy Martin 23:28
Run for the Arts 5K	Marathon, Fairfield, CT	Four on the Fourth 4M Bridgton, ME; July 4	Beth Moras 1:03:21 W50 Diane Legare 59:29	Top 3 Master MALE ISAAC IZQUIERDO 40 17:17	Debbie White 25:21 Sammy Miller 26:09
Hartford, CT; June 19	June 27	Overall	Coreen Steinbach 1:04:18	AL SWENSON 57 17:29	W55 Terry Guadi 23:27
Overall Karl Sineath 25 17:33	Overall	Mark Mayall 32 20:40	Patti J. DePaulis 1:04:22	WALTHON MAXWELL 42 17:53	Judith Van Cleave 33:58
Cindy Pomeroy 42 19:14	Simon Wangai 25 1:03:07	Lindsey Scherf 17 23:25	Beth A. Howlett 1:06:22	Top 3 Master FEMALE	Sherry Turner 40:20
M40 Jeffrey Amell 43 17:55 Jason Sparkowski4418:35	Firaya Sultanova-Zhdanova 431:14:06  M40 Leonardo Moya 1:12:43	M40 Pete Bottomley 22:02	W55 Karen E. Davies 1:14:48	CHAR DAVIDSON 50 21:12 CINDY RAES-BARNARD49 21:47	W60 Carolyn Wetzel 34:09
M50 Al Swenson57 2ndM17:33	Chris Chisholm 1:14:16	Stephen Piotrow 22:34 David Chamberlain 23:21	Sandra J. Ludwa 1:19:01 Susan J. Brown 1:19:04	DOREEN ANDJICH 42 23:48	W65 BettyLou Tucker 27:15
Gus Constantine56 20:00 M60+Mark Turkington 60 20:07	Jim Zoldy 1:18:15		Bobbi M. Reeves 1:21:54	M40	MIDWEST
Charlie Yescott 63 21:55	Bill Thramann 1:18:31	Craig Whichard 23:17	W60 Jayne Zinke 1:19:22	DAN KUEHN 41 18:12 MIKE MAC CONNIE 43 18:32	Oak Apple 10K
W40 C Pomeroy 42 19:14 Jill Ahem 48 22:30	M45 George Buchanan 1:17:27 Phil Richey 1:18:29	Mike Grant 23:23	Y Tasker-Rothenberg 1:23:27	ALLEN NOTKIN 42 18:47	Royal Oak, MI; May 5
W50 Ruth Warnock 50 22:38	Phil Richey 1:18:29 Jaime Palacios 1:19:50	M50 John Barbour 22:14 Tom Getchell 25:11	Carol A. Rider 1:24:49 W65 Ann M. Vella 1:31:24	F40	Overall
Karin Fagerburg 51 24:51 W60+Jeannette Cyr 69 32:17	Doug Scarth 1:21:24	Leo Dunn 25:11	W65 Ann M. Vella 1:31:24 Edith Radice 1:40:56	LISA COX 42 23:50 SUZANNE MENESES 43 25:24	Ryan Linden 22 32:58
Amy TwillBeilman6034:21	M50 Gregory Rodriguez 1:23:26	M55 Bill Reilly 24:04	Grace McNasser 1:41:44	STELLA SEPULVEDA 42 26:01	Kathy Rink 37 40:02
	Paul Moyse 1:23:39	Gary Mciver 27:22	W70 Helen J. Bueme 1:53:09	M45	M40 Davie Watkisn 35:45 M45 Tim Emmett 35:53
Vestal XX 20K	Rene Charland 1:23:45 Wayne Jolley 1:24:18	Alvin Bugbee 28:30	Edna E. Hyer 1:54:57	AL BAKARI 46 18:34 JIM BLANZ 47 19:45	M50 Mike Stone 40:11
Vestal, NY; June 19 OVERALL	M55 Tim Smith 1:24:27	M60 Philip Pierce 28:43 John Perham 28:46	Fanny P. George 1:58:17 W75 Dolores Quinn 1:54:24	KEN GETZ 45 19:48	M55 Alan Glovack 41:11
Fred Joslyn 20 1:10:47	Julio Aguirre 1:25:11	Charles Sawyer 29:03	Regina Tumidajewicz 2:13:47	F45	M60 Jim Matherley 47:49
Christa Winslow401:29:28 M40 Gary Fancher 1:13:16	Arthur Nager 1:33:51		Shirley E. Simmers 2:23:01	BARBARA SWENSON 48 24:27 MICHELE MORRIS 46 25:19	M65 Paul Shepard 48:21 M70 Jim McManus 60:47
E Steinbrechr1:18:10	William Schaeffer 1:34:58  M60 Mark Turkington 1:33:54	Bob Payne 29:54 John Howe 32:00	SOUTHEAST	ANA JAAR 45 28:07	W40 Donna Hurst 46:04
Eric Maki 1:18:36	Tom Maile 1:35:54	John Howe 32:00 M70 Lloyd Slocum 28:38	32 <sup>nd</sup> Annual Freedom 5K	M50	W45 Jackie Blair 42:33
M45 Tim Rent 1:23:26 Ed Gavin 1:26:27	Donald Vogel 1:37:59	M75+Will Holt 75 34:33	Deerfield Beach, FL	CARLOS SARAIVA 54 19:22 LOUIS MOLINA 52 19:38	W50 Pamela Hayes 50:43 W55 Leslie Alderson 57:14
S McPherson 1:27:54	Doug Dix 1:41:41	John Chandler 77 38:57	June 26	ED NORTON 51 20:20	W60 Cora Hill 59:11
M45 Tim Greer 1:27:54	M65 David Sonstroem 1:35:33	Richard Dam 76 39:23	Overall	F50	
R Stegehuis 1:29:38 Graham Upton 1:30:06	Douglas Adams 2:05:43 Laurence Nordvall 2:13:24	W40 Kelly Rodrigue 26:29 Susan Mulligan 27:10	BUD GALLOWAY 17 17:14 CHRIS OESCH 36 17:35	LINDA DICKENS 50 24:02 DEBBIE MOLINA 50 25:26	Komen Race for the Cure
M50 Charles Woidt1:22:21	Andrew Callini 2:15:14	Diana Dambrie 27:14	AL SWENSON. 57 17:39	M55	5K, Detroit, MI; June 5
R Somerville 1:27:48	M70 Antonio Blanco 2:04:16	W45 Sharon Vos 25:51	TRACEY BUNCE 31 19:58 Top 3 Master MALE	ALAN MILLER 55 18:57	[unofficial results from top 150 men and top 150 women]
D Rabinowitz 1:35:30 M50 Steve Ryan 1:36:48	Femando Ruiz 2:19:59	Donna Butler 30:58	RAY PU-SEY 41 17:48	JOHN CORCORAN 56 19:24 LARRY STARR 57 20:20	Overall
G Yankowitz 1:37:24	Al Chameides 2:27:00 M75 Peter Pantelis 2:19:23	Emily Bugbee 31:06 W50 Marie Veselsky 28:42	CLEBER SERIANNI 46 17:55 GARY BLOOME 50 18:07	F55	Matt Daly 20 15:13
Tony Fulgieri1:39:20	Jerry Olitt 2:53:14	Sally Sundborg 29:37	Top 3 Master FEMALE	LINDA STEIN 56 25:23	Kristie Kieffer 22 18:23
M55 Paul McMahon 1:32:51 Bob Congdon 1:37:30	Herman Bershtein 2:53:33	Patrica Robinson 29:59	KAREN KASTRITIS 40 21:32 TERRI SWANSON 44 22:59	BARBARA ZARETSKY 59 30:19	M40 Rick Armes 18:13 Anthony Roper 19:02
H Bigelow 1:39:16	W40 F Sultanova-Zhdanova 1:14:06	W55 Diane Cullen-Moore 33:24	CATHY CRANDALL 44 23:24	AL SHAMOUN 60 20:23	Keith Peterson 19:11
M55 Dick Lane 1:45:21	Susan Faber 1:24:34	Faye Gagnon 33:26	Top 3 Grand Master MALE	ROGER LACASSE 63 24:18	M45 Alan Caldwell 18:38
Ron Arno 1:46:11 Glenn Small 1:55:04	Cindy Pomeroy 1:26:12 W45 Sharon Vos 1:28:22	W60 Patricia Mccue 41:49	CHARLIE GALLOWAY 55 18:44 LOUIS MOLINA 52 19:41	DAVID WORLEY 63 24:31	David Schultz 20:10
M60 Brendan Flynnl:48:09	Emmy Stocker 1:32:04	Carol Glasser 43:37	CARLOS VELA 51 20:07	F60 SALLY MOLINA 64 26:35	Mitch Sheidel 20:13
A LoTempio 2:07:46	Judy Rubin 1:35:10	Madeline Wikler 44:15	Top 3 Grand Master FEMALE DEBBIE MOLINA 50 26:34	ARLENE MENDELL 61 30:50	M50 John Tarkowski 18:18 Mike Hennessy 21:29
Ron Slocum 2:18:45 M65 T Cerminano 1:31:02	W50 Sharon Mendes 1:46:26	W65 Carol Davis 49:23	SALLY GOLDBERG 57 27:48	M65 ROGER ROUILLER 65 19:34	M55 Larry Parker 18:09
Fred Bostrom 1:44:11	Joyce Vastola 1:49:20 Chris Walsh 1:52:18	Peg Morton 54:26 Gerri Wheaton 1:08:17	Top 3 Senior GrandMaster(M)	LUIS CASTELLANOS 67 22:20	Tom Butler 20:09
M70 Don Farley 1:43:36	Pat Mariano 1:55:40	Gerri Wheaton 1:08:17 W70 Bobbie Maclean 53:36	AL SHAMOUN 60 21:02	LOUIS BEST 67 23:19	W40 Jackie McVittie 21:20
W40 C Winslow 1:29:28 E Mushalla 1:40:13	W55 Linda Zavalick 1:51:51	Shirley Dam 1:03:03	JOSE SANTIAGO 61 22:41 ROGER LACASSE 63 24:55	F65	Michelle Groechel 21:28 Cecilia Si 22:50
J Ziolkowski 1:45:30	Lindy Olewine 1:52:01	W75+Maureen Ryerson 83 1:08:04	Top 3 Senior GrandMaster(F)	LOIS A. ANDERSON 65 28:49	W45 Lynda Krivitz 22:38
W45 T Fulgieri 1:39:20	Janet Voelpert 1:52:04 W60 Marilyn Richardson 2:02:34	Perry Martin 78 1:08:20	CAROL LEAVITT 60 31:50 TRAUDI DEGIACOMI 63 35:57	LOIS BALAFAS 68 32:51	Jane Digneit-Smith 24:23
C Cerretani 1:46:34 Susan Choi 1:56:57	Ruth Fairbrother 2:08:38	Utica Boilermaker 15K	HELEN WEISS 77 37:17	MARTIN QUINN 73 26:10	Maria Libecki 24:50
W50 Nancy LaBare 2:01:36	Judy Savitt 2:10:24	Utica Bulletillakei 13K	M40	HAROLD CLARE 70 33:12	W50 Nancy Cassel * 20:21 Donna Olson 21:47
	W65 Wenshi Yu 2:11:22	Overall	ALLEN NOTKIN 42 18:48	M75 HERBERT MUIRHEAD 77 45:27	W55 Vickie Putnam 22:05
WABC Fight Against Cancer	Adianadash Distance Dur	John Korir 43:50	BOB MAYO 43 18:52	F75	W60 Ellen Nitz 23:24
8K, Central Park, NYC June 20	Adirondack Distance Run 10M, Lake George, NY	Susan Chepkemei 48:50 M35 Eric Legros 52:01	F40 SUSANA MOLINA 43 24:34	HELEN WEISS 77 35:54	W65 Merion Knight 26:03
Overall Overall	July 3	M40 Jackson Kipng'ok 46:18	LAURA MONTANARO 44 27:18	JEROME KAUFFMAN 80 40:02	
Paul Mwangi 37 24:22	Overall	Andrew Masai 47:48	ILANA SABBAGH 40 27:22 M45		Fifth Third Bank Half-
Alemtsehay Misganaw 23 29:04	Todd Raymond 20 53:37	Abrahim Limo 48:43	MARK WATSON 47 22:01	25th Annual Pippin's 5000m	Marathon, St. Charles, IL
M40 Piotr Karasiewicz 26:57 M45 Amador Ybanez 27:06	Katie DeRusso 19 1:06:26	Lance Denning 50:01	MICHAEL CARRINGTON49 22:52 DALE ROBERTSON 48 23:12	Naples, FL; July 4	June 6
M50 Jack McShane 29:27	M40 Russell Lauer 59:45 Paul Bohl 1:11:38	Mike Platt 51:17 M45 Rick Pingitore 53:58	F45	Overall	Overall John Weigel 30 1:11:17
M55 Joseph Porcaro 29:55 M60 John Samsel 31:22	Guillermo Borges 1:12:18	Peter J. Davis 54:07	SUSI CARRINGTON 46 24:47 NARDA BAO-ORMENO 48 27:31	Nico DeVries 15:51	Jennifer Parks 26 1:26:05
M65 Sidney Howard 32:46	M45 Jim Maney 1:02:12	Joseph Puopolo 54:08	LUCY 0 CONNOR 49 28:02	Christine Evans 19:03	M35 Jay Jackson 1:20:38
M70 Alfred Finger 34:04 M75 William Fortune 41:19	John Haley 1:03:20	Dan Essler 54:48	M50 ED NORTON 51 20:14	M35 Tim Lyster 17:33	M40 Douglas Jones 1:20:43
M80 Sab Koide 47:17	Kenneth Klemp 1:10:24 M50 John Crawford 1:02:31	Jim M. Fiore 55:22 M50 Gary Romesser 52:31	THOMAS MOSCARITOLOSZ 22:54	Tom Murphy 19:39 Ron Avola 21:02	M45 Bruce Carriedo 1:24:05 M50 Carlos Lara 1:38:21
M90 Abraham Weintraub 1:36:35	M50 John Crawford 1:02:31 Dennis Fillmore 1:03:23	Thomas E. Smith 52:54	CRAIG DAVIS 51 23:05	M40 Perry Small 17:06	M55 Jose Rodriguez 1:25:20
W40 Christina Bilsky 31:19 W45 Sharon Vos 32:08	Lee Pollock 1:06:31	John W. Lee 57:05	FS0 SUZANNE BROWN 52 35:07	Ron Bailey 17:46	M60 Richard Pleet 1:42:08
W50 Coreen Steinbach 33:34	M55 Phil Jessen 1:03:26	Mike Kodya 58:48	VALERIE STEWART 53 36:04	Raul Rojas 17:56	M65 John Davis 1:52:26
W55 Ann Makoske 36:10	Patrick Glover 1:04:21	Randy Stroble, Sr. 58:50	LILIA TEALDI 50 36:22	M45 Jeff Sommer 17:43	M70 Francis Riley 1:56:41

W40			-		00.00	M50 Tony Hahn	1.07.00	Phyllis Stumbaugh	1:30:42		David Crocker	2:54:35	9	Susan Loken	1:19:52
	Mari Jo Hecker	1:38:12	W40	Jenny Spangler	22:30	M55 Gustavo Penaloza	1:27:02	Filyilis Stuffbaugh	1.30.42	M50	Rob Whetham	2:58:55		Ann Ringlein	1:24:46
	Kristy Howland	1:33:50		Christina Walsh	25:29		1:26:44		4000	14150	Rick Ironside	2:59:59		•	1:26:56
W45	Heidi Schmidt	1:40:20	-	Helen Alexander-Krat		M60 Charles Mabry	1:35:47	Garden of the God	200000		Thomas Radosevich	3:00:11			
W50	Jodi Sogaard	1:47:00	1	Maria Asher-Goettler	25:54	M65 Gerald Glass	1:36:52	Colorado Springs	, CO					Margaret Kritzer	1:27:50
	Linda Klute	1:56:27	W45	Pamela Campbell	26:06	M70 Louis Joline	1:53:59	June 13			Steve Maupin	3:04:05			1:33:09
-	Kathy Sager	2:02:22		Patrice Malloy	27:30	M75 Glenn Opie	2:45:50	Overall			Ronald Seats	3:05:13			1:41:03
	maily bage.			Ana Breaux	28:00	M80+Ed Burnham 84	3:25:01	Andy Bupp 32	55:47	M55	John Jenk	3:05:33		Barbara Jacobson	1:43:00
-				Julia Scibona	30:59	W35 Stephanie Ruf	1:37:15	Stacey Chaston 34			Jim Graupner	3:07:48	W55 D	Diane Stoneking	1:41:53
M	ackinac Island Lil	ac	W50	Claudia Scott	30:00	W40 Deborah Torneden	1:23:53		1:05:21		Neil Sharp	3:08:27	N	Mary Hiatt	1:52:03
	Festival 10K		1100	Karen Kokesh	32:53	W45 Julia Scherer	1:36:07	M40 Rob Welo	58:23		Brian Hendrickson	3:16:25	J	Julie Hill	1:52:41
Mac	kinac Is., MI; June	e 12		Barbara House	33:41	W50 Susie Willard	1:43:54	Lile Budden	1:06:56		Dean Bluhm	3:18:03	W60 N		1:47:23
Overa	all		WEE	Jan Daker	29:16	W55 Carol Whitehead	1:58:01	Ken Lefran∞is	1:07:32		Norman Purrington	3:03:44			1:51:29
	Hunter 19	34:31	4435	Carol Duffield	37:54	W60 J Hendricksen	2:10:39	Julius Kovats	1:09:42		Jared Mondry	3:05:45			2:05:26
	Stieber 19	40:18		The state of the s	39:19	W65 Carol Waggle	2:15:35	M45 Ken Wilson	1:02:32		Leonard Coequyt				
100000000000000000000000000000000000000	Mike Havardink	39:13		Karen Kendall				Robert Yara	1:03:43	-34	Winston Gordon	3:27:42			2:13:18
		39:30	W60	Judy Teeple	29:21	W70 Fritzi Hazelrigg	2:38:18	Michael Sandlin	1:03:56	1					2:49:43
	George Ostrander			Jane Eastman	36:10			Thaddeus Noll	1:07:18	-	John Farah	3:28:18			2:51:40
	Paul Marek	39:54	1.55	Carol Peluso	38:01	Steamboat Marathon,	Half-	M50 Ron Hendricks	1:07:57	M65	Albert Miclette	3:30:43			2:01:00
	Robert Duerksen	37:07	W65	Barb Gurtler	34:37	Marathon & 10K, Steam		Herb Tanzer	1:10:08	12.35	Richard Trochman	3:48:55			2:20:35
	Frank Schnekenburge		1200	Rita Loyd	57:16	Springs, CO; June				1	Dick Westerlund	4:08:48	N	Marilynn Schlaefer	2:26:01
	Greg Bender	41:11	1150	Becky Neighbors	69:59		0	Heath Hibbard	1:10:25	17.75	Pat Brown	4:17:02	200	WEGE	OS IN AREA
M45	Kevin Deyo	36:04	W70	Lois Gilmore	34:40	Overall Overall	0.40.04	Hans Johansson	1:10:50	200	Paul Paine	4:25:31		WEST	
	Thomas Piazza	37:34	****	Lou Winter	51:05	Steve Krebs 41	2:48:34	M55 Tim Shay	1:11:39	M70-	Jim Schleisman	3:38:09	40th	Fontana Days Rur	11-16
	Tom Piippo	39:55	W75	Nellie Nanyes	89:14	Lindsay Krause 26	3:16:30	Ben Chavez	1:12:57		I Center	4:03:39	49		naii-
	Daniel Orr	41:14	15K	INCINE INAITY 63	00.14	M35 Erik Packard	2:58:08	Rob Ladewig	1:13:45	1-9-	A Manetti	4:40:55	1700	Marathon & 5K	
	Mark Sigfrids	42:10	The same of			Peter Roberts	3:25:36	John Courtney	1:15:49					Fontana, CA; June	5
	Tom Striggow	43:56	Overa			Russell David Ball	3:30:32	M60 James Boughter	1:10:44	100	Ralph Mondor	4:42:00	Half-M	Marathon	
	Jon Biggs	45:26	Marian San	eron Stuber 28	49:53	M40 Steve Krebs	2:48:34	Jack Ramsey	1:18:05		William Hollihan	4:42:51	Overal		
	Peter Hallop	39:30		da Stock 36	59:31	Dan Timm	3:22:47	Fred Mccurnin	1:22:03		Svetlana Shepeleva	2:38:08		TORRES 33	1:06:31
		39:32	M35	John Collet	54:20	Scott W Stein	3:28:50	M65 Glen Ash	1:20:47	W40	F. Sultadova-Zhdanova			LVA BONILLA 41	1:18:49
	Tom Harbaugh			Lance Piper	58:17	M45 Brian Dunfey	3:18:42	Joe Scarlett	1:35:27		Claudette Augert	3:00:28			1:15:24
	Gordy Bourland	46:34	150	Adrian Campbell	58:36	Bret Crock	3:19:08			312	Ann Tierney	3:00:59			
	Peter Marabell	53:26	M40	Mike Driscoll	55:44	John Genet	3:29:33	Jim Umphrey	1:35:36	1	Pamela Weier	3:02:23		ISIDRO NUEVO	1:18:13
	John Johnson	59:04		Patrick Koemer	56:47			M70 Dale Goering	1:30:04	11-17	Karen Schoenrock	3:04:25		JEFF CATE	1:26:46
	Gene Cole	59:30		Brian Miller	59:15	M50 Robert Dallain	3:22:32	Richard Taxman	1:35:42	C.S.	Laurie Hanscom	3:07:01	The second second		1:11:31
M65	Bob Bender	47:40	MAS	Les Myers	55:02	Gaspar Gallegos	3:31:16	Ric Markin	1:37:02	WAS	D. Windsand-Dausman	3:13:19		JAMS MARQUEZ	1:17:07
	Paul Shepard	48:51	CPIVI			Christoph F Eick	3:38:13	M75 Kenneth Green	1:45:09	1140	Kelly Rogers	3:24:23		RONALD HESS	1:19:33
	Jim Elzinga	54:20		Ed Ricca	56:15	M60+John M Wallaœ	3:44:50	Richard Pertzborn	2:45:00				M45 J	JOSELUIS DIAZ	1:14:10
	Bill Nelson	1:00:52		John Watson	59:22	Robert T. Bell	4:27:40	W40 Amy Regnier	1:08:42		Sherry Case	3:24:59	1000	JOHN ARAUJO	1:16:27
	Edmond Devine	1:18:07	M50	Doug Newton	59:20	Joe Tassone	5:31:36	Peggy Nelson-Panzer	1:16:34		Christine Iwahaski	3:27:23		PHIL NICHOLAS	1:17:55
	Diane Huskey	41:01	100	Kim Keuter	1:01:29	W35 Karen Pugh	3:42:35	Sue Barone	1:16:49		Donna Melody	3:28:04			1:18:23
				Bob Nelson	1:05:19	Ann Driggers	3:44:44	W45 Quinn Fitzpatrick	1:16:31		Beth Henriksen	3:34:26		RALPH HARRIS	1:27:55
	Jeanne Benjamin	42:59	M55	John Malson	58:45	Beth Urtrainsumor	3:47:18			W50	Janet Gensler	3:17:43		JONG MIN LEE	
	Liz Hendershott	44:28		Merlin Anderson	1:01:01	W40 Holly Tompkins	3:45:54	Carla Augenstein	1:17:13	1.87	Kristine G-Goetz	3:25:20			1:33:50
	Laura Taylor	47:00	12.0	Eric Henson	1:07:48			Jeff B Lang	1:17:29		Barbara Leininger	3:35:07			1:34:05
	Marie Campbell	47:37	M60	Charlie Grotevant	1:14:18	Schmalz Terry	3:48:36	W50 Connie Mckenzie	1:20:27	3.5	Amy Yanni	3:35:33			1:38:30
	Dicksie Tremlin	48:44	MIOO	Rick Brodine	1:14:29	Alice Beth Temple	3:49:33	Sharon Dieter	1:23:24	43.5	Fillis Friedman	3:36:44			1:38:59
W45	Sheila Brunner	44:41	1			W45 Atsuko Ohtake	3:41:33	Kathy White	1:23:33	W55	Gloria Jansen	3:30:00			1:23:16
	Robin Sarris-Hallop	45:00	1405	Mike Rucker	1:15:30	Sherry Roberts	3:53:00	W55 Joyce Mckelvey	1:28:43	**55		3:52:43	F	ROGER SPENCER	1:32:03
	Janice Mackay	47:20	M65	Ken Steckling	1:17:22	Patricia Hyre	3:56:49	Lola Ackerman	1:29:12		Gael Jones	14.114.144.11	٨	MAURO RODRIGUEZ	1:38:38
	Elizabeth Wiseman	48:28	1100	Art Harris	1:19:24	W50 Diane CRidgway	3:29:46	Peg Roddy-Reeg	1:30:06		Mary Munter	4:09:29	M65 V	VARGAS ROBERTO	1:38:12
W50	Sylvia Etter	55:36		Harold Breen	1:42:04	Jacqueline Whitehead	3:54:30	W60 Sally Kennett	1:33:39		Kathleen Shea	4:11:57	D	OON MOORE	1:45:17
*****	Deborah Swindlehurs		M70	Ronald Achterberg	1:30:26	Susan Abigail Crites	4:36:45	Charlene Lantry	1:34:45		Judy Aronson	4:17:02	В	BERNIE DAVIS	1:47:44
	Janet Sawyer	59:00		N. Kuchenmeister	1:35:15	W60+Susan Selbin	7:01:36	Linda Knudsen	1:39:18	W60	Mary Haley	4:26:40	A STATE OF THE PARTY OF THE PAR	A CONTRACTOR OF THE PARTY OF TH	1:40:29
MEE	Linda Borck	45:26	1	Lou McMurray	1:53:13	Half-Marathon		W65 Kay Duplichan	1:53:20	137	Alys Traw	4:28:22			2:23:53
VVOO			M75	Dean Rademaker	2:02:07	Overall				G STAN	Jan Rohde	4:34:48	AND THE RESERVE AND ADDRESS OF THE PARTY OF		2:28:59
	Cindy Sack	1:01:59	W35	Shelley Mueller	1:09:33	Andrew Bupp 32	1:13:45	Kay Martin	1:59:14	-	Cheri Berjien	4:34:54	The state of the same of the s		
	Sharon Rhine	1:03:23		Deborah Feinberg	1:11:11			Ruth Mudrick	2:04:11	1000	Dorothy Wright	4:47:38			1:32:12
	Carol Bender	51:00				Jennah Keidel 19	1:31:17	W70 Martha Kinsinger	1:50:18	W65	Dorothy Marden	5:11:17			1:37:49
				lannifor Moora	1.13.40		1 00 00					0.11.11	V	VARUNEE MOSER	
	Caroline Luttrull	53:20	WAO	Jennifer Moore	1:13:49	M35 Rob Shoaf	1:22:32				Patricia Amidon	E-26-26	The Contract of the Contract o		1:41:20
		58:34	W40	Peggy Joseph	1:02:23	M40 Dan Tomlin	1:25:05	William A. Irvin			Patricia Amidon	5:26:26	The same of the sa		1:18:49
	Caroline Luttrull		W40	Peggy Joseph Stacy Zook	1:02:23 1:06:14	M40 Dan Tomlin M45 Brad Paœ	1:25:05 1:19:58	William A. Irvin Duluth, MN; June	5K		Diane Dean	5:38:06	C	C. MCANDREWS	1:18:49 1:28:09
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W65	Caroline Luttrull Carol Hillary Cathy Detman	58:34 56:23		Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan	1:02:23 1:06:14 1:13:50 1:18:20	M40 Dan Tomlin M45 Brad Paœ	1:25:05 1:19:58	Duluth, MN; June Overall	5K e 19		Diane Dean Deanna Flesner Nancy Gibbons	5:38:06 6:31:58 6:49:59	J	C. MCANDREWS JULIE BLACK	1:18:49 1:28:09
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W65	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson amboat Classic 4 Peoria, IL; June	58:34 56:23 1:13:34 M/15K	W45	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt	5K 9 19 15:24 19:12 17:51 16:57 16:52	W70+	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open	W45 F D T W50 T	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41
W65 Stea	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson amboat Classic 4 Peoria, IL; June	58:34 56:23 1:13:34 M/15K	W45	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann	15:24 19:12 17:51 16:57 16:52 18:43	W70+	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open	W45 F D T W50 T	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35
Stea Overa Luke	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson amboat Classic 4 Peoria, IL; June	58:34 56:23 1:13:34 M/15K	W45 W50	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer	5K 19 15:24 19:12 17:51 16:57 16:52 18:43 20:27	W70+ Half-I (inclui	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open	W45 F D T W50 T K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32
Stea Over Luke Yasu	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson amboat Classic 4 Peoria, IL; June all Kipkosgei 28	58:34 56:23 1:13:34 M/15K 12	W45 W50	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson	5K 19 15.24 19.12 17.51 16.57 16.52 18.43 20.27 23.43	W70+ Half-I (inclui	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath upionship)	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open	W45 F D T W50 T K S W55 D	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17
Stea Over Luke Yasu	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28	58:34 56:23 1:13:34 M/15K 12 17:35 20:39	W45 W50	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle	5K 19 15:24 19:12 17:51 16:57 16:52 18:43 20:27 23:43 19:12	W70+ Half-I (inclue) Women	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath upionship)	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open	W45 F D T W50 T K S W55 D K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FORNIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47
Stea Over Luke Yasu	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne	58:34 56:23 1:13:34 <b>M/15K</b> 12 17:35 20:39 19:49	W45 W50 W55	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson	5K 19 15:24 19:12 17:51 16:57 16:52 18:43 20:27 23:43 19:12	W70+ Half-I (inclui) Wome Charr Overa	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath apionship)	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open	W45 F D T W50 T K S W55 D K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26
Stea Over Luke Yasu	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 kio Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16	W45 W50 W55 W60	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell	15.24 19.12 17.51 16.57 16.57 18.43 20.27 23.43 19.12 638.06 21.21 20.05	W70+ Half-I (inclui) Wome Charm Overa Ryan Deens	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pionship) till Meissen 26	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open non	W45 F D T K K S S W55 C K K W60 J	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:11:53
Stea Over Luke Yasu M35	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 kich Ashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54	W45 W50 W55 W60	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:46 2:36:46 37:30 40:13 39:39	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum	15:24 19:12 17:51 16:52 18:43 20:27 23:43 19:12 38:06 21:21 20:05 21:51	W70+ Half-I (include Women Charm Overa Ryan Deens M35	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Warathon des separate-start USAT en's National Half-Marath spionship) till Meissen 26 a Kastor 31 Thomas Tisell	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52	W45 F D T T K S S W55 C K K K W60 J Y	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:32 1:55:17 2:00:47 2:14:26 2:11:53 2:18:49
Stea Over Luke Yasu M35	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27	W45 W50 W55 W60 W65	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46 37:30 40:13 39:39 41:19	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen	15.24 19.12 17.51 16.52 18.43 20.27 23.43 38.06 21.21 20.05 21.21 20.05 21.51 19.39	W70+ Half-I (include Women Charm Overa Ryan Deens M35	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath appionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52 1:11:50	W45 F D T T K S S W55 D K K K W60 J Y C C C C C C C C C C C C C C C C C C	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DKKYUNG-S. CAMPBE	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:55:17 2:00:47 2:14:26 2:11:53 2:18:49 2:36:34
Stea Over Luke Yasu M35	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37	W45 W50 W55 W60 W65	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 2:36:46 37:30 40:13 39:39 41:19 42:28	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55	15.24 19.12 17.51 16.57 16.52 18.43 20.27 23.43 19.12 638.06 21.51 20.05 21.51 19.39 24.55	W70+ Half-I (include Women Charm Overa Ryan Deens M35	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pipionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52 1:11:50 1:11:56	W45 F D T T K S S W55 D K K W60 J Y W65 C	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DKKYUNG-S. CAMPBE CINDY RAYMOND	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:11:26 2:11:23 2:18:49 2:36:34 2:19:25
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Stea Overr Luke Yasu M35 M40	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 kich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:45 21:50 22:45 21:56 23:33 23:38 22:54	W45 W50 W55 W60 W65 OVERMShadi	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21 st Firecracker Mic Clawson, MI; July Mill Cack Kimeli 27 Se Neish 30 Bryan Alfonso Codd Kelly Ralph Shelly Stall Wilson Stan Ford	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:31 1:49:52 1:34:51 1:49:52 1:49:52 1:34:51 1:49:52 1:4	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 2:36:46 37:30 40:13 39:39 41:19 42:28 39:05 43:28 46:14 37:30 38:16 56:27 41:43 42:17	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth June 19 Overall	15:24 19:12 17:51 16:57 16:52 18:43 20:27 23:43 19:12 38:06 21:21 20:05 21:51 19:39 24:02 31:01 30:47	W70+ Half-I (inclui Worm Charr Overa Ryan Deeni M35 M40 M45	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pipionship) III Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open non 1:05:51 1:10:30 1:13:52 1:11:50 1:11:66 1:13:11 1:12:02 1:18:02 1:19:25 1:23:07 1:23:18	W45 F D T T W50 T K K K K K K K K K K K K K K K K K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YOKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:18:49 2:36:34 2:19:25 2:37:07
Stea Overr Luke Yasu M35 M40	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:19 22:45 21:50 22:56 23:33 23:38 22:54 24:30	W45 W50 W55 W60 W65 OVER Shadi Denis M40 M45 M50 S	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21 st Firecracker Mic Clawson, MI; July Mall Clack Kimeli 27 se Neish 30 Bryan Alfonso Codd Kelly Ralph Shelly Bill Wilson Stan Ford Eduardo Palomino	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:34:21 le 3 4:18.9 5:13.2 4:59.7 5:03.9 5:04.9 5:47.3 5:23.4	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46 37:30 40:13 39:39 41:19 42:28 43:28 46:14 37:30 38:16 56:27 41:43 42:17 42:40	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth June 19 Overall Vladimir Tsiamchyk	15:24 19:12 17:51 16:52 18:43 20:27 23:43 19:12 38:06 21:21 20:05 21:51 19:39 24:55 24:02 31:01 30:47	W70+ Half-I (inclu) Worm Charm Overs Ryan Deen: M35 M40 M45 M50 M55	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath epionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:11:50 1:11:50 1:11:50 1:13:11 1:12:02 1:18:02 1:18:02 1:19:25 1:23:07 1:23:18 1:26:18	W45 F DT W50 T KS W55 D K W65 D W65 D W75 B	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DOKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:11:23 2:18:49 2:36:34 2:36:34 2:36:34 2:36:34 2:36:34 2:36:34 2:36:34 2:36:34 2:36:34 2:36:34 2:36:34 2:36:34
Stea Overs Luke Yasu M35 M40 M45	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Matthews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:19 22:45 21:50 22:56 23:33 23:38 22:54 24:30 24:36 25:44	W45 W50 W55 W60 W65 OVERA Shadis Denis M40 II M50 S	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21st Firecracker Mic Clawson, MI; July MIL Stack Kimeli 27 See Neish 30 Sryan Alfonso Todd Kelly Kalph Shelly Sill Wilson Stan Ford Cduardo Palomino Carry Parker	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:52 1:34:21 Ile 3 4:18.9 5:13.2 4:59.7 5:03.9 5:04.9 5:14.3 5:23.4 5:22.6	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 2:36:46 37:30 40:13 39:39 41:19 42:28 39:05 43:28 46:14 37:30 38:16 56:27 41:43 42:17	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth June 19 Overall	15:24 19:12 17:51 16:57 16:52 18:43 20:27 23:43 19:12 38:06 21:21 20:05 21:51 19:39 24:02 31:01 30:47	W704 Half-I (inclui Women Charm Overa Ryan Deen M35 M40 M45 M50 M55	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:11:50 1:11:56 1:13:11 1:12:02 1:18:02 1:19:25 1:123:07 1:23:18 1:26:18 1:32:55	W45 F D T T W50 T K K K K K K K K K K K K K K K K K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DOKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENN NILES	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:11:53 2:18:49 2:36:34 2:19:25 2:37:07
Stea Overs Luke Yasu M35 M40 M45	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:19 22:45 21:50 22:56 23:33 23:38 22:54 24:30 24:36 25:44 23:14	W45 W50 W55 W60 W65 OVER/Shadi	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21st Firecracker Mic Clawson, MI; July MLL Fack Kimeli 27 Se Neish 30 Bryan Alfonso Foodd Kelly Ralph Shelly Balli Wilson Stan Ford Eduardo Palomino Barry Parker Linda Ewing	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21 le 3 4:18.9 5:13.2 4:59.7 5:03.9 5:04.9 5:04.9 5:47.3 5:13.3 6:24.1	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46 37:30 40:13 39:39 41:19 42:28 43:28 46:14 37:30 38:16 56:27 41:43 42:17 42:40	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth June 19 Overall Vladimir Tsiamchyk	15:24 19:12 17:51 16:52 18:43 20:27 23:43 19:12 38:06 21:21 20:05 21:51 19:39 24:55 24:02 31:01 30:47	W704 Half-I (inclui Women Charm Overa Ryan Deen M35 M40 M45 M50 M55	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52 1:11:56 1:13:11 1:12:02 1:13:02 1:19:25 1:23:07 1:23:18 1:26:18 1:32:55 1:34:07 1:44:12	W45 F D T K K K K K K K K K K K K K K K K K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENN NILES ROBERT BUSH	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:11:53 2:18:49 2:36:34 2:19:25 2:37:07
Stea Overs Luke Yasu M35 M40 M45	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin Angelo Rinchiuso	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:19 22:45 21:50 22:56 23:33 23:38 22:54 24:30 24:36 25:44 23:14 23:54	W45 W50 W55 W60 W65 OVERUS hadra benis M40 E M50 S E M55 I W40 I I	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21 st Firecracker Mi Clawson, MI; July LLL Tack Kimeli 27 See Neish 30 Bryan Alfonso Todd Kelly Ralph Shelly Stall Wilson Stan Ford Claurdo Palomino Stan Ford	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:52 1:3	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery Gary Wall	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 2:36:46 37:30 40:13 39:39 41:19 42:28 39:05 43:28 46:14 37:30 38:16 56:27 41:43 42:17 42:40 50:21	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth, June 19 Overall Vladimir Tsiamchyk Fira Sultanova-Zhdanova 43	15:24 19:12 17:51 16:52 18:43 20:27 23:43 19:12 38:06 21:21 20:05 21:51 19:39 24:52 24:02 31:01 30:47	W704 Half-I (inclui Women Charm Overa Ryan Deen M35 M40 M45 M50 M55	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver Arthur Hill	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52 1:11:56 1:11:56 1:11:50 1:13:11 1:12:02 1:13:02 1:19:25 1:23:07 1:23:18 1:26:18 1:32:55 1:34:07 1:44:12 1:44:31	W45 F D T K K K K K K K K K K K K K K K K K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DIKYVING-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENN NILES ROBERT BUSH KEITH OLSON	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:61 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:11:53 2:18:49 2:36:34 2:19:25 2:37:07
Stea Overs Luke Yasu M35 M40 M45	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin Angelo Rinchiuso Bob Richards	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:45 21:50 22:56 23:33 23:38 22:54 24:30 24:36 25:44 23:54 26:43	W45 W50 W55 W60 W65 OVERUS hadden is m40 is m55 is m55 is m40 is m55 is m40 is m55 is m40 is m55 is m55 is m40 is m55 is	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  Pat Firecracker Mic Clawson, MI; July Mary Jane Pratt  Pat Neish 30 Bryan Alfonso Todd Kelly Ralph Shelly Brail Wilson Stan Ford Brail Wilson Brail Wilson Stan Ford Brail Wilson Brai	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:49:53 1:49:52 1:4	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery Gary Wall Gary Faris	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 2:36:46 37:30 40:13 39:39 41:19 42:28 39:05 43:28 46:14 37:30 38:16 56:27 41:43 42:17 42:40 50:21 50:24 50:21 50:24	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Glannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth, June 19 Overall Vladimir Tsiamchyk Fira Sultanova-Zhdanova 43 M35 Gideon Mutisya	15.24 19.12 17.51 16.57 16.52 18.43 20.27 23.43 19.12 638.06 21.21 20.05 21.51 19.39 24.55 24.02 31.01 30.47 40.08 8.18 19.14 2.17.59 2.35.08 2.22:40 2.21.56	W704 Half-I (inclui Wome Charr Overs Ryan M35 M40 M45 M50 M55 M60	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver Arthur Hill Severin Blenkush	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52 1:11:50 1:13:51 1:13:11 1:12:02 1:13:03 1:13:03 1:1	W45 F D T T W50 T K S S W55 D K K K K W60 J Y Y W65 C W75 E S K Overall JUSTIN MARY M35 D A A M40 K M45 D	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DIKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENN NILES ROBERT BUSH KEITH OLSON DAVE PARCEL	1:18:49 1:28:09 1:31:11 1:27:09 1:37:05 1:37:05 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:11:26 2:11:26 2:11:26 2:18:49 2:36:34 2:19:25 2:37:07 14:19 16:53 15:20 15:35 16:04 15:43 16:13 16:20 15:26
Stea Overr Luke Yasu M35 M40 M50	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin Angelo Rinchiuso Bob Richards Tony De Sabato	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:45 21:50 22:45 21:50 22:56 23:33 23:38 22:54 24:30 24:36 25:44 23:54 26:43 29:14	W45 W50 W55 W60 W65  OVER A Shadi Denis M40 B M55 I W40 I	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21st Firecracker Mic Clawson, MI; July Mill Cack Kimeli 27 Se Neish 30 Bryan Alfonso Codd Kelly Saill Wilson Stan Ford Eduardo Palomino Barry Parker Linda Ewing Fram Pichette Engelique Nathan Deb Stevens	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21 1:49:52 1:34:59 1:49:52 1:4	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery Gary Wall Gary Faris W35 Mary Shore	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46 37:30 40:13 39:39 41:19 42:28 39:05 43:28 46:14 37:30 38:16 56:27 41:43 42:40 50:21 52:46 53:45 43:36	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth June 19 Overall Vladimir Tsiamchyk Fira Sultanova-Zhdanova 43 M35 Gideon Mutisya M40 Fedor Ryjov John Mirth	15:24 19:12 17:51 16:57 16:52 18:43 20:27 19:12 23:43 19:12 23:43 19:12 23:40 21:21 19:19 24:55 24:55 24:02 31:01 30:47 10:18 2:17:59 2:35:08 2:22:40 2:21:56 2:27:46	W704 Half-I (inclui Wome Charr Overs Ryan M35 M40 M45 M50 M55 M60	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pionship) III Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver Arthur Hill Severin Blenkush Dan Conway	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52 1:11:50 1:11:56 1:13:11 1:13:11 1:13:11 1:13:11 1:13:11 1:13:12 1:13:02 1:1	W45 F D T T W50 T K S S W55 D K K K W60 J Y Y W65 C W75 E S K Overall JUSTIN MARY M35 D A A M40 K K K M45 D F F	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DIKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENN NILES ROBERT BUSH KEITH OLSON DAVE PARCEL ROY SMITH	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:18:49 2:36:34 2:19:25 2:37:07 14:19 16:53 15:20 15:35 16:04 15:43 16:13 16:20 15:26 17:44
Stea Overs Luke Yasu M35 M40 M45	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin Angelo Rinchiuso Bob Richards Tony De Sabato Robert Burk	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:45 21:50 22:45 21:50 22:45 21:50 22:45 23:33 23:38 22:54 24:30 24:36 25:44 23:14 23:54 26:43 29:14 28:09	W45 W50 W55 W60 W65  OVER A Shadi Denis M40 B M55 I W40 I	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  Pat Firecracker Mic Clawson, MI; July Mary Jane Pratt  Pat Neish 30 Bryan Alfonso Todd Kelly Ralph Shelly Brail Wilson Stan Ford Brail Wilson Brail Wilson Stan Ford Brail Wilson Brai	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:21 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:34:51 1:49:52 1:49:53 1:49:52 1:4	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery Gary Wall Gary Faris W35 Mary Shore Kari Barbour	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46 37:30 40:13 39:39 41:19 42:28 39:05 43:28 46:14 37:30 38:16 56:27 41:43 42:17 42:41 50:21 52:46 53:45 43:36 46:18	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth June 19 Overall Vladimir Tsiamchyk Fira Sultanova-Zhdanova 43 M35 Gideon Mutisya M40 Fedor Ryjov John Mirth Gene Letty	15:24 19:12 17:51 16:57 16:52 18:43 20:27 23:43 19:12 23:43 19:12 23:40 21:21 10:05 21:51 19:39 24:55 24:02 31:01 30:47 10:01 & IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	W704 Half-I (inclui Wome Charr Overs Ryan M35 M40 M45 M50 M55 M60	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath epionship) Ill Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver Arthur Hill Severin Blenkush Dan Conway Ted Tetzlaff	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:11:50 1:11:50 1:11:50 1:13:11 1:12:02 1:18:02 1:18:02 1:19:25 1:23:07 1:23:18 1:26:18 1:32:55 1:34:07 1:44:31 1:46:35 1:25:07 1:50:20	W45 F D T T W50 T K K K K K K K K K K K K K K K K K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKKO FLOURNOY DOKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KEITH OLSON DAVE PARCEL ROY SMITH DAVID SMITH	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:18:49 2:36:34 2:19:25 2:37:07 14:19 16:53 15:20 15:35 16:04 15:43 16:13 16:20 15:26 17:44 18:28
Stea Overr Luke Yasu M35 M40 M50	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin Angelo Rinchiuso Bob Richards Tony De Sabato Robert Burk Tony Phillips	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:19 22:45 21:50 22:56 23:33 23:38 22:54 24:30 24:36 25:44 23:14 23:54 26:43 29:14 28:09 30:26	W45 W50 W55 W60 W65  OVERN Shadi Denis M40 E M50 S M55 I W40 I	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  Pat Firecracker Mi Clawson, MI; July Mary Jane Pratt  Pat Neish 30 Bryan Alfonso rodd Kelly Ralph Shelly Brail Wilson Stan Ford Brail Wilson Brail Wilson Stan Ford Brail Wilson Brail Wils	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21 1:49:52 1:34:52 1:49:53 1:49:52 1:4	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery Gary Wall Gary Faris W35 Mary Shore Karl Barbour Dawn Brandt	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:46 2:36:46 37:30 40:13 39:39 41:19 42:28 39:05 43:28 46:14 37:30 38:16 56:27 41:43 42:17 42:40 50:21 52:46 53:45 43:36 46:18 46:28	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth, June 19 Overall Vladimir Tsiamchyk Fira Sultanova-Zhdanova 43 M35 Gideon Mutisya M40 Fedor Ryjov John Mirth Gene Letty Jarrow Wahman	15:24 19:12 17:51 16:57 16:52 18:43 20:27 23:43 19:12 33:06 21:21 20:05 21:51 19:39 24:55 24:02 31:01 30:47 100n & 12:17:59 2:35:08 2:22:40 2:21:56 2:27:46 2:36:33 2:36:48	W70+ Half-I (inclui Wome Charm Overe Ryan Deeni M35 M40 M45 M50 M55 M60 M65	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Judy Johnson Marathon des separate-start USAT en's National Half-Marath epionship) ull Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver Arthur Hill Severin Blenkush Dan Conway Ted Tetzlaff Conrad Firling	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:11:50 1:11:50 1:13:52 1:11:50 1:13:02 1:13:02 1:18:02 1:19:25 1:19:25 1:19:25 1:34:07 1:23:18 1:26:18 1:32:55 1:34:07 1:44:31 1:46:35 1:25:07 1:50:20 1:51:29	W45 F D T T W50 T K K K K K K K K K K K K K K K K K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DOKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENT NILES ROBERT BUSH KEITH OLSON DAVE PARCEL ROY SMITH DAVID SMITH BICKS NOER	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:11:23 2:18:49 2:36:34 2:36:34 2:36:34 2:36:34 15:20 15:35 16:04 15:43 16:13 16:20 15:26 17:44 18:28 21:50
Stea Overs Luke Yasu M35 M40 M45 M50	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin Angelo Rinchiuso Bob Richards Tony De Sabato Robert Burk Tony Phillips John Davis	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:45 21:50 22:56 23:33 23:38 22:54 24:30 24:36 25:44 23:14 23:54 26:43 29:14 28:09 30:26 31:01	W45 W50 W55 W60 W65  OVERN Shadi Denis M40 E M50 S M55 I W40 I	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21st Firecracker Mic Clawson, MI; July Mill Cack Kimeli 27 Se Neish 30 Bryan Alfonso Codd Kelly Saill Wilson Stan Ford Eduardo Palomino Barry Parker Linda Ewing Fram Pichette Engelique Nathan Deb Stevens	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21 1:49:52 1:34:52 1:49:53 1:49:52 1:4	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery Gary Wall Gary Faris W35 Mary Shore Karl Barbour Dawn Brandt W40 Laura Bruess	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:46 2:36:46 37:30 40:13 39:39 41:19 42:28 46:14 37:30 38:16 56:27 41:43 42:17 42:40 50:21 52:46 53:45 43:36 46:18 46:28 40:13	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth, June 19 Overall Vladimir Tsiamchyk Fira Sultanova-Zhdanova 43 M35 Gideon Mutisya M40 Fedor Ryjov John Mirth Gene Letty Jarrow Wahman John Van Danacker	15:24 19:12 17:51 16:52 18:43 20:27 18:43 20:27 23:43 19:12 38:06 21:21 20:05 21:51 19:39 20:05 21:51 19:39 20:05 21:51 19:39 20:05 21:51 19:39 20:05 21:51 19:39 20:05 21:51 20:05 21:51 20:05 21:51 20:05 21:51 20:05 21:51 20:05 21:51 21:51 20:05 21:51	W70+ Half-I (inclui Wome Charm Overe Ryan Deeni M35 M40 M45 M50 M55 M60 M65	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Johnson Marathon des separate-start USAT en's National Half-Marath pionship) Ill Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver Arthur Hill Severin Blenkush Dan Conway Ted Tetzlaff Conrad Firling Stan Bell	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:50 1:11:50 1:11:56 1:13:11 1:12:02 1:18:02 1:19:25 1:123:07 1:23:18 1:26:18 1:23:07 1:44:12 1:44:31 1:46:35 1:50:20 1:51:29 1:58:11	W45 F D T T W50 T K K K K K K K K K K K K K K K K K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DOKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENT NILES ROBERT BUSH KEITH OLSON DAVE PARCEL ROY SMITH DAVID SMITH BICKS NOER PARISS SAEDINIA	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:11:53 2:18:49 2:36:34 2:36:34 2:36:34 2:36:34 15:35 16:04 15:43 16:13 16:20 15:26 15:26 17:44 18:28 21:50 21:56
Stea Overs Luke Yasu M35 M40 M45 M50	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin Angelo Rinchiuso Bob Richards Tony De Sabato Robert Burk Tony Phillips	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:19 22:45 21:50 22:56 23:33 23:38 22:54 24:30 24:36 25:44 26:43 29:14 29:14 2	W45 W50 W55 W60 W65  OVER Shadi Denis M40 M55 M55 W40 M55 W40 M55 W40 M55 W40 M55 W65 W65	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21st Firecracker Mic Clawson, MI; July Mill Fack Kimeli 27 se Neish 30 Bryan Alfonso Todd Kelly Ralph Shelly Bill Wilson Stan Ford Eduardo Palomino Brangelique Nathan Deb Stevens Cleo Pawlyn  AMERICA  AMERICA  AMERICA  AMERICA  AMERICA  AND PARERICA  AND PARERICA  AMERICA  AMERICA  AMERICA  AMERICA  AND PARERICA  AMERICA  AME	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:52 1:34:21 Ide 3 4:18.9 5:13.2 4:59.7 5:03.9 5:04.9 5:47.3 5:23.4 5:22.6 6:24.1 9:49.2 12:45.8 8:30.9 9:38.7 CA	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery Gary Wall Gary Faris W35 Mary Shore Kari Barbour Dawn Brandt W40 Laura Bruess Jennifer Fawcett	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46 37:30 40:13 39:39 41:19 42:28 39:05 43:28 46:14 37:30 38:16 56:27 41:43 42:17 42:40 50:21 52:46 53:45 43:36 46:18 46:28 40:13 47:44	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Massessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth, June 19 Overall Vladimir Tsiamchyk Fira Sultanova-Zhdanova 43 M35 Gideon Mutisya M40 Fedor Ryjov John Mirth Gene Letty Jarrow Wahman John Van Danacker Alan Evans	15:24 19:12 17:51 16:52 18:43 20:27 18:43 20:27 23:43 19:12 38:06 21:21 19:39 24:55 24:02 31:01 30:47 30:08 8.18If- MN	W70+ Half-I (inclui Wome Charm Overe Ryan Deeni M35 M40 M45 M50 M55 M60 M65	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver Arthur Hill Severin Blenkush Dan Conway Ted Tetzlaff Conrad Firling Stan Bell Ronald Rude	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52 1:11:56 1:13:11 1:12:02 1:18:02 1:19:25 1:23:07 1:44:12 1:44:31 1:46:35 1:25:07 1:50:20 1:51:29 1:58:58	W45 F D T T W50 T K K K K K K K K K K K K K K K K K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DOKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENT NILES ROBERT BUSH KEITH OLSON DAVE PARCEL ROY SMITH DAVID SMITH BICKS NOER PARISS SAEDINIA	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:11:23 2:18:49 2:36:34 2:36:34 2:36:34 2:36:34 15:20 15:35 16:04 15:43 16:13 16:20 15:26 17:44 18:28 21:50
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Stea Overs Luke Yasu M35 M40 M45 M50	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin Angelo Rinchiuso Bob Richards Tony De Sabato Robert Burk Tony Phillips John Davis Ray Parrella	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:19 22:45 21:50 22:56 23:33 23:38 22:54 24:30 24:36 25:44 26:43 29:14 29:14 2	W45 W50 W55 W60 W65  OVER Shadi Denis M40 M55 M40 M55 W40 M55 W40 M55 W40 M55 W65 A	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21st Firecracker Mic Clawson, MI; July MLL Fack Kimeli 27 Ise Neish 30 Bryan Alfonso Foodd Kelly Balph Shelly Balli Wilson Stan Ford Clawron Praker Linda Ewing Fam Pichette Angelique Nathan Bob Stevens Cleo Pawlyn  MID-AMERI  Hospital Hill Run I Frathon, Kansas C	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:52 1:34:21 Ide 3 4:18.9 5:13.2 4:59.7 5:03.9 5:04.9 5:47.3 5:13.3 4:18.9 6:24.1 9:49.2 1:24:58 8:30.9 9:38.7 CA	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery Gary Wall Gary Faris W35 Mary Shore Kari Barbour Dawn Brandt W40 Laura Bruess Jennifer Fawcett	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46 37:30 40:13 39:39 41:19 42:28 39:05 43:28 46:14 37:30 38:16 56:27 41:43 42:17 42:40 50:21 52:46 53:45 43:36 46:18 46:18 46:18 46:13 47:44 50:07 45:07	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Glannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth June 19  Overall Vladimir Tsiamchyk Fira Sultanova-Zhdanova 43 M35 Gideon Mutisya M40 Fedor Ryjov John Mirth Gene Letty Jarrow Wahman John Van Danacker Alan Evans Jim Ramacier Steve Metraux	15:24 19:12 17:51 16:57 16:52 18:43 20:27 23:43 19:12 33:06 21:21 20:05 21:51 19:39 21:21 20:05 21:51 19:39 21:21 20:05 21:51	W70+ Half-I (inclui Wome Charr Overe Ryan M35 M40 M45 M50 M55 M60 M65	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver Arthur Hill Severin Blenkush Dan Conway Ted Tetzlaff Conrad Firling Stan Bell Ronald Rude	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52 1:11:56 1:13:11 1:12:02 1:18:02 1:19:25 1:23:07 1:44:12 1:44:31 1:46:35 1:25:07 1:50:20 1:51:29 1:58:58	W45 F D T T W50 T K K K K W60 J Y Y W65 C W75 E S W75 E M40 K K M40 K M40 K M45 C M50 F M50 F M55 F M5	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENN NILES ROBERT BUSH KEITH OLSON DAVE PARCEL ROY SMITH DAVID SMITH DICKS NOER PARISS SAEDINIA DAVE SPITZ RICHARD OLSON	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:11:53 2:18:49 2:36:34 2:19:25 2:37:07 14:19 16:53 16:53 16:53 16:04 15:43 16:13 16:20 15:26 15:26 17:44 18:28 21:50 21:56 22:04
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Stea Overr Luke Yasu M35 M40 M50 M55 M60	Caroline Lutrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin Angelo Rinchiuso Bob Richards Tony De Sabato Robert Burk Tony Phillips John Davis Ray Parrella John Clarke Ernie Williams Carl Segretto	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:45 21:50 22:56 23:33 23:38 22:54 24:30 24:36 25:44 23:54 26:43 29:14 28:09 30:26 31:01 25:18 29:46 32:24 30:04	W45 W50 W55 W60 W65  OVER Shadi Denis M40 M55 M40 M55 W40 M55 W40 M55 W40 M55 W65 A	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21st Firecracker Mit Clawson, MI; July Marty Jane Pratt  21st Neish 30 Bryan Alfonso Rodd Kelly Ralph Shelly Bally Wilson Stan Ford Clawron Praker Linda Ewing Pam Pichette Angelique Nathan Deb Stevens Cleo Pawyn  Hospital Hill Run I Irathon, Kansas C June 5	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:52 1:34:21 Ide 3 4:18.9 5:13.2 4:59.7 5:03.9 5:04.9 5:47.3 5:13.3 4:18.9 6:24.1 9:49.2 1:24:58 8:30.9 9:38.7 CA	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery Gary Wall Gary Faris W35 Mary Shore Kari Barbour Dawn Brandt W40 Laura Bruess Jennifer Fawcett Judy Rowland W45 Kim Jones Joy Rasmussen	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46 37:30 40:13 39:39 41:19 42:28 39:05 43:28 46:14 37:30 38:16 56:27 41:43 42:17 42:40 50:21 52:46 53:45 43:36 46:18 46:18 46:18 46:13 47:44 50:07 45:07	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Glannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth June 19  Overall Vladimir Tsiamchyk Fira Sultanova-Zhdanova 43 M35 Gideon Mutisya M40 Fedor Ryjov John Mirth Gene Letty Jarrow Wahman John Van Danacker Alan Evans Jim Ramacier Steve Metraux	15:24 19:12 17:51 16:57 16:52 18:43 20:27 23:43 19:12 33:06 21:21 20:05 21:51 19:39 21:21 20:05 21:51 19:39 21:21 20:05 21:51	W70+ Half-I (inclui Wome Charr Overe Ryan M35 M40 M45 M50 M55 M60 M65	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath pionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver Arthur Hill Severin Blenkush Dan Conway Ted Tetzlaff Conrad Firling Stan Bell Ronald Rude Roger Hauge John Keston Cliff Baldridge	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52 1:11:50 1:11:50 1:11:50 1:13:11 1:12:02 1:13:03 1:13:03 1:1	W45 F D T T W50 T K K K K K K K K K K K K K K K K K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DIKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENN NILES ROBERT BUSH KEITH OLSON DAVE PARCEL ROY SMITH DAVID SMITH DAVID SMITH DAVID SMITH CICKS NOER PARISS SAEDINIA DAVE SPITZ RICHARD OLSON BOBBY ROBERTS BILL STEVENSON	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:11:53 2:18:49 2:36:34 2:19:25 2:37:07 14:19 16:53 15:20 15:35 16:04 15:43 16:13 16:20 15:26 17:44 18:28 21:50 21:56 22:04 19:40 20:08 22:36
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Stea Overr Luke Yasu M35 M40 M45 M50 M60 M65	Caroline Luttrull Carol Hillary Cathy Detman Joyce Nelson  amboat Classic 4 Peoria, IL; June all Kipkosgei 28 ko Hashimoto 28 Rich Byrne Eric Coffman Bob Mathews David Nordhielm Bill Owens Jerry Lack Brendan Reilly Ken Endrizzi James Acklin Wade Zwiener Steve Houseworth Jim Desjardins Leo Vandervlugt Craig Thompson Glenn Herold Michael Shekleton Ken Jagmin Angelo Rinchiuso Bob Richards Tony De Sabato Robert Burk Tony Phillips John Davis Ray Parrella John Clarke Ernie Williams Carl Segretto Roy Miller Norm Kelly	58:34 56:23 1:13:34 M/15K 12 17:35 20:39 19:49 21:16 21:17 21:54 21:27 21:37 22:45 21:50 22:45 21:50 22:45 21:50 22:45 21:50 22:45 21:50 22:45 21:50 22:45 21:50 22:45 21:50 22:45 21:50 22:45 21:50 22:45 21:50 22:45 21:50 22:54 23:33 23:38 22:54 24:30 24:36 25:44 26:43 29:14 28:09 30:26 31:01 25:18 29:46 30:24 30:04 35:07 36:55	W45 W50 W55 W60 W65  OVERN Shadn Denis M40 M50 Shadn Denis M40 M50 M55 M40 M65  W50 M65  Maa	Peggy Joseph Stacy Zook Carol Pratt Pat O'Bryan Kathy John Donna Brayfield Marty Yonker Janine Rudin Judy Hollis Joann Fraser Lynn Lulay Karen Malmgren Kay Foster Mary Jane Pratt  21st Firecracker Mic Clawson, MI; July Mall Frack Kimeli 27 See Neish 30 Bryan Alfonso Rodd Kelly Ralph Shelly Baill Wilson Stan Ford Clawron Parker Linda Ewing Pram Pichette Angelique Nathan Deb Stevens Cleo Pawlyn  ID-AMERI  Hospital Hill Run I Brathon, Kansas C June 5	1:02:23 1:06:14 1:13:50 1:18:20 1:19:32 1:20:11 1:22:31 1:24:52 1:25:17 1:17:27 1:23:31 1:49:22 1:49:52 1:34:21 le 3 4:18.9 5:13.2 4:59.7 5:03.9 5:04.9 5:04.9 5:13.3 6:24.1 9:49.2 1:24:52 1:24:52 1:34:21 le 3	M40 Dan Tomlin M45 Brad Pace M55 Dave Dooley M60+Tom Lemire 61 W35 Bridget Ann Dunn W40 Kristi Jordan W45 Sherry Buckner W50 Marnie Harden W60+Leah Rae Hunter 65 10K Overall Jon Sinclair 46 Laura Bruess 43 M35 Rick Carroll Kevin Vasquez Steve Leland M40 Steven Sellars Jeff Rogers Bart Kounovsky M45 Jon Sinclair Rick Bruess Paris Powell M50 Kent Oglesby William McIntyre Rich Holston M60+Larry Avery Gary Wall Gary Faris W35 Mary Shore Kari Barbour Dawn Brandt W40 Laura Bruess Jennifer Fawcett Judy Rowland W45 Kim Jones Joy Rasmussen Nancy Binks-Lyman W50 Francine Lefebure	1:25:05 1:19:58 1:24:02 1:35:36 1:36:00 1:33:39 1:47:08 1:47:46 2:36:46 37:30 41:19 42:28 46:14 37:30 38:16 56:27 41:43 42:17 42:40 50:21 52:46 53:45 43:36 46:18 46:28 40:13 47:44 50:07 49:09 52:49 49:35	Duluth, MN; June Overall Eric Loeffler 27 Corrin Hoffman 22 M35 Paul Boschee M40 Paul Giannobile M45 William Markwardt M50 John Kann M55 Donald Weyer M60 D Carlson M65 Thom Weddle M70+Humberto Garza 76 W35 Theresa Felix W40 Kari Campbell W45 Kristine Fossum W50 Janet Rosen W55 Diane De Mars 55 W60 Shirley Masessa W65 Marie Peterson W70+Dorothy Muha 71  Grandma's Marath Gary Bjorklund H Marathon, Duluth June 19 Overall Vladimir Tsiamchyk Fira Sultanova-Zhdanova 43 M35 Gideon Mutisya M40 Fedor Ryjov John Mirth Gene Letty Jarrow Wahman John Van Danacker Alan Evans Jim Ramacier Steve Metraux M45 Jerry Henley Brent Smith Ronald Davis	15:24 19:12 17:51 16:57 16:52 18:43 20:27 23:43 19:12 38:06 21:21 19:39 20:05 21:51 19:39 20:05 21:51 19:39 20:05 21:51 19:39 20:05 21:51 19:39 20:05 21:51 19:39 20:05 21:51 19:39 20:05 21:51 19:39 20:05 21:51 21:55	W70+ Half-I (inclui Wome Charm Overs Ryan Deeni M35 M40  M45  M50  M65  M60  M65  M70  M75	Diane Dean Deanna Flesner Nancy Gibbons Judith Bullough Joy Johnson Marathon des separate-start USAT en's National Half-Marath epionship) till Meissen 26 a Kastor 31 Thomas Tisell Patrick Billig T Stambaugh Digger Carlson Kevin Haas Bobby Paxton Scott Hansen Bill Krezonoski Jerry Beutel Michael Arezzo Paul Lamere Thomas Mortl Wayne Walvatne Bayard Shaver Arthur Hill Severin Blenkush Dan Conway Ted Tetzlaff Conrad Firling Stan Bell Ronald Rude Roger Hauge John Keston Cliff Baldridge Jim Waterman Susannah Beck	5:38:06 6:31:58 6:49:59 5:02:53 5:19:41 F Open ion 1:05:51 1:10:30 1:13:52 1:11:50 1:13:02 1:13:02 1:13:02 1:13:02 1:13:02 1:13:02 1:13:02 1:13:02 1:13:02 1:13:02 1:13:02 1:14:31 1:23:07 1:23:18 1:26:18 1:32:55 1:34:07 1:44:31 1:46:35 1:25:07 1:50:20 1:51:29 1:58:58 2:01:40 2:55:06 1:15:03	W45 F D T T W50 T K K K K K K K K K K K K K K K K K K	C. MCANDREWS JULIE BLACK FRANNIE TENNENT DIANA JONAS FANNAZ RAMEZANI FOSHIKO KIELEY KIT BRAZIER SYLIVA KWON DONNA MAROVISH KONG JOO KIM KARIN PARIS JOYCE NEWMAN YUKIKO FLOURNOY DOKKYUNG-S. CAMPBE CINDY RAYMOND BYUNG KIM  I N PATANANAN 24 AKOR 27 DANIEL ROSALES ANDREW DUNCAN ERIC SCHWAB KENN NILES ROBERT BUSH KEITH OLSON DAVE PARCEL ROY SMITH DAVID SMITH RICKS NOER PARISS SAEDINIA DAVE SPITZ BORNEY BUSH RICHARD OLSON BOBBY ROBERTS BILL STEVENSON BOB MCGEOUGH RUDY EDWARDS	1:18:49 1:28:09 1:31:11 1:27:09 1:37:04 1:41:56 1:43:41 1:52:35 1:57:32 1:55:17 2:00:47 2:14:26 2:18:49 2:18:49 2:19:25 2:37:07 14:19 16:53 15:20 15:35 16:04 15:43 16:13 16:20 15:26 17:44 18:28 21:50 21:56 22:04 19:40 20:08 22:36 19:13 24:32
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TERESA SOHONI 17:46	M35 Gustavo Perez 25:58 M40 Alfredo Vigueras 24:23	Todd Hayes 23:45:36	Brenda Koga 59:50 W55 Carol Johnson 1:02:20	Patricia Munz 3:46:0 Nancy Orlowski 4:00:	mike Logan 39155
DANA RIEDER 19:15	M40 Alfredo Vigueras 24:23 Dan Nelson 26:18	Geoffrey Scott 23:51:20	Fay Klingler 1:04:09	W50 Janice Webb 3:51:3	John Barnard 40:03
W40 LINNEA DAVIS 17:55	Jose P Aispuro 26:26	M60 Frank Bozanich 23:38:27	Lourdes Cooke 1:07:05		1 M45 Lyle Lang 40:32
SUSAN DREIHAUPT 20:29	M45 Emil Magallanes 27:34	Gary Knipling 25:17:32 David Kim 25:22:46	W60 Erika Williams 1:09:29	Pamela Libby 3:56:3	The state of the s
TERESA CASTILLO 22:18 W45 PATTY PEOPLES 19:18	Chatham Ross 27:36	Joe Braninburg 27:52:07	Jane Haynie 1:24:42	W55 Deborah Reinemann 4:52:4 Sue Fauerbach 4:55:0	
JEANNIE THOMPSON 22:24	Lloyd Stephenson 28:12 M50 Don Paul 28:10	Ralph Hirt 28:29:56	W65 Elfie Dalton 57:28 5K	Sue Fauerbach 4:55:0 Tina Marzell 5:15:0	
KAY FORCE 24:14	M50 Don Paul 28:10 Joe Schieffer 28:37	Melquisedec Quecan 28:33:24	Overall	W60 Shirley Eubank 3:20:0	M50 Ladislav Urbanovic39:31
W50 PAMELA FISHER 27:32	Tom Bernhard 28:55	Fred Pollard 29:25:34	Joseph Wilson 28 16:09	Kathy Ryan 4:33:0	Daniel Stevens 41:04
LAUREN MUELLER 27:32	M55 Don Porteous 29:16	Jack Andrish 29:26:26	Ingunn Earl 39 19:33	Shirley Fee 4:56:5	John Olsen 41:15
VALERIE NELSON 27:48	Mike Ammon 30:09	0	M35 Nathan Pollard 17:23	W65 Eleanor Claus 4:48:2	0 M50 Bill Welch 44:13
W55 NORMA PORTER 27:40 ROSE CISNEROS 32:13	Len Goldman 30:47	Semana Nautica 15K Santa Barbara, CA; July 4	Eric Petersen 18:01	Teresa Hull 5:50:0 Marlis Schmid 6:39:3	
GUADALUPE MENDEZ 37:00	M60 Fred Martin 31:34 Robert Schmitt 32:52	Overall	Paul Lee 19:05 M40 Dennis Simonaitis 16:56		
W60 ALICE ENRIQUEZ 29:30	Robert Schmitt 32:52 Dick Chimenti 33:03	Brian Kostock 21 48:30	M40 Dennis Simonaitis 16:56 Corey Newman 18:40	W70 Sue Bare 4:39: Shirley Gilliland 6:39:	59 M55 Deigh Bates 42:12
PENNY TERRY 41:44	M65 Ricardo Guidolin 34:56	Annie Toth 24 58:42	John Wood 19:01	Half-Marathon	Michael Garcia 44:04
MARIA HERNANDEZ 42:16	Neal Chappell 35:09	M35 Todd Booth 52:52	M45 George Katz 17:55	Overall	Dennis McGraw 44:39 M55 Arnie Goodman 45:40
W65 MARIA OCHOA 33:31 SARAH NORVELL 33:39	Elmo Shropshire 38:13	M40 Corey Welles 51:00	Mark Holland 18:07	Sam Hill 1:14:	Tim Godsil 46:03
YVONNE WEBER 36:19	M70 Tom Guldman 35:06 Rager Fong 38:04	Michael Smith 51:09 lan Leitch 55:19	Larry Alserda 19:39	Patricia Shipley 1:31:0	Doug Madsen 46:20
Trointe tresert conto	Rqger Fong 38:04 William Flodberg 40:49	M45 Tom FitzGerald 53:35	M50 John Erickson 19:26 Toby Salazar 19:34	M35 Paul Ostrander 1:29:3 M40 John Wilson 1:25:3	7 Hou Dominio Deaples
	M75+ Sam Hirabayashi 40:45	David Larson 58:45	Toby Salazar 19:34 Geno Atencio 21:12	Mark Blanning 1:25:	
Gardena 5000	Bill Ballantine 49:02	Christopher Tracy 1:01:02	M55 David Anderson 21:14	M45 Bernie Krueger 1:40:0	
Gardena, CA; June 6	Ellis Katz 1:02:31	M50 Gregg Horner 53:49	George Adams 23:19	Doug Bellamy 1:41:	
Overall	W35 Midori Sperandeo 28:54	Jim Kornell 1:00:27	Mike Kournianos 23:25	M50 Charlie Bare 1:36:4	wee nichand restainments of
ZACK KUNYIHA 32 14:58 MARY COLBURN 26 17:00	W40 M Trujillo De Rios 29:44 Pam Runguist 30:22	Lauren Udden 1:03:45 M55 David Groom 1:03:44	M60 Dan Pope 20:49	Cyrus Pettis 1:42:	You Onder 51.41
M40 OSCAR GONZALEZ 15:31	Pam Runquist 30:22 Lisbet Sunshine 30:49	Robin Taliaferro 1:04:38	Richard Tuttle 24:13 Richard Groth 26:08	M55 Douglas Naversen 1:32: Paul Eckerson 1:42:	Donald Klinghammer55:00
TYRUS DEMINTER 15:36	W45 Kim Rupert 32:26	Russ Jones 1:08:09	M65 Doug Emerick 26:26	M60 Leonard Veith 1:49:	M65 Paul Slovic 36:04
KEVIN BROADY 15:52	Maria Briones 34:58	M60 Sean McCormick 1:04:11	Ben Bennion 26:33	Noble Morrell 2:06:	John Gottified 39:01
ANDY DICONTI 16:19 JOSE ORTIZ 16:45	Susan Beck 36:34	Vic Birtalan 1:07:40	Dallin Bagley 28:36	M65 Koei Nakanishi 2:06:	35 M70 Paul Flanagan 48:56
M45 RIGOBERTO VEGA 16:42	W50 Heidi Helvestine 31:08	Al Sladek 1:14:13 M65 Patrick Higgins 1:19:37	M70 Clinton J Baxter 27:21	Jim Johnson 2:18:	•
GUST RICH 17:20	Melinda Morse 33:34 Claire Malonson Fry 33:56	Aaron Katz 1:27:25	Derald Evans 28:57 Andy Hombaker 32:03	M70 Raymond Harris 3:42: Jerry Clem 3:56:	
JEFF SNYDER 17:35 DIEGO TORRES 18:58	W55 Nelda Williams 39:27	Frank Renda 1:59:15	Andy Hombaker 32:03 M75 Sid M Smith 40:00	W35 Cindy Jones 1:31:	
RAYMUNDO JUAREZ19:15	Laury Fisher 40:48	M70 Gordon McClenathen 1:25:06	M80 Gerald Klemm 40:29	W40 Debbie Cropper 1:33:	M75 Bill McChesney 52:38
M50 ED AVOL 17:51	Maggie Ward 41:05	Ralph Philbrick 1:37:22	Erwin Frank 46:18	Janet Mamikunian 1:37:	
JESUS HERNANDEZ17:56	W60 Shirley Matson 33:48	M75 William Cattoi 1:46:17	M90 Herb Wright 52:19	W45 Patricia Shipley 1:31:	MAN Warren Tarrian White 42 . 00
ESTEBAN GALVEZ 18:25 NABOR GOMEZ 18:43	Barbara Miller 36:19	Phil Clarke 1:58:20 W35 Suzanne Beste 1:00:25	W35 Kris Erickson 22:56	Jackie Lowther 1:40:	Tulia Valaia 43.31
M55 J RODRIGUEZ 19:54	Rusty Barnett 39:07 W65 Nova Poff 45:10	W40 Romy Suzuki 1:09:27	Angela Lavery 23:53	W50 Sue Hedge 1:55: Maureen Knutsen 1:56:	Sugan Hawking 44:29
ROB RUSSELL 20:52	Trudi Hofmann 45:17	Edie Robertson 1:16:42	Lisa Trusty 24:20 W40 Amy Mcdonald Sany 21:13	W55 Lana Best 2:04:	Marianne Gardner 46:39
DON OCANA 21:03	Florence Fong 51:42	Sue Clinton 1:17:01	Beverly Salazar 22:20	Jill Poyer 2:08:	
M60 C GONZALEZ 18:59	W70 Myra Rhodes 41:14	W45 Maggie Mason 1:07:12	Tina Coates 22:34	W60 Conni Schlee 2:13:	15 Kim Ward 46:03
MIKE LOPEZ 19:56		Arlene Lewis 1:11:04 Karen Beerman 1:11:20	W45 Sarah Winkler 23:47	Diane Teece 2:48:	
PAILING CHOU 23:14 M65 MIKE ISHIKAWA 22:13	Western States Endurance Run 100M	W50 Paulette Posch 1:26:26	Tami Katz 26:13	W65 Joan Bannerman 3:12: Joyce Dow 3:12:	
FRANK GREENE 22:29	Cool, CA; June 26	D. Jacobs-Robinson 1:29:11	Hazel Riley 26:45 W50 Trisha Davis 24:29	W70 Martha Clem 3:56:	
SUSUMU NIIMI 22:53	The state of the s	Judy Pines 1:34:52	Liz Vincent 26:14	10K	W55 Jean White 51:40
FRANK VASQUEZ 23:56 M70 ROBERT LYONS 23:05	Overall Scott Jurek 15:36:27	W55 Maryam Burcham 1:17:06	Patty Mccomb 27:51	Overall	G Proudfoot-Sho 52:57 Sharon Schuman 55:07
STANLEY POLSKI 23:45	Nikki Kimball 18:43:25	Helen Deshler 1:29:31	W55 Lynda Lambert 25:59	Jake Moe 32:00	W60 Nini Monroe 53:32
DICK WINDISHAR 25:59	W30 Nikki Kimball 18:43:25	Stephanie Welch 1:37:58 W60 Pauline Freeland 1:23:25	Vicky West 28:59	Ashley Thomas 38:56 M35 Matt Hemry 40:59	Judy Harold 56:08
M75 MILO SATHER 26:57	Monica Scholz 22:06:20	W70 Ann Chadwick 1:59:15	Diane Gilbert 29:19	M40 Andy Underwood 43:02	THYTTIS GARDET 1.VI.ZZ
TARO M. OHASHI 34:11	Diana Finkel 22:08:09		W60 Dixie D Mathis 27:18 Kay Winn 28:44	Jack Griffin 44:36	
TOM ITO 35:29	Jennifer Pfeifer 22:11:13 Suzanna Bon 23:15:50	NORTHWEST	Kathleen Roska 39:52	M45 David Kroupa 34:08	Judith Hicks 1:25:37
M80 M 'MOE' MILLER 37:36 FRANK ENDO 39:10	F. Gascon-Amyx 23:20:15	Salt Lake City Classic	W65 Sherilyn Bennion 30:19	Leonard Gurule 40:58	
FRANK ENDO 39:10 GEORGE BONNAUD 45:30	W40 Luanne Park 19:42:40	Salt Lake City Classic 10K/5K, SLC, UT; June 5	W70 Charlotte Frank 32:01	M50 Bob Davis 33:37 Jose Castro 38:19	
M85 RODNEY KANIYA 51:10	Diana Fitzpatrick 20:38:16	Overall	Gerda Davis 42:55	M55 Gregory Brock 37:00	
M90 E VAN LEEWEN 37:37	Connie Gardner 21:16:15	Joseph Wilson 28 32:14	W75 Colleen Gregory 41:07	Jay Hammitt 41:50	
ROBERT ASHIMINE43:52	Rena Schumann 22:20:22	Julie Thomas 31 38:52		M60 Timothy Middleton 47:39	the second secon
W40 CYNTHIA DEMARCO20:32	Terri Schneider 23:36:42 Laura Yasso 24:33:41	M35 Neal Gassmann 34:47	Mayor's Midnight Sun	David Kafer 48:26	Cortin i mirito itali ilacomani
L JACOBSON 21:04	Kelly Ridgway 24:35:34	Sean Dalby 39:36	Marathon, Half-Marathon &	M65 Buff Burtis 47:42	
I HERSHKOWITZ 22:12 J ASTORGA 22:15	Carol Gerber 25:45:13	Jan Nielsen 42:37 M40 Dennis Simonaitis 32:51	10K, Anchorage, AK June 18	Joe McGann 1:06:46	
W45 W BRACAMONTE 22:24	W50 Lorraine Sorensen 26:48:09	Kirk Zander 36:59		M70 Sevard Wagenius 1:06:37 Jack Wright 1:07:0	
EILEEN KADOWAKI22:37	Debbie Leftwich 27:36:55	Bill Cobler 38:39	Overall Will Kimball 40 2:33:50		Alexis Davidson 48 1:28.56
MARTHA WALLACE 23:34	Carol Cuminale 28:31:38	M45 Jerry Henley 35:55	Najeeby Quinn 24 2:49:32		M40 Jim Andruszkewicz 1:52.25
J THOMPSON 24:23 W50 JEANNIE CHEUNG 25:30	Joan Scannell 29:08:43 , Letha Cruthirds 29:11:48	Wayne Cadigan 36:29	M35 Terry Lee 2:55:23	The state of the s	1 10143 Henry Aldwin 1 37 37
JONI HOGABOAM 27:39	Cindie McKenna 29:19:23	Jules Magda 38:04	M40 Will Kimball 40 2:33:50	Stephanie Thomas 47:28	Pablo Maiz 2:06:55
LILY ARROYO 28:38	Cheryl Loomis 29:19:52	M50 Kevin Murphy 39:13 Bill Francis 41:36	Michael Prutz 2:58:02		E Vakalanavilas 2.00 40
W55 SHARON YAMATO 25:18	Christine Flaherty 29:26:51	Bill Francis 41:36 Mark Bosworth 44:50	Tom Bronga 2:59:42		Agnello Loho 2:07:50
RITA O'BRIEN 26:58  JANE DAWSON 29:06	M30 Scott Jurek 15:36:27	M55 John Helm 43:43	M45 Lloyd Raines 2:53:07 Monty Steffens 2:59:44		M55 Gary Null 1:31.37
W60 WENDY WATSON 22:55	Dave Mackey 16:30:17 Erik Skaden 17:39:37	Andy Schnebly 44:07		W55 Sara Fields 47:23	
MASAKO HIGUCHI 38:21	Erik Skaden 17:39:37 Joe Kulak 17:43:12	Ken Adlam 49:00	M50 Frank Cahill 3:00:10	Veronica Allmaras 51:59	W30 Elizabeth McCormick 1:45.22
MERRY DELUCIA 39:10 W65 KAKO MIZUMOTO 38:54	Nicholas Bingham 17:59:59	M60 Roger Perry 45:19		W60 Cory Graham 1:12:42	W45 Luanne Pennesi 1:44.43
W65 KAKO MIZUMOTO 38:54 Y SHIGEKO 41:00	Andy Jones-Wilkins 18:26:48	Byron Lund 51:30	Doug Balogh 3:13:21	Elaine Fields 1:13:56 W65 Mary Marsolais 49:57	
YOSHI YAMAMOTO 44:32	M40 Dean Kamazes 18:09:41	Robert Hawkes 51:38	M55 Dennis Huffman 3:38:21 Bob Findlay 3:48:46		Dith Comb 1.53.45
W70 CHIEKO ALLWEIN 29:40 TERR DURISH 34:41	David Terry 18:41:37	M65 Edward Holt 55:14 Jan Thurston 55:18		W70 Carol Stickney 1:14:09	
TERR DURISH 34:41	Craig Thornley 18:46:26	Jan Indiston Jo.10		Channe Vall. 400.00	

M60 Gary Zimmerman

Willard Peck

Duane Baker

David Arakaki

Peter Angelides

M65 Tadahiko Hasebe

Dale Webb

M75 Richard Pertzborn

M70 Tom Knoll

58:57

46:20

42:59

49:44

50:16

45:59

48:02

51:35

1:00:23

3:31:00

3:48:01

4:04:07

4:21:39

5:02:12

5:23:08

6:25:02

Nick Rogers 29

7:32:40 Sabrina Monro 24 5:00:47 M40 Jeff Fielding

OVERALL

Sharon Kelly

**Butte to Butte 10K** 

Eugene, OR; July 4

W80 Pauline Pergande

1:29:39

1:33:02

31:23

36:21 34:16

Craig Thornley

Todd Holmes

Andy Nicol

Tim Twietmeyer

Rick Simonsen

Paul Schoenlaub

Michael Sweeney

Ken Gregorich

Steve Smucker

Scott Mills

W75 KAZUYO CALLAHAN45:28

ELSIE SUMI 46:45 W80 DOREEN NAKASAKO48:14

KAZUKO TAJII 45:37

H WAKAYAMA 1:01:08 M YASUKOCHI 1:02:28

SONOKO KUNIBE1:03:26

46:45

48:19

52:47

IRENE RHEE

MAE TENGAN

ELSE UNTEN

W85 H WAKAYAMA

18:46:26 18:54:24

19:09:13

19:38:54

19:43:13

20:29:23

20:41:54

20:43:34

20:21:09

21:15:36

Isaac Armstrong

M70 J. Gam Mcbride

M75 Thomas Gregory

Beth Drees

Denice Mack

Julia Batten

Suzette Sipple

Carolyn Mcqueen Judy Green

W35

### APPLICATION FOR TRACK RECORD

		e, OR 97401
1. Description of Record: WorldAmer	rican Male F	emale age group*
* application must be accompanie		
Event:		
Competition Name:		
Facility Name:		
Printed Full Name and age of Competitor		The second second
Competitor's City, State and Club		
2. Starter's Certificate: I certify I was the Starter		
Printed Name:Si		
3. Automatic Timing Certificate: A fully autom		
As Chief Photo Finish Judge, I certify the time re		
Printed Name:		
4. Wind Gauge Certificate: I, as the Wind Gauge C	Operator, certify the force of th	e following wind as:m
Printed Name:Sig	gnature:	USATF Cert #
5. Surveyor: I certify that the facilities used we		
allowance for inclination did not exceed 1:1000 raised border on the inner edge of the track and	d the length of one lap was	
meterscentimeters, c		feetinche
The height and distance of the hurdles was:		
6. Guarantee by Referee: I certify that all infor		
ducting the event was duly qualified and that all		
Printed Name:		
Signature:		
The following must be enclosed with this application	ation for World and Americ	an Records:
The printed program for the competition.		
The complete results of the event.		
A printed Photo Finish photograph.		
Description of Record: WorldAmer     * application must be acc		male age group*  th certificate or passport
Event:		
		Time of Day:
Facility Name:		
		Oldic
Record Claimed (distance or height)  Printed Full Name and age of Competitor		
Printed Full Name and age of Competitor	(me	etric)
the Other Challe and Child	(me	etric)
Competitor's City, State and Club	(me	etric)
2. Field Judge Certificate: We certify that the	measurement stated oppo	etric) site our respective signatures is exa
2. Field Judge Certificate: We certify that the as measured in accordance with USATF or WM	measurement stated oppo	etric) site our respective signatures is exa
2. Field Judge Certificate: We certify that the as measured in accordance with USATF or WM in compliance with WMA or USATF appropriate	measurement stated oppo MA Rules. We also certify telespecifications.	etric)  site our respective signatures is exacthat the circle, sector and/or runway
Field Judge Certificate: We certify that the as measured in accordance with USATF or WM in compliance with WMA or USATF appropriate Mark:	measurement stated oppo MA Rules. We also certify t e specificationsSignature:	etric)  Isite our respective signatures is exact that the circle, sector and/or runway USATF Cert #
2. Field Judge Certificate: We certify that the as measured in accordance with USATF or WM in compliance with WMA or USATF appropriate Mark:	measurement stated oppo MA Rules. We also certify t e specificationsSignature:Signature:	etric)  Isite our respective signatures is examinat the circle, sector and/or runway USATF Cert #
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2. Field Judge Certificate: We certify that the as measured in accordance with USATF or Whin compliance with WMA or USATF appropriate Mark: Printed Name:	measurement stated oppo MA Rules. We also certify the specifications. Signature: Signature: Signature: the implement conforms e	etric)  Isite our respective signatures is examinat the circle, sector and/or runway USATF Cert #USATF Cert #USATF Cert #USATF Cert #USATF Cert #USATF Cert #USATF Cert #
2. Field Judge Certificate: We certify that the as measured in accordance with USATF or Whin compliance with WMA or USATF appropriate Mark: Printed Name: Mark: Printed Name: Printed Name: And the implement Certification: I certify that I weight in accordance with WMA or USATF Rules and The implement weight is:	measurement stated oppo MA Rules. We also certify the specifications.  Signature:  Signature:  Signature:  Ighted and measured the interplement conforms en	etric)  site our respective signatures is exactly to WMA Rules.
2. Field Judge Certificate: We certify that the as measured in accordance with USATF or Whin compliance with WMA or USATF appropriate Mark: Printed Name:	measurement stated oppo MA Rules. We also certify the specifications.  Signature:  Signature:  Signature:  Ighted and measured the interplement conforms en	usite our respective signatures is exactly to WMA Rules.
2. Field Judge Certificate: We certify that the as measured in accordance with USATF or Whin compliance with WMA or USATF appropriate Mark: Printed Name: Mark: Printed Name: Printed Name: And the implement Certification: I certify that I weight in accordance with WMA or USATF Rules and The implement weight is:	measurement stated oppo MA Rules. We also certify the specifications.  Signature:  Signature:  Signature:  ighted and measured the interpretation the implement conforms ending the second conforms.	usate our respective signatures is exactly to WMA Rules.
2. Field Judge Certificate: We certify that the as measured in accordance with USATF or Whin compliance with WMA or USATF appropriate Mark:	measurement stated oppo MA Rules. We also certify the specifications. Signature:Signature:signature: _	etric)  Insite our respective signatures is exactly to WMA Rules.  LUSATF Cert #
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2. Field Judge Certificate: We certify that the as measured in accordance with USATF or Whin compliance with WMA or USATF appropriate Mark:	measurement stated oppo MA Rules. We also certify the specifications.  Signature:  Signature:  Signature:  Signature:  Signature:  Operator, certify the force of the signature:  Signature:  Operator, certify the force of the signature:  Operator of the signature:	usite our respective signatures is exactly to WMA Rules.  USATF Cert # USATF Cert # mplement used for the claimed reconstactly to WMA Rules.  USATF Cert # he following wind as: usactly to Cert # he following wind as: muscle with the Officials come is accurate, that the Officials come is accurate, that the Officials come is accurate.
2. Field Judge Certificate: We certify that the as measured in accordance with USATF or Whin compliance with WMA or USATF appropriate Mark: Printed Name: Mark: Printed Name: And the implement Certification: I certify that I we in accordance with WMA or USATF Rules and The implement weight is: Printed Name: 4. Wind Gauge Certificate: I, as the Wind Gauge Certificate in I certify that all info	measurement stated oppo MA Rules. We also certify the specifications. Signature:signature:	usite our respective signatures is exactly to WMA Rules.  USATF Cert # USATF Cert # mplement used for the claimed reconstactly to WMA Rules.  USATF Cert # he following wind as: usactly to Cert # he following wind as: muscle with the Officials come is accurate, that the Officials come is accurate, that the Officials come is accurate.
2. Field Judge Certificate: We certify that the as measured in accordance with USATF or Whin compliance with WMA or USATF appropriate Mark:	measurement stated oppo MA Rules. We also certify the specifications. Signature:Signature:signature:signature:Signature:Signature:si	usate our respective signatures is exactly to WMA Rules.  USATE Cert #  USATE Cert #  USATE Cert #  The following wind as:  USATE Cert #  OTHER TO STATE CERT #  The following wind as:  USATE Cert #  OTHER TO STATE CERT #
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2. Field Judge Certificate: We certify that the as measured in accordance with USATF or Whin compliance with WMA or USATF appropriate Mark: Printed Name:	measurement stated oppo MA Rules. We also certify the specificationsSignature:Signature:signature:	etric)  Insite our respective signatures is example and the circle, sector and/or runway USATF Cert #USATF Cert #  INSATF Cert #  Orm is accurate, that the Officials conform is accurate.
2. Field Judge Certificate: We certify that the as measured in accordance with USATF or Whin compliance with WMA or USATF appropriate Mark: Printed Name: Mark: Printed Name: Mark: Printed Name: 3. Implement Certification: I certify that I wein accordance with WMA or USATF Rules and The implement weight is: Printed Name: 4. Wind Gauge Certificate: I, as the Wind Gauge Printed Name: 5. Guarantee by Referee: I certify that all info ducting the event was duly qualified and that a Printed Name: Signature:	measurement stated oppo MA Rules. We also certify the specificationsSignature:Signature:Signature:signature:signature:signature:signature:signature:signature:signature:operator, certify the force of the signature:ormation recorded on this formation for World and American	site our respective signatures is exitat the circle, sector and/or runway

## USA TRACK & FIELD

	APPLICATIO	N FOR MASTERS RA	ICE WALK RECORD
Identify appropriate cate	agory: Age-group record (e. Single-age "Best"	g. 40-44) (not an official USATF Reco	Indoor/Outdoor Track/Road ord)
Event distance	Offic	al time achieved	Dete
Where held (name of tra			OF U.S.
	thdate, address, phone #, e-		
W			
If this is your first applic	ation, please enclose photo		
		(to be completed by Event	Referee)
Time recorded	Name of head times	A STATE OF THE STA	
Watch #1	Watch #3		de 10ths of seconds (100ths if FAT) timed? FAT?
o certined judges. At le	track records must have a	minimum of 5 certified judg	ges and road races must have a minimum of fication or higher and at least one must have needed. Race must be USATF sanctioned.
List all jo		Certification #	
Judge #1	100		
Judge #2			
Judge #3			Men Maria Garage
Judge #4	of the second		
Judge #5			
Judge #6	5 2001 310		
additional judges			
Course Certification #	Track 4	40v/400m/other	2" high continuous curb? yes no
	5K road records r	must be on circuits no large	r than 1250 meters.
certification: 4) correct	on on this form is correct, in	ncluding 1) fairness of start	(; 2) accuracy of lap counting; 3) course
IAAF) judges; 6) completi	on of the race by the athlet	ompetitions; 5) judging by o te; 7) recewelk-only event (	certified (USATF Association, National, or (no runners); 8) USATF Sanctioned event.
	and/or e-mail address of R		
		and or mark bridge	
			MARKET WEIGHT BOOK
Submit lap times for reco	rd applicant and complete n	ce results to:	-524-4721; bevlaveck@methow.com
	10.0 M. 10.0	33. 305-330-2423, 200	324-7/21, DevisiveCxOmethow.com
		CALLED DE LA	
Application for World		ORLD MASTERS ATH	LETICS rformance'/World Masters Age-Best Performance
	CO	MBINED EVENTS	rina No. C-301, Venice, CA 90291, USA
Application is hereby mad		roup Record/World Masters.	Age-Group 'Best Performance'/World Masters
Full Name of Competito	or		
	Age Group	Competitor's	
			Date(s) of Meeting
Name of Stadium		City	Country
Results expressed in minute DECATHLON	HEPTATHLON	ers per second in running dir MEN'S INDOOR PE	rection. Specifications in meters or kilograms:  NT. WOMEN'S I&O
PENTATHLON			Solice The Copy of the Copy
1. 100M	1. HUR		DistanceHeight
2. LJ	2. HJ	2. LJ	2. HJ
3. SP Weight	3. SP	3. SP	3. SP
4. HJ	4. 200M	4. HJ	4. LJ
5. 400M		5. 1000M	5. 800M
PENTATHLON	HEP. 2ND DAY	MEN'S OUTDOOR	I THE LOCK OF THE PARTY
6. HUR DistanceHeight	5. LJ	1. LJ	1. HT
7. DT	6. JT	2. JT	2. SP
8. PV	7. 800M	3. 200M	3. DT
9. JT		·	4. JT
10. 1500M		00M	5. WT
STARTER'S CERTIFICA	ATE: I hereby certify that th		was in accordance with IAAF
Name			
TIMEKEEPER'S CERTI	FICATE: I hereby certify th	at time of event(s)	is correct & in accordance with IAAF
			is exactly as stated
above.	CATE: I nereby certify the	- ma speed in event(s)	is exactly as stated
Name			
		The second secon	is exactly as stated
	FICATE: I hereby certify the	e measurement in event(s)	