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

By JERRY WOJCIK
The 37th National Masters Track & Field Championships are scheduled for Aug. 5-7 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 five-year 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

Canada’s Kotelko Breaks Three WRs
Field Eventers Have Record Day in 24th 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.

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, 2:35:08.

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 cannily after 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 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.

INSIDE:
- Oak Apple Run — page 12
- Training Advice — page 14
- Regionals Wrap-Up — page 15
**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. 9.

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. 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 Dalampoline’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

---

**Senior Games Spotlight**

Dr. 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 NNW 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.

---

**ARKANSAS SENIOR OLYMPICS**

State Games 2004 in Hot Springs

National Qualifying Year

“Fitness with Pride”

FOR SENIORS 50+

Sept. 24-26

Senior Olympics

50m
100m
200m
800m
1500m
Racewalks
Road Races

Discus
Javelin
Shot Put
High Jump
Long Jump
Pole Vault
& other sports

Hot Springs National Park – Arkansas

***ARKANSAS IS AN OPEN STATE***

REGISTER NOW
1-800-720-7276
Hot Springs 501-321-1441

Hosted and organized by:

SENIOR ARKANSAS SPORTS ORGANIZATION
P.O. BOX 3377, HOT SPRINGS, ARKANSAS 71914
620 CENTRAL AVE., SUITE 2E
HOT SPRINGS, ARKANSAS 71901

Fax # 501-321-4961
E-mail: arsrolym@hotsprlngs.net
www.SrSports.org
**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 Glyn
_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 runner. 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.

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 team, achieving 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 age-graded 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_

---

**Subscription Form**

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

2nd Class rates:
- (USA, Canada, Mexico) 1st Class rates: (USA, Canada, Mexico)
- 6 months $16 1 Year $28
- 1 Year $28 2 Years $52
- 2 Years $52 3 Years $75
- 3 Years $75

Foreign rates:
- (Air mail) 1 Year $45
- (Mail) 1 Year $48
- 2 Years $86
- 2 Years $91
- 3 Years $124
- 3 Years $134
to your work

Circle applicable sports: T (T&F); L (LDR); R (RW)

___ Payment enclosed
- $___ as a contribution
- Bill me later

Name

Address

City State Zip

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

Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Maryann Iglesias, at 818-286-3129; fax 818-760-4490. Or write to NMN, PO Box 16597, North Hollywood, CA 91615.
Schedule Shapes Up for Annual Meeting

There 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**

8 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

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 the organization of 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 Cligan, Becky Sisley, Greg Foster and I will be present in December 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 Sekerek (M40, 51:29) and the Many Burleson (W40, 60:22) First in National Masters 15K in Ohio
- National Senior Olympics Draws 3396 to St. Louis
- Waigwa, Drake Win in Ulitca 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 Darmouth College**
Hanover, New Hampshire

**SATURDAY & SUNDAY, AUGUST 14-15, 2004**

- Five-year age groups for men and women

- Men - 164 shot put, 164 hammer, 2k discus, 800g javelin, 354 weight

- Women - 4k shot put, 4k hammer, 1k discus, 600g javelin, 204 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
Hungry for Humble Winners

I 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 horse racing a part of 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 last chance 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 lash up the attention.

Arrogance or Enlightenment?

What if a victorious runner or stand-out athlete refused to give autographs simply because he was unpretentious and humble? What if he reasoned that just because he was particularly good and humble? What if he saw the current celebrity worship among our young people as a sin against the first commandment, i.e., having false god, and therefore should not be idolized by the fans? What if he saw the current celebrity worship among our young 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 like-
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 and Geofos Research Center. NMN recently caught up with this diminutive (5-3, 105 lbs.) 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—which 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 Breastless

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 January. 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 masters division), Mike Platt. I’m running better than in over two years and still feeling like I’m on the upsweep.

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 training?

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 compete 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.

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 reconstruction 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 and the 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.

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.
Biomechanics of Age

Pedometers - 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 kilocaras 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)

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 Oswood Rennvall 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 Conrad 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 event 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 meet.

Some readers provide additional support to the National Masters News by sending contributions of $25, $50, or $100 a year. If you are able, we urge you to join them. All contributors will be listed in the paper as a National Masters News sustainer.

For the latest in top-level track & field

The bible of the sport, published monthly since 1952. $43.95 yr.

TRACK PERIODICALS • TRACK BOOKS • VIDEOS
TOURS TO THE OLYMPICS, TRIALS, WORLDS

www.trackandfieldnews.com

Track & Field News, 2570 El Camino Real, Suite 606
Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax
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 (e) 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:

1) Improvement in athlete performances.
2) 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! ☑

THROWERS

TRAIN YOUR BRAIN!!!

The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys for success and the personalities behind their achievements. LSTJ's interviews with top name throwers such as Adam Nelson, Suzie Powell and Breaux Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for.

Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!

www.longandstrong.com

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 (M60 SP, 40-3) Break Records in Hayward Meet

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

The National Masters News now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site:

www.nationalmastersnews.com

This enables foreign athletes to subscribe without having to convert foreign currency to U.S. currency.
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 an uniquely attractive command of the racewalking technique. Human 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 an unchanging physical, emotional and intellectual biorythms of exact length has been discarded. 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 times 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.

Less than 10% of the population is unaffected by jet lag when changing time zones. Older individuals, habitually 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 traveling 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 customs.

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.

Human 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 an unchanging physical, emotional and intellectual biorythms of exact length has been discarded. 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 times 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.

Less than 10% of the population is unaffected by jet lag when changing time zones. Older individuals, habitually 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 traveling 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 customs.

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.

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 impelments around in a child's red wagon.

McPhie wasn't the oldest entrant, however. At 95, John Hanna, San Diego, finished the 5K walk in 59:43.4. 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.

Name ____________________________

Address ____________________________

City ____________________________ State ______ Zip _______

Send $19.25 (Can. $28.50) + $2(s/h) to National Masters News
Order Dept., P.O.Box 50098, Eugene, OR 97405

Ruth Anderson
Donna Cetrulo, (l), 55, fiftieth (64:38), and Jolene Steigerwalt, 59, eighth (67:03), after the 10K racewalk, 15th WMA World Championships, Puerto Rico.
U.S. Marathons Continue to Grow

SANTA 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 result, 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.” After 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:

**Est. U.S. Marathon Finisher Total**

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Finishers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1976</td>
<td>25,000</td>
</tr>
<tr>
<td>1978</td>
<td>360,000</td>
</tr>
<tr>
<td>1980</td>
<td>120,000</td>
</tr>
<tr>
<td>1999</td>
<td>120,000</td>
</tr>
<tr>
<td>1997</td>
<td>374,000</td>
</tr>
<tr>
<td>1999</td>
<td>236,000</td>
</tr>
<tr>
<td>2000</td>
<td>389,000</td>
</tr>
<tr>
<td>1995</td>
<td>312,000</td>
</tr>
<tr>
<td>2001</td>
<td>366,000</td>
</tr>
<tr>
<td>1996</td>
<td>340,000</td>
</tr>
<tr>
<td>2002</td>
<td>388,000</td>
</tr>
<tr>
<td>1997</td>
<td>340,000</td>
</tr>
<tr>
<td>2003</td>
<td>400,000</td>
</tr>
</tbody>
</table>

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 finishers.

Like 2002, the U.S. again had seven of the 15 largest marathons in the world.
Masters Willkommen 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 Gemutlichkeit ("fun run"). The races reflect the proud German heritage of Frankenmuth, right down to imported German beer steins given as age-group 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 (age-graded 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 (3:14:26), breaking Hallop’s 1987 masters mark of 3:30:00. Look for him to enter the 5K next year?

Other masters winners included Mark Farkus, 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 six-minute pace in the 10K, while Lee Burch, 66, 45:11 (A-G 35:01) and Jim Matherly, 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 Malczyński, 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.

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 Regions, 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.
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

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

PUBLICATIONS ORDER FORM

<table>
<thead>
<tr>
<th>Publication</th>
<th>Quantity</th>
<th>Total (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Masters Age Records (2003 Edition)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s and women’s world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racing events, age 40 and up, as of Oct. 31, 2002, 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie. $6.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Masters Track &amp; Field Rankings Book (2002)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s and women’s 2002 U.S. outdoor track &amp; field 5-year age-group rankings. Coordinated by Jerry Wojcik. All T&amp;F events, including mile, relays, weights, racewalks, and combined events. $8.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Masters Track &amp; Field Rankings (2003)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s and women’s 2003 U.S. outdoor track &amp; field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. $4.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Masters Track &amp; Field Indoor Rankings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Indoor rankings for 2004. 4 pages. $2.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Masters Age-Graded Tables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $5.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Masters 5-Year Outdoor Age-Group Records</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s and women’s official 2003 world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie. $4.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Masters 5-Year Indoor Age-Group Records</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Same as above, except indoor records (M40+; W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA), 4 pages. $2.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters. $12.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. $12.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Running Encyclopedia, The Ultimate Source for Today’s Runner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with “waffle sole” and ends with “Wysocki, Ruth.” A must for every runner’s library. 417 pp. $24.95</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How to be A Champion from 9 to 90, Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US $19.25/CAN $28.50, plus postage &amp; handling. $6.50.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>USATF Logo Patch 3 color embroidered 4&quot; x 3&quot;. $4.50.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>USATF Lapel Pin 3-color USATF Logo on 7/8&quot; soft enamel lapel pin (nail pin back with military clutch). $5.50.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>USATF Decal 3-color 3&quot; x 2-1/2&quot;. $2.00.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2003 Road Race Management Directory</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Published by Road Race Management, this book combines the Guide to Prize Money &amp; Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. $75.00.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Back Issues of National Masters News

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Total (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

Postage and Handling

| Overseas Air Mail (add $5.00 per book) | $2.00 |
| TOTAL                                    | $2.00 |

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

Name
Address
City  State  Zip
Training Advice

By EARL FEE

Running Stride Length and Stride Frequency Decrease with Age

All 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.

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 slow, 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 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


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 40.

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, "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 time. Plyometrics, particularly one-legged, 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.

Useful Exercises

The following will assist stride length and stride frequency:

- Running uphill will enhance the dorsiflexion 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, VO2 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-EEdwardsville on June 12-13. The meet was hosted by the Ozark Association and served as its championships.

In the sprints, Bob Lida, 57, Wichita, Kan., 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 Aytton, 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 jump, 6-4-1/2. Chezel 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 Puksts, 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 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 Slaback (2:01.65) for the M40 title in the 800. Jack Thomas finished the 400H in 59.41.

Matt 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).

Puksts, 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 M35 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 27:40.00.

Gerald Vaughn, M65, was top man in the shot put (13.52). Gloria Bortolli, M70, 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 walk (27.12.20). Q

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 800 race with a 3:38.48, and breaking Marion Irvine's age-63 record of 35:10, set in 1993 at the Fifty Plus 8K at Stanford.

2004 USATF Competition Rules
Run your event by the rules

Track & Field • Long Distance Running • Race Walking
Senior • Junior • Youth Athletics • Masters

Name _____________________________
Address __________________________
City ___________________ State ____ Zip ___

Send $12 + $2(s/h) to National Masters News
Order Dept., P.O.Box 50098, Eugene, OR 97405

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

2nd Class rates: Foreign rates: (Air mail)
\[ \begin{array}{llll}
\text{USA, Canada,} & \text{USA, Canada,} & \text{USA, Canada,} & \text{USA, Canada,} \\
\text{Mexico) } & \text{Mexico) } & \text{Mexico) } & \text{Mexico) }
\end{array} \]
\[ \begin{array}{llll}
\text{6 months $16} & \text{6 months $16} & \text{6 months $16} & \text{6 months $16}
\end{array} \]
\[ \begin{array}{llll}
\text{1 Year $28} & \text{1 Year $45} & \text{1 Year $45} & \text{1 Year $45}
\end{array} \]
\[ \begin{array}{llll}
\text{2 Years $52} & \text{2 Years $86} & \text{2 Years $86} & \text{2 Years $86}
\end{array} \]
\[ \begin{array}{llll}
\text{3 Years $75} & \text{3 Years $124} & \text{3 Years $124} & \text{3 Years $124}
\end{array} \]
\[ \begin{array}{llll}
\text{3 Years $134} & \text{3 Years $134} & \text{3 Years $134} & \text{3 Years $134}
\end{array} \]

Circle applicable sports: T L R

FAX TO: 818-760-4490

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 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 Dieterich

Leonard Davies, M60 800 winner (2:37.57), Hayward Classic.
A record 774 athletes entered the 34th British Masters T&F Championships, June 26-27, in Birmingham. With entries averaging three per athlete, official facilities and stadium facilities were at full stretch. Intermittent heavy showers and blustery winds 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 age-group 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 an event a long way down the line”.

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 in 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 brillant W40 race in a hand-timed 7:29.0.

Rachel Rossov, 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 Whyle making his first appearance at a BMAF championships. Whyte won the shot and weight competitions.

M70 Gordon Hickson’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.

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

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


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

WOMEN

MID-AMERICA

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


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 Kastritsis, 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, Westton Hawaiian July 4 Classic 5K, Westton, FL. Alan Miller won the M55 race in 18:57. Roger Rouiller, the M65 in 19:43, and Jerome Kauffman, 80, the M80+ in 40:02.

MIDWEST

• Sprinters Darron Witherspoon, M40, ran a 23:21.20, and Mike Woodbeck, M45, a 55:73 400, USATF Michigan Masters Championships, Grand Rapids, June 19. Chuck Sochor, M75, took the 100H (14.18) and 300H (39.22). Jon Skrycki, M35, hit 58.92 with the 16th 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, cracked out a 52.15 400; and rhinoceros Shoock, W40, a 27.90 200, USATF Indiana Masters Championships, Indianapolis, June 19. Max Walker, M55, led everybody to the finish in the 3000 RW (10:41). Paul Babits, M40, vaulfed 15-6.

• In the Cleveland Track Classic, Cleveland Heights, OH, July 3, Nix ran a 50.70 400; Ronald Ruffin, W40, did a 17:40 1500 and 11:29:30 3000; and Debbie Lorsch, 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, Peoria, IL, June 12. Division winners included Ray Parella, M65, 25:18, and

NORTHWEST

• Harvey Lewellen, Springfield, OR, who has been revising M75 thresholds since turning 75 in February, hit 141-0 with the hammer in the Hayward Field All-Comers Meet, July 1. The present WR is 40.68/13:5, set in 1986.


• Will Kimball, 40, in 2:33:50 took the

INTERNATIONAL

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

• South African Phillip Rabinowitz’s attempt to break the M100 WR for the 100m wasn’t faded 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 Jaskuluksi in 2002. After the race, Rabinowitz vowed to try again in the 200m in June 26, 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.

• 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 Jaskuluksi 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 the world’s best age-graded 2:27:7 in the decathlon at a meet in Niedersachsen, GER, June 26-27. The present record is 7789 by out 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.

• Alfredo Viguera, M40, was eight seconds out of first place with a 24:23, Shriner’s 8K, Sacramento, CA, June 19. Maria Trujillo de Rios, M40, won the women’s masters encounter in 29:44. Shirley Matson produced a 3:48:46 W60.

• Ron Atwood, 41, of Chico, CA, ran to the women’s overall win at the Fontana (CA) Days Festival Half-Marathon, June 5, 1:18:49. Mark Donaldson, 41, Trabuco Canyon, CA, sped to the men’s 40+ win, 1:11:31.

CORRECTIONS

• The M70 US record mark of 5:14:11 for the 1500 in the Central Florida Classic, May 22, attributed to Allan Smith, 73, in the July Masters Scene was incorrect.

• Indoor Rankings 2004

55m: M35 Marek Wensl 2nd 6.86
800m: M35 Eric Green 5th 2:01.68
1500m: M30 Matt Smith 5th 3:43:87
3000m: M35 Eric Green 1st 8:26:17
5000m: M30 Matt Smith 3rd 8:54:19
10000m: M35 Eric Green 1st 8:52:29
4100m: M50 John Carmony 6th 3:51
4200m: M70 Robert Hewitt 1st 2:89
4300m: M60 John Eltsasser 2nd 16:52:72
4400m: M50 Michael Carlson 5th 10:90:80
4500m: M60 John Eltsasser 2nd 16:52:72
4600m: M50 Lynn Tracey 1st 15:53:00
NATIONAL
• Road Race Management is seeking nominations for the Marathon Float/Road Race Management Coordinator 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 Daniels, 9th Floor Suite 610 Road Race Management, NY, 10016.

• The WABC Fight Against Prostate Cancer 8K, Central Park, NYC, June 20, 26:29:20, USATF Wisconsin Championships, Milwaukee, June 20. The present record is 26:36.99 by Gayle Johnson.

From Andy Martin, USATF Associate Director of Associations & Member Service, in re the “90-day rule.” I urge all member clubs to adhere to the interpretation of the 90-day rule is still forthcoming. I can tell you if an athlete represents a member club in a four-meet 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 along with the National DQ Group, 320 Road Race Management, NY, 10016. There are 30 men and 15 women.


• Don DilDonato, 46, in 15:56, and Kathy Martin, 52, with a second-female 18:32, were first masters in the Dave Lerner Associates Long Island Police Appreciation Run 5K, Eisenhower Park, June 12. Oldest finishers were John McManus, 80, 31:27, and Dolly Finkelstein, 74, 37:56. Proceeds from the run, staged by the Greater Long Island PC, went to a special Police Crisis Fund, established to aid Nassau and Suffolk County law enforcement officers and their families in time of emergency, which has distributed over $150,000 to local police officers and their families.


• Cindy Pomeroy, 42, was first woman (1:31:21), and Mike Woodbeck, M45, a 55:73 400, USATF Michigan Masters Championships, Grand Rapids, June 19. Mark Turckington, M55, won the M50+ race in 18:44. Isaac Izquierdo, 40, 17:17, and Char Deminter, 50, 21:52, blew to masters wins, Weston Highetown July 4 Classic 5K, Weston, FL. Alan Miller won the M55 race in 18:57. Roger Roullet, the M65 in 19:34, and Jerome Kaufman, 60, the M60+ in 40:02.


• Cindy Pomeroy, 42, was first woman (1:31:21), and Mike Woodbeck, M45, a 55:73 400, USATF Michigan Masters Championships, Grand Rapids, June 19. Mark Turckington, M55, won the M50+ race in 18:44. Isaac Izquierdo, 40, 17:17, and Char Deminter, 50, 21:52, blew to masters wins, Weston Highetown July 4 Classic 5K, Weston, FL. Alan Miller won the M55 race in 18:57. Roger Roullet, the M65 in 19:34, and Jerome Kaufman, 60, the M60+ in 40:02.


• Cindy Pomeroy, 42, was first woman (1:31:21), and Mike Woodbeck, M45, a 55:73 400, USATF Michigan Masters Championships, Grand Rapids, June 19. Mark Turckington, M55, won the M50+ race in 18:44. Isaac Izquierdo, 40, 17:17, and Char Deminter, 50, 21:52, blew to masters wins, Weston Highetown July 4 Classic 5K, Weston, FL. Alan Miller won the M55 race in 18:57. Roger Roullet, the M65 in 19:34, and Jerome Kaufman, 60, the M60+ in 40:02.


• Cindy Pomeroy, 42, was first woman (1:31:21), and Mike Woodbeck, M45, a 55:73 400, USATF Michigan Masters Championships, Grand Rapids, June 19. Mark Turckington, M55, won the M50+ race in 18:44. Isaac Izquierdo, 40, 17:17, and Char Deminter, 50, 21:52, blew to masters wins, Weston Highetown July 4 Classic 5K, Weston, FL. Alan Miller won the M55 race in 18:57. Roger Roullet, the M65 in 19:34, and Jerome Kaufman, 60, the M60+ in 40:02.

• Cindy Pomeroy, 42, was first woman (1:31:21), and Mike Woodbeck, M45, a 55:73 400, USATF Michigan Masters Championships, Grand Rapids, June 19. Mark Turckington, M55, won the M50+ race in 18:44. Isaac Izquierdo, 40, 17:17, and Char Deminter, 50, 21:52, blew to masters wins, Weston Highetown July 4 Classic 5K, Weston, FL. Alan Miller won the M55 race in 18:57. Roger Roullet, the M65 in 19:34, and Jerome Kaufman, 60, the M60+ in 40:02.

• Cindy Pomeroy, 42, was first woman (1:31:21), and Mike Woodbeck, M45, a 55:73 400, USATF Michigan Masters Championships, Grand Rapids, June 19. Mark Turckington, M55, won the M50+ race in 18:44. Isaac Izquierdo, 40, 17:17, and Char Deminter, 50, 21:52, blew to masters wins, Weston Highetown July 4 Classic 5K, Weston, FL. Alan Miller won the M55 race in 18:57. Roger Roullet, the M65 in 19:34, and Jerome Kaufman, 60, the M60+ in 40:02.
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 NNN, P.O. Box 50098, Eugene, OR 97405.

**NATIONAL**


June 3-5, 2004 National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 28059, Baton Rouge, LA 70884-2059. www.mnseniorsports.com

**MIDWEST**

August 6-10, Michigan Senior Olympics, Lansing. Mary McTigue, 248-608-0255, mctigue@cmich.edu, www.michigandersports.org

September 9-14, Indiana Senior Games, Indianapolis. 800-253-2188, sprate@swicra.com, www.swicra.com

September 14-18, Kentucky Senior Games, Pikeville. Eddie Bowden, 270-358-4321, www.kyseniors.org

**AMERICA**

August 1, Blair Masters & Open Meet, Blair HS, NE. Mike Manlove, 402-426-5915


August 22-26, Colorado Masters & Open Mini Meet, Halstead, KS. 4 p.m. Bob Eskerovi, Halstead Rect Commission, 316-835-9276, Fax: 316-835-9276

September 4-5, Rocky Mountain Masters Games, CSU-FT Collins. Jim Weeden, 220 E. 149th Ave, Thornton, CO 80602; Jerry Donley, 719-625-1624

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

September 25-26, Kansas Senior Olympics, Toppeka. 5K road Sept. 24. 785-368-3798; bgwelch@toppeka.org

**SOUTHEAST**

August 14, Runner's Pentathlon, Knoxville, TN. Masters & Open; starts with 3200, ends with 200; Ross Dunton, 865-774-0023; email: coachr@tennesseemasters.com

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

September 29-October 2, Georgia Golden Olympics, Vidalia. Vicki Pilgrim, 404-657-6644, veplgrm@drh.state.ga.us; www.georgiagoldenolympics.org

**WEST**

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

August 5-8, Elko Senior Olympics, Elko, NV. 775-777-2292; cc424@cc.net

September 19, San Diego Senior Olympics, Westview HS. 619-226-1324; www.sdsenior.org

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

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

October 17, 14th Self-Transcendence Masters Meet, CSU-Long Beach. 40+ Bigalora Egger, 6220 Brystal Parkway, Suite 13, Culver City, CA 90230. 310-645-0271; fax: 645-8618; www.strichmoyneraces.us

**NORTHWEST**


October 4-16, Huntsman World Senior Games, St. George, UT. 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: 787-266-3880; email: psm12378@yahoo.com; www.angelfire.com/games5/dorado2004


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

November 6-13, South America Championship, Montevideo, Uruguay. www.worldmasters-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 tergames.com.au


**LONG DISTANCE RUNNING**

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

October 17, 2004 USATF National Masters 5K Cross-Country Championships/Saratoga National Bank Classic, Saratoga Springs, NY. Rob Picotte, 518-869-5898; picotto@optonline.net


November 6, 2004 American Ultrarunning Association Championships/San Diego 1 Day-24 Hour Run, San Diego, Calif. 760-967-8348; www.americanultrarunning.com/ultrarunning.htm

November 7, 2004 USATF National Masters 8K, Cross-Country Championships, Boston, Mass. Steve Votanos, office@usatf.org

November 14, 2004 USATF National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; darksirdimension.com/cubecomcast.net

November 30-December 5, 2004 USAFT

**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-events 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, Benton 10K, Beach, 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 NVU stages the Fifth Avenue Mile, and Hurley, WI, hosts the Paavo 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. Runners 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; Maggpie Valley 12K, 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
August 2004

National Masters News

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

August 13.12th 5K Midnight Run, Cullman, AL. 11-59 pm. 256-734-9157; www.cullmancreations.org

August 28. Maggie Valley Moonlight 8K, Maggie Valley, NC. 828-926-1686; www.mmoonlightrace.com
September 5. Rock ‘N Roll Half-Marathon, Virginia Beach, VA. Limited to 16,000. www.vnhalf.com
September 25. Fred Brown Lake Winnebago Relay, Weirs Beach, NH. Ken Robisch, 978-534-4891; kenrob4@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; profootballoffestival.com
August 2. Chicago Distance Classic Half-Marathon & 5K, www.chicagodistancescials.com
August 7. Women’s Distance Festival 5K, Toledo, OH. 419-833-6365; toledoroadrunners.org
August 10. 7 Mile, Cullman, AL. 828-926-1686; www.mmoonlightrace.com
August 28. Charm City Festival of Races 10 Mile, Flint, MI. 810-235-3396; www.ccrm.org
August 29. Charleston Run Distance Run 15 Mile, Charleston, WV. 304-546-3349; www.charlontsdistance.com
September 19. Chicago Half-Marathon. 312-347-0233; chicagohalfmarathon.com
September 25. Fox Cities Marathon, Half & Relay Marathon, 13.1 M Powerwalk, & 5K, Appleton, WI. Marnie Nordskog, Community First Fox Cities Marathon, PO Box 1315, Appleton, WI 54912-1315. 920-882-4999; 877-320-7722; www.focitiesmarathon.com
October 2. Akron Marathon & Team Relays, Akron, OH. 330-775-2768; www.akronmarathon.com
October 10. LaSalle Bank Chicago Marathon. 312-904-8800; chicagomarathon.com

**WEST**
Arizona, California, Hawaii, Nevada, New Mexico

August 1. San Francisco Classic Marathon. 415-284-4163; www.classicmarathon.com
August 8. 25th Samurai 5K, Los Angeles. 323-527-2246; www.niseeweeek.com
August 21. Great Eastern 10K, Santa Barbara, CA. 805-564-3040; young@shre.com
August 29. Sunset in the Park, 2.8 & 4.6 Mile Cross Country; Huntington Beach, CA. 714-841-5417; www.neifandfinish.com
August 22. Silver State Marathon & Half-Marathon, Carson City, NV. www.silverstatemarathon.com
September 5. New Mexico Marathon, Albuquerque. 505-345-4274; www.newmexicomarathon.org
September 5. Pier to Peak Half-Marathon, Santa Barbara, CA. 805-564-8879; www.runsantabarbara.com
September 11-12 (tent.). NCCWMA 15K Regional RW Championships, Coconut Creek, FL. Bob Fine, 561-499-3370; bobfine@bellsouth.net

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

August 13. Meadows & Meyer to Coast Relay, Mt. Hood to Seaside. OR. 198 miles; 12-person teams. 503-929-4626; hoodiocoast.com
September 10.焗Prairie Memorial 10K, Coos Bay, OR. 800-824-8486; www.prefontuner.com
October 2. St. George Marathon, St. George, UT. www.stgeorgemarathon.com
October 10. Bend Marathon, Bend, OR. 503-474-4422; www.rivengardemarathon.com

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

August 25. Race for the Cure 5K, Tulsa, OK. 918-244-6099; www.rftulsa.com
August 25. Hurricane Run 8K, Tulsa, OK. 918-625-3174; www.hurricaneun.com

**INTERNATIONAL**

**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; francisca@aol.com
August 27. Portland to Coast Walk Relay, Portland to Seaside, OR. 128 miles; 8-12 person teams. 503-292-4626; hooitcoast.com

October 10. USATF MAC 30K RW Championships, Central Park, 90th St 5th Ave. Stella Cashman, 212-628-1317; francisca@aol.com
October 11-12 (tent.). NCCWMA 15K Regional RW Championships, Coconut Creek, FL. Bob Fine, 561-499-3370, bobfine@bellsouth.net

November 14. USATF National Masters 20K RW Championships, Cleomont Creek, FL. Bob Koch, 954-970-9634
November 14. Gran Prix Racewalk #1, Tavern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; Franciscash@aol.com
November 21. USATF National Masters 20K RW Championships, Cleomont Creek, FL. Bob Koch, 954-970-9634

December 5. Gran Prix Racewalk #3, Tavern on the Green, Central Park, NYC. Stella Cashman, 212-628-1317; Franciscash@aol.com

BARB SPANUS
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.

JERRY WOJCIK
August 29. Marathon of the Deux Rives, Quebec City, Canada. 12K & 10K, 418-694-4442; email: info@marathonquebec.com
<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Second</th>
<th>Third</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1500m (Men)</td>
<td>Andrew Higgins</td>
<td>4:14.82</td>
<td>James Ford</td>
<td>4:19.55</td>
</tr>
<tr>
<td>5000m (Men)</td>
<td>John Wiltse</td>
<td>14:32.48</td>
<td>Brian McLean</td>
<td>14:38.79</td>
</tr>
<tr>
<td>100m Hurdles (Men)</td>
<td>John Cleveland</td>
<td>13.17</td>
<td>Mike Kinley</td>
<td>13.23</td>
</tr>
<tr>
<td>400m (Men)</td>
<td>Michael Cera</td>
<td>47.38</td>
<td>Tom Donaldson</td>
<td>47.43</td>
</tr>
<tr>
<td>800m (Men)</td>
<td>Michael Brown</td>
<td>1:52.43</td>
<td>Jonathan Smith</td>
<td>1:52.94</td>
</tr>
<tr>
<td>1500m (Women)</td>
<td>Sarah Smith</td>
<td>4:23.36</td>
<td>Elizabeth Davis</td>
<td>4:27.89</td>
</tr>
<tr>
<td>5000m (Women)</td>
<td>Rachel Johnson</td>
<td>15:14.82</td>
<td>Anna McFarlane</td>
<td>15:22.31</td>
</tr>
<tr>
<td>High Jump (Men)</td>
<td>John Cleveland</td>
<td>2.25</td>
<td>Mike Kinley</td>
<td>2.27</td>
</tr>
<tr>
<td>Long Jump (Men)</td>
<td>John Cleveland</td>
<td>7.25</td>
<td>Mike Kinley</td>
<td>7.28</td>
</tr>
<tr>
<td>Discus (Men)</td>
<td>Michael Cera</td>
<td>210</td>
<td>Brian McLean</td>
<td>205</td>
</tr>
<tr>
<td>Hammer (Men)</td>
<td>John Cleveland</td>
<td>13.2</td>
<td>Mike Kinley</td>
<td>13.1</td>
</tr>
<tr>
<td>Shot Put (Men)</td>
<td>John Cleveland</td>
<td>15.2</td>
<td>Mike Kinley</td>
<td>15.1</td>
</tr>
<tr>
<td>Javelin (Men)</td>
<td>John Cleveland</td>
<td>63.2</td>
<td>Mike Kinley</td>
<td>62.8</td>
</tr>
<tr>
<td>Javelin (Women)</td>
<td>Sarah Smith</td>
<td>31.2</td>
<td>Anna McFarlane</td>
<td>30.8</td>
</tr>
<tr>
<td>Shot Put (Women)</td>
<td>Sarah Smith</td>
<td>8.5</td>
<td>Anna McFarlane</td>
<td>8.4</td>
</tr>
<tr>
<td>Long Jump (Women)</td>
<td>Anna McFarlane</td>
<td>5.5</td>
<td>Sarah Smith</td>
<td>5.6</td>
</tr>
<tr>
<td>Discus (Women)</td>
<td>Sarah Smith</td>
<td>41.3</td>
<td>Anna McFarlane</td>
<td>40.8</td>
</tr>
<tr>
<td>Hammer (Women)</td>
<td>Sarah Smith</td>
<td>14.1</td>
<td>Anna McFarlane</td>
<td>13.9</td>
</tr>
<tr>
<td>Shot Put (Women)</td>
<td>Sarah Smith</td>
<td>13.0</td>
<td>Anna McFarlane</td>
<td>12.9</td>
</tr>
<tr>
<td>Javelin (Women)</td>
<td>Sarah Smith</td>
<td>34.8</td>
<td>Anna McFarlane</td>
<td>34.5</td>
</tr>
</tbody>
</table>

**Official Times and Scores**

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1500m (Men)</td>
<td>Michael Brown</td>
<td>14:32.48</td>
</tr>
<tr>
<td>5000m (Men)</td>
<td>John Wiltse</td>
<td>14:38.79</td>
</tr>
<tr>
<td>100m Hurdles (Men)</td>
<td>Mike Kinley</td>
<td>13.17</td>
</tr>
<tr>
<td>400m (Men)</td>
<td>Tom Donaldson</td>
<td>47.43</td>
</tr>
<tr>
<td>800m (Men)</td>
<td>Jonathan Smith</td>
<td>1:52.94</td>
</tr>
<tr>
<td>1500m (Women)</td>
<td>Anna McFarlane</td>
<td>15:22.31</td>
</tr>
<tr>
<td>5000m (Women)</td>
<td>Rachel Johnson</td>
<td>15:14.82</td>
</tr>
<tr>
<td>High Jump (Men)</td>
<td>Mike Kinley</td>
<td>2.27</td>
</tr>
<tr>
<td>Long Jump (Men)</td>
<td>Mike Kinley</td>
<td>7.28</td>
</tr>
<tr>
<td>Discus (Men)</td>
<td>Brian McLean</td>
<td>205</td>
</tr>
<tr>
<td>Hammer (Men)</td>
<td>Mike Kinley</td>
<td>13.1</td>
</tr>
<tr>
<td>Shot Put (Men)</td>
<td>Mike Kinley</td>
<td>15.1</td>
</tr>
<tr>
<td>Javelin (Men)</td>
<td>Mike Kinley</td>
<td>62.8</td>
</tr>
<tr>
<td>Javelin (Women)</td>
<td>Anna McFarlane</td>
<td>30.8</td>
</tr>
<tr>
<td>Shot Put (Women)</td>
<td>Anna McFarlane</td>
<td>8.4</td>
</tr>
<tr>
<td>Long Jump (Women)</td>
<td>Anna McFarlane</td>
<td>5.6</td>
</tr>
<tr>
<td>Discus (Women)</td>
<td>Anna McFarlane</td>
<td>40.8</td>
</tr>
<tr>
<td>Hammer (Women)</td>
<td>Anna McFarlane</td>
<td>13.9</td>
</tr>
<tr>
<td>Shot Put (Women)</td>
<td>Anna McFarlane</td>
<td>12.9</td>
</tr>
<tr>
<td>Javelin (Women)</td>
<td>Anna McFarlane</td>
<td>34.5</td>
</tr>
</tbody>
</table>

**Medal Count**

- Gold Medals: 8
- Silver Medals: 7
- Bronze Medals: 5

**Top Scorers**

- Michael Brown: 1500 points
- Sarah Smith: 1485 points
- Anna McFarlane: 1480 points

**Team Scores**

- Team A: 1200 points
- Team B: 1180 points
- Team C: 1160 points

**Event Results**

- 1500m: Michael Brown, 14:32.48
- 5000m: John Wiltse, 14:38.79
- 100m Hurdles: Mike Kinley, 13.17
- 400m: Tom Donaldson, 47.43
- 800m: Jonathan Smith, 1:52.94
- 1500m: Anna McFarlane, 15:22.31
- 5000m: Rachel Johnson, 15:14.82
- High Jump: Mike Kinley, 2.27
- Long Jump: Mike Kinley, 7.28
- Discus: Brian McLean, 205
- Hammer: Mike Kinley, 13.1
- Shot Put: Mike Kinley, 15.1
- Javelin: Mike Kinley, 62.8
- Javelin: Anna McFarlane, 30.8
- Shot Put: Anna McFarlane, 8.4
- Long Jump: Anna McFarlane, 5.6
- Discus: Anna McFarlane, 40.8
- Hammer: Anna McFarlane, 13.9
- Shot Put: Anna McFarlane, 12.9
- Javelin: Anna McFarlane, 34.5

**Additional Information**

- Event locations and times available upon request.
- Full event schedules and results can be found on the official website.
August 2004 | National Masters News

### Masters Championships

**Cerritos College, Norwalk, June 12**

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M55</td>
<td>Triple Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M55</td>
<td>Long Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M55</td>
<td>High Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M55</td>
<td>Decathlon</td>
<td>229.30</td>
<td>4th</td>
</tr>
</tbody>
</table>

**USATF So Cal. Caif. Masters Championships**

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M35</td>
<td>Triple Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M35</td>
<td>Long Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M35</td>
<td>High Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M35</td>
<td>Decathlon</td>
<td>229.30</td>
<td>4th</td>
</tr>
</tbody>
</table>

**Championships**

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M40</td>
<td>Triple Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M40</td>
<td>Long Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M40</td>
<td>High Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M40</td>
<td>Decathlon</td>
<td>229.30</td>
<td>4th</td>
</tr>
</tbody>
</table>

**USATF San Diego Masters Championships / Chuck McHanlon Memorial Meet**

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M35</td>
<td>Triple Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M35</td>
<td>Long Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M35</td>
<td>High Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M35</td>
<td>Decathlon</td>
<td>229.30</td>
<td>4th</td>
</tr>
</tbody>
</table>

---

### WEST

**Hawaii Masters Decathlon**

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M40</td>
<td>Triple Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M40</td>
<td>Long Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M40</td>
<td>High Jump</td>
<td>14.30</td>
<td>4th</td>
</tr>
<tr>
<td>M40</td>
<td>Decathlon</td>
<td>229.30</td>
<td>4th</td>
</tr>
</tbody>
</table>

---

### So. Cal. Striders Meet of Champions

**Long Beach, CA, May 30**

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M50</td>
<td>100m</td>
<td>12.50</td>
<td>2nd</td>
</tr>
<tr>
<td>M50</td>
<td>200m</td>
<td>25.00</td>
<td>2nd</td>
</tr>
<tr>
<td>M50</td>
<td>400m</td>
<td>55.00</td>
<td>2nd</td>
</tr>
</tbody>
</table>

---

### Masters News

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M30</td>
<td>100m</td>
<td>12.50</td>
<td>2nd</td>
</tr>
<tr>
<td>M30</td>
<td>200m</td>
<td>25.00</td>
<td>2nd</td>
</tr>
<tr>
<td>M30</td>
<td>400m</td>
<td>55.00</td>
<td>2nd</td>
</tr>
</tbody>
</table>

---

### Masters News

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M35</td>
<td>100m</td>
<td>12.50</td>
<td>2nd</td>
</tr>
<tr>
<td>M35</td>
<td>200m</td>
<td>25.00</td>
<td>2nd</td>
</tr>
<tr>
<td>M35</td>
<td>400m</td>
<td>55.00</td>
<td>2nd</td>
</tr>
</tbody>
</table>

---

### Masters News

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M40</td>
<td>100m</td>
<td>12.50</td>
<td>2nd</td>
</tr>
<tr>
<td>M40</td>
<td>200m</td>
<td>25.00</td>
<td>2nd</td>
</tr>
<tr>
<td>M40</td>
<td>400m</td>
<td>55.00</td>
<td>2nd</td>
</tr>
</tbody>
</table>

---

### Masters News

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M45</td>
<td>100m</td>
<td>12.50</td>
<td>2nd</td>
</tr>
<tr>
<td>M45</td>
<td>200m</td>
<td>25.00</td>
<td>2nd</td>
</tr>
<tr>
<td>M45</td>
<td>400m</td>
<td>55.00</td>
<td>2nd</td>
</tr>
</tbody>
</table>

---

### Masters News

<table>
<thead>
<tr>
<th>Masters</th>
<th>Event</th>
<th>Time</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>M50</td>
<td>100m</td>
<td>12.50</td>
<td>2nd</td>
</tr>
<tr>
<td>M50</td>
<td>200m</td>
<td>25.00</td>
<td>2nd</td>
</tr>
<tr>
<td>M50</td>
<td>400m</td>
<td>55.00</td>
<td>2nd</td>
</tr>
<tr>
<td>Event</td>
<td>Athlete</td>
<td>Time</td>
<td></td>
</tr>
<tr>
<td>---------------</td>
<td>----------------------------------</td>
<td>------------</td>
<td></td>
</tr>
<tr>
<td>200m</td>
<td>Walter Dix</td>
<td>20.45</td>
<td></td>
</tr>
<tr>
<td>400m</td>
<td>Gwadarrius Hobbs</td>
<td>44.50</td>
<td></td>
</tr>
<tr>
<td>800m</td>
<td>Martin Lelj</td>
<td>1:41.50</td>
<td></td>
</tr>
<tr>
<td>1500m</td>
<td>Paul Kibii</td>
<td>3:36.00</td>
<td></td>
</tr>
<tr>
<td>3000m</td>
<td>Moses Khaire</td>
<td>6:44.80</td>
<td></td>
</tr>
<tr>
<td>5000m</td>
<td>Bernard Lagat</td>
<td>13:20.90</td>
<td></td>
</tr>
<tr>
<td>10000m</td>
<td>Zersenay Worku</td>
<td>27:00.00</td>
<td></td>
</tr>
<tr>
<td>Marathon</td>
<td>Eliud Kipchoge</td>
<td>2:07:59</td>
<td></td>
</tr>
<tr>
<td>110m Hurdles</td>
<td>Duane Solomon</td>
<td>13.00</td>
<td></td>
</tr>
<tr>
<td>110m Hurdles</td>
<td>Bruce Jenner</td>
<td>13.70</td>
<td></td>
</tr>
<tr>
<td>200m Hurdles</td>
<td>Michael Johnson</td>
<td>19.90</td>
<td></td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>Maurice Green</td>
<td>47.70</td>
<td></td>
</tr>
<tr>
<td>800m Hurdles</td>
<td>Michael Johnson</td>
<td>1:55:10</td>
<td></td>
</tr>
<tr>
<td>1500m Hurdles</td>
<td>Paul Kipkemoi</td>
<td>3:37:10</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>Mutaz Essa Barshim</td>
<td>2.32</td>
<td></td>
</tr>
<tr>
<td>Long Jump</td>
<td>Pascal Martin</td>
<td>8.32</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Will Clay</td>
<td>16.00</td>
<td></td>
</tr>
<tr>
<td>Shot Put</td>
<td>Ron Freeman</td>
<td>15.30</td>
<td></td>
</tr>
<tr>
<td>Discus</td>
<td>Wes Morgan</td>
<td>65.00</td>
<td></td>
</tr>
<tr>
<td>Javelin</td>
<td>Lawrence Powell</td>
<td>85.00</td>
<td></td>
</tr>
<tr>
<td>Decathlon</td>
<td>Adam Desai</td>
<td>8,586</td>
<td></td>
</tr>
</tbody>
</table>

**USATF New Mexico Masters Championships**

Albuquerque, NM; July 11

<table>
<thead>
<tr>
<th>Event</th>
<th>Athlete</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>Mark Bailey</td>
<td>11.20</td>
</tr>
<tr>
<td>200m</td>
<td>Michael Winfield</td>
<td>21.80</td>
</tr>
<tr>
<td>400m</td>
<td>Duane Solomon</td>
<td>49.20</td>
</tr>
<tr>
<td>800m</td>
<td>David Jackson</td>
<td>1:58:00</td>
</tr>
<tr>
<td>1500m</td>
<td>Paul Kipkemoi</td>
<td>3:40:00</td>
</tr>
<tr>
<td>Marathon</td>
<td>Wilson Kipkemoi</td>
<td>2:20:00</td>
</tr>
<tr>
<td>110m Hurdles</td>
<td>Derick Holmes</td>
<td>13.70</td>
</tr>
<tr>
<td>110m Hurdles</td>
<td>Darrin Brown</td>
<td>13.80</td>
</tr>
<tr>
<td>200m Hurdles</td>
<td>Michael Johnson</td>
<td>1:56:00</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>Maurice Green</td>
<td>46.70</td>
</tr>
<tr>
<td>800m Hurdles</td>
<td>Michael Johnson</td>
<td>1:55:00</td>
</tr>
<tr>
<td>1500m Hurdles</td>
<td>Paul Kipkemoi</td>
<td>3:36:00</td>
</tr>
<tr>
<td>High Jump</td>
<td>Mutaz Essa Barshim</td>
<td>2.32</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Pascal Martin</td>
<td>8.32</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Will Clay</td>
<td>16.00</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Ron Freeman</td>
<td>15.30</td>
</tr>
<tr>
<td>Discus</td>
<td>Wes Morgan</td>
<td>65.00</td>
</tr>
<tr>
<td>Javelin</td>
<td>Lawrence Powell</td>
<td>85.00</td>
</tr>
<tr>
<td>Decathlon</td>
<td>Adam Desai</td>
<td>8,586</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>Adam Desai</td>
<td>3,586</td>
</tr>
</tbody>
</table>

**Portland Masters Track Classic**

Gresham, OR; June 19-20

<table>
<thead>
<tr>
<th>Event</th>
<th>Athlete</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>Edens, Paul</td>
<td>10.12</td>
</tr>
<tr>
<td>200m</td>
<td>Persen, Stephen</td>
<td>20.92</td>
</tr>
<tr>
<td>400m</td>
<td>Britt, John</td>
<td>43.86</td>
</tr>
<tr>
<td>800m</td>
<td>McLean, John</td>
<td>1:51:00</td>
</tr>
<tr>
<td>1500m</td>
<td>Johnson, John</td>
<td>3:36:00</td>
</tr>
<tr>
<td>Marathon</td>
<td>Winslow, G.</td>
<td>2:20:00</td>
</tr>
<tr>
<td>110m Hurdles</td>
<td>Kersema, D.</td>
<td>13.70</td>
</tr>
<tr>
<td>110m Hurdles</td>
<td>Darrin Brown</td>
<td>13.80</td>
</tr>
<tr>
<td>200m Hurdles</td>
<td>Michael Johnson</td>
<td>1:56:00</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>Maurice Green</td>
<td>46.70</td>
</tr>
<tr>
<td>800m Hurdles</td>
<td>Michael Johnson</td>
<td>1:55:00</td>
</tr>
<tr>
<td>1500m Hurdles</td>
<td>Paul Kipkemoi</td>
<td>3:36:00</td>
</tr>
<tr>
<td>High Jump</td>
<td>Mutaz Essa Barshim</td>
<td>2.32</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Pascal Martin</td>
<td>8.32</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Will Clay</td>
<td>16.00</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Ron Freeman</td>
<td>15.30</td>
</tr>
<tr>
<td>Discus</td>
<td>Wes Morgan</td>
<td>65.00</td>
</tr>
<tr>
<td>Javelin</td>
<td>Lawrence Powell</td>
<td>85.00</td>
</tr>
<tr>
<td>Decathlon</td>
<td>Adam Desai</td>
<td>8,586</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>Adam Desai</td>
<td>3,586</td>
</tr>
</tbody>
</table>

**USATF Inland NW Championships**

Pullman, WA; June 12

<table>
<thead>
<tr>
<th>Event</th>
<th>Athlete</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>Wobus, Willam</td>
<td>10.25</td>
</tr>
<tr>
<td>200m</td>
<td>Venable, William</td>
<td>21.75</td>
</tr>
<tr>
<td>400m</td>
<td>Tucker, Rich</td>
<td>45.05</td>
</tr>
<tr>
<td>800m</td>
<td>Dillenm, Christ</td>
<td>1:42:00</td>
</tr>
<tr>
<td>1500m</td>
<td>Johnson, John</td>
<td>3:40:00</td>
</tr>
<tr>
<td>Marathon</td>
<td>Winslow, G.</td>
<td>2:20:00</td>
</tr>
<tr>
<td>110m Hurdles</td>
<td>Kersema, D.</td>
<td>13.70</td>
</tr>
<tr>
<td>110m Hurdles</td>
<td>Darrin Brown</td>
<td>13.80</td>
</tr>
<tr>
<td>200m Hurdles</td>
<td>Michael Johnson</td>
<td>1:56:00</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>Maurice Green</td>
<td>46.70</td>
</tr>
<tr>
<td>800m Hurdles</td>
<td>Michael Johnson</td>
<td>1:55:00</td>
</tr>
<tr>
<td>1500m Hurdles</td>
<td>Paul Kipkemoi</td>
<td>3:36:00</td>
</tr>
<tr>
<td>High Jump</td>
<td>Mutaz Essa Barshim</td>
<td>2.32</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Pascal Martin</td>
<td>8.32</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Will Clay</td>
<td>16.00</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Ron Freeman</td>
<td>15.30</td>
</tr>
<tr>
<td>Discus</td>
<td>Wes Morgan</td>
<td>65.00</td>
</tr>
<tr>
<td>Javelin</td>
<td>Lawrence Powell</td>
<td>85.00</td>
</tr>
<tr>
<td>Decathlon</td>
<td>Adam Desai</td>
<td>8,586</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>Adam Desai</td>
<td>3,586</td>
</tr>
</tbody>
</table>
W80 Betty Stracey 23.46.00
W55 Pamela Jones 23.27.07
W35 Melinda Herber 23.02.04
M55 Ian Johnstone 32.27.41
M30 Max Wilsden 22.19.39
M60 Andy Wiltshire 32.59.00
W30 Lorraine Maunsell 32.04.03
M55 Ian Horne 34.12.47
M30 Robert Young 37.40.24
M60 John Duell 38.79.90
M70 Geoffery Oliver 42.55.46
M70 Stephen Charlton 39.39.31
W30 Jill Jones 45.32.00
M60 Anne Brizol 49.09.07
W60 Christin Killen 38.58.94
M55 Margaret Moody 44.37.87
W55 Betty Stracey 39.20.00
W55 Pamela Jones 48.25.08
M70 Gordon Young 36.04.11
M40 Greg Dunson 43.63.13
M50 David Mayo 16.28
W70 John Squire 21.69
M50 Philip Moffat 14.95
M30 Tom Wells 15.04
M60 Barry Ferguson 16.94
M60 Tony Browne 19.14
M75 Catherine Godden 24.72.64
M80 Frederick Bush 48.95
M70 Tony Brumby 53.61
M70 Gordon Dobson 64.88
W55 Emily Mahony 52.81
M50 Jackie Charles 16.89
M50 Alf Poole 20.37
M2000 Steeplechase
M75 Nick Nicholls 9.40.30
M55 Michael Williams 10.29.14
M60 Stephen Bunn 11.05.09
M80 Gordon Clarke 20.03.99
M60 Frederick Bush 7.49.90
M75 Allan Young 8.42.78
W40 Jane Pidgeon 7.29.00
M50 Vivienne Godfrey 19.29.76
W50 Annie Darby 9.02.11
W80 Rosalouw Roscoe 10.45.78
W30 Steven Lewis 1.80
M30 Brian Nash 1.55
M30 Colin Duncan 1.70.36
M60 Duncan Salmon 1.70.36
W60 Collin Green 1.35
W60 Julian Azopardi 1.48
M60 Jim Day 1.21
M75 Norman Carter 1.15
M65 Betty Lamb 1.46
W60 Wendy Lang 1.55
M60 Lynne Plastic 1.38
W30 Pam Garsem 1.35
W60 Carol Rafferty 1.04
Pole Jump
M30 Simon Eastwood 3.60
M75 John Andrews 3.70
M70 John Day 3.40
M65 John Warneke 2.00
M60 Duncan Salmon 2.45
W55 Ese Hill 3.00
M55 James Edwards 2.49
W55 Gill Hvinging 2.00
M60 Margaret Coome 2.10
M55 Mary McBeath 2.20
W50 Wendy Lang 3.52
M60 Keith Daunt 3.25
W30 Emily Mahony 2.19
W55 Rosemary Champion 4.12
M60 Paul Murphy 8.30
M60 Peter Duker 5.38
M60 Peter Duckers 5.19
M75 John Warneke 5.36
M70 Geoffery Feast 3.75
M55 Alf singh Karrai 3.01
M50 Sandy Roscoe 3.04
W40 Wendy Lang 3.52
M60 Bob Martin 3.04
M65 Paul Newson 3.00
M60 Scott Barter 8.21
M75 John Warneke 10.22
M60 Ray Crickmore 11.89
W60 John Warneke 12.09
M70 Peter Duker 16.58
W30 Anne Martin 3.07
M60 Mary Warneke 1.70
M75 Angela Jellicoe 19.76
USATF Cert #

5. Guarantee by Referee: I certify that all information recorded on this form is accurate, that the Officials conducting the event was duly qualified and that all WMA or USATF Rules of Competition were complied with.

Printed Name: Date: Signature: USATF Cert #

The following must be enclosed with this application for World and American Records:

The printed program for the competition.

The complete results of the event.

A printed Photo Finish photograph.

APPLICATION FOR FIELD RECORD
Mail to: S Pashkin 2525 Wilakenzie #4 Eugene, OR 97401

1. Description of Record: World American Male Female age group

* application must be accompanied by copy of birth certificate or passport

Event: Indoor Outdoor

Competition Name: Date: Time of Day:

Facility Name: City State USA

Record Claimed (distance or height) (metric)

Printed Full Name and age of Competitor

Competitor's City, State and Club

2. Field Judge Certificate: We certify that the measurement stated opposite our respective signatures is exact as measured in accordance with USATF or WMA Rules. We also certify that the circle, sector and/or runway is in compliance with WMA or USATF appropriate specifications.

Mark: Printed Name: Signature: USATF Cert #

Mark: Printed Name: Signature: USATF Cert #

Mark: Printed Name: Signature: USATF Cert #

3. Implement Certification: I certify that I weighted and measured the implement used for the claimed record in accordance with WMA or USATF Rules and the implement conforms exactly to WMA Rules.

Printed Name: Signature: USATF Cert #

4. Wind Gauge Certificate: I, as the Wind Gauge Operator, certify the force of the following wind as:

Printed Name: Signature: USATF Cert #

5. Guarantee by Referee: I certify that all information recorded on this form is accurate, that the Officials conducting the event was duly qualified and that all WMA or USATF Rules of Competition were complied with.

Printed Name: Date: Signature: USATF Cert #

The following must be enclosed with this application for World and American Records:

The printed program for the competition.

The complete results of the event as a well as a copy of the field event sheet.