

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



SUZY HESS

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

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

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

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

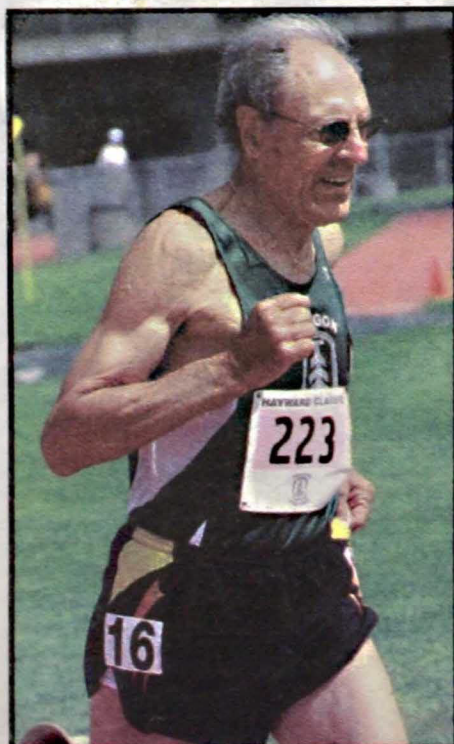
The only qualification for U.S. citizens to enter is registration with USA Track & Field, the national governing body of athletics. Entries are closed.

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

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Canada's Kotelko Breaks Three WRs

Field Eventers Have Record Day in 24th Hayward Classic



SUZY HESS

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

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

Women were particularly dominant. Olga Kotelko, of Canada, led the way with three W85 world records: high jump (0.89), discus (14.20) and javelin (18.56). Audrey Lary, Maryland, set a W70 world record in the triple jump (8.05) and two national records, 100m (15.72) and long jump (3.76).

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

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JEFF FREY / GRANDMA'S MARATHON

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

Firaya Reigns Again at Grandma's

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

The 2003 *Running Times*' Masters W40-44 Woman Runner-of-the-Year took home \$9150 for her efforts, including time bonuses and masters and overall prize money. She told the Duluth News Tribune that she hoped

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

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

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Hayward Classic

Continued from page 1

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

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

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

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

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

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

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

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

evening.

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

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

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

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

TWENTY YEARS AGO August 1984

•Ed Burke, 44, Makes Olympics, But Al Oerter, 47, Doesn't

•Shirley Matson Ends Cindy Dalrymple's 75-Race Masters Winning Streak in Peachtree 10K (35:59 to 36:05)

•Parry O'Brien Breaks Shot and Discus WRs

•Irene Obera Sets Two W50 Sprint WRs



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



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

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Senior Games Spotlight

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 NMN Track & Field schedule for dates, sites, and contacts.

Some notable performances from Senior Games results in June:

• Melvin Larsen zipped to an M80 WR for the 100 with a 14.31, Iowa Senior Games, W. Des Moines. The current record is 14.35 by Payton Jordan in 1997.

• Hillen Stubendorf, W55, won the 100 (15.5), 200 (32.7) and 400 (72.6),

Empire State Senior Games, Cortland, N.Y.

• Bob Lida, M65, took the 100 (13.26), 200 (26.66) and 400 (60.86); Franklin Bollinger, M75, high jumped 4-10; and Richard Cochran, M65, hurled the discus 169-3, Missouri State Senior Games, Columbia.

• Anne McGowan, W80, won the 100 (22.34) and 200 (54.64); Len Rosen, M70, was first in the discus (37.69) and shot put (12.71); and Gerald Patrick, M65, was first overall in the 1500 RW (9:52.81), Connecticut Senior Games, Hartford.

• George Mathes, M70, won the 800 (2:51.34) and 1500 (6:01.19); Ian Percy, M55, was farthest in the discus (138-7) and javelin (140-2), Rocky Mountain Senior Games, Greeley, Colo. □

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JACK FOSTER

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

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

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

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

Jack will be missed by all who have known him.

Ruth Anderson
Eugene, Oregon

ALL-AMERICAN

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

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

I'm having such fun working out and it's so much *more* fun when it pays

off. And I've met lots of super people, so far!

Kay Glynn
Hastings, Iowa

INVITATIONAL PROGRAM

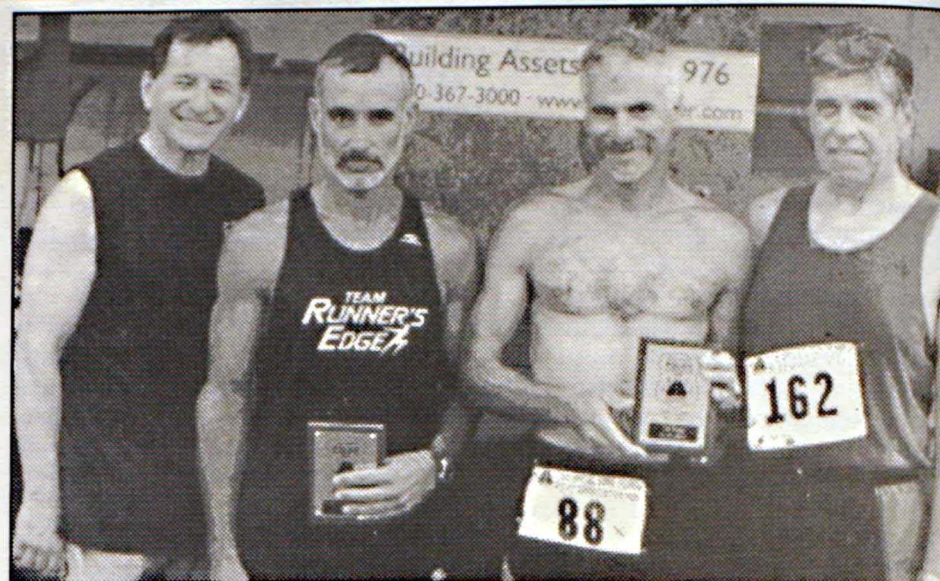
After reading the July column by Masters T&F Chairman George Mathews, I'm totally confused!

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

He then goes on to thank Mark Cleary for "putting this together." I have news for Mr. Mathews. Cleary's Masters Invitational Program in and of itself is elitist. It is not fair to masters athletes because it has repeatedly focused only on the 40- to 45-year-old middle distance 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.



MIKE POLANSKY

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

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

Francis A. Schiro
New York City

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

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

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

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

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

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

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

Mr. Schiro is well-intentioned with his opinions, but masters has had no sponsorship before now. The 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

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Track & Field Report

By **GEORGE MATHEWS**
Chairman, USATF Masters Track & Field

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

Several things will impact our meetings this year:

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

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

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

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

Tuesday, November 30

9 am - Noon: Masters T&F Regional Coordinators

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

Wednesday, December 1

9 am - Noon: Masters T&F Executive Committee

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

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

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

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

Thursday, December 2

8:30 am - Noon: Masters T&F

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

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

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

Friday, December 3

TBD: National Officer Elections

9:00 am - Noon: Masters T&F, to include Presentations and Voting on Future Championships

1:00 pm - 4:00 pm: Joint Masters T&F/LDR Meeting

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

Saturday, December 4

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

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

Sunday, December 5

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

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

SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

1	1968	San Diego, CA
2	1969	San Diego, CA
3	1970	San Diego, CA
4	1971	San Diego, CA
5	1972	San Diego, CA
6	1973	San Diego, CA
7	1974	Gresham, OR
8	1975	White Plains, NY
9	1976	Gresham, OR
10	1977	Naperville, IL
11	1978	Atlanta, GA
12	1979	Gresham, OR
13	1980	Philadelphia, PA
14	1981	Los Gatos, CA
15	1982	Wichita, KS
16	1983	Houston, TX
17	1984	Eugene, OR
18	1985	Indianapolis, IN
19	1986	New York City
20	1987	Springfield, OR
21	1988	Orlando, FL
22	1989	San Diego, CA
23	1990	Indianapolis, IN
24	1991	Naperville, IL
25	1992	Spokane, WA
26	1993	Provo, UT
27	1994	Eugene, OR
28	1995	E. Lansing, MI
29	1996	Spokane, WA
30	1997	San Jose, CA
31	1998	Orono, ME
32	1999	Orlando, FL
33	2000	Eugene, OR
34	2001	Baton Rouge, LA
35	2002	Orono, ME
36	2003	Eugene, OR
37	2004	Decatur, IL
38	2005	Honolulu, HI
39	2006	Charlotte, NC

Elections Update

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

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

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

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

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

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

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

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

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

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

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

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

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

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

— Phil Byrne, Chair
Masters Track & Field
Nominating Committee

FIFTEEN YEARS AGO August 1989

• Dan Sekerak (M40, 51:29) and Marie Burleson (W40, 60:22) First in National Masters 15K in Ohio

• National Senior Olympics Draws 3396 to St. Louis

• Waigwa, Drake Win in Utica 5K

• Stahl Top Master (2:18:43) at Grandma's Marathon

INTERNATIONAL IMPLEMENTS CHALLENGE

SECOND ANNUAL EVENT FOR MASTERS
THROWERS!!!

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Hanover, New Hampshire

SATURDAY & SUNDAY, AUGUST 14-15, 2004

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

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

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

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Third Wind

By MIKE TYMN

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 horseracing the rest of the year rooting for Smarty Jones to win the Triple Crown? Why was there so much disappointment when the horse failed in his bid to become the 12th Triple Crown winner?

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

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

Absence of Ego

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

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

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

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

Modest Display

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

the victory stand.

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

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

Arrogance or Enlightenment?

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

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

Just a Game

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

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

greatest" or otherwise loudmouthing it.

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

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

Where have you gone, Joe DiMaggio? □

(Mike Tymn can be reached by e-mail at metgat@aol.com)

Grandma's Marathon

Continued from page 1

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

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

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

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

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

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

At the USATF Women's Half-



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

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

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

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PROFILE

BY ANGELA EGREMONT

Patti Ford – Running to Win

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

NMN: When did you start running and competing?

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

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

Young and Breathless

NMN: What got you started?

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

NMN: Which were your best events?

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

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

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

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

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

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

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

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

Training Routine

NMN: What is your present training regimen?

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

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

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

NMN: How has your training changed over the years?

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

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

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

Concessions to Aging

NMN: How has aging affected you and your competing?

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

NMN: What motivates you to excel?

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

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

Winning Formula

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

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



Patti Ford

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

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

Looking Ahead

NMN: What are your goals for the future?

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

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

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

Circle of Friends

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



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

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

Biomechanics of Age

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 kilocalories 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 Oswo Renvall of Finland in 1986.

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

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

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

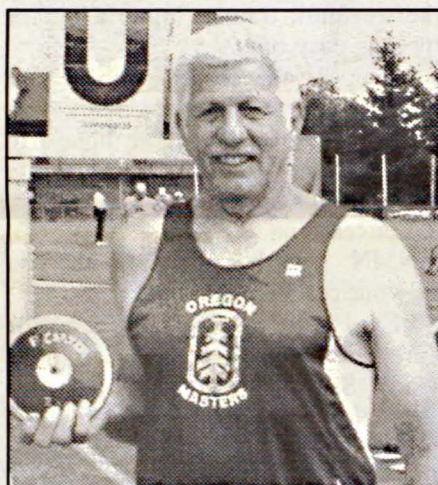
Paul Edens continued his stellar year with wins in the M60 100 and 200 (12.02 and 25.64).

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

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

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

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



JERRY WOJCIK

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

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

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

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



RUTH ANDERSON

Medalists in the M75 1500, 2003 National Masters Championships (l to r): Bill Fortune, 6:08.26, Joe King, 6:05.64, and Jim Selby, 5:53.90. The 2004 championships will be held in Decatur, Ill., Aug. 5-8.

Nationals Head for Decatur, Illinois

Continued from page 1

ribbons awarded to places 4, 5 and 6. Non-citizens cannot displace a U.S. citizen, but will receive an equal award.

For those who may still be interested in housing, on-campus housing information is available at www.milkin.edu/athletics/track, or by phone, 217-420-6625.

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

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

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

Shuttles will run from the hotels to the track each day. An athletes' meeting will held on the evening of Friday,

the 6th, time and place to be announced during the meet.

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

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

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

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Master Scope

By GORDON EDWARDS

Charlotte Preparing for Nationals in 2006

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

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

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

Rationale

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

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

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

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

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

Schedule

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

- 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! □

TEN YEARS AGO August 1994

•Doug Kurtis (42, 2:19:46), Third in Grandma's Marathon; Sharlet Gilbert (43, 2:44:51) Qualifies for 1996 Olympic Marathon Trials

•Harold Morioka (M50 400, 51.70) and Ross Carter (M80 SP, 40-3) Break Records in Hayward Meet



KONRAD WOJCIK

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



SUZIE HESS

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

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Masters Racewalking

By ELAINE WARD

Ian Whatley on Circadian Rhythms and Traveling

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

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

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

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

Internal Clock

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

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

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

Adapt in Advance

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

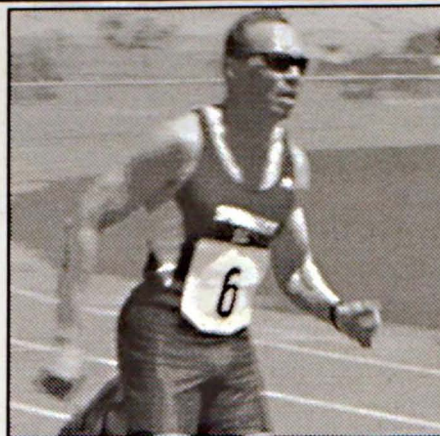
Upon arrival at the race site, maximize your sunlight exposure, especially at dawn, since this activates the chemicals most responsible for adjusting daily biological cycles. Avoid caffeine and alcohol. These chemicals slow the adaptation process.

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

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



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



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



KEN STONE
Leland McPhie, M90, Chuck McMahon Meet.

Masters Compete with Olympic Hopefuls in McMahon Memorial Meet

By KEN STONE

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

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

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

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

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

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

ments around in a child's red wagon.

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

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

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

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

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

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

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.

How to be a Champion from 9 to 90

Body, Mind & Spirit Training

By Earl Fee

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

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LDR Report

USATF RRIC

U.S. Marathons Continue to Grow

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 start, there were 348 different U.S. marathons included in the RRIC database and/or found on the top 10 online calendar sites over a 12-month period. If you add an estimated 25 events that are more local and not on a national or regional radar, a reasonable minimum estimate is 375 U.S. marathons.

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

Then remove another 15 which are probably no longer used, such as "1996 Olympic Marathon" and the canceled "DC Marathon." 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:

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

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

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

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

world.

For largest marathon lists see below.

World's Largest Marathons (finishers):

- 1) ING New York City, NY 34,729
- 2) LaSalle Bank Chicago, IL 32,362
- 3) Flora London, GBR 32,174
- 4) real Berlin, GER 30,709
- 5) Paris, FRA 28,991
- 6) Honolulu, HI 22,139
- 7) City of Los Angeles, CA 17,097
- 8) Boston, MA 17,030
- 9) Suzuki Rock 'n' Roll, CA 16,798
- 10) Chosun Ilbo Chunchon, KOR 16,276
- 11) Marine Corps, DC 15,973
- 12) Olympus Hamburg, GER 15,588
- 13) Ford Cologne, GER 14,652
- 14) Stockholm, SWE 12,076
- 15) Naha, JPN 11,442

U.S. Largest Marathons (finishers):

- 1) ING New York City, NY 34,729
- 2) LaSalle Bank Chicago, IL 32,362
- 3) Honolulu, HI 22,139



GEORGE BANKER
Lee DiPietro, 46, first W40+ (36:38), 21st Sallie Mae 10K.

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

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

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH – AUGUST 2004

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



On The Run

By HAL HIGDON

Hal Higdon will return next month.

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 Gemuetlichkeit ("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 (32:14), breaking Hallop's 1987 masters mark of 33:00. Look for him to enter the 5K next year?

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

Ellen Nitz, 63, turned in a notewor-

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

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

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

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

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

Masters Marathoner Tests Positive

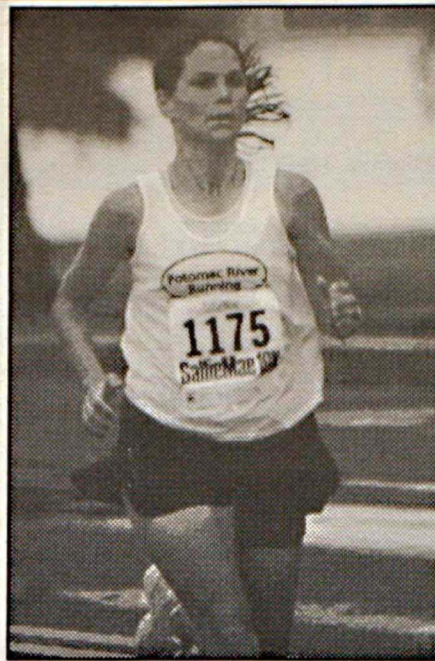
Marathoner Eddy Hellebuyck tested positive for a performance-enhancing drug in an out-of-competition test Jan. 30, the U.S. Olympic Committee announced July 14.

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

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

Any penalty against Hellebuyck will be announced later by USADA.

— The Associated Press



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



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

Watkins, Blair Shine in Oak Apple Run

By RON MARINUCCI

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

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

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

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

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

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

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

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

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

TWENTY-FIVE YEARS AGO August 1979

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

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

FIVE YEARS AGO August 1999

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



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

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Training Advice

By EARL FEE

Running Stride Length and Stride Frequency Decrease with Age

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.

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

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

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

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

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

Similarly, in swimming, the stroke length is more important than stroke frequency; a more powerful arm stroke

will result in more speed with less energy than an increase in stroke rate.

Sprinters

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

Effect of Aging

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

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

Facts

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

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

- The lunge exercise is very useful to increase the toe-off angle. Ensure that the back lower leg is parallel to the ground to achieve a great stretch of the hip flexor muscle.

- Toe raise exercises will result in a more powerful toe-off.

Knee Flexion

Recommendations to reduce decline in knee flexion:

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

- Lighter shoes will assist a faster return, since rotating a heavy object at the end of a lever, particularly a long one (as in a 90 degree bent knee), is harder work.

- Stretch the quad, hip flexor and hamstring muscles daily.

- The butt kick drill should be done regularly.

Contact Time

Recommendations to reduce the contact time during support phase:

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

- The running ABC drills and plyometrics will assist to reduce contact



NMN PHOTO

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

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.

- Pilates exercises regularly will improve hip and knee mobility.

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

Useful Exercises

The following will assist stride length and stride frequency:

- Running uphill fast will enhance the 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, VO₂max 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-Edwardsville on June 12-13. The meet was hosted by the Ozark Association and served as its championships.

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

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

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

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

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

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

Midwest

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

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

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

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

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

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

Southeast

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

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

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

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

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



JERRY WOJCIK

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

Josephine Kolda (1918 - 2004)

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

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

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

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

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

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

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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., with a climb of 676 stairs and continues climbing up Mt. Tamalpais for about 4.5 miles. Then it takes a swift downhill, with runners scrambling through poison oak-lined trails and down more stairs to finish at Stinson Beach on the Pacific Coast.

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

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



KONRAD WOJCIK

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

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Report from Britain

By BRIDGET CUSHEN

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

Undeclared 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 doesn't rule him out of San Sebastian next year!

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

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

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

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

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

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

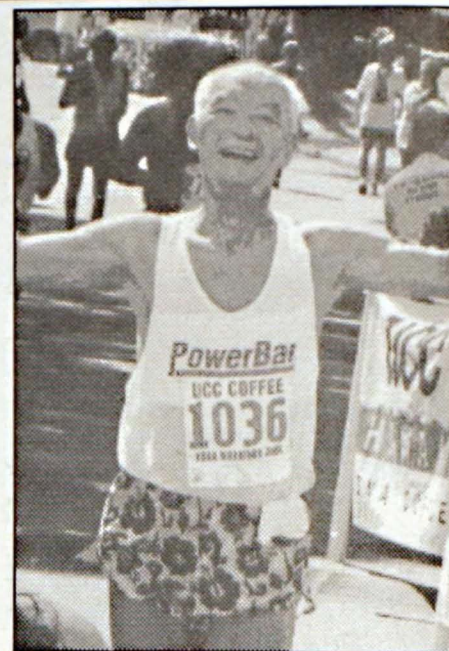
Karen Marshall's W50 5000 in 18:29.37 will be ratified.

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

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

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

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



TESH TESHIMA
Kenji Fujikawa, Chiba, Japan, M65 winner (3:52:40), Kona Marathon, Kailua-Kona, Hawaii, June 20.

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WMA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
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IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						USATF
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.	12#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

WMA weights are used for USATF weight pentathlons.

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.

WMA web site: <http://www.world-masters-athletics.org>

Masters Scene

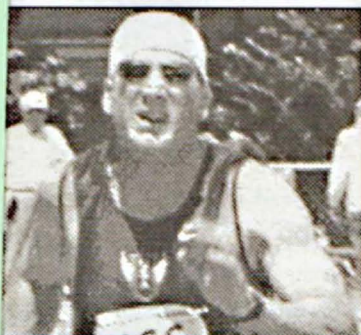
(14.20), Garden State AC Track Meet, Randolph, NJ, June 6.

Judy Teeple, W60, 29:21. Top masters in the 15K were **Les Myers**, M45, 55:02, and **Peggy Joseph**, W40, 62:23.

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

MID-AMERICA

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



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

, Duluth, MN, June 19. **Thom**, 65, won the M65 race (19:12). **Muha**, 71, was first W70+ (30:47). **ve Krebs**, 41, propelled to an over- with a 2:48:34 in the Steamboat Marathon, Steamboat Springs, CO, June 6. **Diane Ridgway**, W50, was first W40+ (3:29:46).

SOUTHWEST

• Throwers were in fine fettle in the Jackrabbit Relays, Odessa, TX, June 12, with **Steve Partridge**, M45, hitting a 165-2 HT, 48-9 1/4 SP, and 170-6 DT, and **Wendell Palmer**, M70, scoring a 40-4 1/2 SP and 59-2 WT.

WEST

• **Oscar Gonzalez**, M40, in 15:31, and **Cynthia DeMarco**, W40, in 20:32, were masters winners in the Gardena 5000, Gardena (L.A.), CA, June 6. **Tyrus Deminter**, M40, was second M40+ (15:36). **Wendy Watson** flew to the W60 win in 22:55.

• **Donald Neidig**, M55, was the swiftest in the 400 (54.25); **David Salazar**, M50, led all in the 800 (2:14.36); and **George Barber**, M40, cleared 4.26 in the PV, New Mexico Masters Championships, Albuquerque, July 11.

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• **Rosalva Bonilla**, 41, Corona, 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.

NORTHWEST

• **Harvey Lewellen**, Springfield, OR, who has been revising M75 throws records since turning 75 in February hit 141-0 with the hammer in the Hayward Field All-Corners Meet, July 1. The present WR is 40.68/133-5, set in 1986.

• **Jeff Fielding**, M40, 34:16, and **Karen Louise White**, W40, 43:08, blasted to masters firsts in the Butte to Butte 10K, Eugene, OR, July 4. **Ladislav Urbanovic**, M40, got in under 40:00, with a 39:31. **Paul Flanagan**, M70, won his division race in 48:56. **Peggy Neal**, W45, was second W40+ (43:18).

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

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

CANADA

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

INTERNATIONAL

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

• **Simon Poelman**, 41, of New Zealand, scored an age-graded 8277 in the decathlon at a meet in Niedersachsen, GER, June 26-27. The present record is 7789 by **Wolfgang Linkmann**, GER, in 1981. In October 1998, Poelman was sentenced to five-and-a-half years in prison for importing ecstasy pills with a street value of \$200,000. He was released in January 2001.

CORRECTIONS

• The M70 U.S. 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 Wensel** 2nd 6.86

800m:
M35 **Eric Green** 5th 2:01.68

1 Mile:
M30 **Matt Smith** 5th 4:34.87

M35 **Eric Green** 1st 4:26.17

3000m:
M30 **Matt Smith** 3rd 8:54.19

M35 **Eric Green** 1st 8:52.29

PV:
M50 **John Carmony** 6th 3.51

M70 **Robert Hewitt** 1st 2.89

3000m Racewalk:
M40 **Michael Carlson** 5th 9:10.80

M60 **John Elwarner** 2nd 16:52.72

W50 **Lynn Tracy** 1st 15:53.0

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EAST

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

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

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

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

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

• **Lloyd Williams**, M70, hit the 100m finish line in 13:97; **Frank Schiro**, M50, was the fastest of the day in the 400 (54.74); **Catherine Stone-Borkowski**, W40, ran a 2:23.90 800; **Roger Price**, M55, was second overall in the 5000 (17:33.84), and **Charles Roll**, M55, had the best SP

June 19. **Summer Brown**, M60, ran an 84:34, and **Carrie Parsi**, W65, posted a 1:52:14.

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

SOUTHEAST

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

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

MIDWEST

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

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

• **Bill Owens**, M40, 21:27, and **Jenny Spangler**, W40, 22:30, churned out masters firsts in the Steamboat Classic 4 Mile, Peoria, IL, June 12. Division winners included **Ray Parella**, M65, 25:18, and

Masters Scene

NATIONAL

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

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

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

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

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

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

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

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

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

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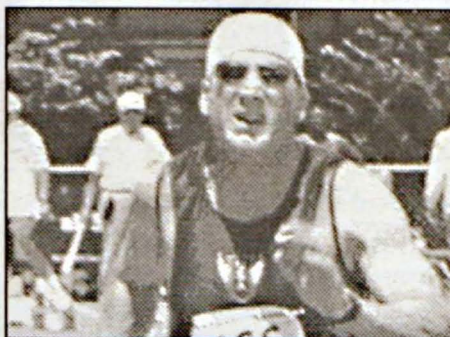
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William Markwardt, 45, La Crosse, WI, ninth in 16:52, and **Janet Rosen**, 50, Cloquet, MN, fourth woman in 19:39, nabbed masters honors in the William A.



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

Irvin 5K, Duluth, MN, June 19. **Thom Weddle**, 65, won the M65 race (19:12). **Dorothy Muha**, 71, was first W70+ (30:47).

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

CANADA

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

INTERNATIONAL

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

• **Simon Poelman**, 41, of New Zealand, scored an age-graded 8277 in the decathlon at a meet in Niedersachsen, GER, June 26-27. The present record is 7789 by **Wolfgang Linkmann**, GER, in 1981. In October 1998, Poelman was sentenced to five-and-a-half years in prison for importing ecstasy pills with a street value of \$200,000. He was released in January 2001.

CORRECTIONS

• The M70 U.S. 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 Wensel** 2nd 6.86

800m:
M35 **Eric Green** 5th 2:01.68

1 mile:
M30 **Matt Smith** 5th 4:34.87

M35 **Eric Green** 1st 4:26.17

3000m:
M30 **Matt Smith** 3rd 8:54.19

M35 **Eric Green** 1st 8:52.29

PV:
M50 **John Carmony** 6th 3.51

M70 **Robert Hewitt** 1st 2.89

3000m Racewalk:
M40 **Michael Carlson** 5th 9:10.80

M60 **John Elwarner** 2nd 16:52.72

W50 **Lynn Tracy** 1st 15:53.0

Schedule

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

TRACK & FIELD

NATIONAL

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

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

August 21-22. USATF National Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Watry, 3224 CR 2700E, Penfield, IL 61862. 217-367-8438, x152; jwatry@gillathletics.com

September 11. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

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

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

EAST

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

August 5. HMRRC Runner's Pentathlon, Shaker HS, near Siena College, Albany, NY. 518-489-5311 (e); kennyskin@earthlink.net

August 7-15. Granite State Games, Manchester, NH. Charles Houser, 603-622-9041; www.nhseniorgames.org

August 14-15. International Implements Challenge, Dartmouth College, Hanover, N.H. Carl Wallin, 58 Stoney Brook Rd., Lebanon, NH 03766. www.lancertiming.com

August 17, 24. Wissahickon Wanderers Distance Meets, Philadelphia, PA. Dan Gordon, dgordon95@comcast.net

August 7, 21. Potomac Valley TC Meets, Langley HS. 703-671-2520; www.pvte.org

September 4-5. Potomac Valley TC Games, Langley HS. 703-671-2520; www.pvte.org

September 10-12. New Jersey Senior Olympics, Fort Monmouth. Michael Garamella, 973-618-1111.

September 10-October 8. Maryland Senior Games, Towson U., Baltimore. 410-704-4456; email: mso@towson.edu; www.towson.edu/olympics

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

SOUTHEAST

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

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

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

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

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

MIDWEST

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

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

September 7-19. Wisconsin Senior Olympics, Milwaukee. 262-821-4444; email: wiseniorgames@sewaaa.com; www.agingresource.com

September 9-14. Indiana Senior Games, Indianapolis. 800-253-2188; spatrow@swirca.org; www.swirca.org

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

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

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

MID-AMERICA

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

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

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

August 21. Halstead Masters & Open Mini Meet, Halstead HS, Kansas. 4 p.m. Bob Everski, Halstead Recr. Commission, 316-835-3366; 835-2286.

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

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

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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

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

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

September 24-26. Arkansas Senior Olympics, Hot Springs. 501-321-1441; arsolym@hotsprings.net; www.srsports.org

November 20. Lions Fall Throws Meet, Lions Fields, Austin, TX. (s) waterlootrackandfield.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

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

August 5-8. Elko Senior Olympic Games, Elko, NV. 775-777-2292; cc425@citilink.net

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

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

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

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

NORTHWEST

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

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

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

INTERNATIONAL

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

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

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

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

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

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

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

LONG DISTANCE RUNNING

NATIONAL

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

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

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

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

ON TAP FOR AUGUST

TRACK AND FIELD

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

LONG DISTANCE RUNNING

From coast to coast, the month opens with the Peoples Beach to Beacon 10K, Cape Elizabeth, ME, and the San Francisco Marathon on the 1st. The Falmouth Race, Falmouth, MA, takes up the 8th. The Midnight Run 5K, Cullman, AL, starts at 11:59 p.m. on the 13th. The NYRR stages the Fifth Avenue Mile, and Hurley, WI, hosts the 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. Up-runners will head for the Pikes Peak Ascent and Marathon on the 21st-22nd. The final week-end lists the Hood to Coast Relay in Oregon on the 27th; Maggie Valley, NC, Moonlight 8K, Crim Festival 10 Mile, Flint, MI, and Charleston, WV, 15 Mile on the 28th; and the Minnesota Masters 15K, Edina, on the 29th.

RACEWALKING

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

October 17. USATF National Masters 5K Cross-Country Championships/Saratoga National Bank Classic, Saratoga Springs, NY. Rob Picotte, 518-869-5898; rpicoite@nycap.rr.com

October 17. USATF National Masters Championships/Dupont Forest Trail Marathon, Hendersonville, NC. Greg Walker, 828-692-5774, x11; gregw@mchsi.com; www.ymcahendersonville.org/SpecialEvents/DupontMarathon.htm

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

November 7. USATF National Masters 8K Cross-Country Championships, Boston, Mass. Steve Vaitones, office@usatfne.org

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

November 30-December 5. 2004 USATF

Annual Meeting, Portland, Ore. One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481; www.usatf.org
December 4. USATF National Masters 10K Cross-Country Championships, Portland, Ore. www.usatf.org
December 18. USATF National Masters Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50k.com

EAST

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

August 1. Peoples Beach to Beacon 10K, Cape Elizabeth, ME. 888-480-6940; www.Beach2Beacon.org
August 3. 45th Yankee Homecoming 10 Mile & 5K, Newburyport, MA. www.yankee-race.com

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

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

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

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

August 14. Asbury Park 5K, Asbury Park, NJ. www.isrc.org

August 29. NYRR Manhattan Half-Marathon, Central Park, NYC. See Aug. 14.

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

September 4. Great Eastern 100K & 50K Trail Race, Charlottesville, VA. 434-293-7115; www.greastern100k.com

September 6. New Haven Savings Bank 20K, New Haven, CT. www.newhavenroadrace.org

September 12. Komen Race for the Cure 5K, Central Park, NYC. 212-860-4455; www.nyrrc.org

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

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

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

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

September 26. USATF Adirondack Masters 5K Championships, Watervliet, NY. 518-273-5552.

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

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

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

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

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

October 24. Army Ten-Miler, Washington, DC. armytenmiler.com

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

SOUTHEAST

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

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

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

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

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

shack.com

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

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

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

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

September 18. St. Jude 5K, Point Clear, AL. See Sept. 11.

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

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

MIDWEST

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

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

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

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

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

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

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

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

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

September 6. Park Forest Scenic 10 Mile, Park Forest, IL. 708-748-2005; www.sce nic10.com

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

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

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

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

MID-AMERICA

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

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

August 29. Minnesota Masters 15K, Edina. 651-644-4946; davekuehn@earthlink.net

September 12. City of Lakes 25K, Minnea-



JERRY WOJCIK

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

polis. 612-644-8185; tcmbarb@earthlink.net
September 18. 25th Turkey Day 10K, Worthington, MN. 800-279-2919; www.turkeyday10k.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 18. Race for the Cure 5K, Tulsa, OK. 918-744-5099; www.rfctulsa.org

September 25. Hurricane Run 8K, Tulsa, OK. 918-625-3147; www.hurricanerun.com

October 30. Tulsa 15K & 5K, Tulsa, OK. 918-625-3147; www.TulsaRunningClub.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

August 1. San Francisco Chronicle Marathon. 415-284-9653; www.chroniclemarathon.com

August 8. 25th Samurai 5K, Los Angeles. 323-252-7246; www.niseiweek.org

August 14. Dammit Run 5 Mile, Los Gatos, CA. Bruce Springbett, 408-354-7365.

August 15. McConnell's Ice Cream 10K, Santa Barbara, CA. 805-564-3400; kyoung@sbre.com

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

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

August 22. Silver State Marathon & Half-Marathon, Reno-Carson City, NV. www.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 19. Maui Marathon & Half-Marathon, Hawaii. 808-871-6441; www.mauimarathon.com

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

October 7-9. Lake Tahoe Marathon, Half-Marathon, 10K & 5K, South Lake Tahoe, CA. 530-544-7095; www.laketahomarathon.com

October 17. Big Sur Half-Marathon, Monterey, CA. www.bigsurhalfmarathon.org

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

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

NORTHWEST

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

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

August 27. Fred Meyer Hood to Coast Relay, Mt. Hood to Seaside, OR. 198 miles; 12-person teams. 503-292-4626; hoodtoeast.com

September 18. Prefontaine Memorial 10K, Coos Bay, OR. 800-824-8486; www.prefontaineun.com

October 2. St. George Marathon, St. George, UT. 435-634-5850; stgeorgemarathon.com

October 3. Portland Marathon. www.portlandmarathon.org

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

CANADA

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

September 26. Toronto Waterfront Marathon, Half-Marathon & 5K. www.torontowaterfrontmarathon.com

October 24. Niagara International Marathon, Half-Marathon & 5K, Ontario. 905-356-9460;

www.niagarafallsmarathon.com

INTERNATIONAL

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

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

RACEWALKING

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

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

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

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

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

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

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

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

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

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

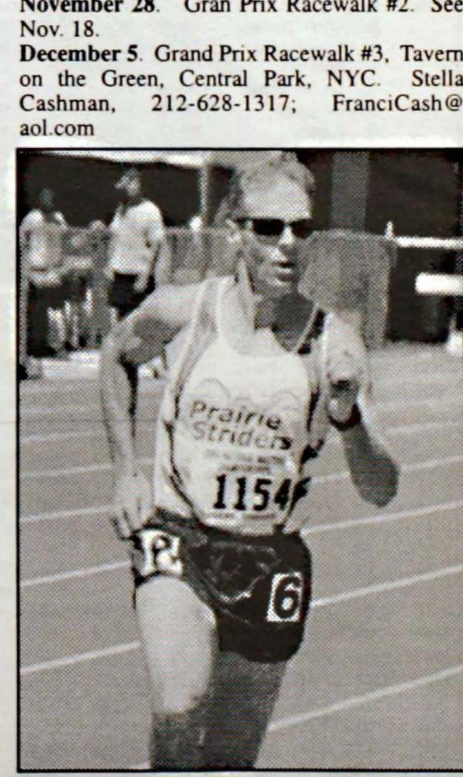
November 14. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634.

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

November 21. USATF National Masters 20K RW Championships, Clermont Creek, FL. Bob Fine, 561-499-3370; bobfine@bellsouth.net

November 28. Gran Prix Racewalk #2. See Nov. 18.

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



BARB SPANNUS

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

M30-34
Kyle Lanier 800 2:01.45 3-26, 28-04
Mile 4:40.1 2-15-04

M35-39
Steven Cassar 1500 4:21.87 6-12, 13-04
Paul Kelly Mile 4:34.96 2-22-04

M45-49
Richard Panches 10,000 35:57.40 6-26-04

M50-54
Jerry Schriver 200 25.0 6-6-04

M55-59
James Seiler 200 26.72 5-30-04

RECIPIENTS OF ALL-AMERICAN AWARDS

George Downham 400 61.64 5-22-04

M60-64
Tony Craddock 200 27.88 6-28-04
200 27.66 4-13-04
Gerard Malaczynski Mile 5:07 6-26-04
Jim Noone Mile 5:46.10 6-27-04

M65-69
William Eisenhart SP 37-10 1/2 6-19-04
Ted Moore Mile rw 8:34.20 7-11-04

M70-74
Morren Greenburg 50m 7.62 6-19-04
Richard Strinnl 400m 1:14.23 6-24, 27-04
Frank Vellardito 800 2:49.29 6-27-04
Richard Webber J 31.50 8-8, 11-04

W40-44
Laura Niel Mile rw 8:04.80 6-13-04

W45-49
Mary Richards 800m 2:44.01 5-7, 94

W45-49
Gail Johns-Rees 200 31.06 2-22-04
60m 9.35 2-22-04

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

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	14.8
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.8	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6- 1/2	5-9/4	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9/4	3-3/4	2-7/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-0	8-10 1/2	7-10 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20- 1/2	19-2 1/2	18-4 1/2	17-8 1/2	16- 1/2	14-9	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/2	39-4 1/2	42-0	37-8 1/2	36-1 1/2	29-6 1/2	26-3	19-8 1/2	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/2	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt	15.00	14.00	13.00	12.00	10.00	9.00		6.00	5.00	4.00	3.00		
	49-2 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2		19-8 1/2	16-4 1/2	13-1 1/2	9-10		
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
	49-2 1/2	45-11 1/2	43-5 1/2	41-0 1/2	46-9	43-5 1/2	45-11 1/2	43-5 1/2	44-3 1/2	38-6 1/2	32-9 1/2	28-8 1/2	19-8 1/2
56#Wt	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/2	27-10 1/2	26-3	19-8 1/2	18- 1/2	16-4 1/2	14-9	11-5 1/2	9-10	8-2 1/2	6-6 1/2	
Pent	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 8) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#
 9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).
 10) Metric heights and distances are the standard; feet and inches listed for convenience.

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

WOMEN

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

MEN

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

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

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

FOR WOMEN													
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	2-9		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
	8-10 1/2	7-10 1/2	6-10 1/2	5-10 1/2	4-11	3-11 1/2	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1	14-6	13-3	12-6	11-1 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/2	19-8 1/2	18- 1/2	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-9 1/2	30-7	27-11	27-6 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17- 1/2	14-1 1/2		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
	114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-2 1/2	68-10 1/2	59- 1/2	52-6	45-11 1/2	42-8	36-1 1/2		
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-10 1/2	59- 1/2	45-11 1/2	39-4 1/2	29-6 1/2		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9 1/2	32-9 1/2	29-6 1/2	26-3	29-6 1/2	26-3	31-2	28-8 1/2	25-5 1/2	21-4	18-0 1/2	15-7	11-5 1/2
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00		
	21-4	19-8 1/2	18- 1/2	16-4 1/2	17-2 1/2	16-4 1/2	15-7	14-9	13-1 1/2	11-5 1/2	9-10		
Wt.Pent.	2600	2500	2500	2500	2800	2600	2500	2500	2500	2400	2300		

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2-1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Pittsylvania Mile

Pittsburgh, PA; June 5

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

Throw-A-Thon

Albright College

Reading, PA; June 5

Name	Age	Pts	WP
Lawson Kunle	32	8370	2815
Jim Wetenhall	49	10,950	3621
Carl Shields	50	8407	2857
Nick Helfrich	50	7101	2477
Bob Sager	56	8353	2841
Bob Cahners	61	9735	2988
Jack Kuhns	65	10,100	3450
Ray Feick	72	11,037	3678
Pay Carstensen	72	9738	3404
Paul Eberhardinger	84	3205	1199
Onetha Lewis	43	11,876	4376
Debbie Ecklund	45	3932	1781
Kathy Wetenhall	50	7666	2640
Roz Katz	62	7160	2640
Ann Cirulnick	69	5612	2087
Single Events			
Brenda Start	30	HT55.02	
Glenn Thompson	41	SP16.29/DT46.16	
2" rain/54 deg			

Garden State AC Track Meet

Randolph, NJ; June 6

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

Nitkowski, Jessie	1:03.87
M60 Kuhl, John	1:13.75
Siegfried, Dave	1:14.39
M70 Williams, Lloyd	1:11.86
Johnson, Alexander	1:20.07
M75 Cherniak, Ray	1:24.22
800m	
M35 Mann, Jonathan	2:03.32
Busch, Jeremy	2:04.38
Collura, Joe	2:13.30
Sundberg, Jeff	2:16.04
M40 Gaughran, Michael	2:06.23
Price, Christopher	2:07.19
Bynoe, Dave	2:08.67
Williams, Mike	2:10.67
M45 Noden, Merrell	2:32.80
Blake, Barry	2:45.48
M50 Pierret, Kirk	2:24.31
Estok, John	3:00.04
M55 Inde, Bill	2:51.71
M60 Gerridge, Dave	2:43.24
Saarmann, John	2:47.03
Kuhl, John	2:57.50
W40 Stone-Borkowski, C.	2:23.90
Fales, Pam	2:51.93
W45 Muhaw, Sue	3:03.21
1 Mile	
M35 Harasts, Angelo	5:12.74
Fox, Jim	6:00.13
M40 Miller, Randy	5:27.09
M45 Higgins, Kevin	5:12.79
Zurheide, Dave	5:35.98
Noden, Merrell	5:39.62
M60 Kuhl, John	6:25.88
M90 Healy, Dudley	14:40.85
W40 Fales, Pam	6:14.02
W45 Muhaw, Sue	6:28.57
5000m	
M35 Harasts, Angelo	17:32.95
King, Joseph	19:05.37
Ford, Michael	19:10.03
M45 Zurheide, Dave	18:42.88
M50 Pierret, Kirk	19:18.92
M55 Price, Roger	17:33.84
M65 Denham, Dick	27:54.25
Short Hurdles	
M45 Mc Mahon, Tim	19.02
M50 Friedman, Dave	27.99
W30 Jackson, Bridgette	14.82
Anderson, Dianna	15.34
Gawrys, Amy	18.26
High Jump	
M40 Murphy, Dave	1.65
M45 Carr, Tim	1.60
M55 Friedman, Dave	1.29
Dunne, Gerard	1.24
Pole Vault	
M50 Roberti, Mike, Sr.	2.66
M55 Dunne, Gerard	2.81
Long Jump	
M45 Choppa, Rich	5.21
M50 Clark, Fred	4.11
Friedman, Dave	3.87
M55 Nitkowski, Jessie	4.55
Dunne, Gerard	4.30
Monroe, Frank	3.70
Triple Jump	
M50 James, Clark	9.63
Estok, John	8.02
Friedman, Dave	7.32
M55 Dunne, Gerard	8.49
Shot Put	
M40 Taylor, Warren	12.93
M45 Rubin, Michael	10.17
M50 Kalnas, Mike	10.17
Friedman, Dave	5.94
M55 Roll, Charles	14.20
Discus	
Eisner, Marty	11.70
Shuman, Terry	9.63
Dunphy, Rich	9.04
M60 Kalnas, Joe	10.20
Levine, Carl	8.93
Miles, Tim	7.65
M70 Maasik, Meemo	10.74
Kintish, Marty	7.92
Hammer	
M40 Warren Taylor	40.69

M45 Rubin, Michael	29.53
M55 Eisner, Marty	37.65
Shuman, Terry	37.56
Roll, Charles	34.06
Salvio, Ron	29.61
M60 Busch, Roger	41.66
Bronstein, John	41.36
Levine, Carl	30.80
Miles, Tim	24.72
M65 Dedham, Dick	30.20
M70 Maasik, Meemo	32.53
Kintish, Martin	31.51

Javelin	
M45 Biagioni, R.V.	45.07
M50 Riva, Steven	47.70
DeBenedetto, Jan	40.61
M55 Monroe, Frank	23.90
Dunne, Gerard	23.62
M60 Levine, Carl	24.49
M70 Youngs, Bob	39.04
Maasik, Meemo	32.46
M75 Kiwitti, Sid	26.47
Weight Throw	
M45 Rubin, Michael	7.75
M55 Shuman, Terry	12.73
Salvio, Ron	9.67
M60 Bronstein, John	13.88
Levine, Carl	8.94
M70 Maasik, Meemo	11.24
Kintish, Marty	10.44
Mile Race Walk	
M40 Miller, Randy	10:02.99
M45 Salvio, Ron	10:03.56
M60 Hartman, Tom	10:54.65
W35 Wroth, Taryn	10:46.76
W70 Stone, Diane	12:26.47

Superweight & Ultraweight

Meet, Gilbertsville, PA

June 6	
56#/#98#/#200#/#300#	
Kunle Lawson	32 1880
9.09/5.47/1.78/0.98	
R Raines	34 1018
6.45/3.37/1.23/0.51	
Jim Wetenhall	49 3268
11.50/6.76/2.62/1.47	
R Allen	57 2591
7.49/3.98/1.90/1.08	
Bob Sager	56 —
6.81/1.11/1.11/1.11	
35#/#56#/#98#/#200#	
Ray Feick	72 2533
8.21/5.74/2.96/1.16	
Pay Carstensen	72 2493
7.74/3.94/3.05/1.45	
J Reider	70 —
3.81/2.71/1.49/0.45	
Paul Eberhardinger	84 852
2.41/1.53/0.98/0.28	
Deborah Ecklund	45 1206
3.71/2.47/1.47/0.52	
Kathy Wetenhall	50 1978
7.33 (25#)/3.11/2.05/0.78	
300#	
Carstensen	0.81/Wetenhall 0.36

Syracuse Chargers Meet

Syracuse, NY; June 7

100m	
M30 Aaron Lambert	12.7
M55 Bob Micho	13.7
M60 Paul Stelmazyk	15.0
M65 Tom Fondy	14.0
400m	
W50 Linda Orlitz	76.1
M30 Aaron Lambert	56.0
M40 Tony Ariola	58.9
David Anola	41 59.6
M45 Ric Bond	56.8
M55 Bob Nicholson	72.7
M60 Paul Stelmazyk	67.1
M65 Tom Fondy	75.4
3000m	
W50 Linda Orlitz	14:43.9
M30 Richard Terpening	9:43.6
M35 Glen Miley	10:09.7
M40 David Ariola	9:545.3
M45 Mark Rybinski	10:32.2
Kevin Hanlon	10:41.2
M55 Bob Nicholson	13:56.4
Hurdles	
M50 Irene Thompson	14.3
M60 Paul Stelmazyk	14.9
High Jump	
M40 Eric Lauber	4-6
M65 John Hurley	4-0

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

Empire State Senior Games

Cortland, NY; June 8-13

100m	
M50 Xiaonong He	13.6
M55 Darryl Decker	13.4
M60 Paul Gansle	14.0
M65 Thomas Fondy	14.2
M70 Lloyd Williams	13.3
M75 Ed Cox	15.1
M80 Anthony Nero	19.0
M85 Edwin Koch	20.5
M90 Frank Tokarz	27.2
W50 Lewanne Dudley	15.6
W55 Hillen Stubendorff	15.5
W60 Y Tasker-Rothenberg	18.9
W65 Willie Murphy	18.4
W70 Rosalia Gioia	21.6
W75 Patricia Peterson	19.0
W80 Lettice Graham	25.5
W85 Lona Flynn	40.9
200m	
M50 Stan More	33.5
M55 Darryl Decker	28.2
M60 Paul Gansle	29.2
M65 Thomas Fondy	29.6
M70 Lloyd Williams	28.8
M75 Robert Bruce	32.6
M80 Ed Cox	33.2
M85 Anthony Nero	38.9
M85 Edwin Koch	50.5
W50 Diane Sherr	45.3
W55 Hillen Stubendorff	32.7
W60 Y Tasker-Rothenberg	40.2
W65 Helgi Mepharm	43.4
M70 Edna Hyer	46.5
W75 Patricia Peterson	42.2
400m	
M50 Robert Albinski	1:06.7
M55 Darryl Decker	1:04.9
M60 Paul Gansle	1:01.0
M65 Thomas Fondy	1:11.9
M70 Lloyd Williams	1:08.2
M75 Harold Larkin	1:30.2
M80 Anthony Nero	1:39.0
M85 Edwin Koch	2:29.9
W50 Diane Sherr	1:26.6
W55 Hillen Stubendorff	1:12.6
W60 Y Tasker-Rothenberg	1:25.9
W65 Helgi Mepharm	1:45.1
W70 Gloria Santaripa	1:47.0
W75 Patricia Peterson	2:05.1
W80 Lettice Graham	2:43.2
W90 Dorothy Bararo	9:33.4
800m	
M50 David Bowen	2:29.0
M55 William Camperlino	2:41.6
M60 R Domachowski	2:33.5
M65 Christopher Rush	2:39.9
M70 Fritz Schlereth	3:12.2
M75 Harold Larkin	3:39.1
M80 Anthony Nero	3:56.0
W50 Diane Sherr	3:05.5
W55 Bridget Pawelczak	3:43.5
W60 Tasker-Rothenberg	3:18.2
W65 Willie Murphy	5:27.7
W70 Gloria Santaripa	3:15.1
1500m	
M50 David Bowen	5:16.2
M55 Robert Nicholson	6:10.6
M60 John Allen	5:48.8
M65 Joe Cordero	5:40.0
M70 George Freeman	6:55.9
M75 David Welsh	18:16.5
M80 Anthony Nero	8:18.8
W50 Zsolt Franck	5:51.0
W55 Bridget Pawelczak	7:23.1
W60 Tasker-Rothenberg	6:45.8
W65 E Gissendanner	13:08.5
W70 Gloria Santaripa	8:14.8
High Jump	
M50 Chuck Schwab	1.42
M55 Gerard Dunne	1.27
M60 Howard Dewey	1.48
M65 John Hurley	1.14
M70 David Rider	1.10
M75 John Sheridan	1.70
M80 Joseph Scoria	94
W50 Gloria Nasa	96
W55 Phyllis Meade	1.18
W60 Gwendolyn Gutliffe	86
W70 Rosalia Gioia	86
W75 Patricia Peterson	86
W80 Lettice Graham	70
W90 Dorothy Bavaro	70

Pole Vault	
M50 Jim Kelly	2.65
M55 Tomlinson Rauscher	3.15
M70 David Rider	2.25
W50 Gloria Nasa	.92
W55 Hillen Stuhendorff	2.65
Long Jump	
M50 Carl Van Gelder	4.70
M55 Darryl Decker	4.58
M60 Howard Dewey	4.65
M70 Louis DiCocco	3.61
M75 John Shendan	1.38
M80 Ernest Ross	2.50
M85 Edwin Koch	1.30
W50 Gloria Nasa	2.42
W55 Hillen Stuhendorff	3.92
W60 Nancy Hammond	2.18
W65 Delores Stewart	1.60
W70 Rosalia Gioia	2.29
W75 Patricia Peterson	1.84
W80 Lettice Graham	1.23
W90 Dorothy Bavaro	.83
Shot Put	
M50 Joe Myers	12.80
M55 Martin Eisner	12.04
M60 Gary Crawford	11.67
M65 Chuck Yost	10.49
M70 Louis Capano	9.56
M75 John Shendan	7.79
W50 Evita Belmonte	5.78
W55 Cassandra Clark	8.86
W60 Marianne Neuber	8.59
W65 Willie Murphy	6.67
W70 Dolores Faber	5.82
W75 Joan Gillyean	4.86
W80 Regina Purvis	3.74
W85 Natalie Homjak	1.76
W90 Dorothy Bavaro	2.04
Discus	
M50 Ed Ferraro	39.14
M55 John Busch	35.45
M60 Gary Crawford	39.74
M65 Chuck Yost	34.07
M70 Martin Kintish	32.41
M75 John Sheridan	22.52
M80 Joseph Scorgia	17.20
M85 Edwin Koch	10.94
W50 Evita Belmonte	12.10
W55 Barbara Lopiccolo	24.52
W60 Marianne Neuber	21.20
W70 Edna Hyer	16.88
W75 Joan Gillyean	10.56
W80 Regina Purvis	7.56
W85 Natalie Homjak	3.47
W90 Dorothy Bavaro	.62
Hammer	
M50 George Sandas	40.46
M55 Kenneth Straley	26.81
M60 Gary Crawford	29.26
M65 Edmund Joyce	26.11
M70 Louis Capano	22.55
M75 John Shendan	20.05
W50 Debra Lynn	17.75
W55 Barbara Lopiccolo	26.19
W60 Joyce Bahr	20.70
W70 Dolores Faber	19.58
Javelin	
M50 Joe Myers	36.84
M55 Gene Spanneut	39.09
M60 Norm Chambliss	32.04
M65 Armand Courchesne	31.33
M70 Remo Carrozzi	25.98
M75 Robert Webber	18.34
M80 Joseph Scorgia	8.66
W50 Glona Masa	9.63
W55 Barbara Lopiccolo	23.90
W60 Marianne Neuber	16.06
W70 Dolores Faber	15.97
W75 Trudy Welsh	6.94
1500m RW	
M55 Marc Olshan	8:01.9
M60 Eduardo Sorrenti	8:09.9
M65 Stanley Feingold	10:22.5
M70 George Freeman	10:09.2
M75 Sidney Wankoff	13:45.1
M80 Jay Charles	12:52.7
W55 Toni Olshan	11:05.4
W60 Sylvia Cunningham	14:59.7
W65 Margaretta Goines	12:35.5
W70 Edna Hyer	11:49.2
W75 Helen Fitzgerald	14:21.6
W80 Minna Charles	14:21.9
W85 Rose Manginelli	15:24.9
5000m RW	
M50 Bill Fatiga	29.56
M55 Marc Olshan	28.31
M60 Edoardo Sorrenti	30.17
M65 Stanley Feingold	37.02
M70 Bob Barrett	28.41
W50 Lavem Rector	43.10
W55 Toni Olshan	39.22
W60 Diane Lawrence	34.42
W65 Margaretta Goines	39.12
W70 Kim Dinardo	42.15
W75 Bernice Washington	46.51
W80 Minna Charles	46.57
W85 Rose Manginelli	54.26
5K Road Race	
M50 Greg Grund	18.40
M55 Hector Bauza	19.40
M60 Robert Domachowski	22.11
M65 Joe Cordero	20.29
M70 Donald Farley	22.06
M75 Clifford Auth	37.16
M80 Russell More	39.43

Shot Put	
M50 Mark Hogan	10.26
M55 Ken Rose	12.41
M60 Stephen Lawrence	10.85
M65 Alan Brooks	11.32
M70 Leonard Rosen	12.71
M75 Edward Keene	8.27
M80 Earl Sweeney	7.40
W50 Barbara McCuen	7.02
W55 Patricia Fogg	8.12
W60 Joyce Bahr	8.66
W65 Mary Roman	7.91
W70 Marcia Crooks	6.46
W75 Joan Gilyean	4.82
W80 Anne McGowan	4.51

Discus	
M50 Mark Hogan	27.36
M55 Kenneth Straley	31.95
M60 Bob Rottler	31.80
M65 Alan Brooks	39.27
M70 Leonard Rosen	37.69
M75 Edward Keene	23.83
M80 John McCarthy	19.79
W50 Barbara McCuen	18.16
W55 Patricia Fogg	19.96
W60 Joyce Bahr	19.15
W65 Joan Youngs	18.49
W70 Ellen Brannigan	17.55
W75 Joan Gilyean	9.27
W80 Jeanne Berlepsch	9.98

Hammer	
M55 Art Ellis	39.75
M60 Carl Levine	26.01
M65 Nicholas Leras	32.03
M70 A Anthopoulos	29.36
W50 Barbara McCuen	11.48
W55 Patricia Fogg	21.82
W60 Joyce Bahr	19.99
W65 Mary Roman	18.62
W70 Delores Faber	21.06
W80 Ann McGoran	10.90

Javelin	
M50 John Contro	34.37
M55 Buzz Gagne	49.07
M60 Bob Rottler	35.74
M65 Patrick Conley	31.65
M70 A Anthopoulos	35.48
M75 Aaron Chernus	22.38
M80 John McCarthy	20.22
W50 Barbara McCuen	16.08
W55 Patricia Fogg	18.64
W60 Martha Oppenheim	18.57
W65 Joan Youngs	20.37
W70 Delores Faber	16.64
W80 Jeanne Berlepsch	11.28

1500m RW	
M50 Joseph Steele	13:21.42
M55 Dan O'Donnell	10:29.34
M60 Gerald Patrick	9:51.81
M65 Spencer Parrish	10:29.97
M75 Ben Lezon	11:05.72
W65 Barbara Frasca	10:25.74

Dartmouth Throws Meet Hanover, NH; June 26

16# Shot Put	
Carl Wallin age-62 WR	40-8.5
Bob Mead 59	40-0
Don Filkins 50	38-3

Shot Put	
C Wallin 5k	46-10
B Mead 6k	43-8.5
D Filkins 6k	39-11.5
Packy Fusco 61 5k	32-6

Hammer	
C Wallin 5k	145-7
Bill Cotter 39 16#	142-8
D Filkins 6k	133-1
Sam Messiter 75 4k	85-10

Discus	
D Filkins 1.5k	123-7
B Cotter 2k	122-6
C Wallin 1k	120-7
P Fusco 1k	115-11
S Messiter 1k	72-8

Javelin	
C Wallin 600g	111-3
S Messiter 500g	80-3

Syracuse Chargers Meet Syracuse, NY; July 5

200m	
W50 Irene Thompson	29.0
M40 Kevin Didio	26.8
M45 Brendan Jackson	25.4
Ric Bond	25.8
M65 Tom Fondy	29.6
John Hurley	38.7

800m	
M35 Glen Miley	2:17.6
M45 Kevin Hanlon	2:23.7
M50 Dave Oja	2:56.1

1500m	
M30 Richard Terpening	4:33.5
M35 Glen Miley	4:45.6
M50 Dave Oja	6:00.8

High Jump	
M65 John Hurley	3-8

Triple Jump	
W50 Irene Thompson	8.55

Shot Put	
M35 Norm Deep	41-5
Brian Fite	32-4

M40 Mike Kinsella	29-4.5
Discus	
M35 Norm Deep	106-4
Brian Fite	100-4
Hammer	
M35 Norm Deep	40.72

SOUTHEAST

USATF North Carolina Masters Championships NC St. U., Raleigh; May 7-9

(Results omitted from June issue)

200m	
M30 Archie Derrick	22.65
Jimmy Metayer	22.96
M35 Chris Sarsony	27.22
M40 Robert Harding	23.47
Marcus Shute	23.88
Michael Kountze	24.33
M45 Charles Johnson	27.91
M50 Oscar Peyton	24.26
Robert Berke	29.22
M55 Owen Rogers	26.07
Samuel Hall	26.94
Greg Marshall	27.19
M60 Robert Koontz	26.66
M65 Marion Harrison	27.66
Lawrence Golan	29.95
M70 James Stookey	30.30
Robert Reid	30.46
Alan Raynor	33.10
M75 Jack Greenwald	32.42
M80 Raymond Bower	37.13
Ralph Maxwell	38.70
Peter Murtos	54.15

Potomac Valley TC Meet McLean, VA; May 30	
100m	
M30 Marcus Knowles	11.94
M35 Andrew Higgins	11.3h
M40 Lorenzo Thomas	13.64
M45 Tom Mason	15.24
M50 Robert Bowen	12.04
W40 Jane Macht	17.84
W70 Audrey Lary	16.14
200m	
M30 Fitz Crick	21.97
M35 Andrew Higgins	23.34
M40 Darnell Smith	25.14
M50 Robert Bowen	24.54
W40 Patricia Zerfas	37.84
W70 Audrey Lary	34.34
400m	
M40 Darnell Smith	55.14
M50 Robert Bowen	55.74
M35 Troy Nelson	1:00.84
M80 Walt Washburn	1:50.14
W40 Yue Guan	1:27.24
800m	
M50 Larry Hart	2:50.30
M80 Walt Washburn	4:00.50
W40 Patricia Zerfas	3:03.80
1 Mile	
M35 Mel Peterson	4:51.70
M40 Gary Grilliot	4:55.50
M45 Jim Darr	5:43.30
M50 Larry Hart	6:11.60
M55 Bob Weiner	6:39.50
M60 James Verdier	6:43.00
M80 Walt Washburn	8:28.00
W40 Patricia Zerfas	5:58.60
W45 Bernadette Flynn	7:06.30
3000m	
M40 Gary Grilliot	9:49.50
M45 Peter Blank	12:11.50
M80 Walt Washburn	15:18.80
W40 Patricia Zerfas	12:01.40
Long Hurdles	
M30 Fitz Crick	52.66
High Jump	
M40 John Casale	1.52
Long Jump	
M40 John Casale	4.80
M45 Marcus Battle	5.37
Triple Jump	
M40 John Casale	9.95
M45 Marcus Battle	11.96
Shot Put	
M30 Brian Butt	10.00
M35 Patrick Owens	9.04
W30 Jennifer Stephens	9.98
W70 Sharon Good	4.01
Discus	
M30 Brian Butt	29.83
M40 John Casale	28.71
M80 George Ryffel	14.30
W30 Jill Kennedy	17.30
W70 Sharon Good	10.70
Javelin	
M30 Don Ampansin	48.14
W35 Valerie Eichenberger	23.80
W40 Becky Hartley	14.06
W70 Sharon Good	7.32
1 Mile RW	
M45 Peter Blank	10:37.0h

Potomac Valley TC Meet McLean, VA; May 30	
100m	
M30 Marcus Knowles	11.94
M35 Andrew Higgins	11.3h
M40 Lorenzo Thomas	13.64
M45 Tom Mason	15.24
M50 Robert Bowen	12.04
W40 Jane Macht	17.84
W70 Audrey Lary	16.14
200m	
M30 Fitz Crick	21.97
M35 Andrew Higgins	23.34
M40 Darnell Smith	25.14
M50 Robert Bowen	24.54
W40 Patricia Zerfas	37.84
W70 Audrey Lary	34.34
400m	
M40 Darnell Smith	55.14
M50 Robert Bowen	55.74
M35 Troy Nelson	1:00.84
M80 Walt Washburn	1:50.14
W40 Yue Guan	1:27.24
800m	
M50 Larry Hart	2:50.30
M80 Walt Washburn	4:00.50
W40 Patricia Zerfas	3:03.80
1 Mile	
M35 Mel Peterson	4:51.70
M40 Gary Grilliot	4:55.50
M45 Jim Darr	5:43.30
M50 Larry Hart	6:11.60
M55 Bob Weiner	6:39.50
M60 James Verdier	6:43.00
M80 Walt Washburn	8:28.00
W40 Patricia Zerfas	5:58.60
W45 Bernadette Flynn	7:06.30
3000m	
M40 Gary Grilliot	9:49.50
M45 Peter Blank	12:11.50
M80 Walt Washburn	15:18.80
W40 Patricia Zerfas	12:01.40
Long Hurdles	
M30 Fitz Crick	52.66
High Jump	
M40 John Casale	1.52
Long Jump	
M40 John Casale	4.80
M45 Marcus Battle	5.37
Triple Jump	
M40 John Casale	9.95
M45 Marcus Battle	11.96
Shot Put	
M30 Brian Butt	10.00
M35 Patrick Owens	9.04
W30 Jennifer Stephens	9.98
W70 Sharon Good	4.01
Discus	
M30 Brian Butt	29.83
M40 John Casale	28.71
M80 George Ryffel	14.30
W30 Jill Kennedy	17.30
W70 Sharon Good	10.70
Javelin	
M30 Don Ampansin	48.14
W35 Valerie Eichenberger	23.80
W40 Becky Hartley	14.06
W70 Sharon Good	7.32
1 Mile RW	
M45 Peter Blank	10:37.0h

Potomac Valley TC Meet McLean, VA; May 30	
100m	
M30 Marcus Knowles	11.94
M35 Andrew Higgins	11.3h
M40 Lorenzo Thomas	13.64
M45 Tom Mason	15.24
M50 Robert Bowen	12.04
W40 Jane Macht	17.84
W70 Audrey Lary	16.14
200m	
M30 Fitz Crick	21.97
M35 Andrew Higgins	23.34
M40 Darnell Smith	25.14
M50 Robert Bowen	24.54
W40 Patricia Zerfas	37.84
W70 Audrey Lary	34.34
400m	
M40 Darnell Smith	55.14
M50 Robert Bowen	55.74
M35 Troy Nelson	1:00.84
M80 Walt Washburn	1:50.14
W40 Yue Guan	1:27.24
800m	
M50 Larry Hart	2:50.30
M80 Walt Washburn	4:00.50
W40 Patricia Zerfas	3:03.80
1 Mile	
M35 Mel Peterson	4:51.70
M40 Gary Grilliot	4:55.50
M45 Jim Darr	5:43.30
M50 Larry Hart	6:11.60
M55 Bob Weiner	6:39.50
M60 James Verdier	6:43.00
M80 Walt Washburn	8:28.00
W40 Patricia Zerfas	5:58.60
W45 Bernadette Flynn	7:06.30
3000m	
M40 Gary Grilliot	9:49.50
M45 Peter Blank	12:11.50
M80 Walt Washburn	15:18.80
W40 Patricia Zerfas	12:01.40
Long Hurdles	
M30 Fitz Crick	52.66
High Jump	
M40 John Casale	1.52
Long Jump	
M40 John Casale	4.80
M45 Marcus Battle	5.37
Triple Jump	
M40 John Casale	9.95
M45 Marcus Battle	11.96
Shot Put	
M30 Brian Butt	10.00
M35 Patrick Owens	9.04
W30 Jennifer Stephens	9.98
W70 Sharon Good	4.01
Discus	
M30 Brian Butt	29.83
M40 John Casale	28.71
M80 George Ryffel	14.30
W30 Jill Kennedy	17.30
W70 Sharon Good	10.70
Javelin	
M30 Don Ampansin	48.14
W35 Valerie Eichenberger	23.80
W40 Becky Hartley	14.06
W70 Sharon Good	7.32
1 Mile RW	
M45 Peter Blank	10:37.0h

Potomac Valley TC Meet McLean, VA; May 30	
100m	
M30 Marcus Knowles	11.94
M35 Andrew Higgins	11.3h
M40 Lorenzo Thomas	13.64
M45 Tom Mason	15.24
M50 Robert Bowen	12.04
W40 Jane Macht	17.84
W70 Audrey Lary	16.14
200m	
M30 Fitz Crick	21.97
M35 Andrew Higgins	23.34
M40 Darnell Smith	25.14
M50 Robert Bowen	24.54
W40 Patricia Zerfas	37.84
W70 Audrey Lary	34.34
400m	
M40 Darnell Smith	55.14
M50 Robert Bowen	55.74
M35 Troy Nelson	1:00.84
M80 Walt Washburn	1:50.14
W40 Yue Guan	1:27.24
800m	
M50 Larry Hart	2:50.30
M80 Walt Washburn	4:00.50
W40 Patricia Zerfas	3:03.80
1 Mile	
M35 Mel Peterson	4:51.70
M40 Gary Grilliot	4:55.50
M45 Jim Darr	5:43.30
M50 Larry Hart	6:11.60
M55 Bob Weiner	6:39.50
M60 James Verdier	6:43.00
M80 Walt Washburn	8:28.00
W40 Patricia Zerfas	5:58.60
W45 Bernadette Flynn	7:06.30
3000m	
M40 Gary Grilliot	9:49.50
M45 Peter Blank	12:11.50
M80 Walt Washburn	15:18.80
W40 Patricia Zerfas	12:01.40
Long Hurdles	
M30 Fitz Crick	52.66
High Jump	
M40 John Casale	1.52
Long Jump	
M40 John Casale	4.80
M45 Marcus Battle	5.37
Triple Jump	
M40 John Casale	9.95
M45 Marcus Battle	11.96
Shot Put	
M30 Brian Butt	10.00
M35 Patrick Owens	9.04
W30 Jennifer Stephens	9.98
W70 Sharon Good	4.01
Discus	
M30 Brian Butt	29.83
M40 John Casale	28.71
M80 George Ryffel	14.30
W30 Jill Kennedy	17.30
W70 Sharon Good	10.70
Javelin	
M30 Don Ampansin	48.14
W35 Valerie Eichenberger	23.80
W40 Becky Hartley	14.06
W70 Sharon Good	7.32
1 Mile RW	
M45 Peter Blank	10:37.0h

Potomac Valley TC Meet McLean, VA; May 30	
100m	
M30 Marcus Knowles	11.94
M35 Andrew Higgins	11.3h
M40 Lorenzo Thomas	13.64
M45 Tom Mason	15.24
M50 Robert Bowen	12.04
W40 Jane Macht	17.84
W70 Audrey Lary	16.14
200m	
M30 Fitz Crick	21.97
M35 Andrew Higgins	23.34
M40 Darnell Smith	25.14
M50 Robert Bowen	24.54
W40 Patricia Zerfas	37.84
W70 Audrey Lary	34.34
400m	
M40 Darnell Smith	55.14
M50 Robert Bowen	55.74
M35 Troy Nelson	1:00.84
M80 Walt Washburn	1:50.14
W40 Yue Guan	1:27.24
800m	
M50 Larry Hart	2:50.30
M80 Walt Washburn	4:00.50
W40 Patricia Zerfas	3:03.80
1 Mile	
M35 Mel Peterson	4:51.70
M40 Gary Grilliot	4:55.50
M45 Jim Darr	5:43.30
M50 Larry Hart	6:11.60
M55 Bob Weiner	6:39.50
M60 James Verdier	6:43.00
M80 Walt Washburn	8:28.00
W40 Patricia Zerfas	5:58.60
W45 Bernadette Flynn	7:06.30
3000m	
M40 Gary Grilliot	9:49.50
M45 Peter Blank	12:11.50

W45 ChrisCaravoulas 12:26.50
W55 Barbara Roberts 15:11.10
3000m Racewalk
M45 Jim Gilmour 20:20.70
M60 Vic Litwinski 18:32.50
W60 BarbaraCharles 26:48.70

MIDWEST

**USATF Indiana Masters
Championships
Indianapolis, June 19**

100m
M30 Andre Kirtz 10.88
Anthony Davis 10.90
M35 Robert Thomas 10.94
M45 Wm Edwards 11.48
Kurt Koehler 12.88
Lawrence Finley 13.14
M55 Rick Parker 13.42
W35 Kisha Carman nta
W40 Kathleen Shook nta
W45 Jo Welch nta
W55 Christine Davis nta
200m
M30 Anthony Davis 22.70
M35 Robert Thomas 22.54
M40 James Lundberg 24.61
M45 Lawrence Finley 26.91
M55 Rick Parker 29.85
M60 Arnold Graves 32.98
W35 Kisha Carman 29.31
W40 Kathleen Shook 27.90
JaDora Siles 30.17
Angela Nealey 31.84
400m
M35 Robert Thomas 49.68
M40 Sunder nix 52.15
James Lundberg 53.45
M45 Lawrence Finley 61.79
M55 Rick Parker 67.0
M60 Arnold Graves 74.0
W40 Kathleen Shook 64.0
800m
M35 Will Burris 2:15
David Buysse 2:17
M45 Scott Caldwell 2:22
Mike Jaskoski 2:35
M50 Byron Batteiger 2:20
David Woods 2:56
M65 Gene Lausch 2:59
W40 Wanda Toro 2:38
1500m
M35 David Buysse 4:27.94
M40 Chas Wappes 5:57.36
M45 Curtis Stautz 4:32.48
M65 Gene Lausch 6:28.76
W40 Wanda Toro 5:19.79
W45 Lana Hennicks 6:52.92
5000m
M40 Mark Doctor 17.54
M45 Curtis Stautz 16.55
Pole Vault
M35 Tim Palmer 12-0
M40 Paul Babits 16-0
M45 Gary Hunter 14-6
M55 Dick Kochert 11-6
W40 Karen Rieger 7-0
High Jump
M40 Thom Masterson 5-4
M55 David Knott 4-7
Long Jump
M55 Dick Kochert 4.49
W45 Jo Welch 3.84
Shot Put
M45 Kurt Koehler 9.83
M55 David Stebing 11.83
M70 Pete Augsburg 11.44
M80 John Adams 6.30
W55 Christine Davis 6.00
Discus
M45 Kurt Koehler 30.81
M55 David Stebing 36.39
Javelin
M35 Rob Vorhees 55.45
M40 John Smith 41.04
M45 Kurt Koehler 31.32
M55 David Stebing 38.03
Gary Walkup 33.80
Dave Knott 28.70
3000m Racewalk
M40 Ed Blackwood 20:11
M45 Damon Clements 17:45
M50 Craig Woodall 18:30
Greg Gember 19:40
M55 Max Walker 15:41
M60 David Moebs 20:32
W50 Cathy Mayfield 18:54
W55 Tish Roberts 20:54
W60 Janet Higbie 19:56

**USATF Mid-America
Regional Masters
Championships**

Edwardsville, IL; June 12-13
100m
M30 Anthony Davis 11.18
Nkanu Eko 12.71
M35 Steve Bunn 12.07
Glenn Paul Glynn 13.03
M40 Robert Sweeney 12.51
John Brady 12.97
M45 Ed Muehsam 12.71
Kurt Koehler 13.05

Lawrence Finley 13.26
M50 Stuart Radloff 13.08
M55 James Seiler 13.28
M60 David Golden 13.41
Steven Cottle 14.72
James Snook 15.12
M65 Robert Lida 12.92
Ronald Dennert 15.45
M70 Vernon Schewe 15.56
M75 Howard Byers 16.36
W40 Angela Nealy 15.01
W50 Maureen Halloran 16.66
W55 Christine Davis 17.15
Debbie Stiles 17.55
200m
M30 Anthony Davis 22.03
Bradley Dittmar 24.46
Nkanu Eko 27.09
M40 Robert Sweeney 25.45
John Brady 26.17
Joseph Peebles 27.68
M45 Ed Muehsam 26.65
Kurt Koehler 27.32
M50 Stuart Radloff 27.21
Douglas Boehr 30.96
M55 James Seiler 26.92
M60 David Golden 28.22
Steven Cottle 31.54
Arnold Graves 33.51
M65 Robert Lida 26.75
M70 Vernon Schewe 33.06
W40 Angela Nealy 32.41
400m
M30 Bradley Dittmar 52.93
M35 David Lewis 53.82
M40 Bruce Auch 56.96
Joseph Peebles 1:04.03
M45 Lawrence Finley 59.61
M50 Paul Gorden 57.55
Stuart Radloff 1:04.68
M60 Steven Cottle 1:10.72
Arnold Graves 1:16.39
W30 Zenia Ayrton 58.63
800m
M35 Steven Cassar 2:09.05
John Andre Ritchie 2:16.26
William Walters 2:24.68
M40 Mark Wyckoff 2:00.59
M60 Steven Cottle 3:09.82
W55 Debbie Stiles 3:26.20
1500m
M35 Steven Cassar 4:21.87
William Walters 4:55.25
M50 James Crowe 4:49.50
M55 Thomas Wolfe 4:59.22
5000m
M35 David Buysse 17:18.96
Steven Cassar 17:52.77
William Walters 19:25.58
M45 Dan Shriver 20:15.15
M55 Thomas Wolfe 20:17.00
Short Hurdles
M50 Douglas Boehr 19.73
M65 Ronald Dennert 22.48
M70 Clarence Bruce 24.30
Long Hurdles
M40 Jack BradleyThomas 58.62
M50 Douglas Boehr 1:18.93
High Jump
M35 Anthony Coates 1.62
Glenn Paul Glynn 1.62
M40 David Sykes 1.87
M45 Gary Pirsch 1.67
Craig Levine 1.67
M50 Kim Brokaw 1.62
Douglas Boehr 1.42
M65 Ronald Dennert 1.42
Louis Vodopya 1.27
Philip Varilone 1.22
M70 Clarence Bruce 1.12
Ronald Jelinek 1.07
W65 Chnstel Donley 1.15
Pole Vault
M50 Kim Brokaw 3.05
Stephen Estep 2.90
M70 Jerry Donley 2.59
Clarence Bruce 1.53
Long Jump
M40 Joseph Peebles 4.43
M45 Gary Pirsch 4.46
M50 Douglas Boehr 4.31
M65 Robert Herron 3.15
M70 Ronald Jelinek 3.30
Clarence Bruce 3.25
W40 Robin Hanson 3.48
Patty Hodge 3.11
Triple Jump
M45 Craig Leving 10.64
Gary Pirsch 9.30
M50 Douglas Boehr 8.93
M60 James Snook 7.67
M65 Robert Herron 6.89
M70 Clarence Bruce 6.25
W40 Patty Hodge 6.63
Shot Put
M35 Gary Hammock 8.07
M40 Edwin Cockrell 14.17
M45 Russ Taylor 11.83
Robert Barrows 11.18
Garry Ladd 10.85
M50 Ron Summers 15.88
David Hansen 10.56
Douglas Boehr 8.26
M55 Jerry Bookin-Weiner 11.38

M60 Franklin Donahue 8.40
M65 Richard Cochran 12.88
Louis Vodopya 10.45
Robert Herron 10.24
Clarence Bruce 10.20
James Krull 9.74
M75 Philip Brusca 10.53
W40 Robin Hanson 8.41
W65 Chnstel Donley 7.66
Charmaine Sobkowski 7.07
Discus
M30 William Summers 52.82
M35 Mark Collier 58.23
Gary Hammock 23.60
M45 Russ Taylor 34.05
Robert Barrows 29.76
Garry Ladd 28.46
M50 Willis Garland 37.72
David Hansen 32.70
M55 Valentino Martinez 46.55
Jerry Bookin-Weiner 37.54
Gregory Zachwieja 37.50
M60 Franklin Donahue 37.59
M65 Richard Cochran 53.07
Robert Herron 34.92
Ronald Dennert 32.96
M70 Ronald Jelinek 28.99
James Krull 28.75
Clarence Bruce 28.66
M75 Philip Brusca 33.14
W65 Charmaine Sobkowski 12.00
Hammer
M45 Jeff Crothers 38.18
M55 Tim Edwards 40.81
Jerry Bookin-Weiner 37.15
Gregory Zachwieja 31.02
M60 Franklin Donahue 13.04
M65 Robert Herron 35.22
M75 Philip Brusca 28.57
Javelin
M35 Tom Pukstys 74.90
Glenn Paul Glynn 35.02
M45 Kurt Koehler 32.85
Gary Pirsch 30.62
M50 David Hansen 33.22
Kim Brokaw 27.29
M55 Jerry Bookin-Weiner 30.42
M60 Franklin donahue 30.99
M65 Robert Herron 22.80
M70 Clarence Bruce 24.42
James Krull 23.37
M75 Philip Brusca 25.83
W40 Robin Hanson 23.65
W65 Chnstel Donley 21.90
Charmaine Sobkowski 16.26
Weight Throw
M45 Jeff Crothers 11.08
M55 Tim Edwards 15.45
Jerry Bookin-Weiner 13.69
Gregory Zachwieja 11.67
M60 Franklin Donahue 8.51
M65 Robert Herron 11.73
M75 Philip Brusca 12.55
Decathlon
M50 Kelly Meares 4200
John Tyler 2740
5000m RW
M45 David Coutts 27.24.41

M80 Jack Hipple 1:34.9h
W55 Ruth Thelen 1:26.65
800m
M35 William Walters 2:28.0h
Mark Wyckoff 2:02.5h
Russell DeRoos 2:21.5h
Todd Foster 2:39.8h
M45 Mike Woodbeck 2:15.0h
Wally Barnowski 2:24.3h
M50 Fritz Yanuck 2:35.5h
M65 Rod Smith 2:54.4h
W40 Pam Malmsten 2:53.79
1500m
M35 Rick Admiral 4:47.73
William Walters 4:54.63
M40 Russell DeRoos 4:37.96
Todd Foster 5:14.14
M65 Rod Smith 5:23.6h
W45 Stephanie Mills 7:02.18
5000m
M35 Rick Admiral 17:16.54
William Walters 18:18.43
Short Hurdles
M40 Paul Zalmanski 18.18
M75 Charles Sochor 18.14
Long Hurdles
M75 Charles Sochor 1:19.22
High Jump
M30 David Dawson 1.95
M35 Guy Stockard 1.77
M45 Rocky Ybarra 1.50
M50 James Pocan 1.37
M55 Gary Krueger 1.20
M60 Raymond Bentley 1.10
M70 William Rothley 1.10
Cliff Dickman 1.10
Pole Vault
M50 Bob Levering 13-0
M55 Gary Krueger 7-0
Eugene Kester 6-6
M70 William Rothley 6-0
Long Jump
M40 Paul Zalmanski 4.91
M45 Rocky Ybarra 5.38
M50 James Pocan 4.00
M55 Greg Krueger 3.03
Eugene Kester 2.19
M60 Raymond Bentley 4.01
M70 William Rothley 3.96
Cliff Dickman 3.15
M75 Charles Sochor 3.68
M80 Jack Hipple 2.43
W80 Mary Holland 2.43
Shot Put
M30 Marty Malcolm 13.58
Dave Senay 12.53
M35 Dan Boboltz 12.02
M45 Larry Munski 11.50
Paul Walderzak 11.90
Jim O'Neill 9.06
M55 Hilary George 12.67
Gary Krueger 9.00
Mark Ketola 5.68
M60 Malachi McGruder 10.36
M65 Stephen Cohen 11.04
Jim Rykhus 10.22
M70 Cliff Dickman 10.05
William Rothley 9.56
M75 Karlis Ezerins 10.05
M80 Jack Hipple 6.56
W40 Monica Thornton 6.82
W75 Georgia Johnson 5.68
M80 Mary Holland 4.77
Hammer
M30 Dave Denay 44.82
Marty Malcolm 34.55
M35 Joe Skrycki 58.92
M40 Greg Theologes 38.42
M45 Jim O'Neill 30.10
Paul Walderzak 31.97
M55 Hilary George 37.80
Greg Zachwieja 32.09
Gary Krueger 26.12
M70 Cliff Dickman 25.75
Discus
M30 Dave Senay 34.15
Marty Malcolm 34.11
M35 Joe Skrycki 41.85
Dan Boboltz 37.77
M40 Larry Munski 34.41
M45 Paul Walderzak 36.10
Jim O'Neill 33.10
M55 Hilary George 39.69
Greg Zachwieja 33.43
Gary Krueger 23.22
M60 Malachi McGruder 36.54
M65 Stephen Cohen 38.40
Bill Rykhus 31.11
M70 Bill Rothley 26.92
Cliff Dickman 24.33
M75 Karlis Ezerins 29.94
W65 Joan Berman 18.58
W70 Georgia Johnson 11.27
Javelin
M35 Al Wenzel 55.22
M40 Ed Marchand 41.18
M45 Charley Green 54.75
Rodney Wilson 36.87
M55 Gary Krueger 22.73
Mark Ketola 22.35
M60 Malachi McGruder 34.33
Raymond Bentley 21.00
M70 William Rothley 35.87
Cliff Dickman 18.79
M80 Jack Hipple 19.80

W30 Terry Wenzel 30.96
W65 Joan Berman 14.12
Weight Throw
M30 Dave Senay 14.76
M35 Dan Boboltz 12.26
M40 Greg Theologes 11.60
M45 Jim O'Neill 11.82
M55 Greg Zachwieja 11.96
M70 Cliff Dickman 7.60
Superweight
M30 Dave Senay 9.63
M35 Dan Boboltz 8.66
M40 Greg Theologes 8.12
M45 Jim O'Neill 8.51
M70 Cliff Dickman 3.99
3000m RW
M50 Hank Meyer 16:55.01
W65 Joan Berman 21:09.32

**USATF Midwest Masters
Championships
Bourbonnais, IL; June 26**

100m
M40 Ennis Taylor 12.56
Paul Zalmanski 12.92
M45 Tim Graf 11.70
Rodney Wilson 13.49
Mark Chaplin 13.63
M50 Charlie Powell 12.99
M55 Paul Montgomery 13.57
Rick Parker 13.58
M60 Larry Gunn 13.12
Pete Lazzari 15.84
M65 Al Matheis 15.63
Mike Davidson 15.82
Charles Townsend 18.31
M70 Pierre Dobrovolsky 15.26
M75 Howard Byers 16.41
Rich Rucoba 17.85
W35 Lori Schutt 13.61
Kisha Carman 13.90
W40 Kathleen Shook 14.05
W60 Lynne Ingalls 16.22
200m
M40 Ennis Taylor 24.20
Mark Wyckoff 24.60
M45 Tim Graf 22.30
Joe Schwieterman 25.50
M50 Charlie Powell 24.80
M55 Paul Montgomery 26.50
Leon Lavenas 27.70
Rick Parker 27.90
M60 Larry Gunn 25.70
Harry Tolliver 26.70
Pete Lazzari 30.60
M65 Mike Davidson 31.50
M75 Howard Byers 33.60
W35 Lori Schutt 27.10
Kisha Carman 28.60
W40 Kathleen Shook 27.40
W60 Lynn Ingalls 31.70
400m
M40 Sunder Nix 50.70
Jim Bennett 57.77
M45 Mark Chaplin 1:02.52
M55 Leon Savenas 1:04.30
M60 Larry Gunn 1:00.52
Harry Tolliver 1:02.53
M75 Rich Rucoba 1:21.34
W35 Lori Schutt 1:03.37
W40 Kathleen Shook 1:03.04
W60 Lynn Ingalls 1:15.70
800m
M40 Mark Wyckoff 2:01.09
Chris Slabach 2:01.65
David Olshan 2:09.45
M45 Dan Weber 2:38.62
M50 Paul Gorden 2:21.91
W55 Terry Foody 4:12.77
1500m
M40 David Olshan 4:15.00
M55 Paul Skubic 5:58.01
W40 Alison Slabach 5:52.25
W55 Terry Foody 8:21.15
Short Hurdles
M40 Paul Zalmanski 18.07
M45 Joe Schwieterman 17.44
M65 Bruce Mills 22.39
Long Hurdles
M40 Jack Thomas 59.41
M50 Gene Iwen 1:12.09
High Jump
M35 Guy Stockard 1.73
M40 Al Sheriff 1.83
M45 Jeff Watry 1.63
M50 Kim Brokaw 1.53
M65 Mike Davidson 1.33
Pole Vault
M40 Al Sheriff 3.05
Paul Zalmanski 2.75
M45 Terry Christopher 4.12
Doug Gabbert 4.12
Jeff Watry 2.75
M55 Matti Kilpelainen 3.81
Merle Norberg 2.90
Long Jump
M40 Paul Zalmanski 5.00
M45 Jeff Watry 4.84
M50 Gene Iwen 4.57
M55 Paul Skubic 4.38
M65 Al Matheis 4.31
Triple Jump
M50 Gene Iwen 9.31

Shot Put
M30 David Senay 13.00
M40 Walter Shields 14.69
Larry Munski 12.00
M45 Kurt Koehler 10.96
M50 Ron Summers 15.80
M55 Loarn Robertson 13.49
Hilary George 11.34
M60 Mickey Bitsko 12.64
M65 Stephen Cohen 11.27
Al Matheis 9.92
W45 Ruth Welding 9.82
Sue Hallen 8.00
W60 Karen Huff 7.92
Discus
M30 Will summers 52.19
David Senay 35.60
M40 Walter Shields 38.89
Larry Munski 37.29
M45 Kurt Kowhiker 30.65
M55 Hilary George 41.77
Loarn Robertson 41.60
Greg Zachwieja 35.89
M60 Terry Simons 41.47
Mickey Bitsko 40.82
M65 Stephen Cohen 39.03
Al Matheis 30.31
W45 Ruth Welding 37.14
Sue Hallen 22.23
W60 Karen Huff 18.28
Hammer
M30 David Senay 45.69
M55 Hilary George 38.72
Greg Zachwieja 33.27
M60 Mickey Bitsko 44.58
W45 Ruth Welding 31.42
Sue Hallen 28.90
Javelin
M35 Tom Pukstys 79.04
Rob Voorhees 56.93
M40 J W Smith 39.36
M45 Charlie Greene 56.63
Jeff Watry 37.03
Rodney Wilson 36.61
M50 Kim Brokaw 26.78
M60 Mickey Bitsko 28.38
M65 Al Matheis 30.48
W40 Carla Greene 39.43
W45 Ruth Welding 23.62
W60 Karen Huff 20.56

M80 Jack Hipple 1:34.9h
W55 Ruth Thelen 1:26.65
800m
M35 William Walters 2:28.0h
Mark Wyckoff 2:02.5h
Russell DeRoos 2:21.5h
Todd Foster 2:39.8h
M45 Mike Woodbeck 2:15.0h
Wally Barnowski 2:24.3h
M50 Fritz Yanuck 2:35.5h
M65 Rod Smith 2:54.4h
W40 Pam Malmsten 2:53.79
1500m
M35 Rick Admiral 4:47.73
William Walters 4:54.63
M40 Russell DeRoos 4:37.96
Todd Foster 5:14.14
M65 Rod Smith 5:23.6h
W45 Stephanie Mills 7:02.18
5000m
M35 Rick Admiral 17:16.54
William Walters 18:18.43
Short Hurdles
M40 Paul Zalmanski 18.18
M75 Charles Sochor 18.14
Long Hurdles
M75 Charles Sochor 1:19.22
High Jump
M30 David Dawson 1.95
M35 Guy Stockard 1.77
M45 Rocky Ybarra 1.50
M50 James Pocan 1.37
M55 Gary Krueger 1.20
M60 Raymond Bentley 1.10
M70 William Rothley 1.10
Cliff Dickman 1.10
Pole Vault
M50 Bob Levering 13-0
M55 Gary Krueger 7-0
Eugene Kester 6-6
M70 William Rothley 6-0
Long Jump
M40 Paul Zalmanski 4.91
M45 Rocky Ybarra 5.38
M50 James Pocan 4.00
M55 Greg Krueger 3.03
Eugene Kester 2.19
M60 Raymond Bentley 4.01
M70 William Rothley 3.96
Cliff Dickman 3.15
M75 Charles Sochor 3.68
M80 Jack Hipple 2.43
W80 Mary Holland 2.43
Shot Put
M30 Marty Malcolm 13.58
Dave Senay 12.53
M35 Dan Boboltz 12.02
M45 Larry Munski 11.50
Paul Walderzak 11.90
Jim O'Neill 9.06
M55 Hilary George 12.67
Gary Krueger 9.00
Mark Ketola 5.68
M60 Malachi McGruder 10.36
M65 Stephen Cohen 11.04
Jim Rykhus 10.22
M70 Cliff Dickman 10.05
William Rothley 9.56
M75 Karlis Ezerins 10.05
M80 Jack Hipple 6.56
W40 Monica Thornton 6.82
W75 Georgia Johnson 5.68
M80 Mary Holland 4.77
Hammer
M30 Dave Denay 44.82
Marty Malcolm 34.55
M35 Joe Skrycki 58.92
M40 Greg Theologes 38.42
M45 Jim O'Neill 30.10
Paul Walderzak 31.97
M55 Hilary George 37.80
Greg Zachwieja 32.09
Gary Krueger 26.12
M70 Cliff Dickman 25.75
Discus
M30 Dave Senay 34.15
Marty Malcolm 34.11
M35 Joe Skrycki 41.85
Dan Boboltz 37.77
M40 Larry Munski 34.41
M45 Paul Walderzak 36.10
Jim O'Neill 33.10
M55 Hilary George 39.69
Greg Zachwieja 33.43
Gary Krueger 23.22
M60 Malachi McGruder 36.54
M65 Stephen Cohen 38.40
Bill Rykhus 31.11
M70 Bill Rothley 26.92
Cliff Dickman 24.33
M75 Karlis Ezerins 29.94
W65 Joan Berman 18.58
W70 Georgia Johnson 11.27
Javelin
M35 Al Wenzel 55.22
M40 Ed Marchand 41.18
M45 Charley Green 54.75
Rodney Wilson 36.87
M55 Gary Krueger 22.73
Mark Ketola 22.35
M60 Malachi McGruder 34.33
Raymond Bentley 21.00
M70 William Rothley 35.87
Cliff Dickman 18.79
M80 Jack Hipple 19.80

W30 Terry Wenzel 30.96
W65 Joan Berman 14.12
Weight Throw
M30 Dave Senay 14.76
M35 Dan Boboltz 12.26
M40 Greg Theologes 11.60
M45 Jim O'Neill 11.82
M55 Greg Zachwieja 11.96
M70 Cliff Dickman 7.60
Superweight
M30 Dave Senay 9.63
M35 Dan Boboltz 8.66
M40 Greg Theologes 8.12
M45 Jim O'Neill 8.51
M70 Cliff Dickman 3.99
3000m RW
M50 Hank Meyer 16:55.01
W65 Joan Berman 21:09.32

**USATF Midwest Masters
Championships
Bourbonnais, IL; June 26**
100m
M40 Ennis Taylor 12.56
Paul Zalmanski 12.92
M45 Tim Graf 11.70
Rodney Wilson 13.49
Mark Chaplin 13.63
M50 Charlie Powell 12.99
M55 Paul Montgomery 13.57
Rick Parker 13.58
M60 Larry Gunn 13.12
Pete Lazzari 15.84
M65 Al Matheis 15.63
Mike Davidson 15.82
Charles Townsend 18.31
M70 Pierre Dobrovolsky 15.26
M75 Howard Byers 16.41
Rich Rucoba 17.85
W35 Lori Schutt 13.61
Kisha Carman 13.90
W40 Kathleen Shook 14.05
W60 Lynne Ingalls 16.22
200m
M40 Ennis Taylor 24.20
Mark Wyckoff 24.60
M45 Tim Graf 22.30
Joe Schwieterman 25.50
M50 Charlie Powell 24.80
M55 Paul Montgomery 26.50
Leon Lavenas 27.70
Rick Parker 27.90
M60 Larry Gunn 25.70
Harry Tolliver 26.70
Pete Lazzari 30.60
M65 Mike Davidson 31.50
M75 Howard Byers 33.60
W35 Lori Schutt 27.10
Kisha Carman 28.60
W40 Kathleen Shook 27.40
W60 Lynn Ingalls 31.70
400m
M40 Sunder Nix 50.70
Jim Bennett 57.77
M45 Mark Chaplin 1:02.52
M55 Leon Savenas 1:04.30
M60 Larry Gunn 1:00.52
Harry Tolliver 1:02.53
M75 Rich Rucoba 1:21.34
W35 Lori Schutt 1:03.37
W40 Kathleen Shook 1:03.04
W60 Lynn Ingalls 1:15.70
800m
M40 Mark Wyckoff 2:01.09
Chris Slabach 2:01.65
David Olshan 2:09.45
M45 Dan Weber 2:38.62
M50 Paul Gorden 2:21.91
W55 Terry Foody 4:12.77
1500m
M40 David Olshan 4:15.00
M55 Paul Skubic 5:58.01
W40 Alison Slabach 5:52.25
W55 Terry Foody 8:21.15
Short Hurdles
M40 Paul Zalmanski 18.07
M45 Joe Schwieterman 17.44
M65 Bruce Mills 22.39
Long Hurdles
M40 Jack Thomas 59.41
M50 Gene Iwen 1:12.09
High Jump
M35 Guy Stockard 1.73
M40 Al Sheriff 1.83
M45 Jeff Watry 1.63
M50 Kim Brokaw 1.53
M65 Mike Davidson 1.33
Pole Vault
M40 Al Sheriff 3.05
Paul Zalmanski 2.75
M45 Terry Christopher 4.12
Doug Gabbert 4.12
Jeff Watry 2.75
M55 Matti Kilpelainen 3.81
Merle Norberg 2.90
Long Jump
M40 Paul Zalmanski 5.00
M45 Jeff Watry 4.84
M50 Gene Iwen 4.57
M55 Paul Skubic 4.38
M65 Al Matheis 4.31
Triple Jump
M50 Gene Iwen 9.31

**USATF Midwest Masters
Championships
Bourbonnais, IL; June 26**
100m
M40 Ennis Taylor 12.56
Paul Zalmanski 12.92
M45 Tim Graf 11.70
Rodney Wilson 13.49
Mark Chaplin 13.63
M50 Charlie Powell 12.99
M55 Paul Montgomery 13.57
Rick Parker 13.58
M60 Larry Gunn 13.12
Pete Lazzari 15.84
M65 Al Matheis 15.63
Mike Davidson 15.82
Charles Townsend 18.31
M70 Pierre Dobrovolsky 15.26
M75 Howard Byers 16.41
Rich Rucoba 17.85
W35 Lori Schutt 13.61
Kisha Carman 13.90
W40 Kathleen Shook 14.05
W60 Lynne Ingalls 16.22
200m
M40 Ennis Taylor 24.20
Mark Wyckoff 24.60
M45 Tim Graf 22.30
Joe Schwieterman 25.50
M50 Charlie Powell 24.80
M55 Paul Montgomery 26.50
Leon Lavenas 27.70
Rick Parker 27.90
M60 Larry Gunn 25.70
Harry Tolliver 26.70
Pete Lazzari 30.60
M65 Mike Davidson 31.50
M75 Howard Byers 33.60
W35 Lori Schutt 27.10
Kisha Carman 28.60
W40 Kathleen Shook 27.40
W60 Lynn Ingalls 31.70
400m
M40 Sunder Nix 50.70
Jim Bennett 57.77
M45 Mark Chaplin 1:02.52
M55 Leon Savenas 1:04.30
M60 Larry Gunn 1:00.52
Harry Tolliver 1:02.53
M75 Rich Rucoba 1:21.34
W35 Lori Schutt 1:03.37
W40 Kathleen Shook 1:03.04
W60 Lynn Ingalls 1:15.70
800m
M40 Mark Wyckoff 2:01.09
Chris Slabach 2:01.65
David Olshan 2:09.45
M45 Dan Weber 2:38.62
M50 Paul Gorden 2:21.91
W55 Terry Foody 4:12.77
1500m
M40 David Olshan 4:15.00
M55 Paul Skubic 5:58.01
W40 Alison Slabach 5:52.25
W55 Terry Foody 8:21.15
Short Hurdles
M40 Paul Zalmanski 18.07
M45 Joe Schwieterman 17.44
M65 Bruce Mills 22.39
Long Hurdles
M40 Jack Thomas 59.41
M50 Gene Iwen 1:12.09
High Jump
M35 Guy Stockard 1.73
M40 Al Sheriff 1.83
M45 Jeff Watry 1.63
M50 Kim Brokaw 1.53
M65 Mike Davidson 1.33
Pole Vault
M40 Al Sheriff 3.05
Paul Zalmanski 2.75
M45 Terry Christopher 4.12
Doug Gabbert 4.12
Jeff Watry 2.75
M55 Matti Kilpelainen 3.81
Merle Norberg 2.90
Long Jump
M40 Paul Zalmanski 5.00
M45 Jeff Watry 4.84
M50 Gene Iwen 4.57
M55 Paul Skubic 4.38
M65 Al Matheis 4.31
Triple Jump
M50 Gene Iwen 9.31

**USATF Midwest Masters
Championships
Bourbonnais, IL; June 26**
100m
M40 Ennis Taylor 12.56
Paul Zalmanski 12.92
M45 Tim Graf 11.70
Rodney Wilson 13.49
Mark Chaplin 13.63
M50 Charlie Powell 12.99
M55 Paul Montgomery 13.57
Rick Parker 13.58
M6

M50 1 Walters, Tim	52:15-10
2 Gustovich, George	53:14-06
M55 1 Boswell, Jerry	57:17-06
2 Gosky, Gary	57:11-06
M60 1 Hamilton, Thomas	62:10-10
M70 1 Kellarnay, Dan	74:10-06
M75 1 Sollier, Richard	77:10-11
2 Hirsimaki, Fred	79:10-01
SP	
M55 1 Boswell, Jerry	57:32-07
2 Upton, Thomas	56:20-00
M60 1 Sloan, John	64:21-10
M70 1 Kellarnay, Dan	74:20-08
M75 1 Hirsimaki, Fred	79:23-04.50
SP	
M40 1 Lancashire, Debbie	40:38-04.50
2 Thornton, Monica	44:22-07
M75 1 Holland, Bernice	77:21-10
2 Wilson, Dorothy	79:15-03
M80 1 Friedman, Diane	82:15-03
M45 1 Bailey, Tim	57:25-11
M50 1 Walters, Tim	52:37-06
M55 1 Butzin, Bill	56:29-03.25
2 Gosky, Gary	57:27-02.50
M60 1 Bitko, Mickey	61:40-05.50
M75 1 Clarke, Richard	79:23-02.75
2 Roudelush, George	79:19-08.50
3 Sprockhoff, Gunter	79:19-08.50
NT	
M40 1 Lancashire, Debbie	40:123-02
M75 1 Holland, Bernice	77:56-09.50
M40 1 Boerrio, Anthony	44:66-04
M50 1 Walters, Tim	52:102-03
M55 1 Butzin, Bill	56:99-02.50
2 Gosky, Gary	57:75-01.25
3 Upton, Thomas	56:70-04
M60 1 Bitko, Mickey	61:132-05
2 Sloan, John	64:100-07
3 Sheinker, Abraham	64:67-06.75
M75 1 Roudelush, George	79:68-10
2 Clarke, Richard	79:67-06
3 Sprockhoff, Gunter	79:53-07
HT	
M40 1 Lancashire, Debbie	40:128-00
M75 1 Holland, Bernice	77:62-04.50
M55 1 Butzin, Bill	56:85-05
M60 1 Bitko, Mickey	61:146-01
2 Sloan, John	64:89-00
JT	
M75 1 Holland, Bernice	77:57-03
M80 1 Friedman, Diane	82:32-05
M40 1 Makozay, Frank	44:112-11
M50 1 Walters, Tim	52:121-01
M55 1 Upton, Thomas	56:97-06
2 Butzin, Bill	56:67-08
3 Gosky, Gary	57:52-09
M60 1 Sloan, John	64:106-03
2 Bitko, Mickey	61:90-10
M75 1 Hirsimaki, Fred	79:77-11

MID-AMERICA

St. Louis TC Series Mile
St. Louis, MO; June 8

Men	
1 Jacob Dressler 22	4:51
3 Steve Cooper 43	4:57
5 Jim Hixson 47	5:06
6 Jeff Walters 40	5:08
8 Sam La Brie 38	5:20
9 Tom Wolfe 55	5:29
11 Chris Ludbrook 30	5:41
12 Ben Edmonson 30	5:41
13 Ron Ayers 44	5:57
14 Bob Bellora 54	5:58
16 Richard Hamra 52	6:05
28 Paul Starke 64	8:27
Women	
1 Sarah Rapisario 13	6:37
3 Beth Morris 39	7:02
5 Wendy Ludbrook 31	7:17
6 Debbie Stiles 55	7:20
8 Tina Akin 42	7:27
9 Carole Peluso 62	7:38

Iowa Senior Games
W. Des Moines
June 10-13, 26

60m	
M50 Curt Nash	8:08
M55 David Lee	7:72
M60 Bery Engebretsen	8:33
M65 Mike Murphy	8:29
M70 Tom Novak	9:38
M75 Frank Bollinger	11:82
M80 Melvin Larsen	8:58
M85 Adolph Peschke	18:88
W50 Kay Glynn	8:72
W55 Normi Arthur	9:50
W60 Lois Kolbe	23:06
W65 Betty Hoff	10:85
W70 Carolyn Dodd	12:93
W75 Frances Young	14:34
100m	
M50 Paul Matzen	12:43
M55 Tom Bassett	12:68
M60 Les Lane	13:15
M65 Howard Weissner	14:03
M70 Tom Novak	16:19
M75 William Melville	14:56
M80 Melvin Larsen	14:31
M85 Donald Peschke	39:50
W50 Kay Glynn	14:72
W55 Normi Arthur	16:56
W65 Betty Hoff	17:20
W70 Carolyn Dodd	21:75
W75 Frances Young	26:25
200m	
M50 Paul Matzen	26:54
M55 Tom Bassett	27:31
M60 Les Lane	27:84
M65 Howard Weissner	28:84
M70 Tom Novak	34:09
M75 William Melville	31:41
M80 Melvin Larsen	31:72
W50 Kay Glynn	31:04
W55 Normi Arthur	38:06
W65 Betty Hoff	41:75
W70 Carolyn Dodd	1:00:06
W75 Frances Young	1:15:03
400m	
M50 Tim Murphy	1:03:31

M55 Dave Knott	1:06:72
M60 Tom Ciesielski	1:03:89
M65 Howard Weissner	1:05:93
M70 Alvin Ravenscroft	1:16:88
M75 Darrell Mitchell	1:22:85
W55 Normi Arthur	2:00:25
W60 Helen James	1:59:0h
W65 Betty Hoff	1:59:0h
800m	
M50 Tim Murphy	2:26:95
M55 Gary Cowman	2:39:29
M60 Ron McKay	2:28:0h
M65 Howard Weissner	2:38:0h
M70 Alvin Ravenscroft	3:09:0h
W50 Roberta Blakeman	3:25:49
W60 Helen James	3:49:0h
W65 Betty Hoff	4:03:0h
W60 Peggy Kane	2:20:34
Megan Sampson	2:21:55
W65 Minam Rand	2:00:20

1500m	
M50 Tim Murphy	5:05:49
M55 Don Utsinger	5:16:0h
M60 Ron McKay	5:10:0h
M65 Bill Drueger	8:17:0h
M70 Alvin Ravenscroft	6:24:0h
W60 Helen James	9:01:0h
W65 Berry Hoff	9:01:0h

High Jump	
M50 Gene Iwen	4-6
M55 Tarry Cory	4-8
M60 Les Lane	4-10
M65 Jerrol Springer	4-2
M70 Ross Vrooman	4-0
M75 Frank Bollinger	3-10
W50 Kay Glynn	4-4
W55 Normi Arthur	3-1
Long Jump	
M50 Gene Iwen	14-5
M55 Tarry Cory	15-7
M60 Carl Etter	15-5.25
M65 Al Matheis	12-7
M70 Bill Park	10
M75 Frank Bollinger	8-11.5
W50 Kay Glynn	14-6.50
W55 Normi Arthur	9-5.50
W60 Carolyn Dodd	4-5.50
W75 Frances Young	3-3

Shot Put	
M50 Tim Fuehrer	31-9
M55 Bob Peters	40-2
M60 Ralph Check	36-11.50
M65 Al Salmon	39-2
M70 Otto Welfring	31-9
M75 Victor Ducholz	28-2
M80 Bud Braunlich	28-10
M85 Adolph Peschke	16-11.50
W50 Linda Rowe	29-9
W55 Barb Tiedemann	22-9
W60 Lois Kolbe	10-4.75
W65 Bertha Aldrich	25-6.50
W70 Carolyn Dodd	16-2.25
W75 Frances Young	10-1
W80 Winifred Canady	8-4.50

Discus	
M50 Tim Fuehrer	85-7
M55 Bob Peters	117-4
M60 Ronald Wheeler	120-1
M65 Ron Anderson	151-1
M70 Otto Welfring	116-6
M75 Dick Mulkern	106-10
M80 Howard Dewell	78-7
M85 Adolph Peschke	38-9
W50 Linda Rowe	99-6
W55 Barb Tiedemann	55
W65 Bertha Aldrich	57-6
W70 Kay Allen	39-6
W75 Glendon Caswell	27-11
W80 Winifred Canady	19-4

1500m RW	
M50 Robert Shires	7:38:68
M55 Jon Benedict	9:30:0h
M60 Gary O'Daniels	8:54:0h
M65 Bill Krueger	9:43:50
M70 Frank Broan	8:56:49
M75 Bob McClaran	10:56:0h
W50 Jane Hein	9:53:39
W55 Lynn Johnson	10:00:0h
W60 Eileen Gunderson	9:57:39
W65 Bertha Aldrich	10:44:56
W70 Carolyn Dodd	13:27:02
W75 Frances Young	14:26:0h

5000m RW	
M50 Robert Shires	28:57:4h
M55 Jon Benedict	33:25:0h
M60 Gary O'Daniels	31:34:0h
M65 Bill Krueger	33:59:0h
M70 Frank Brown	34:22:0h
M75 Bob McClaran	37:38:0h
W55 Faith Rulapough	36:28:0h
W60 Eileen Gunderson	34:10:0h
W65 Bertha Aldrich	35:37:0h

5K Road Race	
M50 John Bartello	18:54
M55 David Brown	45:34
M60 Ron McKay	19:30
M65 Rich Robbins	35:53
M70 Jerry Triplett	25:54
W50 Roberta Blakeman	26:43
W65 Mary Cochran	32:35

10K Road Race	
M50 John La Claire	40:52
M55 Gary Patton	41:25
M60 Jim Floyd	44:02

M65 Larry Reed	59:49
Colorado Masters Throwers	
Association Meet #6	
Fort Collins; June 19	
JT/HT/WT	
Paul Barrett 37	51:70/1-/-
Bob Jones 42	30:49/39:34/12:04
Randa Treece 43	32:06/49:63/15:00
Tim Edwards 56	-/42:53/16:24
JBookinWeinr 57	32:22/40:30/13:79
Jim Francis 62	34:35/1-/-
Robin Herron 67	22:15/31:40/12:88
Joy Kaylor 66	-/26:20/10:45

Rocky Mountain Senior
Games, Greeley, CO
June 25-27

50m	
M55 Andre Zarb-Cousin	7:90
M65 Donald Blaine	8:09
M70 John Winn	9:54
M75 Frank Condie	9:35
W65 Barbara Dutton	12:28
W70 Madonna McCollum	11:85

100m	
M55 Andre Zarb-Cousin	15:65
M60 Gary Giese	13:16
M65 Richard McKisson	14:12
M70 Ray Franks	14:94
M85 Ed Carter	18:59
M90 Doral Miller	37:25
W50 Kristin Winn	15:75
W55 Sharon Raham	16:78
W75 Betty Herder	23:88
W80 Maxine Anderson	23:94
W85 Molly MacKown	27:69
W90 Betty Keefer	31:81

200m	
M50 Charles Rhodes	32:43
M55 Gene Richeson	28:35
M60 Jim Frances	28:18
M65 Richard McKisson	49:34
M70 Ray Franks	31:10
M85 Ed Carter	41:30
M95 Doral Miller	1:15:72
W50 Susan Saracino	33:60
W60 Dorothy Haskins	33:35
W50 Kristin Winn	15:75
W60 Dorothy Haskin	16:18
W80 Maxine Anderson	59:22

400m	
M50 Charles Rhodes	1:15:18
M55 Don Hemme	1:11:56
M60 Jim Francis	1:05:53
M65 Richard McKisson	1:10:22
M70 Ray Franks	1:11:12
M85 Bob Broughton	2:10:90
W50 Patricia Jones	2:09:82
W60 Dorothy Haskins	1:25:43
W65 Judith Smythe	1:41:69
W70 Marian Seder	2:14:19
W85 Velma Jacobs	2:58:09

800m	
M50 Michael Crawford	3:15:85
M55 Jeff Underwood	2:46:09
M60 Tim Linnell	2:53:10
M65 Paul Driskill	3:51:22
M70 George Mathes	2:51:34
M75 Willard Froseth	5:12:63
W50 Patricia Jones	4:09:06
W60 Dorothy Haskins	4:08:84
W65 Betty Sanford	8:34:22

1500m	
M50 Ben Wiley	5:20:47
M55 Dennis Brace	7:09:13
M65 Paul Driskill	7:26:56
M70 George Mathes	6:01:19
W50 Patricia Jones	8:29:47
W65 Judith Smythe	7:26:56

High Jump	
M55 James Flowers	4-10
M60 Bob Fulton	4-2
M65 Armand Zahn	4-6
M70 Richard Larkin	3-6
M75 Frank Condie	3-10
M85 Ed Carter	3-8
W55 Sharon Raham	3-8
W70 Marian Seder	2-8
W75 Marilyn Olen	2-1

Discus	
M50 Mike McGraw	138-4
M55 Ian Percy	138-7
M60 George Soule	117-0
M65 Vernon Spencer	114-6
M70 Chuck Darling	98-8
M75 Robert Carlson	82-10
M80 Dale Bysse	76-11
W50 Linda Calogero	39-0
W55 Sharon Raham	74-1
W60 F Dudenhoeffer	43-7
W65 Joy Kaylor	72-1

Javelin	
M50 Vance Lowe	118-2
M55 Ian Percy	140-2
M60 Leonard Sokoloski	108-9
M65 Armand Zahn	91-1
M70 Ronald Leggett	107-5
M75 Frank Condie	64-7
M80 Francis Bowles	72-5
M85 Martin McCloy	24-10

Long Jump	
M55 James Flowers	13-10
M60 Alex Meyer	11-8
M65 Robert Herron	11-3
M70 Richard Larkin	11-00
M75 Frank Condie	8-10
M80 Roger Lee	6-10
M85 Ed Carter	10-1
W50 Kristin Winn	10-11
W55 Sharon Raham	11-0
W70 Marian Seder	6-8
W75 Marilyn Olen	6-7
W80 Molly MacKown	7-2

Shot Put	
M50 Douglas Arendell	43-0
M55 Ian Percy	39-5.25
M60 Alex Meyer	39-9.50
M65 James Koch	42-2
M70 Chuck Darling	30-7
M75 Willard Froseth	22-5.50
M80 Francis Bowles	29-0

Missouri State Senior
Games, Columbia; June 26

50m	
M50 Roy Roberson	7:04
M55 James Seiler	7:04
M60 Bob Shoemaker	7:60
M65 Bob Bryant	7:60
M70 Vern Schewe	8:23
M75 Curt Davison	8:70
M80 Paul Saunders	11:06
W50 Maureen Halloran	8:65
W55 Bonnie Bell	9:61
W75 Dottie Gray	12:86

100m	
M50 Roy Michael	12:74
M55 Ike Murphy	13:46
M60 Clifton Manning	14:10
M65 Bob Lida	13:26
M70 Vern Schewe	15:17
M75 Curt Davison	16:58
M80 Paul Saunders	21:35
W50 Maureen Halloran	16:21
W55 Lillie Kelley	16:10
W60 Peggy O'Neill	15:96
W65 Char Sobkowski	22:24
W75 Dottie Gray	25:35

200m	
M50 Marty McClintock	26:52
M55 James Seiler	26:52
M60 Bob Shoemaker	29:97
M65 Bob Lida	26:66
M70 Vern Schewe	31:11
M75 Curt Davison	35:87
W50 Carol Papenberg	39:3h
W55 Bonnie Bell	33:4h
W75 Dottie Gray	56:2h

400m	
M50 James Freund	1:01:63
M55 Randy Taylor	1:01:37
M60 Steve Cottle	1:08:49
M65 Bob Lida	1:00:86
M70 Richard Strinni	1:14:23
M75 Curt Davison	1:31:99
W50 Patty Avery	1:49:76
W55 Jane Kaiser	1:48:96
W60 Carol Kuhlmann	1:52:40

800m	
M50 Keith Jantz	2:28:06
M55 Randy Taylor	2:27:02
M60 Steve Cottle	2:51:08
M65 Walter Schlereth	2:53:39
M70 Richard Strinni	2:58:57
M75 Curt Davison	4:14:72
W50 Mary Jane Wieberg	4:41:77
W55 Debbie Stiles	3:19:74
W60 Carol Kuhlmann	4:05:00
W75 Dottie Gray	5:29:25

1500m	
M50 James Crowe	4:53:21
M55 Randy Taylor	5:05:46
M60 Bill Wright	7:02:67
M65 Bob Bryant	6

M65 Wayne Bennet	14.22
M80 John Alexander	18.02
W50 Oneala O'Briant	16.51
W55 Laurie Barwon	17.53
W65 Sylvia Brooks Smith	18.85
200m	
M40 Raphael August	25.31
M45 Ronald Boleware	25.71
M65 Wayne Bennett	28.85
W30 Kathy Wilde	29.24
W50 Oneala O'Briant	34.84
400m	
M40 Dudley Wright	1:00.03
M60 Troy Scoggins	1:12.39
M65 James Leggett	1:10.46
W30 Kathy Wilde	1:03.39
W50 Oneala O'Briant	1:23.52
800m	
M60 Tony Scoggins	2:53.20
High Jump	
M65 James Leggett	4.0
M75 Val Smith	3-8
W55 Laurie Barton	3-10
Pole Vault	
M40 Willie Ruiz	10-6
Long Jump	
M50 John Barton	11-8.75
M75 Val Smith	8-3.50
Triple Jump	
M75 Val Smith	17-4
Shot Put	
M30 Arthur Portillo	29-3.75
M45 Steve Partridge	48-9.25
M55 Horacio Loya	32-1.50
M60 Eulogio Arroyo	37-3.25
M65 James Koch	41-6
M70 Wendell Palmer	40-4.50
M75 Val Smith	28-7
W50 Yolanda Hernandez	23-8
W55 Elva Molinar	22-4.50
Discus	
M45 Steve Partridge	160-6
M55 Horacio Loya	101-8
M60 Eulogio Arroyo	146-2
M70 Wendell Palmer	148-3
M75 Val Smith	93-3
W50 Yolanda Hernandez	64-1
W55 Guillermina Pina	57-9
W65 Sylvia Brooks Smith	49-4
W80 Alatha Cole	25-1
Hammer	
M45 Steve Partridge	165-2
M55 Horacio Loya	132-8
M60 Eulogio Arroyo	102-8
M70 Wendell Palmer	123-3
M75 Val Smith	49-10
W50 Yolanda Hernandez	76-10
W55 Guillermina Pina	77-5
Javelin	
M55 Horacio Loya	92-5
M60 Mickey Miller	132-2
M65 Tom Rodgers	80-11
M70 Wendell Palmer	69-7
M75 Val Smith	84-0
W50 Yolanda Hernandez	59-10
W55 Guillermina Pina	59-8
W65 Sylvia Brooks Smith	54-3
Weight Throw	
M30 Arthur Portillo	38-2
M55 Horacio Loya	46-9
M60 Eulogio Arroyo	49-10
M70 Wendell Palmer	59-2
M75 Val Smith	34-10
W55 Guillermina Pina	25-8
1500m RW	
W50 Yolanda Hernandez	10:53.10
W55 Maria Cruz	10:59.59
3000m RW	
W50 Pam Brewer	20:19.21
W55 Maria Cruz	22:24.75

WEST**Hawaii Masters Decathlon
Kaiser HS; Honolulu
May 4-5**

M40 Philip Oyape	2906
M50 Vince Costello	2371
M55 Robert Larson	2564
M60 Robert Taylor	4618
Jack Karbens	4182
M65 Robert Molyneux	1947
M70 Bob Husic	1936
W60 Brenda Andrieu	3363

**So. Cal. Striders Meet of
Champions
Long Beach, CA; May 8**

100m	
M30 Johnny Watson	12.50
M40 Alec Chenault	12.10
M45 James Chinn	11.40
M50 Robert Richardson	12.20
M55 Lance Pierce	14.10
M60 Doug Smith	12.50
M65 Roger Tsuda	14.00
M70 Don Cheek	14.40
M75 Jim Selby	15.90
M85 Clarence Trahan	20.40
W35 Colleen Barney	13.20

W45 Debbie Selby	15.80
W50 Brenda Matthews	14.30
W60 Kathy Bergen	14.30
W70 Magdalena Kuehne	18.10
200m	
M35 Brian Gore	25.40
M40 Kettrell Berry	22.50
M45 James Chinn	23.30
M50 Robert Richardson	25.10
M55 Herman Castille	26.00
M60 Doug Smith	26.70
M70 Don Cheek	29.40
M75 Louis Beadle	31.10
W35 Colleen Barney	26.70
W45 Michelle Freeman	30.80
W50 Tina Bowman	31.30
W70 Magdalena Kuehne	39.60

400m	
M35 Brian Gore	56.00
M40 Alec Chenault	1:04.00
M45 Vincent Calloway	55.70
M50 Liam Fitzpatrick	60.40
M55 Herman Castille	58.30
M75 Rodney Brown	1:13.80
W45 Debbie Selby	1:23.30
W50 Jeanne Bowman	1:15.80
W65 Yoko Cochran	1:46.70

800m	
M35 Tim Hickok	2:10.70
M40 Angel Roman	2:04.50
M45 Rob Duncanson	2:12.80
M50 Bob Morris	2:13.80
M55 Herman Castille	2:27.20
M60 George Cohen	2:33.10
M70 Ray Archibald	4:04.20
M75 Jim Selby	2:51.20
W40 Caren Ware	2:46.70
W65 Yoko Cochran	3:58.20

1500m	
M30 Barry Givens	4:24.50
M35 Jim Casey	4:37.50
M40 David Olshan	4:16.00
M45 Matthew Neve	4:47.00
M50 Bob Morris	4:40.00
M60 Ron Salupo	4:53.30
M70 Ray Archibald	8:26.40
M75 Jim Selby	6:13.20
W50 Denise Jannock	5:55.60
W55 Yoko Eichel	6:08.70

3000m	
M30 Barry Givens	9:52.80
M45 Ang Decollibus	10:03.50
M55 Michael Blakeman	15:53.60
M70 Ray Archibald	17:06.20
M75 Gunnar Linde	13:04.30
W50 Denise Jannock	12:39.20

800mH	
W50 Tina Bowman	15.01

110mH	
M35 Johnny Watson	16.40
M45 Eugene Anton	17.20

400mH	
M30 Darien Hawkins	1:00.90
M45 Eugene Anton	1:13.20
W40 Caren Ware	1:17.00

High Jump	
M55 James Goodreau	1.5
M65 Dave Perry	1.4
W45 Karen Vaughn	1.3
W50 Annelies Steekelenburg	1.4
W60 Kathy Bergen	1.3

Pole Vault	
M50 Steve Morris	3.5
M65 Ray Fitzhugh	2.2
M75 Bob Holmes	2.3
M80 Don Roser	1.7

Long Jump	
M45 William Long	6.0
M60 Ron Muranaka	4.2
M65 Bert Bergen	4.2
M75 Paul Evans	3.1
W40 Caren Ware	4.4
W50 Tina Bowman	4.1
W75 Johnnye Valien	2.4

Triple Jump	
M40 LaVell Davenport	12.9
W40 Caren Ware	9.1
W55 Anelies Steekelenburg	8.6
W70 Magdalena Kuehne	6.5
W75 Johnnye Valien	5.3

Shot Put	
M40 Hank Kraychir	13.47
M50 Gary Schmidt	12.11
M55 Mike Deller	13.42
M60 Kurt Slocum	10.31
M65 Alan Rosen	8.92
M70 Doug Tomlinson	11.64

W45 Karen Vaughn	8.30
W50 Brenda Matthews	8.51
W55 Latanya Glass	9.62
W60 Hattie Perry	6.25
W65 Sherrie Sherrard	9.60

Discus	
M35 Jeffrey Gonzales	32.19
M40 Hank Kraychir	45.50
M45 James Barry	34.11
M50 Gary Schmidt	37.66
M55 Mike Deller	45.28
M60 Mike Woodward	44.81

M65 Chuck Polizzi	38.94
M70 Doug Tomlinson	32.38
M80 Don Roser	24.31
W45 Christine Stone	41.60
W60 Kathy Bergen	57.90
W65 Cherrie Sherrard	68.70
Javelin	
M30 Tyler Dixon	41.17
M35 Jeffrey Gonzales	44.99
M45 Rob Duncanson	38.91
M50 Gary Schmidt	34.52
M60 Kurt Slocum	37.51
M65 Phil Fehlen	40.63
M80 Ed Chynoweth	30.03
W40 Nicole Hirschfield	22.06
W50 Tina Bowman	29.76
W55 Latanya Glass	19.58
W60 Kathy Bergen	24.50
W70 Magdalena Kuehne	14.53

**USATF So. Calif. Assoc.
Masters Championships,
Cerritos College, Norwalk;
June 12**

55m	
M35 Cliff Curne	6.67
M40 Frank Strong	6.72
M45 James Chinn	6.95
Ken Stone	8.08
M50 Greg Pizza	7.37
Noel Weiss	7.80
M60 Doug Smith	7.58
Richie Findlay	7.99
M75 Jim Selby	9.43
W35 Angelina Edwards	6.99
W45 Debbie Selby	9.44

100m	
M30 Louis Foy, Jr	10.84
John Gilmer	11.07
Orlando Ervin	11.67
M35 Felton Turnage	11.36
Ngala Edwards	11.97
M40 Kettrell Berry	10.83
Cornell Stephenson	11.43
Frank Strong	11.47
M45 James Chinn	11.69
Rory McDermed	12.31
Joe Gilboy	15.48

M50 Greg Pizza	12.51
Thomas Mike	12.83
Noel Weiss	11.61
M55 George Wong	14.07
Dan Girling	15.20
M60 Walt Butler	13.74
Richie Findlay	13.93
M70 Frank Kishi	16.16
M75 Jim Selby	16.20
M80 Robert Davidson	30.03
W35 Colleen Barney	13.01
W40 Kelle Taylor	14.15
W45 Debbie Selby	17.25

Karen Toshiyuki	20.18
W50 Anna Wlodarczyk	13.92
Rita Hanscom	14.15
W60 Kathy Bergen	14.31
Nadine O'Connor	14.39

200m	
M30 Louis Foy, Jr	22.25
Hugo Estrada	23.87
M35 Felton Turnage	23.72
Richard Holmes	24.49
Brian Gore	25.12
M40 Kettrell Berry	22.07
Cornell Stephenson	22.91
Alec Chenault	25.17
M45 James Chinn	23.13
Rory McDermed	24.53
Ken Stone	27.86

M50 Steve Klosch	25.46
Robert Richardson	25.60
Greg Pizza	25.85
M60 Doug Smith	26.39
Willie Roberson	29.21
M70 Frank Kishi	34.57
M75 Louis Beadle	31.84
Jim Selby	34.41
M80 Robert Davidson	1:01.02
W35 Colleen Barney	26.32
W40 Kelle Taylor	29.81
W45 Debbie Selby	35.63
W50 Rita Hanscom	29.23
Denise Jannock	32.56

400m	
M30 Fred Zarie	53.68
M35 Brian Gore	55.11
M40 David Olshan	1:00.54
Kurt Garcia	1:03.79
M45 Vincent Calloway	56.74
M50 Steve Klosch	58.45
Robert Richardson	59.94
Hugo Velazquez	1:04.39
M70 Louis Beadle	1:21.92
W45 Debbie Selby	1:23.15
W80 Gerry Davidson	2:12.21

800m	
M30 Patrick Robinson	1:51.76
Farhad Zarie	2:08.86

M40 Tony Reyes	2:00.36
Wes Ashford	2:01.99
Edward Arembureg	2:13.88
M45 David Lucas	2:04.27
Rob Duncanson	2:12.16
M50 Mike Tipping	2:18.00
Gary Shapiro	2:18.43
Don Irvine	2:21.75
M60 Ron Salupo	2:19.89
M75 Jim Selby	3:10.59
W30 Liz Guerrini	2:13.35
Erica Niemers	2:28.24
W40 C Groenendaal	2:21.74
W50 Denise Jannock	2:50.99

1500m	
M30 Sven Haug	4:10.03
Robert Davis	4:33.37
M35 Luis Jacodo	4:29.21
M40 Ken Ernst	4:19.47
Michael Friedl	4:48.14
Tom Cupp	4:56.50
M45 Angelo DeCollibus	4:41.79
Frank Boegeman	4:45.24
Mark Cleary	4:47.83
M50 Don Irvine	4:48.90
Hugo Velazquez	4:55.64
John McAndrew	4:59.81
M65 Tom Dilday	5:57.87
M75 Jim Selby	6:31.34
W50 Denise Jannock	5:38.94

3000m	
M40 Peter Magill	8:32.04
Oscar Gonzalez	8:58.93
M45 Angelo DeCollibus	9:44.99
M55 Michael Blakeman	15:33.50
W55 Yoko Eichel	13:31.54
W80 Gerry Davidson	20:55.05

5000m	
M40 David Olshan	15:49.88
M75 Gunnar Linde	47:30.88

Short Hurdles	
M30 George Garcia	15.35
M35 Richard Benoy	14.30
Richard Hoilmes	15.69
M45 Eugene Anton	17.41
M50 Dave Perrin	15.25
W50 Anna Wlodarczyk	13.50
Tina Bowman	15.05

Long Hurdles	
M30 Aaron Lacy	52.03
Hassan Bangurah	54.52
M45 Andrew Hecker	1:11.30
Mike Merrigan	1:11.31
W40 Caren Ware	1:20.19
W50 Tina Bowman	56.91

2000m Steeplechase	
M75 Jim Selby	10:28.87
W30 Pilar Delgado	8:55.41
W40 Caren Ware	8:55.21

5000m RW	
M45 Mario Lopez	29:51.0
M50 David Ciccone	25:13.6
M55 Rick Campbell	31:14.8
Michael Blakeman	38:51.2
M60 Stuart Ray	34:12.3
M65 Bob Nyman	32:43.4
M70 Carl Acosta	32:39.1
Arvid Rolfe	34:03.4
George Solis	37:55.5
M75 Bill Moremen	32:54.0
M80 Masashi Noritak	37:56.0
W55 Donna Cunningham	28:15.9
Yoko Eichel	28:20.6
Carol Bertino	31:49.7
W70 Patti Kennedy	40:30.4
Grace Moremen	41:25.7

High Jump	
M40 Ron Lee	1.94
Lee Balkin	1.74
Dolf Berle	1.63
M45 Jeff Davison	1.37
M80 Donald Rosen	1.07
W30 Spring Harris	1.79
W40 Lisa Riech	1.79
W50 Tina Bowman	1.17
W60 Kathy Bergen	1.32

Pole Vault	
M40 Tim McIntyre	3.97
Dolf Berle	3.35
M50 Murray Mead	3.97
M65 Terry Cannon	3.04

W70 Nina Duncan	5.86
Discus	
M50 Gary Schmidt	37.94
Stephen Weeks	27.36
M55 David Eikermann	31.09
M60 Michael Woodward	45.06
Terry Rowan	44.63
Gary Eikermann	44.51
M65 Bob Humphrey	43.59
Alan Rosen	36.08
M70 Doug Tomlinson	35.55
Dave Douglass	30.04
Eugen Staniciu	20.48
M75 Kio Shik Song	22.98
M80 Robert Davidson	12.97
M90 Leland McPhie	17.10
W55 Lorraine Tucker	22.76
W60 Ingrid Mancini	17.41
W70 Nina Duncan	10.66
Hammer	
M40 Kyong Song	48.95
M50 Richard Watson	36.69
Gary Schmidt	29.64
M60 George Mathews	53.35
Michael Woodward	33.72
M65 Bob Humphreys	40.00
M70 Doug Tomlinson	34.21
Dave Douglass	34.01
M75 Kio Shik Song	28.19
Javelin	
M45 Dennis Morris	49.50
Rob Duncanson	40.06
Jon Stampfli	31.95
M50 Richard Watson	43.19
Gary Schmidt	32.65
M55 David Johnson	48.84
Ron Rook	36.76
M70 Eugen Staniciu	27.73
M80 W Edward Chynowith	28.84
M90 Leland McPhie	14.23
W70 Magdalena Kuehne	14.35

USATF New Mexico Masters Championships Albuquerque, NM; July 11

100m	
M45 Lindy Raney	13.70
M50 Stacey Price	13.90
M55 Richard Wild	13.77
Chuck Fuller	14.79
M65 Ron Kirkpatrick	14.01
M75 Andy Anderson	16.34
Chet Warwick	21.36
W45 Lisa Hampton	18.36
W50 Colleen Burns	15.72
W55 Jane Fuller	21.10
W70 Joan Blais	27.49
200m	
M45 Lindy Raney	25.25
M50 Mike Pannell	25.73
David Salazar	27.07
David Zacharias	28.50
Jim Fallen	28.51
M55 Donald Neidig	24.91
Richard Wild	28.69
Chuck Fuller	30.77
M65 Ron Kirkpatrick	28.36
M75 Andy Anderson	33.71
W40 Michael Smith	31.03
W45 Lisa Hampton	38.74
W50 Colleen Burns	32.73
Karen Blackmore	36.81
W55 Jane Fuller	46.87
W70 Joan Blair	1.05.02
400m	
M40 Darryl Smith	57.33
David Hampton	1.00.20
M50 Mike Pannell	57.27
Jim Fallen	1.01.58
David Zacharias	1.05.00
Mike Apel	1.14.06
M55 Donald Neidig	54.25
W40 Michael Smith	1.07.41
W50 Karen Blackmore	1.22.60
W70 Joan Blair	2.40.99
800m	
M40 Darryl Smith	2.28.10
M45 David Lopez	2.15.22
M50 David Salazar	2.14.36
W40 Michael Smith	2.47.30
1500m	
M45 David Lopez	4.35.70
M50 David Salazar	4.37.45
W50 Colleen Burns	5.56.54
100m Hurdles	
M50 Stacey Price	14.94
High Jump	
M40 Ron Lee	1.90
Darryl Smith	1.60
Richard Brunson	1.50
W50 Karen Blackmore	1.11
W65 Christel Donley	1.06

Pole Vault	
M35 Scott Steffan	4.11
M40 George Barber	4.26
M45 Dan Ashcraft	3.20
M70 Jerry Donley	2.59
Long Jump	
M40 David Hampton	4.43
M60 Stan Allen	3.86
M65 Ross Aragon	3.77
M75 Chet Warwick	2.52
W45 Lisa Hampton	3.09
W50 Deb Vestal	2.22
Triple Jump	
M40 Darryl Smith	11.41
W50 Deb Vestal	4.96
Shot Put	
M35 Pat Hochanadel	13.97
M45 Jeff Crothers	10.44
Ricardo Gonzales	10.42
Calvin Steckler	8.29
M50 Tim Fuehrer	9.84
Patrick Jaramillo	8.52
M55 Paul Economides	13.56
M60 Stan Allen	3.86
M65 James Koch	12.78
M80 Hugh Hackett	6.62
W35 Cherie Madlock	6.80
W45 Lisa Hampton	7.48
W65 Christel Donley	7.96

Discus Throw	
M40 David Hampton	26.11
M45 Ricardo Gonzales	35.68
M50 Dennis Umshler	44.92
Patrick Jaramillo	25.68
David Salazar	23.04
M55 Paul Economides	43.10
M65 Ross Aragon	34.37
M70 Floyd Riddle	35.04
M80 Hugh Hackett	14.57
W35 Cherie Madlock	13.06
W45 Lisa Hampton	19.18
Hammer Throw	
M45 Jeff Crothers	34.28
Ricardo Gonzales	20.30
M55 Paul Economides	45.38
M80 Hugh Hackett	19.67
W45 Lisa Hampton	14.18
W70 Judy Fetherston	21.16
Javelin	
M40 David Hampton	33.04
M45 Ricardo Gonzales	31.10
M50 Patrick Jaramillo	29.53
M60 Stan Allen	26.45
M65 Ross Aragon	32.94
M75 Chet Warwick	17.23
M80 Hugh Hackett	16.49
W35 Cherie Maclock	15.48
W45 Lisa Hampton	17.45
W65 Christel Donley	19.75

Weight Throw	
M45 Ricardo Gonzales	10.47
M80 Hugh Hackett	9.86
W45 Lisa Hampton	6.61
Super Weight	
M45 Ricardo Gonzales	6.30
W45 Lisa Hampton	3.61
Weight Pentathlon	
HT/SP/DT/JT/WT	
M45 Ricardo Gonzales	2447
20.30/10.42/35.68/	
31.10/10.47	
M80 Hugh Hackett	2581
19.07/5.92/13.65/	
16.49/9.86	
W45 Lisa Hampton	1829
14.18/6.54/19.18/	
16.69/5.92	
3000m Racewalk	
M45 Greg Jochems	17.15.20
M75 Ryszard Nawrocki	24.05.80
W40 Laura Draelos	18.51.40

NORTHWEST

USATF Inland NW Championships Pullman, WA; June 12

100m	
W55 Bessie Kolva	18.80
Janet Wiebold	21.00
W60 Ruth VanKuren	23.70
M35 Bryce Hall	13.00
M45 Bruce Mathison	13.30
M55 David Kolva	17.70
M60 John Galazin	13.60
200m	
W35 Kelley Hewett	28.30
M45 Bruce Mathison	27.10
M60 John Galazin	27.70

400m	
W40 Norah McCabe	65.10
M30 Keith Stuffle	52.20
M45 Rick Lundgren	60.20
M55 Rich Tucker	60.90
M60 John Galazin	62.40
800m	
W35 Kelley Hewett	2.25.90
M45 Rick Lundgren	2.26.30
M55 Rich Tucker	2.24.70
M65 Des O'Rourke	2.47.50
1500m	
M35 Jonathan Hally	5.41.20
M50 James Harsh	6.09.50
M55 James Peterson	6.35.70
3000m	
M50 James Harsh	13.57.70
5000m	
M50 Mark Schumaker	22.20.80
M55 James Peterson	24.06.40
10,000m	
W35 Lauriea Blume	51.03.00
M50 Brian Kingsbury	41.56.20
400mH	
M40 Eri Johnson	72.70
2000m SC	
W30 Shannon Overbay	8.46.00
4x400m Relay	
W45 Comets TC "A"	5.53.70
Schumaker/McCabe/Wheeler/	
Wiebold	
High Jump	
M40 Steven Kutsch	5-0
Eri Johnson	4-4
Long Jump	
M40 Eri Johnson	12-9.5
Triple Jump	
M40 Eri Johnson	27-6
Shot Put	
W40 Karen Miller	35-0.5
W55 Susan Hinz	26-5.5
Janet Wiebold	18-1
W60 Ruth Van Kuren	19-0
M40 Frederick Montoya	36-0.5

Discus	
W40 Karen Miller	112-11
Lani Powell	93-10
W55 Susan Hinz	65-2
M55 David Kolva	62-8
Hammer	
W55 Susan Hinz	98-5
Bessie Kolva	76-11
W60 Ruth Van Kuren	54-8
M45 Robert Wurz	55-6
M55 David Kolva	81-1
Javelin	
W55 Susan Hinz	57-7
W60 Ruth Van Kuren	37-11
M40 Dan Scott	144-11
Eri Johnson	101-1
M55 Dick Warwick	128-5
1500m Racewalk	
W35 Lauriea Blume	12:10.00
W55 Janet Wiebold	10:54.20
M60 Truvor Bodnar	9:18.60
3000m Racewalk	
W55 Bessie Kolva	25:11.10
M45 Robert Wurz	23:42.00
M55 David Kolva	19:09.60
M60 Truvor Bodnar	19:18.60

Portland Masters Track Classic Meet Gresham, OR; June 19-20

100m	
M60 Edens, Paul	12.02
Peirce, Stephen	13.72
Dilleuth, Fred	15.07
M65 Graves, Ray	14.67
Stepan, Paul	15.33
Sawyer, Dale	16.01
M70 Hewitt, Bob	14.38
Kane, Don	15.65
Coy, Jack	16.18
Schlewitz, Jim	16.61
M85 Bulkley, Dan	19.81
W40 Butler, Linda	14.51
W55 Puterbaugh, Candy	15.62
W55 Cooney, Caroline	16.98
Bell, Teddie	19.49
W60 Schlewitz, Rose	19.89
Stepan, Laura	20.63
W75 Whinston, Melicent	24.45
200m	
M45 Mathias, Doug	26.81
M50 Venable, William	26.91
M55 Tucker, Rich	27.78
Wittalla, Marc	28.85
M60 Edens, Paul	25.64
Peirce, Stephen	30.61
Ryan, Michael	41.70
M65 Graves, Ray	30.26
Stepan, Paul	31.83
Sawyer, Dale	32.56

M70 Hewitt, Bob	29.69
Schlewitz, Jim	35.46
M85 Bulkley, Dan	41.70
W40 Butler, Linda	29.64
W55 Cooney, Caroline	36.95
Moule, Jean	47.66
W70 MacLeod, Suzi	38.78
W75 Whinston, Melicent	58.44
400m	
M40 Puckett, Doug	55.13
M45 Andrews, Mike	55.65
Connolly, Tim	1.01.24
M55 Tucker, Rich	1.00.13
M60 Peirce, Stephen	1.10.02
M65 Stepan, Paul	1.15.70
Sawyer, Dale	1.18.60
Wright, Larry	1.25.00
M70 Coy, Jack	1.19.57
M85 Bulkley, Dan	1.43.97
W40 Butler, Linda	1.09.47
W55 Puterbaugh, Candy	1.13.32
800m	
M40 Paulk, Kevin	2.00.11
Bailey, David	2.02.71
Case, Charlie	2.06.51
Conrad, Robert	2.10.92
M55 Tucker, Rich	2.19.36
Loewe, Donald	2.31.97
Tanner, Ed	2.57.10
Burleson, Joseph	3.08.07
M60 Peirce, Stephen	2.51.83
Ryan, Michael	3.05.38
M65 O'Rourke, D.	2.42.22
Wright, Larry	3.04.04
M70 Kane, Don	3.03.64
W40 Butler, Linda	3.01.97
W70 MacLeod, Suzi	3.21.99
1500m	
M35 Dudman, Joe	4:25.50
M40 Conrad, Robert	4:27.00
M50 Bell, Ken	5:01.20
M55 Wittalla, Marc	4:58.07
Loewe, Donald	5:04.08
Tanner, Ed	6:20.55
Burleson, Joseph	6:53.18
M60 Peirce, Stephen	6:47.51
M65 O'Rourke, D.	5:49.99
Wright, Larry	6:17.45
W70 MacLeod, Suzi	6:55.92
3000m	
M35 Dudman, Joe	9:32.18
M40 Bogus, James	10:28.00
M50 Bell, Ken	11:02.19
Satterfield, Jim	11:37.80
M55 Loewe, Donald	10:50.12
Wittalla, Marc	11:19.33
Castle, Les	11:54.69
M60 Peirce, Stephen	14:43.79
M65 Wright, Larry	13:09.01
Ogden, Ken	13:37.87
Kiever, Bob	16:10.20
M70 Keener, Bob	14:18.51
W45 Dougherty, Deeann	12:10.89
5000m	
M40 Bogus, James	18:21.10
M45 Panches, Richard	17:09.01
M55 Loewe, Donald	18:29.40
M65 Wright, Larry	23:21.95
M65 Kiever, Bob	28:14.37
2000mSC	
M60 Peirce, Stephen	10:01.52
M60 Johnson, Joe	12:11.17
3000mSC	
M50 Satterfield, Jim	13:31.05
1 mile Racewalk	
W50 Goodman, Cyndy	12:43.71
W60 Dilleuth, Christin	11:54.61
M50 Detloff, Pat	7:57.85
M50 Frank, Rob	8:38.17
M60 Opsahl, George	8:47.02
M60 Durrell, Mike	10:24.43
M70 MacPike, Ron	10:10.11
M70 Vaughn, Dick	10:48.97

M80	Mallon, Joe	17:35.6
5000m Racewalk		
M45	Kale, Bart	30:08.4
M50	Detloff, Pat	26:15.8
M50	Frank, Rob	29:10.2
M55	Charaminski, Stan	27:21.5
M55	Novak, Bob	27:31.3
M60	Opsahl, George	28:42.8
M60	Backlund, John	29:36.0
M65	Zerbe, Richard	33:17.2
M70	MacPike, Ron	33:21.5
M70	Vaughn, Dick	34:58.6
W55	Beuchet, Coco	33:46.4
W55	Backlund, Darlene	34:50.5
80m Hurdles		
W65	Sisley, Becky	17.8
100m Hurdles		
M50	Jacquet-Acea, R.	16.1
M60	Peirce, Stephen	21.4
M60	Dilleuth, Fred	22.2
110m Hurdles		
M35	Jannsen, Andrew	18.0
300m Hurdles		
M60	Peirce, Stephen	55.63
M70	Nelson, John	1:13.95
W55	Moule, Jean	1:29.72
W65	Sisley, Becky	1:06.91
400m Hurdles		
M35	Jannsen, Andrew	1:04.14
M50	Jacquet-Acea, R.	1:04.24
Pole Vault		
M45	Baucom, Louis	4.27
M50	Jacquet-Acea, R.	3.35
M55	Cash, Jerry	3.81
M55	Phillips, Dennis	3.66
M55	Altendorf, John	3.66
M55	Clintworth, Dick	3.20
M55	Patterson, John	3.05
M60	Johnston, Joe	3.66
M60	Holmes, Larry	3.35
M60	McCrea, Don	2.44
M65	Steinman, John	2.74
W65	Sisley, Becky	2.12
W65	Sisley, Becky	2.12
Long Jump		
M40	Toll, Mike	5.91
M50	Jacquet-Acea, R.	4.86
M60	Dilleuth, Fred	4.11
M60	Peirce, Stephen	4.0
M65	MacLeod, Norm	4.4
M70	Hewitt, Bob	4.7
M70	Nelson, John	3.0
W55	Cooney, Caroline	3.4
W65	Sisley, Becky	3.3
W75	Whinston, Melicent	2.2
High Jump		
M40	Toll, Mike	1.6
M50	Jacquet-Acea, R.	1.4
M55	Jensen, Sig	1.4
M60	McCrea, Don	1.2
M60	Kondrasuk, Jack	1.2
M60	Johnson, Joe	1.2
M60	Banister, Ora	1.1
M60	Dilleuth, Fred	1.1
M70	Keener, Bob	1.1
M75	Lewellen, Harvey	1.2
M80	Young, Gilbert	1.0
W35	Toll, Julie	1.2
W35	Toll, Julie	1.2
W55	Cooney, Caroline	1.1
W55	Moule, Jean	0.9
W65	Sisley, Becky	1.1
Triple Jump		
M40	Coushay, Brian	13.2
M40	Toll, Mike	12.6
M60	Chaney, Victor	9.3
M60	Peirce, Stephen	8.1
M60	Dilleuth, Fred	8.0
M65	MacLeod, Norm	9.4
M65	Labarge, Pete	8.1
M70	Hewitt, Bob	9.5
W35	Toll, Julie	8.6
Shot Put		
M35	Hebb, Rick	9.9

W75	Osmon, Pat	10.78
Hammer		
M35	Hebb, Rick	22.86
M40	Tyson, William	22.64
M45	Burton, Ray	30.40
M55	Taylor, Todd	53.34
M65	Lawson, Bob	31.48
M70	Allison, Tom	39.76
M85	Sabin, Wayne	28.40
M75	Lewellen, Harvey	41.58
	Wallace, Hal	28.00
W60	Cutler, Georgia	34.94
W75	Osmon, Pat	15.85
Weight Throw		
M40	Tyson, William	6.00
M50	Grigsby, Jan	4.10
M65	Lawson, Bob	5.33
M70	Allison, Tom	6.11
M75	Lewellen, Harvey	8.66
Super Weight Throw		
M40	Tyson, William	6.00
M50	Grigsby, Jan	4.10
M65	Lawson, Bob	5.33
M70	Allison, Tom	6.11
M75	Lewellen, Harvey	8.66

Hayward Classic Meet Eugene, OR; June 26-27

100m		
W40	1 Amarasekara, Veroni	43 13.11
W45	1 Mendenhall, Martha	45 14.12
W50	1 Mitchell, Rebecca	50 15.30
	2 Works, Nina	50 15.65
W55	1 Cooney, Caroline	57 16.87
W60	1 Radcliffe, Marg	61 15.75
	2 Schlewitz, Rose	62 19.17
	3 Stepan, Laura	64 19.92
W65	1 Jordan, Barbara	68 15.77
	2 Rickson, Marilyn	66 20.86
W70	1 Lary, Audrey	70 15.72
W75	1 Styles, Fran	76 18.98
	2 McLeod-Smith, Doree	78 20.79
	3 Dietrich, Shirley	77 22.63
	4 Whinston, Melicent	76 23.71
W85	1 Kotelko, Olga	85 21.84
M30	1 Kennedy-O'Shaughnessy	32 12.51
M35	1 Gibbon, David	38 11.80
M40	1 Petroff, Ken	40 11.95
	2 Blake, Aaron	43 12.48
	3 Patton, Charles	40 12.60
	4 Hubbard, Bill	41 12.70
M45	1 Budziszewski, Josep	45 12.80
	2 Johnson, Jim	48 13.93
M50	1 Ortman, David	51 12.34
	2 Imrie, Donn	52 12.51
	3 Venable, Willie	54 12.87
M55	1 Brocato, Charles	59 13.15
	2 Jacobson, Vance	55 13.35
	3 Harsley, Chris	57 13.96
	4 Lyden, George	59 14.70
M60	1 Robbins, Stephen	61 12.33
	2 Edens, Paul	63 12.74
M65	1 Sims, Gary	66 13.51
	2 Armstrong, Merv	65 14.17
	3 Graves, Raymond	69 14.33
	4 Forseille, Larry	67 14.53
	5 Stepan, Paul	66 15.00
M70	1 Lesage, Norm	74 14.97
	2 Ford, Benson	73 15.79
	3 Coy, Jack	73 16.09
	4 Schlewitz, Jim	70 16.52
M85	1 Bulkley, Dan	87 19.55
200m		
W50	1 Mitchell, Rebecca	50 32.05
W60	1 Radcliffe, Marg	61 33.62
	2 Stepan, Laura	64 44.33
W65	1 Jordan, Barbara	68 33.15
W70	1 Lary, Audrey	70 33.26
	2 MacLeod, Suzi	70 39.05
W75	1 Styles, Fran	76 42.50
	2 McLeod-Smith, Doree	78 46.83
W85	1 Kotelko, Olga	85 50.44
300m		
M40	1 Coushay, Brian	40 24.33
	2 Petroff, Ken	40 24.95
	3 Blake, Aaron	43 26.33
M45	1 Budziszewski, Josep	45 25.43
	2 Johnson, Jim	48 27.96
	3 Ortman, David	51 25.31
	4 Jacquet-Acea, Russe	51 25.98
	5 Venable, Willie	54 26.52
M55	1 Parnell, Roger	55 25.60
	2 Brocato, Charles	59 25.98
	3 Harsley, Chris	57 27.94
M60	1 Robbins, Stephen	61 24.79
	2 Edens, Paul	63 25.37
	3 Lamothe, Grant	60 29.52
M65	1 Sims, Gary	66 28.09
	2 Armstrong, Merv	65 29.28
	3 Graves, Raymond	69 29.78
	4 Forseille, Larry	67 30.08
M70	1 Lesage, Norm	74 30.67
	2 Kane, Don	72 31.61
	3 Ford, Benson	73 31.97
	4 Schlewitz, Jim	70 35.48
M75	1 Brown, Rodney	77 32.25
M85	1 Bulkley, Dan	87 42.07
400m		
W30	1 Thompson, Adele	34 1:05.11
W40	1 Johnson, Mary	41 1:08.49
	2 Toro Schieb, Wanda	41 1:10.87
W45	1 Willis, Katherine	45 1:16.18
W50	1 Mitchell, Rebecca	50 1:13.25
W70	1 MacLeod, Suzi	70 1:28.67
M40	1 Gideon, Steve	41 56.03
	2 Hubbard, Bill	41 58.15
	3 Patton, Charles	40 1:00.96
M45	1 Andrews, Mike	47 54.92
	2 Budziszewski, Josep	45 56.82

3 Johnson, Robert	48 1:04.93
M50 1 Maier, William	50 57.78
2 Hiebert, Jim	53 59.77
3 Tipping, Mike	51 1:01.64
M55 1 Brocato, Charles	59 58.76
2 Ortiz-Hernandez, Ed	56 59.78
M65 1 Sims, Gary	66 1:06.78
2 Forseille, Larry	67 1:09.71
3 Stepan, Paul	66 1:15.49
M70 1 Kane, Don	72 1:11.55
2 Coy, Jack	73 1:21.09
M75 1 Brown, Rodney	77 1:14.41
M85 1 Bulkley, Dan	87 1:39.75
800m	
W30 1 Thompson, Adele	34 2:28.04
W35 1 Everton, Nicola	39 2:25.68
W40 1 Wright, Sheri	40 2:25.06
2 Johnson, Mary	41 2:44.60
W45 1 Willis, Katherine	45 2:47.29
2 Grigsby, Sue	47 2:55.29
W50 1 Janneck, Denise	50 2:41.94
W70 1 MacLeod, Suzi	70 3:22.66
M30 1 Martin, Joe	32 2:07.17
M40 1 Wyckoff, Mark	41 2:01.58
2 Mann, Jeff	40 2:04.20
3 Gideon, Steve	41 2:06.61
4 Case, Charlie	42 2:07.90
5 Aasum, Jamin	44 2:09.39
6 Johnson, Steven	40 2:18.73
7 Adams, Brad	41 2:21.76
M45 1 Podolski, Lance	47 2:12.14
2 Davis, Mike	45 2:14.55
3 Cleary, Mark	45 2:18.39
4 Guardino, Thomas	48 2:29.59
M50 1 Maier, William	50 2:15.20
2 Tipping, Mike	51 2:19.59
3 Bell, Ken	53 2:26.58
M55 1 Pate, Ron	57 2:33.88
M60 1 Davies, Leonard	61 2:37.97
M65 1 McCormack, Dan	65 2:30.38
2 Wright, Larry	67 3:09.08
M70 1 Kane, Don	72 3:09.06
1500m	
W35 1 Hayes, Autumn	36 5:37.62
W40 1 Toro Schieb, Wanda	41 5:18.19
W45 1 Dougherty, Dee Ann	45 5:29.83
W50 1 Janneck, Denise	50 5:40.26
W55 1 Frankel, Bonnie	59 7:19.46
M30 1 Martin, Joe	32 4:30.69
M40 1 Magill, Peter	43 4:05.87
2 Bailey, David	41 4:15.64
3 Halse, Brent	40 5:13.55
M45 1 Wojcik, Daniel	48 4:30.49
2 DeCollibus, Angelo	47 4:33.30
3 Stokkus, Arny	49 4:47.09
4 Cleary, Mark	45 4:50.55
5 Stasiak, James	49 5:36.25
M50 1 Spinney, Ed	50 4:43.50
2 Allison, Michael	52 4:48.50
M55 1 Wiitala, Marc	56 5:00.75
2 Loewe, Donald	56 5:17.45
M65 1 Wright, Larry	67 6:20.98
M70 1 Wood, Glynn	70 6:34.11
M75 1 Keston, John	79 6:28.51
2 McChesney, Bill	76 6:42.50
3 McMicken, Craig	78 8:22.33
National Masters News Age-Graded Mile	
Name	Age Team Time A-G%
John Keston	79 OTCM 6:42.71 87.54
Dan McCormack	65 OTCM 5:34.76 87.44
Roger Davies	69 CRR 5:52.49 85.92
Ed Cadman	59 Hawaii 5:22.70 85.43
Don Irvine	54 Cal Coast TC 5:11.51 84.63
Ken Bell	53 unat 5:11.12 84.02
Helly Visser	70 CRR 7:20.93 82.47
Suzi McLeod	70 OTCM 7:27.46 81.27
Mike Davis	45 Southern OR 5:09.77 79.18
Nicola Everton	39 Vancouver Fal 5:32.80 74.00
Leonard Davies	61 unat 5:58.16 76.47
Steven Johnson	40 Anacortes RC 5:02.26 78.22
Bill McChesney	76 OTCM 7:19.31 76.55
Rick Sherman	40 Anacortes RC 5:18.71 74.18
Sue Grigsby	47 unat 6:20.00 74.09
Katherine Willis	45 Etobicoke G 6:19.29 72.92
Larry Wright	67 PMTC 6:53.82 72.35
Sheri Prathe	50 Club NW 7:10.16 67.27
3000m	
M30 1 King, John	34 9:02.31
M35 1 Kohles, Sean	39 9:11.34
M40 1 Magill, Peter	43 8:45.47
2 Adams, Brad	41 10:09.52
3 Halse, Brent	40 10:44.28
4 Hilliard, Randy	43 11:12.74
W40 1 Kruell, Kelly	44 11:25.17
M45 1 Burns, Rich	49 9:37.11
2 Wojcik, Daniel	48 9:43.89
3 DeCollibus, Angelo	47 9:46.13
4 Cleary, Mark	45 10:27.69
W45 1 Teppo, Jenny	45 10:55.03
M50 1 Russell, Rick	51 11:28.07
2 Hilton, Gordon	54 12:03.93
W50 1 Janneck, Denise	50 12:06.11
W55 1 Spannaus, Barbara	56 13:52.64
M65 1 Wright, Larry	67 13:16.16
M75 1 Keston, John	79 13:21.13
5000m	
W30 1 Compton, Jennifer	32 18:01.03
M35 1 Godwin, Craig	37 16:22.19
M40 1 Bye, Steven	40 16:34.78
2 Halse, Brent	40 16:33.73
M45 1 Sanders, Odis	45 15:57.33
2 Knoop, Alan	47 16:30.99
3 Swietlik, Timothy	45 17:05.61
4 Panches, Richard	45 17:16.94
M50 1 Pine, Larry	51 18:15.80
2 Irvine, Don	54 18:29.78
W50 1 Nippold, Marilyn	53 20:52.03
M55 1 Loewe, Donald	56 18:16.72
2 Cadman, Ed	59 18:19.38
3 Branson, Cornelius	57 19:38.53
4 Domangue, Herman	59 21:34.47
M65 1 Davies, Roger	69 20:29.41
2 Davis, Jim	68 21:37.38
3 Wright, Larry	67 22:45.04
4 Kiever, Robert	68 22:39.81
M75 1 Keston, John	79 22:48.33
2 McMicken, Craig	78 28:11.86
W75 1 Lachman, Helen	79 40:05.33
10000m	
M35 1 Godwin, Craig	37 34:12.74
M40 1 Coats, Chuck	44 33:17.33
M45 1 Panches, Richard	45 35:57.40
M50 1 Hill, Leonard	51 35:11.08
M55 1 Loewe, Donald	56 38:26.65
M65 1 Wright, Larry	67 46:41.44
2 Leutzing, Richard	65 46:53.37

80m Hurdles		
W40 1 Amarasekara, Veroni	43 13.00	
W65 1 Jordan, Barbara	68 17.20	
100m Hurdles		
M50 1 Jacquet-Acea, Russe	51 15.96	
2 Helton, Don	50 20.23	
M55 1 Parnell, Roger	55 16.22	
M60 1 Lamothe, Grant	60 20.34	
110m Hurdles		
M35 1 Jannet, Andrew	36 17.83	
300m Hurdles		
W55 1 Moule, Jean	58 1:28.70	
M60 1 Lamothe, Grant	60 55.87	
W65 1 Jordan, Barbara	68 1:02.49	
400m Hurdles		
M40 1 Sherman, Rick	40 1:09.27	
M50 1 Ortman, David	51 1:03.01	
2000m SC		
W30 1 Stewart, Nicole	30 8:13.41	
M60 1 Clark, Fred	60 8:53.96	
M65 1 Ogden, Ken	68 9:46.44	
M70 1 McClenathan, Gordon	70 10:17.43	
3000m SC		
M30 1 Kennedy-O'Shaughnessy	32 15:48.57	
M55 1 Pate, Ron	57 12:34.64	
2 Domangue, Herman	59 13:44.55	
4x800m Relay		
M40 1 MITM (Hinton, Pope, Paulk, Young)	7:54.17	
4x1mile Relay		
M40 1 MITM (Magill, Pope, Hinton, Young)	17:14.31	
HJ		
W45 1 Mendenhall, Martha	45 1.53m	
W55 1 Cooney, Caroline	57 1.13m	
W60 1 Radcliffe, Marg	61 1.21m	
2 Anderson, Sandy	64 1.17m	
W65 1 Jordan, Barbara	68 1.09m	
W75 1 Styles, Fran	76 0.93m	
W85 1 Kotelko, Olga	85 0.89m	
M40 1 Forier, John	42 1.89m	
2 Toll, Mike	40 1.65m	
M45 1 Vincent, Rick	48 1.53m	
2 Blackburn, Bob	48 1.41m	
M50 1 Garcia, Carlos	54 1.61m	
2 Helton, Don	50 1.45m	
M55 1 Jensen, Sig	55 1.53m	
2 Beswick, Richard	56 1.45m	
3 Jacobson, Vance	55 1.37m	
M60 1 McCrea, Don	63 1.29m	
2 Johnson, Joe	62 1.21m	
M65 1 Steinman, John	67 1.17m	
M75 1 Propst, Ray	75 1.29m	
2 Lewellen, Harvey	75 1.25m	
PV		
M40 1 Umenhofer, Dan	44 4.30m	
2 Jaqua, Michael	41 3.70m	
3 Angel, Paul	41 3.10m	
3 McCormick, Bob	42 3.10m	
M45 1 West, Dan	49 4.20m	
2 Baucum, Louis	47 4.00m	
3 Hadley, Joe	46 3.70m	
4 Logan, Ronald	49 2.90m	
M50 1 Jacquet-Acea, Russe	51 3.20m	
M55 1 Cash, Jerry	55 3.80m	
2 Phillips, Dennis	57 3.70m	
3 Altdorff, John	58 3.40m	
4 Clintworth, Dick	57 3.20m	
5 Hammonds, Chuck	57 3.10m	
6 Patterson, John	55 2.90m	
M60 1 Johnston, Joe	60 3.30m	
2 Holmes, Larry	62 3.20m	
3 Cunningham, Dick	64 2.90m	
4 McCrea, Don	63 2.60m	
M65 1 Matejka, Jim	66 2.90m	
2 Steinman, John	67 2.80m	
3 Gray, Donald	69 2.70m	
M70 1 Morris, Allen	70 2.40m	
M75 1 Cleveland, John	79 2.20m	
2 Propst, Ray	75 1.80m	
LJ		
W40 1 Amarasekara, Veroni	43 5.21m	
W55 1 Cooney, Caroline	57 3.40m	
M60 1 Anderson, Sandy	64 3.22m	
W65 1 Jordan, Barbara	68 3.55m	
W70 1 Lary, Audrey	70 3.76m	
W75 1 Styles, Fran	76 2.25m	
2 Whinston, Melicent	76 2.12m	
W85 1 Kotelko, Olga	85 2.01m	
M35 1 Swim, Corey	35 6.42m	
M40 1 Toll, Mike	40 6.16m	
2 Forier, John	42 5.86m	
M50 1 Helton, Don	50 4.23m	
M55 1 Parnell, Roger	55 5.56m	
2 Jacobson, Vance	55 4.42m	
3 Rice, Robert	57 4.39m	
M60 1 Chaney, Victor	63 4.05m	
2 Banister, Ora	63 2.98m	
M65 1 Walker, Kermit	68 4.41m	
2 Armstrong, Merv	65 4.23m	
M75 1 Propst, Ray	75 3.69m	
TJ		
W35 1 Toll, Julie	38 8.72m	
W55 1 Moule, Jean	58 6.20m	
W65 1 Jordan, Barbara	68 7.12m	
W70 1 Lary, Audrey	70 8.25m	
W75 1 Styles, Fran	76 5.06m	
M40 1 Coushary, Brian	40 13.12m	
2 Toll, Mike	40 12.35m	
M50 1 Housen, Jim	53 8.90m	
M60 1 Chaney, Victor	63 9.26m	
2 Lamothe, Grant	60 8.18m	
M65 1 Walker, Kermit	68 9.79m	
2 Armstrong, Merv	65 8.31m	
M75 1 Propst, Ray	75 8.00m	
SP		
W45 1 Kendall, Monica	48 12.52m	
2 Finsrud, Carol	47 12.21m	
W50 1 Green, Martha	53 9.10m	
W60 1 Anderson, Sandy	64 8.61m	
2 Cutler, Georgia	61 7.75m	
W65 1 Sherrard, Cherrie	65 9.82m	
W70 1 Lary, Audrey	70 7.08m	
2 Gray, Marilyn	70 7.40m	
W75 1 McLeod-Smith, Doree	78 5.13m	
2 Osmon, Patricia	77 5.09m	
3 Whinston, Melicent	76 4.70m	
W80 1 Reske, Melanie	83 4.99m	
W85 1 Kotelko, Olga	85 5.77m	
M30 1 Payne, Bryan	34 12.48m	
M40 1 Tyson, William	43 9.71m	
2 Loosli, Charles	43 9.60m	
3 Hebb, Rick	40 8.78m	

INTERNATIONAL**British Masters Championships, Birmingham, England; June 26-27****100m**

M35 Derek Morgan	11.50
M40 Anthony Noel	11.35
M45 John Wright	12.00
M50 Steve Peters	11.70
M55 Tony Wells	13.50
M60 Robert Swan	13.60
M65 Tony Bowman	14.07
M70 Ron Taylor	13.39
M75 Allan Meddings	14.55
M85 Tony Rawlinson	24.07
W35 Beverley Matthews	14.25
W40 Julie Money	13.27
W45 Averi McClelland	13.28
W50 Emily McMahon	14.60
W55 Vivien Bonner	13.95
W60 Esther Linaker	15.15
W65 Dorothy Fraser	17.32
W70 Betty Steedman	18.28

200m

M35 Derek Morgan	22.96
M40 Anthony Noel	22.72
M45 Barry Morris	23.80
M50 Steve Peters	23.20
M55 Paul Anthony	26.17
M60 Robert Swan	26.61
M65 Tony Crocker	28.24
M70 George Cheetham	30.70
M75 Allan Meddings	30.36
W35 Angie Alstrachen	28.49
W40 Wendy Dunn	27.92
W45 Averi McClelland	26.90
W50 Caroline Powell	28.37
W55 Vivien Bonner	27.54
W60 Esther Linaker	30.72
W65 Dorothy Fraser	35.78
W70 Betty Steedman	39.06

400m

M40 Martin Blackman	50.30
M45 Alan Harrison	53.95
M50 Steve Peters	52.71
M55 Paul Anthony	55.90
M60 Laurence Oldfield	59.27
M65 Wilfred Morgan	65.63
M70 Charles Williams	65.89
M75 John Quantrell	88.01
W35 Fiona Palmer	61.16
W40 Virginia Mitchell	59.39
W45 Lynn Talbot	61.82
W50 Caroline Powell	62.46
W55 Yvonne Priestman	71.05
W60 Marjorie Hocknell	78.50
W65 Dorothy Fraser	80.53

800m

M35 Robert Poulter	2:05.87
M40 Sean Price	2:05.17
M45 Dominic Swords	2:07.55
M50 David Bedwell	2:07.37
M55 Mike Erith	2:14.15
M60 Colin Turner	2:29.48
M65 John Newcombe	2:26.66
M70 Mike Fox	2:34.85
M75 Donald Adie	3:05.53
M90 Gordon Porteous	4:39.45
W35 Mary Edwards	2:23.88
W40 Sarah Heath	2:13.98
W45 Lesley Felton	2:24.23
W50 Caroline Powell	2:29.60
W55 Pat Gallagher	2:42.26
W60 Iris Horsey	3:08.10

1500m

M40 Kofi Agyei	4:17.05
M45 Christopher Waugh	4:18.18
M50 David Bedwell	4:23.72
M55 Michael Mann	4:37.94
M60 Robert Young	4:54.16
M65 Ian Barnes	5:10.29
M70 Derek Howarth	6:01.10
M75 Donald Adie	6:09.43
M90 Gordon Porteous	9:01.92
W35 Clare Hayes	4:49.17
W40 Alison Hurford	4:48.16
W45 Elizabeth Batty	5:05.13
W50 Nancy Hitchmough	5:11.60
W55 Pat Gallagher	5:26.47
W60 Johanna Jay	5:56.60

5000m

M35 Tim Bailey	16:34.09
M40 Keith Newton	15:27.24
M45 Steve Smith	15:33.77
M50 Peter Parker	16:59.74
M55 Liam O'Hare	17:11.48
M60 Robert Young	17:49.74
M65 Ian Barnes	19:40.75
M70 Geoffrey Oliver	21:13.29
M75 Stephen Charlton	20:36.42
M90 Gordon Porteous	31:25.45
W35 Nicki Nealon	17:28.03
W40 Jane Clarke	18:09.01
W45 Jane Laws	18:00.73
W50 Karen Marshall	18:29.37
W55 Dot Fellows	21:06.75

W60 Betty Tracey	23:46.00
W65 Pamela Jones	23:27.07
W70 Betty Norrish	32:01.31

10,000m

M35 Ian Johnstone	32:51.86
M40 Mike Boyle	32:01.26
M45 Andrew Wetherill	32:59.00
M50 Tony Seakins	35:45.30
M55 Liam O'Hare	36:14.22
M60 Robert Young	37:40.24
M65 Fred Gibbs	39:47.45
M70 Geoffrey Oliver	42:55.46
M75 Stephen Charlton	43:39.31
W35 Jill Postlethwaite	39:52.01
W40 Anne Brizell	40:09.90
W45 Sheila Kamdar	44:45.46
W50 Christine Kilkeny	38:58.94
W55 Margaret Moody	44:37.87
W60 Betty Tracey	50:24.90
W65 Pamela Jones	48:25.08

110mH

M40 Greg Dunson	14.63
M45 John Mayor	16.28

100mH

M50 Philip McIlpatrick	14.99
M55 Tony Wells	15.04
M60 Barry Ferguson	16.94
M65 Tony Bowman	19.14
W35 Catherine Goddard	16.30

80mH

M70 Gordon Daborn	15.59
M75 Norman Carter	20.56
W40 Manndy Laing	12.31
W45 Paula Booth	14.70
W50 Emily McMahon	13.94
W60 Jackie Charles	16.89

400mH

M40 Greg Dunson	56.57
M45 Howard Moscrop	57.79
M50 Robert Stevenson	60.17
M55 Tony Wells	63.76
W35 Kim Heffernan	65.55
W40 Virginia Mitchell	64.97
W45 Veronica Boden	67.48

300mH

M60 Frederick Bush	48.96
M65 Tony Bowman	52.08
M70 Gordon Daborn	64.88
W50 Emily McMahon	52.81
W60 Rachel Rossouw	68.43

3000m Steeplechase

M40 Nicholas Martyn	9:40.30
M45 William McGrory	10:21.99
M50 Stephen Bunn	11:05.69
M55 A. Swiecicki	11:29.93

2000m Steeplechase

M60 Frederick Bush	7:49.9
W35 Deborah Doherty	8:24.7
W40 Jane Pidgeon	7:29.0
W45 Gwyneth Hueter	7:55.0
W50 Anne Darby	9:02.1
W60 Rachel Rossouw	10:45.7

High Jump

M40 Steven Linsell	1.80
M45 Stephen Gill	1.75
M50 Duncan Talbot	1.60
M60 Collin Green	1.35
M65 Tony Crocker	1.48
M70 Jim Day	1.21
M75 Norman Carter	1.15
W35 Catherine Goddard	1.40
W40 Wendy Laing	1.55
W45 Teresa May	1.35
W50 Pam Garvey	1.35
W60 Carol Rafferty	1.04

Pole Vault

M35 Simon Eastwood	3.60
M40 John Andrews	3.70
M45 John Taylor	3.40
M50 Allan Williams	4.00
M55 Bruce Hendrie	2.80
M60 John Bradley	3.00
M70 Jim Day	2.40
M75 Alfred Woods	2.30
W35 Irie Hill	3.70
W45 Christine James	2.40
W50 Gill Hevingham	2.00
W60 Margaret Coombe	2.10
W65 Dorothy McLennan	1.90

Long Jump

M40 Claude Peter-Thomas	6.20
M45 Trevor Wade	6.15
M50 Paul Pinnington	5.63
M55 John Charlton	5.38
M60 Peter Duckers	5.19
M65 Colin Field	4.10
M70 Geoffrey Feast	3.75
M75 Ajit Singh Kalirai	3.01
W35 Catherine Goddard	5.21
W40 Wendy Laing	5.32
W45 Carole Filer	5.10
W50 Emily McMahon	4.19
W55 Rosemary Champion	3.42
W60 Iris Holder	4.12
W65 Anne Martin	3.07
W80 Mary Wixey	1.70

Triple Jump

M40 Anthony Jackson	13.14
M45 Albert Earle	12.61

M50 Paul Pinnington	11.39
M55 Robert Cutler	9.87
M60 Sean Power	11.33
M65 Tony Crocker	9.77
M70 Clifford Taylor	6.56
M75 Ajit Singh Kalirai	7.47
W35 Claire Bowman	9.37
W40 Manndy Laing	10.26
W45 Teresa May	9.42
W50 Lyn Ahmet	8.81
W55 Pat Oakes	7.76
W60 Jackie Charles	7.85
W80 Mary Wixey	3.34

Shot Put

M40 Steve Whyte	15.82
M45 Bob Broadbridge	11.78
M50 Michael Small	14.56
M55 Neil Griffin	13.51
M60 James Sloan	11.09
M65 John Freebairn	10.49
M70 Gordon Hickey	12.21
M75 Alfred Woods	7.73
W35 Susan Freebairn	9.79
W40 Esther Augee	10.22
W45 Claire Cameron	10.33
W50 Vilma Thompson	9.74
W55 Elizabeth Sissons	9.12
W60 Margery Swinton	7.87
W65 Evaun Williams	9.77

Discus

M35 Simon Eastwood	26.70
M40 Steve Whyte	45.84
M45 Bob Broadbridge	35.94
M50 Michael Small	49.60
M55 Neil Griffin	47.47
M60 Peter Eddy	38.45
M65 Jack Kee	37.89
M70 Michael McGarry	32.98
M75 Robert Laidler	24.65
M85 Tony Rawlinson	13.02
W35 Susan Freebairn	39.32
W40 Esther Augee	30.79
W45 Claire Cameron	35.39
W50 Vilma Thompson	22.95
W55 Barbara Terry	20.44
W60 Dorothy Morgan	21.46
W65 Evaun Williams	25.75
W80 Mary Wixey	8.66

Hammer

M40 Steve Whyte	58.98
M45 Malcolm Fenton	54.54
M50 Alan Woods	49.42
M55 Christopher Melluish	47.62
M60 Patsy Conboy	44.63
M65 Jack Kee	43.53
M70 Peter Barber	39.57
M75 William Kingsbury	23.41
W35 Susan Freebairn	36.18
W40 Esther Augee	45.59
W45 Claire Cameron	32.61
W50 Christine Smith	29.91
W55 Lesley Shroobree	37.37
W60 Margery Swinton	29.87
W65 Evaun Williams	33.93

Javelin

M35 Simon Eastwood	40.42
M40 Trevor Ratcliffe	60.98
M45 Kevin Murch	57.47
M50 Mike Bennett	43.80
M55 Les Hatton	40.67
M60 Ashley Fox	42.48
M65 Colin Brand	38.87
M70 Gordon Daborn	30.39
M75 Robert Laidler	24.66
M85 Tony Rawlinson	12.95
W35 Norma Bruce	30.03
W40 Caroline Garratt	39.67
W45 Gill Dobson	28.66
W50 Joylyn Mullin	29.03
W55 Elizabeth Sissons	27.10
W60 Margaret Coombe	26.70
W65 Evaun Williams	33.12
W80 Mary Wixey	7.39

Weight

M40 Steve Whyte	17.46
M45 Malcolm Fenton	15.72
M50 Michael Small	18.33
M55 Christopher Melluish	16.41
M60 Patsy Conboy	16.99
M65 Jack Kee	16.08
M70 Peter Barber	15.87
M75 William Kingsbury	10.10
W35 Camilla Thrush	11.92
W40 Esther Augee	12.45
W45 Claire Cameron	10.12
W50 Vilma Thompson	9.54
W55 Elizabeth Sissons	9.19
W60 Margery Swinton	11.00
W65 Evaun Williams	13.06

3000m Walk

M40 Patrick Murphy	14:49.0
M45 Colin Bradley	15:39.3
M50 Rod Dunn	17:15.1
M55 Bob Care	13:59.4
M60 Colin Turner	15:46.7
M65 David Stevens	16:58.7
M70 Doug Fotheringham	17:52.0
M75 Karl Abolins	19:47.6

M80 Len Creo	20:10.4
M85 George Mitchell	24:41.0
W35 Julie Bellfield	17:34.7
W40 Elizabeth Harris	19:48.7
W45 Sheila Owen	16:52.8
W55 Ann Lewis	17:03.7
W65 Maureen Spelman	19:25.5

5000m Walk

M35 Mark Williams	23:47.23
M40 Patrick Murphy	25:49.60
M45 Nicholas Silvester	25:13.66

LONG DISTANCE RESULTS**EAST****Circle of Friends NY Mini****10K, Central Park, NYC****June 12**

Overall	
Deena Kastor 31	31.44
W40 Mary Evans	38.40
W45 Joan Samuelson	38.12
W50 Mary Rosado	47.15
W55 Ann Davies	44.42
W60 Carol Johnston	48.47
W65 Helene Bedrock	50.12
W70 Ginette Bedard	50.32
W75 Joan Rowland	1:12.30
W80 Edith Farias	1:25.22

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

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

Shelter Island 10K**Shelter Island, NY; June 14****OVERALL**

OVERALL		
	AUGUSTUS KAVUTU 26	29:30
	ATALALECH KETEM 20	34:56
M40	MICHAEL TRUNDY	37:20
	KEVIN BARRY	37:33
	ADAM NEWMAN	38:11
	ROB LOUGHLIN	38:50
	ALEC RAINSBY	39:24
M45	J DEL MAESTRO	36:07
	RICK BUCKHEIT	38:56
	MARK SODERSTROM	39:06
	JOHN MCKIM	39:39
	WILLIAM LEHR	39:43
M50	BOB MORITZ	41:12
	PETER PETRE	42:10
	ANTHONY LOFASO	43:28
	E NOLAN, JR.	44:30
	JOHN HILL	45:04
M55	STEVE CONWAY	41:43
	TOM POWER	42:51
	DENNIS MICHEL	44:15
M60	ROBERT LASSETER	47:54
	J MOOSBRUGGER	50:29
	RONALD DREYFUS	51:46
M65	DONALD DAVIS	47:03
	B MITCHELL, SR.	51:41
	DAVID KENNEY	52:13
M70	AMERICO FIORE	53:39
	IRA BROTHMAN	1:04:23
	JOHN BYINGTON	1:08:29
M75	LEN SCHEER	1:19:07
W40	BARBARA GUBBINS	44:03
	KIM MCLOUGHLIN	44:05
	MARY VILLANI	45:16
	CHRISTINE KATZ	47:05
	FRANCES WALTON	48:47
W45	MARIE WICKHAM	42:52
	ERIN O'DRISCOLL	45:27
	MARTHA KELLER	49:41
	REBECCA HARRIS	51:16
	MARY ERAKER	51:20

Megan Holden 34	18:19
Overall Law Enforcement	
David Stein 38	18:00
Maria Garcia Newland 40	22:46
Masters Law Enforcement	
Frank Borgi 41	20:43
Barbara Friel 47	28:03
M40 Thomas Taylor	17:38
John Lovejoy	18:10
M45 Donald DiDonato	16:56
John Del Maestro	17:07
M50 Kevin Carroll	18:14
Eddie Arbeiter	18:59
M55 Michael Demicco	18:46
Bryan Pearsall	20:05
M60 Jorge Aguilera	20:15
Jerry Coiro	21:54
M65 Joe Cordero	21:12
M70 Geza Feld	24:19
M75+Bert Jablon 77	27:57
John McManus 80	31:27
W40 Karen Cotty	20:29
Susan Murray	20:59
W45 Lori Harfenes	21:01
Margarta Marascia	21:46
W50 Kathy Martin	18:32
Judi Gallop	24:11
W55 Melissa Kennedy	22:08
W60 Marie L. Michelsohn	21:19
W65 Patricia Delaney	31:56
W70 Dolly Finkelstein	37:56

Run for the Arts 5K	
Hartford, CT; June 19	
Overall	
Karl Sineath 25	17:33
Cindy Pomeroy 42	19:14
M40 Jeffrey Ameli 43	17:55
Jason Sparkowski 44	18:35
M50 Al Swenson 57	2nd M17:33
Gus Constantine 56	20:00
M60+Mark Turkington 60	20:07
Charlie Yescott 63	21:55
W40 C Pomeroy 42	19:14
Jill Ahem 48	22:30
W50 Ruth Warnock 50	22:38
Karin Fagerburg 51	24:51
W60+Jeannette Cyr 69	32:17
Amy Twill Beilman 60	34:21

Vestal XX 20K	
Vestal, NY; June 19	
OVERALL	
Fred Joslyn 20	1:10:47
Christa Winslow 40	1:29:28
M40 Gary Fancher 1:13:16	
E Steinbrecht 1:18:10	
Eric Maki 1:18:36	
M45 Tim Rent 1:23:26	
Ed Gavin 1:26:27	
S McPherson 1:27:54	
M45 Tim Greer 1:27:54	
R Stegehuis 1:29:38	
Graham Upton 1:30:06	
M50 Charles Woidt 1:22:21	
R Somerville 1:27:48	
D Rabinowitz 1:35:30	
M50 Steve Ryan 1:36:48	
G Yankowitz 1:37:24	
Tony Fulgieri 1:39:20	
M55 Paul McMahon 1:32:51	
Bob Congdon 1:37:30	
B Bigelow 1:39:16	
M55 Dick Lane 1:45:21	
Ron Arno 1:46:11	
Glenn Small 1:55:04	
M60 Brendan Flynn 1:48:09	
A LoTempio 2:07:46	
Ron Slocum 2:18:45	
M65 T Cerminano 1:31:02	
Fred Bostrom 1:44:11	
M70 Don Farley 1:43:36	
C Winslow 1:29:28	
E Mushalla 1:40:13	
J Ziolkowski 1:45:30	
W45 T Fulgieri 1:39:20	
C Cerretani 1:46:34	
Susan Choi 1:56:57	
W50 Nancy LaBare 2:01:36	

WABC Fight Against Cancer 8K, Central Park, NYC June 20

Overall	
Paul Mwangi 37	24:22
Alemtehay Misganaw 23	29:04
M40 Piotr Karasiewicz	26:57
M45 Amador Ybanez	27:06
M50 Jack McShane	29:27
M55 Joseph Porcaro	29:55
M60 John Samsel	31:22
M65 Sidney Howard	32:46
M70 Alfred Finger	34:04
M75 William Fortune	41:19
M80 Sab Koide	47:17
M90 Abraham Weintraub	1:36:35
W40 Christina Bilsky	31:19
W45 Sharon Vos	32:08
W50 Coreen Steinbach	33:34
W55 Ann Makoske	36:10

W60 Carol Johnston	38:38
W65 Joan Bondell	45:36
W70 Ginette Bedard	40:13
W75 Joan Rowland	58:45

FRNY / NYRR Lesbian and Gay Pride 8K, Central Park, NYC; June 26

Overall	
Kassahun Kabiso 20	24:48
Atalech Ketma 21	28:43
M40 Ed Kun	27:51
M45 Randall White	28:02
M50 Vincent Shaw	33:37
M55 Arthur Weisberg	34:45
M60 Arnold Gore	38:40
M65 Michael Goldman	37:20
M70 Alfred Finger	34:50
M75 Joseph Burns	42:38
M80 Sab Koide	50:24
W40 Oleana Platinina	31:55
W45 Debra Kenney	35:54
W50 Cathy Groneman	39:07
W55 Carol Hansen	37:46
W60 Melanie Benvenue	43:36
W65 Naomi Vogel	49:24
W70 Arlene Enem	1:07:40
W75 Joan Rowland	57:42
W80 Edith Fanas	1:08:49

Fairfield Road Races Half- Marathon, Fairfield, CT June 27

Overall	
Simon Wangai 25	1:03:07
Firaya Sultanova-Zhdanova 43	1:14:06
M40 Leonardo Moya	1:12:43
Chris Chisholm	1:14:16
Jim Zoldy	1:18:15
Bill Thramann	1:18:31
M45 George Buchanan	1:17:27
Phil Richey	1:18:29
Jaime Palacios	1:19:50
Doug Scarth	1:21:24
M50 Gregory Rodriguez	1:23:26
Paul Moyses	1:23:39
Rene Charland	1:23:45
Wayne Jolley	1:24:18
M55 Tim Smith	1:24:27
Julio Aguirre	1:25:11
Arthur Nager	1:33:51
William Schaeffer	1:34:58
M60 Mark Turkington	1:33:54
Tom Maile	1:35:54
Donald Vogel	1:37:59
Doug Dix	1:41:41
M65 David Sonstroem	1:35:33
Douglas Adams	2:05:43
Laurence Nordvall	2:13:24
Andrew Callini	2:15:14
M70 Antonio Blanco	2:04:16
Fernando Ruiz	2:19:59
Al Chameides	2:27:00
M75 Peter Pantelis	2:19:23
Jerry Olitt	2:53:14
Herman Bershtein	2:53:33
W40 F Sultanova-Zhdanova	1:14:06
Susan Faber	1:24:34
Cindy Pomeroy	1:26:12
W45 Sharon Vos	1:28:22
Emmy Stocker	1:32:04
Judy Rubin	1:35:10
W50 Sharon Mendes	1:46:26
Joyce Vastola	1:49:20
Chris Walsh	1:52:18
Pat Mariano	1:55:40
W55 Linda Zavalick	1:51:51
Lindy Olewine	1:52:01
Janet Voelpert	1:52:04
W60 Marilyn Richardson	2:02:34
Ruth Fairbrother	2:08:38
Judy Savitt	2:10:24
W65 Wenshi Yu	2:11:22

Adirondack Distance Run 10M, Lake George, NY July 3

Overall	
Todd Raymond 20	53:37
Katie DeRusso 19	1:06:26
M40 Russell Lauer	59:45
Paul Bohl	1:11:38
Guillermo Borges	1:12:18
M45 Jim Maney	1:02:12
John Haley	1:03:20
Kenneth Klomp	1:10:24
M50 John Crawford	1:02:31
Dennis Fillmore	1:03:23
Lee Pollock	1:06:31
M55 Phil Jensen	1:03:26
Patrick Glover	1:04:21

Seamus Hodgkinson	1:17:15
M60 Hugh Dunseath	1:10:54
Stan Westoff	1:16:58
Ray Newkirk	1:19:44
M65 Robert Husted	1:16:11
Wade Stockman	1:20:34
Jack Kampf	1:56:02
M70 Joe Corrigan	1:28:03
Ed Doucette	1:30:11
Harry Hennessy	2:09:17
M80 Vernon Collins	2:27:14
W40 Sandra Reulet	1:09:54
Helen Shekerjian	1:10:03
Jane Hawksley Ogle	1:13:25
W45 Nancy Taormina	1:08:13
Karen Provencher	1:13:06
Hope Plavin	1:14:09
W50 Marcia Whitney	1:13:29
Judy Phelps	1:22:30
Jill Pederson	1:28:55
W55 Candi Schermerhorn	1:27:37
Ginny Pezzula	1:31:30
Mary Collins Finn	1:34:05
W60 Coral Crossman	1:34:11
W70 Anny Stockman	1:31:08
W75 Regina Tumidajewicz	2:20:51

Four on the Fourth 4M Bridgton, ME; July 4

Overall	
Mark Mayall 32	20:40
Lindsey Scherf 17	23:25
M40 Pete Bottomley	22:02
Stephen Piotrow	22:34
David Chamberlain	23:21
M45 Scott Brown	21:27
Craig Whichard	23:17
Mike Grant	23:23
M50 John Barbour	22:14
Tom Getchell	25:11
Leo Dunn	25:11
M55 Bill Reilly	24:04
Gary Mciver	27:22
Alvin Bugbee	28:30
M60 Philip Pierce	28:43
John Perham	28:46
Charles Sawyer	29:03
M65 Jerry Levasseur	29:07
Bob Payne	29:54
John Howe	32:00
M70 Lloyd Slocum	28:38
M75+Will Holt 75	34:33
John Chandler 77	38:57
Richard Dam 76	39:23
W40 Kelly Rodrigue	26:29
Susan Mulligan	27:10
Diana Dambrie	27:14
W45 Sharon Vos	25:51
Donna Butler	30:58
Emily Bugbee	31:06
W50 Marie Veselsky	28:42
Sally Sundborg	29:37
Patricia Robinson	29:59
W55 Diane Cullen-Moore	33:24
Faye Gagnon	33:26
Nancy Miller	33:28
W60 Patricia Mccue	41:49
Carol Glasser	43:37
Madeline Wikler	44:15
W65 Carol Davis	49:23
Peg Morton	54:26
Geri Wheaton	1:08:17
W70 Bobbie Maclean	53:36
Shirley Dam	1:03:03
W75+Maureen Ryerson 83	1:08:04
Perry Martin 78	1:08:20

Utica Boilermaker 15K Utica, NY; July 11

Overall	
John Korir	43:50
Susan Chepkemei	48:50
M35 Eric Legros	52:01
M40 Jackson Kipng'ok	46:18
Andrew Masai	47:48
Abraham Limo	48:43
Lance Denning	50:01
Mike Platt	51:17
M45 Rick Pingitore	53:58
Peter J. Davis	54:07
Joseph Puopolo	54:08
Dan Essler	54:48
Jim M. Fiore	55:22
M50 Gary Romesser	52:31
Thomas E. Smith	52:54
John W. Lee	57:05
Mike Kodya	58:48
Randy Stroble, Sr.	58:50

M55 Gordon Terwilliger	54:55
Bill Rodgers	58:12
James R. Mattingly	58:17
Bruce Watson	1:02:17
Douglas Brown	1:02:21
M60 Doug Goodhue	58:51
Paul L. Collard	1:01:10
Roger Cobbledick	1:04:36
Fay Bradley	1:03:55
Anthony Cerminaro	1:04:27
Carl E. Grimm	1:08:25
M70 Rich Hause	1:16:01
Bill Engle	1:23:28
Joseph Corrigan	1:33:11
M75 Richard Sullivan	1:24:10
Joseph Penabad	1:31:47
E. J. Szulwach	1:32:41
M80 Henry Sypniewski	1:44:13
Joseph G. Familo	2:14:17
W35 Liz Wilson	54:29
W40 F Sultanova-Zhdanova	52:18
Valentina Egorova	53:19
Elena Paramonova	54:45
Carlye Zipprich	1:01:34
W45 Lee DiPietro	56:20
Mary Ann Protz	57:41
Carolyn J. Silvey	1:01:13
Beth Moras	1:03:21
W50 Diane Legare	59:29
Coreen Steinbach	1:04:18
Patti J. DePaulis	1:04:22
Beth A. Howlett	1:06:22
W55 Karen E. Davies	1:14:48
Sandra J. Ludwa	1:19:01
Susan J. Brown	1:19:04
Bobbi M. Reeves	1:21:54
W60 Jayne Zinke	1:19:22
Y Tasker-Rothenberg	1:23:27
Carol A. Rider	1:24:49
W65 Ann M. Vella	1:31:24
Edith Radice	1:40:56
Grace McNasser	1:41:44
W70 Helen J. Bueme	1:53:09
Edna E. Hyer	1:54:57
Fanny P. George	1:58:17
W75 Dolores Quinn	1:54:24
Regina Tumidajewicz	2:13:47
Shirley E. Simmers	2:23:01

SOUTHEAST

32nd Annual Freedom 5K Deerfield Beach, FL June 26

Overall	
BUD GALLOWAY	17 17:14
CHRIS OESCH	36 17:35
AL SWENSON	57 17:39
TRACEY BUNCE	31 19:58
Top 3 Master MALE	
RAY PU-SEY	41 17:48
CLEBER SERIANNI	46 17:55
GARY BLOOME	50 18:07
Top 3 Master FEMALE	
KAREN KASTRITIS	40 21:32
TERRI SWANSON	44 22:59
CATHY CRANDALL	44 23:24
Top 3 Grand Master MALE	
CHARLIE GALLOWAY	55 18:44
LOUIS MOLINA	52 19:41
CARLOS VELA	51 20:07
Top 3 Grand Master FEMALE	
DEBBIE MOLINA	50 26:34
SALLY GOLDBERG	57 27:48
LYNNE WOLF	55 29:19
Top 3 Senior GrandMaster(M)	
AL SHAMOUN	60 21:02
JOSE SANTIAGO	61 22:41
ROGER LACASSE	63 24:55
Top 3 Senior GrandMaster(F)	
CAROL LEAVITT	60 31:50
TRAUDI DEGIACOMI	63 35:57
HELEN WEISS	77 37:17
M40 WALTHON MAXWELL	42 18:19
ALLEN NOTKIN	42 18:48
BOB MAYO	43 18:52
F40 SUSANA MOLINA	43 24:34
LAURA MONTANARO	44 27:18
ILANA SABBAGH	40 27:22
M45 MARK WATSON	47 22:01
MICHAEL CARRINGTON	49 22:52
DALE ROBERTSON	48 23:12
F45 SUSI CARRINGTON	46 24:47
NARDA BAO-ORMENO	48 27:31
LUCY O CONNOR	49 28:02
M50 ED NORTON	51 20:14
THOMAS MOSCARITOLOS	52 22:54
CRAIG DAVIS	51 23:05
F50 SUZANNE BROWN	52 35:07
VALERIE STEWART	53 36:04
LILIA TEALDI	50 36:22

M55 VICTOR BENINATE	57 22:17
LARRY DAVIS	58 23:47
P. J. WALKER	57 24:27
F55 BARBARA ZARETSKY	59 29:39
MARY ANN HEALY	59 30:30
MADLINE PASSANTINO	59 34:29
M60 MICHAEL SCOTT	61 26:58
HAROLD WRIGHT	64 28:44
TONY JASWINSKI	64 32:32
F60 DOLORES COCCIA	64 55:24
M70 HANS FENDL	74 25:13
GEORGE GEORGE	72 30:25
ROBERT TULL	70 31:06
M75 LEROY BUCKNER	76 29:00
HERBERT MUIRHEAD	77 45:44
M80 JEROME KAUFFMAN	80 40:02

Weston Hometown July 4th Classic 5K, Weston, FL July 4

Overall	
JIMMY VILLALOBOS	34 15:55
EMILIE AMARO	14 18:48
Top 3 Master MALE	
ISAAC IZQUIERDO	40 17:17
AL SWENSON	57 17:29
WALTHON MAXWELL	42 17:53
Top 3 Master FEMALE	
CHAR DAVIDSON	50 21:12
CINDY RAES-BARNARD	49 21:47
DOREEN ANDJICH	42 23:48

M40	
DAN KUEHN	41 18:12
MIKE MAC CONNIE	43 18:32
ALLEN NOTKIN	42 18:47
F40	
LISA COX	42 23:50
SUZANNE MENESES	43 25:24
STELLA SEPULVEDA	42 26:01

W35	Mari Jo Hecker	1:38:12
W40	Kristy Howland	1:33:50
W45	Heidi Schmidt	1:40:20
W50	Jodi Sogaard	1:47:00
W55	Linda Klute	1:56:27
W60	Kathy Sager	2:02:22

Mackinac Island Lilac Festival 10K Mackinac Is., MI; June 12

Overall		
	Brad Hunter 19	34:31
	Jane Stieber 19	40:18
M35	Mike Havardink	39:13
	George Ostrander	39:30
	Paul Marek	39:54
M40	Robert Duerksen	37:07
	Frank Schneckeburger	38:03
	Greg Bender	41:11
M45	Kevin Deyo	36:04
	Thomas Piazza	37:34
	Tom Pippo	39:55
	Daniel Orr	41:14
M50	Mark Sigfrids	42:10
	Tom Striggow	43:56
	Jon Biggs	45:26
M55	Peter Hallop	39:30
	Tom Harbaugh	39:32
	Gordy Bourland	46:34
M60	Peter Marabell	53:26
	John Johnson	59:04
	Gene Cole	59:30
M65	Bob Bender	47:40
	Paul Shepard	48:51
	Jim Elzinga	54:20
M70	Bill Nelson	1:00:52
M85	Edmond Devine	1:18:07
W35	Diane Huskey	41:01
	Jeanne Benjamin	42:59
	Liz Hendershott	44:28
W40	Laura Taylor	47:00
	Marie Campbell	47:37
	Dicksie Tremlin	48:44
W45	Sheila Brunner	44:41
	Robin Sarris-Hallop	45:00
	Janice Mackay	47:20
	Elizabeth Wiseman	48:28
W50	Sylvia Etter	55:36
	Deborah Swindlehurst	56:27
	Janet Sawyer	59:00
W55	Linda Borck	45:26
	Cindy Sack	1:01:59
	Sharon Rhine	1:03:23
W60	Carol Bender	51:00
	Caroline Luttrull	53:20
	Carol Hillary	58:34
W65	Cathy Detman	56:23
	Joyce Nelson	1:13:34

Steamboat Classic 4M/15K Peoria, IL; June 12

Overall		
	Luke Kipkosgei 28	17:35
	Yasuko Hashimoto 28	20:39
M35	Rich Byrne	19:49
	Eric Coffman	21:16
	Bob Mathews	21:17
	David Nordhielm	21:54
M40	Bill Owens	21:27
	Jerry Lack	21:37
	Brendan Reilly	22:19
	Ken Endrizzi	22:45
M45	James Acklin	21:50
	Wade Zwiener	22:56
	Steve Houseworth	23:33
	Jim Desjardins	23:38
M50	Leo Vandervlugt	22:54
	Craig Thompson	24:30
	Glenn Herold	24:36
	Michael Shekleton	25:44
M55	Ken Jagmin	23:14
	Angelo Rinchiuso	23:54
	Bob Richards	26:43
	Tony De Sabato	29:14
M60	Robert Burk	28:09
	Tony Phillips	30:26
	John Davis	31:01
M65	Ray Parrella	25:18
	John Clarke	29:46
	Ernie Williams	32:24
M70	Carl Segretto	30:04
	Roy Miller	35:07
	Norm Kelly	36:55
M75	Donald Higdon	57:48
W35	Luci Whittaker	24:55
	Lory Shurman	26:21
	Nancie Margetis	26:36

W40	Jenny Spangler	22:30
	Christina Walsh	25:29
	Helen Alexander-Kratz	25:33
	Maria Asher-Goettler	25:54
W45	Pamela Campbell	26:06
	Patrice Malloy	27:30
	Ana Breaux	28:00
	Julia Scibona	30:59
W50	Claudia Scott	30:00
	Karen Kokesh	32:53
	Barbara House	33:41
W55	Jan Daker	29:16
	Carol Duffield	37:54
	Karen Kendall	39:19
W60	Judy Teeple	29:21
	Jane Eastman	36:10
	Carol Peluso	38:01
W65	Barb Gurtler	34:37
	Rita Loyd	57:16
	Becky Neighbors	69:59
W70	Lois Gilmore	34:40
	Lou Winter	51:05
W75	Nellie Nanyes	89:14

Overall		
	Cameron Stuber 28	49:53
	Melinda Stock 36	59:31
M35	John Collet	54:20
	Lance Piper	58:17
	Adrian Campbell	58:36
M40	Mike Driscoll	55:44
	Patrick Koerner	56:47
	Brian Miller	59:15
M45	Les Myers	55:02
	Ed Ricca	56:15
	John Watson	59:22
M50	Doug Newton	59:20
	Kim Keuter	1:01:29
	Bob Nelson	1:05:19
M55	John Malson	58:45
	Merlin Anderson	1:01:01
	Eric Henson	1:07:48
M60	Charlie Grotevant	1:14:18
	Rick Brodine	1:14:29
	Mike Rucker	1:15:30
M65	Ken Steckling	1:17:22
	Art Harris	1:19:24
	Harold Breen	1:42:04
M70	Ronald Achterberg	1:30:26
	N. Kuchenmeister	1:35:15
	Lou McMurray	1:53:13
M75	Dean Rademaker	2:02:07
W35	Shelley Mueller	1:09:33
	Deborah Feinberg	1:11:11
	Jennifer Moore	1:13:49
W40	Peggy Joseph	1:02:23
	Stacy Zook	1:06:14
	Carol Pratt	1:13:50
W45	Pat O'Bryan	1:18:20
	Kathy John	1:19:32
	Donna Brayfield	1:20:11
W50	Marty Yonker	1:22:31
	Janine Rudin	1:24:52
	Judy Hollis	1:25:17
W55	Joann Fraser	1:17:27
	Lynn Lulay	1:23:31
	Karen Malmgren	1:49:22
W60	Kay Foster	1:49:52
W65	Mary Jane Pratt	1:34:21

21st Firecracker Mile Clawson, MI; July 3

Overall		
	Shadrack Kimeli 27	4:18.9
	Denise Neish 30	5:13.2
M40	Bryan Alfonso	4:59.7
	Todd Kelly	5:03.9
	Ralph Shelly	5:04.9
M45	Bill Wilson	5:47.3
M50	Stan Ford	5:13.3
	Eduardo Palomino	5:23.4
M55	Larry Parker	5:22.6
W40	Linda Ewing	6:24.1
	Pam Pichette	9:49.2
	Angelique Nathan	12:45.8
W50	Deb Stevens	8:30.9
W65	Cleo Pawlyn	9:38.7

MID-AMERICA

Hospital Hill Run Half-Marathon, Kansas City, MO June 5

Overall		
	Ryan Shay 24	1:05:04
	Theresa Gosnell 32	1:22:44
M35	Ted Leblow	1:17:33
M40	Tom Jacobs	1:19:25
M45	Mark Curp	1:13:32

M50	Tony Hahn	1:27:02
M55	Gustavo Penaloza	1:26:44
M60	Charles Mabry	1:35:47
M65	Gerald Glass	1:36:52
M70	Louis Joline	1:53:59
M75	Glenn Opie	2:45:50
M80+Ed Burnham 84		3:25:01
W35	Stephanie Ruf	1:37:15
W40	Deborah Tomeden	1:23:53
W45	Julia Scherer	1:36:07
W50	Susie Willard	1:43:54
W55	Carol Whitehead	1:58:01
W60	J Hendricksen	2:10:39
W65	Carol Waggle	2:15:35
W70	Fritzi Hazelrigg	2:38:18

Steamboat Marathon, Half-Marathon & 10K, Steamboat Springs, CO; June 6

Overall		
	Steve Krebs 41	2:48:34
	Lindsay Krause 26	3:16:30
M35	Erik Packard	2:58:08
	Peter Roberts	3:25:36
	Russell David Ball	3:30:32
M40	Steve Krebs	2:48:34
	Dan Timm	3:22:47
	Scott W Stein	3:28:50
M45	Brian Dunley	3:18:42
	Bret Crock	3:19:08
	John Genet	3:29:33
M50	Robert Dallain	3:22:32
	Gaspar Gallegos	3:31:16
	Christoph F Eick	3:38:13
M60+John M Wallace		3:44:50
	Robert T. Bell	4:27:40
	Joe Tassone	5:31:36
W35	Karen Pugh	3:42:35
	Ann Driggers	3:44:44
	Beth Urtrainsumor	3:47:18
W40	Holly Tompkins	3:45:54
	Schmalz Terry	3:48:36
	Alice Beth Temple	3:49:33
W45	Atsuko Ohtake	3:41:33
	Sherry Roberts	3:53:00
	Patricia Hyre	3:56:49
W50	Diane CRidgway	3:29:46
	Jaqueline Whitehead	3:54:30
	Susan Abigail Crites	4:36:45
W60+Susan Selbin		7:01:36

Half-Marathon

Overall		
	Andrew Bupp 32	1:13:45
	Jennah Keidel 19	1:31:17
M35	Rob Shoaf	1:22:32
M40	Dan Tomlin	1:25:05
M45	Brad Pace	1:19:58
M55	Dave Dooley	1:24:02
M60+Tom Lemire 61		1:35:36
W35	Bridget Ann Dunn	1:36:00
W40	Kristi Jordan	1:33:39
W45	Sherry Buckner	1:47:08
W50	Marnie Harden	1:47:46
W60+Leah Rae Hunter 65		2:36:46

10K

Overall		
	Jon Sinclair 46	37:30
	Laura Bruess 43	40:13
M35	Rick Carroll	39:39
	Kevin Vasquez	41:19
	Steve Leland	42:28
M40	Steven Sellars	39:05
	Jeff Rogers	43:28
	Bart Kounovsky	46:14
M45	Jon Sinclair	37:30

	Rick Bruess	38:16
	Paris Powell	56:27
M50	Kent Oglesby	41:43
	William McIntyre	42:17
	Rich Holston	42:40
M60+Larry Avery		50:21
	Gary Wall	52:46
	Gary Faris	53:45
W35	Mary Shore	43:36
	Kari Barbour	46:18
	Dawn Brandt	46:28
W40	Laura Bruess	40:13
	Jennifer Fawcett	47:44
	Judy Rowland	50:07
W45	Kim Jones	45:07
	Joy Rasmussen	49:09
	Nancy Binks-Lyman	52:49
W50	Francine Lefebure	49:35
	Carmen West	54:39
	Lorraine Green	55:19
W60+Dorothy J Bradley 74		1:02:42
	Betty Lavelle	1:13:08

Phyllis Stumbaugh 1:30:42 Garden of the Gods 10M Colorado Springs, CO June 13

Overall		
	Andy Bupp 32	55:47
	Stacey Chaston 34	1:05:21
M40	Rob Welo	58:23
	Lile Budden	1:06:56
	Ken Lefrancois	1:07:32
	Julius Kovats	1:09:42
M45	Ken Wilson	1:02:32
	Robert Yara	1:03:43
	Michael Sandlin	1:03:56
	Thaddeus Noll	1:07:18
M50	Ron Hendricks	1:07:57
	Herb Tanzer	1:10:08
	Heath Hibbard	1:10:25
	Hans Johansson	1:10:50
M55	Tim Shay	1:11:39
	Ben Chavez	1:12:57
	Rob Ladewig	1:13:45
	John Courtney	1:15:49
M60	James Boughter	1:10:44
	Jack Ramsey	1:18:05
	Fred McBurnin	1:22:03
M65	Glen Ash	1:20:47
	Joe Scarlett	1:35:27
	Jim Umphrey	1:35:36
M70	Dale Goering	1:30:04
	Richard Taxman	1:35:42
	Ric Markin	1:37:02
M75	Kenneth Green	1:45:09
	Richard Pertzborn	2:45:00
W40	Amy Regnier	1:08:42
	Peggy Nelson-Panzer	1:16:34
	Sue Barone	1:16:49
W45	Quinn Fitzpatrick	1:16:31
	Carla Augenstein	1:17:13
	Jeff B Lang	1:17:29
W50	Connie Mckenzie	1:20:27
	Sharon Dieter	1:23:24
	Kathy White	1:23:33
W55	Joyce Mckelvey	1:28:43
	Lola Ackerman	1:29:12
	Peg Roddy-Reeg	1:30:06
W60	Sally Kennett	1:33:39
	Charlene Lantry	1:34:45
	Linda Knudsen	1:39:18
W65	Kay Duplichan	1:53:20
	Kay Martin	1:59:14
	Ruth Mudrick	2:04:11
W70	Martha Kinsinger	1:50:18

William A. Irvin 5K Duluth, MN; June 19

Overall		
	Eric Loeffler 27	15:24
	Corrin Hoffman 22	19:12
M35	Paul Boschee	17:51
	M40 Paul Giannobile	16:57
	M45 William Markwardt	16:52
	M50 John Kann	18:43
	M55 Donald Weyer	20:27
	M60 D Carlson	23:43
	M65 Thom Weddle	19:12
	M70+Humberto Garza 76	38:06
W35	Theresa Felix	21:21
W40	Kari Campbell	20:05
W45	Kristine Fossum	21:51
W50	Janet Rosen	19:39
W55	Diane De Mars 55	24:55
W60	Shirley Masessa	24:02
W65	Marie Peterson	31:01
W70+Dorothy Muha 71		30:47

Grandma's Marathon & Gary Bjorklund Half-Marathon, Duluth, MN June 19

Overall		
	Vladimir Tsiachyk	2:17:59
	Fira Sultanova-Zhdanova 43	2:35:08
M35	Gideon Mutisya	2:22:40
M40	Fedor Ryjov	2:21:56
	John Mirth	2:27:46
	Gene Letty	2:36:33
	Jarrow Wahman	2:36:48
	John Van Danacker	2:39:01
	Alan Evans	2:40:59
	Jim Ramacier	2:43:09
	Steve Metraux	2:47:12
M45	Jerry Henley	2:38:48
	Brent Smith	2:43:36
	Ronald Davis	2:45:22
	Paul Brown	2:48:14
	Norman Larson	2:48:49
	Dennis Wallach	2:51:49
	Joseph Haynes	2:51:54

	David Crocker	2:54:35
M50	Rob Whetham	2:58:55
	Rick Ironside	2:59:59
	Thomas Radosevich	3:00:11
	Steve Maupin	3:04:05
	Ronald Seats	3:05:13
M55	John Jenk	3:05:33
	Jim Graupner	3:07:48
	Neil Sharp	3:08:27
	Brian Hendrickson	3:16:25
	Dean Bluhm	3:18:03
M60	Norman Purrington	3:03:44
	Jared Mondry	3:05:45
	Leonard Coequyt	3:26:16
	Winston Gordon	3:27:42
	John Farah	3:28:18
M65	Albert Miclette	3:30:43
	Richard Trochman	3:48:55
	Dick Westerlund	4:08:48
	Pat Brown	4:17:02
	Paul Paine	4:25:31
M70+	Jim Schleisman	3:38:09
	I Center	4:03:39
	A Manetti	4:40:55
	Ralph Mondor	4:42:00
	William Hollihan	4:42:51
W35	Svetlana Shepeleva	2:38:08
W40	F. Sultadova-Zhdanova	2:35:08
	Clauette Augert	3:00:28
	Ann Tierney	3:00:59
	Pamela Weier	3:02:23
	Karen Schoenrock	3:04:25
	Laurie Hanscom	3:07:01
W45	D. Windsand-Dausman	3:13:19
	Kelly Rogers	3:24:23
	Sherry Case	3:24:59
	Christine Iwahaski	3:27:23
	Donna Melody	3:28:04
	Beth Henriksen	3:34:26
W50	Janet Gensler	3:17:43
	Kristine G-Goetz	3:25:20
	Barbara Leininger	3:35:07
	Amy Yanni	3:35:33
	Fillis Friedman	3:36:44
W55	Gloria Jansen	3:30:00
	Gael Jones	3:52:43
	Mary Munter	4:09:29
	Kathleen Shea	4:11:57
	Judy Aronson	4:17:02
W60	Mary Haley	4:26:40
	Alys Traw	4:28:22
	Jan Rohde	4:34:48
	Cheri Berjien	4:34:54
	Dorothy Wright	4:47:38
W65	Dorothy Marden	5:11:17
	Patricia Amidon	5:26:26
	Diane Dean	5:38:06
	Deanna Flesner	6:31:58
	Nancy Gibbons	6:49:59
W70+	Judith Bullough	5:02:53
	Jov Johnson	5:19:41

M70	DAVE BERNAL	21:30
	WILLIAM O'DONNELL	24:55
	HAROLD LINDSEY	46:26
M75	OLLIE HARKER	27:19
	G. CISNEROS 79	32:12
W35	CHRISTINE ONUFRACK	17:10
	TERESA SOHONI	17:46
	DANA RIEDER	19:15
W40	LINNEA DAVIS	17:55
	SUSAN DREIHaupt	20:29
	TERESA CASTILLO	22:18
W45	PATTY PEOPLES	19:18
	JEANNIE THOMPSON	22:24
	KAY FORCE	24:14
W50	PAMELA FISHER	27:32
	LAUREN MUELLER	27:32
	VALERIE NELSON	27:48
W55	NORMA PORTER	27:40
	ROSE CISNEROS	32:13
	GUADALUPE MENDEZ	37:00
W60	ALICE ENRIQUEZ	29:30
	PENNY TERRY	41:44
	MARIA HERNANDEZ	42:16
W65	MARIA OCHOA	33:31
	SARAH NORVELL	33:39
	YVONNE WEBER	36:19

Gardena 5000 Gardena, CA; June 6

Overall

ZACK KUNYIHA	32	14:58
MARY COLBURN	26	17:00
M40 OSCAR GONZALEZ	15:31	
TYRUS DEMINTER	15:36	
KEVIN BROADY	15:52	
ANDY DICONTI	16:19	
JOSE ORTIZ	16:45	
M45 RIGOBERTO VEGA	16:42	
GUST RICH	17:20	
JEFF SNYDER	17:35	
DIEGO TORRES	18:58	
RAYMUNDO JUAREZ	19:15	
M50 ED AVOL	17:51	
JESUS HERNANDEZ	17:56	
ESTEBAN GALVEZ	18:25	
NABOR GOMEZ	18:43	
M55 J RODRIGUEZ	19:54	
ROB RUSSELL	20:52	
RICH ADLER	20:56	
DON OCANA	21:03	
M60 C GONZALEZ	18:59	
MIKE LOPEZ	19:56	
PAULING CHOU	23:14	
M65 MIKE ISHIKAWA	22:13	
FRANK GREENE	22:29	
SUSUMU NIIMI	22:53	
FRANK VASQUEZ	23:56	
M70 ROBERT LYONS	23:05	
STANLEY POLSKI	23:45	
DICK WINDISHAR	25:59	
DONALD WATANABE	26:54	
M75 MILO SATHER	26:57	
TARO M. OHASHI	34:11	
TOM ITO	35:29	
M80 M 'MOE' MILLER	37:36	
FRANK ENDO	39:10	
GEORGE BONNAUD	45:30	
M85 RODNEY KANIYA	51:10	
M90 E VAN LEEWEN	37:37	
ROBERT ASHIMINE	43:52	

W40 CYNTHIA DEMARCO	20:32	
L JACOBSON	21:04	
I HERSHKOWITZ	22:12	
J ASTORGA	22:15	
W45 W BRACAMONTE	24:24	
EILEEN KADOWAKI	22:37	
MARTHA WALLACE	23:34	
J THOMPSON	24:23	
W50 JEANNIE CHEUNG	25:30	
JONI HOGABOAM	27:39	
LILY ARROYO	28:38	
W55 SHARON YAMATO	25:18	
RITA O'BRIEN	26:58	
JANE DAWSON	29:06	
W60 WENDY WATSON	22:55	
MASAKO HIGUCHI	38:21	
MERRY DELUCIA	39:10	
W65 KAKO MIZUMOTO	38:54	
Y SHIGEO	41:00	
YOSHI YAMAMOTO	44:32	
W70 CHIEKO ALLWEIN	29:40	
TERR DURISH	34:41	
IRENE RHEE	46:48	
W75 KAZUYO CALLAHAN	45:28	
KAZUKO TAJII	45:37	
ELSIE SUMI	46:45	
W80 DOREEN NAKASAKO	48:14	
MAE TENGAN	48:19	
ELSE UNTEN	52:47	
W85 H WAKAYAMA	1:01:08	
M YASUKOCHI	1:02:28	
SONOKO KUNIBE	1:03:26	

Shriner's 8K Sacramento, CA; June 19

Overall

Corey Creasey	25	24:15
Megan Daly	25	25:44
M35 Gustavo Perez	25:58	
M40 Alfredo Vigueras	24:23	
Dan Nelson	26:18	
Jose P Aispuro	26:26	
M45 Emil Magallanes	27:34	
Chatham Ross	27:36	
Lloyd Stephenson	28:12	
M50 Don Paul	28:10	
Joe Schieffer	28:37	
Tom Bernhard	28:55	
M55 Don Porteous	29:16	
Mike Ammon	30:09	
Len Goldman	30:47	
M60 Fred Martin	31:34	
Robert Schmitt	32:52	
Dick Chimenti	33:03	
M65 Ricardo Guidolin	34:56	
Neal Chappell	35:09	
Elmo Shropshire	38:13	
M70 Tom Guldman	35:06	
Roger Fong	38:04	
William Flodberg	40:49	
M75+ Sam Hirabayashi	40:45	
Bill Ballantine	49:02	
Ellis Katz	1:02:31	
W35 Midori Sperandeo	28:54	
W40 M Trujillo De Rios	29:44	
Pam Runquist	30:22	
Lisbet Sunshine	30:49	
W45 Kim Rupert	32:26	
Maria Briones	34:58	
Susan Beck	36:34	
W50 Heidi Helvestine	31:08	
Melinda Morse	33:34	
Claire Malonson Fry	33:56	
W55 Nelda Williams	39:27	
Lauri Fisher	40:48	
Maggie Ward	41:05	
W60 Shirley Matson	33:48	
Barbara Miller	36:19	
Rusty Barnett	39:07	
W65 Nova Poff	45:10	
Trudi Hofmann	45:17	
Florence Fong	51:42	
W70 Myra Rhodes	41:14	

Western States Endurance Run 100M Cool, CA; June 26

Overall

Scott Jurek	15:36:27	
Nikki Kimball	18:43:25	
W30 Nikki Kimball	18:43:25	
Monica Scholz	22:06:20	
Diana Finkel	22:08:09	
Jennifer Pfeifer	22:11:13	
Suzanna Bon	23:15:50	
F. Gascon-Amyx	23:20:15	
W40 Luanne Park	19:42:40	
Diana Fitzpatrick	20:38:16	
Connie Gardner	21:16:15	
Rena Schumann	22:20:22	
Terri Schneider	23:36:42	
Laura Yasso	24:33:41	
Kelly Ridgway	24:35:34	
Carol Gerber	25:45:13	
W50 Lorraine Sorensen	26:48:09	
Debbie Leftwich	27:36:55	
Carol Cumaline	28:31:38	
Joan Scannell	29:08:43	
Letha Cruthirds	29:11:48	
Cindie McKenna	29:19:23	
Cheryl Loomis	29:19:52	
Christine Flaherty	29:26:51	
M30 Scott Jurek	15:36:27	
Dave Mackey	16:30:17	
Erik Skaden	17:39:37	
Joe Kulak	17:43:12	
Nicholas Bingham	17:59:59	
Andy Jones-Wilkins	18:26:48	
M40 Dean Kamazes	18:09:41	
David Terry	18:41:37	
Craig Thornley	18:46:26	
Tim Twietmeyer	18:54:24	
Todd Holmes	19:09:13	
Rick Simonsen	19:38:54	
Andy Nicol	19:43:13	
Paul Schoenlaub	20:29:23	
Michael Sweeney	20:41:54	
Ken Gregorich	20:43:34	
M50 Steve Smucker	20:21:09	
Scott Mills	21:15:36	

Adalberto Mendoza	22:19:24	
Jerry Bloom	22:55:56	
Frank Earnest	23:06:47	
Joseph McDonald	23:24:00	
William Ramsey	23:37:04	
Lars Saetran	23:38:22	
Todd Hayes	23:45:36	
Geoffrey Scott	23:51:20	
M60 Frank Bozanich	23:38:27	
Gary Knipling	25:17:32	
David Kim	25:22:46	
Joe Branninburg	27:52:07	
Ralph Hirt	28:29:56	
Melquisedec Quecan	28:33:24	
Fred Pollard	29:25:34	
Jack Andrich	29:26:26	

Semana Nautica 15K Santa Barbara, CA; July 4

Overall

Brian Kostock	21	48:30
Annie Toth	24	58:42
M35 Todd Booth	52:52	
M40 Corey Welles	51:00	
Michael Smith	51:09	
Ian Leitch	55:19	
M45 Tom Fitzgerald	53:35	
David Larson	58:45	
Christopher Tracy	1:01:02	
M50 Gregg Horner	53:49	
Jim Kornell	1:00:27	
Lauren Udden	1:03:45	
M55 David Groom	1:03:44	
Robin Taliaferro	1:04:38	
Russ Jones	1:08:09	
M60 Sean McCormick	1:04:11	
Vic Birtalan	1:07:40	
Al Sladek	1:14:13	
M65 Patrick Higgins	1:19:37	
Aaron Katz	1:27:25	
Frank Renda	1:59:15	
M70 Gordon McClenathan	1:25:06	
Ralph Philbrick	1:37:22	
M75 William Cattoi	1:46:17	
Phil Clarke	1:58:20	
W35 Suzanne Beste	1:00:25	
W40 Romy Suzuki	1:09:27	
Edie Robertson	1:16:42	
Sue Clinton	1:17:01	
W45 Maggie Mason	1:07:12	
Arlene Lewis	1:11:04	
Karen Beerman	1:11:20	
W50 Paulette Posch	1:26:26	
D. Jacobs-Robinson	1:29:11	
Judy Pines	1:34:52	
W55 Maryam Burcham	1:17:06	
Helen Deshler	1:29:31	
Stephanie Welch	1:37:58	
W60 Pauline Freeland	1:23:25	
W70 Ann Chadwick	1:59:15	

NORTHWEST

Salt Lake City Classic 10K/5K, SLC, UT; June 5

Overall

Joseph Wilson	28	32:14
Julie Thomas	31	38:52
M35 Neal Gassmann	34:47	
Sean Dalby	39:36	
Jan Nielsen	42:37	
M40 Dennis Simonaitis	32:51	
Kirk Zander	36:59	
Bill Cobler	38:39	
M45 Jerry Henley	35:55	
Wayne Cadigan	36:29	
Jules Magda	38:04	
M50 Kevin Murphy	39:13	
Bill Francis	41:36	
Mark Bosworth	44:50	
M55 John Helm	43:43	
Andy Schnebly	44:07	
Ken Adlam	49:00	
M60 Roger Perry	45:19	
Byron Lund	51:30	
Robert Hawkes	51:38	
M65 Edward Holt	55:14	
Jan Thurston	55:18	
Isaac Armstrong	58:57	
M70 J. Gam McBride	46:20	
M75 Thomas Gregory	1:00:23	
W35 Beth Drees	42:59	
Denice Mack	49:44	
Suzette Sipple	50:16	
W40 Julia Batten	45:59	
Carolyn McQueen	48:02	
Judy Green	51:35	

W45 Lisa Schneider	44:50	
Mary Beacco	45:02	
Kirsten A Whetstone	46:05	
W50 Donna R Thomas	53:37	
Marcia Winn	55:59	
Brenda Koga	59:50	
W55 Carol Johnson	1:02:20	
Fay Klingler	1:04:09	
Loures Cooke	1:07:05	
W60 Erika Williams	1:09:29	
Jane Haynie	1:24:42	
W65 Elfie Dalton	57:28	

5K

Overall

Joseph Wilson	28	16:09
Ingunn Earl	39	19:33
M35 Nathan Pollard	17:23	
Eric Petersen	18:01	
Paul Lee	19:05	
M40 Dennis Simonaitis	16:56	
Corey Newman	18:40	
John Wood	19:01	
M45 George Katz	17:55	
Mark Holland	18:07	
Larry Alserda	19:39	
M50 John Erickson	19:26	
Toby Salazar	19:34	
Geno Atencio	21:12	
M55 David Anderson	21:14	
George Adams	23:19	
Mike Kourmianos	23:25	
M60 Dan Pope	20:49	
Richard Tuttle	24:13	
Richard Groth	26:08	
M65 Doug Emerick	26:26	
Noble Morrell	26:33	
Dallin Bagley	28:36	
M70 Clinton J Baxter	27:21	
Derald Evans	28:57	
Andy Hombaker	32:03	
M75 Sid M Smith	40:00	
M80 Gerald Klemm	40:29	
Erwin Frank	46:18	
M90 Herb Wright	52:19	
W35 Kris Erickson	22:56	
Angela Lavery	23:53	
Lisa Trusty	24:20	
W40 Amy McDonald Sany	21:13	
Beverly Salazar	22:20	
Tina Coates	22:34	
W45 Sarah Winkler	23:47	
Tami Katz	26:13	
Hazel Riley	26:45	
W50 Trisha Davis	24:29	
Liz Vincent	26:14	
Patty Mccomb	27:51	
W55 Lynda Lambert	25:59	
Vicky West	28:59	
Diane Gilbert	29:19	
W60 Dixie D Mathis	27:18	
Kay Winn	28:44	
Kathleen Roska	39:52	
W65 Sherilyn Bennion	30:19	
W70 Charlotte Frank	32:01	
Gerda Davis	42:55	
W75 Colleen Gregory	41:07	

Mayor's Midnight Sun Marathon, Half-Marathon & 10K, Anchorage, AK June 18

Overall

Will Kimball	40	2:33:50
Najeby Quinn	24	2:49:32
M35 Terry Lee	2:55:23	
M40 Will Kimball	40	2:33:50
Michael Prutz	2:58:02	
Tom Bronga	2:59:42	
M45 Lloyd Raines	2:53:07	
Monty Steffens	2:59:44	
Daniel Salvador	3:10:18	
M50 Frank Cahill	3:00:10	
Steve Wilson	3:02:45	
Doug Balogh	3:13:21	
M55 Dennis Huffman	3:38:21	
Bob Findlay	3:48:46	
Joel Fine	3:53:16	
M60 Gary Zimmerman	3:31:00	
Willard Peck	3:48:01	
Duane Baker	4:04:07	
M65 Tadahiko Hasebe	4:21:39	
David Arakaki	5:02:12	
Dale Webb	5:23:08	
M70 Tom Knoll	6:25:02	
Peter Angelides	7:32:40	
M75 Richard Pertzborn	5:00:47	

W35	Anne Williams	3:41:02
W40	Esther Jurasek	3:03:41
	Tammy Rall	3:21:37
	Laura McDonough	3:25:58
W45	Barbara Sosnowski	3:45:54
	Patricia Munz	3:46:03
	Nancy Orlovski	4:00:13
W50	Janice Webb	3:51:30
	Susan Holway	3:54:21
	Pamela Libby	3:56:37
W55	Deborah Reinemann	4:52:42
	Sue Fauerbach	4:55:02
	Tina Marzell	5:15:06
W60	Shirley Eubank	3:20:03
	Kathy Ryan	4:33:03
	Shirley Fee	4:56:57
W65	Eleanor Claus	4:48:20
	Teresa Hull	5:50:04
	Marlis Schmid	6:39:38
W70	Sue Bare	4:39:11
	Shirley Gilliland	6:39:59

APPLICATION FOR TRACK RECORD

Mail to: S Pashkin 2525 Willakenzie #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 (time) _____

Printed Full Name and age of Competitor _____

Competitor's City, State and Club _____

2. Starter's Certificate: I certify I was the Starter and that the start of this race was in accordance with USATF Rules.

Printed Name: _____ Signature: _____ USATF Cert # _____

3. Automatic Timing Certificate: A fully automatic timing device was used; manufactured by: _____

As Chief Photo Finish Judge, I certify the time recorded was _____, and this was the official time.

Printed Name: _____ Signature: _____ USATF Cert # _____

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

Printed Name: _____ Signature: _____ USATF Cert # _____

5. Surveyor: I certify that the facilities used were in conformity with IAAF or appropriate Rules. The maximum allowance for inclination did not exceed 1:1000 laterally and 1:1000 in the running direction. There was a 5cm raised border on the inner edge of the track and the length of one lap was:

_____ meters _____ centimeters, or _____ yards _____ feet _____ inches.

The height and distance of the hurdles was: _____

6. 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 Willakenzie #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 _____

Meet 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: _____ m Printed Name: _____ Signature: _____ USATF Cert # _____

Mark: _____ m Printed Name: _____ Signature: _____ USATF Cert # _____

Mark: _____ m 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.

The implement weight is: _____

Printed Name: _____ Signature: _____ USATF Cert # _____

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

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 well as a copy of the field event sheet.

USA TRACK & FIELD
APPLICATION FOR MASTERS RACE WALK RECORDIdentify appropriate category: Age-group record (e.g. 40-44) _____ Indoor/Outdoor Track/Road
Single-age "Best" (not an official USATF Record) _____

Event distance _____ Age _____ Official time achieved _____ Date _____

Where held (name of track or course, town, state, country) _____

Name of competitor, birthdate, address, phone #, e-mail _____

If this is your first application, please enclose photocopy of birth certificate or passport.

Verification (to be completed by Event Referee)

Time recorded _____ Name of head timer _____

Watch #1 _____ Watch #2 _____ Watch #3 _____ Include 10ths of seconds (100ths if FAT)
Hand timed? _____ FAT? _____

USATF Rules require that track records must have a minimum of 5 certified judges and road races must have a minimum of 6 certified judges. At least half of the judges must have National judging certification or higher and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are needed. Race must be USATF sanctioned.

List all judges _____ Certification # _____ Level of Certification _____

Judge #1 _____

Judge #2 _____

Judge #3 _____

Judge #4 _____

Judge #5 _____

Judge #6 _____

additional judges _____

Course Certification # _____ Track 440y/400m/other _____ 2" high continuous curb? yes _____ no _____
5K road records must be on circuits no larger than 1250 meters.

I certify that all information on this form is correct, including 1) fairness of start; 2) accuracy of lap counting; 3) course certification; 4) correct matching of finish times to competitors; 5) judging by certified (USATF Association, National, or IAAF) judges; 6) completion of the race by the athletes; 7) racewalk-only event (no runners); 8) USATF Sanctioned event.

Signature, address, phone and/or e-mail address of Referee or Meet Director _____

Submit lap times for record applicant and complete race results to:
Beverly LaVeck, 511 Lost River Rd., Mazama, WA 98833. 509-996-2423; 206-524-4721; bevlaveck@methow.com

WMA - WORLD MASTERS ATHLETICS

Application for World Masters Age-Group Record/World Masters Age-Group 'Best Performance'/World Masters Age-Best Performance

COMBINED EVENTS

To: PETE MUNDLE, MANAGER, WMA RECORDS COMMITTEE 4017 Via Marina No. C-301, Venice, CA 90291, USA
Application is hereby made for a World Masters Age-Group Record/World Masters Age-Group 'Best Performance'/World Masters Age-Best Performance, in support of which the following is submitted: (Please type or use capitals throughout)

Full Name of Competitor: _____

Date of Birth: _____ Age Group: _____ Competitor's Country: _____

Name of Meeting: _____ Date(s) of Meeting: _____

Name of Stadium: _____ City: _____ Country: _____
Results expressed in minutes & seconds, meters, or meters per second in running direction. Specifications in meters or kilograms:

DECATHLON PENTATHLON	HEPTATHLON	MEN'S INDOOR PENT.	WOMEN'S I&Q
1. 100M..... Distance.....	1. HUR..... Distance.....	1. HUR..... Distance.....	1. HUR..... Distance.....
2. LJ..... Wind.....	2. HJ..... Height.....	2. LJ..... Height.....	2. HJ..... Height.....
3. SP..... Weight.....	3. SP..... Weight.....	3. SP..... Weight.....	3. SP..... Weight.....
4. HJ..... Wind.....	4. 200M..... Wind.....	4. HJ..... Weight.....	4. LJ..... Wind.....
5. 400M.....		5. 1000M.....	5. 800M.....
DEC. 2ND DAY PENTATHLON	HEP. 2ND DAY	MEN'S OUTDOOR PENT.	M&W WEIGHT
6. HUR..... Distance.....	5. LJ..... Wind.....	1. LJ..... Wind.....	1. HT..... Weight.....
7. DT..... Weight.....	6. JT..... Weight.....	2. JT..... Weight.....	2. SP..... Weight.....
8. PV.....	7. 800M.....	3. 200M.....	3. DT..... Weight.....
9. JT..... Weight.....	4. DT..... Weight.....	4. JT..... Weight.....	
10. 1500M.....	5. 1500M.....	5. WT..... Weight.....	

1. 100M.....

2. LJ.....

3. SP.....

4. HJ.....

5. 400M.....

DEC. 2ND DAY

6. HUR.....

7. DT.....

8. PV.....

9. JT.....

10. 1500M.....

1. HUR.....

2. HJ.....

3. SP.....

4. LJ.....

5. 800M.....

6. HUR.....

7. DT.....

8. PV.....

9. JT.....

10. 1500M.....

1. HUR.....

2. HJ.....

3. SP.....

4. LJ.....

5. 800M.....

6. HUR.....

7. DT.....

8. PV.....

9. JT.....

10. 1500M.....

1. HUR.....

2. HJ.....

3. SP.....

4. LJ.....

5. 800M.....

6. HUR.....

7. DT.....

8. PV.....

9. JT.....

10. 1500M.....

1. HUR.....

2. HJ.....

3. SP.....

4. LJ.....

5. 800M.....

6. HUR.....

7. DT.....

8. PV.....

9. JT.....

10. 1500M.....

1. HUR.....

2. HJ.....

3. SP.....

4. LJ.....

5. 800M.....

6. HUR.....

7. DT.....

8. PV.....

9. JT.....

10. 1500M.....

1. HUR.....

2. HJ.....

3. SP.....

4. LJ.....

5. 800M.....

6. HUR.....

7. DT.....

8. PV.....

9. JT.....

10. 1500M.....

1. HUR.....

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9. JT.....

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10. 1500M.....

1. HUR.....

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3. SP.....

4. LJ.....

5. 800M.....

6. HUR.....

7. DT.....

8. PV.....

9. JT.....

10. 1500M.....

1. HUR.....

2. HJ.....

3. SP.....

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6. HUR.....

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9. JT.....

10. 1500M.....

1. HUR.....

2. HJ.....

3. SP.....

4. LJ.....

5. 800M.....

6. HUR.....

7. DT.....

8. PV.....

9. JT.....

10. 1500M.....