

NATIONAL MASTERS NEWS

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

336th Issue

August 2006

\$3.00

Charlotte to Host USA Masters Track & Field Championships



SUZY HESS
Paul Edens, after breaking the M65 world 100m record this season, is expected to compete in Charlotte.

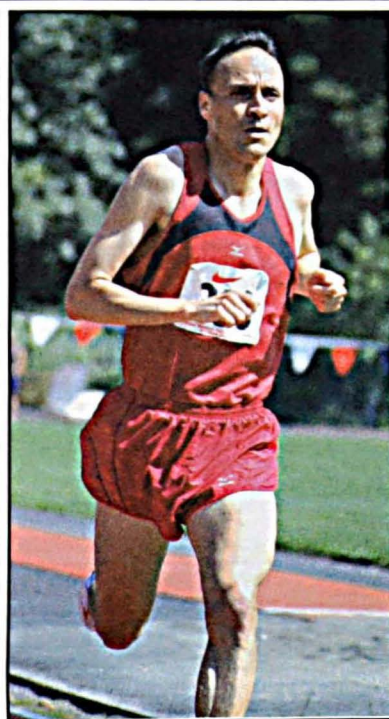
Last year, masters track and field athletes travelled to Hawaii to compete in the national championships. This year, they'll head for North Carolina, where the 39th USA Masters T&F Championships will be held at the University of North Carolina-Charlotte (UNCC) on Aug. 3-6, and hosted by the Carolinas Track and Field Club.

In 2005, over 800 athletes entered the meet, held at the University of Hawaii in Honolulu, setting nine world and 20 U.S. five-year age-group records.

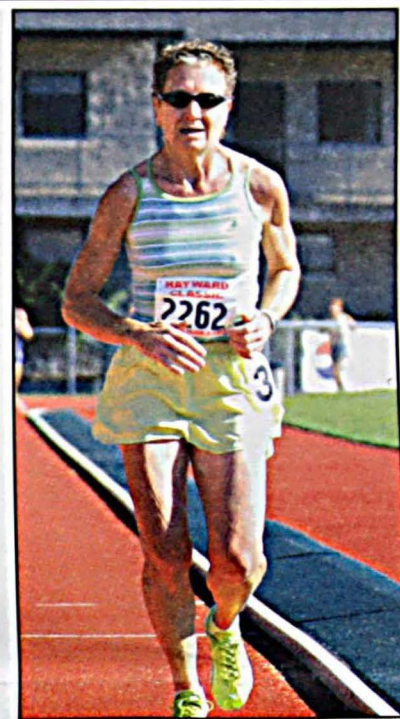
Trent Lane, 95, broke four M95 world records in the shot put, discus, hammer, and javelin. Lane has entered three events at Charlotte and, as a resident of Baker, La., won't have to travel as far this year.

On-time entries, originally set for July 7, were extended through July 14, by which time 1362 athletes had registered. An up-to-date list of entrants by age-group and event can be found at www.usatf.org.

Continued on page 5



SUZY HESS
Dan Gonzalez, winner of the M40 3000, 25th Hayward Classic.



SUZY HESS
Jeanette Groesz, 56, winner of the NMN age-graded mile.

d'Elia Breaks U.S. W70 Half-Marathon Record

Russian Runners Storm Grandma's

By JERRY WOJCIK

Once again, Russian runners were the dominant masters in the 30th anniversary Grandma's Marathon in Duluth, Minn., attended on June 7 by a record 6909 finishers.

Oleg Strijakov and Zinaida Semenova, both finishing ninth, were first runners age-40-and-over, without any serious challenges from fellow masters, winning \$2500 each.

Strijakov, 42, ran a 2:20:37 for first of 706 finishers in the M40-44 group. Semenova, 44, clocked a 2:44:54, first of 352 runners in the W40-44 division.

John Mirth, 44, Platteville, Wisc., took the same spot this year with a 2:29:09. Wieslaw Perszke, 45, Poland, was third (2:35:38).

Firaya Sultanova-Zhdanova, 45, Russia, second W40+ in 2005 (2:45:00), was second again in 2:50:03. In 2003, she set the course record of 2:27:05 at age 42. Deborah Torneden, 45, Wichita, Kansas, was third (2:57:35).

Runners faced a gamut of weather conditions, ranging from a chilly start with fog slipping in from nearby Lake Superior to a thunderstorm that moistened slower runners, and humidity. Semenova, commenting on the weather, said, "That mugginess is something



GRANDMA'S MARATHON
Zinaida Semenova, 44, first masters woman in Grandma's Marathon.

that slows you down."

Brent Smith, 50, Esko, Minn., won the M50 race in 2:45:10. He was the M45 winner (2:41:30) in 2005.

In his first marathon as a 50-year-old, Dick Beardsley, who, 25 years ago, set the men's course record of

Continued on page 8

Four World and Two American Records Broken

319 Masters Enter "Scrubbed" Hayward Classic in Eugene

By JERRY WOJCIK

A near-record 319 athletes helped celebrate the silver anniversary of the Hayward Classic in Eugene, Ore., on June 24-25. This, despite early reports that the meet was in danger of being cancelled this year.

The 25th meet was held at the University of Oregon's famed Hayward Field under clear skies in warmer than normal weather with temperatures in the mid-90s on Sunday.

The meet also served as the USATF Northwest Region Championships. Winning athletes residing in the region received a championships patch.

Entrants ranged in age from 33 to 89 and came from 19 states, including Florida, Texas, Michigan, and New Hampshire, and Canada.

Four world and two U.S. age-group records were set. Paul Edens, 65, Portland, Ore., raced the 100m in 12.53 (w1.9mps). Malcolm Pirie, AUS, has the present record of 12.62 set in 1994.

As history would have it, the current M65 U.S. record is 12.6h, set by Payton Jordan in the first Hayward Classic in 1982, and featured in an article in the meet program.

Later, Edens said about his race,

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PERIODICALS
POSTAGE
PAID
EUGENE, OR

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NATIONAL MASTERS NEWS

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

Publisher: Suzy Hess
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P.O. Box 50098 Eugene, OR 97405
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Masters Web Sites:
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www.usatf.org
www.masterstrack.com
www.runningusa.org
www.world-masters-athletics.org
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Printing: Western Oregon Web Press, Albany, OR
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Publication Data: National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 2791 Oak Alley, Suite 5, Eugene, OR 97405. Periodicals postage paid at Eugene, OR 97401.

National Masters News is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.

Executive Officers of USATF: Bill Roe, President; Craig Masback, Executive Director.
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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, c/o Stark Services, 12444 Victory Blvd., Ste. 300, No. Hollywood, CA 91606-3173. 818/286-3129. National Masters News is published by Suzy Hess at 2791 Oak Alley, Ste. 5, Eugene, OR 97405 (USPS Permit No. 662-350).

Subscriptions: A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN, 12444 Victory Blvd., Ste. 300, No. Hollywood, CA 91606-3173. 818-286-3129.

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State

The U.S. running statistics below

Running Merch

- More Running/40,274,000 (up 4%)
- More Dollars spent \$2,156,733,000 (up 49.2% in 2005, 48.1% in 1993 - NSGA⁽²⁾)
- More Running C \$656,200,000 (up 29% in 2005, 29.4% in 1993 - NSGA⁽²⁾)
- More Track Run 815,000 (up 4%); \$4 - NSGA⁽²⁾
- More Trail Run 528,000 (up 5%); \$2 - NSGA⁽²⁾
- More Running Specialty Athletic 24.5% of dollars - NSGA⁽²⁾
- More Runners once in 2005: 37,810
- More Runners v times in 2005: 29,246
- More Frequent R least 100 days in 20 ASD⁽¹⁾
- More Male R

LDR Report

By Running USA's Road Running Information Center

State of the Sport of Running (Part I)

The U.S. running industry continues to grow by all measures as shown by the statistics below:

Running Merchandise

- More Running/Jogging Shoes sold: 40,274,000 (up 4%) – NSGA⁽²⁾
- More Dollars spent for those shoes: \$2,156,733,000 (up 8%) – NSGA⁽²⁾
- More Female Users of Shoes: 49.2% in 2005, 48.1% in 2003, 38.4% in 1993 – NSGA⁽²⁾
- More Running Clothing purchased: \$656,200,000 (up 2%) – NSGA⁽²⁾
- More Track Running Shoes sold: 815,000 (up 4%); \$40,071,000 (up 7%) – NSGA⁽²⁾
- More Trail Running Shoes sold: 528,000 (up 5%); \$27,324,000 (up 5%) – NSGA⁽²⁾
- More Running Shoes sold in Specialty Athletic Footwear Stores: 24.5% of dollars – NSGA⁽²⁾

Runners

- More Runners who ran at least once in 2005: 37,810,000 – ASD⁽¹⁾
- More Runners who ran at least 6 times in 2005: 29,246,000 – NSGA⁽¹⁾
- More Frequent Runners who ran at least 100 days in 2005: 11,583,000 – ASD⁽¹⁾
- More Male Runners in 2005:

21,104,000 – ASD⁽¹⁾; 16,368,000 – NSGA⁽¹⁾

- More Trail Runners as defined by Outdoor Industry Foundation: 40.4 million – OIF⁽¹⁾

- More Hispanic Runners: 48% of surveyed Hispanics run or jog – OIF⁽²⁾

- More College Students who are Runners: 3,693,000 (students age 18 to 34) – ASD⁽²⁾

- More College-Educated Runners: 17.3 mil males + 19.7 mil females – NSGA¹

- More Runners with \$75,000+ annual household incomes: 16.033 million – ASD⁽¹⁾

Road Races

- More Money Raised for Charities by Running Events: \$656 million (up 14%) – USATF

- More Road Race Finishers in the U.S. in 2005: 8.1 million – Running USA RRIC

- More 5K Finishers in the U.S. in 2005: 3.1 million – Running USA RRIC

- More 10K Finishers in the U.S. in 2005: 1.045 million – Running USA

RRIC

- More Half-Marathon Finishers in the U.S. in 2005: 536,000 – Running USA RRIC

- More Marathon Finishers in the U.S. in 2005: 432,000 – Running USA RRIC

Running Bucks the Trend of Declining Participation Noted by SGMA and OIF

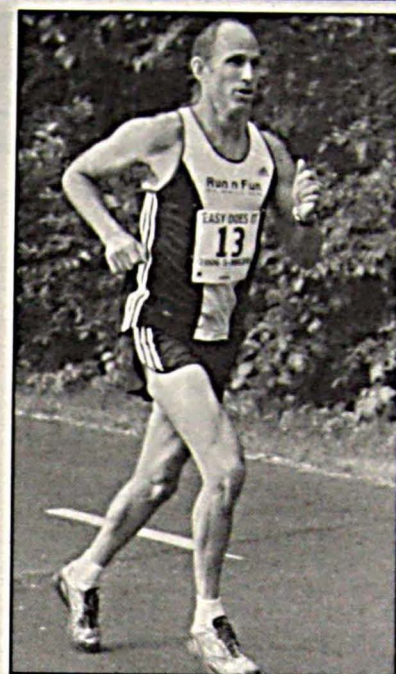
In a recent press release describing its 2006 State of the Industry Report, the Sporting Goods Manufacturers Association (SGMA) reported that wholesale industry sales grew by about 6.8% (to \$55.7 billion) in 2005, outperforming the U.S. economy, which grew at 4.3%. But there was a word of caution about the industry's future.

"Over the past decade, participation in almost all the 100 activities measured by American Sports Data has either decreased or grown more slowly than the overall population itself. While there are a few bright spots in terms of individual sports and fitness activities, the overall picture is one of an increasingly sedentary population."

Running/jogging has held its own in that context and is one of the small number of sports tracked by American Sports Data since 1987 that had more participants in 2005 than in 1987, 1998 and 2004.

The others were surfing (2.6 million participants in 2005), cheerleading (4.1 mil), snowboarding (7.3 mil), skateboarding (11.3 mil), and treadmill (47.9 mil).

The list of all sports/activities and



THOM WEDDLE

Bobby Paxton set a Minnesota age-49 record with a 27:17 in the Easy Does It 8K, June 10.

their participation numbers for the three years above can be found in the Sports Participation Topline Report 2006 Edition which can be downloaded free from www.SGMA.com.

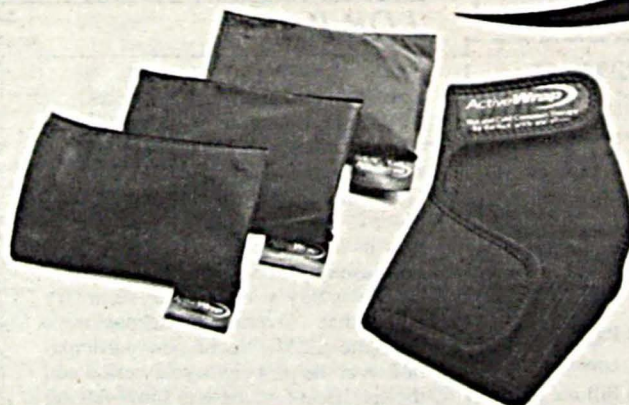
The Outdoor Recreation Participation Study released this month by the Outdoor Industry Foundation (OIF)

Continued on page 4



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BEYOND THE WOW

I read the article "Beyond the Wow" by Avital Schurr (June NMN) regarding age-group records. In 1985, I set one of the points on the WR graph in the high jump. This was at the World Championships in Rome with an M65 jump of 1.55.

In 1986 I set a record of 5.43 in the long jump at the European Championships in Malmo, Sweden.

After that, I drew graphs of the decline of performances in these events and was surprised at the astonishingly straight lines.

Why is the decline in the high jump not as steep as that of the long jump? It is because the measured result in this event does not correspond to the real physical performance of the high jumper.

For example, at the competition in Rome, I really lifted the center of gravity of my body distinctly less than the measured height of 1.55. That means the high jumper gets part of his measured performance presented by his upright position when taking off.

The long jumper, however, can win relatively much less by this fact.

If you draw a graph of the high jump records reduced by a certain amount, half a meter or so, you will have the same decline as the long jump.

Hans Bitter
Germany

KUDOS

Thanks for the nice article by Ron Bellamy, of the Eugene Register Guard, and photo in the July 2006 issue.

I really enjoy reading your paper

each month. Keep up the good work.

Trish Porter
By e-mail

Thanks for the good coverage of the Cotton Row 10K in the July issue of NMN. We had one of our best races this year.

You continue to put out an excellent publication each month. How do you do it?

Jim Oaks
By e-mail

(Ed. note - We're not sure how we do it!)

Just wanted to pass on a "Hear! Hear!" for the excellent guest column by Tom Fahey in the July "Weight Room." I feel that he expresses the feelings of many of us throwers.

Thanks for the excellent job that you do covering the masters scene. I look forward to each new issue.

Charlie Roll, M55
By e-mail

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Sustainers for August 2006

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

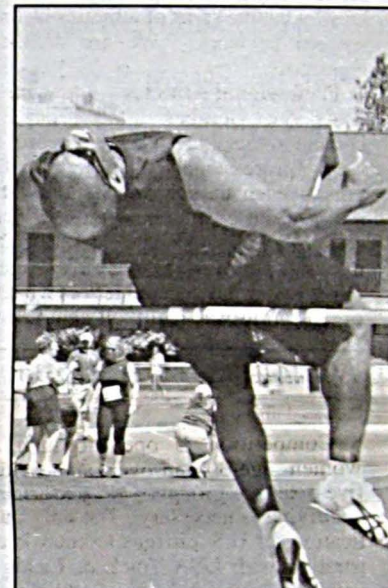
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Zionsville, Indiana



SUZIE HESS
Carol Rowe, of Utah, W30 winner in the 5000 (18:13.51), 25th Hayward Classic.



JERRY WOJCIK
Jozef Berkley, of Michigan, M45 winner in the high jump (1.64), 25th Hayward Classic.

LDR Report

Continued from page 3

also had good news and bad news.

While the number of participants in the 22 outdoor activities tracked by the study increased from 2004 to 2005 (159 million Americans age 16 and older in 2004 compared to 161.6 million in 2005), the number of outings decreased by 11%.

The study's executive summary noted that "Overnight backpacking's dramatic 22.5% decline in participation over the past eight-year period and the significant increase in snowshoeing (83%) and trail running (22%) participation indicate that individuals are looking for less commitment-heavy activities. Activities that can be done occasionally and without great planning effort seem to be on the rise." □

Sources:

ASD = American Sports Data Inc. (1) = American Sports Data 2005 Superstudy of Sports Participation, Volume I. (2) = American Sports Data 2005 Lifestyle Segmentation Report. To obtain information on sports demographic products and services offered, contact Harvey Lauer at American Sports Data, Inc., 15 Kent Dr, Cortlandt Manor, NY 10567; 914-461-3271 or go to AmericanSportsData.com

NSGA = National Sporting Goods Association. (1) = NSGA Sports Participation Series I for 2005. (2) = NSGA Sporting Goods Market 2006. To obtain information on any of the NSGA products and services email info@nsga.org, phone 847-296-6742 or go to NSGA.org.

OIF = Outdoor Industry Foundation. (1) = Outdoor Recreation Participant Study, published June 2006. (2) = The Hispanic Community and Outdoor Recreation conducted by UCLA Anderson School of Management, published in March 2006. Information on these reports as well as other useful services for the outdoor industry can be obtained by visiting OutdoorIndustryFoundation.org.

RRIC = Running USA's Road Running Information Center. State of the Sport reports, many types of running data and analysis and lists of the Largest Races from past years can be found on RunningUSA.org in the "Statistics" section. For other questions about running trends and demographics, contact Ryan Lampa (ryan@runningusa.org) or Linda Honikman (rric@runningusa.org).

SGMA = Sporting Goods Manufacturers Association. For more information on the State of the Industry Report or Sports Participation Topline Report 2006 Edition, go to SGMA.com.

USATF = USA Track & Field. The press release regarding charity fundraising by road races can be found on USATF.org

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CZM



Master

Many of the 1997 state vision and leadership pursuit of excellence

Most masters somewhat happy it mentioned the organization excellence isn't (some participate the camaraderie) know what the seemed to work grassroots.

Professional

At the October Directors meeting word "professional" time - even though many of our elite competing in track was presented our mission statement organization was

Nationals -

Continued from page 1

Competition women age-30-five-year age group qualifying is necessary for U.S. national governing organization was

USATF champion awarded to the top each age group in will be awarded. The meet is open who will receive they finish in the displace U.S. citizen

A club champion contested. Last Brooks-Fleet Feet to take first. The (383), and the Ha a contingent of feteles, took third Valley TC was Over 90 clubs were

Both men's and prize the total. The by place, is 8-6 group and relays.

For the first time the M35 division official champion approval of the IAAF and USATF

Events on the with the pentathlon continue through array of track and the 10,000, the steeplechase, 500 walk, four throw relays, the last groups.

An athletes' n Friday, Aug. 4,



Track & Field Report

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

Masters Track & Field Still Part of USATF

Many of our members expressed grave concern when the USATF mission statement was changed in 2005 from the one we have had since 1997. The 1997 statement read: "The mission statement of USATF is to provide vision and leadership to the sport of Athletics in the United States, and promote the pursuit of excellence from youth to masters, from grass roots to Olympic Games."

Most masters members seemed somewhat happy with this one because it mentioned that masters were part of the organization. Maybe the pursuit of excellence isn't always what we do (some participate for the health of it or the camaraderie), and some people don't know what the sport of athletics is, but it seemed to work. We are definitely grassroots.

Professional Athletes

At the October 2005 Board of Directors meeting, where I heard the word "professional" used for the first time – even though we all know that many of our elite athletes make a living competing in track and field – the initiative was presented to make a change in our mission statement to reflect what the organization was really all about in the

21st century.

The following is what came out of that meeting:

"The mission statement of USATF is to lead the sport of Athletics in the United States and maintain the primacy of USA Track & Field in global athletics."

At the time I was appalled at the dropping of the mention of masters and let everyone know how I felt. This mission statement almost contained reference to the primary support of the professional athlete.

I am not sure that they were entirely wrong in that quest. After all, we have tremendous pressure to produce medals at the Olympics. It takes massive resources to make the USOC happy with our performance as a federation.

We all would feel much more comfortable if masters were mentioned in the mission statement.

New Statement

At the Board of Directors meeting held on this last Father's Day weekend – instead of the Outdoor Open Championships weekend to accommodate the Men's and Women's Track & Field Chairs and the Athletes Advisory Chair who are very busy when we hold Board of Directors meetings during or after the Championships – the mission statement came up again as part of our updating of the strategic plan. The following was proposed and enacted:

"The mission of USATF is to foster sustained competitive excellence, interest and participation in the sports of Track & Field, Long Distance Running and Race Walking."

I tried to add "at all levels" after the word "participation," but was overpowered by an initiative by a non-voting professional athlete's agent to leave it as submitted.

On the Good Side

This is probably better than what we had from October 2005, and we aren't clearly in the mission statement, but we are *still part of USATF*.

P.S. The three chairs for whom we gave up the meet and Father's Day for this meeting didn't show. And so it goes. □

(George Mathews can be contacted by e-mail at george.mathews@adelphia.net)



JERRY WOJCIK
Todd Taylor, M55 winner in the hammer (46.70), Portland Masters Classic.

Nationals – Charlotte

Continued from page 1

Competition is open to men and women age-30-and-over and held in five-year age groups. No performance qualifying is necessary. The only qualification for U.S. citizens to enter is registration with USA Track & Field, the national governing body of athletics.

USATF championship medals will be awarded to the top three U.S. citizens in each age group in every final. Ribbons will be awarded to places 4, 5, and 6. The meet is open to non-U.S. citizens, who will receive duplicate awards if they finish in the top six, but will not displace U.S. citizens in the results.

A club championship will also be contested. Last year in Honolulu, the Brooks-Fleet Feet RC scored 555 points to take first. The So Cal TC was second (383), and the Hawaii Masters TC, with a contingent of fewer than a dozen athletes, took third (209). The Potomac Valley TC was a close fourth (204). Over 90 clubs were represented.

Both men's and women's scores comprise the total. The club scoring system, by place, is 8-6-4-3-2-1 for each age group and relays.

For the first time in an outdoor meet, the M35 division will be competing for official championship titles, after approval of that division by WMA, IAAF and USATF.

Events on Thursday, Aug. 3, start with the pentathlon championships, and continue through Sunday, with a full array of track and field events, including the 10,000, the short and long hurdles, steeplechase, 5000 track walk, 10K road walk, four throws, four jumps, and three relays, the last held in 10-year age groups.

An athletes' meeting is scheduled for Friday, Aug. 4, after competition ends.

The time and place will be posted and announced.

Peter Taylor, who did the announcing at the 2005 Championships in Honolulu and the 2006 USA Masters Indoor Championships in Boston, will do the bulk of the announcing in Charlotte.

A Carolina barbecue dinner, open to athletes and accompanying persons, will be held after competition on Saturday, Aug. 5, with entertainment provided by a blue grass band and cloggers.

Charlotte is located in the southwestern part of the state near South Carolina. In 2004, Charlotte had a population of 594,359, the 19th largest city in the U.S. It was settled by Scotch-Irish immigrants in the 1740s, and is named after Queen Charlotte, the wife of George III. It boasts 18 universities and colleges, and is the home of the NFL Panthers, NBA Bobcats, WNBA Sting, and the NHL 2006 Stanley Cup Champion Hurricanes.

Among its tourist attractions is Lowe's Motor Speedway, a major draw for NASCAR Nextel fans, and the title derivation for Charlotte's Thunder Road Marathon, scheduled for Dec. 9.

The first National Masters T&F Championships was held in 1968 in San Diego, Calif., where it stayed for the next five years before moving up to Gresham, Ore., in 1974.

Eugene/Springfield in Oregon hosted the meet five times, the last in 2003. The 2000 championships in Eugene had a record 1503 athletes. Next year, it moves to Orono, Me., for the third time, and in 2008 to Spokane, Wash., also for its third visit there. □

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Third Wind

By MIKE TYMN

Milo Refused to Recognize the Limitations of Age

The first "masters" athlete may have been Milo of Croton in the sixth century B.C. Beginning at the age of 14, Milo won six Olympic wrestling championships over a 24-year period. The history books say that he was denied a seventh Olympic appearance in his 28th year of competition, at age 42, because wrestling was dropped from the Olympic program. The reason was that "neither god nor man durst stand against him!"

Milo is credited with introducing the overload and progressive principles to athletic training. He would begin his regimen by carrying a calf on his shoulders, and would continue carrying it every day until it became a full-sized ox.

But Milo apparently did not go gently into the night. Legend has it that he died because he refused to recognize the limitations placed upon him by old age. It is said that the aging Milo tried to tear apart a tree with his hands after splitting it with a wedge.

Lacking the strength he had as a young man, he struggled and the wedge fell out, causing the tree to close on one hand. Unable to free himself, he was attacked and devoured by wolves.

"What boast could be more pitiable than the one of Milo of Croton?" Cicero, the great Roman statesman, orator, and philosopher, asked. "When he was already an old man and saw athletes exercising themselves on the race track, he is said to have looked at his arms and said tearfully, 'But these are already dead.' Not really your arms as much as you yourself, babbler, for you were never ennobled on your own account, but on account of your lungs and muscles."

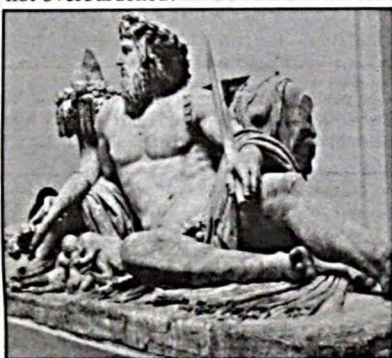
"Sextus Aelius was nothing like that, nor was Tiberius Corunacianus many years before, nor Publius Crassus, all men by whom laws were expounded to the citizens, and whose wisdom was carried forward to their last breath."

Euripides, the fifth century B.C. philosopher, may have had Milo in mind when he wrote: "Although there are myriads of evils throughout Greece, there is nothing worse than the race of athletes....In their

prime they make a brilliant spectacle as they go about and are the pride of the state; but when bitter old age comes upon them, they are gone like coarse cloaks which have lost their nap."

Mind and Spirit

As Cicero saw it, one must resist old age just as one resists disease. "You must take stock of your health," he wrote at age 84. "You must engage in moderate exercise; you must consume only enough food and drink so that your strength is restored, not overburdened."



Milo of Croton as depicted by this statue in the Louvre Museum, Paris.

"And in truth you must not come to the aid of the body only, but much more to that of the mind and spirit. For these also are snuffed out by old age unless you drop in oil as into a lamp; and bodies, of course, grow heavy with the fatigue of exercise, but spirits are lightened by exercise."

Cicero would likely have approved of masters competition. "For just as I



Shot putters at the 2006 Southern California Striders Meet, CSU-Long Beach (l to r): Mike Deller, 57; Wilbur "Moose" Thompson, 85; Arnie Gaynor, 78; Jim Kerman, 47; and Angie Rinaldi, 57.

approve of a young man in whom there is an element of the elderly, so I approve of an old man in whom there is something of the young; the man who strives after this may be an old man in body but will never be one in spirit."

What Cicero did not approve of was lamenting one's losses to Father Time. "Use that advantage while it is present," he advised.

Acceptance of Aging

"When it is gone do not regret it; unless by chance young men ought to regret their boyhood or those who have progressed a little in age ought to regret their young manhood.

"There is a fixed course of age and one path of nature and it is straightforward and its own climate has been given to each stage of life, so that the weakness of boys, the impetuosity of young men, the seriousness of middle age, and the ripeness of old age, each has some natural advantage that ought to be harvested in its own time."

Seneca, another Roman philosopher, saw it much the same way as Cicero. "We should welcome old age and love it," he wrote. "It is full of pleasure if you know how to use it. Fruit tastes best when its season is ending; a boy is handsomest at boyhood's close; and it is the last drink which brings the toper delight, the one that submerges him and polishes off his jag."

Exercise for Life

Seneca believed in exercise and sport.

"We ought to take outdoor walks, to refresh and raise our spirits by deep breathing in the open air," he counseled. But he cautioned against overdoing it.

"Sport and amusement would not exert so strong an attraction if the pleasure they gave were not inherently natural, but frequent resort to them will rob the mind of all weight and energy."

It is important to recognize our limitations and to conserve energy, Seneca believed. "The inside track is the one to take," he offered, "not only in foot races and horse races but also in the arena of life." □

(Mike Tymn can be contacted at METGAT@aol.com)

FIVE YEARS AGO
August 2001

- 4976 Athletes Take Part in 14th WAVA World Championships, Brisbane, Australia
- Andrey Kuznetsov (43, 2:19:39), Russia, and Adriana Barbu (40, 2:37:11), Romania, First Masters at Grandma's Marathon
- Sprinters Fly at West Regionals in San Diego

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH – AUGUST 2006

Compiled by Pete Mundle • pmundle@juno.com

[illegible]

In the first part of the group world review and analysis, the same rules and procedures were used as those used in the recorded times to calculate speed per unit of

The comparison of female age-group events (100m, 200m, 400m, 800m, 1500m, and four field events: 100m hurdle, high jump, long jump, and shot put) is illustrated in figure 1, respectively.

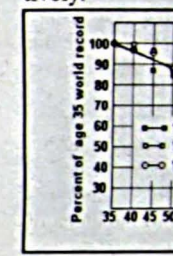


Figure 1. This age-group world record 10,000m. The record of the W35 WR.



Figure 2. This graph shows age-group world records for the long jump, high jump and 100 m sprint are plotted as percentages of the 1992 Olympic records.

Performance

The plots of the track events performance of female age advances, and their counterparts. The (constant rate of years) until about this decline according to curve does.

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Masters Science

By AVITAL SCHURR

Beyond the Wow (Part II) Age-Group Records

In the first part of this series (June NMN), I reviewed and analyzed male age-group world records (WR) in several T&F events. In this, Part II of the series, I review and analyze female age-group WRs in the same T&F events, employing the same rules and manipulations that guided me in Part I: W35 age-group WRs were used as the standard (100%) to which all other WRs are compared and the recorded times for each of the sprinting and running events were converted to speed per unit of time (meters per second, m/s).

The comparisons made between all female age-group WRs in three track events (100m, 1500m and 10,000m) and four field events (long jump, triple jump, high jump and pole vault) are illustrated in figures 1 and 2, respectively.

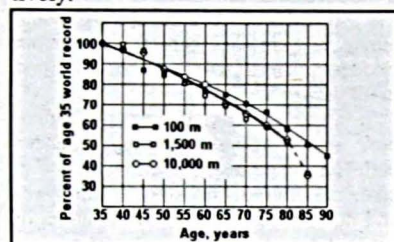


Figure 1. This graph shows the W35-W90 age-group world records in 100m, 1500m and 10,000m. The records are plotted as percentage of the W35 WR.

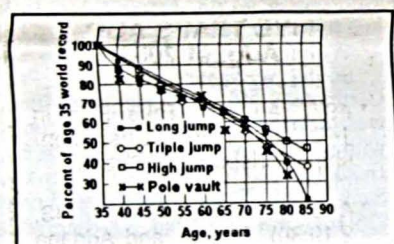


Figure 2. This graph shows the W35-W85 age-group world records in long jump, triple jump, high jump and pole vault. The records are plotted as percentage of the W35 WR.

Performance and Aging – Track

The plots of the age-group WRs of the track events indicate that the performance of females declines as their age advances, similar to their male counterparts. The decline is linear (constant rate of decline every five years) until about age 60, after which this decline accelerates, causing the plot to curve downward.

Interestingly, the male age-group WR plots (June NMN) remain linear until age 70 before curving downward. Moreover, the decline of the female age-group WR plots for the three track events is steeper than that of the male age-group WR. Whether or not this steeper decline means that females are aging faster than males is an open question.

Another interesting observation that emerges from the female age-group 100m WR plot is the exceptional WRs for both W35 and W40 of Merlene Ottey. Her unbelievably fast times in these two age groups render the W45-W60 WR times much slower in comparison, such that they fall below the linear part of the curve (see Fig. 1, ages

45-60, filled squares, all are located below the plot line for the 100m).

If Ottey continues to compete in the future, one could predict that this distortion will be corrected, since it can be expected that she will improve the W45-W60 WRs.

In contrast, Irene Obera's W65 100m WR of 14.29 is in line with both of Ottey's WRs (see Fig. 1, age 65, filled square located right on the plot line for the 100m).

Similarly, Yekatarina Podkopayeva's W40-W45 1500m WRs (3:59.78 and 4:05.44, respectively) and Evy Palm's W45 10,000m WR (32:34.06) rise above the linear portion of the age-group plots for these events (see Fig. 1, age 40 and 45, empty squares located above the plot line for the 1500m and age 45, empty circle located above the 10,000m plot line), indicating that better WR times for W35 in the 1500m and for W35-W40 in the 10,000m can be expected.

Performance and Aging – Field

In the field events, the female age-group WR plots produce a somewhat more complex picture than their male counterparts.

Both high jump and triple jump plots of the female age-group WRs decline linearly (at a constant rate) throughout the full age spectrum (35-85 years), just as was found for their male counterparts (June NMN).

However, while the male age-group WR plots for long jump and pole vault also decline linearly with age, the decline in the female age-group WR plots for these field events is anything but linear.

These plots are sigmoid (~) in shape; they initially decline at a steeper rate from the W35 WR starting point, a decline that moderates later to reach the expected level of a linear curve at W60 (pole vault) and W65 (long jump), only to fall again in what appears to be an accelerated rate for the older ages.

Since pole vaulting is a relatively new event for females and the number of competitors is presumably relatively small, such fluctuations in performance could be expected.

Long jumping, on the other hand, is as old an event as any other traditional field event and thus should have many more participants in it. There is no apparent reason why the long jump female age-group WR plot should differ so much from either the high jump or the triple jump plot.

A plausible explanation for the erratic (sigmoid) behavior of the long jump



SUZY HESS

Competitors in the combined W40-54 100m race (l to r): Gail Kuhnley, 44; Jeanne Bowman, 53; Rebecca Mitchell, 52; Sarita Burrowes, 53; Marjorie Milligan-Jackson, 41; Jenny Rexius, 52; Martha Mendenhall, 47; and Donna Schultz, 48, 25th Hayward Classic.

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plot could be Heike Drechsler's fantastic W35 WR of 6.99m. There is no doubt that her achievement diminishes the less impressive WRs of other ages, just as Ottey's records in the 100m have done in respect to the W45-W60 100m WRs.

Only the long jump WRs for W65 (C. Schmallbruch) and the W70-W75 (Paula Schneiderhan) appear to be in line with Drechsler's WRs. Again, one can expect to see an improvement in the W45-W60 and W80-W85 long jump WRs.

Nevertheless, overall, the female age-group WR field event plots exhibit a steeper decline over age in comparison to their male counterparts, as has been found for the track events.

Forward Thoughts

As more and more masters athletes join our ranks, one would like to believe that our competition will become more popular. Age-graded records and real age-graded competitions will probably become a mainstay of masters athletics.

For such competitions to be fair, age-graded tables must be as accurate as possible. This means that in the future there could be a more practical use for plotting age-group WRs for each of the different events of T&F. Such plots would be used to grade one's performance, not necessarily based on an existing WR, but on a predictable one that has not yet been established. □



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PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

Stress Fractures

Stress fractures can occur in almost any bone in the body. We see a large number of these injuries in the weight-bearing bones of the body due to repetitive running and training. Most of these are low risk and heal well with casting and immobilization.

Stress fractures occur quite commonly in runners, and there are some estimates that fractures represent 15% of all running injuries.

Repetitive Load

This injury is caused by excessive, repetitive load on the bones, causing disruption between bone resorption and formation as the intensity increases.

The exact mechanism is unclear, but it is felt that excessive forces are transmitted to the bone when the surrounding muscle becomes fatigued. There is resultant reduction in bone strength.

It is felt by others that muscles contribute to stress fracture by concentrating forces across a localized area of bone, causing mechanical imbalance that is stronger than the bone density.

Other contributing factors include nutritional pathologies, bone density, metabolic disorders, and hormonal imbalance.

Early Diagnosis

Early diagnosis is essential in avoiding complications from bone fracture. Usually the pain is aggravated by exercise and relieved by rest. However, in more severe cases, rest does not relieve

the pain. There is usually swelling and localized pain to the touch.

To determine the nature of the fracture, an x-ray is advised. In more difficult cases, a bone scan is recommended to pinpoint the area of fracture.

The most common areas for fracture in runners are the metatarsal bones, the shin area, and the sesamoid complex.

Prevention

Stress fractures can best be avoided through prevention. Avoid long runs on concrete surfaces. Training errors are the most frequent culprits and need to be corrected. Old training flats should be replaced with high shock-absorbing training flats.

Low risk stress fractures are common in runners and can be diagnosed through examination and x-ray.

Diagnosis and Recovery

Once the diagnosis is made, a short rest period can relieve the symptoms and, if the fracture is more serious, a soft or hard cast may be used, with restriction to non-weight bearing activities for several weeks. □

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

Masters Are Large Corps of Oak Apple

By RON MARINUCCI

Royal Oak, MI. – Masters runners took advantage of near ideal weather conditions to run like the wind at the 29th annual Oak Apple 10K Run, June 3. Temperatures in the 50s, sunny skies, and the slightest of breezes invited fast early season times – and the masters didn't disappoint.

The course was a fast one, start and finish in trendy downtown Royal Oak. The bulk of it was a modified figure-eight that visited handsome residential neighborhoods. Summarizing the feelings of many, masters runner Michael Holmes spontaneously yelled out as he passed the four mile mark, "This morning is awesome!"

Of the 829 10K finishers (another 100-150 completed a two-mile run), 331 were masters. Two, John Tanzer (80, 1:01:32/age-graded 39:30) and Joe Thornburg (89, 1:41:39/53:37) are octogenarians!

David Watkins, 44, led the masters runners with an eye-popping 34:57 (32:52). He was seventh overall. But he didn't smoke through unchallenged. Bryan Alfonso, 46, a former Michigan Runner Masters Runner-of-the-Year, was within striking distance at 35:19 (32:43), the fastest age-graded mark by one second, good for ninth overall.

Brian Harris, 71, clocked 44:48 (32:44). Other sparkling masters times were posted by Tim Emmett, 50, 37:26

(33:21), Larry Parker, 57, 39:48 (33:41), and Charles McClure, 60, 40:59 (33:45).

The women came to run fast, too. Ironman triathlete Laura Sophiea, 50, 42:50 (37:40), was the masters champion and seventh overall. Runner-up was another grandmaster, Jackie Blair, 50, 44:05 (38:46).

Also shining on this day were Marcy Kossak, 47, 45:21 (40:58) Kathryn Murphy, 45, 45:03 (42:02), and Maggy Zidar, 56, who completed her 100th marathon in 2005 and ran 49:31 (41:05) here.

Overall winners received \$100 gift certificates from Hanson's Running Shops, while masters champions earned \$50 certificates.

Race spokesman Paul Perkins noted that the 2006 Oak Apple was "one of the most enjoyable and well-executed runs we've ever had." He cited the many volunteers and spectators as well as the runners.

Perkins added, "We have already started to plan next year's events for the 30th annual Oak Apple. Thirty years is a milestone that puts us in the company of running events such as the Crim and Dexter-Ann Arbor. No one will want to miss the 30th annual Oak Apple!" □

– Ron Marinucci can be reached by e-mail at ron_marinucci@comcast.net.



Oleg Strijakov, M40+ winner, Grandma's Marathon.



Susan Gallagher, W40 winner in the 5000 (19:10.53), 25th Hayward Classic.

Grandma's Marathon

Continued from page 1

2:09:37, was third M50 (2:47:56).

Jared Mondry, 64, Minneapolis, Minn., 3:04:24, and Jim Schleisman, 73, Jefferson, Iowa, 3:29:55, successfully defended their division wins in 2005.

Garry Bjorklund Half-Marathon

Running in the Garry Bjorklund Half-Marathon, Toshiko d'Elia, 76, Ridgewood, N.J., broke the W75 U.S. record with a 2:03:36. The previous mark was 2:06:34 by Algene Williams in 1991.

The masters winners were Digger Carlson, 44, White Bear Lake, Minn., in 1:12:09, and Kate Davis, 40, Woodbury, Minn., in 1:24:57. Runners-up were Leon Ball, 41, Minneapolis, Minn., 1:14:55, and Karen Schroenrocik, 43, Eau Claire, Wisc., 1:25:09.

Other division winners included Steven Kohorst, 55, Cohasset, Minn., 1:24:52; Cliff Baldridge, 80, Stone Lake, Wisc., 2:28:18; and Lola Ackerman, 61, Longmont, Colo., 1:50:02.

While male finishers outnumbered female in the marathon, 4303 to 2606, more women (2890) than men (2146)

finished the half-marathon. Marathoners came from 34 different countries and 49 states.

William A. Irvin 5K

In the William A. Irvin 5K, Paul Giannobile, 46, Minnetonka, Minn., was the first master by three seconds with a 17:31 over Michael Pinocci, 51, Henderson, Nev. Gene Kalscheuer, 69, Sauk Rapids, Minn., won the M65 race (26:16). Jim Waterman, 80, Richfield, Minn., ran a 36:32.

Catherine Long, 41, Duluth, Minn., won the W40+ race in 19:53, with Sheila Shusterich, 50, Duluth, Minn., second (20:24). Sue Coughlan, 56, Duluth, Minn., was the W55 winner with a 22:57.

The 2007 Grandma's Marathon weekend is scheduled for June 14-17. □

– From reports by St. Paul Pioneer Press, and Laura Wright/Grandma's Marathon

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DEADLINE

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As I enter... saying... Track... His first was... the P.A. system... feet and inches...

What is this... No, I'm at... in Eugene, O... same thing, to... at all of the o... At first, it... after a throw...

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Order
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The Weight Room

By JERRY WOJCICK

From Hayward to Wayward

As I enter the hammer ring, I hear the announcer's voice on the P.A. system, saying, "Jerry Wojcik (my name is pronounced correctly!) of the Oregon Track Club Masters is getting ready for his second attempt in the hammer. His first was XXXX, and he stands second in the M75 division." After my throw, the P.A. system announces that my second attempt was an improvement of XXXX feet and inches.

What is this? A dream? Fantasy?

No, I'm at the 2006 Hayward Meet in Eugene, Oregon, in June, and the same thing, to some degree, is going on at all of the other field events.

At first, it's kind of startling, but after a throw or two, one gets used to it.

A common complaint of field event people, especially throwers, who often compete in areas out of the announcer's eyesight, is the lack of attention paid to the field events as they are in progress, and even when they're within view or in the infield.

How it Works

This is how it works at Hayward. A person (at Hayward, she or he is a certified official) with a headset has a clipboard containing the names, age groups, affiliations, etc., of the competitors, from which he transmits info to the announcers.

When the competition starts, the official reading the mark at the tape calls it out in meters and feet/inches to the headphone person, who records it (in meters) on the clipboard and transmits it to the announcers.

Simple. So, why don't more meets develop a better communication system for field events, and why have some previous masters nationals been lacking in this?

Not So Simple

First off, it's not that simple.

The folks at Hayward have had this system in place for years, and many of the participants have been at it for decades, having worked the previous 24 Hayward Meets, NCAA, Pac-10, and state high school championships, four masters nationals, Olympic Trials, U. of Oregon meets, and everything in between.

The system has been installed and equipment is on hand, and the process is well defined.

Every championships venue that I've been to has had experience in staging track meets, and unless field events in those meets get the same treatment that masters do, all of the elements for better communication should be in place.

Why, then, is masters field event reporting not as good as that of track events?

Out of Sight

Number one, I think local organiz-

ing committees, often made up of well-intentioned tourism promoters and civic organization volunteers, don't give field events, especially the throws, much thought, because to them track and field means those things that occur on the oval.

Secondly, if some thought and planning has gone into field event reporting, equipment may have to be updated, which means spending money. Inexperienced officials/volunteers may have to be recruited and trained to do the job well.

What to Choose?

Lastly, if you're doing the announcing at a masters meet and three W50s are a foot apart in the 800 with 100 meters to go and a national record is on the line, and meanwhile, you've received information that in the M60 hammer, the guy in first place is ahead by 25 feet, what is going to be your focus?

Let's face it, the excitement usually takes place on the track. A different kind of drama might be happening in the high jump, shot put and javelin, but not the kind that exhilarates spectators and other athletes watching a close race.

Field event competitors may be attempting world records or be within an inch of each other for titles, but those are not of the moment.

Keep Up the Pressure

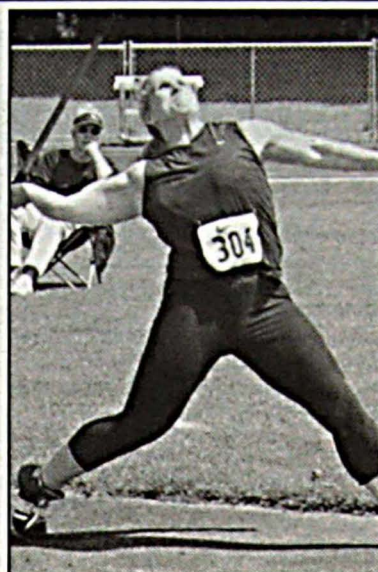
Throwers should continue to put the pressure on meet organizers and USATF masters officials to improve coverage at meets.

It would help if the long throws were held on the track rather than off track, but that's not likely to happen. Venues are not apt to re-configure their track layouts for a masters championships, much less a regional or association championships.

If discus, javelin and hammer sectors were to overlap on a site that has 1000+ competitors, we'd be there for a week from eight in the morning until seven at night.

Meanwhile, make plans to attend a meet at Hayward Field, if not as a masters competitor, then as a masters spectator. □

(Jerry Wojcik can be contacted at jerrywoj@aol.com)



JERRY WOJCICK
Monica Kendall set a W50 world record in the javelin (43.72), Portland Masters Classic.



JERRY WOJCICK
Gary Stenlund, after breaking the M65 world record in the javelin with a 56.93 in the 25th Hayward Classic.

Hayward Classic

Continued from page 1

"About 30 meters into it I felt a slight pain in my left quad and at that time had to make a decision whether to continue or 'save it' for the 200. I guess I made the right decision. It was a great feeling to be elevated to the same level as Payton Jordan when he was 65, particularly when it was announced that he had set the U.S. and world record in the 100 meters 25 years ago at this same meet."

Gerald Vaughn, 70, Charlotte, N.C., improved his M70 shot put world record from 14.91/48-11 to 15.02/49-3 1/2. He also holds the indoor world record (15.39/50-6).

Two of the world records were set in the javelin. Gary Stenlund, 65, a U.S. citizen who resides in Costa Rica, threw 56.93/186-9 to add some 10 feet to the world record held by Wladyslaw Kowalczyk, GER, at 54.20/177-10.

Monica Kendall, 50, Milwaukie, Ore., finished with a 41.88/137-5 throw. The W50 world mark is 41.50/136-2 by Regina Stang, GER. Kendall also broke the U.S. shot put record of 12.99/42-7 1/2 by Joanne Grissom in 1991, with a hefty 14.28/46-10 1/4.

Peter Magill, 45, South Pasadena, Calif., ran a pending M45 national record in the 3000 with an 8:37.52. Chuck Coats holds the present record with an 8:56.59.

Vince Sempronio, 80, Medford, Ore., established an M80 U.S. record for the 25# superweight with a 7.30/23-11 1/2. The present M80 record of 4.90/16-1 is for the now obsolete 35# superweight.

Melanie Reske, 85, Springfield, Ore., established W85 national records for the 12# weight (5.05/16-7) and the 20# superweight (3.84/12-7 1/4).

In addition, 44 Northwest Regional Meet records, and 37 Hayward Classic records were broken, tied, or established.

Carmen Ayala-Troncoso, 47, Austin, Texas, better known for her feats on the roads and in cross-country, made an appearance on the track and set meet records in the 1500 (4:46.00) and 3000 (10:06.44). She was the masters winner with a 19th-place 17:11 in the recent Freihofer's 5K for Women.

Hayward Classic hurdles records went to Joe Johnston, 62, Apopka, Fla., 100H (16.47), and James Stookey, 76, Dickerson, Md., 80H (14.05). Stookey is the 2005 M75 Masters Athlete of the Year for both track and field.

The M70 shot put and discus fields rivalled those of some national championships in quality and quantity with 11 competitors in the shot, won by Vaughn, and 10 in the discus, won by Bob Humphreys, 70, Camarillo, Calif., with a 42.69/140-0.

Stephen Chantry, 51, Williamsburg, Va., did a distance hat trick with wins in the 1500 (4:38.00), 3000 (9:56.02), and 5000 (17:06.26).

The first to finish the 5000 race-walk were Michael Blanchard, 45, Castle Rock, Colo., in 25:21.81, and Kelly Murphey Glenn, 45, Kuna, Idaho, in 28:34.49.

In the National Masters News Age-Graded Mile, held Saturday morning, Jeanette Groesz, 56, Redmond, Ore., had the best performance with a 5:52.94 time, which age-graded to an international class 91.7%. Joe Dudman, 42, Portland, Ore., was second with a 4:39.12, 85.7%, and Wayne Cadigan, 47, Eagle, Idaho, third (4:54.92, 84.3%).

Groesz was presented with a glass table clock by Suzy Hess, of the NMN, at the athletes' reception at the Phoenix Inn, the meet headquarters hotel, on Saturday evening.

The meet was hosted by the Oregon Track Club Masters, with Dick Lamster serving as meet director. All participating athletes, officials and volunteers (the meet program listed 134 of them!) received 25th anniversary commemorative pins.

Tom Heinonen and Adam Schneider handled the announcing chores.

The primary sponsors were PacificSource Health Plans, SportHill, Phoenix Inn, Duncan & Brown, Pacific Continental Bank, Carter & Carter, Tracktown Pizza, and the cities of Eugene and Springfield.

All in all, everything came together to solidify Hayward Classic's reputation as "America's Premier Masters Meet." □

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Masters Racewalking

By LENNY PARRACINO
with ELAINE WARD

Crunches are for Cadavers

Lenny Parracino will be my guest in this column for a few months. Many of our Southern California Racewalking Community are taking classes with him and his associate Matthew LaBosco at their Kinetic Conditioning Studio in Montrose, Calif. Our minds are feasting on what we are learning, and our technique and performance levels are improving. Lenny recently gave a clinic at the Cooper Institute in Texas and counsels individuals in all sports who want to perform better, who are injured from overtraining, or have limiting physical handicaps. He can be reached at lenny@kineticconditioning.net. — ew

My first articles will introduce you to the basic principles and goals of kinetic conditioning. Then, we will explore the function of specific muscle groups in racewalking and how to best condition them to prevent injury.

To train and perform optimally it is necessary for you to not only know the how-to of the racewalking technique, but also why you do it. In other words, it is necessary to know the principles of walking before forming training or rehabilitation strategies.

Kinetic Conditioning Defined

Let's start with a basic definition that answers the question, "What is kinetic conditioning?" Kinetic means forces and how forces are applied to the body. Therefore, kinetic conditioning is based on how the environmental forces of gravity, ground reaction, momentum and inertia affect your body's motion.

We'll first look at the body as a whole and then at its parts specifically studying the chain reaction caused by the activity of one muscle or muscle group on others.

Efficient Technique

Efficient racewalking technique refers to the harmonious adaptation of the body's muscles to environmental forces. Inefficient technique is caused by many factors, but one of the most common is tight muscles.

Because tight muscles are unable to perform their proper, task-oriented functions, namely lengthening before shortening, they inhibit an athlete from developing his/her potential. (A tight muscle is a weak muscle, and a weak muscle will become tight.)

To explain what I mean by efficient

and inefficient muscle use, let's take something you are all familiar with — the standard crunch. Athletes do crunches with the hope of strengthening their abdominal muscles. But I ask you as a racewalker, "What do your abdominals do in function?"

The major abdominal muscle that fortifies the crunch is the rectus muscle that goes straight up and down attaching to the xiphoid process and to the pubis. You do a standard crunch lying on your back on the floor. When you raise up, you have lost most of the motion in the spine and you are going perpendicular against gravity. All you are using, in fact, is a few inches of your rectus muscle.

Walking Correctly

Now how does that apply to racewalking? When you are walking correctly, the pelvis rocks forward and stretches your abdominal wall. Further, when you walk correctly, you counter rotate and actually extend your spine back.

Guess which abdominals do this rotational work? The obliques, not the rectus. The obliques allow your body to rotate as your arms go back.

Too often the flexibility and strengthening exercises given in books are based on old-fashioned cadaver anatomy. They link exercises to specific muscles without considering the actual purpose to be accomplished.

Crunches are based on cadaver anatomy, and have no place in walking (or running). In fact, correct walking is the best exercise for increasing abdominal strength to aid power and speed. □

(Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net)



Racewalkers after the 5000 (front row, l to r): Dick Vaughn, 75; Michael Blanchard, 45; Marianne Martino, 55; Kelly Murphey-Glenn, 45; Maureen Robeson, 57; Charles Robeson, 59; (back row, l to r): Rob Frank, 53; Steve Renard, 45; Bob Novak, 57; Susan Bristow, 59; Bev McCall, 70; Ron MacPike, 71; Karen Karavanic, 43; Carolyn McDermid, 47; and George Opsahl, 64, at the 25th Hayward Classic.

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Portland Masters Meet Sees Four WRs

By DON KANE

Four pending age-group world records were set at the Portland Masters Track Club Classic, held at Mt. Hood Community College, Gresham, Ore., on June 10-11. About 140 athletes from age 30 to 89, and as far away as New Hampshire and Texas, competed in near perfect weather.

Paul Edens, Portland, Ore., celebrated his recent move into the M65 bracket by setting a 100m record of 11.99, demolishing the old record of 12.62 by Australian Malcolm Pirie in 1994. Edens narrowly missed a world record in winning the 200 in 24.73, when the wind gauge recorded a 2.20 meters per second, just over the allowable maximum of 2.00.

Two world records were set in the javelin. Gary Stenlund, Oregon City, Ore., also newly 65, threw a 56.38/185-2, and Monica Kendall, 50, Milwaukee, Ore., hit 43.72/143-5. The M65 world record is held by Wladyslaw Kowalczyk, GER, at 54.70/177-6 in 2002. The W50 record is 41.50/136-2 by Regina Stang, GER, in 2002.

Kendall also set the U.S. shot put record with a 14.65/48-1, breaking the 15-year-old record held by Joanne Grissom at 12.99/42-7 1/2 in 1991.

Kendall commented on her performances, "I am very glad to be back throwing. It's very exciting for me and my family. I really didn't expect to do so well so soon since this was my first meet. I knew that I was capable of challenging the records. I now know that the world shot put record is also within my grasp."

John Altendorf, 60, Corvallis, Ore., broke the world pole vault record with a remarkable vault of 3.91/12-10. The old record was set at 3.90 clear back in 1971 by Herbert Schmidt, GER.

Michael Waller, M45, Federal Way, Wash., was first overall in the 100 (11.79) and 400 (54.90). Art Anderson, M35, won the 200 (24.12) and tied Waller for the day's best in the 100 at 11.78.

Middle distance runner Kevin Paulk turned in a strong 2:02.93 in the M45

800, and a 4:13.18 in the 1500. The 800 was an exciting race, with four runners in the lead pack for 600, when Paulk and Dan Gonzales, M40, pulled ahead at the end with Gonzales winning in 4:13.98. Gonzales came back to win the 3000 in 8:58.68, unchallenged.

The meet was heavy with performances by throwers in addition to the world records. Ray Burton, M50, Aloha, Ore., was tops over all in the shot, discus, hammer, and weight throw. Bob Ward, M70, of Texas, was first overall in the superweight at 10.01/32-10 1/4 and second to Burton in the hammer and weight. Jim Koch, Santa Fe, N.M., won the M70 shot with a strong put of 13.45/44-1 1/2.

Versatile Brian Coughay, M40, Beaverton, Ore., won the triple jump at 12.80, the high jump at 1.70, and the 200 (24.39). Marc Fish won the M40 pole vault with a 4.05/13-3 1/2.

The organizers want to thank the sponsors for helping put on this meet. The primary sponsor was Gresham Area Hotels.

Meet director Jim Puckett and his great crew of officials and volunteers ran the meet on time, garnering many compliments from the athletes. We also welcomed several first time masters participants.

We had a scare in the 400H when Bob Prather, M50, Anacortes, Wash., fell hard at the 300m point, and did not get up. To make matters worse, the ambulance service that had been hired was a no-show. The runner lay on the track for a while, then struggled up and limped to the stands. Fortunately, it was only a badly pulled hamstring, which is bad enough, but not life threatening.

As the meet wound down on Sunday afternoon, Stephen Peirce, M60, received a standing ovation from the crowd when announcer Bill Cook stated that Peirce was completing his 21st event of the weekend. He took home seven gold medals for his efforts, and lost an exciting steeplechase to Ed Tanner by .03 seconds. □

World and I

By BRIDGET CUS
The 36th British Masters Field Championships third successive year in Birmingham, England, was a blustery wind swirl arena, particularly on prolonged heat wave.

Entries were slightly down this year, while the total number of entries rose. This was a boon for competitors in the European Championships test their sharpness. In several events and

World records were set in the M70 3000m and 5000m, the ex-British international Commonwealth Games Arthur Thomson, who toed to times of 15:15. His winning margin over the shorter event was 2:40.35.

Another world record was set in the W70 2000m by Martin's 10:50.35. Running was the only event in the field soon after the start. Martin paced herself through each jump. She must now be the European title.

Evergreen Pat Ga



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Report from Britain

World and British Records Set in Birmingham

By BRIDGET CUSHEN

The 36th British Masters Track & Field Championships were held for the third successive year in the Alexander Stadium in Birmingham on July 8-9. A blustery wind swirling around the arena, particularly on the second day, helped to lower humidity following a prolonged heat wave.

Entries were slightly down from last year, while the total number of event entries rose. This was the last opportunity for competitors bound for the European Championships in Poland to test their sharpness. Meet records fell in several events and age groups.

World records were broken in the M70 3000m and 5000m track walk by the ex-British international and Commonwealth Games medal winner, Arthur Thomson, who stylishly heel-toed to times of 15:15.24 and 26:01.52. His winning margin over Dave Stevens in the shorter event was a yawning 2:40.35.

Another world record is Anne Martin's W70 2000m steeplechase in 10:50.35. Running with all age categories, the field soon spread out, but Martin paced herself sensibly, approaching each jump without hesitation. She must now be favorite for the European title.

Evergreen Pat Gallagher continues

to break British records as she moves age categories. Now a W60, she sped round the arena on successive days to new British records in the 800 (2:44.92) and 1500 (5:36.04).

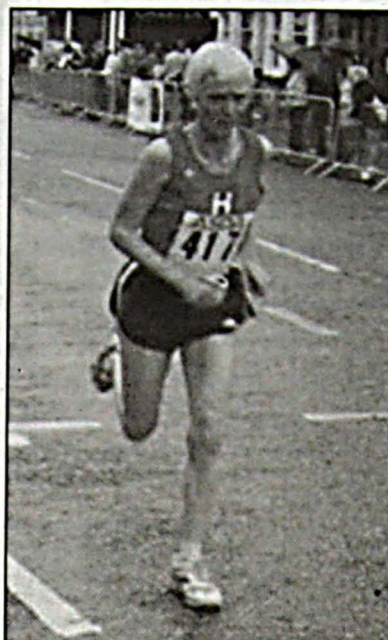
Finding the lure of competition too much to resist, 78-year-old Alan Meddings, who swears after every championships that it is definitely his last one, reappeared to race away with the 100 (14.82) and the 200 (31.21).

Also present, this time in the stands, was Ron Taylor, whose age-group sprint records are some of the oldest in the books, having stood the test of time despite improved tracks and designer shoes.

Rosemary Chimes is recuperating after a difficult period of illness and looking forward to coming back to international competition. There was also some good sprinting in the women's higher age groups.

Viv Bonner sped to a W55 meet record of 13.60 in the 100 and won the 200 in 28.56. Val Parsons set a W60 meet record over 200 in 29.89. World indoor 200/400 title holder, Yvonne Priestman, took the 400m in 72.73.

Tony Bowman, second in the 60m and first in the 60H at the Linz World Indoor Championships, set a British M70 80m hurdles record of 13.67 and won the 300H in a swift 51.22. □



Carol Wolstenholme, first W60 (20:05), BMAF 5K Championships, Great Britain.



Olga Kotelko, 87, broke several Canadian records, 25th Hayward Classic.

TEN YEARS AGO August 1996

- 2500 Compete in 3rd WAVA World Road Racing Championships, Brugge, Belgium
- Doug Kurtis (M40, 2:27:00) and Gillian Horovitz (W40, 2:45:53) Win in 20th Grandma's Marathon
- Record 263 Athletes in Hayward Classic

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Birmingham TC Wins McClure Trophy

By GORDON SEIFERT

The Birmingham Track Club scored 65 points to win the Bill McClure award for the second year in a row at the Birmingham TC Classic, Hoover, Ala., on June 10.

The award is given to the team scoring the most points; the top three age-graded performances in each event score 5-3-1.

Bill Murray, competing in eight events, scored 29 points, exceeding the point total of the second place team, Huntsville Track Club. Murray has made remarkable recovery from hand

surgery in February and was planning on competing in the USA Masters Decathlon Championships in Seattle. He won the \$100 Phil Mulkey mini-decathlon award.

The \$100 KC age-graded 100m dash was the top race of the day. BTC's Bill Hall out-leaned Florida's Tom Kennell with Huntsville's Golden Bertram right in the mix.

Landon Jones, 42 (11.85, BTC), Andrew Gipson, 57 (12.49, Memphis TC), Bill Hall, 54 (12.74, BTC), and Golden Bertram, 64 (13.74, HTC), all had notable times in the 100m. □

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On The Run

By HAL HIGDON

Winners and Losers – Vince Lombardi vs. Grantland Rice: Who Got it Right?

Following is the text of a speech I gave on Monday, May 8, at the St. Stan's Elementary School Sports Award Banquet:

"For when the One Great Scorer comes to write against your name, He marks not that you won or lost, but how you played the Game." Those are the words of Grantland Rice, a sports-writer from another era.

In contrast, consider these words attributed to Vince Lombardi, former coach of the Green Bay Packers: "Winning isn't everything, it's the only thing."

Rice got it right; Lombardi did not.

In major league baseball games featuring 30 teams, on most days of the week 15 teams will lose and 15 will win. But each tomorrow brings new games with new winners and new losers.

If you're a professional athlete, you can't dwell on defeat, because it happens too often – even to the best players. Like many people living in the Chicago area (Cubs fans excepted), I was overjoyed when the White Sox won the World Series last fall, but it's a new season featuring new thrills of victory and new agonies of defeat. Last season doesn't count any more.

Poor Odds

The odds of a Major League Baseball team winning the World Series are 30 to 1 – pretty poor, but not as bad as in Indiana high school basketball with something like 750 teams from that many high schools competing for the right to call themselves State Champions.

There are different classes, and boys and girls compete separately, but only one high school in each class wins those bragging rights. Pretty poor odds, and I guarantee that each hometown newspaper of a losing team this winter showed a photo of the cheerleaders crying – and their parents probably didn't look too happy either.

My wife Rose and I moved to Michigan City from Chicago in 1964 and almost immediately fell victim to Hoosier Hysteria. Michigan City's

Elston High School won the state title the following year. They were the only high school team to finish the season with a victory.

Every other school in the state competing in the elimination tournament ended its season losers with cheerleaders crying. (There was no class basketball back then and no girls' basketball either.)

Worse Odds

If you're looking for a sport with even poorer odds for victory, consider my sport, the marathon. Last year, 33,003 runners participated in The LaSalle Bank Chicago Marathon. One runner crossed the line first: Felix Limo of Kenya, who ran 2:07:02. Deena Drossin was the fastest woman, running 2:21:25, so there were in essence two winners.

Does that mean there were 33,001 losers? Yes, if you listen to Vince Lombardi; No, if you listen to Grantland Rice.

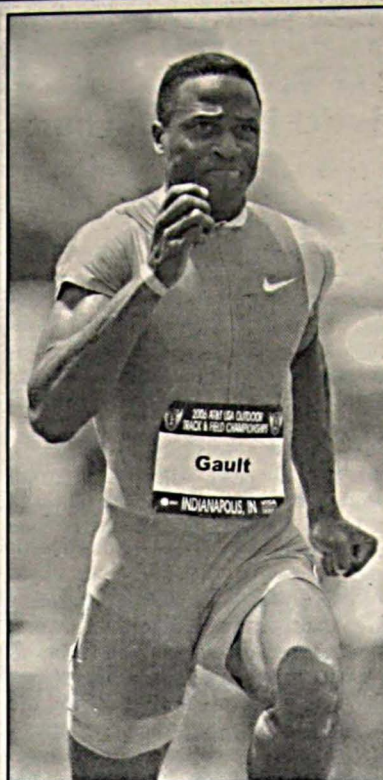
Defining Victory

As training consultant to the Chicago Marathon, I can assure you that nearly every one of those runners who finished behind Limo and Drossin crossed the line with a smile on his or her face, their accomplishment dictated by how well they did vs. their own personal abilities and goals. They defined victory; not the sports writers.

In recent decades, as long distance running has exploded in popularity, I probably have coached a quarter million marathoners, individuals who used my training schedules found in magazines such as *Runner's World*, books such as my *Marathon: The Ultimate Training Guide*, and most recently on my website halhigdon.com.

In the last several years, more than 10,000 runners have signed up to receive InterActive training programs where I send them a daily e-mail message telling them how to train.

Some of these runners participated



VICTOR SAILER / PHOTO RUN
Willie Gault, 45, broke the 100m world record with a 10.72 in the Masters Invitational, Indianapolis, Ind.



BOB ELLIOTT / THE ATHLETIC CONNECTION
Kathleen Shook, 45, winner (62.38) in the Masters Invitational 400, Indianapolis, Ind.

Gault Breaks World Record in Indianapolis

On Saturday, June 24, Willie Gault, 45, broke the M45 world record for the 100m at the USA Track & Field Championships in Indianapolis.

Competing in a field of seven in the Masters Invitational 100m, Gault ran a 10.72, with a legal wind of 1.0 meters per second, to better Neville Hodges' 10.96 in 2001. Gault's time is also better than the M40 U.S. record of 10.80 by Aaron Thigpen, set last year in the 2005 Masters Championships in Hawaii.

Chris Faulknor, 43, of the Southern California Running Cougars, was second in the Invitational 100m (11.11). Don Fields, 41, was third (11.25).

Kathleen Shook, 45, won the Masters Invitational 400 with a 62.38. Lesley Chaplin-Swann, 48, SoCal/Fleet Feet TC, was a close second (63.59), with Lorraine Jasper, 44, Athena TC, third (63.51).

The races were run as part of the

Masters Invitational Program, coordinated by Mark Cleary and supported by the USATF Masters T&F Committee. □

FIFTEEN YEARS AGO August 1991

- 800 Entrants Set 10 World and 30 U.S. Records at USA Masters T&F Championships, Naperville, Ill.
- Wilson Waigwa (M40, 32:18) and Nancy Grayson (W40, 35:45) First Masters in Cotton Row 10K
- National Senior Sports Classic Draws 5160 Athletes Age 55+ to Syracuse, N.Y.

in sports similar to those enjoyed by the boys and girls in this room: soccer, basketball, track & field. But many did not. And many who did participate in sports at the grade school level abandoned physical activity by the time they got to high school or college, or got jobs, or got married.

More Winners

Later in life, they discovered marathon running and found a sport where – I'm sorry, Vince Lombardi – there are many more winners than there are losers.

Regardless of their genetic ability, whether they are tall or short or maybe even a bit overweight, they succeed when they enter and finish a marathon.

They are dependent not on teammates scoring points, or a coach put-

ting them into the game, but only on their own efforts: how hard they trained and how well they prepared for the challenge of 26 miles 385 yards.

It is often said that there is no "I" in "Team," emphasizing the fact that athletes must pull together if they want success.

But there is an "I" in "Marathoning," and in that sport you are responsible for your own victories or your own defeats.

I can guarantee you that there are many more winners than losers at the finish line of even the smallest marathon. □

(Hal Higdon, Author of *Masters Running, answers runners' training questions on his InterActive Forums. Visit www.halhigdon.com.)*



Joe Dudman, M40, w (15:53.44), Portland Masters

TWENTY YEARS August

- George Keim (43) Iris Black (43) Firsts in National Valley, Ohio
- Discus Thrower 49, and Art Swann 200 Feet in New
- Gabriella And 36:24) First Ma 10K in NYC



The "other" Robert Warc shot put (13.30), Portland

MASTERS SINGLE-AGE RECORDS BOOK 2005 Edition

56 pages • easy to read • includes record application forms

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SUZY HESS

Joe Dudman, M40, winner of the 5000 (15:53.44), Portland Masters Classic.

TWENTY YEARS AGO August 1986

- George Keim (43, 53:01) and Iris Black (43, 60:15) Take Firsts in National 15K, Spring Valley, Ohio
- Discus Throwers Al Oerter, 49, and Art Swarts, 41, Over 200 Feet in New Jersey Meet
- Gabriella Andersen (41, 36:24) First Master in L'eggs 10K in NYC



JERRY WOJCIK

The "other" Robert Ward, M65 winner in the shot put (13.30), Portland Masters Classic.

PUBLICATIONS ORDER FORM

Masters Single-Age Records Book (2005 Edition)

Men's and women's world and U.S. single-age bests for all track & field and racewalking events, age 35 and up, as of May 31, 2005. 56 pages. Lists name, age, state and date of record. Includes record application forms. \$10.00.

Masters Track & Field Rankings (2005)

Men's and women's 2005 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan, Larry Patz and Tom Higbie. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

Masters Track & Field Indoor Rankings (2006)

Indoor rankings for 2006. 4 pages. \$2.00.

Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

Masters 5-Year Outdoor Age-Group Records

Men's and women's official 2005 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin. \$4.00.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Dec. 31, 2005 (world) and Dec. 4, 2005 (USA), 4 pages. \$2.00.

Competition Rules for Athletics (2006 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$13.00.

WMA Handbook (2003-2005)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00

Champions for Life, by John B. Scott and James S. Ward. The remarkable life of Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track & field. \$34.95

The Complete Guide to Running: How to be A Champion from 9 to 90. By Earl W. Fee, who holds 40 world records in masters events from 300H to mile. Much improved revision of the highly popular 2001 first edition. 22 color-coded chapters, including "Building a Base and Hill Training," "Training for 5K, 10K, and Marathon," "Injury Prevention and Causes." Applicable from sprinters to marathoners. 440 pages. US \$19.95/CAN \$29.95.

USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

2006 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

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September 5-17
Greater Milwaukee
Senior Olympics. www.gmo.org
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Olympics, Spring
September 16.
Pentathlon, Ken
Connecticut Col
440-954-8122.
September 23.
Lexington. 855
[iorgames.com](http://www.iorgames.com)
November 10-
Association A
Dublin, OH. www.iorgames.com

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 3-6. 39th USA National Masters Championships, Charlotte, NC. Pentathlon on 3rd. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278; 704-588-6885 (after 8:00 pm); gedwards@carolina.rr.com; information and entry forms: www.usatf.org/events/2006/USAMastersOutdoorTFCampionships/athletelinfo

August 19. USA National Masters Weight Pentathlon, Sager Ranch, Wilsall (Bozeman), MT. Bob Sager, 406-578-2080(w); 578-9870(h); hammerbeef@aol.com

September 9. USA National Masters Weight & Superweight Championships, Seattle, WA. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

November 29-December 3. 28th USATF Annual Meeting, Indianapolis, IN. Hyatt Regency. www.usatf.org

June 22-July 8, 2007. Humana National Senior Games-Senior Olympics, Louisville, KY. M&W50+. Athletes must qualify at an NSGA State Games in 2006. www.nsga.com

EAST

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

August 1 & 8. Colonie Recr. Dept. Tuesday Night Meets, Colonie HS, Albany, NY. No fee. 6:15 pm. Don Myers, 518-783-2760.

August 5 & 19. Potomac Valley TC All-Comers Meets, Langley HS, McLean, VA. 703-481-3530; www.pvctc.org

August 5-13. New Hampshire Granite State Senior Games, Manchester. 603-622-9041; www.nhseniorgames.org

September 2-3. Potomac Valley TC Games, Langley HS, McLean, VA. 703-481-3530; www.pvctc.org

September 9. Maine Senior Games, Portland. Anita, 207-396-6500; Jerry, 729-6180.

September 11-27. Maryland Senior Olympics, Baltimore. 410-704-4456; pages.towson.edu/phadams

October 1 & 15. Potomac Valley TC Throwers Meet & Racewalk, Langley HS, McLean, VA. 703-481-3530; www.pvctc.org

SOUTHEAST

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

September 25-October 1. North Carolina Senior Games, Raleigh. 919-851-5456; www.ncseniorgames.org

September 27-30. Georgia Golden Olympics, Warner Robbins. 404-657-6644; www.georgiagoldenolympics.org

December 2-10. Florida Senior Games State Championships, Cape Coral. 850-488-8347; www.flasports.com/page_seniorgames.shtml

MIDWEST

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

September 5-17. Wisconsin Senior Olympics, Greater Milwaukee. 262-821-4444; www.wiseniorolympics.com

September 13-17, 21-24. Illinois Senior Olympics, Springfield. 217-753-0701.

September 16. Norm Bower Memorial Weight Pentathlon, Kent, OH. Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. 440-954-8122.

September 23. Kentucky Senior Olympics, Lexington. 859-288-2928; www.kentuckyseniorgames.com

November 10-12. National Throws Coaches Association Annual Conference & Clinic, Dublin, OH. www.nationalthrowscoachesasso

cination.com; 888-527-6772.

MID-AMERICA

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

August 10-13. Nebraska Senior Games, Kearney. 308-233-3229; www.nebraskaseniorgames.com

August 26. Halstead M&O Meet, Halstead HS, KS. 4:00 pm. Bob Everoski, Halstead Parks and Recr. Commission, 316-835-3366; 835-2286.

September 2-3. USATF Mid-America Regional Masters Championships/Rocky Mountain Games, CSU, Ft. Collins, CO. Jim Weed, 2203 E. 149th Ave., Thoonet, CO 80602. 303-451-8727; Christel Donley, 719-635-1264; e-mail: rockymtnmastersgames@msn.com

September 7-10. South Dakota Senior Games, Madison. 605-427-2218; southdakotaseniorgames.org

September 24. Kansas Senior Olympics, Topeka. 785-368-3798; bsewell@topeka.org

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 16-17. Texas Senior Games, McNeil HS, Austin. 512-345-6400; www.tsga.org

September 18-27. Oklahoma Senior Games, Tulsa. 918-596-7866; www.cityoftulsa.org

September 27-October 8. Arkansas Senior Olympics, Hot Springs, AR. 800-720-7276; arsolymp@hotsprings.net; www.SrSports.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

July 29-August 13. Prescott Senior Olympics, Prescott, AZ. 928-778-5981; e-mail: pochanie@hotmail.com

August 1-3. All-Comers Meets, Los Angeles. Tues., San Pedro HS; Wed., Birmingham HS; Thur., Santee Education Complex, 1921 S. Maple Ave. 7:30 pm. No entry fee. 818-587-4364.

August 2-6. New Mexico Senior Olympics, Albuquerque. 505-623-5777; www.nm.seniorgames.org

August 3 & 10. LGAA/Mizuno All-Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.

August 13. HMTTC Weight Pentathlon & Superweight, Kaiser HS, Honolulu. 808-735-6366; www.hmttco.com

September 3 & 17. HMTTC Meets, Kaiser HS, Honolulu. 808-735-6366; www.hmttco.com

September 8-24. San Diego Senior Olympics, CA. Brad Pagano, 619-226-1324; www.sdseniorgames.org

September 22-24. Far North Cal Senior Games, Redding, CA. Sue Lehto, 530-243-6958; srmcf@aawwsome.com

September 29-October 1. Nevada Senior Games, Las Vegas. 702-242-1590; www.nevaseniorgames.org

September 29-October 6. Inland Empire Senior Olympics, San Bernardino, CA. Linda Wilson Carter, 909-384-5430; LWilsonCarter@sbcity.org

October 1, 8, 22, 29. HMTTC Meets, Kaiser HS, Honolulu. 808-735-6366; www.hmttco.com

October 7. Club West Masters Meet, UC-Santa Barbara. Beverley Lewis, 805-969-5852; fax: 969-6613; Gordon McClenathan, 805-964-3005.

October 8-15. Napa Senior Games, CA. Ginny Mosher, 707-255-1800; Gmosher@cityofnapa.org

October 14. Visalia Classic, Mt. Whitney HS, Visalia, CA. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277; 559-732-8030.

October 22. Self-Transcendence Masters Meet, CSU-Long Beach. 310-645-0271; fax: 645-8618.

November 1-18. Southland Senior Olympics, Anaheim, CA. Jan Branich, 714-765-4511.

November 4-5. Hawaii Senior Olympics, Honolulu. 808-732-8805; e-mail: zeug@hawaii.rr.com

NORTHWEST

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

August 2-16. CNW Summer All-Comers Series. Wed. nights. 6:00 pm. Shoreline Stadium, Seattle. 206-729-9972; www.clubnorthwest.org

August 3-5. Wyoming Senior Olympics, Gillette. 307-682-7406; www.wyeniorgames.com

August 12. Bend Open/Masters Track & Field Meet, Bend, Oregon. Suzi MacLeod (before 9 pm), 541-382-6264; bendtrackmeet@yahoo.com; www.bendtrackmeet.com

August 13-22. Alaska International Senior Games, Fairbanks. 907-460-7733; www.fairnet.org/Agencies/aisg

August 24-27. Idaho Senior Games, Boise. 208-336-6707; www.idahoseniorgames.com

September 8-9. Ultra Weight Classic, W. Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., SW Seattle, WA 98116. 206-938-3895; ktweinbel@msn.com

October 9-21. Huntsman World Senior Games, St. George, UT. T&F, RW, Road Races, Triathlon. Age 50+. Huntsman WSG, 1070 W. 1600 South, Ste. 103A, St. George, UT 84770. 435-674-0550; 800-562-1268; www.seniorgames.net

INTERNATIONAL

August 12-13. Malaysia Veterans Championships, Kuala Lumpur. 35+. mavasiva@time.net.my

August 24-27. NCCWMA Stadia Championships, Guatemala City, Guatemala. www.atletismoguate.org

September 3. BMAF Pentathlon Championships, Monkton Stadium, South Tyneside. www.bmaf.org/uk

November 3-11. South America Region Championships, Rio de Janeiro, Brazil. locho_arroyo@hotmail.com; www.asudaverio-2006.com.br

September 4-15, 2007. (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org

March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.

July-August, 2009. 18th WMA World Championships, Lahti, Finland.

LONG DISTANCE RUNNING

NATIONAL

August 26. USA National Championships/Headlands 50K Trail, Sausalito, CA. guyupalm@headlands50K.org; www.headlands50k.org

September 24. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org

October 1. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org

October 15. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org

October 15. USA National Championships/DuPont Forest Trail Marathon, Asheville, NC. gregw@mchsi.com; www.ymcahendersoncounty.org

November 29-December 3. 28th USATF Annual Meeting, Indianapolis, IN. Hyatt Regency. www.usatf.org

December 9. USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinlisk, billq@frontiernet.net; www.usatf.org

EAST

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

August 1. Yankee Homecoming 10 Mile, Newburyport, MA. 978-376-5328; www.yankeehomecoming.org

ON TAP FOR AUGUST

TRACK AND FIELD

The 39th USA Masters T&F Championships head for Charlotte, NC, where over 1100 athletes will compete for national titles on the 3rd-6th. On the 19th, throwers will be in Wilsall, MT, near Bozeman, for the USA Masters Weight Pentathlon Championships. The inaugural Bend Masters & Open Meet is scheduled for the 12th in Central Oregon. The NCCWMA Stadia Championships will be held in Guatemala City, Guatemala, on the 24th-27th. Senior Olympics/Games are available from New Hampshire to Alaska.

LONG DISTANCE RUNNING

The Headlands 50K Trail on the 26th in Sausalito, CA, is the USA National Championships. Before that, you can get an early start on the month's offerings with the Yankee Homecoming 10 Mile, the evening of Tuesday, the 1st, in Newburyport, MA. Follow that up with the Beach to Beacon 10K, Cape Elizabeth, ME; Phelps Sauerkraut 20K, Phelps, NY; and Debbie Green Memorial 5K/RRCA Championships, Wheeling, WV, on the 5th. The weekend of the 12th-13th offers the Asbury Park, NJ, 5K, and El Vaquero Loco 25K & 50K, Afton, WY, on Saturday, and the Falmouth, MA, 7 Mile, and USATF-MN 15K Championships, Edina, on Sunday. The 19th shows the Parkersburg, WV, Half-Marathon/RRCA Championships, and the 20th lists the Pikes Peak Marathon in Colorado and America's Finest City Half-Marathon in San Diego. The Hood to Coast Relay in Oregon takes up most of the 25th-26th, with the Crim Festival of Races, Flint, MI, and Jet to Jetty 10K, Playa del Rey, CA, occupying the 26th.

RACEWALKING

National championships in the 5000 track on the 4th and the 10K road on the 6th will be decided in Charlotte. The USA National 15K Championships are set for Minneapolis on the 20th, as is the USATF-Metropolitan 5K in Central Park, NYC. The Hood to Coast also includes a walk relay.

keerace.com

August 5. Beach to Beacon 10K, Cape Elizabeth, ME. 888-480-6940; www.beach2beacon.org

August 5. Phelps Sauerkraut 20K, Phelps, NY. 315-548-3607.

August 12. Asbury Park 5K, Asbury Park, NJ. 732-571-2162; asburypark.jsrc.org

August 12. RRCA 5 Mile Delaware State Championships, New Castle. 302-322-6040; wjb72@aol.com

August 13. Falmouth Road Race 7 Mile, Falmouth, MA. 508-540-7000; www.falmouthroadrace.com

August 13. YMCA Loudoun Country Leesburg 10K & 20K, Leesburg, VA. 301-871-0005; www.runwashington.com

August 19. Breakaway 5K, Portland, ME. 207-741-2084; www.MaineTrackClub.com

August 26. OE XC 4 Miler, Hughesville, PA. oeexc4miler@aol.com

August 27. Annapolis 10 Mile Run, Annapolis, VA. 410-573-1929; annapolisstriders.org

August 27. Chris Thater Memorial 5K/USATF

Niagara Championships, Binghamton, NY. 607-722-8744; www.bstopdwi.com
August 27. Women Running Wild 5K, Osterville, MA. www.citizensbank5k.com
August 27. NYRR NYC Half-Marathon, Central Park-Times Square-Battery Park, Manhattan. 212-860-4455; www.nyrr.org
September 1. Maine Running Hall of Fame 5K Portland. 207-741-2084; www.MaineTrackClub.com
September 2. Saturday in the Park Women's 5K, Long Branch, NJ. 732-542-6090; www.saturdayinthepark5k.org
September 2. Ocean to Sound Relay, Wantagh, Long Island. www.long-island.usatf.org
September 3. NYRR Henry Isola XC Classic 4 Mile, Van Cortlandt Park, NYC. 212-860-4455; www.nyrr.org
September 3. NYRR Fred Lebow XC 5K Van Cortlandt Park, NYC. 212-860-4455; www.nyrr.org
September 4. New Haven 20/USATF Championships, New Haven, CT. 203-481-5933; newhavenroadrace.org
September 9. Ollie Road Race 5 Mile/USATF-NE Championships, Boston, MA. www.ollieroadrace.org
September 9. Lehigh Valley 15K, Bethlehem, PA. 610-428-1621; www.lvrunning.com
September 10. Erie Marathon, Erie, PA. 814-898-4472; www.eriemarathon.org
September 30. Continental Airlines Fifth Avenue Mile, Manhattan, NYC. 212-860-4455; www.nyrr.org

SOUTHEAST

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

August 1. Crime Prevention 5K, Mobile, AL. 251-473-7223; www.pcpacers.org
August 4-5. Tour de Pain 5K, 4 Mile & Road Mile, Jacksonville, FL. www.1stplacesports.com
August 8. Chickasabogue 2 Mile, Saraland, AL. 251-473-7223; www.pcpacers.org
August 19. Maggie Valley Moonlight Race 8K & 5K, Maggie Valley, NC. 800-Maggie-1; www.mvmoonlightrace.com
September 1. Peoples Bank Midnight Flight 5K & 10K, Anderson, SC. 10:00 pm. www.midnightflight.net
September 3. Rock 'N' Roll Half-Marathon, Virginia Beach, Va. 800-311-1255; www.mrhalf.com
September 4. U.S. 10K Classic, Atlanta, GA. 770-432-0100; www.us10k.org
September 9. Hurricane 5K, Dauphin Island, AL. 251-7223; www.pcpacers.org

MIDWEST

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

August 5. Debbie Green Memorial 5K/RRCA National Championships, Wheeling, WV. 740-859-0704; www.debbiegreen5k.com
August 6. Run for the Money 5K, Cincinnati. 512-777-1080.
August 19. Fleet Feet Fiesta 5K, Louisville, KY. 502-479-8786; www.fleetfeetlouisville.com
August 19. Parkersburg News & Sentinel Half-Marathon/RRCA National Championships, Parkersburg, WV. 304-485-1891; www.

newsandsentinel.com/halfmarathon
August 26. Crim 10 Mile, 8K & 5K, Flint, MI. 810-235-3396; www.crim.org
September 2. Charleston Distance Run 15 Mile & 5K, Charleston, WV. 304-345-5433; www.charlesdancerun.com
September 2. Celebrate Westlake 5 Mile Run, Westlake, OH. 440-331-3544; celebratewestlake.com
September 2. Milford Labor Day 30 & 10K, Milford, MI. 248-685-7580; www.laborday30k.com
September 4. Park Forest Scenic 10 Mile & 5K, Park Forest, IL. 708-748-2005; www.scenic10.com
September 13. Run Through Hell 10 Mile, Pinkney, MI. toledoroadrunners.org
September 24. Over the Hill TC XC, Hunting Valley, OH. Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124. 440-473-0636.

MID-AMERICA

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

August 7. AAIP Conference 5K, St. Paul, MN. 405-946-7072.
August 13. USATF-MN Masters 15K Championships, Edina. www.raceberryjam.com/m15k.html
August 20. Pikes Peak Marathon, Manitou Springs, CO. 719-473-2625; pikespeakmarathon.com
September 4. Heart of America Marathon, Columbia, MO. 573-445-2684; ctc.coin.org/hoa
September 11. City of Lakes 25K, Minneapolis. www.raceberryjam.com/cityoflakes.html

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

August 5. Health South 4 Mile, Batesville, AR. 870-793-3867; khjdpool@cei.net
August 19. Stockyards City Run with the Bulls 5K, Oklahoma City. 405-235-7267; stockyard-city.org
August 19. Riverside 5000, Tulsa, OK. www.riverside5000.com

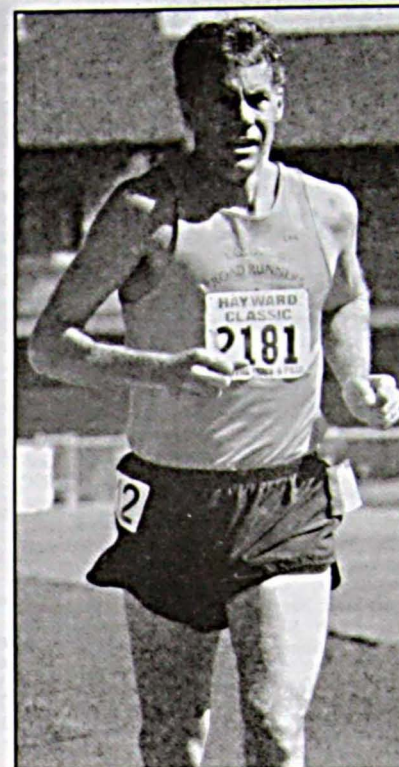
WEST

Arizona, California, Hawaii, Nevada, New Mexico

August 12. Spirit of L.A. 5K, Los Angeles. 310-804-0509; www.thewccompany.com
August 12. Susan B. Anthony Women's 5K, Sacramento. www.buffalochips.com
August 13. Golden Gate XC 5K, San Francisco. www.dse.runners.com
August 14. Samurai 5K, Los Angeles. 213-500-5645; www.niseiweek.org
August 18. Race for the Arts 5K, Sacramento. 916-441-1751.
August 20. Silver State Marathon, Half-Marathon & 10K, Reno, NV. 775-851-8369; www.silverstatestriders.com
August 20. America's Finest City Half-Marathon, San Diego. 760-692-2900; www.afhalf.com
September 3. Pier to Peak Half-Marathon, Santa Barbara. 805-564-8879; www.runsanta-barbara.com



Eric Parker, M45 winner of the 400 (56.10) and 800 (2:06.39), 25th Hayward Classic.



Steve Chantry, winner of the M50 1500, 3000 and 5000, 25th Hayward Classic.

NORTHWEST

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

August 2 & 9. SOS XC Summer Series, 5K & 2K, Ashland, OR. 541-664-2323; jgriffin541@charter.net
August 12. El Vaquero Loco 25K & 50K, Afton, WY. 307-886-5721; www.ultrarunner.net
August 25-26. Fred Meyer Hood to Coast Relay, Mt. Hood to Seaside, OR. 197 miles/36 legs, average 5 miles/12 team members. www.hoodtocoast.com
August 27. USATF-OR Grand Prix/Oregon TC Masters 8K, Eugene. 541-343-8604; 942-7127; www.usatf-oregon.org
September 4. Super Jock 'n Jill Half-Marathon, Woodinville, WA. 800-343-4411; superjocknjill.com
September 9. USATF-OR Grand Prix/High Desert Shootout 5K, Crooked River Ranch. www.usatf-oregon.org
September 24. USATF-OR Grand Prix/Bigfoot 10K, Bend. www.usatf-oregon.org
October 28. USATF-OR Grand Prix/Oregon Open/Masters XC, Salem. www.usatf-oregon.org
November 18. USATF-OR Grand Prix/Regional 8K XC, Sandy. www.usatf-oregon.org

CANADA

September 10. Montreal International Marathon, Half-Marathon & 10K. 514-879-1027; www.marathondemontreal.com
September 24. Scotiabank Toronto Waterfront Marathon, Half-Marathon & 5K, Toronto, Ont. www.torontowaterfrontmarathon.com

INTERNATIONAL

September 23-24. WMA/WRMA Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org
September 24. BMAF 10K Championships, Swansea, Wales. www.bmaf.org/uk
October 1. BMAF 10 Mile Championships, Lytham St. Annes, England. www.bmaf.org/uk
October 15. BMAF Marathon Championships, Abingdon, England. www.bmaf.org/uk

RACEWALKING

August 4 & 6. USA National Masters RW Championships, Charlotte, NC. 5000m on 4th/10K on 6th.
August 20. USA National 15K RW Championships, Minneapolis, MN. 651-330-9355;

TWENTY-FIVE YEARS AGO August 1981

- Vickie Bigelow (W45, 18:14.0) and Jaclyn Caselli (W60, 23:19.2) Break 5000 WRs in West Regionals, Los Gatos, Calif.
- Herb Lorenz, 42, Sets M50 U.S. Record 30:41.5 in Peach-tree 10K, Atlanta, Ga.
- 258 Compete in East Regionals, Paramus, N.J.

www.usatf.org
August 20. USATF North Region/Minnesota 15K RW Championships, Minneapolis. 651-330-9355.
August 20. USATF Metropolitan 5K RW Championships, Central Park, NYC. 212-628-1317; www.parkracewalkers.us
August 25-26. Portland to Coast Walk relay. 503-292-4626; www.hoodtocoast.com
September 10. USA National Masters/Open 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080.
October 7. American Way USATF 5K RW Championships, Kingsport, TN. Bobby Baker, 423-230-6406; www.kingsportracewalk.com
October 15. USA National Masters/Open 1-Hour RW Championships, Waltham, MA. Steve Vaitones, office@usatfne.org
November 12. USA National Masters 20K RW Championships, Clermont, FL. Don De-Noon, 352-241-7144, x4206; noonwalk_992yahoo.com

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Masters Inv
 & 4
 USA Char
 Indianapolis

100m
 Willie Gault 45
 (Hodge/10.96/2
 Chris Faulkner
 Don Fields 41 u
 Ken Travis 41 u
 David Ashford 4
 C Muhammad
 Peter Grimes u
 400m
 Kathleen Shook
 Lesley Chaplin-
 48 SoCal
 Lorraine Jasper
 Rebecca Conno

EO-M Spr
 Mepharm HS
 NY; A

100m
 M40 Lempke,
 M45 De La Pam
 M55 Kuziw, Jo
 200m
 M40 Lempke,
 M45 Archer, D
 M50 Wirth, Ber
 W40 Katz, Chri
 W55 Trotto, Ma
 400m
 M45 Archer, D
 M50 Michaelso
 M65 Bernstein
 W40 Katz, Chri
 W55 Trotto, Ma
 800m
 M35 Radecki,
 M40 Despagna
 M45 Krummen
 M50 Michaelso
 1500m
 M40 Cipot, Ste
 M55 Kuziw, Jo
 M60 Pearsall,
 3000m
 M50 Murillo, L
 High Jump
 M55 Kuziw, Jo
 W50 Bernadel
 W55 Trotto, M
 Long Jump
 M55 Kuziw, Jo
 W55 Trotto, M
 Triple Jump
 M40 Acker, R
 M45 Kleppan,
 W55 Trotto, M
 Shot Put
 M40 Harrison
 M45 Sandas,
 M50 Sandas,
 M55 Kuziw, J
 M70 Barker, I
 W55 Trotto, M
 Discus
 M40 Harrison
 M50 Sandas
 M70 Barker,
 W55 Trotto, M

Pittsylv
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Overall
 Bobby Regar
 Diana Filtz
 M40 L Van C
 T Grant
 Ed May
 M45 Steve C
 Jim McI
 Ed Kue
 M50 Bruce F
 Dave S
 Greg Z
 M55 Roland
 Wayne
 Dave B
 M60 John A

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

Masters Invitational 100m & 400m

USA Championships
Indianapolis, IN; June 24

100m

| | |
|-------------------------|-------|
| Willie Gault 45 WR una | 10.72 |
| (Hodge/10.96/2001) | |
| Chris Faulkner 43 SoCal | 11.11 |
| Don Fields 41 una | 11.25 |
| Ken Travis 41 SW Sp | 11.28 |
| David Ashford 43 SoCal | 11.50 |
| C Muhammad 43 QTC | 11.56 |
| Peter Grimes una | 11.79 |

400m

| | |
|---------------------------|-------|
| Kathleen Shook 45 una | 62.38 |
| Lesley Chaplin-Swann | |
| 48 SoCal | 62.59 |
| Lorraine Jasper 44 Athena | 63.51 |
| Rebecca Connolly 40 MVS | 63.87 |

EAST

EO-M Spring Opener Mephram HS. Long Island NY; April 30

100m

| | |
|--------------------------|-------|
| M40 Lempke, Rob | 13.20 |
| M45 De La Parra, Charles | 12.30 |
| M55 Kuziw, John | 16.70 |

200m

| | |
|---------------------|-------|
| M40 Lempke, Rob | 27.50 |
| M45 Archer, Donald | 26.10 |
| M50 Wirth, Bern | 44.20 |
| M40 Katz, Christina | 31.60 |
| M55 Trotto, Mary | 41.50 |

400m

| | |
|-----------------------|---------|
| M45 Archer, Donald | 1:00.90 |
| M50 Michaelson, Peter | 1:08.00 |
| M65 Bernstein, Abe | 1:12.80 |
| M40 Katz, Christina | 1:13.20 |
| W55 Trotto, Mary | 1:54.70 |

800m

| | |
|-----------------------|---------|
| M35 Radecki, Michael | 2:19.00 |
| M40 Despagna, John | 2:36.00 |
| M45 Krummenacker, E | 2:59.80 |
| M50 Michaelson, Peter | 2:37.20 |

1500m

| | |
|---------------------|---------|
| M40 Cipot, Stephen | 5:27.90 |
| M55 Kuziw, John | 5:52.20 |
| M60 Pearsall, Bryan | 5:10.20 |

High Jump

| | |
|---------------------|------|
| M55 Kuziw, John | 1.15 |
| M50 Bernadette, Sue | 1.10 |
| W55 Trotto, Mary | 0.95 |

Long Jump

| | |
|------------------|------|
| M55 Kuziw, John | 3.43 |
| W55 Trotto, Mary | 2.46 |

Triple Jump

| | |
|--------------------|-------|
| M40 Acker, Rick | 10.90 |
| M45 Kleppan, Ralph | 9.11 |
| W55 Trotto, Mary | 5.17 |

Shot Put

| | |
|----------------------|-------|
| M40 Harrison, Thomas | 7.40 |
| M45 Sandas, Fred | 9.76 |
| M50 Sandas, George | 9.60 |
| M55 Kuziw, John | 6.93 |
| M70 Barker, Pete | 10.67 |
| W55 Trotto, Mary | 7.28 |

Discus

| | |
|----------------------|-------|
| M40 Harrison, Thomas | 19.76 |
| M50 Sandas, George | 26.33 |
| M70 Barker, Pete | 31.40 |
| W55 Trotto, Mary | 15.88 |

Pittsylvania Mile Run

Mt. Lebanon, PA; June 3

Overall

| | |
|------------------|--------|
| Bobby Regan | 4:37.5 |
| Diana Filtz | 5:15.8 |
| M40 L Van Dyke | 5:03.8 |
| T Grantonic | 5:05.3 |
| Ed May | 5:46.2 |
| M45 Steve Garand | 5:01.8 |
| Jim McCarthy | 5:40.0 |
| Ed Kuenzing | 5:52.6 |
| M50 Bruce Frey | 5:18.2 |
| Dave Sobal | 5:48.9 |
| Greg Zamule | 6:45.1 |
| M55 Roland Ford | 5:39.1 |
| Wayne Jacobs | 5:54.0 |
| Dave Bowser | 6:05.8 |
| M60 John Adams | 6:13.7 |

| | |
|---------------------|--------|
| Dick Monheim | 6:23.2 |
| M70 R Brockenbrough | 7:19.9 |
| W45 M Tullius | 6:19.6 |
| Sabine Kane | 6:37.4 |
| K Grantonic | 6:44.7 |
| W50 Janice Boyko | 9:26.3 |
| W60 M Stephan | 7:43.5 |

Philadelphia Masters Track & Field Association Plymouth Meeting, PA June 6

*All-American Performance

| | |
|---------------------|------|
| M30 Eric Reid | 11.8 |
| Jeff Najarian | 13.5 |
| M35 Henry Myers | 12.1 |
| M40 Gerald Crocker | 11.6 |
| Andy Amoroso | 12.7 |
| Joe Stern | 13.9 |
| M50 Gary Leigh | 12.8 |
| Everett Staten | 14.7 |
| Grant Brewin | 15.4 |
| M55 Bruce Campelia | 14.9 |
| M60 Fred Edelstein | 14.6 |
| W40 Lorraine Jasper | 15.1 |
| W45 Renay Smith * | 14.6 |

200m

| | |
|---------------------|--------|
| M30 Jeff Najarian | 26.7 |
| M35 Henry Myers | 23.9 |
| M40 Gerald Crocker | 24.9 |
| M50 Gary Leigh | 26.2 |
| Grant Brewin | 32.9 |
| M55 Bruce Campelia | 31.5 |
| M60 Bob Fuhrman * | 26.8 |
| M85 George Blyn | 1:42.8 |
| W40 Lorraine Jasper | 31.8 |

400m

| | |
|-----------------------|--------|
| M30 Jermaine Broadus | 53.2 |
| Jeff Najarian | 56.9 |
| Eric Reid | 1:03.7 |
| M35 Steve Evans | 1:06.3 |
| M40 Kevin Forde | 56.2 |
| Troy Ardis | 1:01.4 |
| M45 Robert Powell | 1:02.4 |
| Sean Harbison | 1:04.8 |
| Bob Myers | 1:12.0 |
| M60 Bob Fuhrman | 1:12.4 |
| M85 George Blyn | 3:34.1 |
| W40 Lorraine Jasper * | 1:06.1 |

800m

| | |
|--------------------|--------|
| M30 Jeff Najarian | 2:16.7 |
| M40 Kevin Forde | 2:11.0 |
| John Wheeler | 2:31.2 |
| Troy Ardis | 2:38.5 |
| M45 Chuck Shields | 2:13.5 |
| Bob Rinkins | 2:20.2 |
| Tom Yunker | 2:42.1 |
| M50 Steve Halebsky | 2:49.4 |
| M60 Tom Jennings | 2:43.2 |
| M85 George Blyn | 7:37.1 |
| M90 Frank Levine | 5:52.8 |
| W45 Kate Call | 2:59.4 |
| W50 Phyllis Yester | 2:59.0 |

Mile

| | |
|----------------------|---------|
| M30 Jeff Najarian | 4:57.9 |
| M35 Steve Evans | 5:15.4 |
| John Mehl | 5:16.4 |
| M40 John Wheeler | 5:30.0 |
| Carl Houston | 5:48.7 |
| M45 Bob Rinkins | 5:06.4 |
| Bob Reynolds | 5:11.9 |
| Robert Wiseman | 5:26.1 |
| Andy Ross | 5:27.1 |
| Sean Harbison | 5:51.7 |
| Rey Santiago | 5:47.5 |
| M50 Jeff O'Connell | 5:57.4 |
| M60 Tom Jennings * | 5:58.1 |
| M85 George Blyn | 15:23.9 |
| M90 Frank Levine | 12:34.8 |
| W45 Kate Call | 6:35.3 |
| W50 Phyllis Yester * | 6:39.2 |

3000m

| | |
|-----------------------|---------|
| M30 Chris Carroll | 10:52.6 |
| Sly Coons | 11:43.6 |
| M45 Chuck Shields * | 9:54.9 |
| Tom Yunker | 12:28.4 |
| M50 Joel Hoffsmith * | 10:25.4 |
| Russ Patton * | 10:44.6 |
| M55 Carl Grossman | 14:02.6 |
| W40 Lorraine Jasper * | 11:14.6 |

High Jump

| | |
|---------------------|------|
| M30 Cardwell Wooten | 1.67 |
| M35 Tom Bednar | 1.57 |

Pole Vault

| | |
|--------------------------|------|
| M40 Duncan Littlefield * | 4.26 |
|--------------------------|------|

Long Jump

| | |
|---------------------|------|
| M30 Cardwell Wooten | 5.50 |
| M35 Chuck Lumio | 5.74 |
| M40 Joe Stern | 4.34 |

| | |
|---------------------|-------|
| Triple Jump | |
| M30 Cardwell Wooten | 12.39 |
| M35 Nick Damalas * | 12.94 |
| Shot Put | |
| M55 Michael Kalnas | 9.98 |
| W40 Heather Scanlon | 8.38 |
| Discus | |
| M35 Tom Hardalin | 32.43 |
| M50 Nick Helfrich | 31.81 |
| W40 Heather Scanlon | 22.08 |
| Javelin | |
| M55 Gerry Shatzer | 32.40 |
| M75 Sid Kiwitt * | 25.31 |
| W40 Heather Scanlon | 21.80 |

Rhode Island Senior Olympics, Bryant U., June 11

100m

| | |
|-----------------------|-------|
| M50 John Brooks | 11.80 |
| M55 Larry Libow | 14.70 |
| M60 Roger Pierce | 12.50 |
| M65 Thomas Ranuga | 14.20 |
| M70 John Polevy | 14.60 |
| M75 Edward Lewis | 16.30 |
| M80 Y N Naci | 18.80 |
| M85 Bert Anger | 27.50 |
| W50 Kimberly Williams | 16.30 |
| W60 Joanne Clifford | 21.30 |
| W70 Ann Morris | 18.00 |
| W80 Ann McGowan | 23.50 |

200m

| | |
|-----------------------|-------|
| M50 Neil Steinberg | 24.70 |
| M55 Carroll Blake | 25.80 |
| M60 Roger Pierce | 25.50 |
| M70 John Polevy | 31.50 |
| M75 Edward Lewis | 35.00 |
| M80 Y N Naci | 39.50 |
| W50 Kimberly Williams | 35.10 |
| W60 Joanne Clifford | 45.30 |
| W70 Ann Morris | 40.10 |

400m

| | |
|-----------------------|---------|
| M50 Charles Kelley | 57.50 |
| M55 Blake Carroll | 57.50 |
| M60 Roger Pierce | 57.90 |
| M70 Tony Da Ponte | 1:15.20 |
| M75 Edward Lewis | 1:34.20 |
| M80 Y N Naci | 1:47.20 |
| W50 Kimberly Williams | 1:22.90 |
| W65 Sheila McKenna | 1:46.40 |
| W70 Mary Harada | 1:39.00 |

800m

| | |
|-----------------------|---------|
| M50 John O'Hearne | 3:02.10 |
| M60 Jonathan Tetherly | 2:41.10 |
| M70 Tony Da Ponte | 3:03.50 |
| M75 Edward Lewis | 4:11.30 |
| W65 Sheila McKenna | 4:13.00 |
| W70 Mary Harada | 3:35.00 |

1500m

| | |
|--------------------|---------|
| M50 Andrew Fales | 5:32.60 |
| M55 Jerry Learned | 4:59.20 |
| M60 Jack Thornhill | 5:21.30 |
| M70 Jack Hand | 7:24.90 |
| W65 Sheila McKenna | 8:36.90 |
| W70 Mary Harada | 7:13.60 |

High Jump

| | |
|-------------------|------|
| M55 Richard Sobel | 1.41 |
| M70 Joel Stinson | 1.21 |
| M75 Horst Langer | 0.81 |

Long Jump

| | |
|---------------------|---------|
| M70 John Polevy | 13-8.25 |
| M75 Horst Langer | 8-2.50 |
| M85 Bert Anger | 6-7.50 |
| W75 Brigitte Langer | 6-2 |
| W80 Ann McGowan | 6-11.50 |

Triple Jump

| | |
|---------------------|---------|
| M50 Kevin Cronan | 27-4.75 |
| M70 Joel Stinson | 26-1.50 |
| M75 Horst Langer | 18-3.25 |
| W75 Brigitte Langer | 14-2 |
| W80 Ann McGowan | 14-0 |

Shot Put

| | |
|---------------------|----------|
| M50 David Belhumeur | 40-0 |
| M60 M Fountoulakis | 34-7.50 |
| M65 Robert Tosoni | 29-3 |
| M70 Leonard Rosen | 40-3 |
| M75 A Xanthopoulos | 37-7 |
| M80 Earl Sweeney | 24-2.50 |
| W60 Patricia Fogg | 23-11.50 |
| W65 Leras Alexandra | 17-10 |
| W70 Mary Roman | 26-7.50 |
| W75 Harriet Patch | 19-11 |
| W80 Ann McGowan | 14-5.25 |
| W85 Helen Gorges | 12-0.50 |

Discus

| | |
|----------------------|-------|
| M50 David Belhumeur | 39.06 |
| M55 Buzz Gagne | 30.68 |
| M60 M Fountoulakis | 32.42 |
| M70 Leonard Rosen | 38.24 |
| M75 A Xanthopoulos | 36.78 |
| M80 Earl Sweeney | 14.30 |
| W60 Patricia Fogg | 19.42 |
| W65 Joan Youngs | 18.32 |
| W70 Mary Roman | 17.20 |
| W75 Harriet Patch | 12.74 |
| W80 Joanne Berlepsch | 10.72 |
| W85 Helen Gorges | 7.86 |

Hammer

| | |
|--------------------|-------|
| M55 Buzz Gagne | 25.90 |
| M70 Nick Leras | 32.60 |
| M75 A Xanthopoulos | 31.18 |

| | |
|----------------------|-------|
| W60 Patricia Fogg | 22.98 |
| W70 Mary Roman | 22.54 |
| W80 Jeanne Berlepsch | 11.80 |
| Javelin | |
| M50 Wayne Lima | 41.00 |
| M55 Buzz Gagne | 54.60 |
| M65 Robert Tosoni | 29.00 |
| M70 Frank Illuzzi | 41.24 |
| M75 A Xanthopoulos | 39.64 |
| W60 Patricia Fogg | 17.82 |
| W65 Joan Youngs | 15.90 |
| W70 Mary Roman | 14.30 |
| W80 Ann McGowan | 11.54 |
| W85 Helen Gorges | 7.20 |

1500m RW

| | |
|---------------------|----------|
| M70 Spencer Parrish | 10:37.00 |
| M75 Joseph Guisto | 12:22.90 |
| W80 Florence Dagata | 13:19.60 |

Potomac Valley TC Meet McLean, VA; June 25

400m

| | |
|-----------------|---------|
| W40 Joan Hunter | 1:04.52 |
|-----------------|---------|

800m

| | |
|-----------------|---------|
| W45 Win Persina | 6:03.2h |
|-----------------|---------|

Mile

| | |
|--------------------|---------|
| M30 Dave Kent | 5:17.6h |
| M35 Joshua Seidman | 5:28.7h |
| M40 Stuart Pineo | 4:59.7h |
| M50 Kirk Gordon | 5:51.4h |
| M55 Robert Weiner | 7:47.3h |
| M60 Jim Noone | 6:02.5h |
| W45 Win Persina | 6:03.2h |

3000m

| | |
|-----------------|----------|
| M40 Ted Poulos | 11:32.7h |
| M50 Kirk Gordon | 11:39.2h |

Mile RW

| | |
|----------------|---------|
| M55 John Gersh | 9:36.6h |
|----------------|---------|

3000m RW

| | |
|----------------|----------|
| M50 J Snyder | 19:29.7h |
| M55 John Gersh | 19:25.4h |
| M65 Carl Kane | 19:33.4h |

SOUTHEAST

Virginia Senior Games Virginia Beach, VA May 11-14

50m

| | |
|-------------------|------|
| M50 Kevin Marbury | 9.35 |
| Muraji Nakazawa | 9.35 |
| Ray Cook | 9.35 |

M55 Schuyler Webb

| | |
|---------------------|------|
| Douglas Hastings | 7.04 |
| Cary Carter | 7.49 |
| Floyd Batten | 7.77 |
| William White | 8.83 |
| Wayne White | 8.94 |
| M65 Richard Rinaldo | 8.20 |
| David Summers | 8.46 |
| Stephen Mandes | 9.58 |

M70 Robert Steels

| | |
|------------------------|-------|
| M80 Robert White | 14.55 |
| M85 Edward Hill | 10.72 |
| M90 Robert Stewart | 11.05 |
| M95 Robert Stewart | 12.27 |
| W50 Constance Williams | 8.62 |
| W60 Mary White | 8.55 |
| Virginia Fleming | 9.66 |
| W65 Tanya Bohlke | 12.05 |
| W70 Audrey Lary MD | 9.35 |
| W80 Josephine Stewart | 10.11 |
| Barbara Gladd | 12.64 |
| W85 Carla Convery | 19.05 |

100m

| | |
|------------------------|------|
| M85 Edward Hill | 11.0 |
| M90 Robert Stewart | 12.2 |
| W50 Constance Williams | 8.6 |
| W60 Mary White | 8.5 |

| | |
|---------------------------|-------|
| Paul Carmody | 48-0 |
| M60 Richard Klehm | 113-0 |
| Rhomas Fisher | 111-0 |
| J Bookin-Weiner MD | 108-0 |
| Emanuel Wilkind | 82-0 |
| M65 James Kenney MD | 137-0 |
| Doug Hinkel | 108-0 |
| Anthony Slupek | 91-0 |
| Richard Rinaldo | 55-0 |
| M70 Tony Besase | 98-0 |
| Robert Deeds | 83-0 |
| Chuck Boyles | 48-0 |
| M75 C R Pfeifer | 54-0 |
| M80 Charles Pistorino, Sr | 77-0 |
| Robert Kraus | 43-0 |
| M85 Edward Hill | 57-0 |
| M90 Robert Stewart | 43-0 |

| | |
|------------------------|----------|
| 1500m RW | |
| M55 Tom Gerhardt | 8:36.64 |
| Brent Marsden WA | 8:48.33 |
| M60 Dave Bertagnoli | 9:48.62 |
| Patrick Molnar | 11:20.42 |
| M65 Richard Kole | 9:44.05 |
| Roger Webb | 9:53.07 |
| Bobby Gregory | 11:58.71 |
| M70 George Kimberly NC | 10:38.60 |
| Robert Deeds | NTA |
| M75 Paul Madden | 10:58.53 |
| David Thomas | 18:39.47 |
| W50 Carolyn Ware | 11:18.33 |
| Karen Decker | 12:35.14 |
| Constance Williams | 13:08.59 |
| W60 Arien Steiner | NTA |
| W65 Tanya Bohlke | 11:29.11 |
| W70 Rita Windish | 11:47.45 |
| W75 Mary Simpson | 12:49.40 |
| W80 Mary Boska | 12:57.42 |
| Barbara Gladd | 13:50.53 |

| | |
|-----------------------|-------|
| 5K Road Race | |
| M50 Roy Blakeburn | 22:44 |
| John Gresock | 22:56 |
| M55 Tom Gerhardt | 24:05 |
| M60 James Coleman | 23:22 |
| Gary Uitto | 24:47 |
| Butch Proctor | 25:56 |
| M70 Armand Zambardi | 25:34 |
| Roger Barron | 29:11 |
| Edward Rucka | 37:23 |
| M75 Paul Madden | 30:41 |
| M80 Harry Carlson | 31:28 |
| John Englert | 34:03 |
| W55 Barbara Mathewson | 22:47 |
| Linda Wells | 23:30 |
| Betty Bowden | 32:32 |
| W75 Elizabeth Glassco | 40:50 |
| W90 Alison Ward | 31:14 |

| | |
|-----------------------|---------|
| 10K Road Race | |
| M50 Roy Blakeburn | 49:59 |
| John Gresock | 50:01 |
| M55 Dennis Bane | 44:58 |
| Elery Hudson | 46:07 |
| Richard Ruozzi | 52:40 |
| M60 James Coleman | 50:29 |
| M65 William Marriott | 1:03:14 |
| Herb Levitan | 1:05:45 |
| M70 Armand Zambardi | 57:11 |
| W55 Barbara Mathewson | 50:20 |
| W70 Shirley Wampler | 1:02:42 |
| W75 Elizabeth Glassco | 1:39:51 |

| | |
|---------------------|-------|
| 5000m RW | |
| M50 Tony Hackney NC | 28:41 |
| M55 Tom Gerhardt | 29:10 |
| Brent Marsden | 30:27 |
| James Ward | 35:24 |
| M60 Dave Bertagnoli | 34:24 |
| M65 Steve Durrant | 33:42 |
| Richard Kole | 34:31 |
| Roger Webb | 34:43 |
| M70 Allyn Evans | 34:05 |
| George Kimberly | 35:48 |
| W70 Rita Windish | 41:25 |
| W75 Mary Simpson | 43:41 |
| W80 Barbara Gladd | 48:15 |

Florida State Games Tropical Park, Miami June

| | |
|-----------------------|-------|
| 100m | |
| W30 Le'Titia Silas | 12.85 |
| W35 Tasha Downing | 12.77 |
| W50 Bonnie Holzman | 16.54 |
| W55 Joan Truchelut | 20.07 |
| W65 Joann Sampson | 18.68 |
| M30 Oscar Robinson | 11.86 |
| M40 Michael Love | 13.91 |
| M45 Craig Davis | 12.86 |
| M50 Norman McPherson | 12.94 |
| M55 Roosevelt Owens | 14.59 |
| M60 Eric Hill | 14.80 |
| M65 Raymond Liebowitz | 14.77 |

| | |
|----------------------|-------|
| M70 Benjamin Jimenez | 19.35 |
| M75 Larry Fleischman | 17.58 |
| 200m | |
| W30 Le'Titia Silas | 26.03 |
| W50 Bonnie Holzman | 34.88 |
| M30 Terrell Gary | 24.41 |
| M35 Larry Gardner | 23.58 |
| M40 Scott Manas | 28.74 |
| M45 Harold Pierce | 26.02 |
| M50 Roger Grippo | 27.69 |
| M55 Bobby Terrell | 27.44 |
| M60 Joe Johnston | 29.06 |
| M65 Lionel Bonck | 29.68 |
| M70 Benjamin Jimenez | 43.73 |
| M75 Robert Fine | 41.18 |

| | |
|----------------------|---------|
| 400m | |
| W30 Le'Titia Silas | 59.31 |
| W40 Kirsten Baggett | 1:18.21 |
| W55 Susan Hill | 1:39.35 |
| M30 Carlos Cuadras | 1:01.01 |
| M40 Alonzo Ponder | 55.28 |
| M45 Charles Williams | 1:00.90 |
| M50 Norman McPherson | 59.47 |
| M55 Roosevelt Owens | 1:11.92 |
| M60 Joe Johnston | 1:05.84 |
| M65 Lionel Bonck | 1:05.84 |
| M70 Joe Shanahan | 1:29.40 |

| | |
|-----------------------|---------|
| 800m | |
| W40 Kirsten Baggett | 3:09.75 |
| W45 Elaine Rancatore | 2:42.48 |
| W50 Rosa Pinto-Rogers | 2:52.21 |
| W55 Susan Hill | 3:52.29 |
| M30 Carlos Cuadras | 2:30.18 |
| M35 Brian Hickey | 2:21.58 |
| M45 Charles Williams | 2:28.09 |
| M50 Rick Akam | 2:28.26 |
| M55 Eugene Truchelut | 2:55.36 |
| M65 Miro Mitusina | 4:18.33 |
| M70 Joe Shanahan | 3:59.65 |
| M75 Martin Quinn | 5:23.34 |

| | |
|-----------------------|---------|
| 1500m | |
| W30 Maite Moscoso | 5:28.69 |
| W40 Kirsten Baggett | 6:27.27 |
| W45 Elaine Rancatore | 5:45.67 |
| W50 Rosa Pinto-Rogers | 5:56.72 |
| M35 Aldo Virano | 4:40.47 |
| M45 Brian Gallagher | 5:12.29 |
| M50 Rick Akam | 5:09.29 |
| M65 Miro Mitusina | 8:50.78 |
| M75 Martin Quinn | 8:18.89 |

| | |
|---------------------|----------|
| 3000m | |
| W30 Maite Moscoso | 11:32.70 |
| W40 Kirsten Baggett | 12:55.75 |
| W45 Carol Postigo | 11:44.89 |
| M35 Aldo Virano | 10:08.30 |
| M75 Martin Quinn | 14:51.59 |

| | |
|-------------------|----------|
| 1500m Racewalk | |
| W50 Sandra DeMoon | 8:57.35 |
| M30 Juan Moscoso | 8:35.91 |
| M65 Miro Mitusina | 11:22.35 |
| M75 Robert Fine | 9:30.42 |

| | |
|--------------------------|--------|
| M30 Urayoan Marciano | 42.94m |
| M35 Henry Kupczyk | 24.88m |
| M40 Scott Manas | 16.31m |
| M55 William Dimitrouleas | 30.68m |
| M65 John Hands | 27.95m |
| M70 Rudolph Houg | 39.43m |
| M75 Larry Fleischman | 21.60m |

Birmingham TC Classic Hoover, AL; June 10

| | |
|--------------------|-------|
| 55m | |
| M55 Allen Garner | 8.48 |
| Will Shipley | 12.89 |
| M65 Golden Bertram | 7.10 |

| | |
|---------------------|-------|
| 100m | |
| M30 Carlos Matthews | 11.10 |
| M40 Landon Jones | 11.85 |
| M50 William Hall | 12.74 |
| Bill Murray | 12.94 |
| Phil Campbell | 13.24 |
| Tom Krebs | 14.66 |
| M55 Andrew Gipson | 12.49 |
| Allen Garner | 14.72 |
| Will Shipley | 23.08 |
| M60 Golden Bertram | 13.74 |
| M65 Bob Sutherland | 15.94 |
| Larry Heine | 16.13 |
| Roger Chassay | 19.09 |
| M85 Tom Kennell | 17.52 |

| | |
|--------------------|-------|
| 200m | |
| M40 Landon Jones | 25.48 |
| M50 James Davis | 26.92 |
| William Hall | 27.14 |
| M60 Golden Bertram | 29.66 |

| | |
|-------------------|---------|
| 400m | |
| M50 James Davis | 1:02.30 |
| Tom Krebs | 1:11.28 |
| M55 Andrew Gipson | 1:03.30 |
| Will Shipley | 1:52.09 |
| Cleveland Payne | 1:10.80 |
| Roger Chassay | 1:34.77 |

| | |
|-------------------|---------|
| 800m | |
| M55 Will Shipley | 4:35.94 |
| M65 Roger Chassay | 3:33.32 |

| | |
|----------------------|----------|
| 1500m | |
| M50 Norman Dodson | 5:07.44 |
| Tom Krebs | 6:03.91 |
| M55 Will Shipley | 11:25.00 |
| M60 Charles Thompson | 5:55.40 |

| | |
|--------------------|-------|
| M60 Swane McCauley | 40.50 |
| M65 Louis Vodopya | 29.50 |
| Bob Sutherland | 25.47 |
| M75 Gordon Seifert | 24.70 |

Charlotte Prep Meet UNC-Charlotte, NC June 10

| | |
|-----------------------|-------|
| 100m | |
| M35 Chuck Brown | 12.20 |
| M45 Bart Collins | 12.92 |
| M50 Wayne Fisher | 13.10 |
| M60 Thad Morris | 12.30 |
| M65 Chet Terry | 17.14 |
| W30 Kisha Rawlinson | 14.83 |
| W40 Barbara Turkdamar | 13.70 |

| | |
|-----------------------|-------|
| 200m | |
| M35 Chuck Brown | 24.71 |
| M45 Bart Collins | 26.02 |
| M50 Wayne Fisher | 26.68 |
| M55 Jeff Jenkins | 39.11 |
| M60 Robert Kountz | 26.48 |
| W30 Kisha Rawlinson | 30.64 |
| W35 Kris Kazebee | 28.74 |
| W40 Barbara Turkdamar | 27.90 |
| W70 Anne Yudel | 43.77 |

| | |
|-----------------------|---------|
| 400m | |
| M40 Robert Cousar | 1:01.78 |
| M50 Ken Bender | 1:04.14 |
| M55 J B Tillery | 1:08.11 |
| W30 Susan Smith | 1:08.68 |
| W35 Kris Kazebee | 1:05.90 |
| W40 Barbara Turkdamar | 1:04.58 |

| | |
|-------------------|---------|
| 800m | |
| M40 Robert Cousar | 2:19.55 |
| M45 Alan Sigmon | 2:31.02 |
| M50 Patrick Casey | 2:17.61 |
| M55 Jay Smith | 2:36.90 |

| | |
|-----------------|---------|
| 1500m | |
| M55 Karl Fields | 4:59.30 |
| W30 Susan Smith | 5:34.74 |

| | |
|------------------------|-------|
| Short Hurdles | |
| M50 Gregg Swindlehurst | 17.77 |
| M55 Steve Doerter | 18.58 |

USATF Florida Masters Championships Clermont; June 10

| | |
|-----------------------|-------|
| 100m | |
| M35 Michael Chiles | 11.93 |
| M40 Don Fields | 11.23 |
| Orlando Matthing | 11.53 |
| Daren Welborn | 12.46 |
| M45 Bernard Scott | 12.57 |
| Julius Shuler | 12.65 |
| Norman McPherson | 12.86 |
| M50 Ira Stern | 14.31 |
| M55 Bobby Terrell | 12.87 |
| Eric Hill | 14.27 |
| Lewis Rutland | 15.17 |
| M60 Wayne Hansen | 12.92 |
| William Benford | 13.95 |
| Lewis Hoffman | 16.99 |
| M65 Michael Boudreaux | 13.66 |
| M70 Norman Ellis | 14.26 |
| M75 Bob Voegel | 23.52 |
| M80 John Anoka | 19.12 |
| W30 Valma Bass | 11.63 |

| | |
|-----------------------|-------|
| 200m | |
| M40 Don Fields | 23.38 |
| Orlando Matthing | 23.55 |
| M45 Julius Shuler | 26.06 |
| Bobby Desantis | 26.31 |
| Bernard Scott | 27.17 |
| M55 Eric Hill | 31.12 |
| M60 Wayne Hansen | 27.88 |
| M65 Michael Boudreaux | 28.83 |
| M80 John Anoka | 45.56 |
| W30 Valma Bass | 23.86 |
| W55 Susan Hill | 40.65 |

| | |
|------------------|---------|
| 400m | |
| M45 Jeff Noel | 58.19 |
| Julius Shuler | 59.53 |
| Norman McPherson | 1:01.09 |
| M50 Trevor King | 1:01.51 |
| M65 Joe Shanahan | 1:18.14 |
| M80 John Anoka | 1:44.61 |
| W55 Susan Hill | 1:33.06 |

| | |
|--------------------|---------|
| 800m | |
| M45 Bobby Desantis | 2:11.95 |
| Brian Gallagher | 2:34.96 |
| M50 Hobson Fulmer | 2:26.95 |
| M55 Kurt Stelzner | 2:45.07 |
| M60 John Shenk | 3:01.21 |
| M65 Joe Shanahan | 4:31.65 |
| M70 Herman Lofton | 3:14.58 |
| W55 Susan Hill | 3:47.14 |

| | |
|---------------------|---------|
| 1500m | |
| M45 Brian Gallagher | 5:08.09 |
| M50 Hobson Fulmer | 5:06.62 |
| M55 Kurt Stelzner | 5:52.38 |
| M60 John Shenk | 6:35.80 |

| | |
|----------------------|----------|
| 5000m | |
| M40 David Taurasi | 22:49.78 |
| M45 Steve Renard | 28:28.49 |
| Robert Carver | 32:54.04 |
| M50 Lynn Robinson | 31:42.52 |
| M60 James Carmines | 29:22.81 |
| W30 Maite Moscoso | 20:39.74 |
| W40 Patricia Taurasi | 25:57.91 |

| | |
|-------------------|-------|
| Short Hurdles | |
| M50 James Broun | 15.73 |
| M55 Eric Hill | 19.15 |
| M60 Robert Norton | 20.44 |
| Lloyd Long | 24.34 |

| | |
|-------------------|-------|
| M70 James Oglesby | 12.86 |
| M75 Bob Voegel | 7.58 |
| M80 John Anoka | 6.42 |
| W55 Susan Hill | 6.14 |

| | |
|----------------------|-------|
| Discus | |
| M35 Michael Bennett | 49.98 |
| M55 Robert Jacobsohn | 29.06 |
| Kenneth Edwards | 21.26 |
| M60 Larry Pratt | 50.50 |
| Lloyd Long | 36.77 |
| William Barfield | 20.94 |
| M70 James Oglesby | 38.29 |
| M75 Richard Lowery | 33.40 |
| Bob Voegel | 20.55 |
| W50 Karen Sapp | 21.33 |
| W55 Susan Hill | 17.06 |

North Carolina State Games, Cary, N.C. June 11

| | |
|-------------------------|-------|
| 100m | |
| M30 Chris Coleman | 12.11 |
| Jason Reutter | 12.47 |
| M35 Eric Crichlow | 11.61 |
| Eric Johnson | 11.96 |
| Mardy Humphrey | 12.70 |
| M40 Terry Passione | 12.67 |
| M50 Michael Memoli | 13.33 |
| Richard Bailey | 14.84 |
| Bill Close | 14.86 |
| M55 Jeff Jenkins | 14.22 |
| M60 Joel Liles | 14.50 |
| Clarence Moore | 16.11 |
| Kelly Smith, Jr. | 16.27 |
| M65 John Machaffie | 18.50 |
| M70 Charles Durham, Jr. | 20.57 |
| W50B. J. Mickel-Close | 20.32 |
| W60 Louise Guardino | 17.99 |

| | |
|-----------------------|-------|
| 200m | |
| M30 Jason Reutter | 24.67 |
| Chris Coleman | 30.76 |
| M35 Eric Crichlow | 23.41 |
| Eric Johnson | 25.12 |
| M40 Terry Passione | 24.96 |
| Jack Unruh | 29.17 |
| M45 Eddie Stone | 25.51 |
| M50 Robert Freeman | 27.48 |
| Richard Bailey | 29.56 |
| Henry Baldwin | 30.63 |
| M55 Jeff Jenkins | 29.22 |
| Frank Reilly | 31.08 |
| M60 Kelly Smith, Jr. | 34.97 |
| Clarence Moore | 49.62 |
| W40 Regina Richardson | 28.47 |

| | |
|-----------------------|---------|
| 400m | |
| M30 Jason Reutter | 53.42 |
| Lonnie Floyd | 55.82 |
| Davis Taylor | 58.59 |
| M35 Chris Sarsony | 57.73 |
| M40 Bernard Gant | 65.23 |
| M45 Eddie Stone | 56.29 |
| M50 Robert Freeman | 1:02.08 |
| Henry Baldwin | 1:09.60 |
| Richard Bailey | 1:12.59 |
| Joel Liles | 1:12.22 |
| Clarence Moore | 1:38.85 |
| W40 Regina Richardson | 1:13.52 |
| W60 Louise Guardino | 1:43.40 |

| | |
|---------------------|---------|
| 800m | |
| M30 Leon Bullard | 2:03.92 |
| Lonnie Floyd | 2:06.11 |
| Jeff Najarian | 2:06.80 |
| M35 John Singer | 2:53.57 |
| M40 Jack Unruh | 2:19.69 |
| Michael Hamm | 2:23.45 |
| M45 Edwin Fager | 2:24.32 |
| M50 Henry Baldwin | 2:43.52 |
| Thomas Ratledge | 4:01.81 |
| M60 Ed Daw | 2:46.02 |
| Tom Lada | 2:57.78 |
| George Cliette | 3:23.14 |
| W40 Mary Szymkowski | 2:54.63 |
| Lisa Howell | 3:29.51 |

| | |
|-----------------------|-------|
| 3000m | |
| M35 John Singer | 12:29 |
| M40 Michael Hamm | 11:29 |
| M50 George Howe | 11:29 |
| M60 Tom Lada | 13:29 |
| George Antonelli | 20:29 |
| W45 Katherine Fincher | 20:29 |

| | |
|-----------------------|-------|
| 3000m Racewalk | |
| M50 Tom Hackney | 17:29 |
| Joe Holbrook | 21:29 |
| M60 George Antonelli | 20:29 |
| Doug Hammer | 25:29 |
| M70 Ole Holsti | 20:29 |
| Bill Kelley | 22:29 |
| W50B.J. Mickel-Close | 27:29 |
| 80m Hurdles (30") | |
| W40 Regina Richardson | 21:29 |
| 400m Hurdles (36") | |
| M30 Leon Bullard | 1:13 |
| Chris Coleman | 1:13 |
| M45 Michael Jones | 1:13 |

| | |
|---------------------|------|
| High Jump | |
| M35 Andrew Gatt | 5.00 |
| Eric Johnson | 5.00 |
| M40 S. Venkatarama | 5.00 |
| M50 Thomas Ratledge | 5.00 |
| M55 John Baylies | 5.00 |
| M60 George Cliette | 5.00 |
| George Antonelli | 5.00 |
| M65 Mike Valle | 5.00 |
| M70 Bill Gramley | 5.00 |
| Charles Durham, Jr. | 5.00 |

| | |
|---------------------------|----------|
| 3000m | |
| M35 John Singer | 12:44.41 |
| M40 Michael Hamm | 11:33.10 |
| M50 George Howe | 11:34.82 |
| M60 Tom Lada | 13:41.61 |
| George Antonelli | 17:23.61 |
| W45 Katherine Fincher | 20:21.00 |
| 3000m Racewalk | |
| M50 Tom Hackney | 17:30.94 |
| Joe Holbrook | 21:50.03 |
| M60 George Antonelli | 20:04.96 |
| Doug Hammer | 25:18.15 |
| M70 Ole Holsti | 20:58.44 |
| Bill Kelley | 22:55.10 |
| W50 B.J. Mickel-Close | 27:44.33 |
| 80m Hurdles (30") | |
| W40 Regina Richardson | 12.43 |
| 400m Hurdles (36") | |
| M30 Leon Bullard | 56.84 |
| Chris Coleman | 1:13.12 |
| M45 Michael Jones | 1:06.58 |
| High Jump | |
| M35 Andrew Gatt | 1.85 |
| Eric Johnson | 1.55 |
| M40 S. Venkatarama | 1.30 |
| M50 Thomas Ratledge | 1.25 |
| M55 John Baylies | 1.35 |
| M60 George Cliette | 1.25 |
| George Antonelli | 0.90 |
| M65 Mike Valle | 1.25 |
| M70 Bill Gramley | 1.10 |
| Charles Durham, Jr. | 0.90 |
| W30 Kimberly Baker | 1.50 |
| W40 Jayne Treadwell | 1.20 |
| Long Jump | |
| M30 Chris Coleman | 6.27 |
| DeNeal McNair | 5.57 |
| Ramesh Chellamani | 4.59 |
| M35 Chris Sarsony | 4.43 |
| M40 Clifton Huff | 4.45 |
| M50 Michael Memoli | 5.00 |
| Bill Close | 4.06 |
| Thomas Ratledge | 3.60 |
| M55 John Baylies | 4.45 |
| M60 George Cliette | 3.50 |
| M65 Mike Valle | 3.45 |
| M70 Charles Durham, Jr. | 1.96 |
| W50 B.J. Mickel-Close | 2.15 |
| Triple Jump | |
| M30 Chris Coleman | 12.76 |
| DeNeal McNair | 11.07 |
| Davis Taylor | 10.87 |
| M35 Eric Johnson | 11.36 |
| M40 Clifton Huff | 8.95 |
| M50 Michael Memoli | 10.27 |
| Bill Close | 8.71 |
| M55 John Baylies | 9.15 |
| M70 Charles Durham, Jr. | 4.17 |
| W40 Regina Richardson | 11.17 |
| W50 B.J. Mickel-Close | 5.01 |
| Pole Vault | |
| M35 Stewart McNaul | 3.97 |
| Todd Erbst | 3.36 |
| M55 Grady Whitsit | 3.21 |
| Shot Put | |
| M45 Andre Minor | 10.84 |
| M50 Harry Janetzko | 13.64 |
| Jose Guizarro | 11.85 |
| Lyle Hogan | 9.99 |
| M55 Frank Reilly | 12.46 |
| M60 Tom Steed | 12.95 |
| Malcolm Reese | 10.38 |
| Gordon Herbert | 9.43 |
| M70 Bill Gramley | 10.64 |
| Bill Cox | 7.84 |
| Discus | |
| M35 Chris Sarsony | 23.52 |
| M40 Tim Walters | 27.28 |
| Richard Simpson | 10.29 |
| M45 Andre Minor | 34.58 |
| M50 Harry Janetzko | 40.50 |
| Bob Nichols | 30.97 |
| M55 Frank Reilly | 41.45 |
| M60 Tom Steed | 41.78 |
| Malcolm Reese | 35.91 |
| Gordon Herbert | 33.81 |
| M65 Mike Valle | 38.64 |
| M70 Bill Gramley | 38.46 |
| Bill Cox | 15.72 |

MIDWEST

Lake Erie Assn. USATF
Championships, Mayfield
Village, OH; June 17

| | |
|----------------------|------|
| 100m | |
| M55 Don Ragon | 14.4 |
| M60 John Biacofsky | 15.1 |
| M65 Barry Kline | 16.2 |
| M85 John Means | 17.2 |
| W50 Terri Liscynsky | 17.2 |
| W60 Angela Biacofsky | 20.7 |
| 200m | |
| M50 Roman Liscynsky | 30.6 |
| M55 Jeff Gerson | 37.3 |
| M60 John Biacofsky | 31.8 |
| M65 John Sloan | 33.1 |
| M85 John Means | 36.6 |
| 400m | |
| M50 Charles Wasson | 57.6 |

| | |
|-----------------------|----------|
| M55 Jeff Gerson | 1:23.9 |
| 800m | |
| M50 Turran Harper | 2:20.4 |
| 1500m | |
| M65 Jon Bixler | 6:04.9 |
| 5000m | |
| M40 Scott Gill | 17:36.9 |
| 300m Hurdles | |
| M60 Woody Coddington | 1:15.0 |
| M65 Barry Kline | 1:05.5 |
| Long Jump | |
| M45 Frank Makozzy | 15.4 |
| M60 Woody Coddington | 10:10.25 |
| M65 John Sloan | 12:1.50 |
| High Jump | |
| M50 John Bohan | 5-4 |
| M55 Irvin Taylor | 4-6 |
| M65 Barry Kline | 4-10 |
| M70 Chuck Wiedman | 3-8 |
| Pole Vault | |
| M45 Frank Makozzy | 10-0 |
| M50 Pat Ragon | 10-0 |
| M55 Don Ragon | 8-4 |
| M65 John Sloan | 8-5 |
| M70 Chuck Wiedman | 6-3 |
| Triple Jump | |
| M60 Woody Coddington | 20-3 |
| M70 Chuck Wiedman | 17-5 |
| Shot Put | |
| M70 Chuck Wiedman | 9.52 |
| M75 Rudy Bredenbeck | 9.70 |
| W70 Zina Gelgotas | 5.66 |
| Discus | |
| M55 Don Ragon | 36.27 |
| M65 John Sloan | 31.40 |
| M75 Rudy Bredenbeck | 29.67 |
| W70 Zina Gelgotas | 13.49 |
| Javelin | |
| M55 Don Ragon | 33.54 |
| M65 John Sloan | 32.87 |
| M75 Rudy Bredenbeck | 24.79 |
| 3000m Racewalk | |
| M65 James Laggar | 19:22.4 |
| W55 Joyce Prohaska | 18:15.6 |

USATF-Wisconsin
Outdoor Championships
Waukesha; June 18

| | |
|-----------------------|----------|
| 100m | |
| M40 Kevin Ellis | 11.81 |
| M45 Shawn Shurilla | 13.72 |
| M50 Michael Berndt | 13.98 |
| M55 Marvin Ripp | 15.87 |
| M70 Paul Lehmkuhl | 16.74 |
| W40 Lisa Brube IL | 16.95 |
| W55 Patty Lynch | 20.24 |
| W85 Carol Peebles | 28.45 |
| 200m | |
| M40 Kevin Ellis | 25.23 |
| M45 Michael Snowden | 28.06 |
| M50 Michael Berndt | 29.07 |
| M55 Marvin Ripp | 34.50 |
| M70 Clarence Trinkner | 42.68 |
| W40 Jacklyn Mister | 31.63 |
| W85 Carol Peebles | 1:00.31 |
| 400m | |
| M35 Howard Herman IL | 55.91 |
| M45 Eric Parker | 54.87 |
| M50 Michael Berndt | 1:02.83 |
| M55 Marvin Ripp | 1:13.30 |
| M70 Bill Baxter | 1:31.57 |
| W55 Patty Lynch | 1:28.73 |
| W85 Carol Peebles | 2:38.46 |
| 800m | |
| M35 Steven Cassar | 2:27.87 |
| M45 Eric Parker | 2:12.60 |
| M55 Greg Sievers | 2:39.52 |
| M70 Bill Baxter | 3:58.03 |
| W55 Patty Lynch | 3:21.61 |
| 1500m | |
| M35 Steven Cassar | 4:25.09 |
| M45 Tony Rodiez | 4:31.15 |
| M55 Greg Sievers | 5:25.54 |
| 5000m | |
| M45 Craig Bixler IL | 19:00.35 |
| M50 Mark Maduza | 19:38.17 |
| M70 Alfred Du Bois | 34:15.95 |
| W50 Lynn Tracy | 28:34.02 |
| W75 Katherine Marrs | 37:03.55 |
| Short Hurdles | |
| M40 David Ashford IL | 15.21 |
| M45 Shawn Shurilla | 20.33 |
| M70 Paul Lehmkuhl | 18.52 |
| Long Hurdles | |
| M45 Shawn Shurilla | 1:10.13 |
| M50 Robert Zahn | 1:11.76 |
| Hammer | |
| M40 Greg Theologes IL | 39.17 |

MID-AMERICA

Iowa Senior Olympics
West Des Moines
June 8-11

| | |
|------------------|------|
| 50m | |
| M50 Mike Hale | 6.75 |
| M55 Phil Ramsey | 5.50 |
| M60 Les Lane | 7.19 |
| M65 Davis Eidahl | 7.53 |
| M70 Don Zimmer | 7.97 |

| | |
|-----------------------|---------|
| M75 Daniel Teran | 9.03 |
| M80 Melvin Larsen | 7.84 |
| M90 Adolph Peschke | 17.78 |
| W55 Neva Weisskopf | 8.41 |
| M65 Marion Krueger | 10.31 |
| M70 Carolyn Dodd | 11.25 |
| M75 Frances Young | 16.28 |
| 100m | |
| M50 Frank Hale | 12.62 |
| M55 Phil Ramsey | 13.07 |
| M60 Ronald Beasley | 14.13 |
| M65 Larry Andrews | 13.43 |
| M70 Don Zimmer | 15.68 |
| M75 William Melville | 14.81 |
| M80 Melvin Larsen | 15.13 |
| W55 Neva Weisskopf | 16.97 |
| W60 Normimah Benedict | 15.90 |
| W65 Marion Krueger | 20.22 |
| M70 Carolyn Dodd | 23.62 |
| W75 Frances Young | 28.72 |
| 200m | |
| M50 Ernie Snodgrass | 27.38 |
| M55 Phil Ramsey | 27.88 |
| M60 Gary O'Daniels | 27.75 |
| M65 Larry Andrews | 29.62 |
| M70 Ray Graves | 32.50 |
| M75 William Melville | 31.37 |
| M80 Melvin Larsen | 33.50 |
| W50 Kay Glynn | 30.00 |
| W55 Neva Weisskopf | 37.17 |
| W65 Betty Hoff | 42.72 |
| W70 Carolyn Dodd | 1:00.93 |
| W75 Frances Young | 1:18.42 |
| 400m | |
| M50 John Adams | 1:01.46 |
| M55 Phil Ramsey | 1:01.50 |
| M60 Frank Davis | 1:06.18 |
| M65 Thomas Ciesielski | 1:11.88 |
| M70 Tom Novak | 1:25.25 |
| M75 Gene Harding | 1:31.00 |
| W50 Betty McKenzie | 1:33.46 |
| W55 Neva Weisskopf | 1:39.03 |
| W60 Helen James | 1:36.72 |
| W65 Betty Hoff | 1:35.25 |
| W70 Rita Ashmead | 1:40.94 |
| 800m | |
| M50 David Miller | 2:29.47 |
| M55 John Bartello | 2:31.06 |
| M60 Frank Davis | 2:34.66 |
| M65 Mike Bender | 2:42.24 |
| M70 Tom Novak | 3:28.25 |
| M75 Gene Harding | 3:33.55 |
| W55 Roberta Blakeman | 3:31.10 |
| W60 Helen James | 3:56.31 |
| W65 Betty Hoff | 4:03.72 |
| W70 Rita Ashmead | 3:51.34 |
| 1500m | |
| M50 David Miller | 5:09.33 |
| M55 John Bartello | 5:10.60 |
| M60 Frank Davis | 5:14.12 |
| M65 Mike Bender | 5:35.10 |
| M70 Tom Novak | 7:19.41 |
| M75 Gene Harding | 7:24.00 |
| W50 Susan Duoblys | 7:18.37 |
| W55 Mindy Kralicek | 8:13.00 |
| W60 Helen James | 8:08.00 |
| W65 Betty Hoff | 8:19.00 |
| W70 Rita Ashmead | 7:22.00 |
| High Jump | |
| M50 John Barron | 5-2 |
| M55 Ron Iverson | 4-6 |
| M60 Ed Dieleman | 4-0 |
| M65 Davis Eidahl | 4-2 |
| M70 Richard Angove | 3-10 |
| M75 Frank Bollinger | 3-8 |
| M80 Judson Kruidenier | 3-6 |
| W60 Normimah Benedict | 3-4 |
| Long Jump | |
| M50 Mike Hale | 15-6 |
| M55 Ron Iverson | 13-6 |
| M60 Ed Dieleman | 9-11.75 |
| M65 Rich Hoidahl | 11-8.50 |
| M70 Don Zimmer | 10-7.25 |
| M75 Daniel Teran | 8-1.75 |
| W50 Betty McKenzie | 12-1 |
| W55 Neva Weisskopf | 9-4 |
| W60 Normimah Benedict | 10-9 |
| W65 Marion Krueger | 7-7.50 |
| W70 Rita Ashmead | 8-7 |
| W75 Frances Young | 3-9.50 |
| Shot Put | |
| M50 Wayne Renner | 33-4 |
| M55 Jim Kelly | 32-9 |
| M60 Virgil Paulsen | 35-6.50 |
| M65 Al Salmon | 35-8.50 |
| M70 Ron Anderson | 33-1.50 |
| M75 Victor Durchholz | 25-11 |
| M80 Howard Dewell | 18-8 |
| M90 Adolph Peschke | 13-0 |
| W50 Cynthia Schenck | 16-9.50 |
| W55 Martha Green | 24-0.50 |
| W65 Marion Krueger | 22-5 |
| W70 Carolyn Dodd | 14-4.50 |
| W75 Betty Kruidenier | 15-7.50 |
| W80 Winifred Canady | 9-9 |
| Discus | |
| M50 Wayne Renner | 104-5 |
| M55 Terry Cory | 114-1 |
| M60 Ralph Check | 123-4 |
| M65 Jerry Springer | 114-1 |
| M70 Ron Anderson | 116-6 |
| M75 Frank Bollinger | 79-6 |

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|------------------------|----------|
| M80 Howard Dewell | 67-3 |
| M90 Adolph Peschke | 36-11 |
| W50 Cynthia Schenck | 29-7 |
| W55 Barb Tiedemann | 60-3 |
| W65 Marion Krueger | 60-6 |
| W70 Kay Allen | 37-5 |
| W75 Betty Kruidenier | 43-0 |
| W80 Winifred Canady | 18-10 |
| 1500m RW | |
| M50 Paul Hanson | 12:01.74 |
| M55 Robert Shires | 8:24.59 |
| M60 Gary O'Daniels | 8:55.93 |
| M65 Dick Payne | 11:04.00 |
| M70 Franklin Brown | 9:19.15 |
| M75 Frank Bollinger | 13:16.00 |
| W55 Faith Rulapaugh | 10:54.30 |
| W60 Normimah Benedict | 12:11.00 |
| W70 Carolyn Dodd | 13:23.00 |
| W75 Frances Young | 16:00.00 |
| W80 Jean McClaran | 12:41.00 |
| 5000m RW | |
| M55 Robert Shires | 30:40 |
| M60 Gary O'Daniels | 31:17 |
| M65 Dick Payne | 39:13 |
| M70 Franklin Brown | 34:24 |
| M75 Ralph Scott | 41:51 |
| M80 Leroy Reistoffler | 41:33 |
| W55 Faith Rulapaugh | 36:51 |
| W65 Yashi Israni | 48:15 |
| W80 Jean McClaran | 42:01 |
| 5K Road Race | |
| M50 Greg Madison | 21:25 |
| M55 John Bartello | 19:21 |
| M60 Gary Patton | 20:26 |
| M65 Mike Bender | 20:32 |
| M75 Gene Harding | 28:50 |
| W50 Susan Duoblys | 26:14 |
| W55 Roberta Blakeman | 26:20 |
| W70 Rita Ashmead | 26:23 |
| 10K Road Race | |
| M55 Joe Keefer | 47:14 |
| M60 Dharmvir Bhatnagar | 69:02 |
| M65 Larry Reed | 61:33 |

Star of the North Games
Rochester, MN
June 17-18

| | |
|------------------------|----------|
| 100m | |
| M30 Bryan Weiss | 12.51 |
| M35 Garrick Beale | 12.41 |
| M40 John Patterson | 12.34 |
| M45 Kerry Baubie | 13.69 |
| M50 Jim Schoffman | 13.15 |
| M55 Russ Anteronen | 15.17 |
| M60 Paul Montgomery | 14.10 |
| M65 George LaBelle | 16.00 |
| M75 John Bursema | 18.79 |
| W35 Nancy Hirdler | 17.62 |
| W40 J Jackson-Matthews | 14.37 |
| 200m | |
| M30 Peter Haack | 25.12 |
| M35 Jason Hirdler | 30.41 |
| M40 John Patterson | 24.63 |
| M45 Dave Grant | 30.64 |
| M50 Jim Schoffman | 25.86 |
| M55 Jim Sheehan | 29.50 |
| M60 Paul Montgomery | 31.11 |
| M65 George LaBelle | 33.90 |
| M75 John Bursema | 42.01 |
| W40 J Jackson-Matthews | 31.31 |
| 400m | |
| M30 Peter Haack | 53.60 |
| M45 Dave Grant | 1:06.26 |
| M50 Jim Schoffman | 58.86 |
| M55 Pat O'Regan | 1:15.42 |
| M60 Carl Etter | 1:09.63 |
| M65 George LaBelle | 1:33.51 |
| W35 LaRee Etter | 1:29.03 |
| 800m | |
| M40 David Pomfret | 2:12.37 |
| M45 Dave Grant | 2:35.10 |
| M50 Jim Sheehan | 2:36.31 |
| M60 James Michaux | 3:25.69 |
| M75 Dean Olcott | 4:16.17 |
| W35 Nancy Hirdler | 3:07.86 |
| 1500m | |
| M40 Gerry Werven | 4:51.93 |
| M45 Dave Grant | 5:37.00 |
| M50 Jim Sheehan | 5:03.65 |
| M60 James Michaux | 7:09.24 |
| W35 LaRee Etter | 7:09.95 |
| W40 Robin Paurus | 6:17.87 |
| 3000m | |
| M45 Dave Grant | 13:49.87 |
| W35 LaRee Etter | 13:52.28 |
| 5000m | |
| M55 Kenneth Paur | 27:00.61 |
| Short Hurdles | |
| M55 Michael Moser | 26.82 |
| M65 George LaBelle | 24.80 |
| Long Hurdles | |
| M55 Carter Holmes | 55.77 |
| M65 George LaBelle | 68.08 |
| High Jump | |
| M45 Rick Allen | 4-10 |
| M50 Jim Thorson | 4-6 |
| M55 Michael Moser | 3-6 |
| M60 Carl Etter | 4-2 |
| M65 George LaBelle | 3-0 |
| M70 Tom Langenfeld | 4-9 |
| M75 Dean Olcott | 3-0 |

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|------------------------|----------|
| Pole Vault | |
| M55 Michael Moser | 6-0 |
| Long Jump | |
| M35 Jason Hirdler | 14-5 |
| M45 Kerry Baubie | 16-10 |
| M55 Michael Moser | 11-5.50 |
| M60 Carl Etter | 14-3.50 |
| M65 George LaBelle | 11-4 |
| W40 J Jackson-Matthews | 15-1 |
| Triple Jump | |
| M45 Dave Grant | 26-5.50 |
| M55 Michael Moser | 21-8 |
| M60 Carl Etter | 25-8 |
| M65 George LaBelle | 21-4 |
| Shot Put | |
| M40 Jeff Koppenhaver | 41-2.50 |
| M45 Dave Grant | 28-5 |
| M55 James Rosamilia | 31-6.50 |
| M65 George LaBelle | 31-11.50 |
| M70 Gene Lohman | 31-8.50 |
| M75 Dean Olcott | 20-3.50 |
| W40 J Jackson-Matthews | 21-9.50 |
| Discus | |
| M40 Robert Parker | 123-5 |
| M45 Paul Zabee | 115-7 |
| M55 James Rosamilia | 101-5 |
| M65 George LaBelle | 90-9 |
| M70 Gene Lohman | 83-1 |
| M75 Dean Olcott | 75-10 |
| W40 Kirsten Dierking | 77-0 |
| Javelin | |
| M40 Jeff Koppenhaver | 131-0 |
| M45 Dave Grant | 101-7 |
| M55 James Rosamilia | 135-0 |
| M60 Carl Etter | 98-6 |
| M65 George LaBelle | 83-07 |
| M70 Perry Brown | 84-10 |
| W40 Rebekah Jorgensen | 75-10 |
| MacAttack 5K | |
| M30 Tom O'Hara | 18:21 |
| M35 Scott Held | 19:39 |
| M45 Gary Dutton | 20:07 |
| M50 Jeff Erickson | 21:49 |
| M55 Dennis Schreiber | 24:02 |
| M60 John Brown | 21:17 |
| M65 Joe Valdivia | 25:14 |
| M70 Jerry Reynolds | 31:18 |
| W30 Julie Nelson | 17:48 |
| W35 Charron McLeod | 23:44 |
| W40 Deb Krause | 22:41 |
| W45 Mary Haen | 23:55 |
| W50 Kit Hawkins | 26:07 |
| W55 Susan Powers | 25:24 |

National Masters News

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|------------------------|----------|-----------------------|-------|
| M80 Frederic Hirsimaki | 10-2 | Willie Gatzka | 34-5 |
| Vincent Rosadillo | 6-0 | W85 Betty Sanford | 16-10 |
| M85 Ed Carter | 9-3.50 | 5K Road Race | |
| M90 Roy Hollingsworth | 1-8 | M50 Simon Martin | 17.35 |
| W55 Deb Vestal | 6-0 | Don Shedd | 26.47 |
| Mary Clark | 5-8 | M55 John Roeske | 20.53 |
| W60 Sharon Raham | 9-11 | John Jesmer | 22.58 |
| W65 Linda Glick | 6-6 | Paul Lewandowski | 23.29 |
| W70 Christel Donley | 9-10 | M60 William Totten | 24.30 |
| Marian Seder | 6-4 | Max Peters | 24.39 |
| W80 Willie Gatzka | 3-0 | M65 Mark Collins | 24.19 |
| W85 Molly MacKown | 5-0 | Ivan Likes | 24.24 |
| Shot Put | | Mike Mills | 26.39 |
| M55 Charles Richardson | 30-4 | M70 Robert Tippy | 37.04 |
| Maurie Weigel | 29-10.50 | M75 William Smythe | 25.34 |
| David Keith | 29-5 | W65 Judith Smythe | 27.04 |
| M60 Ian Percy | 42-4.75 | W70 Marian Seder | 32.54 |
| John Bourm | 37-3.50 | 10K Road Race | |
| Len Carpenter | 29-0 | M50 John Roeske | 44.21 |
| M65 Terry Livermore | 37-0 | Paul Lewandowski | 49.28 |
| George Soule | 34-10 | John Jesmer | 52.39 |
| Alex Meyer | 32-8 | M60 William Totten | 53.07 |
| M70 Armand Zahn | 38-11.50 | Max Peters | 53.23 |
| Carroll Marty | 31-7.50 | M65 Mike Mills | 57.00 |
| Robin Herron | 31-4.50 | Paul Driskill | 57.14 |
| M75 Bob King | 33-2.25 | M70 Ted Price | 54.05 |
| Floyd Jack | 29-11.50 | M80 Vincent Rosadillo | 85.10 |
| M80 Willard Froseth | 23-4 | W70 Marian Seder | 71.49 |
| George Slone | 22-9 | | |
| M85 Dale Buysse | 28-0.50 | | |
| M90 Roy Hollingsworth | 18-8.25 | | |
| W50 Jean Douglas | 26-0.75 | | |
| Patricia Gilmour | 22-11.50 | | |
| Marita Lough | 21-11 | | |
| W55 Mary Clark | 24-10.50 | | |
| Marlene Sisco | 24-6 | | |
| Linda Williams | 20-10.50 | | |
| W60 Sally Curtis | 25-7 | | |
| Sharon Raham | 23-7.75 | | |
| F Dudenhoefter | 21-9.50 | | |
| W65 Joy Kaylor | 23-11.75 | | |
| Kumi Horiuchi | 13-6.50 | | |
| W70 Christel Donley | 24-6.50 | | |
| Norma Price | 22-6.50 | | |
| W75 Pat Hutson | 17-11 | | |
| W80 Willie Gatzka | 13-6.25 | | |
| W85 Betty Sanford | 10-7.25 | | |
| Discus | | | |
| M55 Tim Edwards | 33.81 | | |
| Timothy Fuehrer | 22.48 | | |
| Gary Gallegos | 18.30 | | |
| M60 Ian Percy | 46.30 | | |
| Alfred Logston | 24.19 | | |
| Len Carpenter | 21.18 | | |
| M65 Terry Livermore | 38.07 | | |
| George Soule | 33.07 | | |
| Mike Mills | 22.49 | | |
| M70 Vernon Spencer | 30.42 | | |
| Robin Herron | 27.68 | | |
| Alfred Clowser | 25.38 | | |
| M75 Bob King | 31.56 | | |
| Jack Floyd | 30.70 | | |
| Robert Carlson | 32.62 | | |
| M80 Frederic Hirsimaki | 23.65 | | |
| George Slone | 12.36 | | |
| M85 Dale Buysse | 19.47 | | |
| Harry Leitheit | 11.81 | | |
| M90 Roy Hollingsworth | 14.85 | | |
| W50 Jean Douglas | 20.99 | | |
| Patricia Gilmour | 15.46 | | |
| Marita Lough | 15.34 | | |
| W55 Marlene Sisco | 19.64 | | |
| Deb Vestal | 14.08 | | |
| Mary Clark | 13.26 | | |
| W60 Sharon Raham | 21.09 | | |
| Frances Dudenhoefter | 13.02 | | |
| W65 Joy Kaylor | 21.35 | | |
| Kumi Horiuchi | 10.66 | | |
| W70 Christel Donley | 17.76 | | |
| Norma Price | 15.97 | | |
| W80 Doris Brewster | 10.72 | | |
| Willie Gatzka | 9.38 | | |
| Javelin | | | |
| M50 Pat McNulty | 105-6 | | |
| M55 Rocco Pettito | 133-7 | | |
| Stephen Kesler | 118-5 | | |
| David Keith | 101-7 | | |
| M60 Leonard Sokoloski | 122-4 | | |
| Jim Francis | 112-0 | | |
| John Bourm | 95-1 | | |
| M65 Ivan Likes | 113-9 | | |
| Alex Meyer | 96-11 | | |
| M70 Ronald Leggett | 101-5 | | |
| Armand Zahn | 88-2 | | |
| Donald Blaine | 83-0 | | |
| M75 Floyd Jack | 82-3 | | |
| Robert Carlson | 59-1 | | |
| M80 Frederic Hirsimaki | 90-2 | | |
| Vincent Rosadillo | 33-10 | | |
| M85 Dale Buysse | 54-9 | | |
| M90 Roy Hollingsworth | 29-2 | | |
| W50 Jean Douglas | 68-4 | | |
| Marita Lough | 53-0 | | |
| Susan Sanford | 35-1 | | |
| W55 Marlene Sisco | 52-1 | | |
| Mary Clark | 48-11 | | |
| W60 Sharon Raham | 91-2 | | |
| W65 Joy Kaylor | 57-8 | | |
| Kumi Horiuchi | 35-4 | | |
| W70 Christel Donley | 75-10 | | |
| Norma Price | 42-6 | | |
| W80 Doris Brewster | 43-3 | | |

Missouri State Senior Games, Columbia, MO June 22-25

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|----------------------|---------|
| 50m | |
| M50 Roy Roberson | 6.57 |
| M55 Tom Ott | 6.32 |
| M60 Les Lane | 7.06 |
| M65 Bob Lida | 6.88 |
| M70 Wendell Roehrs | 7.44 |
| M75 Gene Williams | 7.71 |
| M80 Curt Davison | 8.69 |
| M85 Jack Weston | 14.31 |
| W50 Jacqueline Board | 7.29 |
| W60 Ilene Woods | 11.55 |
| W65 Char Lane | 9.00 |
| W70 Aileen McComas | 10.68 |
| W75 Alice Purdes | 17.58 |
| W80 Dottie Gray | 12.58 |
| 100m | |
| M50 Roy Roberson | 12.39 |
| Ernie Snodgrass | 13.08 |
| James Freund | 13.09 |
| M55 Tom Ott | 12.12 |
| Rick Parker | 12.53 |
| Marty McClintock | 12.89 |
| M60 Les Lane | 13.41 |
| Clifton Manning | 14.35 |
| James Snook | 14.54 |
| M65 Bob Lida | 13.14 |
| Bob Bryant | 14.30 |
| Rodger Young | 16.12 |
| M70 Wendell Roehrs | 13.62 |
| Verfn Schewe | 15.31 |
| Deloynt Huffman | 16.50 |
| M75 Gene Williams | 15.11 |
| Irv Siegel | 16.70 |
| Frank Bollinger | 21.76 |
| M80 Curt Davison | 15.88 |
| M85 Jack Weston | 29.65 |
| W50 Jacqueline Board | 14.10 |
| Maureen Halloran | 15.40 |
| W55 Sharon Robinson | 17.14 |
| Jane Kaiser | 20.18 |
| W60 Ilene Woods | 23.90 |
| W65 Char Lane | 17.22 |
| Freddie Walker | 26.79 |
| W70 Aileen McComas | 21.27 |
| Alice Mohr | 23.14 |
| Maurine Lia | 23.18 |
| W80 Dottie Gray | 25.10 |
| 200m | |
| M50 Roy Roberson | 25.78 |
| James Freund | 25.95 |
| Ernie Snodgrass | 26.71 |
| M55 Rick Parker | 25.71 |
| Jim Seiler | 26.34 |
| Stuart Radloff | 26.35 |
| Les Lane | 28.71 |
| M60 Les Lane | 28.71 |
| Clifton Manning | 32.14 |
| Larry Windmoeller | 37.82 |
| M65 Bob Lida | 26.46 |
| Bob Bryant | 30.58 |
| Bill Wright | 36.11 |
| M70 Wendell Roehrs | 29.72 |
| Vern Schewe | 32.97 |
| Deloynt Huffman | 40.79 |
| M75 Gene Williams | 32.58 |
| Irv Siegel | 35.62 |
| Byron Winter | 57.97 |
| M80 Curt Davison | 35.91 |
| W50 Jacqueline Board | 29.07 |
| Maureen Halloran | 32.41 |
| W55 Debbie Stiles | 33.31 |
| Sharon Robinson | 37.52 |
| Betty Bohon | 40.76 |
| W60 Ilene Woods | 55.79 |
| W65 Char Lane | 38.86 |
| W70 Aileen McComas | 50.51 |
| W80 Dottie Gray | 56.42 |
| 400m | |
| M50 James Freund | 1:00.23 |
| David Walker | 1:02.18 |

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|-----------------------|----------|
| Gilbert Castillo | 1:04.15 |
| M55 Stuart Radloff | 1:01.62 |
| Gvary Cowman | 1:06.20 |
| David Johnson | 1:10.54 |
| M60 Joe Lechner | 1:11.99 |
| Clifton Manning | 1:18.73 |
| M65 Bob Lida | 1:02.08 |
| Bob Bryant | 1:18.62 |
| William Lobdell | 1:22.21 |
| M70 Deloynt Huffman | 1:23.29 |
| M75 Jim Weaver | 1:22.96 |
| Gene Williams | 1:24.47 |
| Irv Siegel | 1:32.42 |
| M80 Curt Davison | 1:38.61 |
| W50 Jacqueline Board | 1:09.25 |
| W55 Debbie Stiles | 1:20.60 |
| Betty Bohon | 1:27.31 |
| Jane Kaiser | 2:02.71 |
| W60 Jane Hutchison | 1:26.46 |
| Carol Kuhlmann | 1:54.31 |
| W65 Char Lane | 1:37.42 |
| W80 Dottie Gray | 2:24.67 |
| 800m | |
| M50 Charles Brandon | 2:23.32 |
| Steven Terry | 2:30.55 |
| Gilbert Castillo | 2:32.15 |
| M55 David Johnson | 2:48.40 |
| M60 Larry Windmoeller | 3:49.32 |
| M65 William Lobdell | 3:11.74 |
| Bob Bryant | 3:16.47 |
| Bill Wright | 3:19.07 |
| M70 Walter Schlereth | 3:00.08 |
| Deloynt Huffman | 3:17.78 |
| M75 Jim Weaver | 3:18.71 |
| Joseph Bell | 3:30.58 |
| W55 Debbie Stiles | 3:25.70 |
| Jane Kaiser | 4:57.18 |
| W60 Jane Hutchison | 2:59.09 |
| W80 Alice Mohr | 4:43.76 |
| 1500m | |
| M50 Charles Brandon | 4:46.63 |
| Steven Terry | 5:12.00 |
| Jack Uhrry | 5:13.48 |
| M55 David Johnson | 5:36.47 |
| M60 Larry Windmoeller | 8:08.58 |
| M65 Bill Wright | 7:20.36 |
| Bob Bryant | 7:21.10 |
| M70 Jerry Smart | 6:04.23 |
| Delbert Camp | 6:48.70 |
| Deloynt Huffman | 8:50.36 |
| M75 Joseph Bell | 7:05.19 |
| Jim Weaver | 7:18.64 |
| W55 Jane Kaiser | 10:01.66 |
| W60 Jane Hutchison | 6:09.55 |
| Carol Kuhlmann | 8:03.78 |
| W70 Alice Mohr | 9:35.02 |
| W80 Dottie Gray | 10:47.08 |
| High Jump | |
| M50 Gary Pirsch | 5-06 |
| Kelly Meares | 4-10 |
| Stephen Maxson | 4-02 |
| M55 Marty McClintock | 4-08 |
| Michael Bruce | 4-02 |
| David Hansen | 4-02 |
| M60 Larry Rheads | 4-10 |
| Les Lane | 4-06 |
| Johnston Ewing | 4-04 |
| M65 Ronald Dennert | 4-02 |
| Rodger Young | 4-02 |
| Bob Bryant | 3-10 |
| M70 Lyle Pfaff | 2-08 |
| M75 C.L. Bruce | 3-10 |
| Frank Bollinger | 3-06 |
| William Cannon | 3-04 |
| M80 Curt Davison | 3-08 |
| Howard Dewell | 2-10 |
| M85 Jack Weston | 2-08 |
| W55 Jane Kaiser | 3-02 |
| Connie Strobach | 2-08 |
| W70 Aileen McComas | 3-00 |
| Pole Vault | |
| M50 Kelly Meares | 11-00 |
| Charles Barnard | 9-00 |
| Eric Waldschmidt | 9-00 |
| M55 Stephen Estep | 9-00 |
| M60 Johnston Ewing | 9-00 |
| Dan Limbaugh | 8-00 |
| M65 Rodger Young | 8-00 |
| M70 Jose Cesteros | 5-06 |
| M75 C.L. Bruce | 6-06 |
| W55 Jane Kaiser | 4-06 |
| Long Jump | |
| M50 David Walker | 16-03.75 |
| Clint McCann | 15-07.00 |
| Kelly Meares | 14-11.00 |
| M55 Larry Rodenbeck | 15-06.75 |
| Marty McClintock | 14-09.50 |
| Michael Bruce | 14-00.50 |
| M60 Frank Tilton | 15-00.00 |
| Les Lane | 14-06.00 |
| David Hood | 12-07.00 |
| M65 Bob Bryant | 13-03.50 |
| Bill Wright | 11-02.50 |
| Rodger Young | 10-08.00 |
| M70 Ron Jelinek | 11-04.50 |
| Vern Schewe | 10-07.50 |
| Lyle Pfaff | 8-02.00 |
| M75 C.L. Bruce | 11-02.50 |
| Gene Williams | 11-02.00 |
| Cully Vaughan | 8-08.25 |
| M80 Curt Davison | 10-02.00 |
| Howard Dewell | 5-10.50 |

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|----------------------|-----------|
| M85 Jack Weston | 4-08.50 |
| W50 Maureen Halloran | 11-11.75 |
| W55 Jane Kaiser | 9-02.00 |
| Connie Strobach | 4-05.00 |
| W65 Char Lane | 9-03.50 |
| Freddie Walker | 5-04.00 |
| W70 Aileen McComas | 7-07.00 |
| Alice Mohr | 7-02.00 |
| W75 Alice Purdes | 3-08.00 |
| Triple Jump | |
| M50 David Walker | 32-01.00 |
| Garry Pirsch | 26-04.00 |
| M55 Larry Rodenbeck | 36-07.50 |
| Michael Bruce | 27-11.50 |
| Allan Schenck | 20-03.00 |
| M60 Larry Rheads | 31-01.50 |
| James Snook | 24-11.25 |
| M65 Bob Bryant | 28-03.00 |
| M65 George Smith | 25-08.00 |
| M70 Ron Jelinek | 22-04.25 |
| M75 C.L. Bruce | 22-02.50 |
| Frank Bollinger | 18-09.00 |
| J Marcantonio | 16-08.50 |
| W50 Maureen Halloran | 23-07.00 |
| W55 Jane Kaiser | 18-05.50 |
| W65 Char Lane | 17-03.25 |
| W75 Alice Purdes | 7-01.50 |
| Shot Put | |
| M50 Ron Summers | 51-02.25 |
| Steven Martin | 44-06.25 |
| James Gomez | 39-06.75 |
| M55 David Hansen | 35-08.75 |
| Bob Belcher | 33-03.25 |
| Kevin Shaner | 32-09.75 |
| M60 Loarn Robertson | 42-04.00 |
| Jerrell Myers | 41-02.25 |
| Larry Rheads | 39-01.75 |
| M65 Richard Pilgrim | 40-05.00 |
| Al Salmon | 37-01.75 |
| George Smith | 36-07.50 |
| M70 Ron Anderson | 36-01.25 |
| Tom Christenson | 31-06.00 |
| Lyle Pfaff | 28-04.50 |
| M75 Cyrus Deem | 34-00.25 |
| C.L. Bruce | 31-02.50 |
| Cully Vaughan | 29-01.00 |
| M80 Curt Davison | 28-02.25 |
| Howard Dewell | 22-09.25 |
| Ed Curtis | 18-01.00 |
| M85 Jack Weston | 18-01.50 |
| W50 Maureen Halloran | 25-08.00 |
| W55 Myrle Mensey | 36-06.75 |
| Connie Strobach | 29-04.00 |
| Jane Kaiser | 21-10.25 |
| W60 Mary Henehan | 23-03.50 |
| W65 Freddie Walker | 18-08.50 |
| Loretta Hopgood | 16-07.00 |
| W70 Betty Adams | 22-01.00 |
| Aileen McComas | 20-07.00 |
| W75 Alice Purdes | 11-03.50 |
| Discus | |
| M50 Steven Martin | 128-08.00 |
| Bob Draffen | 112-09.00 |
| David Couts | 92-09.00 |
| M55 David Hansen | 99-02.00 |
| Richard Crist | 96-08.00 |
| Kevin Shaner | 89-11.00 |
| M60 Loarn Robertson | 136-04.00 |
| Larry Rheads | 133-06.00 |
| Jerrell Myers | 117-10.00 |
| M65 Richard Cochran | 158-02.00 |
| Al Salmon | 108-10.00 |
| Jerry Mosere | 103-11.00 |
| M70 Ron Anderson | 122-08.00 |
| Jim Young | 117-08.00 |
| Tom Christenson | 78-05.75 |
| M75 Cyrus Deem | 97-02.00 |
| Bill Webb | 89-08.00 |
| C.L. Bruce | 78-02.25 |
| M80 Howard Dewell | 67-08.25 |
| M85 Jack Weston | 42-09.00 |
| W50 Maureen Halloran | 66-05.00 |
| Julie Jackson | 62-06.00 |
| Frances Sharon | 42-04.00 |
| W55 Myrle Mensey | 73-04.75 |
| Connie Strobach | 61-00.25 |
| Jane Kaiser | 54-06.75 |
| W60 Mary Henehan | 61-05.00 |
| W65 Loretta Hopgood | 37-03.00 |
| W70 Aileen McComas | 45-01.50 |
| Betty Adams | 42-02.00 |
| W75 Alice Purdes | 26-08.25 |
| Hammer | |
| M50 Ron Summers | 147-03.00 |
| Bob Draffen | 61-00.25 |
| Garry Pirsch | 56-08.50 |
| M55 Kevin Shaner | 70-09.00 |
| Larry Pauley | 43-02.25 |
| M60 Larry Rheads | 95-05.00 |
| George Ruh | 62-01.00 |
| M70 Robert Perry | 36-07.75 |
| M75 C.L. Bruce | 76-11.75 |
| Phillip Brusca | 72-03.75 |
| Bill Webb | 60-08.50 |
| M80 Howard Dewell | 62-04.00 |
| M85 Jack Weston | 13-06.25 |
| W50 Maureen Halloran | 59-05.00 |
| W55 Myrle Mensey | 80-04.75 |
| Connie Strobach | 56-10.75 |
| Jane Kaiser | 41-05.00 |
| Javelin | |
| M50 Gary Pirsch | 109-04.00 |

| | |
|--------------------------|----------|
| 400m Hurdles 36" | |
| M30 Casaz, Anthony | 59.73 |
| High Jump | |
| M30 Elam, Kirk | 4-10.00 |
| M45 Ellis, Ken | 5-06.00 |
| M60 Colliver, Ron | 4-06.00 |
| M65 Vrooman, Ross | 3-06.00 |
| M85 Bennett, Doc | 2-11.00 |
| W45 McBride, Joann | 3-10.00 |
| Pole Vault | |
| M40 Gilliland, Lonni | 11-00.00 |
| M45 Ellis, Ken | 13-00.00 |
| M60 Colliver, Ron | 9-06.00 |
| Long Jump | |
| M45 Ellis, Ken | 18-08.00 |
| M50 Blevins, Jim | 16-01.00 |
| M55 Dolezel, Jim | 15-11.50 |
| M60 Colliver, Ron | 12-11.00 |
| M65 Vrooman, Ross | 4-07.50 |
| M85 Bennett, Doc | 7-01.00 |
| W30 Chandler, Yolanda | 13-00.00 |
| W45 McBride, Joann | 11-09.00 |
| Triple Jump | |
| M45 Bradford, Paul | 31-01.00 |
| M50 Blevins, Jim | 33-03.50 |
| M55 Dolezel, Jim | 32-03.00 |
| M85 Bennett, Doc | 15-01.00 |
| Shot Put | |
| M40 McNeely, Martin | 26-10.00 |
| M45 Ellis, Ken | 35-08.00 |
| M50 Surrill, Herman | 31-10.00 |
| M55 Greiner, Lee | 29-04.50 |
| M65 Foerster, David | 30-05.50 |
| M75 Jack, Floyd | 30-03.50 |
| M85 Bennett, Doc | 20-07.00 |
| W60 Bryant, Nina | 20-11.00 |
| Discus | |
| M40 Gilliland, Lonni | 109-03 |
| M45 Ellis, Ken | 117-10 |
| M50 Surrill, Herman | 109-10 |
| M55 Deer, Charles | 54-04 |
| M65 Foerster, David | 102-02 |
| M75 Jack, Floyd | 103-03 |
| M85 Bennett, Doc | 41-07 |
| W45 Cameron, Lynne | 90-04 |
| W60 Bryant, Nina | 38-09 |
| Javelin | |
| M30 Elam, Kirk | 99-03 |
| M40 McNeely, Martin | 70-10 |
| M45 Ellis, Ken | 141-03 |
| M50 Surrill, Herman | 117-09 |
| M55 Deer, Charles | 47-01 |
| M60 Colliver, Ron | 102-07 |
| M65 Brauser, Brad (600g) | 104-00 |
| M65 Vrooman, Ross (500g) | 53-02 |
| M75 Jack, Floyd | 76-08 |
| M85 Bennett, Doc | 30-03 |
| W45 Cameron, Lynne | 65-11 |
| W60 Bryant, Nina | 47-01 |

USATF-SW Assn. Championships Coppell HS, TX; June 17

| | |
|---------------------|-------|
| 100m | |
| M35 Reggie Pendland | 11.16 |
| Wade Menzies | 12.53 |
| Ward Menzies | 12.70 |
| M40 Michael Labay | 11.65 |
| Scott Cloud | 13.02 |
| Dudley Wright | 13.19 |
| M45 Reggie Garner | 12.23 |
| Andrew Seach | 12.42 |
| Jeff Ratliff | 12.49 |
| M50 Rick Riddle | 12.58 |
| Ron Boleware | 12.65 |
| John Dolan | 12.98 |
| M55 Mike Loyd | 13.91 |
| Ken Black | 14.81 |
| Larry Donehower | 15.99 |
| M60 Larry Link | 14.63 |
| Andy Pittman | 16.06 |
| M65 Bob Lida | 13.22 |
| Wayne Bennett | 13.89 |
| Don Isett | 13.56 |
| M80 Bob Wingo | 20.03 |
| W30 Lisa Rosborough | 13.12 |
| Donna Lawrence | 13.02 |
| W40 Paula Merriman | 14.42 |
| W50 Linda Dixon | 14.48 |
| Laura Kerns | 17.49 |
| W65 Shelly Whitlock | 18.60 |
| 200m | |
| M35 Wade Menzies | 24.78 |
| Ward Menzies | 25.41 |
| M40 David Jones | 23.38 |
| Michael Labay | 23.41 |
| Anthony Granville | 25.38 |
| M45 Reggie Garner | 24.66 |
| Hurst Rodrick | 24.71 |
| Andrew Seach | 25.06 |
| M50 Rick Riddle | 25.56 |
| Ron Boleware | 26.49 |
| Mike Shufelt | 26.59 |
| M55 Mike Loyd | 28.52 |
| M60 Michael Burns | 32.66 |
| Andy Pittman | 33.86 |
| M65 Bob Lida | 27.25 |
| Wayne Bennett | 29.25 |
| W30 Lisa Rosborough | 27.85 |
| Cornelia Greer | 28.69 |

| | |
|-----------------------|---------|
| W35 Donna Lawrence | 26.32 |
| Billie Beatty | 31.22 |
| W50 Debra Stuart | 32.59 |
| Barbara Ross | 33.03 |
| Laura Kearns | 36.99 |
| 400m | |
| M40 Gary Eckert | 56.09 |
| Scott Cloud | 58.22 |
| Anthony Granville | 60.06 |
| M45 Andrew Seach | 55.75 |
| Hurst Rodrick | 56.25 |
| Scott Anderson | 57.58 |
| M50 Rick Easley | 58.85 |
| Mike Shufelt | 1:00.25 |
| John Dolan | 1:05.69 |
| M55 Mike Loyd | 1:07.36 |
| Day Joyce | 1:14.94 |
| M60 Andy Pittman | 1:22.34 |
| W30 Lisa Rosborough | 1:01.95 |
| Cornelia Greer | 1:05.05 |
| W35 Billie Beatty | 1:12.66 |
| W45 Elizabeth Rudy | 1:12.96 |
| W50 Barbara Ross | 1:17.36 |
| W33 Lisa Rosborough | 13.12 |
| W35 Donna Lawrence | 12.88 |
| W40 Paula Merriman | 14.42 |
| W50 Linda Dixon | 14.48 |
| Laura Kearns | 17.49 |
| W65 Shelly Whitlock | 19.79 |
| 800m | |
| M35 William Chenette | 2:17.86 |
| M40 Matt Ingram | 2:21.73 |
| M45 Lindy Raney | 2:18.61 |
| Jeff Brower | 2:36.40 |
| M50 Steve Gibson | 3:29.95 |
| M80 Bob Wingo | 4:34.29 |
| W40 Lisa Marie Render | 3:17.56 |
| 1500m | |
| M35 William Chenette | 4:52.27 |
| M45 Blade Norman | 4:54.48 |
| Short Hurdles | |
| M35 Don Drummond | 14.63 |
| M45 Jeff Brower | 16.87 |
| Rusty Ryan | 20.50 |
| Tom Garzillo | 22.64 |
| W40 Lisa Marie Render | 22.77 |
| Long Hurdles | |
| M35 Don Drummond | 56.53 |
| M40 Robbie Birdwell | 65.87 |
| M45 Jeff Brower | 62.90 |
| M60 Michael Burns | 56.15 |
| High Jump | |
| M45 Jeff Brower | 1.70 |
| Benedict Olusola | 1.60 |
| M50 Terry Helton | 1.45 |
| M60 Norman Frable | 1.45 |
| M65 Don Isett | 1.30 |
| M70 George Jageman | 0.90 |
| M75 Val Smith | 1.05 |
| M80 Bob Wingo | 1.00 |
| W65 Shelly Whitlock | 1.00 |
| Pole Vault | |
| M40 Troy Horton | 2.75 |
| Donald Curry | 3.35 |
| Tom Garzillo | 2.90 |
| M50 Doug Sparks | 3.35 |
| Charlie Bing | 2.90 |
| M65 Steven Warr | 3.03 |
| Don Isett | 2.88 |
| M70 George Jageman | 1.88 |
| W65 Shelly Whitlock | 1.73 |
| W70 Mary Lou Bradford | 1.73 |
| Long Jump | |
| M40 Michael Labay | 5.91 |
| Alan Sims | 5.70 |
| M45 Tom Garzillo | 4.19 |
| M55 Ken Black | 4.30 |
| M65 Don Isett | 3.79 |
| M70 George Jageman | 2.92 |
| M75 Val Smith | 2.29 |
| M80 Bob Wingo | 2.70 |
| Triple Jump | |
| M55 Ken Black | 9.03 |
| M75 Val Smith | 5.78 |
| W40 Lisa Marie Render | 7.40 |
| Shot Put | |
| M40 Stefan Blomquist | 17.35 |
| Brian Suter | 13.40 |
| Dave Rotherbury | 11.13 |
| M45 David Warner | 12.67 |
| Jose Torres | 12.02 |
| Tom Garzillo | 7.54 |
| M50 Dan Roloff | 12.99 |
| Donald Lantrip | 10.98 |
| Terry Helton | 10.34 |
| M55 Roger Conboy | 12.28 |
| Robert Rogers | 12.04 |
| M60 Julius Cassels | 10.82 |
| M65 Pete La Barge | 9.62 |
| M70 Bob Ward | 11.65 |
| John Cantrell | 11.28 |
| George Jageman | 8.44 |
| M75 Val Smith | 8.48 |
| W65 Shelly Whitlock | 6.53 |
| W70 Phyllis Provost | 5.86 |
| Discus | |
| M40 Dave Rotherbury | 39.77 |
| Brian Suter | 31.61 |
| M45 Jose Torrey | 30.87 |
| M50 John Stilbert | 38.01 |
| Dan Rloff | 33.87 |
| Donald Lantrip | 32.70 |

| | |
|--------------------------|-------|
| M55 Roger Conboy | 35.14 |
| M60 Julius Cassels | 33.92 |
| M65 Pete La Barge | 35.31 |
| M70 Bob Ward | 37.89 |
| John Cantrell | 32.51 |
| M75 Val Smith | 25.27 |
| W70 Phyllis Provost | 14.49 |
| Mary Lou Bradford | 13.85 |
| Hammer | |
| M30 Kevin Harrison | 54.68 |
| M40 Dave Rotherbury | 44.64 |
| Brian Suter | 33.87 |
| M45 Kenneth Jansson | 53.37 |
| M50 John Stilbert | 33.37 |
| Donald Lantrip | 30.57 |
| Dan Roloff | 28.82 |
| M55 Roger Conboy | 37.86 |
| M60 Julius Cassels | 25.31 |
| David Moore | 16.52 |
| M65 Pete La Barge | 35.01 |
| M70 Bob Ward | 45.34 |
| M75 Val Smith | 22.45 |
| W70 Phyllis Provost | 12.40 |
| Javelin | |
| M40 Dave Rotherbury | 38.06 |
| M50 Dan Roloff | 36.38 |
| Donald Lantrip | 22.55 |
| M55 Roger Conboy | 40.30 |
| M60 Julius Cassels | 23.93 |
| M65 Pete La Barge | 38.60 |
| M70 Jack Parker | 33.92 |
| Bob Ward | 32.15 |
| M75 Val Smith | 24.02 |
| W70 Mary Lou Bradford | 15.69 |
| Phyllis Provost | 14.12 |
| Weight Throw | |
| M40 Dave Rotherbury | 13.40 |
| M50 Donald Lantrip | 12.40 |
| Dan Roloff | 10.97 |
| M55 Roger Conboy | 15.20 |
| M60 Julius Cassels | 12.30 |
| M65 Pete La Barge | 13.31 |
| M70 Bob Ward | 17.60 |
| M75 Val Smith | 9.52 |
| W70 Phyllis Provost | 6.30 |
| Weight Pentathlon | |
| M40 Dave Rotherbury | 3080 |
| M50 Dan Roloff | 2845 |
| Donald Lantrip | 2550 |
| M55 Roger Conboy | 3745 |
| M60 Julius Cassels | 2961 |
| M65 Pete La Barge | 3887 |
| M70 Bob Ward | 4671 |
| M75 Val Smith | 3124 |
| W70 Phyllis Provost | 2525 |

WEST

California Senior Games Pasadena, CA; June 3

| | |
|-------------------------|-------|
| 50m | |
| M50 Hubert Evans | 6.73 |
| Charles Williams | 6.77 |
| M55 Raymond Yeck | 7.01 |
| Patrick Lyons | 7.12 |
| M60 Gary Wuest | 7.34 |
| Alonzo Winfrey | 7.56 |
| M65 Doug Smith | 6.95 |
| Lee Gillespie | 7.68 |
| M70 Roger Tsuda | 7.58 |
| Ted La Franchi | 7.66 |
| M75 Don Cheek | 8.07 |
| Jim Selby | 8.56 |
| M80 Michio Kawamoto | 15.83 |
| Taki Nagao | 20.61 |
| W50 Debbie Selby | 8.79 |
| W55 Brenda Matthews | 7.72 |
| Josephine Roldan | 8.75 |
| W60 MaryJane McMaster | 12.95 |
| W65 Kathy Bergen | 7.74 |
| Elisbeth Padia | 9.19 |
| W70 Gloria Doro | 9.06 |
| W75 Frances Styles | 10.23 |
| Louise Martin | 13.92 |
| W80 Catherine McCormick | 12.34 |
| 100m | |
| M50 Charles Williams | 12.50 |
| Hubert Evans | 12.51 |
| M55 Bobby Terrell | 12.74 |
| Raymond Yeck | 12.85 |
| Patrick Lyons | 13.14 |
| M60 Stan Whitely | 12.40 |
| Tony Craddock | 13.68 |
| M65 Doug Smith | 13.31 |
| Lee Gillespie | 14.21 |
| M70 Robert Shiden | 12.88 |
| Roger Tsuda | 14.47 |
| Ted La Franchi | 14.49 |
| M75 Don Cheek | 15.27 |
| Rodney Brown | 16.05 |
| Jim Selby | 16.17 |
| M80 Michio Kawamoto | 30.70 |
| M90 Paul Hall | 27.36 |
| George Feinstein | 43.19 |

| | |
|-------------------------|----------|
| Fred Shanley | 64.03 |
| W50 Linda Cohn | 14.72 |
| Jeanne Bowman | 14.93 |
| W55 Brenda Matthews | 14.39 |
| Josephine Roldan | 16.55 |
| W60 Susan Andrews | 18.46 |
| MaryJane McMaster | 26.92 |
| W65 Kathy Bergen | 15.52 |
| Elisbeth Padia | 17.20 |
| W70 Gloria Doro | 17.68 |
| Patricia Willis | 25.84 |
| W75 Louise Martin | 20.12 |
| Frances Styles | 32.00 |
| W80 Catherine McCormick | 25.64 |
| 200m | |
| M50 Hubert Evans | 25.32 |
| Richard Massey | 25.80 |
| M55 Raymond Yeck | 26.39 |
| Bill Fitzpatrick | 27.09 |
| M60 Tony Craddock | 28.67 |
| Henry Randolph | 28.80 |
| M65 Doug Smith | 27.67 |
| Lee Gillespie | 29.42 |
| M70 Jesse Carrington | 30.57 |
| Ted La Franchi | 31.66 |
| M75 Don Cheek | 32.28 |
| Rodney Brown | 33.27 |
| Jim Selby | 34.00 |
| M80 Michio Kawamoto | 64.20 |
| M90 Paul Hall | 63.99 |
| George Feinstein | 1:35.56 |
| Fred Shanley | 2:30.68 |
| W50 Rita Hanscom | 29.22 |
| Jeanne Bowman | 32.20 |
| W55 Josephine Roldan | 37.18 |
| Beverly Hicks | 39.61 |
| W65 Kathy Bergen | 35.42 |
| Elisbeth Padia | 38.26 |
| W70 Patricia Willis | 71.57 |
| W75 Frances Styles | 53.05 |
| W80 Catherine McCormick | 64.08 |
| 400m | |
| M50 Charles Williams | 57.91 |
| Ronald Richard | 59.46 |
| M55 Bill Fitzpatrick | 60.34 |
| Roy Michon | 63.55 |
| M60 Robert Kogler | 69.82 |
| Ted Draper | 1:14.35 |
| M65 Carlos Cruz | 1:18.80 |
| John Weidinger | 1:24.85 |
| M70 Jesse Carrington | 1:07.62 |
| Donald Leis | 1:18.87 |
| M75 Don Cheek | 1:14.65 |
| Rodney Brown | 1:17.51 |
| Jim Selby | 1:19.96 |
| M90 George Feinstein | 3:19.07 |
| W50 Jeanne Bowman | 1:17.60 |
| Debbie Selby | 1:25.52 |
| W55 Josephine Roldan | 1:29.16 |
| Beverly Hicks | 1:38.31 |
| W60 Reemi Wentzel | 1:16.99 |
| Reiko Duba | 1:22.15 |
| W65 Ellen Demsky | 1:39.32 |
| W70 Patricia Willis | 2:43.30 |
| 800m | |
| M50 Rob Duncanson | 2:16.76 |
| Danny Goldman | 2:17.58 |
| M55 Gary Hall | 2:32.03 |
| M60 Frank Condon | 2:23.52 |
| Anthony Teske | 2:46.23 |
| M65 Jerry Hackett | 2:36.95 |
| Jim Lyons | 3:07.39 |
| M70 Donald Leis | 4:28.17 |
| M75 Jim Selby | 3:11.80 |
| Bob Holmes | 3:40.84 |
| W60 Jan Sakovich | 5:48.06 |
| W65 Jean Daprano | 3:12.68 |
| Ellen Demsky | 4:06.31 |
| W70 Patricia Willis | 6:15.21 |
| 1500m | |
| M50 Rob Duncanson | 4:44.29 |
| Mike Fanelli | 4:46.46 |
| M55 Gary Hall | 5:13.43 |
| Michel Torres | 6:58.12 |
| M60 Frank Condon | 4:57.51 |
| John Dischinger | 5:28.28 |
| M65 Jim Lyons | 6:24.79 |
| French Anderson | 6:33.65 |
| M70 Carl Brubbs | 7:49.20 |
| M75 Jim Selby | 6:53.92 |
| Bob Holmes | 7:41.48 |
| W55 Yoko Eichel | 6:14.97 |
| Janis Campbell | 6:37.01 |
| W60 Reiko Duba | 6:27.55 |
| W65 Ellen Demsky | 7:29.15 |
| 5000m | |
| M50 William Hewes | 20:08.34 |
| M55 Gary Hall | 22:06.14 |
| M60 Byron Melendy | 20:58.91 |
| Joel Contreras | 21:53.51 |
| M65 James Miller | 28:09.37 |
| John Weidinger | 33:53.21 |
| M70 Bob Gold | 29:52.23 |
| Kenneth Reynett | 36:15.40 |
| M75 James Franklin | 28:20.48 |
| Loren Leonard | 32:52.96 |
| W55 Janis Campbell | 23:54.40 |
| W60 Jan Sakovich | 41:04.45 |
| W65 Ellen Demsky | 28:28.43 |
| W80 Mary Coropoff | 54:22.90 |
| High Jump | |
| M50 Keith Nelson | 5-10 |

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|-----------------------|----------|
| David Quick | 5-5 |
| M55 Charlie Rader | 5-7 |
| Eddie Damron | 4-9 |
| M60 Frank Condon | 4-7.25 |
| M65 John Burns | 4-7.50 |
| Bert Bergen | 4-5.25 |
| M70 Jerry Sullivan | 4-3.25 |
| Donald Leis | 3-5.25 |
| M75 Jerry Donley | 3-9.25 |
| M80 Bobby Barber | NMA |
| W50 Rita Hanscom | 4-3.25 |
| W55 A Steekelenbutg | 4-5.25 |
| La Tanya Glass | 3-7.25 |
| W65 Kathy Bergen | 4-3.25 |
| W70 Christel Donley | 3-7.75 |
| W75 Frances Styles | 2-7.50 |
| Pole Vault | |
| M55 Steve Morris | 11-5.75 |
| M60 Bruce Hotaling | 10-11.75 |
| Tom Rauscher | 10-6 |
| M75 Jerry Donley | 8-0.50 |
| Bob Holmes | 6-6.75 |
| Long Jump | |
| M50 David Quick | 19-0 |
| John Kuechle | 16-7 |
| M55 Bobby Terrell | 17-3 |
| Cliff Koon | 14-10 |
| Michel Torres | 11-9 |
| M60 Alonzo Winfrey | 13-10 |
| Ron Muranaka | 13-6 |
| M65 Richard Imperiale | 13-4 |
| Robert Newberger | 12-6 |
| M70 Roger Tsuda | 13-3 |
| Donald Leis | 10-4 |
| M75 Jerry Donley | 11-4 |
| M80 Bobby Barber | 6-7 |
| W50 Linda Cohn | 14-3 |
| W55 Brenda Matthews | 10-8 |
| W65 Julie Grant | 4-8 |
| W75 Frances Styles | 7-4 |
| Louise Martin | 4-10 |
| Triple Jump | |
| M50 David Quick | 42-3 |
| M55 Bobby Terrell | 34-9 |
| M65 Richard Imperiale | 27-7 |
| M70 Donald Leis | 20-3 |
| W50 Linda Cohn | 29-2 |
| W55 A Steekelenburg | 27-8 |
| W75 Frances Styles | 14-5 |
| Shot Put | |
| M50 Val Olotola | 41-8 |
| Gary Schmidt | 41-2.75 |
| M55 Fred Jessee | 38-6.75 |
| Eddie Damron | 33-11.75 |
| M60 John Schneider | 39-0.75 |
| Gary Wuest | 37-10.75 |
| M65 Paul Lissy | 38-9 |
| Riley O'Neil | 37-5.75 |
| Richard Noble | 37-3.25 |
| John Burns | 34-11.75 |
| W50 Linda Cohn | 31-4 |
| Rita Hanscom | 31-0.25 |
| W55 Brenda Matthews | 31-2.75 |
| La Tanya Glass | 28-10.50 |
| W60 Kathryn Noble | 21-7 |
| Hattie Perry | 16-10.50 |
| W65 Cherrie Sherrard | 29-6.25 |
| Elsbeth Donley | 21-5.50 |
| W70 Christel Donley | 23-8.50 |
| Gloria Doro | 23-2.25 |
| Discus | |
| M50 Val Olotola | 134-9 |
| Gary Schmidt | 124-8 |
| M55 Fred Jessee | 124-10 |
| Michael Marsden | 77-5 |
| M60 John Schneider | 117-8 |
| Ron Damschen | 115-1 |
| M65 John Burns | 122-2 |
| Richard Noble | 118-9 |
| M70 Alan Rosen | 109-0 |
| Ken Tronstad | 105-5 |
| M80 Del Alaways | 99-3 |
| George Demos | 72-3 |
| W50 Linda Cohn | 91-6 |
| Rita Hanscom | 79-11 |
| W55 Brenda Matthews | 81-6 |
| A Steekelenberg | 70-1 |
| W60 Kathryn Noble | 51-11 |
| Cherrie Sherrard | 61-10 |
| W70 Christel Donlwy | 59-0 |
| W80 Jeanne Bishop | 25-9 |
| Javelin | |
| M50 Rob Duncanson | 141-1 |
| David Harmel | 138-6 |
| M55 Gerald Prnjak | 149-7 |
| Fred Jessee | 133-7 |
| M60 John Schneider | 126-7 |
| Gary Wuest | 112-10 |
| M65 John Burns | 133-1 |
| Gary Krumweide | 116-5 |
| M70 Ed Martin | 106-10 |
| Ken Tronstad | 92-1 |
| M75 Del Alaways | 115-7 |
| George Demos | 56-4 |
| W50 Linda Cohn | 132-3 |
| Rita Hanscom | 89-7 |
| W55 La Tanya Glass | 83-6 |
| A Steekelenburg | 74-0 |
| W65 Kathy Bergen | 77-7 |
| Ann Abreu | 54-10 |
| W70 Christel Donley | 75-11 |
| W80 Jeanne Bishop | 27-10 |

M59 Dave Hockersmith 13.80
M55 Vic Boylhart 13.62
M60 Phil Kelley 15.63
M65 Steve Bowles 13.37
M90 Everett Penrod 27.73
W30 Juliette Briggs 12.83

200m
M30 Kevin Ansley 22.57
M35 Eric Bramwell 22.83
M40 Dave Di Massa 26.19
M50 Mark Halver 28.98
M65 Steve Bowles 28.25
W30 Juliette Briggs 26.79

400m
M30 Ben Mechem 56.91
M35 Chris Standage 59.23
M40 Bob Halpin 1:05.85
M45 Dave Di Massa 57.62
W35 Anna Brzezinska 1:00.12
W45 Eileen Prescott 1:13.24

800m
M30 Ben Mechem 2:18.75
M35 David Allison 2:00.17
M40 Glen Mikolajczyk 2:13.55
M50 Mark Halver 2:40.88
M55 Charlie Balchunas 3:04.48
W30 Erin Bresnan 2:30.39
W35 Amy Btyal 2:47.68
W40 Eileen Prescott 2:38.08

1 mile
M35 David Allison 4:47.54
M40 Jim Prescott 4:58.87
M45 John Prather 5:30.34
M55 Bert Hopkins 6:23.93

5000m
M35 Albert Hernandez 18:39.00
M40 Stephen Jazwa 27:34.18
M55 Charlie Balchunas 22:56.81

Short Hurdles
M35 James Smith 16.29
M50 Stacey Price 15.09
M60 Bob Osterhoudt 17.79

Long Hurdles
M35 James Smith 61.07

High Jump
M30 Terrell Scambler 1.65
M35 Chris Babcock 1.86
M45 Garry Young 1.45
M50 Tim Colby 1.40

1500m
M65 Bob Bergfeldt 1.40
M70 Dave Douglass 1.15
M85 Roy Clark 0.85

Pole Vault
M45 Basil Brown 9-6
M50 Ralph Haynie 12-0
M55 Richard Rivas 10-6
M60 Larry Jones 9-0
M70 Doug McFetters 8-0

Long Jump
M30 Jeremy Holter 5.83
M35 Eric Bramwell 6.29
M40 Bob Halpin 3.92
M45 Garry Young 4.67
M50 Burrell Bender 4.68
M55 Vic Boylhart 4.55
M60 Larry Jones 4.38
M65 Bob Bergfeldt 4.19
M90 Everett Penrod 1.82

Triple Jump
M30 Terrell Scambler 9.86
M35 Geoffrey Riggs 11.72
M40 Tim Edwards 12.91
M45 Eddie Owl 10.23
M50 Jim Lohrop 13.60
M55 Michael Shiaras 15.69
M85 Hugh Hackett 5.79
M90 Everett Penrod 5.94

Discus
M30 Mark Landa 48.04
M35 Geoffrey Riggs 27.77
M40 Tim Edwards 44.87
M45 Eddie Owl 31.35
M50 Jim Lohrop 40.92
M55 Tim Muller 44.47
M60 Robert Agnew 29.29
M65 Bob Bergfeldt 39.71
M70 Doug McFetters 27.65
M85 Roy Clark 15.83

Hammer
M30 Mark Landa 53.24
M40 David Bickel 42.46
M50 Richard Watson 38.45
M55 Clay Hull 41.24
M60 Bob Osterhoudt 44.20
M70 Dave Douglass 31.15
M85 Hugh Hackett 21.50

Javelin
M35 Lincoln Smith 43.12
M40 Richard Schoene 31.33
M45 Dave De Weese 47.48
M50 Jim Lohrop 54.34
M55 Mike Chapman 45.96
M60 Paul McGuffin 33.24
M70 Buster Quist 32.42
M85 Hugh Hackett 15.92
W40 Crystal Orth 19.26
W80 Amanda Colby 9.75

1500m RW
M85 Roy Clark 19:50.64

3000m RW
M30 Enrique Molina 23:45.05

M45 Kirt Spencer 19:52.75
M55 Jim Troche 21:18.13
M65 Gurden Singh 24:52.31
M75 George Heberling 28:21.21
W35 Yvonne Roghblum 23:44.71
W40 Jane Grannum 31:45.61

NORTHWEST

Montana Senior Olympics Missoula; June 8-10

100m
M50 Mark Horner 13.21
M55 Rick Adams 15.66
M60 John Galazin 13.53
M65 Merv Armstrong 14.19
M70 Jerry McCauley 17.78
M75 Thomas Fellows 19.72
M85 Jim Curran 26.65
W65 Alaele Fish 21.09

200m
M50 Mark Horner 28.25
M55 Mark Majerus 27.72
M60 John Galazin 26.72
M65 Merv Armstrong 29.47
M70 J Ray Morrison 41.09
M75 Karl Newman 42.72
M85 Jim Curran 58.81
W65 Alaele Fish 44.16
W75 Jody Olson 1:05.46
W85 Betty Sanford 1:45.25

400m
M55 Mark Majerus 1:00.00
M60 Glenn Goversen 1:09.41
M65 Darrell McNenny 1:21.50
M70 Bill Flanery 1:55.75
M75 Karl Newman 1:48.25
M80 Jim Curran 2:24.08
W65 Alaele Fish 1:25.81

800m
M50 J D Greany 2:47.00
M55 Mark Majerus 2:36.00
M60 Glenn Goversen 2:49.00
M70 Don Jelinek 4:03.00
W75 Jody Olson 5:06.00
W75 Jody Olson 2:17.78

1500m
M50 Dan Thomas 5:36.22
M55 Michael Hoyt 6:01.21
M60 Douglas Baty 6:01.89
M65 James Larton 7:13.20
M70 Don Jelinek 8:12.37

Short Hurdles
M65 Merv Armstrong 20.00
W65 Alaele Fish 21.09
W85 Betty Sanford 49.82

High Jump
M55 L Rick Adams 5-2.25
M60 John Galazin 4-6
M65 Darrell Short 4-0
M70 Armand Zahn 4-4
W50 Susan Sanford 4-2.50

Pole Vault
M70 Armand Zahn 5-5
Long Jump
M60 John Galazin 15-3.50
M65 Merv Armstrong 13-11
M70 Jerry McCauley 10-9

Triple Jump
M65 Merv Armstrong 26-11
Shot Put
M50 William Loessberg 41-2.50
M55 Bruce Jones 38-3.50
M60 Thomas Gage 47-6.50
M70 Armand Zahn 38-3.25
M75 Lyle Grenager 27-10.25
W50 Susan Sanford 21-8.75
W55 Josie Tidwell 23-5.75
W60 Ellie Armstrong 17-8
W65 Alaele Fish 22-2.50
W70 Mae Schroeder 15-1.25
W85 Betty Sanford 10-8

Discus
M50 William Loessberg 116-5
M55 Bruce Jones 114-3
M60 Thomas Gage 157-8
M65 Merv Armstrong 118-9
M70 Ra Tibeau 108-4
W50 Susan Sanford 48-4
W60 Ellie Armstrong 62-7
W65 Alaele Fish 58-11
W70 Mae Schroeder 35-9
W80 Mary Birgenheier 37-4

Hammer
M55 Bob Sager 126-4
M60 Thomas Gage 187-5
W50 Susan Sanford 44-2
W70 Mae Schroeder 30-1

Javelin
M50 William Loessberg 127-5
M55 Bruce Jones 103-1
M60 Gerald Robbins 111-5
M65 Merv Armstrong 107-9
M70 Murdo Campbell 113-5
W50 Janet Porter 36-4
W55 Josie Tidwell 49-11
W60 Coleen Vandelac 26-9
W70 Mae Schroeder 41-11
W85 Betty Sanford 18-2

1500m RW
M55 Brent Marsden 8:43
M60 J C Sanford 9:54
M65 Lew Savik 8:56
M75 Bill McClaren 14:31
W60 Roberta Ray 12:14

5000m RW
M55 Steve Harper 27:40
M60 J C Sanford 38:15
M65 Lew Savik 33:17
M70 Walter Egged 35:38
W60 Roberta Ray 39:37

5K Road Race
M50 Chris Tippet 19:31
M55 Donn Livoni 22:06
M60 John Stradin 23:16
M65 Bob Omang 29:53
M70 Walter Egged 31:17
W50 Sheila Franey 27:51
W55 Linda Hoyt 27:05
W65 Alaele Fish 31:59
W75 Alice Omang 49:50

10K Road Race
M50 Chris Tippet 39:26
M60 John Paulson 51:57
M70 Don Jelinek 61:23
W50 Sheila Franey 62:51

USATF Inland Northwest Assoc. Meet, Pullman, WA June 10

100m
M60 Kerby, Pat 14.78
W35 McCluskey, Jill 16.68
W55 Wiebold, Janet 19.00

200m
M45 Quinn, G. Holton 28.56
M60 Kerby, Pat 33.56
W35 Hewett, Kelley 28.93

800m
M40 Merrill, Garth 2:18.06
Comes, Keith 2:23.22
W35 Hewett, Kelley 2:31.73

1500m
W35 Overbay, Shannon 6:14.78

3000m
M35 McCluskey, Matthew 11:51.07
M40 Comes, Keith 10:36.57

2000m Steeplechase
M30 Schochler, Scott 7:44.53

1500m Racewalk
M55 Marsh, Tim 12:43.5h
W45 Kutsch, Kimberly 13:49.0h
W55 Wiebold, Janet 11:48.7h

3000m Racewalk
M55 Kolva, David 20:26.0h
W55 Kolva, Bessie 23:53.72

High Jump
M40 Kutsch, Steven 4-08
M55 Jensen, Sig 5-00
W35 Hewett, Kelley 4-04
McCluskey, Jill 4-00

Pole Vault
M30 Lauritzen, Jason 11-00
Schochler, Scott 9-06
M60 Kerby, Pat 7-00

Shot Put
M55 Marsh, Tim 20-00
W35 McCluskey, Jill 25-05
Overbay, Shannon 20-07
W45 Kutsch, Kimberly 19-10
W55 Hinz, Susan 26-00
Wiebold, Janet 17-05
W60 Van Kuren, Ruth 17-02

Discus
M55 Kolva, David 64-03
W55 Hinz, Susan 70-04

Hammer
M55 Kolva, David 24.96
W55 Hinz, Susan 28.35
Sellersite, Sharon 28.03
Kolva, Bessie 27.65
W60 Van Kuren, Ruth 16.90

Javelin
M30 Weidman, Ryan 209-05
M55 Kolva, David 55-03
W55 Hinz, Susan 51-10
Kolva, Bessie 23-01
W60 Van Kuren, Ruth 33-11

Venable, William 13.17
M60 Peirce, Steve 13.89
Kirkpatrick, Doug 15.16
M65 Edens, Paul 11.99
Summers, David 14.76
Stepan, Paul 18.22
McCrea, Don 19.59
M70 Hoffman, J.C. 15.66
Flanagan, Paul 16.60
M85 Bulkley, Dan 21.17
W40 Kuhnly, Gail 15.80
W45 Schultz, Donna 14.60
W55 Cooney, Caroline 17.13
W65 Sisley, Becky 18.07

200m
M35 Anderson, Art 24.12
Banuelos, Fidel 25.92
Jannsen, Andrew 27.16
M40 Coughay, Brian 24.39
Reed, Robert 25.22
Gronke, Paul 26.17
M45 Budziszewski, J. 26.16
Dove, Terry 29.19
M50 Worley, Steve 24.80
Valley, Brian 26.40
M55 Lesniak, Mark 24.93
Venable, Willie 26.24
M60 Peirce, Steve 31.64
Kirkpatrick, Doug 32.16
M65 Edens, Paul 24.73
M70 Hewitt, Robert 29.64
Hoffman, J.C. 31.64
Flanagan, Paul 33.98
M85 Bulkley, Dan 44.66
W30 Freeman, Angela 34.15
W60 Moule, Jean 43.92

400m
M40 Reed, Robert 56.00
M45 Waller, Michael 54.90
Andrews, Mike 56.24
Budziszewski, J. 57.67
Copland, Scott 1:02.38
Johnson, Robert 1:07.08
M50 Worley, Steve 1:00.31
Jones, Jim 1:00.91
M60 Tucker, Rich 1:01.44
Peirce, Steve 1:17.99
M65 McMillan, Don 1:03.84
Summers, David 1:15.29
M70 Flanagan, Paul 1:22.74
M85 Bulkley, Dan 1:56.64
W40 Kuhnly, Gail 1:14.89

800m
M35 Johnson, Kevin 2:49.98
M40 Alexander, Mark 2:11.74
Adams, Brad 2:24.52
Sherman, Rick 2:32.63
M45 Paulk, Kevin 2:02.93
M60 Tucker, Rich 2:26.42
Peirce, Steve 3:12.46
M65 McMillan, Don 2:33.79
Wright, Larry 3:14.33
M70 Flanagan, Paul 2:59.25

1500m
M30 Hlavacs, John 4:58.26
M35 Johnson, Kevin 6:00.82
M40 Gonzalez, Dan 4:13.98
Dudman, Joe 4:16.31
Alexander, Mark 4:32.30
Sherman, Rick 4:42.71
M45 Paulk, Kevin 4:13.18
M50 Prather, Bob 4:16.78
Allison, Michael 4:52.70
Cook, Don 6:28.13
M60 O'Neal, Peter 5:10.89
Peirce, Steve 7:12.98
M65 Wright, Larry 6:34.67
M70 Flanagan, Paul 6:28.96
W40 Tower, Alyssa 5:14.98
W55 Groesz, Jeanette 5:31.70
W65 Stepan, Laura 9:10.63

3000m
M40 Gonzalez, Dan 8:58.68
Dudman, Joe 9:20.46
Gronke, Paul 10:12.96
Adams, Brad 10:17.53
M45 Swietlik, Tim 10:30.07
M50 Krueger, Mark 11:01.87
Kessler, Scott 11:23.99
Huff, Mark 11:40.18
Satterfield, Jim 11:53.66
M60 O'Neil, Peter 11:08.36
Tanner, Ed 13:35.74
Peirce, Steve 14:58.12
M65 Wright, Larry 14:02.43
M70 Flanagan, Paul 13:38.37
M80 McMicken, Craig 16:57.24
W40 Tower, Alyssa 11:08.95
W50 Vesey, Robin 12:14.09
W65 Stepan, Laura 19:56.05

5000m
M40 Dudman, Joe 15:53.44
M45 Coats, Chuck 16:06.79
Conrad, Robert 16:31.18
Sturman, Charlie 16:45.16
Punches, Richard 16:53.37
M65 Wright, Larry 24:01.96
M70 Flanagan, Paul 23:29.33
W30 Agsten, Sarah 19:50.61
W55 Groesz, Jeanette 20:09.16

1 Mile Racewalk
M45 Aunan, Tommy 8:04.35
M50 Frank, Rob 8:12.42
Vermeer, Doug 8:57.74
M60 Opsahl, George 8:47.46
M70 MacPike, Ron 10:35.73
W75 Vaughn, Dick 10:48.45
W40 Jackinsky, Carmen 8:45.29
W55 Goodman, Cyndy 13:03.05

5000m Racewalk
M45 Aunan, Tommy 26:47.01
M50 Frank, Rob 27:22.75
Dibemardo, Steven 28:20.74
Kale, Bart 30:51.15
M55 Novak, Bob 27:39.52
Chraminski, Stan 28:35.49
M60 Opsahl, George 29:03.91
M70 MacPike, Ron 34:42.29
W40 Jackinsky, Carmen 29:33.08
Karavanic, Karen 34:54.53
W55 Bristow, Susan 35:16.89

80m Hurdles
M70 Hewitt, Robert 14.42

100m Hurdles
M60 Peirce, Stephen 21.76
M85 Bulkley, Dan 21.17

110m Hurdles
M35 Jannsen, Andrew 17.02
M45 Copeland, Scott 18.49
M60 Peirce, Stephen 21.79

300m Hurdles
M60 Peirce, Stephen 59.69
Tanner, Ed 1:08.60
W60 Moule, Jean 1:29.49

400m Hurdles
M35 Jannsen, Andrew 1:04.39
M40 Sherman, Rick 1:15.94
M60 Peirce, Stephen 1:31.32

2000m Steeplechase
M60 Tanner, Ed 9:29.88
Peirce, Stephen 9:29.91

3000m Steeplechase
M40 Sherman, Rick 11:52.78
M50 Satterfield, Jim 13:21.79
M55 Taylor, David 11:59.46

High Jump
M35 Jannsen, Andrew 1.60
M40 Coughay, Brian 1.70
Toll, Mike 1.70
M45 Dove, Terry 1.37
M60 Edwards, Jay 1.37
Peirce, Stephen 1.21
Tanner, Ed 1.14
Kondrasuk, Jack 1.10
McCrea, Don 1.10
M70 Hewitt, Robert 1.32
Beckman, Paul 1.01
M75 Lewellen, Harvey 1.01
M80 Sempronio, Vince 1.18
Young, Gilbert 1.06
W30 Freeman, Angela 1.25
W40 Toll, Julie 1.21
W55 Cooney, Caroline 1.18
W60 Moule, Jean 0.99

Pole Vault
M40 Fish, Marc 4.05
Jaqua, Michael 3.65
McCormack, Robert 3.55
M45 Baucum, Louis 3.95
M50 West, Dan 3.85
M55 Phillips, Dennis 3.75
Mitchell, Kameron 2.48
M60 Altendorf, John 3.91
M65 Steinman, John 2.69
McCrea, Don 2.18
M70 Hewitt, Robert 2.79
M80 Cleveland, John 2.18
W45 Schultz, Donna 3.04

Long Jump
M40 Bates, Chris 5.83
Sander, Steve 5.01
M45 Copeland, Scott 5.10
M50 Lariza, Mike 5.18
Worley, Steve 4.87
M55 Venable, William 4.98
M60 Peirce, Steve 3.38
Kirkpatrick, Doug 3.28
M65 Chaney, Victor 3.86
M70 Hewitt, Robert 4.53
MacLeod, Norm 4.29
Beckman, Paul 3.77
M85 Bulkley, Dan 1.99
W55 Cooney, Caroline 3.33
W65 Sisley, Becky 2.98

Triple Jump
M40 Coughay, Brian 12.80
Toll, Mike 12.09
M60 Peirce, Stephen 6.22
M65 Chaney, Victor 9.22
M70 Hewitt, Robert 9.21
MacLeod, Norm 9.17
Beckman, Paul 5.25
W40 Toll, Julie 8.68
W60 Moule, Jean 6.04

Shot Put
M50 Burton, Ray 13.82
M55 Ford, Jerry 11.88
M60 Livermore, Terry 11.84
Peirce, Steve 7.60
M65 Ward, Robert 13.30
Myers, Joseph 9.73

McCrea, Don 8.84
M70 Koch, James 13.45
Lawson, Bob 12.52
Ward, Bob 12.43
Saling, Neil 12.27
Tomlinson, Doug 10.89
Sabin, Wayne 9.79
Loosli, C. Gary 9.63
Beckman, Paul 9.31

M75 Allison, Tom 10.67
Lewellen, Harvey 10.01
M80 Sempronio, Vince 9.82
Weber, Frank 7.13
M85 Bulkley, Dan 7.64
W50 Kendall, Monica 14.65
W60 Moule, Jean 7.08
W85 Reske, Melanie 4.67

Discus
M40 Ward, Richard 36.55
M50 Burton, Ray 50.90
Valley, Brian 43.36
Satterfield, Jim 21.47
M55 Watson, Douglas 33.20
M60 Livermore, Terry 36.34
Kondrasuk, Jack 29.20
Peirce, Steve 17.55
M65 Myers, Joseph 38.59
Dow, Dick 35.94
Johnson, Norman 32.59
McCrea, Don 26.50
M70 Saling, Neil 39.95
Ward, Bob 38.39
Lawson, Bob 38.21
Tomlinson, Doug 34.63
Loosli, Gary 28.59
Beckman, Paul 28.49
M75 Lewellen, Harvey 35.06
Allison, Tom 28.85
M80 Sempronio, Vince 22.35
M85 Bulkley, Dan 15.32
W55 Dow, Lynn 19.88
W60 Cutler, Georgia 21.81
Moule, Jean 15.31
W85 Reske, Melanie 9.54

Hammer
M50 Burton, Ray 51.20
M55 Taylor, Todd 46.70
M60 Livermore, Terry 24.45
M70 Ward, Bob 47.38
Lawson, Bob 36.01
Tomlinson, Doug 31.90
Sabin, Wayne 28.61
M75 Lewellen, Harvey 37.00
Woicik, Jerry 28.63
Allison, Tom 28.20
M80 Sempronio, Vince 22.50
W55 Taylor, Joyce 33.54
W60 Cutler, Georgia 32.92
W85 Reske, Melanie 10.15

Javelin
M35 Swim, Corey 61.07
M40 Scott, Dan 44.57
M45 Hanssen, John 52.00
M55 Watson, Douglas 44.55
M60 Hirschman, Bob 29.39
Peirce, Steve 11.67
M65 Stenlund, Gary 56.38
Reddaway, Gary 43.47
McCrea, Don 26.45
McDowell, John 23.94
M70 Lawson, Bob 35.19
Loosli, Gary 33.96
Beckman, Paul 27.90
Tomlinson, Doug 27.18
M75 Allison, Tom 26.48
Woicik, Jerry 23.37
M80 Sempronio, Vince 22.55
Weber, Frank 17.31
Mallon, Joe 11.32
W50 Kendall, Monica 43.72
W60 Moule, Jean 13.55
W65 Sisley, Becky 27.97
W85 Reske, Melanie 9.50

Weight Throw
M50 Burton, Ray 17.99
M55 Taylor, Todd 15.40
M60 Livermore, Terry 10.60
Peirce, Steve 5.84
M70 Ward, Bob 17.00
Lawson, Bob 14.79
Tomlinson, Doug 13.58
Sabin, Wayne 11.82
M75 Lewellen, Harvey 14.95
Woicik, Jerry 11.29
Allison, Tom 10.86
M80 Sempronio, Vince 12.63
W55 Taylor, Joyce 11.12
W85 Reske, Melanie 5.28

Superweight
M50 Burton, Ray 8.69
M55 Taylor, Todd 7.85
M60 Livermore, Terry 4.14
Peirce, Steve 3.00
M70 Ward, Bob 10.01
Lawson, Bob 7.97
Sabin, Wayne 6.20
M75 Lewellen, Harvey 7.93
Woicik, Jerry 5.90
Allison, Tom 5.25
M80 Sempronio, Vince 7.28
W55 Taylor, Joyce 7.73
W85 Reske, Melanie 3.77

25th Hayward Club Northwest Region Meet, Eugene, OR June 24-25

(* = out of region)

100m
M30 K.-O'Shaughnessy 13.45
M35 Anderson, Art 12.52
Jannsen, Andrew 12.43
Hay, Tobey 12.27
Thomas, Keith 10.89
Sanders, Steve 9.79
Reed, Robert 9.63
Gray, Bert 9.31
Aurand, John 10.67
Bauer, Pete 10.01
M45 Waller, Michael 9.82
Blake, Aaron 7.13
Budziszewski, Jos. 7.64
Copeland, Scott 14.65
*Bazzini, Mark 7.08
*Dove, Terry 4.67

M40 Sanders, Steve 36.55
Reed, Robert 50.90
Gray, Bert 43.36
Aurand, John 21.47
Bauer, Pete 33.20
M45 Waller, Michael 36.34
Blake, Aaron

**25th Hayward Classic/
Northwest Regional T&F
Meet, Eugene OR
June 24-25**

(* = out of region)

100m

| | |
|-------------------------|-------|
| M30 K.-O'Shaughnessy | 12.80 |
| M35 Anderson, Art | 11.53 |
| Jannsen, Andrew | 12.74 |
| Hay, Tobey | 12.74 |
| Thomas, Keith | 13.15 |
| M40 Sanders, Steve | 12.28 |
| Reed, Robert | 12.34 |
| Gray, Bert | 12.99 |
| Aurand, John | 14.00 |
| Bauer, Pete | 14.08 |
| M45 Waller, Michael | 11.41 |
| Blake, Aaron | 12.65 |
| Budziszewski, Jos. | 12.75 |
| Copeland, Scott | 12.75 |
| *Bozzini, Mark | 14.06 |
| *Dove, Terry | 14.53 |
| M50 Worley, Steve | 12.60 |
| Jacquet-Acea, Rus. | 12.82 |
| Rexius, Alan | 13.15 |
| Danielson, Don | 14.35 |
| M55 *Lettieri, Larry | 12.49 |
| *Parnell, Roger | 12.63 |
| Venable, Willie | 12.97 |
| Widoff, Howard | 13.51 |
| *Bruner, Ronald | 13.65 |
| *Horsley, Chris | 13.74 |
| Hundley, Clyde | 13.79 |
| Tardie, Larry | 14.51 |
| M60 Robbins, Stephen | 12.12 |
| Brocato, Charlie | 12.88 |
| Peirce, Stephen | 14.21 |
| Kirkpatrick, Douglas | 15.26 |
| *Gilbert, Paul | 15.38 |
| M65 Edens, Paul | 12.53 |
| *Gee, Herb | 13.31 |
| McCrea, Don | 17.53 |
| M70 Hoffman, Joe | 14.76 |
| M75 Fischer, Jack | 14.83 |
| *Cheek, Don | 14.88 |
| *Ford, Benson | 15.20 |
| Anhorn, Don | 24.11 |
| M80 Wright, Kenneth | 18.49 |
| M85 Bulkley, Dan | 19.97 |
| W40 Milligan Jackson, M | 13.40 |
| Kuhnly, Gail | 15.24 |
| W45 Mendenhall, Martha | 13.74 |
| Schultz, Donna | 14.18 |
| W50 *Bowman, Jeanne | 14.70 |
| Mitchell, Rebecca | 15.16 |
| Rexius, Jenny | 16.22 |
| *Burrows, Sarita | 16.63 |
| W55 Cooney, Caroline | 16.69 |
| W60 *Radcliffe, Marg | 16.22 |
| W65 Rickson, Marilyn | 20.62 |
| W70 *Reed, Louise | 17.36 |
| *Lary, Audrey | 17.43 |
| W80 *McLeod-Smith, D. | 22.29 |
| W85 *Kotelko, Olga | 23.16 |
| 200m | |
| M30 K.-O'Shaughnessy | 26.98 |
| M35 Anderson, Art | 23.61 |
| Hay, Tobey | 27.00 |
| Thomas, Keith | 27.91 |
| M40 Sanders, Steve | 25.08 |
| Reed, Robert | 25.36 |
| M45 Waller, Michael | 23.65 |
| Blake, Aaron | 26.00 |
| Budziszewski, Jos. | 26.00 |
| Copeland, Scott | 26.26 |
| *Berkley, Jozef | 27.98 |
| *Dove, Terry | 28.52 |
| M50 Worley, Steve | 26.24 |
| Valley, Brian | 27.17 |
| Rexius, Alan | 27.30 |
| Guardino, Thomas | 29.29 |
| Danielson, Don | 29.89 |
| M55 Venable, Willie | 27.19 |
| *Bruner, Ronald | 27.83 |
| Widoff, Howard | 28.01 |
| Schaller, Jeff | 28.10 |
| Hundley, Clyde | 28.47 |
| *Horsley, Chris | 28.64 |
| Jackson, Scott | 32.18 |
| M60 Robbins, Stephen | 25.22 |
| Brocato, Charlie | 27.63 |
| Peirce, Stephen | 30.71 |
| *Gilbert, Paul | 32.45 |
| Kirkpatrick, Douglas | 32.83 |
| M65 Edens, Paul | 25.78 |
| *Gee, Herb | 28.03 |
| M75 *Stokey, James | 30.18 |
| *Cheek, Don | 31.13 |
| M85 Bulkley, Dan | 45.17 |
| W40 Milligan Jackson, M | 28.55 |
| Kuhnly, Gail | 32.55 |
| W50 *Bowman, Jeanne | 31.08 |
| Mitchell, Rebecca | 32.00 |
| *Burrows, Sarita | 34.79 |
| W60 *Radcliffe, Marg | 35.40 |
| W65 Rickson, Marilyn | 45.67 |
| W70 *Reed, Louise | 36.64 |
| *Lary, Audrey | 37.80 |
| Dods, Jane | 42.38 |

| | |
|-------------------------|----------|
| W80 *McLeod-Smith, D. | 51.20 |
| W85 *Kotelko, Olga | 52.92 |
| 400m | |
| M35 Thomas, Keith | 60.58 |
| M40 *Kastor, Vaughan | 53.88 |
| Coushay, Brian | 54.68 |
| Gideon, Steve | 56.02 |
| Reed, Robert | 56.71 |
| Sanders, Steve | 57.21 |
| McCartin, Michael | 57.49 |
| *Yorges, Chris | 57.76 |
| M45 *Parker, Eric | 56.10 |
| Andrews, Mike | 57.27 |
| *Carter, Calvin | 57.76 |
| Budziszewski, Jos. | 58.92 |
| M50 Maier, William | 59.29 |
| Jacquet-Acea, Rus. | 1:00.00 |
| Worley, Steve | 1:02.86 |
| Russell, Rick | 1:06.35 |
| *Manning, Bobby | 1:06.41 |
| M55 Hiebert, Jim | 1:00.27 |
| Schaller, Jeff | 1:05.57 |
| *Bruner, Ronald | 1:06.83 |
| *Muth, Rick | 1:10.04 |
| M60 *Parke, David | 1:01.87 |
| *Reiter, Gordon | 1:02.73 |
| Tucker, Rich | 1:02.84 |
| Peirce, Stephen | 1:11.16 |
| *Clark, Fred | 1:12.73 |
| M65 McMillan, Don | 1:03.90 |
| *Gee, Herb | 1:06.18 |
| *McIlwaine, Bill | 1:14.72 |
| Wright, Larry | 1:27.67 |
| M70 Kane, Don | 1:26.01 |
| M75 *Cheek, Don | 1:10.85 |
| M85 Bulkley, Dan | 1:51.66 |
| W40 Johnson, Mary | 1:10.77 |
| *Papworth, Carmel | 1:11.83 |
| W45 *Willis, Katherine | 1:17.20 |
| W50 *Bowman, Jeanne | 1:13.65 |
| Mitchell, Rebecca | 1:15.60 |
| W75 *Schley, Helen | 2:14.05 |
| 800m | |
| M35 Thomas, Keith | 2:26.06 |
| M40 Gideon, Steve | 2:04.00 |
| *Kastor, Vaughan | 2:05.37 |
| Knowlton, Jeff | 2:11.00 |
| M45 *Parker, Eric | 2:06.39 |
| *Peterson, Rick | 2:13.03 |
| Davis, Mike | 2:14.61 |
| Bowden, John | 2:34.79 |
| M50 Maier, William | 2:17.31 |
| M55 *Hall, Gary | 2:28.76 |
| M60 *Reiter, Gordon | 2:20.89 |
| Tucker, Rich | 2:24.69 |
| O'Neil, Peter | 2:31.63 |
| *Clark, Fred | 2:42.63 |
| Peirce, Stephen | 2:45.80 |
| M65 McMillan, Don | 2:30.74 |
| *McIlwaine, Bill | 2:44.82 |
| Wright, Larry | 2:32.20 |
| W40 *Papworth, Carmel | 2:39.12 |
| Naughton, Madelyn | 2:43.26 |
| W45 *deBoer, Lynda | 2:35.28 |
| *Willis, Katherine | 2:49.76 |
| W55 Brook, Zel | 4:27.66 |
| W75 *Schley, Helen | 5:13.78 |
| 1500m | |
| W30 Stewart, Nicole | 5:03.55 |
| W40 *Sheffield, Kim | 4:57.59 |
| Tower, Alyssa | 5:13.25 |
| W45 *Ayala-Troncoso, C. | 4:46.00 |
| Kluge, Trisha | 5:45.82 |
| 5000m | |
| M30 Grichel, Steve | 4:17.15 |
| M35 Schenck, Shelby | 4:35.85 |
| Yoakum, Mark | 4:46.29 |
| M40 Gonzalez, Daniel | 4:16.52 |
| Dudman, Joe | 4:19.29 |
| Kreuzpaintner, T. | 4:21.15 |
| Alexander, Mark | 4:22.76 |
| Miskimins, David | 4:29.92 |
| M45 *Magill, Peter | 4:07.58 |
| Cadigan, Wayne | 4:29.98 |
| *DeCollisbus, A. | 4:36.66 |
| M50 *Chantry, Stephen | 4:38.00 |
| Allison, Michael | 4:50.46 |
| M55 Schramm, Keith | 4:58.95 |
| *Pate, Ron | 5:01.96 |
| Ackerman, Ron | 5:07.40 |
| *Hall, Gary | 5:10.05 |
| M60 O'Neil, Peter | 5:30.11 |
| Wilcox, Joe | 5:49.47 |
| Peirce, Stephen | 7:00.33 |
| M65 Wright, Larry | 6:47.77 |
| M75 McChesney, Bill | 7:26.27 |
| M80 McMicken, Craig | 8:13.29 |
| W55 Groesz, Jeanette | 5:28.27 |
| Brook, Zel | 9:09.36 |
| W75 *Schley, Helen | 10:56.43 |

National Masters News
Age-Graded Mile

| Name / Age | Time | A-G% |
|--------------------|---------|------|
| Jeanette Groesz 56 | 5:52.94 | 91.7 |
| Joe Dudman 42 | 4:39.12 | 85.7 |
| Wayne Cadigan 47 | 4:54.92 | 84.3 |
| Mike Fanelli 50 | 5:02.24 | 84.2 |
| Reid Harter 55 | 5:24.62 | 81.7 |
| Eileen Holzman 62 | 7:12.85 | 81.5 |
| Mike Davis 47 | 5:06.29 | 81.1 |
| Jeff Knowlton 44 | 5:00.08 | 80.9 |

| | | |
|---------------------------|------------|------|
| John Postlethwait 61 | 5:53.43 | 79.0 |
| Bobby Manning 53 | 5:34.28 | 78.0 |
| Steve Berry 34 | 5:01.48 | 75.0 |
| Katherine Willis 47 | 6:25.55 | 74.7 |
| Les Castle 60 | 6:11.44 | 74.5 |
| Rick Sherman 42 | 5:22.33 | 74.2 |
| John Hlavacs 33 | 5:17.43 | 71.0 |
| Larry Wright 69 | 7:22.66 | 68.0 |
| Kevin Johnson 35 | 6:18.08 | 60.2 |
| 3000m | | |
| M40 Gonzalez, Daniel | 9:06.20 | |
| Dudman, Joe | 9:16.78 | |
| Halse, Brent | 11:38.85 | |
| M45 *Magill, Peter | 8:37.52 | |
| Cadigan, Wayne | 9:51.95 | |
| *DeCollisbus, A. | 10:03.50 | |
| Teppo, Jennifer | 10:59.31 | |
| M50 *Chantry, Stephen | 9:56.02 | |
| Huff, Mark | 11:43.07 | |
| M55 *Pate, Ron | 10:51.59 | |
| *Hall, Gary | 11:46.24 | |
| Hilton, Gordon | 12:13.63 | |
| M60 Postlethwait, John | 12:36.40 | |
| Peirce, Stephen | 16:29.45 | |
| M65 Wright, Larry | 14:16.11 | |
| M75 McChesney, Bill | 15:42.49 | |
| W30 Stewart, Nicole | 11:10.79 | |
| W40 Naughton, Madelyn | 12:50.03 | |
| W45 *Ayala-Troncoso, C. | 10:06.44 | |
| Teppo, Jennifer | 10:59.31 | |
| W60 Holzman, Eileen | 14:11.46 | |
| W70 Means, Susan | 19:32.27 | |
| 5000m | | |
| M30 Berry, Steve | 17:32.73 | |
| Schulz, Devan | 15:59.42 | |
| Godwin, Craig | 16:34.60 | |
| M40 Dudman, Joe | 16:01.02 | |
| Shordun, Leon | 16:15.14 | |
| *Bogus, James | 17:56.27 | |
| Wolf, Paul | 18:08.16 | |
| M45 Panches, Richard | 16:54.49 | |
| Swietlik, Tim | 17:55.34 | |
| Appalasamy, S. | 23:46.35 | |
| M50 *Chantry, Stephen | 17:06.26 | |
| M55 Harter, Reid | 18:02.90 | |
| Ackerman, Ron | 19:19.94 | |
| M60 Wilcox, Joe | 20:52.82 | |
| M65 Wright, Larry | 22:11.98 | |
| Needham, Dave | 25:35.35 | |
| M70 Davis, Jim | 23:29.06 | |
| M80 McMicken, Craig | 29:03.18 | |
| W30 Rowe, Carol | 18:13.51 | |
| W40 Gallagher, Susan | 19:10.53 | |
| Sims, Sherri | 21:37.02 | |
| W45 Kruehl, Kelly | 19:56.85 | |
| W50 Vesey, Robin | 21:00.47 | |
| Johnson, Marilyn | 24:47.59 | |
| W55 Groesz, Jeanette | 20:18.37 | |
| *Horsley, Suzanne | 27:07.84 | |
| W80 Lachman, Helen | 49:24.45 | |
| 10,000m | | |
| M35 Godwin, Craig | 33:51.63 | |
| M45 Panches, Richard | 35:55.52 | |
| M60 Wilcox, Joe | 58:08.48 | |
| M65 Wright, Larry | 49:38.28 | |
| M70 Pitkethly, David | 45:00.97 | |
| Dietz, Arthur | 57:36.09 | |
| W35 Agsten, Sarah | 41:26.33 | |
| W40 Volk, Tammy | 45:01.79 | |
| W55 Brook, Zel | 1:07:04.34 | |
| W70 Dods, Jane | 1:05:36.94 | |
| Mile Racewalk | | |
| W40 Jackinsky, Carmen | 8:51.84 | |
| Karavanic, Karen | 10:47.37 | |
| W45 McDermid, Carolyn | 11:41.69 | |
| W55 *Martino, Marianne | 8:52.53 | |
| Robeson, Maureen | 10:15.99 | |
| M45 *Blanchard, Michael | 7:34.84 | |
| M50 Frank, Rob | 8:04.48 | |
| VerMeer, Doug | 8:58.17 | |
| M55 Robeson, Charles | 9:36.70 | |
| M60 Opsahl, George | 8:43.85 | |
| M70 MacPike, Ron | 10:27.61 | |
| 5000m Racewalk | | |
| M45 *Blanchard, Michael | 25:21.81 | |
| *Renard, Steve | 26:53.01 | |
| Aunan, Tommy | 27:05.33 | |
| M50 Frank, Rob | 27:10.65 | |
| M55 Novak, Bob | 27:23.56 | |
| Robeson, Charles | 32:10.27 | |
| M60 Opsahl, George | 28:44.09 | |
| M70 MacPike, Ron | 34:21.79 | |
| M75 Vaughn, Dick | 34:27.86 | |
| W40 Jackinsky, Carmen | 29:20.94 | |
| Karavanic, Karen | 34:21.85 | |
| W45 Murphey Glenn, K | 28:34.49 | |
| W55 *Martino, Marianne | 29:52.01 | |
| *Baglin, Mary | 32:10.03 | |
| Robeson, Maur. | 33:15.90 | |
| Bristow, Susan | 36:44.19 | |
| W70 McCall, Bev | 32:45.06 | |
| Hildreth, Rita | 43:33.11 | |
| 80m Hurdles | | |
| M75 *Stokey, James | 14.05 | |
| 100m Hurdles | | |
| M50 Jacquet-Acea, Russell | 15.78 | |
| M55 *Parnell, Roger | 16.22 | |
| M60 *Johnston, Joe | 16.47 | |
| Peirce, Stephen | 22.24 | |
| 110m Hurdles | | |
| M35 Jannsen, Andrew | 17.42 | |

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| M40 Aurand, John | 21.83 |
| M45 *Berkley, Jozef | 21.06 |
| 300m Hurdles | |
| M60 Peirce, Stephen | 57.65 |
| M75 *Stokey, James | 54.76 |
| 400m Hurdles | |
| M40 Sherman, Rick | 1:12.26 |
| M45 *Berkley, Jozef | 1:22.60 |
| 2000m Steeplechase | |
| M60 *Clark, Fred | 9:04.01 |
| Peirce, Stephen | 9:57.20 |
| 3000m Steeplechase | |
| M40 *Yorges, Chris | 10:30.10 |
| Miskimins, David | 11:20.44 |
| M50 Hill, Leonard | 11:10.18 |
| Satterfield, Jim | 14:25.63 |
| M55 *Pate, Ron | 12:43.37 |
| 4x100m Relay | |
| M50-69 | |
| Northwest Region A | 56.01 |
| (Tucker, Rich 61/ McMillan, Don 65/Hoffman, Joe 71/ Edens, Paul 65) | |
| M40-49 | |
| Oregon TC Masters A | 4:28.52 |
| (Hacker, Bob 52/Widoff, Howard 55/Russell, Rick 53/Maier, William 52) | |
| High Jump | |
| M30 Campbell, Jason | 1.60 |
| M35 Jannsen, Andrew | 1.68 |
| M40 Forier, John | 1.80 |
| M45 *Berkley, Jozef | 1.64 |
| *Dove, Terry | 1.40 |
| M50 Vincent, Rick | 1.48 |
| M55 Beswick, Richard | 1.36 |
| M60 *Johnston, Joe | 1.48 |
| Edwards, Jay | 1.44 |
| Robbins, Stephen | 1.44 |
| *Weust, Gary | 1.32 |
| Peirce, Stephen | 1.24 |
| M65 McCrea, Don | 1.14 |
| M75 *Stokey, James | 1.30 |
| Fischer, Jack | 1.26 |
| M80 Sempronio, Vince | 1.10 |
| W45 Mendenhall, Martha | 1.52 |
| W55 Cooney, Caroline | 1.14 |
| W60 *Radcliffe, Marg | 1.14 |
| W65 *Anderson, Sandy | 1.14 |
| Pole Vault | |
| M35 *Holton, Dan | 4.45 |
| M40 McCormick, Robert | 3.35 |
| Cox, Dean | 3.35 |
| M45 Umenhofer, Daniel | 4.05 |
| Baucorn, Louis | 3.85 |
| M50 West, Dan | 4.05 |
| Jacquet-Acea, Russell | 3.85 |
| Phillips, Dennis | 3.35 |
| Altendorf, John | 3.65 |
| *Johnston, Joe | 3.45 |
| *Bonnert, Larry | 3.05 |
| M65 *Cannon, Terry | 3.10 |
| *Steinman, John | 2.73 |
| Matejka, Jim | 2.63 |
| McCrea, Don | 2.13 |
| M70 Morris, Allen | 2.33 |
| M75 Lewellen, Harvey | 1.83 |
| M80 Cleveland, John | 1.93 |
| Long Jump | |
| M30 Campbell, Jason | 5.14 |
| M40 Forier, John | 5.44 |
| M45 Copeland, Scott | 5.25 |
| M50 Worley, Steve | 5.14 |
| M55 *Parnell, Roger | 5.25 |
| Venable, Willie | 5.04 |
| *Lettieri, Larry | 4.55 |
| M60 Peirce, Stephen | 3.24 |
| Kirkpatrick, Douglas | 3.16 |
| M65 Chaney, Victor | 3.73 |
| M70 MacLeod, Norman | 4.51 |
| Walker, Kermit | 4.48 |
| M75 *Stokey, James | 4.05 |
| Fischer, Jack | 3.99 |
| Guimery, Ray | 2.21 |
| M85 Bulkley, Dan | 2.27 |
| W45 *Murfit, Anne | 2.20 |
| W50 Kirkpatrick, Yvonne | 3.15 |
| W55 Cooney, Caroline | 3.30 |
| W65 *Anderson, Sandy | 3.10 |
| W70 *Lary, Audrey | 3.46 |
| W75 Whinston, Melicent | 2.02 |
| W85 *Kotelko, Olga | 1.83 |
| Triple Jump | |
| M30 Campbell, Jason | 10.43 |
| M40 Toll, Mike | 11.87 |
| M55 Jackson, Scott | 9.07 |
| M60 Peirce, Stephen | 6.66 |
| M65 Chaney, Victor | 9.37 |
| M70 Walker, Kermit | 9.59 |
| MacLeod, Norman | 9.39 |
| M75 *Stokey, James | 8.94 |
| W40 Toll, Julie | 8.49 |
| W45 *Murfit, Anne | 6.36 |
| W65 *Anderson, Sandy | 6.96 |
| W70 *Lary, Audrey | 7.66 |
| W85 *Kotelko, Olga | 4.26 |
| Shot Put | |
| M30 K.-O'Shaughnessy, P | 9.40 |
| M35 *Curry, Mike | 12.01 |
| M40 Shannon, Tim | 13.08 |
| M50 Burton, Ray | 13.58 |
| Banton, Steven | |

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|-----------------------|---------|
| W40 Valerie Caldwell | 30.0 |
| W60 Marg Radcliffe | 35.7 |
| 400m | |
| M60 Bill Hollingshead | 1:10.1 |
| 800m | |
| M45 Michael Gill | 2:16.1 |
| 1500m | |
| M45 Michael Gill | 4:43.5 |
| M60 Bill Hollingshead | 5:22.9 |
| 3000m | |
| W35 Carla Dunn | 10:24.0 |
| High Jump | |
| M55 John Hawkins | 1.60 |
| Shot Put | |
| M55 John Hawkins | 12.60 |
| M75 Bill Robertson | 7.60 |
| M85 Phil Brodeur | 5.58 |
| W45 Denise Clements | 9.46 |
| W60 Sally Robertson | 5.24 |
| W65 Sandy Anderson | 8.04 |
| Discus | |
| M55 John Hawkins | 37.97 |
| M75 N. Daylie | 20.11 |
| M85 Phil Brodeur | 16.29 |
| W45 Denise Clements | 24.13 |
| W60 Sally Robertson | 13.27 |
| W66 Sandy Anderson | 18.58 |
| Hammer | |
| M55 John Hawkins | 25.17 |
| M75 Doug Monds | 29.96 |
| W45 Denise Clements | 27.55 |
| W65 Sandy Anderson | 20.13 |
| Javelin | |
| M35 Graham Morfitt | 62.73 |
| M55 John Hawkins | 35.61 |
| M75 Bill Robertson | 16.89 |
| M85 Phil Brodeur | 15.72 |
| W45 Anne Murfitt | 15.47 |
| W60 Marg Radcliffe | 27.04 |
| W65 Sandy Anderson | 21.55 |
| Pole Vault | |
| W60 Sandy Anderson | 1.60 |

Ontario Masters Championships, London

June 11

| | |
|-----------------------|----------|
| 100m | |
| M30 Tyler Atkinson | 13.39 |
| M40 Todd Crawford | 11.82 |
| M45 Steve Williamson | 12.36 |
| M50 Kerry Smith | 11.59 |
| M55 Roy Chubb | 13.60 |
| M60 Tony Powell | 12.74 |
| M65 Dave Brand | 14.34 |
| M70 Dev Sharma | 14.76 |
| M75 Bill Thompson | 17.47 |
| W35 Agnes Kuczalska | 13.51 |
| W45 Lyn Barrett | 14.46 |
| W50 Karla del Grande | 13.20 |
| W55 Rhona Trott | 15.85 |
| 200m | |
| M30 Tyler Atkinson | 28.05 |
| M35 Malik Crepsac | 23.44 |
| M40 Ken Kudo | 25.21 |
| M45 Lawrence Loh | 26.01 |
| M50 Kerry Smith | 23.50 |
| M55 Mike Carter | 28.45 |
| M60 Tony Powell | 26.00 |
| W35 Agnes Kuczalska | 28.69 |
| W45 Lyn Barrett | 30.53 |
| W50 Karla del Grande | 27.04 |
| W55 Rhona Trott | 33.45 |
| 400m | |
| M35 Malik Crepsac | 53.57 |
| M40 Ken Kudo | 56.16 |
| M45 Lawrence Loh | 58.91 |
| M50 Wayne Gagne | 1:03.26 |
| M55 Mike Carter | 1:03.30 |
| M65 Jim Pascoe | 1:17.02 |
| M70 Dev Sharma | 1:15.24 |
| M75 Earl Fee | 1:10.75 |
| W35 Gwen Bailey Mason | 1:08.31 |
| W45 Katherine Willis | 1:18.63 |
| W50 Karla del Grande | 1:05.77 |
| W70 Jean Horne | 1:22.93 |
| 800m | |
| M35 Derek Hackshaw | 2:03.94 |
| M40 Geoff Peat | 2:08.96 |
| M45 Bill Cunliffe | 2:11.96 |
| M55 John De Finney | 2:24.19 |
| M65 Bill McIlwaine | 2:50.70 |
| M70 Gerhard Krolow | 3:09.55 |
| W35 Gwen Bailey Mason | 2:41.22 |
| W45 Katherine Willis | 2:55.19 |
| W70 Jean Horne | 3:14.55 |
| 1500m | |
| M35 Bryan Hoage | 4:56.13 |
| M40 Vince Friel | 4:24.57 |
| M45 Tim Andrew | 4:35.57 |
| M50 Joe Meleca | 5:10.12 |
| M55 John De Finney | 5:01.08 |
| M60 Gary Cassel | 5:32.78 |
| M65 Jim Irons | 6:20.20 |
| M70 Gerhard Krolow | 6:31.72 |
| W35 Sheryl Potter | 5:39.63 |
| W40 Gerda Zonruiter | 5:26.49 |
| 5000m | |
| M35 Ken Gosleigh | 16:54.88 |
| M40 Bruce Pardy | 17:03.57 |
| M45 Scott Turner | 17:55.92 |

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|---------------------------|----------|
| M50 Doug Smith | 22:42.28 |
| M55 John De Finney | 18:29.81 |
| M60 David Woodhall | 20:08.08 |
| M70 Gerhard Krolow | 22:49.71 |
| M75 Ed Whitlock | 20:21.57 |
| W40 Gail Schmidt | 21:54.10 |
| W50 Clara Northcott | 21:45.97 |
| 2000m Steeplechase | |
| M65 Vern Christensen | 8:32.28 |
| High Jump | |
| M45 Kevin Sanjari | 1.52 |
| M50 Ralph Cilevitz | 1.20 |
| M55 Roy Chubb | 1.30 |
| M60 Bob Campbell | 1.25 |
| M65 Bob Land | 1.35 |
| M70 Gerhard Krolow | 1.03 |
| W45 Roshani Gunasekera | 1.24 |
| W50 Maria Mallia | 1.36 |
| Pole Vault | |
| M30 James Sniatenchuk | 4.14 |
| M50 Ralph Cilevitz | 2.20 |
| M60 Matti Kilpelainen | 3.66 |
| M65 Bob Land | 2.55 |
| Long Jump | |
| M40 Todd Crawford | 6.66 |
| M45 Kevin Sanjari | 5.65 |
| M50 Ralph Cilevitz | 4.23 |
| M55 Tim Bourgard | 4.28 |
| M70 Kesar Singh Poonia | 3.24 |
| W45 Roshani Gunasekera | 3.72 |
| W50 Maria Mallia | 3.73 |
| Triple Jump | |
| M40 Todd Crawford | 12.58 |
| M45 Kenny Jackman | 11.88 |
| M50 Ralph Cilevitz | 8.75 |
| M70 Kesar Singh Poonia | 6.71 |
| W45 Roshani Gunasekera | 8.21 |
| Shot Put | |
| M35 James Buhlman | 9.25 |
| M40 Todd Crawford | 10.59 |
| M45 Danny Yoisten | 11.15 |
| M50 Joe Myers | 13.84 |
| M55 Jean-Pierre Mayer | 12.57 |
| M60 Malachi McGruder | 9.62 |
| M65 David Morris | 8.67 |
| M70 Kesar Singh Poonia | 11.31 |
| M80 Evalds Viskers | 9.90 |
| W40 Jaam Shahriari | 10.58 |
| W45 Lyn Barrett | 7.88 |
| W55 Rhona Trott | 7.47 |
| W75 Velta Tomsons | 6.15 |
| Discus | |
| M35 James Buhlman | 24.81 |
| M40 Todd Crawford | 36.22 |
| M45 Don Bailey | 41.95 |
| M50 Jan Graczyk | 38.37 |
| M55 Jean-Pierre Mayer | 40.46 |
| M60 Malachi McGruder | 36.08 |
| M65 David Morris | 33.38 |
| M70 Jack Boyd | 29.30 |
| M80 Evalds viskers | 29.94 |
| W40 Jaam Shahriari | 37.92 |
| W45 Lyn Barrett | 17.81 |
| W55 Rhona Trott | 17.04 |
| W75 Velta Tomsons | 15.73 |
| Hammer | |
| M40 Richard Parkinson | 33.30 |
| M45 James Findlay | 36.06 |
| M50 Jan Graczyk | 50.74 |
| M55 Rudy Boghina | 32.74 |
| M65 David Morris | 26.41 |
| M70 Emil Muller | 45.48 |
| W40 Jaam Shahriari | 24.97 |
| W55 Rhona Trott | 20.00 |
| Javelin | |
| M35 James Buhlman | 29.89 |
| M40 Richard Parkinson | 51.10 |
| M45 Peter St. Pierre | 43.79 |
| M50 Joe Myers | 38.71 |
| M55 Folgo Dellavedova | 40.40 |
| M60 Maachi McGruder | 37.58 |
| M65 Fred Parmenter | 39.10 |
| M70 Eric Malmstrom | 29.93 |
| W40 Ana Maria Neilson | 33.85 |
| W45 Lyn Barrett | 16.57 |
| Weight Throw | |
| M40 Richard Parkinson | 12.22 |
| M45 Danny Yoisten | 11.13 |
| M50 Jan Graczyk | 16.00 |
| M55 Rudy Boghina | 11.76 |
| M65 David Morris | 9.99 |
| M70 Emil Muller | 16.72 |
| W40 Jaam Shahriari | 10.53 |
| 5000m RW | |
| M45 Hans Dinger | 28:21.00 |
| M55 Don Ramsden | 30:11.00 |
| M70 S Summerhayes | 31:21.20 |
| W30 Sarah Raetsen | 31:11.21 |
| W35 Tracey McBurney | 33:30.89 |
| W45 Kitty Cashman | 27:20.09 |
| W50 Nanci Sweazey | 27:06.77 |
| W55 Aggie Ramsden | 33:55.26 |
| W65 Joan Christensen | 31:48.05 |

BC Masters Championships Meet
Langley, BC; June 16-18

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| * US Citizen | |
| 100m | |
| M35 Gary Silvester | 12.95 |
| Don Holmes | 15.88 |

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|-----------------------|---------|
| M40 Chris Townsend | 12.39 |
| Ewald Nickel | 13.13 |
| Nelson Muriuki | 13.57 |
| M45 Lloyd Ferguson | 12.56 |
| Bob Cheng | 12.70 |
| Aaron Blake | 12.94 |
| M50 Tom Dickson | 12.33 |
| Bruno Gartner | 12.85 |
| Peter Freeman | 12.92 |
| M55 Jagtar Cheema | 14.18 |
| Jim Sullivan | 15.32 |
| M60 Tony Badowski | 13.90 |
| M65 Herb Gee | 13.86 |
| Les Friesen | 14.76 |
| M70 Andy Aadmi | 14.74 |
| M75 Norm Lesage | 16.64 |
| Les Robson | 17.82 |
| M80 Harry Thompson | 19.53 |
| W35 Lisa McKeown | 18.08 |
| W40 Georgina Titus | 14.15 |
| Valerie Capewell | 14.82 |
| W50 Tracey Lipscombe | 16.38 |
| Sarita Burrowes | 17.36 |
| W55 Urith Hayley | 16.70 |
| W60 Marg Radcliffe | 17.03 |
| Michelle Berg | 18.85 |
| W70 Louise Reed | 18.03 |
| W75 Coral Webb | 20.25 |
| W85 Olga Kotelko | 25.12 |
| 200m | |
| M35 Gary Silvester | 26.03 |
| M40 Chris Townsend | 24.55 |
| Ewald Nickel | 26.48 |
| Nelson Muriuki | 28.54 |
| M45 Lloyd Ferguson | 26.09 |
| Bob Cheng | 26.70 |
| Aaron Blake | 26.91 |
| Robert Lefevre | 29.53 |
| M50 Tom Dickson | 25.35 |
| Peter Freeman | 25.96 |
| Bruno Gartner | 26.52 |
| M55 Jim Sullivan | 31.17 |
| M60 Sewa Birring | 27.66 |
| Tony Badowski | 28.16 |
| Barry Adams | 31.40 |
| M65 Herb Gee | 28.48 |
| Les Friesen | 30.16 |
| M70 Andy Aadmi | 30.73 |
| M75 Norm Lesage | 31.92 |
| Les Robson | 37.44 |
| M80 Harry Thompson | 41.16 |
| W40 Judy Summers | 29.48 |
| Valerie Capewell | 30.10 |
| W50 Tracey Lipscombe | 34.16 |
| Sarita Burrowes | 35.31 |
| W55 Urith Hayley | 34.98 |
| Michelle Berg | 38.62 |
| W60 Marg Radcliffe | 35.70 |
| W65 Ella Lee | 43.54 |
| W70 Louise Reed | 37.88 |
| Klazina Noort | 45.09 |
| W75 Coral Webb | 42.13 |
| 400m | |
| M40 Ewald Nickel | 57.97 |
| Nelson Muriuki | 64.89 |
| M45 Lloyd Ferguson | 58.10 |
| Bob Cheng | 59.28 |
| M50 Peter Freeman | 57.40 |
| M55 Steve Hosford | 65.22 |
| Phil Bell | 68.04 |
| M60 Sewa Birring | 61.88 |
| M65 Herb Gee | 68.06 |
| Les Friesen | 68.42 |
| M75 Les Robson | 1:40.49 |
| M80 Harry Thompson | 1:33.10 |
| W40 Judy Summers | 1:06.79 |
| W50 Tracey Lipscombe | 1:20.03 |
| W55 Avril Douglas | 1:08.58 |
| Michelle Berg | 2:11.40 |
| 800m | |
| M35 Edwin de Gier | 2:10.84 |
| M40 Steve Bachop | 2:00.48 |
| Quentin Smith | 2:15.58 |
| M45 Malcolm Smillie | 2:10.76 |
| Michael Gill | 2:16.11 |
| Mark Rowlands | 2:18.65 |
| M50 Paul Reimes | 2:11.79 |
| Steven Stanage | 2:12.11 |
| Peter Freeman | 2:12.31 |
| M55 Steve Hosford | 2:25.63 |
| Phil Bell | 2:34.29 |
| M60 Bill Hollingshead | 2:31.63 |
| Peter O'Neil | 2:32.52 |
| Barry Adams | 2:41.10 |
| M80 Harry Thompson | 3:57.95 |
| W40 Judy Summers | 2:46.41 |
| W50 Tracey Lipscombe | 3:09.22 |
| W55 Avril Douglas | 2:46.46 |
| Michelle Berg | 3:26.21 |
| 1500m | |
| M40 Steve Bachop | 4:16.21 |
| Tyler Ginther | 4:26.91 |
| M45 Malcolm Smillie | 4:37.20 |
| Michael Gill | 4:41.34 |
| Ted de St. Croix | 4:47.95 |
| M50 Steven Stanage | 4:37.59 |
| David Huxley | 4:45.72 |
| Peter Freeman | 4:47.60 |
| M55 Steve Hosford | 5:01.00 |
| Phil Bell | 5:18.09 |
| Tom Hastie | 5:32.02 |
| M60 Bill Hollingshead | 5:19.01 |

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|---------------------------|---------|
| Peter O'Neil | 5:19.02 |
| W60 Chris Race | 6:17.66 |
| 1500m Steeplechase | |
| M45 Ted de St. Croix | 5:20.56 |
| Short Hurdles | |
| M60 Warren Hamill | 17.24 |
| Jess Brewer | 18.42 |
| Long Hurdles | |
| M60 Jess Brewer | 53.00 |
| High Jump | |
| M40 Kevin Harrison | 1.86 |
| M55 John Hawkins | 1.70 |
| M60 Warren Hamill | 1.50 |
| Grant Lamothe | 1.10 |
| W50 Nancy Cochrane | 1.15 |
| W60 Marg Radcliffe | 1.20 |
| W65 Sandy Anderson | 1.15 |
| Long Jump | |
| M35 Gary Silvester | 5.03 |
| M45 Breck Sinclair | 3.97 |
| Robert Lefevre | 3.91 |
| Darrell Eedy | 3.50 |
| M55 John Hawkins | 5.37 |
| M60 Barry Adams | 3.20 |
| M65 Herb Gee | 4.58 |
| M70 Andy Aadmi | 3.38 |
| M75 Les Robson | 2.69 |
| W35 Elena Voloshin | 4.69 |
| Triple Jump | |
| M35 Byron Jack | 11.39 |
| Gary Silvester | 10.55 |
| M55 John Hawkins | 10.73 |
| M75 Les Robson | 5.71 |
| W85 Olga Kotelko | 4.38 |
| Shot Put | |
| M35 Gary Silvester | 10.17 |
| Don Holmes | 8.49 |
| M45 Robert Lefevre | 10.33 |
| John Leavitt | 8.88 |
| M50 Frank Ehrenreich | 10.45 |
| M55 John Hawkins | 12.36 |
| Don Brodeur | 11.02 |
| Kyosti Sutela | 9.90 |
| M60 Sewa Birring | 9.39 |
| Grant Lamothe | 9.28 |
| M70 Neil Saling* | 11.90 |
| Andy Aadmi | 9.83 |
| Udo Grady | 9.01 |
| M75 Ranier Sillantaus | 10.54 |
| M85 Phil Brodeur | 6.11 |
| M90 Jim Murray | 5.95 |
| W35 Lisa McKeown | 7.45 |
| W40 Georgina Titus | 8.49 |
| W45 Anne Murfitt | 6.12 |
| W60 Dawn Copping | 6.66 |
| W65 Sandy Anderson | 7.74 |
| W70 Mae Turek | 6.60 |
| W85 Olga Kotelko | 4.01 |
| Discus | |
| M35 Gary Silvester | 26.77 |
| Don Holmes | 25.12 |
| M45 Robert Lefevre | 34.71 |
| John Leavitt | 26.61 |
| M50 Murray Hall | 39.65 |
| Frank Ehrenreich | 28.35 |
| M55 John Hawkins | 37.47 |
| Don Brodeur | 35.04 |
| M60 Warren Hamill | 42.54 |
| Mike Woodworth | 42.01 |
| M65 Richard Dow | 35.08 |
| Mike Miyoshi | 29.67 |
| Bakhshish Dhillon | 29.57 |
| M70 Neil Saling* | 40.70 |
| Andy Aadmi | 27.04 |
| Udo Grady | 26.70 |
| M75 Ranier Sillantaus | 25.96 |
| M85 Phil Brodeur | 15.53 |
| M90 Jim Murray | 17.60 |
| W40 Georgina Titus | 24.65 |
| W45 Anne Murfitt | 16.30 |
| W50 Wendy Woodworth | 20.43 |
| Robyn Janssens | 20.26 |
| Nancy Cochrane | 11.16 |
| W55 Lynn Dow | 19.63 |
| Urith Hayley | 15.75 |
| W60 Dawn Copping | 15.95 |
| W66 Sandy Anderson | 17.48 |
| W70 Mae Turek | 17.17 |
| Hammer | |
| M35 Don Holmes | 28.28 |
| M45 Robert Lefevre | 17.94 |
| M55 John Hawkins | 32.02 |
| M65 Bakhshish Dhillon | 24.72 |
| M70 Andy Aadmi | 36.83 |
| Udo Grady | 33.80 |
| M90 Jim Murray | 14.34 |
| W45 Anne Murfitt | 15.74 |
| W50 Robyn Janssens | 27.07 |
| W60 Dawn Copping | 22.83 |
| W65 Sandy Anderson | 21.60 |
| W70 Mae Turek | 17.03 |
| W85 Olga Kotelko | 13.95 |
| Javelin | |
| M35 Don Holmes | 37.06 |
| M40 Kevin Morgan | 50.00 |
| M45 John Leavitt | 34.54 |
| Robert Lefevre | 33.51 |
| M50 Frank Ehrenreich | 30.27 |
| M55 John Hawkins | 39.23 |
| Don Brodeur | 33.50 |
| M60 Warren Hamill | 36.96 |
| Grant Lamothe | 32.96 |

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| Barry Adams | 32.11 |
| M65 Mike Miyoshi | 30.80 |
| M70 Andy Aadmi | 27.79 |
| Udo Grady | 20.75 |
| M75 Ranier Sillantaus | 31.50 |
| M85 Phil Brodeur | 17.33 |
| M90 Jim Murray | 12.60 |
| W45 Anne Murfitt | 15.26 |
| W50 Wendy Woodworth | 22.73 |
| Nancy Cochrane | 14.95 |
| Robyn Janssens | 11.11 |
| W55 Marilyn Benz | 26.82 |
| Urith Hayley | 19.02 |
| W60 Marg Radcliffe | 28.25 |
| Dawn Copping | 11.76 |
| W65 Sandy Anderson | 21.82 |
| W70 Mae Turek | 15.16 |
| Pole Vault (6/14 - Victoria) | |
| M40 Owen Clements | 4.40 |
| Wayne Potoka | 4.00 |
| M55 John Hawkins | 3.50 |
| M60 Warren Hamill | 3.35 |
| Ken Underdahl | 2.75 |
| M70 Gerard Dumas | 2.00 |
| M80 Jack Rowe | 1.00 |
| W45 Anne Murfitt | 1.45 |
| W60 Sandy Anderson | 1.60 |

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|-------------------------|-------|
| W40 Gené Erasmus | 26.99 |
| W45 Anna Du Plessis | 27.57 |
| W50 Liz Alexander | 29.73 |
| W55 Pam Immelman | 31.66 |
| W60 Magdalena Tomlinson | 31.50 |
| W65 Hester Venter | 39.19 |
| W70 Veronica Welgemoed | 38.73 |
| W75 Isabel Hofmeyr | 37.94 |
| W80 Mavis Hutchison | 48.49 |

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|------------------------|---------|
| 400m | |
| W30 Colleen Cozett | 1:02.56 |
| W35 Suzette Prinsloo | 1:03.93 |
| W40 Julita Puren | 1:04.70 |
| W45 Anna Du Plessis | 1:04.06 |
| W50 Liz Alexander | 1:07.87 |
| W55 Hester Venter | 1:42.50 |
| W70 Veronica Welgemoed | 1:34.85 |
| W80 Mavis Hutchison | 2:05.98 |

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|-----------------------|---------|
| 800m | |
| W35 Suzette Prinsloo | 2:25.80 |
| W40 René Odendaal | 2:28.27 |
| W45 Elaine Pretorius | 2:28.05 |
| W50 Liz Alexander | 2:31.42 |
| W55 Pam Immelman | 2:52.26 |
| W65 Magdaline Johnson | 4:21.70 |
| W80 Mavis Hutchinson | 4:41.24 |

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|--------------------------|----------|
| 1500m | |
| W35 Salomé Vermeulen | 5:03.12 |
| W40 René Odendaal | 5:27.73 |
| W45 Benice Putter | 5:49.48 |
| W50 Liz Alexander | 5:33.60 |
| W65 Willemien Smuts | 6:51.41 |
| 5000m | |
| W40 Mariëtte Esterhuysen | 19:32.68 |
| W45 Erika Swart | 20:00.07 |
| W50 Margie Saunders | 20:16.74 |
| W60 Marianne Nelson | 27:03.72 |
| W65 Willemien Smuts | 24:03.64 |

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|--------------------------|----------|
| 10,000m | |
| W40 Mariëtte Esterhuysen | 40:26.38 |
| W45 Erika Swart | 38:53.97 |
| W60 Marianne Nelson | 55:39.06 |

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|-------------------------|-------|
| 80mH | |
| W45 Esca Taljaard | 14.02 |
| W60 Magdalena Tomlinson | 14.55 |

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| 300mH | |
| W60 Magdalena Tomlinson | 56.55 |

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| 400mH | |
| W45 Esca Taljaard | 1:17.93 |

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|------------------------|------|
| High Jump | |
| W30 Candida Oberholzer | 1.30 |
| W35 Dinah Heymans | 1.65 |
| W45 Magda Von Zijl | 1.40 |
| W55 Margaret Jonkers | 1.14 |
| W60 Kitty vd Merwe | 1.08 |
| W70 Louie Zimmerman | 1.06 |
| W75 Isabel Hofmeyr | 1.03 |

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|------------------|------|
| Pole Vault | |
| W35 Eva Thornton | 3.45 |

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|-------------------------|------|
| Long Jump | |
| W30 Ida-Marie Ehlers | 5.00 |
| W35 Anneline Maloney | 2.99 |
| W45 Pat Smit | 3.64 |
| W50 Anette Steenkamp | 3.34 |
| W55 Marinda Potgieter | 3.63 |
| W70 Aletta Ten Tusscher | 2.87 |

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|----------------------|-------|
| Triple Jump | |
| W30 Ida-Marie Ehlers | 10.28 |
| W45 Pat Smit | 8.11 |
| W50 Anette Steenkamp | 8.40 |
| W60 Vera Tarlton | 5.77 |
| W70 Louie Zimmerman | 6.33 |

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|----------------------|-------|
| Shot Put | |
| W35 Anneline Maloney | 7.89 |
| W40 Elsa Lombard | 10.31 |
| W45 Amelia vd Merwe | 7.62 |
| W50 Tertja Stoffberg | 10.87 |
| W55 Mercia Ferreira | 9.98 |
| W60 Vera Tarlton | 7.38 |
| W65 Anette Olivier | 7.93 |
| W70 Louie Zimmerman | 7.19 |
| W75 Joh Nel | 4.82 |
| W80 Lena Grobler | 5.15 |

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|----------------------|-------|
| Discus | |
| W35 Anneline Maloney | 22.76 |
| W40 Anette Hennop | 32.35 |
| W45 Pat Smit | 17.33 |
| W50 Tertja Stoffberg | 25.08 |
| W55 Mercia Ferreira | 25.50 |
| W60 Vera Tarlton | 21.84 |
| W65 Anette Olivier | 20.74 |
| W70 Louie Zimmerman | 22.27 |
| W75 Joh Nel | 12.80 |
| W80 Lena Grobler | 14.05 |

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|-----------------------|-------|
| Hammer | |
| W35 Charmain Venter | 19.33 |
| W40 Delene Louw | 29.87 |
| W45 Amelia vd Merwe | 20.39 |
| W50 Tertja Stoffberg | 26.46 |
| W55 Elize Engelbrecht | 23.30 |
| W60 Kitty vd Merwe | 28.31 |
| W65 Anette Olivier | 30.10 |
| W80 Lena Grobler | 14.67 |

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|---------------------|-------|
| Javelin | |
| W30 Yolanda Beytel | 35.55 |
| W40 Anette Hennop | 25.62 |
| W45 Pat Smit | 19.18 |
| W50 Hester Fourie | 17.13 |
| W55 Mercia Ferreira | 25.06 |
| W60 Vera Tarlton | 15.85 |
| W70 Louie Zimmerman | 19.36 |
| W80 Mavis Hutchison | 10.20 |

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|-----------------------|-------|
| Weight Throw | |
| W35 Charmain Venter | 6.71 |
| W40 Anette Hennop | 10.00 |
| W45 Martha Du Plessis | 5.30 |
| W50 Tertja Stoffberg | 9.64 |
| W55 Mercia Ferreira | 8.28 |
| W60 Elize Grobbelaar | 9.06 |
| W65 Anette Olivier | 11.52 |

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| Weight Pentathlon | |
| W35 Charmain Venter | 1259 |
| W40 Anette Hennop | 2926 |
| W45 Pat Smit | 1889 |
| W50 Tertja Stoffberg | 2852 |
| W55 Elize Engelbrecht | 2583 |
| W60 Vera Tarlton | 3038 |
| W65 Anette Olivier | 3632 |
| W80 Lena Grobler | 3166 |

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|-------------------------|---------|
| 5000m Racewalk | |
| W30 Nicolene Underwood | 30:51.2 |
| W35 Gwen Smeeton | 26:50.7 |
| W40 Trudi Carstens | 28:39.5 |
| W45 Marianne Ghisleni | 27:30.1 |
| W50 Barbara Nell | 25:05.1 |
| W55 Daphne Du Preez | 29:28.1 |
| W60 Ingrid Bolt | 33:05.9 |
| W65 Jodi Pastorino | 35:39.7 |
| W70 Aletta Ten Tusscher | 38:52.4 |
| W75 Anna Villet | 38:33.1 |

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| 9.5K Racewalk | |
| W30 Nicolene Underwood | 59:54.0 |
| W35 Gwen Smeeton | 53:33.0 |
| W40 Cheryl-Lee Dean | 55:48.0 |
| W45 Marianne Ghisleni | 53:06.0 |
| W50 Barbara Nell | 49:07.0 |
| W55 Susan Tranter | 57:32.0 |
| W60 Ingrid Bolt | 60:24.0 |
| W65 Jodi Pastorino | 67:45.0 |
| W75 Anna Villet | 73:59.0 |

BMAF National Championships, Birmingham England; June 18

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|----------------------|-------|
| 100m | |
| M35 Darren Scott | 11.06 |
| M40 Anthony Noel | 11.28 |
| M45 Pat Logan | 11.72 |
| M50 Geoff Walcott | 12.04 |
| M55 John McGarry | 12.89 |
| M60 Ken Smeeth | 13.17 |
| M65 John Ross | 13.72 |
| M70 Tony Bowman | 13.81 |
| M75 Allan Meddings | 14.82 |
| M80 Rodney Clark | 18.88 |
| W35 Kathleen Madigan | 12.87 |
| W40 Julie Money | 13.00 |
| W45 Averil McLelland | 13.53 |
| W50 Ilse Hemming | 14.40 |
| W55 Vivien Bonner | 13.60 |
| W60 Val Parsons | 14.33 |
| W65 Iris Holder | 16.67 |
| W70 Betty Steedman | 19.92 |
| W75 Coral Webb | 21.09 |

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| 200m | |
| M35 Graeme Hogg | 24.03 |
| M40 Anthony Noel | 23.87 |
| M45 Pat Logan | 23.79 |
| M50 Stephen Peters | 23.35 |
| M55 Bob Minting | 25.98 |
| M60 Laurence Oldfield | 27.13 |
| M65 John Ross | 28.60 |
| M70 Tony Bowman | 29.33 |
| M75 Allan Meddings | 31.21 |
| M80 Frank Copping | 48.18 |
| W35 Melanie Brown | 26.70 |
| W40 Wendy Laing | 28.01 |
| W45 Wendy Dunn | 27.67 |
| W50 Caroline Powell | 28.05 |
| W55 Vivien Bonner | 28.56 |
| W60 Val Parsons | 29.89 |
| W65 Iris Holder | 35.16 |
| W75 Coral Webb | 45.26 |

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|-----------------------|---------|
| 400m | |
| M35 Edward Williams | 49.96 |
| M40 Jonathan Tilt | 52.08 |
| M45 Kermit Bentham | 52.80 |
| M50 Stephen Peters | 52.45 |
| M55 Bob Minting | 56.17 |
| M60 Laurence Oldfield | 59.61 |
| M65 John Ross | 1:02.98 |
| M70 Tony Bowman | 1:24.44 |
| M75 William Davies | 1:22.38 |
| M80 Frank Copping | 1:53.89 |
| W35 Melanie Brown | 59.44 |
| W40 Virginia Mitchell | 59.42 |
| W45 Jane Horder | 1:02.36 |
| W50 Caroline Powell | 1:01.81 |
| W55 Caroline Marler | 1:10.89 |
| W60 Yvonne Priestman | 1:12.73 |
| W65 Kathleen Stewart | 1:19.11 |
| W70 Mary Holmes | 1:24.71 |

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|---------------------|---------|
| 800m | |
| M35 Edward Williams | 1:59.97 |
| M40 John Headley | 2:01.77 |
| M45 Ian Smith | 2:06.00 |
| M50 Dominic Swords | 2:09.37 |
| M55 Bob Minting | 2:14.35 |
| M60 John Treadwell | 2:26.28 |
| M65 Arthur Kimber | 2:48.21 |
| M70 John Cullingham | 3:12.29 |
| M75 William Davies | 3:12.47 |
| M80 Frank Copping | 4:20.88 |

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|-------------------------|---------|
| W35 Bernadine Pritchett | 2:19.26 |
| W40 Mary Edwards | 2:24.58 |
| W45 Jenny Hughes | 2:38.94 |
| W50 Joan Howe | 2:33.52 |
| W55 Susan James | 2:53.37 |
| W60 Pat Gallagher | 2:44.92 |
| W65 Kathleen Stewart | 3:09.23 |
| W70 Mary Holmes | 3:17.76 |

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|-------------------------|----------|
| 1500m | |
| M35 Peter Barker | 4:10.75 |
| M40 L Mangelshot | 4:11.52 |
| M45 Richard Jenkin | 4:20.35 |
| M50 Kevin Archer | 4:31.08 |
| M55 Bob Minting | 4:33.08 |
| M60 Michael Smith | 4:54.96 |
| M65 Alan Peers | 5:37.41 |
| M70 Brian Ashwell | 5:27.06 |
| M75 Derek Howarth | 6:07.78 |
| M80 Frank Copping | 8:35.57 |
| W35 Bernadine Pritchett | 4:40.56 |
| W40 Jenny Phillips | 5:07.05 |
| W45 Carolyn Robbins | 5:09.76 |
| W50 Sandra Branney | 5:02.73 |
| W55 Nancy Hitchmough | 5:18.39 |
| W60 Pat Gallagher | 5:36.04 |
| W65 Kathleen Stewart | 6:18.48 |
| W75 Betty Norrish | 10:01.68 |

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| 5000m | |
| M35 Peter Tallents | 15:55.07 |
| M40 Martin Hula | 15:06.69 |
| M45 Julian Critchlow | 15:50.39 |
| M50 Nigel Holden | 16:30.45 |
| M55 Desmond Michael | 17:26.79 |
| M60 Gareth Jones | 17:43.90 |
| M65 John Batchelor | 18:52.40 |
| M70 Eric Barber | 21:55.41 |
| M75 Derek Howarth | 22:35.71 |
| W35 Kate Ramsey | 16:32.03 |
| W45 Sian Monahan | 17:46.39 |
| W50 Susan Cooper | 18:52.97 |
| W60 Pauline Rich | 21:50.21 |
| W65 Cecilia Morrison | 23:06.36 |
| W70 Pamela Jones | 24:48.73 |
| W75 Betty Norrish | 33:44.44 |

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|------------------------|----------|
| 10,000m | |
| M35 Ian Johnston | 33:16.26 |
| M40 Daniel Moore | 33:02.82 |
| M45 Dai Roberts | 33:06.31 |
| M50 Mike Weedall | 34:55.85 |
| M55 John Exley | 35:54.15 |
| M60 Gareth Jones | 37:20.93 |
| M65 Fred Gibbs | 40:32.87 |
| M70 Eric Barber | 45:04.22 |
| M75 Derek Howarth | 46:30.58 |
| W40 Andrea Dennison | 38:51.38 |
| W45 Lynn Marr | 44:59.76 |
| W50 Christine Kilkenny | 40:08.96 |
| W55 Ros Tabor | 41:44.45 |
| W60 June Johnson | 48:20.49 |
| W65 Betty Stracey | 51:23.21 |
| W70 Pamela Jones | 51:42.05 |

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|---------------------|-------|
| Short Hurdles | |
| M40 Des Wilkinson | 15.88 |
| M45 Michael Coker | 16.63 |
| M50 Clive Pengelly | 16.20 |
| M55 Tony Wells | 16.03 |
| M60 Barry Ferguson | 18.15 |
| M65 Brian Arris | 20.88 |
| M70 Tony Bowman | 13.67 |
| W35 Fiona Lampkin | 18.85 |
| W40 Wendy Laing | 12.26 |
| W45 Gaye Clarke | 12.73 |
| W50 Carole Filer | 14.47 |
| W55 Caroline Marler | 15.56 |

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|-----------------------|---------|
| Long Hurdles | |
| M40 Jonathan Tilt | 58.02 |
| M45 Michael Coker | 59.91 |
| M50 Ian Broadhurst | 62.96 |
| M55 Tony Wells | 66.19 |
| M60 Frederick Bush | 50.24 |
| M65 Brian Arris | 55.31 |
| M70 Tony Bowman | 51.22 |
| M75 Peter Field | 57.08 |
| W35 Deborah Doherty | 1:08.10 |
| W40 Imeta Barauskiene | 1:08.45 |
| W45 Jane Horder | 1:06.36 |
| W50 Carole Filer | 52.97 |
| W55 Caroline Marler | 54.21 |

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|---------------------------------|----------|
| 2000m Steeplechase | |
| M60 Frederick Bush | 8:33.11 |
| W35 Deborah Doherty | 7:46.09 |
| W40 Jane Pidgeon | 7:55.93 |
| W50 Anne Darby | 8:49.20 |
| W70 Anne Martin WR | 10:50.35 |
| (Shirley Brasher/11:24.25/2000) | |

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|------------------------|----------|
| 3000m Steeplechase | |
| M35 Paul Northrop | 9:57.35 |
| M40 Paul Spowage | 10:31.91 |
| M45 Chris Ireland | 10:25.39 |
| M50 Dave Carrington | 10:50.55 |
| M55 Aleksander Swiecki | 11:33.80 |

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|----------------------|------|
| High Jump | |
| M35 Mitchell Bellham | 1.65 |
| M40 Steve Unsell | 1.86 |
| M45 John Bancroft | 1.60 |
| M50 Clement Leon | 1.50 |
| M55 Mick Goodall | 1.45 |
| M60 Trevor Madigan | 1.41 |
| M65 Donald Butler | 1.36 |
| M70 Tony Crocker | 1.46 |
| M75 Norman Carter | 1.18 |
| W35 P Wilkes-Taquin | 1.40 |

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|---------------------|------|
| W40 Wendy Laing | 1.60 |
| W45 Hazel Barker | 1.45 |
| W50 Carole Filer | 1.33 |
| W55 Caroline Marler | 1.24 |
| Pole Vault | |
| M40 Mark Johnson | 4.40 |
| M45 Allan Leiper | 3.80 |
| M50 Allan Williams | 4.00 |
| M55 Mick Goodall | 3.20 |
| M60 John Bradley | 3.10 |
| M65 David Haines | 2.60 |
| M70 Jim Day | 2.50 |
| M75 Alfred Woods | 1.80 |
| W35 Irie Hill | 3.75 |
| W40 Janet Lyon | 2.50 |
| W45 Teresa May | 2.10 |
| W50 Sue Yeomans | 2.60 |

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|-----------------------|------|
| Long Jump | |
| M35 John Munroe | 6.49 |
| M40 Ian Allen | 6.45 |
| M45 John Mayor | 5.88 |
| M50 Trevor Wade | 5.77 |
| M55 Paul Pinnington | 5.37 |
| M60 Peter Duckers | 5.30 |
| M65 Barrie Taylor | 4.51 |
| M70 David Burton | 4.19 |
| M75 Ajit Singh Kalrai | 3.19 |
| W35 Jacqueline Spargo | 5.14 |
| W40 Wendy Lewis | 5.07 |
| W45 Averil McLelland | 4.86 |
| W50 Carole Filer | 4.87 |
| W55 Caroline Marler | 3.93 |
| W60 Jackie Charles | 3.42 |
| W65 Iris Holder | 3.64 |
| W70 Anne Martin | 2.95 |
| W75 Coral Webb | 2.59 |
| W85 Mary Wixey | 1.63 |

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|-----------------------|-------|
| Triple Jump | |
| M35 Ian Bridgeman | 12.13 |
| M40 David Richards | 12.16 |
| M45 Albert Earle | 12.27 |
| M50 William Lonsdale | 10.37 |
| M55 David Folgate | 11.62 |
| M60 Allan Cheers | 10.01 |
| M65 Padraig Maye | 9.67 |
| M70 Tony Crocker | 9.02 |
| M75 Ajit Singh Kalrai | 6.89 |
| W35 Irie Hill | 10.14 |
| W40 Imeta Barauskiene | 10.74 |
| W45 Danae Herron | 9.07 |
| W50 Lyn Ahmet | 8.52 |
| W55 Joyce Rammell | 7.42 |
| W60 Jackie Charles | 7.63 |
| W65 Iris Holder | 7.66 |
| W70 Anne Martin | 6.58 |
| W85 Mary Wixey | 3.08 |

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|-----------------------|-------|
| Shot Put | |
| M35 Gary Parsons | 11.67 |
| M40 Steve Shyte | 14.44 |
| M45 Guy Perryman | 12.25 |
| M50 Michael Small | 14.33 |
| M55 Bruce Holden | 12.51 |
| M60 Eric Barker | 12.87 |
| M65 William Hudson | 9.94 |
| M70 Colin Brand | 11.40 |
| M75 Jaroslav Hanus | 9.25 |
| M80 Hugh Gallagher | 6.10 |
| M85 Leslie D'Arcy | 6.96 |
| W35 Camilla Thrush | 10.36 |
| W40 Alison George | 10.06 |
| W45 Claire Cameron | 10.11 |
| W50 J Saunders-Mullin | 9.55 |
| W55 Caroline Marler | 9.73 |
| W60 Barbara Terry | 8.26 |
| W65 Evaun Williams | 10.65 |
| W70 Anne Martin | 6.92 |
| W85 Mary Wixey | 3.56 |

| | |
|--------------------|-------|
| W75 Coral Webb | 2.59 |
| W85 Mary Wixey | 1.63 |
| Triple Jump | |
| M35 Ian Bridgeman | 12.13 |

George Sheehan Classic 5 Mile, Redbank, NJ June 10

Overall

| | |
|-------------------------|----------|
| Tesera Demessq, 23 | 24:11.93 |
| Malavolta Jennifer, 35 | 29:55.14 |
| M40 Levy, Larry | 27:35.82 |
| Cornelison, Paul | 29:27.71 |
| Jacobson, Matthew | 31:23.40 |
| M45 Ppingitore, Rick | 28:25.48 |
| Tully, Michael | 30:19.53 |
| Mooney, Jack | 30:50.19 |
| M50 Miskin, Michael | 29:47.82 |
| Henderson, Richard | 30:56.65 |
| M55 Hall, Thomas | 32:40.52 |
| Schneekloth, Charles | 33:59.47 |
| Staple, Jeff | 34:12.93 |
| M60 Cohen, Ron | 34:32.21 |
| Roche, Hector | 38:17.46 |
| Renzella, Joseph | 39:16.49 |
| M65 Cosgrove, Pat | 35:12.40 |
| Ratmeyer, Roland | 36:08.22 |
| Leitz, James | 36:47.90 |
| M70 Garfield, Ralph | 38:43.68 |
| Labruno, Joseph | 44:31.08 |
| Chevalier, Samuel | 46:53.98 |
| M75 Ekanovich, George | 50:08.56 |
| Aquino, Ralph | 53:48.16 |
| Robbins, James | 60:56.68 |
| M85 Lurch, Clarence | 77:52.36 |
| W40 Gaeta, Christine | 32:59.13 |
| Tozzi, Lisa | 33:30.28 |
| Fisher, Carolyn | 36:38.00 |
| W45 Barrett, Gabby | 34:28.83 |
| Roarty, Carol | 35:50.29 |
| Capozzi, Cathy | 37:27.31 |
| W50 Farnung Krause, Jan | 36:25.64 |
| Lifland, Kathleen | 36:53.88 |
| Mortimer, Lynne | 39:15.55 |
| W55 Ferrara, Linda | 39:48.95 |
| Attingson, Beverly | 41:55.82 |
| Defazio, Carol | 42:07.04 |
| W60 Mulhill, Joan | 44:11.61 |
| Chovanec, Charlotte | 49:25.90 |
| Hersh, Carol | 54:12.39 |
| W65 Kneeshaw, Carol Ann | 43:32.83 |
| Jenkins, Gloria | 43:59.58 |
| Sweeney, Mary Lou | 47:27.23 |
| W70 Thomas, Elizabeth | 79:34.16 |

Lawyers Have Heart 10K Washington, DC June 10

Overall

| | |
|---------------------|-------|
| Gurmesa Kumsa 27 | 29:51 |
| Alisa Harvey 40 | 36:50 |
| M35 Max Lockwood | 34:24 |
| M40 Joseph Cresko | 33:45 |
| Chris Chattin | 34:38 |
| Steve Morrell | 37:18 |
| M45 Mark Malander | 33:55 |
| Rich Robinson | 37:58 |
| Tom Wilcox | 39:01 |
| M50 Peter Darmody | 37:43 |
| Bruce Delaplaire | 39:22 |
| Alan Dembertone | 39:33 |
| M55 Mick Slonaker | 38:31 |
| Wm Scott | 42:01 |
| Mark Grummer | 42:33 |
| M60 Bill Joyce | 42:41 |
| Robert Aby | 43:41 |
| M65 John Elliott | 42:23 |
| Stephen Foreman | 45:30 |
| M70 Robert Gurtier | 56:27 |
| Gene Granof | 59:21 |
| M75 Chas Day | 62:20 |
| M80 Paul Lackey | 61:01 |
| W35 Samantha Kirby | 41:18 |
| W40 A Harvey | 36:50 |
| Robyn Humphrey | 39:44 |
| Sheryl Kline | 40:46 |
| W45 Lillian Barow | 42:48 |
| Cynthia Westbrook | 45:56 |
| Ann Kurzwell | 46:46 |
| W50 Alison Suckling | 42:26 |
| Betty Blank | 42:27 |
| Manuela Carvalho | 47:03 |
| W55 Alice Franks | 46:15 |
| Jeanine Matte | 52:33 |
| W60 Roberta Stopler | 61:27 |
| RosemSchawartzba | 62:40 |
| W65 Jaime Wollard | 70:41 |

Battle of Bunker Hill 8K Boston, MA; June 11

Overall

| | |
|------------------------|-------|
| Brendan Prindville, 29 | 25:34 |
| Kara Rytzck, 31 | 30:28 |
| M40-49 | |
| Jon Waldron | 27:27 |
| Stephen Sergeant | 27:57 |
| Paul Keating | 29:46 |
| John Sheehan | 31:59 |
| Don Davis | 32:05 |
| Jonathan Davey | 32:37 |
| M50-59 | |
| John Goodwin | 30:12 |

| | |
|------------------|-------|
| Bob Strout | 31:07 |
| Donald Malloy | 32:40 |
| Michael Menovich | 32:52 |
| Daniel McCarthy | 34:00 |
| David Guinness | 35:47 |

M60-69

| | |
|---------------|-------|
| Mark Stern | 36:39 |
| Ted Ridout | 37:48 |
| Jim Foster | 38:22 |
| Bob Fee | 39:30 |
| Frank Donovan | 39:35 |
| Philip Howe | 42:58 |

W40-49

| | |
|-------------------|-------|
| Patricia Keating | 34:58 |
| Brooks Mullen | 35:16 |
| Karen Fabian | 39:30 |
| Sally Walker | 40:45 |
| Carolyn Osbahr | 41:37 |
| Elizabeth Peoples | 42:25 |

W50-59

| | |
|-------------------|-------|
| Kristin Guyot | 44:00 |
| Barbara Grandberg | 44:29 |
| Alison Berglund | 45:04 |
| Eleanor Amidon | 48:08 |
| Laura Carroll | 49:07 |
| Dolores Amrich | 52:15 |

USATF-NJ Masters Women's Championships/ Portugal Day 5K Newark; June 11

Overall

| | |
|-----------------------|-------|
| Demese Tefera 24 | 14:44 |
| Alemtehay Misganaw 25 | 16:32 |
| W40 Misa Tamura | 18:49 |
| Cristina Lopez | 19:43 |
| Debby Hall | 19:51 |
| W45 Jean Pare | 19:12 |
| Beth Moras | 20:13 |
| Sally Simeone | 21:40 |
| W50 Jane Parks | 22:06 |
| JaneFarnung-Krause | 22:08 |
| Mary Foley | 23:30 |
| W55 Christine Ange | 24:19 |
| Barbara Dumanov | 24:45 |
| Betty Langerkamp | 28:12 |
| W60 Patricia O'Hanlon | 25:45 |
| Mary Tully | 25:45 |
| W65 Anna Thornhill | 24:23 |
| Imme Dyson | 25:10 |
| W70 Diane Stone | 42:26 |
| Melva Murray | 49:07 |
| W75 Toshiko d'Elia | 27:27 |

Teams

| | |
|--------------------------|---------|
| W40NJ Masters Women | 60:42 |
| (Tamura/Moras/Simeone) | |
| RVRRA A Women | 64:34 |
| Morris County Stride | 66:45 |
| W50 Morris County Stride | 73:43 |
| (Ange/Bortone/Dumanov) | |
| RVRRA A Women | 74:02 |
| CJRRRC | 87:03 |
| W60 RVRRA A | 76:17 |
| (Dyson/Little/O'Hanlon) | |
| W70 Morris County Stride | 2:15:26 |
| (Stone/Tumme/Murray) | |

NYRR FRNY Lesbian & Gay Pride 8K, Central Park, NYC; June 14

Overall

| | |
|-----------------------|---------|
| Demese Tefera 23 | 23:45 |
| Alemtehay Misganaw 25 | 27:45 |
| M40 Paul Thompson | 25:38 |
| M45 Patrick Guilfoyle | 30:36 |
| M50 John Lombardi | 32:07 |
| M55 Edgar Sandoval | 31:55 |
| M60 Samuel Skinner | 34:14 |
| M65 Gary Muhrcke | 37:14 |
| M70 George Hirsch | 38:09 |
| M75 Bill Horowitz | 1:01:32 |
| M80 Sab Koide | 53:27 |
| W40 Lillian Kroner | 31:15 |
| W45 Gordon Bakoulis | 31:37 |
| W50 Marie Wickham | 35:17 |
| W55 Judith Tripp | 39:16 |
| W60 Chuang Chang | 40:37 |
| W65 Sandra Krystal | 44:42 |
| W70 Ginette Bedard | 40:01 |
| W75 Pearl Jones | 1:24:41 |
| W80 Joan Rowland | 1:01:57 |

Tim Harmon 5K Fairfax, VA; June 17

Overall

| | |
|------------------|-------|
| Jon Lauder 23 | 15:17 |
| Alyssa Harvey 40 | 17:43 |

| | |
|-----------------------|-------|
| M40 Ted Poulos | 17:14 |
| M45 Robert Johnson | 17:16 |
| M50 Norton Compton | 17:44 |
| M55 Richard Adams | 18:12 |
| M60 Patrick Griffith | 18:34 |
| M65 Henry Hamburger | 22:57 |
| M70 Jerry Lewis | 23:31 |
| M80 Paul Lackey | 29:03 |
| W40 Linda Foley | 19:32 |
| W45 Sushila Nanda | 21:38 |
| W50 Suzanne Shocket | 24:03 |
| W55 Nancy Avitable | 24:28 |
| W60 Christine Wright | 26:07 |
| W65 Jacq Chauviaux | 33:47 |
| W70 Jeanette Chambers | 33:50 |
| W85 Mary Grimsley | 53:40 |

NYRR WABC Fight Prost- ate Cancer 8K, Central Park, NYC; June 18

Overall

| | |
|-----------------------|-------|
| Kassahun Kabiso 22 | 24:37 |
| Claudia Camargo 35 | 29:52 |
| M40 Paul Thompson | 25:38 |
| M45 Jim Sterm | 27:56 |
| M50 Steve Calidonna | 27:50 |
| M55 Alston Brown | 29:37 |
| M60 Julio Aguirre | 32:46 |
| M65 Pat Cosgrove | 34:37 |
| M70 Alfred Finger | 36:01 |
| M75 Leo Schonhaut | 52:51 |
| M80 Sab Koide | 51:55 |
| W40 Danielle D'Angelo | 35:26 |
| W45 Gordon Bakoulis | 31:38 |
| W50 Marie Wickham | 35:35 |
| W55 Mary Rosado | 40:59 |
| W60 M-L Michelson | 37:00 |
| W65 Mary Nathan | 41:24 |
| W70 Ginette Bedard | 40:02 |
| W75 Bertha McGruder | 70:19 |

NYRR Run Until the Violence Stops 5.1K, Central Park, NYC; June 27

Overall

| | |
|----------------------|-------|
| Julius Arie 22 | 16:01 |
| Olena Plastina 42 | 19:11 |
| M40 Jorge Fernandez | 17:10 |
| M45 Daniel Genova | 19:17 |
| M50 Douglas Currier | 20:28 |
| M55 Alston Brown | 18:16 |
| M60 James Duston | 22:59 |
| M65 Arnold Gore | 24:02 |
| M80 Sab Koide | 32:06 |
| W40 Olena Plastina | 19:11 |
| W45 Maggie Deschamps | 21:32 |
| W50 Luann Mestre | 23:01 |
| W55 Elizabeth Canale | 27:27 |
| W60 Susan Sideman | 27:23 |
| W65 Dorothy Bardin | 28:13 |

Red Dress for Women 5K West Hartford, CT; July 8

Overall

| | |
|------------------------|-------|
| W40 ALYCE ALFANO | 20:07 |
| TERESA LAWTON | 21:13 |
| ALLISON BEASON | 24:33 |
| W45 LAURA AMBLE | 22:51 |
| JOAN DEMICCO | 23:07 |
| EDWINA NEWBURY | 24:44 |
| W50 BETTY RERIGINO-KNA | 22:06 |
| JAN MERRILL-MORIN | 22:41 |
| BARBARA CARPENTER | 23:34 |
| ROSE FAMILIETTI | 25:26 |
| SUSAN LESLIE | 25:53 |
| BARBARA KREAM | 26:21 |
| W60 BARBARA MALONEY | 30:06 |
| MARJORIE HAAS | 37:40 |
| FLORENCE FILOSA | 43:23 |
| W65 JADWIGA BACZEWSKI | 33:16 |
| ELIZABETH SPARKOWSK | 33:54 |
| CAROL VERTEFEUILLE | 36:34 |

Long Island Women's 5K Farmingdale, NY; July 8

Overall

| | |
|------------------------|----------|
| Natalia Belova 22 | 15:56 |
| W40 Marisa Hanson | 17:08 |
| Zofia Wiedorkowska | 17:53 |
| Mimi Fallon | 18:09 |
| W45 Nancy Aboff | 20:34 |
| Dolores Doman | 21:44 |
| Mary Grace Sauve | 22:26 |
| W50 Kathryn Martin | 18:45 |
| Kathy Gribbon | 21:28 |
| Linda Ottaviano | 21:40 |
| W55 Melissa Kennedy | 21:47 |
| Zoila Denis | 23:52 |
| Maureen Frisone | 25:58 |
| W60 Betty Horstmann | 22:51 |
| Hilary Boucher | 24:25 |
| Sarah Pettinato | 25:44 |
| W65 Ellen Duffey | 28:13 |
| Joan Ackerman | 32:37 |
| Pat Delaney | 33:36 |
| W70+ Yoshiko Takahashi | 70:24:12 |
| Ruth Muller 77 | 31:42 |
| Josephine Curtin 76 | 39:01 |

| | |
|---------------------|-------|
| W40+ Racewalkers | |
| Christina Lopez 42 | 31:42 |
| Pat Motschwiller 48 | 32:30 |
| Lorie Sheinwald 40 | 33:26 |

NYRR Half-Marathon Grand Prix, Bronx, NYC July 9

Overall

| | |
|----------------------|---------|
| Jorge Real 35 | 1:10:54 |
| Heather Gardiner 27 | 1:24:47 |
| M40 Felipe Vergara | 1:17:24 |
| M45 Conor O'Driscoll | 1:19:08 |
| M50 Jose Santiago | 1:20:21 |
| M55 Inkul Yoo | 1:30:15 |
| M60 Samuel Skinner | 1:31:37 |
| M65 Pat Cosgrove | 1:37:58 |
| M70 Alfred Finger | 1:48:22 |
| M75 Kenneth Jones | 2:30:14 |
| M80 Sab Koide | 2:36:43 |
| W40 Sharon Mongul | 1:37:05 |
| W45 Emmy Stocker | 1:32:53 |
| W50 Marie Wickham | 1:36:35 |
| W55 Kathleen Horton | 1:51:37 |
| W60 Marjorie Yos | 1:55:31 |
| W65 Yue Fu | 2:10:33 |
| W70 Naomi Vogel | 2:31:01 |
| W75 Toshiko E'Elia | 2:14:40 |

SOUTHEAST

Firecracker 5K & 10K Daytona Beach, FL July 2

5K Overall

| | |
|----------------------|-------|
| Chad Zeman 20 | 17:12 |
| Heather Butcher 33 | 19:11 |
| M40 Kent Bradbury | 19:35 |
| Danny Barrett | 20:47 |
| M45 Dennis Craig 2nd | 18:55 |
| Chris Burkett | 19:32 |
| M50 James Johnson | 21:02 |
| Rick Barlow | 21:15 |
| M55 Adrian Treon | 22:01 |
| Adam Rafalski | 23:15 |
| M60 John Giordano | 25:55 |
| Silky Sullivan | 26:07 |
| M65 Jim Johnson | 32:00 |
| M75+Victor Doig 77 | 31:48 |
| W40 Bobbie Corneliu | 26:12 |
| Molly Clark | 26:29 |
| W45 Sharon Moes | 25:50 |
| Anna Diaz | 26:26 |
| W50 Sandra Archer | 28:22 |
| K K Rainey | 33:32 |
| W55 Susan Gummey | 25:36 |
| Joyce Whitney | 32:06 |
| W60 Mary Machuga | 30:06 |
| W75+Lois Clark | 34:47 |

10K Overall

| | |
|----------------------|-------|
| John Bess 26 | 36:36 |
| Heather Butcher 33 | 38:33 |
| M40 Todd Graff | 40:30 |
| M45 Ricky Peterson | 42:23 |
| M50 Dave Dunn | 41:51 |
| M55 Miguel Lopez | 48:02 |
| M60 Silky Sullivan | 49:22 |
| M65 Stuart Olson | 64:48 |
| M70 Richard Dillard | 61:18 |
| M75+Joe Killen | 67:38 |
| W40 Lisa Wilkinson | 46:54 |
| W45 Sharon Marsh | 57:22 |
| W50 Patricia Tiberii | 58:33 |
| W55 Kathie Johnson | 59:51 |
| W65 Marjorie Byron | 62:29 |

Yorktown Freedom 5K Yorktown, VA; July 4

Overall

| | |
|---------------------|-------|
| Ed Moran 25 | 14:39 |
| Cheryl Anderson 24 | 17:12 |
| M40 John Piggott | 16:37 |
| Daniel List | 17:14 |
| Josh Kahan | 18:05 |
| M45 Terry Imberry | 18:57 |
| Shawn Towne | 19:49 |
| Matthew Bickley | 20:08 |
| M50 Stephen Chantry | 17:25 |
| Wyatt Cutchins | 19:55 |
| Wm Murray | 20:42 |
| M55 Joe May | 20:04 |
| Robert Wilson | 20:31 |
| Larry Price | 21:36 |
| M60 Jim Coleman | 23:42 |
| Roger Gobell | 23:53 |
| Larry Turner | 24:16 |
| M65 Winston Collins | 21:05 |
| Chas Terrell | 27:23 |
| M70 Mike Kelly | 25:55 |
| Wm Charles | 31:59 |
| M75+Mel Anderson 75 | 37:14 |
| Jim Johnson 81 | 51:09 |
| W40 Linda Sawwell | 19:13 |
| Carol Bartram | 23:27 |

| | |
|---------------------|-------|
| W45 Valerie Plyler | 20:12 |
| Mercedes Castillo | 21:42 |
| Debi Henderson | 23:31 |
| W50 Rona Altschuler | 21:59 |
| W55 Linda Whittaker | 25:00 |
| W60 Helene Price | 25:17 |

Sunburst Marathon, Half- Marathon, 10K & 5K South Bend, IN; June 3

Marathon Overall

| | |
|-----------------------|---------|
| Gillette, Justin, 23 | 2:30:40 |
| Rieder, Shannan, 27 | 3:06:36 |
| M40 McManus, Michael | 2:55:33 |
| M45 Dwornick, David | 2:58:57 |
| M50 D'Haenens, Jim | 3:08:16 |
| M55 Soliz, Doug | 3:12:11 |
| M60 Furnish, Bob | 3:20:31 |
| M65 Kalas, James | 4:16:14 |
| M70 Smith, Cal | 4:40:19 |
| W40 Vansant, Carole | 3:49:27 |
| W45 Burroughs, Cathie | 3:14:58 |
| W50 Franzen, Barbara | 3:40:06 |
| W55 Marshall, Julie | 4:09:44 |

Half-Marathon Overall

| | |
|-----------------------|---------|
| Baum, Justin, 20 | 1:11:53 |
| Gasway, Annie, 28 | 1:18:52 |
| M40 Harrington, Garry | 1:18:17 |
| M45 Bussard, Dave | 1:15:34 |
| M50 Odden, Lee | 1:32:33 |
| M55 Matthews, Keith | 1:35:28 |

| | |
|------------------------|---------|
| W60 Morse, Kathleen | 55:17 |
| W65 Nitz, Ellen | 54:35 |
| W70 Dunlap, Betty | 1:34:31 |
| W75 Dillon, Georgina | 1:21:29 |
| 5K | |
| Overall | |
| Roach, Adam, 22 | 15:15 |
| Stuart, Mikinzie, 19 | 19:10 |
| M40 Sievert, David | 17:22 |
| M45 Kemp, Joe | 19:05 |
| M50 Kerr, Joe | 20:25 |
| M55 Harris, Robert | 21:29 |
| M60 Rau, David | 21:06 |
| M65 Fulgencio, Silvano | 23:35 |
| M70 Hensley, Harrison | 29:25 |
| M75 Kiess, Bob | 40:38 |
| M85 Witten, Doug | 34:55 |
| W40 Bruce, Kimberly | 20:39 |
| W45 Parker, Cindy | 22:42 |
| W50 Sipka, Chris | 23:30 |
| W55 Zidar, Maggy | 25:21 |
| W60 Thelen, Ruth | 25:43 |
| W65 Nitz, Ellen | 27:17 |
| W70 Hardy, Annette | 35:52 |

Max's Race 5K E. Lansing, MI; July 8

| | |
|---------------------|-------|
| Overall | |
| Eric Stuber 43 | 16:16 |
| Regina Visocchi 21 | 19:04 |
| M35 Steve Menovcik | 17:24 |
| M40 E Stuber | 16:16 |
| Dan Dixon | 16:29 |
| J D Pepper | 17:24 |
| M45 Matthew Burke | 17:53 |
| Jon Killips | 19:18 |
| Keith Harrison | 19:42 |
| M50 Chuck Block | 18:19 |
| Paul Bapst | 18:33 |
| M55 Jim Carter | 20:37 |
| Fred Fry | 20:42 |
| M60 Don Owens | 20:43 |
| M65 Bill Keller | 21:51 |
| M75 Dick Young | 39:44 |
| W35 Lauren Thorburn | 19:22 |
| W40 Chris Vincent | 19:57 |
| Lori Wallace | 20:59 |
| W45 Deb Deren | 20:35 |
| Cindy Kezele | 23:20 |
| W50 Kari Chandler | 20:57 |
| W55 Maggy Zider | 22:01 |
| W60 Marilyn Briggs | 32:44 |
| W65 Ellen Nitz | 24:54 |

MID-AMERICA

Bolder Boulder 10K Boulder, CO; May 29

| | |
|---------------------|---------|
| Overall | |
| Nelson Laux 27 | 31:31 |
| Mikie Takanaka 25 | 35:23 |
| M40 Andy Ames | 32:44 |
| Peter Hegelbach | 34:22 |
| Lance Denning | 34:23 |
| M45 Sammy Ngatia | 33:46 |
| Hans Funke | 34:52 |
| Fernando Herrera | 35:19 |
| M50 Stann Vernon | 37:07 |
| Simon Martin | 37:35 |
| Geoff Cooper | 38:03 |
| M55 Dave Dooley | 38:10 |
| Rick Katz | 38:43 |
| Stuart Boyce | 40:26 |
| M60 Kenneth Jagmin | 39:20 |
| Tom Lemire | 42:34 |
| Ed Craighead | 42:44 |
| M65 Don Larson | 42:40 |
| Jim Bowman | 45:35 |
| Don Kinney | 47:05 |
| M70 Jose Cardenas | 45:25 |
| Tam Stubbs | 50:34 |
| Michael Semanske | 53:17 |
| M75 Warren Bystedt | 53:28 |
| Rod Smythe | 56:26 |
| Noel Pace | 57:23 |
| M80 Walter Slack | 1:14:41 |
| Glen McIntosh | 1:20:53 |
| Charles King | 1:22:00 |
| M85 Clarence Osborn | 1:33:00 |
| Bert Tolbert | 1:41:39 |
| Yoshio Takemoto | 1:53:55 |
| M90 Arthur Norky | 2:37:00 |
| W40 Patty Murray | 37:17 |
| Tanya Poel | 38:09 |
| Mercedes Gil | 38:49 |
| W45 Anne Paetz | 40:47 |
| Kathleen Aragon | 41:51 |
| Laura Brues | 42:15 |
| W50 Peggy Muhn | 44:09 |
| Pam Boudreau | 44:13 |
| Martha Butner | 44:38 |
| W55 Edie Stevenson | 43:57 |
| Jan Hughes | 45:14 |
| Diane Ridgway | 47:50 |
| W60 Lola Ackerman | 49:39 |
| Carol Shively | 49:41 |
| Gail Carlson | 50:06 |
| W65 Libby James | 48:30 |
| Caroline Luttrull | 54:26 |
| Betty Valent | 55:59 |

| | |
|--------------------|---------|
| W70 Lois Calhoun | 1:01:02 |
| Martha Kinsinger | 1:05:49 |
| Jan Balzer | 1:11:25 |
| W75 Virginia Spong | 1:00:25 |
| Sara Rode | 1:16:04 |
| Vibha Sabharwal | 1:23:58 |
| W80 Marie Hill | 1:30:09 |
| Anne Theno | 1:31:03 |
| Helen Kotris | 1:34:15 |
| W85 Eleanor Burcky | 1:56:13 |
| Eleanor Hoffman | 2:22:29 |
| W90 Marion Downs | 1:58:36 |

Hospital Hill Half-Marathon, Kansas City MO; June 2

| | |
|-----------------------|---------|
| Overall | |
| Jason McCullough 29 | 1:12:02 |
| Annie Bersagel 23 | 1:14:36 |
| M40 Mark Feldkamp | 1:21:13 |
| Bob Schloegel | 1:21:38 |
| Mark Fuchs | 1:26:06 |
| M45 Tony Estes | 1:21:02 |
| Chris Nichols | 1:21:37 |
| Ross McDaniel | 1:22:31 |
| M50 William Jurena | 1:25:36 |
| Roger Hahn | 1:27:55 |
| Les Noe | 1:28:38 |
| M55 Steve Santana | 1:28:46 |
| Jeff Behrens | 1:32:24 |
| Richard Jarrett | 1:34:54 |
| M60 Gary Cooper | 1:41:00 |
| Leo Ratten | 1:41:43 |
| Michael Chaffee | 1:43:16 |
| M65 Dick Wootton | 1:37:29 |
| Eugene Wren | 1:41:27 |
| Herb Brown | 1:58:36 |
| M70 Kent Mitchell | 2:04:17 |
| Louis Joline | 2:05:35 |
| Stephen Frank | 2:06:03 |
| W40 Tere Stouffer | 1:19:08 |
| Cindy Cameron | 1:25:57 |
| Deana Knight | 1:36:25 |
| W45 Barb Rinne | 1:30:01 |
| Becky Lowrance | 1:37:03 |
| Lori Lange | 1:43:06 |
| W50 Pat Clancy | 1:56:54 |
| Landi Weston | 1:59:22 |
| Pam Perica | 2:01:01 |
| W55 Dee Boeck | 1:48:58 |
| Anita Olshanski | 1:57:14 |
| Martha O'Rourke | 1:57:55 |
| W60 Susan Robinette | 1:56:17 |
| May Haley | 2:09:39 |
| Son Cha | 2:14:15 |
| W65 Janet Littlefield | 2:24:19 |
| Laura Wells | 2:36:04 |
| Carolyn Mitchell | 2:38:51 |
| W70 Fritz Hazelrigg | 2:51:38 |

Grandma's Marathon, Half-Marathon, & 5K Duluth, MN June 15-17

| | |
|-------------------------|---------|
| Marathon | |
| Overall | |
| Sergei Lukin 31 | 2:14:30 |
| Halina Karmatsevich 37 | 2:33:39 |
| W40 Semenova, Zinaida | 2:44:54 |
| Wirth, Rochelle | 3:01:31 |
| Hanscom, Laurie | 3:06:33 |
| Lozano, Heidi | 3:08:36 |
| Templeton, Lisa | 3:15:14 |
| Carlson, Laura | 3:18:52 |
| W45 Sult-Zhdanova, Fira | 2:50:03 |
| Torneden, Deborah | 2:57:35 |
| Wilson, Brenda | 3:04:22 |
| Weier, Pamela | 3:15:35 |
| McClain, Tricia | 3:16:22 |
| Heg, Vera | 3:16:40 |
| W50 Vos, Sharon | 3:11:59 |
| Wickstrom, Andriette | 3:34:29 |
| Guderyon-Goetz, K. | 3:34:37 |
| Frederickson, Deb. | 3:40:02 |
| Petersen, Susan | 3:40:05 |
| W55 Jansen, Gloria | 3:33:11 |
| Clark, Rita | 3:37:43 |
| Berger, Faye | 3:43:06 |
| Mather, Carolyn | 4:13:11 |
| Cheme, Sara | 4:13:54 |
| W60 Jones, Gael | 3:58:15 |
| Shively, Carol | 4:06:43 |
| Robitaille, Monique | 4:30:24 |
| Croft, Mary | 4:30:54 |
| W65 McElwee, Bonnie | 4:30:24 |
| Rohde, Jan | 4:41:23 |
| Frankum, Betty | 5:08:12 |
| W70 Amidon, Patricia | 5:44:58 |
| M40 Strjakov, Oleg | 2:20:37 |
| Mirth, John | 2:29:09 |
| Boore, Russell | 2:39:48 |
| Ramaciari, Jim | 2:41:02 |
| Kolb, Stuart | 2:47:33 |
| Niemela, Scott | 2:49:57 |
| M45 Perszke, Wieslaw | 2:35:38 |
| Brown, Paul | 2:46:44 |
| Alfonso, Bryan | 2:49:08 |
| Goetzke, Kirt | 2:49:51 |
| Calderwood, Stuart | 2:51:51 |

| | |
|-----------------------|---------|
| Wallach, Dennis | 2:52:06 |
| M50 Smith, Brent | 2:45:10 |
| Winanen, Randy | 2:45:49 |
| Beardsley, Dick | 2:47:56 |
| Haynes, Joseph | 2:50:26 |
| Heinen, Dale | 3:04:36 |
| M55 McCluskey, Terry | 2:49:25 |
| Cerling, Larry | 3:03:13 |
| Neil, George | 3:04:09 |
| Oesterle, Stephen | 3:13:52 |
| Eleanor Hoffman | 3:15:05 |
| M60 Mondry, Jared | 3:04:24 |
| Purinton, Norman | 3:23:57 |
| Holmstrom, Nels | 3:24:41 |
| Addick, Sylvan | 3:29:26 |
| M65 Wright, Don | 3:45:59 |
| Christensen, Darrell | 3:52:00 |
| Rousseau, Edward | 3:56:34 |
| Staufacher, Lee | 4:07:05 |
| M70 Schleisman, Jim | 3:29:55 |
| Bergquist, Sr., Les | 5:41:35 |
| Warzech, Dominic | 5:42:18 |
| Butler, Peter | 5:46:12 |
| M75 Hollihan, William | 5:03:18 |
| Jenkins, Dwayne | 5:51:34 |
| Lower, Walter | 6:21:50 |
| M80+ Carlson, Burt | 6:18:47 |

| | |
|----------------------|---------|
| Half-Marathon | |
| Overall | |
| Matt Hooley 23 | 1:06:40 |
| Desiree Budd 26 | 1:15:33 |
| W40 Davis, Kate | 1:24:57 |
| Schoenrock, Karen | 1:25:09 |
| Anderson, Kimberly | 1:26:13 |
| W45 Ringlein, Ann | 1:28:27 |
| Dornfeld, Jacq. | 1:34:38 |
| Larson, Kristi | 1:34:43 |
| W50 Rosen, Janet | 1:30:47 |
| Virkus, Julie | 1:32:29 |
| Ray, Suzanne | 1:32:47 |
| W55 Jacobson, Barb. | 1:40:08 |
| Stoneking, Diane | 1:41:50 |
| Cook, Phyllis | 1:44:21 |
| W60 Ackerman, Lola | 1:50:02 |
| Peterson, Kathleen | 1:51:46 |
| Schnobrich, Marilyn | 1:57:00 |
| W65 Cronen, Judy | 1:55:48 |
| Lindgren, Mary | 2:11:59 |
| Wolkoff, Patricia | 2:38:54 |
| W70 Yu, Wen-Shi | 2:20:36 |
| Duffy, Carol | 2:49:48 |
| Whitesell, Lorraine | 2:57:11 |
| W75 d'Elia, Toshiko | 2:03:36 |
| M40 Billig, Patrick | 1:12:09 |
| Carlson, Digger | 1:14:55 |
| Ball, Leon | 1:17:19 |
| M45 Paxton, Bobby | 1:17:08 |
| Hansen, Scott | 1:19:09 |
| Beckman, Bradley | 1:19:20 |
| M50 Boyle, Jeffrey | 1:24:41 |
| Krezonoski, Bill | 1:25:21 |
| Pullar, Dan | 1:30:13 |
| M55 Kohorst, Steven | 1:24:52 |
| Lamere, Paul | 1:27:54 |
| Beutel, Jerry | 1:27:58 |
| M60 Graupner, Jim | 1:28:05 |
| Sellner, Michael | 1:33:46 |
| Mathieu, Don | 1:37:19 |
| M65 Rasmussen, Win. | 1:47:35 |
| Shaver, Bayard | 1:49:28 |
| Durand, Daniel | 1:57:57 |
| M70 Hauge, Roger | 2:16:05 |
| Goin, Ronald | 2:19:48 |
| Mondor, Ralph | 2:24:46 |
| M75 Moreland, Pat | 2:27:31 |
| Scandrett, Orin | 2:27:51 |
| M80+ Baldrige, Cliff | 2:28:18 |
| Rollins, Charles | 5:13:30 |

| | |
|-----------------------|---------|
| 5K | |
| Overall | |
| Brent Kann 19 | 0:15:58 |
| Michelle Oman 32 | 0:17:45 |
| M40 Steve Burt | 0:18:41 |
| Andrew David | 0:21:03 |
| Mark Weisgerber | 0:22:10 |
| M45 Paul Giannobile | 0:17:31 |
| Jeff Heimer | 0:17:54 |
| Tim Kucera | 0:19:17 |
| M50 Michael Pinocci | 0:17:34 |
| John Kann | 0:18:30 |
| Jess Koski | 0:19:56 |
| M55 Donald Weyer | 0:21:13 |
| Ralph Anderson | 0:21:25 |
| Duane Millsagle | 0:21:32 |
| M60 John Trolander | 0:21:35 |
| Herb Hillinski | 0:21:55 |
| Rick Recker | 0:23:54 |
| M65 Gene Kalscheuer | 0:26:16 |
| Howard Anderson | 0:30:20 |
| Rich Voller | 0:34:26 |
| M70 Jack Wangenstein | 0:28:57 |
| William Croke | 0:33:23 |
| Ronald Johnson | 0:33:30 |
| M75 Francis Januschka | 0:29:55 |
| James Anderson | 0:44:42 |
| M80+ Jim Waterman | 0:36:32 |
| W40 Catherine Long | 0:19:53 |
| Jill Janssen | 0:24:22 |
| Heidi Erickson | 0:25:13 |
| W45 Sheila Shusterich | 0:20:54 |
| Shelly Maretti | 0:24:27 |
| S. Weber-Paxton | 0:26:07 |

| | |
|-----------------------|---------|
| W50 Adrienne Oesterle | 0:23:28 |
| Mary Munsterteiger | 0:25:59 |
| Lynn Garrington | 0:26:21 |
| W55 Sue Coughlan | 0:22:57 |
| Diane Demars | 0:23:48 |
| Carolyn Colburn | 0:25:49 |
| W60 Shirley Masessa | 0:24:57 |
| Judy Kaltenhauser | 0:26:26 |
| Janice Keenan | 0:31:42 |
| W65 Breta Westlund | 0:31:04 |
| Marie Peterson | 0:32:12 |
| Lorraine Carter | 0:33:59 |
| W70 Lois Braun | 0:33:18 |
| Marian Stangl | 0:36:37 |
| Alice Tomsche | 0:38:19 |
| JW80+ Gretchen Patten | 0:42:30 |
| Florence Rawn | 0:45:43 |

SOUTHWEST

Old Glory 5K Norman, OK; June 10

| | |
|---------------------|-------|
| Overall | |
| Jack Tracy II, 25 | 16:25 |
| Jan Haddad, 45 | 20:03 |
| M40 David Wray | 18:28 |
| M45 Hans Funke | 16:47 |
| M50 Mike Wendte | 21:08 |
| M55 Mike Heager | 19:44 |
| M60 Ron Kuykendall | 21:24 |
| M65 Jim Tabor | 24:09 |
| M70 Robert Campbell | 27:14 |
| M75 Jim Holse | 35:02 |
| M85 Fisher Lewis | 43:44 |
| W40 Sharon Haley | 23:52 |
| W45 Jan Haddad | 20:03 |
| W50 Gaile Loving | 25:38 |
| W55 Rhodora Bray | 29:29 |
| W60 Donna Eichner | 29:24 |
| W70 Deloris Green | 36:24 |

NOTC Father's Day 2-Mile Race, New Orleans, LA June 18

| | |
|--------------------------|-------|
| Overall | |
| Brendan Minihan, Jr., 30 | 9:57 |
| Carly Dessauer, 23 | 12:31 |
| M40 Byron Adams | 11:41 |
| M45 Dave Dessauer | 11:38 |
| M50 Daniel Wernz | 13:05 |
| M55 Kenny Mire | 12:15 |
| M60 Juan Perez | 11:49 |
| M65 Bill Knox | 14:08 |
| M70 Bill Cox | 19:42 |
| M75 Joseph Ramage | 28:51 |
| W40 Gina Radecker | 13:47 |
| W45 Joy Cohen | 15:50 |
| W50 Rosa Bischoff | 15:23 |
| W55 Marcia Finkelstein | 17:41 |
| W60 Isabel Rivera | 18:32 |
| W75 Amelia Gassen | 30:25 |

WEST

Marathon de Mayo, Half-Marathon & 10K Reno, NV; May 7

| | |
|-------------------------|---------|
| Marathon | |
| Overall | |
| John Howell 32 | 2:35:05 |
| Jacqueline Foley 24 | 3:15:05 |
| M40 Joe Bowen | 3:09:40 |
| M45 Fred Zalokar | 2:57:42 |
| M50 Gary Campbell | 3:48:23 |
| M55 Jeffrey Collins | 3:41:06 |
| M60 Victor Weisberg | 4:48:52 |
| M65 Glade Hall | 3:40:01 |
| M70 Edward Echeverria | 5:21:40 |
| W40 Tracy Holland | 3:47:56 |
| W45 Sandra Opiela | 4:30:21 |
| W50 Loretta Featherston | 4:29:08 |
| W55 K Forshey-Trabert | 4:27:11 |
| W60 Joan Kramer | 4:24:03 |
| W75 Mary Ehrlich | 5:30:27 |

| | |
|----------------------|---------|
| Half-Marathon | |
| Overall | |
| Rene Olea 36 | 1:23:31 |
| Lyndee Anderson 38 | 1:25:02 |
| M40 Jim Reed | 1:26:34 |
| M45 Ignacio Perez | 1:27:56 |
| M50 David Cervone | 1:36:03 |
| M55 Richard Kendall | 1:38:11 |
| M60 Thomas Conklin | 1:48:23 |
| M65 Rudy Rodriguez | 1:53:12 |
| M70 Howard Friedman | 2:37:11 |
| W40 Christine Karkow | 1:36:07 |
| W45 Holly Wick | 1:42:45 |
| W50 Virginia Saiz | 2:02:19 |
| W55 Diana Flynn-Doty | 1:54:34 |
| W60 Erika Leger | 2:46:47 |
| W65 Judy Stevens | 2:21:21 |

| | |
|-------------------|-------|
| 10K | |
| Overall | |
| Jeff Huxhold 27 | 34:06 |
| Ramona Sanchez 28 | 37:58 |

| | |
|-----------------------|---------|
| M40 William Brunson | 41:50 |
| M45 Chris Askin | 50:42 |
| M50 Mark Hughes | 38:48 |
| M55 William Land | 40:47 |
| M60 Dennis Wischmeier | 47:40 |
| M65 Herb Friedenthal | 58:24 |
| M70 John Villa | 1:22:24 |
| W40 Lindie Solis | 50:34 |
| W45 Nikki Reynolds | 46:16 |
| W50 Michelle Plevel | 48:16 |
| W55 Judy Ruhland | 56:25 |
| W60 Marilyn Modafferi | 49:16 |
| W65 Claire Villa | 1:22:44 |

Rock 'N' Roll Marathon San Diego, CA; June 4

| | |
|----------------------|---------|
| Overall | |
| Ambessee Tolossa, 27 | 2:10:08 |
| Alice Chelangat, 29 | 2:28:21 |
| M40 Carlos Alarcon | 2:53:02 |
| Mark Backes | 2:55:00 |
| William Henderson | 2:57:19 |
| M45 Jacques Lecuyer | 3:00:29 |
| Ron Bodine | 3:00:39 |
| Charles Prokop | 3:02:55 |
| M50 Les Myers | 2:47:14 |
| Martin Ellison | 2:51:35 |
| Bruce Urquhart | 3:08:11 |

| | | | | |
|--------|-------------------|------|----------|--------------|
| M35-39 | Shawn Dolezilek | LJ | 20-4 1/2 | 6/17/06 |
| | Jeff Lindsay | 800 | 1:55.84 | 3/21-23/97 |
| M40-44 | Jeff Lindsay | 800 | 2:07.21 | 8/26-29/99 |
| | | 800 | 1:59.74 | 7/25-28/01 |
| | | 800 | 1:58.55 | 8/8-11/02 |
| | | 800 | 1:58.31 | 8/7-10/03 |
| | Scott Mosser | Pent | 2732 | 3/24-26-06 |
| M45-49 | Jeff Lindsay | 400 | 53:09 | 8/5-8/04 |
| | | 800 | 2:00.8 | 8/22, 9-3/05 |
| | Richard Morrissey | 1500 | 4:34.31 | 6/17/06 |
| | Gary Plank | 1500 | 4:34.31 | 6/17/06 |
| M50-55 | Tom Bernhard | 1500 | 4:44.01 | 7/1/06 |
| | Lorn Dilley | Dec | 5301 | 6/18/06 |
| | Paul Moyse | 3000 | 10:35.9 | 3/19/06 |
| | Thomas O'Connor | 5K | 17:28 | 6/18/06 |
| | Maurice Pointer | 5K | 17:28 | 7/8/06 |

RECIPIENTS OF ALL-AMERICAN AWARDS

| | | | | |
|--------|------------------|------|---------|------------|
| M55-59 | Nick Vaglio | 55HH | 9.7 | 1/8/06 |
| | Jeff Weatherhead | 55m | 7.9 | 1/8/06 |
| | | 800 | 2:24.81 | 6/17/06 |
| M60-64 | Howard Booth | PV | 3.05 | 5/6/06 |
| | | LJ | 4.55 | 5/6/06 |
| | Fred Clark | SP | 42-1/2 | 6/23-24/06 |
| | | DT | 139-7 | 6/23-24/06 |
| | Vito Di Cesare | 55m | 8.0 | 1/15/06 |
| M65-69 | Larry Heine | PV | 8-6 | 6/15-18/06 |
| | Jim Madonna | M | 6:14.8 | 6/29/06 |
| | Don McCrea | PV | 8-6 1/4 | 7-4-06 |
| M70-74 | Paul Beckman | DT | 36.36 | 5/6/06 |
| | | LJ | 4.03 | 5/6/06 |
| | Morren Greenberg | 55m | 8.72 | 6/3/06 |

| | | | | |
|--------|-------------------|------|----------|------------|
| | James Young | DT | 117-8 | 6/24/06 |
| M80-84 | Thomas Mc Donald | 800 | 3:55.28 | 9/25-26-04 |
| | | 1500 | 7:29.20 | 9/25-26/04 |
| | | 3000 | 16:40.70 | 9/25-26/04 |
| | | 5000 | 27:47.0 | 9/25-26/04 |
| W40-44 | Trish Butler | 1500 | 4:50.6 | 4/15/06 |
| | Leslie Golemme | 800 | 2:32.07 | 2005 |
| | | Mile | 5:33.57 | 2005 |
| W45-49 | Lisa Kinimaka | SP | 10.68 | 7/1/06 |
| | | JT | 26.16 | 7/1/06 |
| W50-54 | Cheryl Millenthin | HT | 79-3 | 5/6/06 |
| | | SW | 17-5 | 5/6/06 |
| W60-64 | Suzanne Franco | Mile | 7:36 | 7/9/06 |
| W75-79 | Sadie Greenman | 800 | 4:24.60 | 6/30/06 |

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 | 8.8 | 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 | 2:08 | 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 | 8:15 | 9:20 | |
| Mile | 4:40 | 4:40 | 4:50 | 5:00 | 5:10 | 5:30 | 5:40 | 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 | 11.6 | 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% | 6-4% | 5-9% | 5-6 | 5-3 | 4-11 | 4-9 | 4-6% | 4-1% | 3-9% | 3-3% | 2-7% | |
| 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% | 13-5% | 12-11% | 12-1% | 11-7% | 10-4 | 8-10% | 7-10% | 7-6% | 6-6% | 5-10% | 4-3% | |
| 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 | 20-4% | 19-2% | 18-4% | 17-8% | 16-4% | 14-9 | 13-9% | 12-5% | 10-11% | 9-4% | 7-2% | |
| 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% | 41-4% | 37-8% | 35-5% | 34-1% | 31-2 | 29-2% | 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% | 39-4% | 42-0 | 37-8% | 36-1% | 29-6% | 26-3 | 19-8% | |
| 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% | 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% | 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/WL | 15.00 | 14.00 | 13.00 | 12.00 | 10.00 | 9.00 | | | | 6.00 | 5.00 | | |
| | 49-2% | 45-11% | 42-8 | 39-4% | 32-9% | 29-6% | | | | 19-8% | 16-4% | | |
| 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% | 45-11% | 43-5% | 41-0% | 46-9 | 43-5% | 45-11% | 43-5% | 44-3% | 38-6% | 32-9% | 28-8% | 19-8% |
| Sup.WL | 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% | 27-10% | 26-3 | 19-8% | 18-4% | 16-4% | 14-9 | 11-5% | 9-10 | 8-2% | 6-6% | |
| 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 | |
| WL 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 70-79: 4k 80+: 3k
 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 70-79: 4k 80+: 3k
 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) Superweight: 30-69: 56# 70-79: 35# 80+: 25#
 10) Pen/Dec/WL Pen: 30-39 IAAF pts.; 40+ WMA factoring.
 11) 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 | 2:59:15 | 4:08:45 | 5:37:30 |
| W35 | 7:22 | 8:03 | 15:18 | 26:27 | 43:11 | 53:56 | 1:23:29 | 1:53:32 | 2:26:51 | 3:01:53 | 4:12:21 | 5:42:23 |
| W40 | 7:37 | 8:21 | 15:53 | 27:26 | 44:47 | 55:56 | 1:26:37 | 1:58:06 | 2:32:33 | 3:08:56 | 4:22:13 | 5:55:48 |
| W45 | 8:03 | 8:41 | 16:32 | 28:33 | 46:35 | 58:10 | 1:30:08 | 2:03:00 | 2:38:56 | 3:17:00 | 4:33:31 | 6:11:25 |
| W50 | 8:25 | 9:05 | 17:15 | 29:49 | 48:36 | 1:00:41 | 1:34:08 | 2:08:30 | 2:46:11 | 3:26:08 | 4:46:23 | 6:29:09 |
| W55 | 8:55 | 9:31 | 18:05 | 31:14 | 50:54 | 1:03:33 | 1:38:40 | 2:14:48 | 2:54:26 | 3:36:33 | 5:01:03 | 6:49:24 |
| W60 | 9:17 | 10:01 | 19:01 | 32:51 | 53:32 | 1:06:50 | 1:43:51 | 2:21:54 | 3:03:54 | 3:48:29 | 5:17:54 | 7:12:43 |
| W65 | 9:48 | 10:35 | 20:06 | 34:43 | 56:33 | 1:10:37 | 1:49:50 | 2:30:12 | 3:14:51 | 4:02:20 | 5:37:25 | 7:39:46 |
| W70 | 10:26 | 11:15 | 21:22 | 36:54 | 1:00:02 | 1:15:01 | 1:56:49 | 2:39:54 | 3:27:38 | 4:18:30 | 6:00:18 | 8:11:30 |
| W75 | 11:10 | 12:01 | 22:51 | 39:28 | 1:04:10 | 1:20:14 | 2:05:05 | 2:51:18 | 3:42:50 | 4:37:46 | 6:27:35 | 8:49:28 |
| W80 | 12:03 | 12:58 | 24:41 | 42:37 | 1:09:13 | 1:26:38 | 2:15:15 | 3:05:24 | 4:01:36 | 5:01:39 | 7:01:26 | 9:47:35 |
| W85 | 13:13 | 14:15 | 27:05 | 46:45 | 1:15:50 | 1:35:01 | 2:28:37 | 3:24:00 | 4:26:20 | 5:33:10 | 7:46:16 | 10:39:15 |
| W90 | 14:56 | 16:06 | 30:36 | 42:14 | 1:25:30 | 1:47:18 | 2:48:13 | 3:51:12 | | | | |
| MEN | | | | | | | | | | | | |
| 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 | 3:39:21 | 4:29:18 | 6:11:10 | 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-grade time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.). | | | | | | | | | | | | |